**Supplementary Table 1. Comparison of consumption of MDS components between men and women**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Men** | | **Women** | |  | **Total** | |
|  |  |
|  | **(N=325, 40.7%)** | | **(N=473, 59.3%)** | |  | **(N=798)** | |
|  |  |  |  |  |  |  |  |
|  | **Mean** | **SD** | **Mean** | **SD** | **p-value** | **Mean** | **SD** |
| **MDS components** |  |  |  |  |  |  |  |
| Cereals (*above the median*) | 217.3 | 88.8 | 176.2 | 71.4 | <0.001 | 193.0 | 81.5 |
| Meat (*below the median*) | 75.6 | 36.2 | 68.6 | 38.8 | 0.01 | 71.4 | 37.9 |
| Fish (*above the median*) | 44.9 | 25.0 | 43.4 | 28.7 | 0.45 | 44.0 | 27.2 |
| Dairy (*below the median*) | 200.5 | 143.9 | 206.9 | 160.2 | 0.57 | 204.3 | 153.7 |
| Legumes (*above the median*) | 31.1 | 28.6 | 31.5 | 41.7 | 0.87 | 31.3 | 36.9 |
| Vegetables (*above the median*) | 282.2 | 142.0 | 324.5 | 145.0 | <0.001 | 307.3 | 148.1 |
| Fruits and Nut (*above the median*) | 310.5 | 171.9 | 330.4 | 264.0 | 0.23 | 322.3 | 231.1 |
| MUFA/SFA° | 1.5 | 0.4 | 1.5 | 0.4 | 0.04 | 1.5 | 0.1 |
| Alcohol (*moderate intake*) | 17.7 | 18.5 | 6.9 | 9.5 | <0.001 | 11.3 | 14.9 |

°MUFA: Monounsaturated fatty acids; SFA: saturated fatty acids