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| **Appendix 1.** Characteristics of REGICOR-Mediterranean dietary score (R-MDS) and Mediterranean dietary score based on dietary recommendations (MDS-rec). |
|   | Mean/Median\* | SD | Score range |
| *R-MDS* | 17 | 3·2 | 10-26 |
| 1st R-MDS tertile (n=316) | 14 |  | 10-16 |
| 2nd R-MDS tertile (n=290) | 17 |  | 16-19 |
| 3rd R-MDS tertile (n=303) | 24 |  | 19-26 |
| Men | 17 | 3·1 | 10-26 |
| Women | 18 | 3·2 | 10-26 |
| *MDS-rec* | 21 | 2·9 | 11-28 |
| 1st MDS-rec category (n=693) | 19 |  | 11-20 |
| 2nd MDS-rec category (n=507) | 22 |  | 21-22 |
| 3rd MDS-rec category (n=679) | 24 |   | 23-28 |

\*Mean for the values with SD, otherwise median.