

Supplementary material**Table S1** Comparison of Saudi and Pakistani participants' sugar consumption attitude during Eid days (frequency, percentage, and p-value)

attitude	Saudi		Pakistani		p-value
	N(%)		N(%)		
	n	%	n	%	
Were you using white sugar to tea or coffee on Eid-ul-fitr?					
No	126	61.8	99	49.3	0.031
Sometimes	44	21.6	52	25.9	
Yes	34	16.7	50	24.9	
Were you using brown sugars to tea for coffee on Eid-ul-fitr?					
No	143	70.1	126	62.7	.282
Sometimes	48	23.5	58	28.9	
Yes	13	6.4	17	8.5	
Were you using artificial sweeteners for tea or coffee on Eid-ul-fitr?					
No	88	43.1	137	68.2	<0.001
Sometimes	64	31.4	41	20.4	
Yes	52	25.5	23	11.4	
Were you using consuming chocolates on Eid-ul-fitr?					
No	40	19.6	140	69.7	<0.001
Sometimes	88	43.1	46	22.9	
Yes	76	37.3	15	7.5	
Were you using consuming sugary foods on Eid-ul-fitr?					
No	52	25.5	101	50.2	<0.001
Sometimes	101	49.5	51	25.4	
Yes	51	25.0	49	24.4	
Were you using consuming candies and sweets on Eid-ul-fitr?					
No	58	28.4	126	62.7	<0.001
Sometimes	98	48.0	44	21.9	
Yes	48	23.5	31	15.4	
Were you using consuming fatty foods on Eid-ul-fitr?					
No	61	29.9	79	39.3	<0.001
Sometimes	91	44.6	49	24.4	
Yes	52	25.5	73	36.3	
Were you using consuming fruits on Eid-ul-fitr?					

No	19	9.3	43	21.4	<0.001
Sometimes	72	35.3	28	13.9	
Yes	113	55.4	130	64.7	
Were you using consuming vegetables on Eid-ul-fitr?					
No	22	10.8	33	16.4	0.231
Sometimes	37	18.1	31	15.4	
Yes	145	71.1	137	68.2	
Were you using consuming salty foods on Eid-ul-fitr?					
No	50	24.5	62	30.8	0.003
Sometimes	89	43.6	55	27.4	
Yes	65	31.9	84	41.8	
Were you using consuming fizzy drinks on Eid-ul-fitr?					
No	126	61.8	117	58.2	0.384
Sometimes	48	23.5	44	21.9	
Yes	30	14.7	40	19.9	
Were you using consuming canned juices on Eid-ul-fitr?					
No	138	67.6	155	77.1	0.080
Sometimes	46	22.5	29	14.4	
Yes	20	9.8	17	8.5	
Were you using consuming fresh juices on Eid-ul-fitr?					
No	71	34.8	120	59.7	<0.001
Sometimes	72	35.3	26	12.9	
Yes	61	29.9	55	27.4	