**Appendix C**

**Table 1. High vs. low medical technical jargon for each of the 10 nutrition myths and the introductory question for expert’s posts (Translation from German).**

| Introductory Question | high medical technical jargon \(^a\) | low medical technical jargon \(^a\) |
|-----------------------|-------------------------------------|----------------------------------|
| **1**                 | Caffeine, contained in coffee, has a **central stimulating** effect, like other **purine bases**, and is said to have many positive and negative **somatic** characteristics. There are **longitudinal** studies that identify a 16% reduced risk of being affected by **Alzheimer’s disease (varies in German: Morbus Alzheimer)**. However, it is still unclear, if caffeine alone is responsible for it or if other **ingredients** and factors are perhaps also **relevant**. Coffee can therefore only possible **reduce** the risk. In particular, there is not sufficient evidence. | Caffeine, contained in coffee, has a stimulating effect **in the brain**, like other **building blocks of DNA**, and is said to have many positive and negative **physical** characteristics. There are **long-term** studies to it. **These** identify a 16% reduced risk of being affected by **Alzheimer’s disease (varies in German: Krankheit Alzheimer)**. However, it is still unclear, if caffeine alone is responsible for it or if other **components** and factors are perhaps also **important**. Coffee can therefore only possible **lower** the risk. In particular, there is not sufficient evidence. |
| **2**                 | There is some evidence that low-sodium **nutrition** works especially **antihypertensive**, wherefore it shall be assumed that **arterial hypertension** can lead to **angiocardiopathy** in the long run. The WHO recommends to lower the daily intake of **sodium chloride** by 6 gram. **Therefore**, the **systolic** blood pressure is supposed to lower from five to six milliliters and the **diastolic one** from one to three milliliters. This effect would then be comparable to a **weight reduction**. | There is some evidence that low-sodium **diet lowers blood pressure**. **Therefore**, it shall be assumed that **high blood pressure** can lead to **heart-diseases and diseased blood vessels** in the long run. The WHO recommends to lower the daily intake of **table salt** by 6 gram. **Therefore**, the **high** blood pressure is supposed to lower from five to six milliliters and the **low one** from one to three milliliters. This effect would then be comparable to a **weight loss**. |
| **3**                 | It is known that persons who often drink beverages with **aspartame or cyclamate** are more likely to get **diabetes mellitus** over a long period of time than those who rarely or never drink such drinks, but it cannot be said certainly if these **ingredients** are responsible for it. Possibly humans **prefer** light drinks if they have a **disposition** to **adipositas**. | It is known that persons who often drink beverages with **sweeteners** are more likely to get **diabetes** over a long period of time than those who rarely or never drink such drinks. But it cannot be said certainly if these **additives** are responsible for it. Possibly humans **favour** light drinks if they have a **tendency** to **overweight**. |
| Introductory Question | high medical technical jargon | low medical technical jargon |
|-----------------------|------------------------------|----------------------------|
| 4                     | To the question, of an effect of vitamin products, this expert answered: Vitamins are indeed organic components that are not synthesized sufficiently by humans and need to be taken in with the food in micro-quantities. Calciferol is the only exception, it is endogenously synthesized. In industrial nations a sufficient supply for healthy persons is usually ensured through the extensive food offers. Hypervitaminosis can instead, depending on the vitamin, lead to different negative effects. And chronic intoxication could be caused by supplementation. | Likely, this only applies to few people. The yolk is not only quite lipid-containing, it also contains much cholesterol in particular. A medium-sized egg of 60 g weight provides already 270 mg of the fat-accompanying substance. A correlation between the risk for cardiovascular diseases (varies in German: kardiovaskuläre Erkrankungen) and the consumption of eggs, e.g. in terms of lipaemia, could not be determined in any big observational study (varies in German: Beobachtungsstudie). Whereas there are indicators for diabetics to such a correlation between the consumption of eggs and cardiovascular diseases (varies in German: kardiovaskuläre Erkrankungen). |
| 5                     | To the question of harmfulness of eggs, this expert answered: Likely, this only applies to few people. The yolk is not only quite high in fat. It also contains much cholesterol in particular. A medium-sized egg of 60 g weight provides already 270 mg of the fat-accompanying substance. A relation between the risk for cardiovascular diseases (varies in German: Herz-Kreislauf-Erkrankungen) and the consumption of eggs, e.g. in terms of high fat content in the blood, could not be determined in any big observational study (varies in German: Beobachtungsstudie). Whereas there are indicators for diabetics to such a connection between the consumption of eggs and cardiovascular diseases (varies in German: Herz-Kreislauf-Erkrankungen). | The regular ingestion of extra virgin olive oils can possibly prevent myocardial infarctions. Extra virgin olive oil contains higher proportions of desired ingredients like tocopherols, carotenoids and phytosterols, but also higher rates of environmental pollutants like Sulphur (varies in German: Schwefel) and pesticides. The ingredients tyrosol and 3,4-dihydroxycinnamic acid showed in vitro investigations reduced secretion of cytokines (in German: Zytokinen), however, direct proof to myocardial infarctions cannot be provided yet. |
| 6                     | To the question of a connection between olive oil and heart diseases, this expert answered: The regular consumption of extra virgin olive oils can possibly prevent heart attacks. Extra virgin olive oil contains higher proportions of desired components like vitamin E, precursors of vitamin A and cholesterol-lowering sterols, but also higher rates of environmental pollutants like Sulphur (varies in German: Schwefel) and chemicals for pest control. The components tyrosol and caffeic acid showed in test tube investigations reduced secretion of egg white which regulates inflammation (in German: entzündungsregulierende Eiweiße). However, direct proof to heart attacks cannot be provided yet. | |
| Question | Introductory Question | high medical technical jargon | low medical technical jargon |
|----------|-----------------------|-----------------------------|-----------------------------|
| 7        | To the question of what happens to a chewing gum when it reaches the bowel, this expert answered: | The aspiration of a chewing gum per day is considered harmless, because a chewing gum consists in its basic substance of indigestible isobutylene plastics. But it is simply eliminated, like everything the gastrointestinal system (varies in German: gastrointestinale System) cannot use. The chewing gum does not adhere to the body, because the milieu in the gastrointestinal tract is humid and the secretion works as a lubricant. It was merely described an agglutination to a bigger ball when small children took in and aspirated bigger amounts of chewing gums. This needed to ektomized of the rectum from a gastroenterologist. | The swallowing of a chewing gum per day is considered harmless. Hence, a chewing gum consists in its basic component of indigestible plastics. But it is simply eliminated, like everything the gastrointestinal system (varies in German: Magen-Darm-Trakt) cannot use. The chewing gum does not adhere to the body, because the milieu in the gastrointestinal tract is moist and the mucus works as a lubricant. It was merely described a clumping to a bigger ball when small children took in and swallowed bigger amounts of chewing gums. This needed to be removed of the hindgut from a doctor. |
| 8        | To the question, if cheese closes the stomach, this expert answered: | Indeed, cheese does not support the digestion (varies in German: Verdauung) or block the stomach entrance, but you are filled faster when you eat Gouda or Camembert. Responsible for this are monocarboxylic acids and proteins that are contained in cheese. Fatty foods are more difficult to digest (varies in German: digerieren), therefore it takes longer. As a result, a feeling of fullness is triggered in the ventromedial hypothalamus. The gastrointestinal system also sends a feeling of hunger to the lateral hypothalamus later. Cheese therefore does close the stomach in a figurative sense by triggering the release of neurotransmitters for a longer time. | Indeed, cheese does not support the digestion (varies in German: Verdauung) or block the stomach entrance, but you are filled faster when you eat Gouda or Camembert. Responsible for this are essential fatty acids and egg whites that are contained in cheese. Fatty foods are more difficult to digest (varies in German: verdauen), therefore it takes longer. As a result, a feeling of fullness is triggered in the satiety center in the brain. The digestive also sends a feeling of hunger to the appestat in the brain later. Cheese therefore does close the stomach in a figurative sense by triggering the release of biochemical messengers for a longer time. |
| 9        | To the question of pretzel sticks and cola, this expert answered: | Because cola consists of considerable parts of saccharin, the body is additionally dehydrated causing an acute dehydration when having a lasting disease. Furthermore, cola contains lots of methylthorobromine. Although it awakes you, it stimulates the kidney (varies in German: Renes). The effect is that the body eliminates more potassium than it actual should. Even the popular mixture “cola with pretzel sticks“ does not change anything. Since pretzel sticks only contain table salt and cannot fix the hypokalemia. | Because cola consists of considerable parts of sugar, the body is additionally dehydrated. This causes a rapid drying when having a lasting disease. Furthermore, cola contains lots of caffeine. Although it awakes you, it stimulates the kidney (varies in German: Niere). The effect is that the body eliminates more potassium than it actual should. Even the popular mixture “cola with pretzel sticks“ does not change anything. Since pretzel sticks only contain table salt and cannot fix the potassium deficiency. |
To the question of a connection between healthy nutrition and the protection of cancer, this expert answered:

A balanced nutrition, **sufficient** movement and a normal weight **reduce** the risk to develop **malignancy and cardiovascular diseases** (varies in German: kardiovaskuläre Erkrankungen), **obesity, arterial hypertonia, diabetes mellitus** (varies in German: Diabetes Mellitus), and **malignancies** occur rarer to people who are living on a healthy diet. Investigations show that nutrition plays an essential role in the **prophylaxis** of malignancy. Avoiding **obesity** is at least equally important.

A balanced nutrition, **enough** movement and a normal weight **lower** the risk to develop **cancer**. **And cardiovascular diseases** (varies in German: Herz-Kreislauf-Erkrankungen), **overweight, high blood pressure, diabetes** (varies in German: Zuckerkrankheit), and **cancer** occur rarer to people who are living on a healthy diet. Investigations show that nutrition plays an essential role in the **prevention** of cancer. Avoiding **overweight** is at least equally important.

| Introductory Question | high medical technical jargon | low medical technical jargon |
|-----------------------|-------------------------------|-----------------------------|
| 10                    | A balanced nutrition, **sufficient** movement and a normal weight **reduce** the risk to develop **malignancy and cardiovascular diseases** (varies in German: kardiovaskuläre Erkrankungen), **obesity, arterial hypertonia, diabetes mellitus** (varies in German: Diabetes Mellitus), and **malignancies** occur rarer to people who are living on a healthy diet. Investigations show that nutrition plays an essential role in the **prophylaxis** of malignancy. Avoiding **obesity** is at least equally important. | A balanced nutrition, **enough** movement and a normal weight **lower** the risk to develop **cancer**. **And cardiovascular diseases** (varies in German: Herz-Kreislauf-Erkrankungen), **overweight, high blood pressure, diabetes** (varies in German: Zuckerkrankheit), and **cancer** occur rarer to people who are living on a healthy diet. Investigations show that nutrition plays an essential role in the **prevention** of cancer. Avoiding **overweight** is at least equally important. |

* Differences between high and low medical technical jargon are highlighted in bold.