

**Table 1. Socio-demographic characteristics of the sample**

	<b>Gender</b>		<b>TOTAL</b> N (%)
	<b>Men</b> n (%)	<b>Women</b> n (%)	
<b>Supermarket Name</b>			
Alcampo	42 (34.7)	58 (32.6)	100 (33.4)
Eroski	33 (27.3)	56 (31.5)	89 (29.8)
Gama	19 (15.7)	31 (17.4)	50 (16.7)
Maxcoop	23 (19.0)	27 (15.2)	50 (16.7)
DIA	4 (3.3)	6 (3.4)	10 (3.3)
<b>Age (years)</b>			
18-35	42 (34.7)	53 (29.8)	95 (31.8)
36-50	31 (25.6)	54 (30.3)	85 (28.4)
51-64	33 (27.3)	53 (29.8)	86 (28.8)
>65	15 (12.4)	18 (10.1)	33 (11.0)
<b>Nationality</b>			
Spanish	104 (86.0)	148 (84.1)	252 (84.8)
Other	17 (14.0)	28 (15.9)	45 (15.2)
<b>Marital status</b>			
Single	37 (30.8)	45 (25.3)	82 (27.5)
Married / Cohabiting	73 (60.8)	105 (59.0)	178 (59.7)
Separated/Divorced/ Widowed	10 (8.3)	28 (15.7)	38 (12.8)
<b>Household composition</b>			
Living alone	15 (12.4)	14 (7.9)	29 (9.7)
With one or 2 other people	65 (53.7)	100 (56.2)	165 (55.2)
With more than 2 people	41 (33.9)	64 (36.0)	105 (35.1)
<b>Children under 18</b>			
Yes	38 (31.4)	54 (30.3)	92 (30.8)
No	83 (68.6)	124 (69.7)	207 (69.2)
<b>Educational level</b>			
Primary or lower	11 (9.1)	18 (10.1)	29 (9.7)
Secondary/High School	32 (26.4)	66 (37.1)	98 (32.8)
University/Master	78 (64.5)	94 (52.8)	172 (57.5)
<b>Employment status</b>			
Employed	83 (69.2)	109 (61.2)	192 (64.4)
Unemployed	10 (8.3)	46 (25.8)	56 (18.8)
Retired	17 (14.2)	15 (8.4)	32 (10.7)
Student	10 (8.3)	8 (4.5)	18 (6.0)
<b>TOTAL</b>	121 (100.0)	178 (100.0)	299(100.0)

Table 2. Frequency distributions of degree of interest, understanding, and use of nutritional labeling by socio-demographic characteristics

		Reads labels								Understands labels					Uses nutritional labeling for dietary planning						
		Always / Most of the times		Occasionally		Never		p <sup>1</sup>	Completely		Partially or Nothing			p <sup>1</sup>	Always / Most of the times		Occasionally		Never		p <sup>1</sup>
		n	%	n	%	n	%		n	%	n	%	n		%	n	%	n	%		
<b>Sex</b>	Men	36	29,8	60	49,6	25	20,7	,029	64	52,9	57	47,1	,880	19	16,2	40	34,2	58	49,6	,339	
	Women	80	44,9	71	39,9	27	15,2		91	52,0	84	48,0		41	23,3	54	30,7	81	46,0		
<b>Age</b>	18-35	40	42,1	39	41,1	16	16,8	,334	45	48,4	48	51,6	,203	18	19,6	28	30,4	46	50,0	,589	
	36-50	29	34,1	44	51,8	12	14,1		39	46,4	45	53,6		17	20,2	32	38,1	35	41,7		
	51-64	36	41,9	36	41,9	14	16,3		50	58,1	36	41,9		20	23,8	26	31,0	38	45,2		
	>65	11	33,3	12	36,4	10	30,3		21	63,6	12	36,4		5	15,2	8	24,2	20	60,6		
<b>Nationality</b>	Spanish	100	39,7	111	44,0	41	16,3	,413	135	53,8	116	46,2	,148	49	19,8	82	33,1	117	47,2	,399	
	Other	16	35,6	18	40,0	11	24,4		18	41,9	25	58,1		11	25,6	10	23,3	22	51,2		
<b>Marital Status</b>	Single	29	35,4	33	40,2	20	24,4	,309	37	45,7	44	54,3	,391	15	18,8	20	25,0	45	56,3	,071	
	Married/ Cohabiting	74	41,6	78	43,8	26	14,6		95	54,0	81	46,0		38	21,8	57	32,8	79	45,4		
	Separated/ Divorced/ Widowed	13	34,2	19	50,0	6	15,8		22	57,9	16	42,1		7	18,4	17	44,7	14	36,8		
<b>Household composition</b>	Lives alone	7	24,1	13	44,8	9	31,0	,248	18	62,1	11	37,9	,184	5	17,9	9	32,1	14	50,0	,983	
	With one or 2 other people	67	40,6	73	44,2	25	15,2		90	54,9	74	45,1		35	21,5	53	32,5	75	46,0		
	With more than 2 people	42	40,0	45	42,9	18	17,1		47	45,6	56	54,4		20	19,6	32	31,4	50	49,0		
<b>Children &lt; 18 years of age</b>	Yes	37	40,2	42	45,7	13	14,1	,611	50	55,6	40	44,4	,468	18	20,0	34	37,8	38	42,2	,355	
	No	79	38,2	89	43,0	39	18,8		105	51,0	101	49,0		42	20,7	60	29,6	101	49,8		
<b>Educational Level</b>	Primary Studies or below	8	27,6	11	37,9	10	34,5	,096	12	42,9	16	57,1	,001	6	20,7	5	17,2	18	62,1	,432	
	Secondary Studies	40	40,8	40	40,8	18	18,4		38	38,8	60	61,2		19	19,6	34	35,1	44	45,4		
	University Degree or higher	68	39,5	80	46,5	24	14,0		105	61,8	65	38,2		35	21,0	55	32,9	77	46,1		
<b>Employment Status</b>	Employed	75	39,1	87	45,3	30	15,6	,481	105	55,3	85	44,7	,046	42	22,5	64	34,2	81	43,3	,165	
	Unemployed	26	46,4	20	35,7	10	17,9		24	43,6	31	56,4		11	20,0	18	32,7	26	47,3		
	Student	4	22,2	10	55,6	4	22,2		5	27,8	13	72,2		1	5,6	3	16,7	14	77,8		
	Retired	11	34,4	13	40,6	8	25,0		20	62,5	12	37,5		6	18,8	8	25,0	18	56,3		
<b>TOTAL</b>		116	38,8	131	43,8	52	17,4		155	52,4	141	47,6		60	20,5	94	32,1	139	47,4		

	<b>Sex</b>						<b>p<sup>1</sup></b>
	<b>Men</b>		<b>Women</b>		<b>TOTAL</b>		
	<b>n</b>	<b>%</b>	<b>n</b>	<b>%</b>	<b>n</b>	<b>%</b>	
<b>Choose healthier products</b>	54	81,8	102	81,0	156	81,3	
<b>Allergies / food intolerance</b>	3	4,5	15	11,9	18	9,4	,108
<b>Other health problems</b>	9	13,6	9	7,1	18	9,4	
<b>TOTAL</b>	66	100	126	100	192	100	

1 Chi-square test for differences by sex

Table 4. Reasons for not reading nutritional labeling as reported by those who read it occasionally or never							
	Sex				TOTAL		p <sup>1</sup>
	Men		Women		n	%	
	n	%	n	%			
<b>Lack of time</b>	28	40,6	28	37,3	56	38,9	,323
<b>I'm not interested</b>	22	31,9	17	22,7	39	27,1	
<b>I cannot read it</b>	8	11,6	18	24,0	26	18,1	
<b>I don't understand it</b>	5	7,2	7	9,3	12	8,3	
<b>Other reasons</b>	6	8,7	5	6,7	11	7,6	
<b>TOTAL</b>	69	100	75	100	144	100	

<sup>1</sup> Chi-square test for differences by sex

	Additives n=164	Fats n=149	Saturated Fats n= 125	Calories n= 110	Sugars n=87	Salt n= 73	Carbo-hydrates n= 72	Fiber n= 55	Vitamins n= 45	Proteins n=44	Other n= 58
	n (%)	n (%)	n (%)	n (%)	n (%)	n (%)	n (%)	n (%)	n (%)	n (%)	n (%)
<b>Sex</b>				*							
Men	69(57.0)	53 (43.8)	52 (43.0)	34(28.1)	30(24.8)	34(28.1)	25(20.7)	17(14.0)	16(13.2)	18(14.9)	24(19.8)
Women	95(53.4)	96 (53.9)	73(41.0)	76(42.7)	57(32.0)	39(21.9)	47(26.4)	38(21.3)	29(16.3)	26(14.6)	34(19.1)
<b>Age (years)</b>	*			*							
18-35	44(46.3)	48(50.5)	39(41.1)	45(47.4)	27(28.4)	19(20.0)	25(26.3)	19(20.0)	21(22.1)	15(15.8)	23(24.4)
36-50	59(69.4)	46(54.1)	38(44.7)	33(38.8)	28(32.9)	23(27.1)	26(30.6)	11(12.9)	12(14.1)	13(15.3)	12(14.1)
51-64	43(50.0)	41(47.7)	38(44.2)	24(27.9)	22(25.6)	23(26.7)	14(16.3)	18(20.9)	8(9.3)	12(14.0)	14(16.3)
>65	18(54.4)	14(42.4)	10(30.3)	8(24.2)	10(30.3)	8(24.2)	7(21.2)	7(21.1)	4(12.1)	4(12.1)	9(27.3)
<b>Nationality</b>		*	*				*				
Spanish	141(56.0)	132(52.4)	115(45.6)	96(38.1)	77(30.6)	65(25.8)	68(27.0)	48(19.0)	36(14.3)	39(15.5)	53(21.0)
Other	22(48.9)	16(35.6)	10(22.2)	14(31.1)	8(17.8)	7(15.6)	4(8.9)	6(13.3)	8(17.8)	5(11.1)	5(11.1)
<b>Marital Status</b>	*										
Single	36(43.9)	34(41.5)	28(34.1)	29(35.4)	20(24.4)	16(19.5)	18(22.0)	11(13.4)	14(17.1)	12(14.6)	25(30.5)
Married / Cohabiting	102(57.3)	97(54.5)	80(44.9)	66(37.1)	52(29.2)	48(27.0)	43(24.2)	35(19.7)	24(13.5)	23(12.9)	28(15.7)
Separated / Divorced / Widowed	25(65.8)	17(44.7)	17(44.7)	15(39.5)	15(39.5)	9(23.7)	11(28.9)	9(23.7)	7(18.4)	9(23.7)	5(13.2)
<b>Household composition</b>											
Lives alone	16(55.2)	10(34.5)	10(34.5)	6(20.7)	6(20.7)	5(17.2)	5(17.2)	6(20.7)	2(6.9)	4(13.8)	6(20.7)
With one or 2 other people	82(49.7)	82(49.7)	66(40.0)	65(39.4)	44(26.7)	41(24.8)	40(24.2)	32(19.4)	24(14.5)	24(14.5)	32(19.4)
With more than 2 people	66(62.9)	57(54.3)	49(46.7)	39(37.1)	37(35.2)	27(25.7)	27(25.7)	17(16.2)	19(18.1)	16(15.2)	20(19.0)
<b>Children&lt;18 y.o.</b>	*			*			*				
Yes	61(66.3)	47(51.1)	42(45.7)	42(45.7)	30(32.6)	25(27.2)	29(31.5)	17(18.5)	15(16.3)	12(13.0)	14(15.2)
No	103 (49.8)	102(49.3)	83(40.1)	68(32.9)	57(27.5)	48(23.2)	43(20.8)	38(18.4)	30(14.5)	32(15.5)	44(21.3)
<b>Educational Level</b>	*		*				*				
Primary Studies or below	14(48.3)	12(41.4)	6(20.7)	5(17.2)	5 (17.2)	6 (20.7)	3(10.3)	4(13.8)	4(13.8)	5(17.2)	7(24.1)
Secondary Studies	43(43.9)	51(52.0)	26(26.5)	37(37.8)	26 (26.5)	20 (20.4)	14(14.3)	14(14.3)	10(10.2)	9(9.2)	16(16.3)
University Degree or higher	107(62.2)	86(50.0)	93(54.1)	68(39.5)	56 (32.6)	47 (27.3)	55(32.0)	37(21.5)	31(18.0)	30(17.4)	35(20.3)
<b>Employment Status</b>											
Employed	107(55.7)	94(49.0)	81(42.2)	73(38.0)	55 (28.6)	46 (24.0)	43(22.4)	33 (17.2)	28 (14.6)	26(13.5)	35(18.2)
Unemployed	29(51.8)	32(57.1)	23(41.1)	22(39.3)	15 (26.8)	12 (21.4)	15(26.8)	12 (21.4)	8 (14.3)	8(14.3)	13(23.2)
Student	9(50.0)	9(50.0)	9(50.0)	6(33.3)	6(33.3)	5(27.8)	7(38.9)	4(22.2)	6(33.3)	5(27.8)	4(22.2)
Retired	19(59.4)	13(40.6)	11(34.4)	8(25.0)	10(31.3)	9(28.1)	7(21.9)	6(18.8)	3(9.4)	5(15.6)	6(18.8)
<b>TOTAL</b>	164 (54.8)	148 (49.5)	124 (41.5)	109 (36.5)	86 (28.8)	72 (24.1)	72 (24.1)	55 (18.4)	45 (15.1)	44 (14.7)	58 (19.4)
*p<0.05 Chi-square test											