

Appendix 1: Codebook

PARENT CODE	CHILD CODE	DEFINITION	EXAMPLE
Enablers		Anything that participants say enables them to eat healthy foods, or avoid eating unhealthy foods	G: I think we do not have a person to manage our recipes, even [better] if you have a dietitian, or have part-time people to manage its recipes, check it, and decide the amount of cooking oil. They used oil like it cost no money. R: then do you feel that with a dietitian, he/she can be part-time and manage the recipe So they are to write recipes, so that the chef can follow? G: yes, they can also enrich the variety
Barriers		Anything that participants say prevents them from eating healthy foods, or pushes them to eat unhealthy foods	I: I cannot stand it if it's every day, maybe if we eat it twice a week [is fine]. Every day to eat rice with multiple grains we will get bored. /// G: In fact, we reflected almost the same problems. In addition, there is sometimes the problem that the canteen cooking is too early, basically the dishes are cold if you are at the back of the line. Some work on late shifts so they have to eat late. Well, they all think the food is cold. The vegetables are also fried very early, what we eat are yellow vegetable [leaves of green veg turn yellow]. There is no nutrition
Great quotes		Use to code quotes that are representative of an emerging theme/sub-theme and may be included in the text of the Results	G: Yes, the vegetables themselves are healthy, but after pouring lots of oils, they are not. F: and adding salt to them G: yes, then it's totally unhealthy
Flag		Use to flag potential biases. For example, introduced by leading questions from the interviewer	R: So if there is a dietitian, presumably, will any one of you go to him to ask questions? Let's assume that he has half an hour in the noon. After you finish your lunch, for example, (will you go to the dietitian and ask questions because) there are children at home, or the elderly at home, and you have to cook at home... A: If I have a chance, I may ask. R: But did you ever think about it before? B: I did not think about it.

Balancing act		Use to reflect individuals' perception of needs to balance opposing desires, for example, taste versus healthfulness	Recently our canteen is under renovation, so I have to go outside to eat. I suddenly found that many of the food outside are not good either, because you know, the restaurants outside are... like... C: (you don't know if) the material they used were healthy or not. D/B: So I feel that our canteen is better, that I can trust more, so that I feel like returning to the canteen again. It's a dilemma.
Futility of change		Use to code helplessness, the feeling that there is nothing s/he or they can do to change things	R: Do you think they (canteen) are receptive to suggestions? D: No. I: Basically if we told them something, they will change for a short period of time. But then returned [to what it used to be] G: cooking method is heavy oil and heavy salt, there's no use to tell them, it's the same old thing R: why? G: maybe because of the chef, his habit.
Management		Used to code statements about the management team (hospital or canteen)	If there's good management with our own canteen, our staff can eat a little healthier.
Cooking skills of canteen workers		Dish preparation skills of the canteen staff including chefs	C: And I think we have a very strange canteens, does anyone notice, on Saturday when we order food, the chef fries noodles for us on demand. We have been eating fried noodles for a long time and have always felt that the taste is relatively heavy, so I told him to put less salt. I looked at him standing next to him, it seems that the salt and the MGT and the like are basically mixed together, then he used spoon to pour the sauce in, You simply cannot see when he put the salt in the pot. G: yes, he used a big spoon, and it seems like he has all the spices mixed together. So with spoonful of seasonings, there is no way to tell him to put a little less salt. I told him, and with a spoonful of seasonings it's still too much R: So is this noodle fried after you order it? C: yes, it's not cool noodle, I looked at him when he fried it but still [salty]. I think he mixed the seasonings, he could not predict the amount of sauce when he add them. /// R: For the food that the canteen supply, what is healthy? What's good about it? G: The raw materials themselves are quite healthy. But they become unhealthy after they cook it.

Cultural perceptions		Beliefs about food, such as salty and oily foods are "heavy". Also used to indicate 'food roots' (e.g. taste preferences resulting from city or region of origin).	<p>R: now how do you feel if white rice is changed in that way, can you accept it? H: If there is a reasonable person [like a trained dietitian] catering for us, if we can take a little then of course it's the best. I: I cannot stand it if it's every day, maybe if we eat it twice a week [is fine]. Every day to eat rice with multiple grains we will get bored. /// Right, but we eat every day at the cafeteria, the food are always greasy, but also heavy taste, so salty. /// R: Because I have half of Beijing origin and half of Chengdu origin, so yesterday when we did the interview, they mentioned some dishes that I had no idea what it was. (laughs) D: (laughs) R: Then I actually went and tried the fried rice with meats and vegetables. Now I know what the typical flavor is here. I also have some personal opinions on it, (laughs) but I won't talk about that for now.</p>
Alternatives to canteen food		Use to indicate what people eat if they do not eat at the canteen; discussions of food from sources other than the canteen, including snacks eaten in addition to canteen lunches	<p>The reason you do not order take out is because there is no time? Or because the take-away is also very salty oil? E: takeout is also very oily F: is also greasy G: take away or eating outside as you said, not necessarily cleaner than our canteen.</p>
Convenience		Use to indicate convenience of the canteen as being important determinant of choosing to eat there	<p>C: Basically I eat in the canteen most of the time, because it's convenient.</p>
Disease prevention		Whether some food items were perceived as risk factors for particular diseases (not just general healthy/unhealthy) - this also includes changes to diet in response to disease diagnosis	<p>G (this is the head nurse): I am in the nursing department. I think we are a hospital, we should first have health awareness ourselves. We have a bad health awareness of this canteen, always pickles, bacon A: also salty eggs, when the weather's hot/ B: two salty eggs at the same time/ G: are mainly meat, there is no control of the amount. We now have a high age, and on high blood lipids, (canteen) do not consider this point, cooked dishes are very greasy, no way to eat. I always pick vegetables when eat at the canteen, vegetables are very greasy.</p>

Nutrition transition	Used to indicate period effects - "nowadays" or "back when the elderly grew up"		C: Nowadays, no matter it's the canteen or the restaurants, overall the foods are salty. /// D: Home cooking, I may do a little better. But when the elderly cook, probably because of their habit, the food will also be salty.
Healthfulness /nutrition	Participants discuss if foods are healthy or unhealthy (properties of a food)		
	Cooking methods	Cooking and preparation methods of the canteen staff including chefs	And the oil used to deep fry the fish is not only used once, but repeatedly. The oil after frying fish was used to cook other dishes. /// F: Mostly fried fish, deep fried or pan fried. Such as fried yellow croaker, fried ribbon fish, all salt water fish G: there's no steamed fish (as a cooking method), all salt water fish F: only the two types. This week it's fried small yellow croaker, next week is fried ribbon fish.
	Raw food items	Raw materials, whether the food itself is healthy	G: bacon, that is preserved meat, they give us a whole piece to eat. It is also a savory dish. That is, we cannot eat cannot really eat it, so salty, cannot eat. /// J: veg-rice also comes with two salted eggs. In fact, you say you eat a veg-rice dish, you can combine it with something with a little bit of nutrition to be a little balanced. But the canteen gives you two eggs, all of a sudden the content of cholesterol exceeded the standard. Not reasonable, you can be a little better with the side offerings.
Interventions	Participants discuss possible interventions to help consuming healthier food		
	Labeling	Changing or updating labeling, including calorie, nutritional content, or traffic light for salt/oil/sugar etc.	I: I go to get the dishes, it's on the plate, however much the calories I have to eat it R: like some dishes will also mark using the traffic light system, salt, cholesterol, starch, sugar, fat ... I: If you eat canteens, even if it's red as black we also have to eat, there is no other way, because there is no choice R: If you have choices, would having these markings influence your choice? G: it will influence the standard of food we choose. I: This is what we look forward to. R: Do you know that there are other hospitals or companies that do this [the traffic light system]? Everyone: no R: so the most they do is to offer a choice, but there're still relatively little information? Everyone: right

Dietitian	Adding a dietitian to canteen staff, chef obtaining nutritional advice from dietitian or training programs. Also used to code responses to specific queries later on in the focus group relating to dietitians	G: we do not have any nutritionist, from our hospital point of view or from the patient ward point of view there must be a dietitian, for example, how many people need diabetes diet, how should you control the amount of oil, control salt. There is no such concept at all.
Changing raw food items	Used to indicate changes to the raw food items used in preparing dishes or offering healthier foods in place of unhealthy foods currently available	R: But do you want yogurt at noon? D: yogurt or fruit, if we can choose then it's the best. /// G (this is the head nurse): I am in the nursing department. I think we are a hospital, we should first have health awareness ourselves. We have a bad health awareness of this canteen, always pickles, bacon A: also salty eggs, when the weather's hot/ B: two salty eggs at the same time/ G: are mainly meat, there is no control of the amount. We now have a high age, and on high blood lipids, (canteen) do not consider this point, cooked dishes are very greasy, no way to eat. I always pick vegetables when eat at the canteen, vegetables are very greasy.
Changing cooking methods	Used to indicate a suggestion to change the way in which food is prepared	R: Now if we return to discussing the meal at lunch, what do you think can be replaced? In addition to oil and salt, what can replace the current ingredients? For example, rice, can add whole grains? E: I just mentioned (my children in kindergarten) as a suggestion, this is not the most important. The key question is whether heavy oil and the heavy salt problems to be improved.
Price	Changing the price, pricing structure, or reimburse food funding for staff. Also used to code limited budgets as being a reason for having limited food options at canteen	As we go outside for training, go outside for classes, there are fruits, or yogurt to help with digestion, I think they are good. Now that we require that the price of each meal is 7.5 yuan, according to the 7.5 standard, it is hard to cook such a high standard of food indeed.
Nutrition knowledge	Participants discussing their level of competency in knowing what's healthy and what's not healthy, or whether any nutrition-related information had or could impact their food choices	C: In fact, as healthcare workers, we know what we should know. D: Yeah we know. C: especially when there are children at home, we will consider the little children's taste, and the healthy diet will be more concerned about. If a family has a child, you cannot say that my child should eat a light diet, but I still eat what I like. That's kind of... A: there will be an influence. ///

			<p>R: yes, so ... if there is a small lecture or seminar, or there is one, say, a poster, for example, that tells people one food is healthier than another, because researches and studies had proved that. It could be any comparison, not limited to white and brown rice. Do you think this will influence your choice of dishes?</p> <p>C: Yes! I will definitely eat for health.</p> <p>D: People like my husband only focus on taste. For example, I always eat oats and cereals as breakfast...</p>
Food descriptors	Used to code participants' comments on aspects of food offered in the canteen		
	Amount	Used to describe when participants indicate there is too much or too little of a certain food	In general, the foods are a bit salty, and vegetables are too few.
	Presentation	Used to describe a variety of aspects of food: texture, color, food is cold, and other presentational aspects of food.	<p>H: the beef is too hard, there's no way to eat that</p> <p>R: how did they make the beef?</p> <p>I: Curry Beef Soup, no other recipes. It's too hard, no way to bite</p> <p>G: we can only really eat the potatoes inside [the curry beef soup]</p>
	Variety	Used to code any statements regarding the variety of food (either variety in raw food items or preparation methods)	<p>H: the key is the dishes have no change, every week is repeated, we can guess what to expect tomorrow</p> <p>G: The variety is very little and we knows the menu every week.</p> <p>I: we all know the pattern now, which day of week is which food. If it's fried, then either a ribbonfish or a yellow croaker, and then one day in a week, is either noodles or veg-rice.</p>
	Taste	Used to code taste and smell of food	B: I am a ward nurse and have been working here for four years. Canteen, the dishes are very simple, basically every week to eat these dishes, there is no innovation, and then taste is also more oil. And then because of our canteen dishes and rice are placed in one single bowl, so as long as there is oil in one dish, then everything in the bowl is soaked in the oil.
	Food safety/quality	Used to code food safety, for example, food has contaminants. Also used to code food quality (e.g. freshness)	<p>it not only this [oily], but also not that [clean/safe?]. We also often eat little insects, and sometimes wires from washing brush. I feel very out of the appetite, they all come from the same pot, even if it's not in my bowl, for example, but in her bowl, then we all eat the same thing. Then you say that the health situation is not really that [good?]. I think we really need to notice this.</p> <p>///</p> <p>In fact, I like fried hairtail fish or small yellow croaker, but the problem is, the fish made by the canteen is either salty, or fishy.</p> <p>R: It smells.</p> <p>D: I think it is definitely the problem of food quality.</p>

