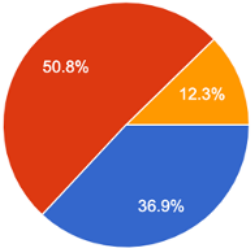
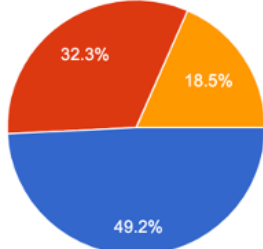
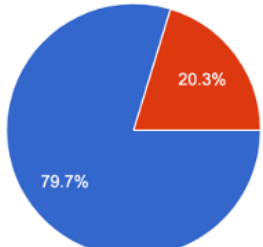
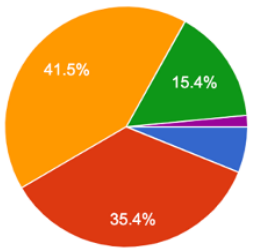
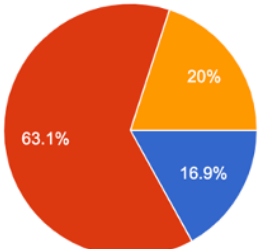


<p>1) Do you tend to include fruits and vegetables in your meals on a day to day basis?</p>	 <ul style="list-style-type: none"> ● Yes, more times than not, I include a good serving in most of my meals ● Sometimes, I try to eat them more often than not. ● Not usually, most of the time they are not on my plate.
<p>2) What about unsaturated fats? Unsaturated fats can include foods such as avocados and oils such as canola and olive oil.</p>	 <ul style="list-style-type: none"> ● Yes, more times than not, I include a serving in my meals. ● Sometimes, I try to eat unsaturated fats more so than not. ● Not usually, most of the time, I do not eat them.
<p>3) *Do you think you should consume less saturated fats (foods like butter, potato chips, etc.), sodium, or sugars?</p>	 <ul style="list-style-type: none"> ● Yes, I could definitely eat those things less. ● No, I don't eat those things very often.
<p>4) Do you think you should improve your diet? Rate your diet on a scale of one to five. Five - no, my diet is perfect for me. One - yes, I am completely unsatisfied with my diet and something needs to change.</p>	 <ul style="list-style-type: none"> ● 5 ● 4 ● 3 ● 2 ● 1
<p>5) *What do you think are the biggest flaws in your diet, if you believe you have any? If not, write N/A</p>	<p>Most popular answer: forgetting to eat breakfast Other popular answers: impulse control, less carbs, and snacking (more common answers as well)</p>
<p>6) Would you eat a meal replacement bar if it were to help improve your diet?</p>	 <ul style="list-style-type: none"> ● Yes, definitely. ● Maybe, depends on the contents of the bar. ● No, I would prefer to stick to my normal meals.

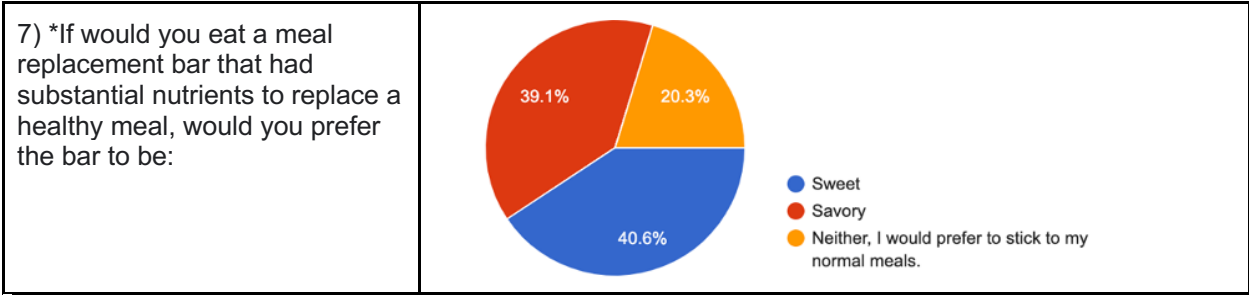


Figure 1: Nutritional and preference questions used in the survey. The survey was used to collect general knowledge about the nutritional habits and taste preferences of college students to create a viable meal replacement bar that targets our desired population. (* indicates that not all people who took the survey responded to this question)