**Supplementary Table 1**. Diet and lifestyle (different from diet) characteristics by sex of the population under study: students of the University of the Basque Country (UPV/EHU), EHU12/24 study

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total(*n* 26 165) | Men(*n* 10 607) | Women(*n* 15 558) | *P*\* |
|  | Mean or % | SD | Mean or % | SD | Mean or % | SD |  |
| No. of EO/day | 4·5 | 0·8 | 4·5 | 0·9 | 4·5 | 0·8 | 0·04 |
| Interval between meals, min. | 244·4 | 66·5 | 247·0 | 69·6 | 242·6 | 64·3 | <0·001 |
| Breakfast duration, minutes/day | 12·7 | 7·6 | 12·4 | 7·7 | 12·9 | 7·6 | <0·001 |
| Lunch/dinner duration, minutes/day | 26·9 | 9·7 | 25·6 | 8·7 | 27·8 | 10·2 | <0·001 |
| HEI-2010 | 74·5 | 8·0 | 73·3 | 7·9 | 75·3 | 7·9 | <0·001 |
| MDS | 33·5 | 5·5 | 32·7 | 5·2 | 34·1 | 5·6 | <0·001 |
| Sitting time, hours/day | 7·9 | 2·2 | 7·8 | 2·3 | 7·9 | 2·2 | 0·006 |
| Sleep duration per night, hours/day | 7·7 | 1·0 | 7·6 | 1·0 | 7·7 | 1·0 | <0·001 |

SD, standard deviation; EO, eating occasions; No., number; HEI-2010, Healthy Eating Index; MDS, MedDietScore.

\*Sex differences.

**Supplementary Table 2**. Diet quality indices according to adequacy to recommendations of variables of the meal pattern score in the population under study: students of the University of the Basque Country (UPV/EHU), EHU12/24study

|  |  |  |
| --- | --- | --- |
| Variables\* | MDS | HEI-2010 |
| Mean | SD | *P* | Mean | SD | *P* |
| No. of EO daily |  |  |  |  |  |  |
| Adequate | 34·1 | 5·3 |  | 75·1 | 8·2 |  |
| Barely adequate/inadequate | 32·9 | 5·5 | <0·001 | 73·9 | 7·7 | <0·001 |
| Interval between meals |  |  |  |  |  |  |
| Adequate | 34·2 | 5·3 |  | 75·1 | 8·0 |  |
| Barely adequate/inadequate | 33·1 | 5·5 | <0·001 | 74·1 | 8·0 | <0·001 |
| Breakfast skipping |  |  |  |  |  |  |
| Adequate | 33·6 | 5·5 |  | 74·8 | 7·9 |  |
| Barely adequate/inadequate | 32·6 | 5·2 | <0·001 | 71·3 | 7·9 | <0·001 |
| Eating breakfast alone vs. with others |  |  |  |  |  |  |
| With others | 34·2 | 5·7 |  | 75·4 | 7·6 |  |
| Barely adequate/inadequate | 33·3 | 5·4 | <0·001 | 74·2 | 8·1 | <0·001 |
| Eating lunch alone vs. with others |  |  |  |  |  |  |
| With others | 33·6 | 5·2 |  | 74·6 | 7·6 |  |
| Barely adequate/inadequate | 33·4 | 5·9 | 0·04 | 74·2 | 8·7 | <0·001 |
| Eating dinner alone vs. with others |  |  |  |  |  |  |
| With others | 33·7 | 5·4 |  | 74·7 | 7·7 |  |
| Barely adequate/inadequate | 32·9 | 5·7 | <0·001 | 73·6 | 8·9 | <0·001 |
| Breakfast duration |  |  |  |  |  |  |
| Adequate | 34·3 | 5·4 |  | 76·3 | 7·9 |  |
| Barely adequate/inadequate | 33·0 | 5·5 | <0·001 | 73·4 | 7·9 | <0·001 |
| Lunch/dinner duration |  |  |  |  |  |  |
| Adequate | 33·4 | 5·1 |  | 74·6 | 7·8 |  |
| Barely adequate/inadequate | 33·6 | 5·7 | <0·001 | 74·3 | 8·2 | <0·001 |

SD, standard deviation; No., number; EO, eating occasions; HEI, Healthy Eating Index; MDS, MedDietScore.

\*All the variables were dichotomized considering, on the one hand, the healthiest category, and, on the other, the intermediate and the least healthy.