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APPENDICES

Appendix 1. Distribution of respondents' answers to each question in the knowledge section

No.	Questions	Answer Distributions (N (%))		
		True	False	Not Knowing (NK)
1.	Soy can be found in all of the following products: *gembus, oncom, tauco, kembang tahu, tahu, and tempe.*	161 (99%)	0 (0%)	1 (1%)
2.	All soy-based foods are made from whole soybeans that undergo a fermentation step in their manufacturing process.	106 (66%)	54 (33%)	2 (1%)
3.	*Gembus* is a variety of tempeh but differs in the initial ingredients used; *gembus* is produced from the fermented tofu by-products, whereas tempeh is produced from the fermented whole soybeans.	122 (75%)	14 (9%)	26 (16%)
4.	*Oncom* is a mold-fermented soy food made from the by-products of tofu that has 2 different kinds, red and black *oncom*.	122 (75%)	11 (7%)	29 (18%)
5.	*Tauco* is a food condiment made from yellow soybeans that have been mixed with glutinous rice flour and fermented in salt water, then sun-dried to produce a salty taste and distinctive aroma of *tauco*.	120 (74%)	24 (15%)	18 (11%)
6.	*Kembang tahu* is a product resulting from the interaction between fat and protein of soy milk than forms a thin layer when heated.	130 (80%)	3 (2%)	29 (18%)

Appendix 1. Distribution of respondents' answers to each question in the knowledge section (continuation)

No.	Questions	Answer Distributions (N (%))		
		True	False	Not Knowing (NK)
7.	Tofu is made from the coagulated soy milk and can be consumed as fresh/ unfermented and processed tofu, such as fermented tofu.	131 (81%)	9 (5%)	22 (14%)
8.	Soymilk does not contain lactose; thus, its consumption is safe for lactose-intolerant people.	145 (89%)	3 (2%)	14 (9%)
9.	Soymilk is a good source of essential polyunsaturated fats and does not contain cholesterol; thus, its consumption could help to lower the LDL cholesterol levels in the blood.	132 (81%)	3 (2%)	27 (17%)
10.	Tempeh is a fermented soy food that is rich in isoflavones and fibers.	136 (84%)	3 (2%)	23 (14%)
11.	All soy-based foods contain isoflavones.	81 (50%)	11 (7%)	70 (43%)
12.	The soy isoflavone contents will be lost entirely during cooking, such as boiling, steaming, baking, and frying.	46 (28%)	64 (40%)	52 (32%)
13.	Bioactive compounds of phytosterols and isoflavones contained in soy foods could exert LDL cholesterol-lowering effect.	73 (45%)	8 (5%)	81 (50%)
14.	Substituting protein-abundant foods rich in saturated fats with soy foods can lower the serum triglyceride and LDL-cholesterol levels in adults with normal and high plasma cholesterol.	95 (59%)	8 (5%)	59 (36%)
15.	Consumption of at least 25 g of soy protein per day could reduce the risks of developing coronary heart disease (CHD) in both men and women.	75 (46%)	9 (6%)	78 (48%)

Appendix 2. Distribution of respondents' answers to each statement in the attitude section

No.	Statements	Answer Distributions (N (%))		
		Agree	Neutral	Disagree
1.	If I haven't tried soy and soy-based foods, I am very interested in trying them.	136 (84%)	18 (11%)	8 (5%)
2.	I like to buy various soy-based foods because they are readily available and easy to get in Jakarta.	147 (91%)	12 (7%)	3 (2%)
3.	I like to buy various soy-based foods because their prices are affordable.	146 (90%)	14 (9%)	2 (1%)
4.	I find the flavor and texture of soy-based foods very appealing; hence, I love soy foods.	132 (81%)	27 (17%)	3 (2%)
5.	The recipes that utilize soy-based foods are widely available and require easy preparation steps; hence, I like to cook and consume soy foods.	127 (79%)	28 (17%)	7 (4%)
6.	I prefer soy-based foods to animal proteins as the protein source.	86 (53%)	54 (33%)	22 (14%)
7.	It is important for me to know the origin, ingredients used, manufacturing processes, as well as ways to prepare and cook various soy-based foods.	116 (72%)	34 (21%)	12 (7%)
8.	I will regularly consume soy foods since they are known to lower the LDL-cholesterol level in the blood.	125 (77%)	29 (18%)	8 (5%)
9.	I will regularly consume soy foods since they are known to lower the risks of developing coronary heart disease (CHD).	125 (77%)	32 (20%)	5 (3%)
10.	It is important for me to share the knowledge regarding soy foods consumption and its potential heart-health benefits to increase the knowledge, attitude, and practice levels towards soy foods intake in society.	134 (83%)	25 (15%)	3 (2%)

Appendix 3. The association of respondents' socio-demographic characteristics with the preference in consuming soy foods in place of animal proteins (N = 162)

Socio-demographic Variables	Answer Distributions (N (%))						X^2	*p*-values
	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Total		
Gender								
Male	0 (0%)	7 (12%)	17 (30%)	30 (54%)	2 (4%)	56 (100%)	5.61	0.23
Female	1 (1%)	14 (13%)	37 (35%)	41 (39%)	13 (12%)	106 (100%)		
Age								
25-35 years	0 (0%)	10 (24%)	15 (36%)	16 (38%)	1 (2%)	42 (100%)	10.00	0.26
36-55 years	1 (1%)	9 (8%)	36 (33%)	50 (46%)	13 (12%)	109 (100%)		
56-65 years	0 (0%)	2 (18%)	3 (27%)	5 (46%)	1 (9%)	11 (100%)		
Latest Educational Degree								
High school graduate or lower	1 (3%)	4 (14%)	7 (24%)	15 (52%)	7 (7%)	29 (100%)	6.22	0.18
Bachelor degree graduate or higher	0 (0%)	17 (13%)	47 (35%)	56 (42%)	13 (10%)	133 (100%)		
Occupational Status								
University students	0 (0%)	0 (0%)	5 (56%)	4 (44%)	0 (0%)	9 (100%)	11.01	0.20
Employee or entrepreneur	0 (0%)	18 (16%)	38 (34%)	44 (39%)	12 (11%)	112 (100%)		
Unemployed	1 (3%)	3 (7%)	11 (27%)	23 (56%)	3 (7%)	41 (100%)		
Monthly Income								
≤ Rp 4.416.000/month	0 (0%)	2 (5%)	15 (40%)	19 (50%)	2 (5%)	38 (100%)	4.43	0.35
> Rp 4.416.000/month	1 (1%)	19 (15%)	39 (31%)	52 (42%)	13 (11%)	124 (100%)		

Appendix 4. Similarity checker result