|  |  |  |  |
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| **Appendix 3.** Comparison of tertile cut-offs of REGICOR-Mediterranean diet score (R-MDS) with recommended daily amounts of food consumption of Mediterranean diet score based on dietary recommendations (MDS-rec). | | | |
|  | R-MDS tertiles and MDS-rec categories | | |
|  | 1st | 2nd | 3rd |
| Vegetables (g) |  |  |  |
| R-MDS |  |  |  |
| Men | ≤230 | 231-440 | >440 |
| Women | ≤299 | 300-535 | >535 |
| MDS-rec | <129 | 129-224 | ≥225 |
| Fruits (g) |  |  |  |
| R-MDS |  |  |  |
| Men | ≤226 | 227-518 | >518 |
| Women | ≤320 | 321-689 | >690 |
| MDS-rec | <120 | 120-299 | ≥300 |
| Dairy products (g) |  |  |  |
| R-MDS |  |  |  |
| Men | ≤130 | 131-292 | >292 |
| Women | ≤212 | 213-387 | >387 |
| MDS-rec | ≥150 | 150-374 | <375 |
| Meat and sausages (g) |  |  |  |
| R-MDS |  |  |  |
| Men | ≤101 | 102-162 | >162 |
| Women | ≤79 | 80-129 | >129 |
| **Table continues** |  |  |  |
| **Table continued** |  | | |
|  | R-MDS tertiles and MDS-rec categories | | |
|  | 1st | 2nd | 3rd |
| MDS-rec | ≥84 | 45-83 | ≤44 |
| Fish and seafood (g) |  |  |  |
| R-MDS |  |  |  |
| Men | ≤58 | 59-94 | >94 |
| Women | ≤54 | 55-93 | >93 |
| MDS-rec | <21 | 21-53 | ≥54 |
| Nuts (g) |  |  |  |
| R-MDS |  |  |  |
| Men | ≤6·0 | 6·1-17 | >17 |
| Women | ≤3·5 | 3·6-16 | >16 |
| MDS-rec | <2·9 | 2·9-7·0 | ≥7·1 |
| Pulses (g) |  |  |  |
| R-MDS |  |  |  |
| Men | ≤38 | 39-57 | >57 |
| Women | ≤38 | 39-57 | >57 |
| MDS-rec | <8·5 | 8·6-13 | ≥14 |
| Olive oil (ml) |  |  |  |
| R-MDS |  |  |  |
| Men | ≤13 | 13-27 | >27 |
| Women | ≤13 | 13-34 | >34 |
| MDS-rec | <10 | 10-24 | ≥25 |
| **Table continues** |  |  |  |
| **Table continued** |  | | |
|  | R-MDS tertiles and MDS-rec categories | | |
|  | 1st | 2nd | 3rd |
| Cereals (g) |  |  |  |
| R-MDS |  |  |  |
| Men | ≤148 | 149-226 | >226 |
| Women | ≤130 | 131-210 | >210 |
| MDS-rec | <100 | 100-349 | ≥350 |
|  | | | |