Supplemental Material

Table S1. 15-item MedPork Adherence Survey adapted from PREDIMED study

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| Item | PREDIMED criteria for 1 point | MedPork criteria for 1 point  |
| 1. Do you use olive oil as a main culinary fat?
 | Yes = 1 point | Yes  |
| 1. How many tbsp of olive oil do you consume in a given day? (including oil used for frying, salads, out-of-house meals etc)
 | ≥ 4 | ≥ 1  |
| 1. How many vegetables servings do you consume per day? (1 serve = 200g)
 | ≥ 2 | ≥ 3  |
| 1. How many fruit servings do you consume per day?
 | ≥ 3 | ≥ 2  |
| 1. How many servings of butter, margarine and cream do you consume per day? (1 serve = 2 tsp or 12g)
 | < 1 | ≤ 1  |
| 1. How many servings of red meat, hamburger or meat products do you consume per week (1 serve = 100g)
 | < 1 | ≤ 1 (not including fresh, lean pork) |
| 1. How many servings of lean, unprocessed pork do you consume per week? (1 serve = 100g)
 | Not included | ≤2 to <4  |
| 1. How many sweet or carbonated beverages do you consume per week?
 | < 1 | ≤ 1  |
| 1. How many glasses of red wine do you consume per week? (1 glass = 100ml)
 | 7 or more  | 0 to 14  |
| 1. How many servings of legumes do you consume per week? (1 serve = 75g)
 | ≥ 3  | ≥ 3  |
| 1. How many servings of fish or shell fish do you consume per week? (1 serve = 100-150g)
 | ≥ 3  | ≥ 3  |
| 1. How many times per week do you consume commercial sweets or pastries (not home made), such as cakes, cookies and biscuits?
 | ≤ 3 | ≤ 3  |
| 1. How many servings of nuts do you consume per week? (1 serve = 30g)
 | ≥ 3  | ≥ 5  |
| 1. How many times per week do you consume sofrito sauce (made with onion, tomato and garlic cooked in olive oil) with vegetables, rice, pasta or other dishes?
 | ≥ 2 | ≥ 2  |
| 1. Do you preferentially consume chicken, turkey or rabbit meat instead of veal, beef, hamburger, steak or sausage?
 | Yes  | Yes  |

Table S2. 9-item LF Adherence Survey adapted from PREDIMED study

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| Item | PREDIMED criteria for 1 point | MedPork criteria for 1 point |
| 1. How much oil do you consume in a given day (including oil used for frying, salads, out-of-house meals etc)?
 | ≤ 2  | ≤ 1  |
| 1. Do you remove visible fat (or skin) of chicken, duck, pork, lamb or veal meats before cooking and the fat of soups, broths and cooked meat dishes before consumption?
 | Yes | Yes |
| 1. How many servings of fat-rich meats, hamburger, commercial ground meat, sausage, cold meat, cured ham, bacon, salami, or offal do you consume per week (1 serve fresh meat = 100g; 1 serve cured meat = 30g)
 | ≤ 1  | ≤ 1 |
| 1. How many servings of butter, margarine, lard, mayonnaise, cream or milk-based ice cream do you consume per week? (1 serve spread = 12g; 1 serve ice cream = 100g)
 | ≤ 1  | ≤ 1 |
| 1. Do you exclusively consume low-fat dairy products?
 | Yes | Yes |
| 1. How many times per week do you prepare rice, pasta, potato or legume dishes using sofrito sauce, bacon, salami, or fatty meats such as pork or lamb ribs?
 | ≤ 2  | ≤ 1  |
| 1. How may times per week do you consume fatty fish or seafood canned in oil?
 | ≤ 1  | ≤ 1  |
| 1. How many servings of commercial sweets or industrial bakery products (not home made), such as cakes, cookies, biscuits or custard do you consume per week? (1 serve cake = 80g; 1 serve biscuits = 40g)
 | ≤ 1 | ≤ 2 |
| 1. How many times per week do you consume nuts, potato chips, French fries or commercial snacks?
 | ≤ 1  | ≤ 1 |