

## SUPPLEMENTARY MATERIAL: coding instructions for the researcher

<b>KIDMED Index questions:</b>	<b>If answer is YES</b>	<b>If answer is NO</b>
Question 1. Do you eat a piece of fruit or drink fresh fruit juice every day?	+1	0
Question 2. Do you eat a second piece of fruit every day?	+1	0
Question 3. Do you eat fresh vegetables (example: salads) or cooked vegetables (example: soup) regularly, once a day?	+1	0
Question 4. Do you eat fresh or cooked vegetables more than once a day?	+1	0
Question 5. Do you eat fish/seafood (e.g. hake, sardines, octopus, shrimp) regularly (at least 2 to 3 times a week)?	+1	0
Question 6. Do you go, once or more a week, to fast-food restaurants like hamburger places?	-1	0
Question 7. Do you like and eat pulses (e.g. beans, peas, chickpeas, broad beans, lentils) more than once a week?	+1	0
Question 8. Do you eat pasta or rice almost every day (5 d or more a week)?	+1	0
Question 9. Do you eat cereal or cereal products (e.g. oats, bread) for breakfast?	+1	0
Question 10. Do you eat nuts (e.g. walnuts, almonds, hazelnuts) regularly (at least 2–3 times a week)?	+1	0
Question 11. Do you use olive oil at home?	+1	0
Question 12. Do you take breakfast every day?	0	-1
Question 13. Do you eat dairy products (yogurt, milk, cheese) for breakfast?	+1	0
Question 14. Do you eat commercially baked goods or pastries (e.g. cookies, cakes, croissants, donuts) for breakfast?	-1	0
Question 15. Do you eat 2 yogurts and/or 2 slices of cheese a day?	+1	0
Question 16. Do you eat sweets and candies several times a day (e.g. chocolates, gums, sweets)?	-1	0

KIDMED Index final ranking (-4 to 12 points):

- $\leq 3$  points  $\rightarrow$  low adherence to the Mediterranean Dietary Pattern
- 4–7 points  $\rightarrow$  moderate adherence to the Mediterranean Dietary Pattern
- $\geq 8$  points  $\rightarrow$  high adherence to the Mediterranean Dietary Pattern