Supplementary Table 1. Process and contents of individualized counseling in the Social Nutrition Program

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| Process | Session | Individualized Dietary Counseling | Individualized Social Support Counseling |
| Sharing | 1 | • Introducing the program in general• Explaining how to use nutritional supplements  | • Making a commitment to participate in all sessions of the program• Encouragement to establish membership |
| Searching | 2 | • Searching for food choice values• Educating on the 5 basic food groups and protein-enriched foods  | • Searching for social support networks• Identifying problems and personal needs |
| 3 | • Searching for food choice barriers • Identifying the key factors of chronic undernutrition | • Searching for social network barriers • Identifying the key resources to expand his or her social network |
| Strengthening | 4 | • Sharing past experiences of success and failure in dietary intake• Planning a goal to increase diet quality with interventionists | • Providing information and support to maintain his or her social network• Planning a goal to expand social network with interventionists |
| 5 | • Sharing current experiences of success and failure in dietary intake• Providing feedback to increase diet quality | • Sharing current experiences of success and failure in social activities• Providing feedback to expand (or maintain) his or her social network |
| 6 | • Evaluating personal experiences in the program• Planning a new goal to increase own diet quality (i.e., self-management plan) | • Providing assurance to keep up with his or her social relationships• Planning a new goal to expand (or maintain) own social network (i.e., self-management plan) |