**Supplemental Table 1:** Description of the investigated Mediterranean diet scores

|  |  |  |
| --- | --- | --- |
|  | **Literature-based Adherence Score to the Mediterranean Diet (MEDI-LITE) -** Sofi et al. Pub Health Nutr 2014 (1) | **Mediterranean Diet Scale (MDS) -** Trichopoulou et al. N Engl J Med 2003 (2) |
| **Selection of the components** | Expressed as g/day and divided into 3 groups using fixed cut-offs   * 6 beneficial components: fruits, vegetables, legumes, cereals, fish, olive oil * 2 moderation components: meat and dairy products * 1 component alcohol | Expressed as g/day and distributed by > or < sex-based median   * 6 beneficial components: fruits, vegetables, legumes, cereals, fish, olive oil2 * 2 moderation components: meat and dairy products * 1 component alcohol |
| **Allocation of points** | Rating according to absolute cut-offs  For beneficial components: 2 points given to the highest category of consumption, 1 to the middle category and 0 to the lowest category and inversely for the moderation components.  **Beneficial components**  **Fruits:** lower cut-off: 150g, higher cut-off: 225g (per day)  **Vegetables**: 100g, 250g (per day)  **Cereals**: 130g, 195g (per day)  **Legumes**: 70g, 140g (per week)  **Fish**: 100g, 250g (per week)  **Olive oil:** 0 point for occasional use, 1 for frequent use and 2 for regular use1  **Moderation components**  **Meat:** 80g, 120g (per day)  **Dairy products:** 180g, 270g (per day)  **Ethanol:** 2 points if 12-24g, 1 point if <12g, 0 point if >24g (per day) | **Beneficial components**   * 1 point if ≥ median, 0 if < median   **Moderation components**   * 1 point if ≤ median, 0 if > median   **Ethanol:** 1 point if 10-50g (♂)or 5-25g (♀), else 0 points (per day) |
| **Final scoring** | Range: 0-18 points | Range: 0-9 points |

1Based on consumption frequencies, 2 points attributed for daily use, 0 point for a use lower than once a week, and 1 otherwise.

2Defined as the ratio of mono-unsaturated fatty acids to saturated fatty acids.

**Supplemental Table 2:** Consumption of dietary components of the Mediterranean diet (g/d) according to sex-specific quintiles of adherence to the Mediterranean diet (MEDI-LITE)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Consumption for the Mediterranean diet components (g/d)2** | Total sample | Q1 | Q2 | Q3 | Q4 | Q5 |
| Cereals (refined and unrefined) | 182.58 (111.75) | 140.83 (87.78) | 158.84 (95.97) | 177.79 (104.27) | 198.12 (113.52) | 240.96 (127.80) |
| Fruits | 297.07 (259.04) | 156.36 (155.57) | 255.10 (241.82) | 311.71 (263.89) | 353.00 (269.81) | 412.57 (270.06) |
| Vegetables | 273.38 (196.42) | 153.46 (120.76) | 225.71 (185.67) | 270.28 (174.19) | 318.32 (181.26) | 404.09 (212.86) |
| Legumes | 16.29 (30.33) | 4.86 (5.97) | 7.95 (10.82) | 11.74 (20.39) | 18.44 (25.88) | 40.14 (53.24) |
| Fish | 46.22 (43.64) | 27.36 (37.46) | 41.51 (40.79) | 48.17 (42.74) | 54.65 (43.30) | 59.20 (46.79) |
| Dairy products3 | 256.6 (214.23) | 321.64 (223.87) | 286.55 (218.84) | 262.77 (220.10) | 236.55 (204.03) | 170.75 (170.39) |
| MUFA/SFA | 1.16 (0.41) | 0.95 (0.25) | 1.06 (0.31) | 1.13 (0.36) | 1.22 (0.42) | 1.44 (0.53) |
| Meat4 | 113.04 (82.56) | 129.07 (83.48) | 120.41 (81.29) | 116.38 (78.99) | 110.76 (82.95) | 86.91 (79.31) |
| Ethanol | 8.52 (12.52) | 9.00 (16.13) | 8.54 (13.22) | 8.44 (11.53) | 8.50 (11.16) | 8.07 (9.34) |

MEDI-LITE: Literature-based adherence score to the Mediterranean diet; MUFA: mono-unsaturated fatty acids; Q: quintiles; SFA: saturated fatty acids.

1Values are means (SD). All p-values for trend across quintiles were <0.05.

2Except for MUFA/SFA ratio.

3Dairy products include milk, cheese, yoghurt and quark.

4Meat includes red meat, processed meat and poultry.

**Supplemental Table 3:** Associations between adherence to the Mediterranean diet (MEDI-LITE) and diet sustainability indicators (unadjusted models), n=29,210, 2014, NutriNet-Santé study

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Quintiles of level of adherence to the Mediterranean diet | | | | | | | | | |  | Per SD | | |
|  | Q1 | | Q2 | | Q3 | | Q4 | | Q5 | |  |  | | |
|  | mean | 95%CI | mean | 95%CI | mean | 95%CI | mean | 95%CI | mean | 95%CI | P1 |  |  | P2 |
| **Nutrition** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **sPNNS-GS2** | 1.58 | 1.49; 1.66 | 2.48 | 2.41; 2.56 | 2.71 | 2.61; 2.81 | 3.05 | 2.98; 3.13 | 3.80 | 3.71; 3.89 | <.0001 | 0.75 | 0.71; 0.79 | <.0001 |
| **PANDiet** | 61.93 | 61.73; 62.14 | 63.92 | 63.74; 64.09 | 64.83 | 64.60; 65.06 | 65.94 | 65.76; 66.12 | 68.36 | 68.16; 68.57 | <.0001 | 2.19 | 2.10; 2.27 | <.0001 |
| **cDQI** | 46.35 | 46.12; 46.58 | 50.09 | 49.89; 50.29 | 51.48 | 51.22; 51.74 | 53.47 | 53.27; 53.67 | 56.05 | 55.81; 56.28 | <.0001 | 3.35 | 3.25; 3.45 | <.0001 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Environment** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **GHGE, kgCO2eq/day** | 4.21 | 4.15; 4.28 | 4.17 | 4.12; 4.23 | 4.16 | 4.09; 4.24 | 4.11 | 4.05; 4.17 | 3.57 | 3.5; 3.63 | <.0001 | -0.22 | -0.25; -0.19 | <.0001 |
| **LO, m²/day** | 10.73 | 10.55; 10.9 | 10.77 | 10.61; 10.92 | 10.83 | 10.63; 11.03 | 10.83 | 10.67; 10.99 | 9.79 | 9.6; 9.97 | <.0001 | -0.33 | -0.41; -0.25 | <.0001 |
| **CED, MJ/day** | 16.27 | 16.07; 16.47 | 17.35 | 17.18; 17.53 | 18.07 | 17.84; 18.29 | 18.56 | 18.38; 18.74 | 17.82 | 17.61; 18.02 | <.0001 | 0.56 | 0.47; 0.64 | <.0001 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Cost** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Total diet monetary cost, €/day** | 6.32 | 6.25; 6.40 | 7.14 | 7.07; 7.20 | 7.68 | 7.60; 7.77 | 8.28 | 8.21; 8.35 | 9.16 | 9.08; 9.23 | <.0001 | 0.98 | 0.94; 1.01 | <.0001 |
| **Cost of the diet dedicated to conventional foods, €/day** | 5.20 | 5.13; 5.27 | 5.39 | 5.33; 5.45 | 5.50 | 5.42; 5.58 | 5.47 | 5.41; 5.53 | 4.84 | 4.77; 4.91 | <.0001 | -0.11 | -0.14; -0.08 | <.0001 |
| **Cost of the diet dedicated to organic foods, €/day** | 1.12 | 1.05; 1.19 | 1.75 | 1.68; 1.81 | 2.18 | 2.10; 2.26 | 2.81 | 2.75; 2.87 | 4.32 | 4.25; 4.39 | <.0001 | 1.09 | 1.06; 1.12 | <.0001 |

95%CI: 95% confidence interval; cDQI: Comprehensive Diet Quality Index; CED: Cumulative Energy Demand; GHGE: Greenhouse gas emissions; LO: Land Occupation; MEDI-LITE: Literature-based adherence score to the Mediterranean diet; PANDiet: Diet Quality Index Based on the Probability of Adequate Nutrient Intake; Q: quintiles; sPNNS-GS2: simplified Programme National Nutrition Santé-Guideline Score.

1P-values are based on linear contrast tests.

2P-values are calculated by linear regression.

**Supplemental Table 4**: Associations between adherence to the Mediterranean diet (MDS) and diet sustainability indicators, n=29,210, 2014, NutriNet-Santé study

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Quintiles of level of adherence to the Mediterranean diet | | | | | | | | | |  | Per SD | | | |
|  | Q1 | | Q2 | | Q3 | | Q4 | | Q5 | |  |  | | |
|  | mean | 95%CI | mean | 95%CI | mean | 95%CI | mean | 95%CI | mean | 95%CI | P1 | β | 95%CI | P2 |
| **Nutrition** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **sPNNS-GS2** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 14* | 1.9 | 1.80; 2.00 | 2.33 | 2.23; 2.42 | 2.59 | 2.51; 2.68 | 2.96 | 2.89; 3.02 | 3.77 | 3.66; 3.88 | <.0001 | 0.55 | 0.51; 0.59 | <.0001 |
| *Model 25* | 1.19 | 1.10; 1.27 | 1.91 | 1.84; 1.99 | 2.42 | 2.35; 2.49 | 3.28 | 3.23; 3.33 | 4.53 | 4.44; 4.62 | <.0001 | 1.02 | 0.99; 1.06 | <.0001 |
| **PANDiet** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 14* | 61.65 | 61.42; 61.87 | 62.91 | 62.70; 63.12 | 64.12 | 63.93; 64.31 | 66.2 | 66.06; 66.35 | 69.56 | 69.32; 69.81 | <.0001 | 2.42 | 2.33; 2.51 | <.0001 |
| *Model 25* | 60.36 | 60.16; 60.56 | 62.12 | 61.94; 62.30 | 63.78 | 63.62; 63.94 | 66.8 | 66.68; 66.93 | 70.99 | 70.77; 71.20 | <.0001 | 3.31 | 3.23; 3.38 | <.0001 |
| **cDQI** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 14* | 46.1 | 45.84; 46.36 | 48.61 | 48.37; 48.85 | 50.69 | 50.47; 50.91 | 53.66 | 53.50; 53.83 | 56.82 | 56.55; 57.10 | <.0001 | 3.36 | 3.26; 3.46 | <.0001 |
| *Model 25* | 46.09 | 45.85; 46.33 | 48.57 | 48.35; 48.80 | 50.56 | 50.36; 50.76 | 53.7 | 53.55; 53.86 | 56.99 | 56.73; 57.25 | <.0001 | 3.43 | 3.34; 3.53 | <.0001 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Environment** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **GHGE (kgCO2eq/day)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 4.21 | 4.14; 4.29 | 4.13 | 4.07; 4.20 | 4.16 | 4.09; 4.22 | 4.09 | 4.05; 4.14 | 3.48 | 3.40; 3.56 | <.0001 | -0.19 | -0.22; -0.16 | <.0001 |
| *Model 24* | 4.85 | 4.79; 4.91 | 4.5 | 4.44; 4.55 | 4.28 | 4.24; 4.33 | 3.81 | 3.77; 3.85 | 2.83 | 2.76; 2.89 | <.0001 | -0.61 | -0.63; -0.58 | <.0001 |
| **LO (m²/day)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 10.71 | 10.50; 10.91 | 10.64 | 10.45; 10.82 | 10.78 | 10.61; 10.95 | 10.82 | 10.69; 10.95 | 9.55 | 9.33; 9.77 | <.0001 | -0.27 | -0.34; -0.19 | <.0001 |
| *Model 24* | 12.38 | 12.22; 12.55 | 11.59 | 11.44; 11.74 | 11.11 | 10.97; 11.25 | 10.09 | 9.98; 10.19 | 7.85 | 7.67; 8.03 | <.0001 | -1.35 | -1.42; -1.29 | <.0001 |
| **CED (MJ/day)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 16.19 | 15.96; 16.41 | 16.79 | 16.58; 17.00 | 17.59 | 17.40; 17.78 | 18.54 | 18.40; 18.69 | 17.94 | 17.69; 18.18 | <.0001 | 0.69 | 0.60; 0.77 | <.0001 |
| *Model 24* | 18.51 | 18.35; 18.66 | 18.12 | 17.98; 18.27 | 18.06 | 17.93; 18.19 | 17.51 | 17.41; 17.61 | 15.56 | 15.39; 15.73 | <.0001 | -0.82 | -0.88; -0.76 | <.0001 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Cost** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Total diet monetary cost, €/day** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 6.19 | 6.10; 6.27 | 6.81 | 6.73; 6.88 | 7.34 | 7.27; 7.41 | 8.35 | 8.30; 8.41 | 9.47 | 9.38; 9.56 | <.0001 | 1.03 | 1.00; 1.06 | <.0001 |
| *Model 24* | 7.07 | 7.02; 7.13 | 7.31 | 7.26; 7.37 | 7.52 | 7.47; 7.57 | 7.96 | 7.92; 8.00 | 8.57 | 8.51; 8.63 | <.0001 | 0.46 | 0.44; 0.48 | <.0001 |
| **Cost of the diet dedicated to conventional foods, €/day** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 5.08 | 5.00; 5.16 | 5.26 | 5.19; 5.34 | 5.43 | 5.36; 5.50 | 5.44 | 5.39; 5.49 | 4.94 | 4.85; 5.03 | <.0001 | -0.01 | -0.04; 0.02 | 0.51 |
| *Model 24* | 5.75 | 5.68; 5.81 | 5.64 | 5.58; 5.70 | 5.56 | 5.51; 5.61 | 5.14 | 5.10; 5.18 | 4.26 | 4.19; 4.33 | <.0001 | -0.44 | -0.47; -0.42 | 0.51 |
| **Cost of the diet dedicated to organic foods, €/day** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 1.11 | 1.03; 1.19 | 1.54 | 1.47; 1.62 | 1.91 | 1.84; 1.98 | 2.92 | 2.86; 2.97 | 4.53 | 4.45; 4.62 | <.0001 | 1.04 | 1.01; 1.07 | <.0001 |
| *Model 24* | 1.32 | 1.24; 1.41 | 1.67 | 1.60; 1.74 | 1.96 | 1.89; 2.02 | 2.82 | 2.77; 2.87 | 4.31 | 4.22; 4.39 | <.0001 | 0.9 | 0.87; 0.94 | <.0001 |

95%CI: 95% confidence interval; cDQI: Comprehensive Diet Quality Index; CED: Cumulative Energy Demand; GHGE: Greenhouse gas emissions; LO: Land Occupation; MDS: Mediterranean Diet Scale; PANDiet: Diet Quality Index Based on the Probability of Adequate Nutrient Intake; Q: quintiles; sPNNS-GS2: simplified Programme National Nutrition Santé-Guideline Score.

1P-values are based on linear contrast tests.

2P-values are calculated by linear regression.

3Model 1: unadjusted.

4Model 2: adjusted for age, sex, and daily energy intake.

**Supplemental Table 5:** Associations between adherence to the Mediterranean diet (MDS) and nutrient intakes, n=29,210, 2014, NutriNet-Santé study

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Quintiles of level of adherence to the Mediterranean diet | | | | | | | | | |  | Per SD | | |
|  | Q1 | | Q2 | | Q3 | | Q4 | | Q5 | |  |  |  |  |
|  | Mean | 95%CI | mean | 95%CI | mean | 95%CI | mean | 95%CI | mean | 95%CI | P1 | β | 95%CI | P2 |
| **Total energy intake, kcal /day** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 1766 | 1748; 1785 | 1862.54 | 1846; 1880 | 1947.24 | 1932; 1963 | 2106.9 | 2095; 2119 | 2248.58 | 2229; 2268 | <.0001 | 154.66 | 147.7; 161.7 | <.0001 |
| *Model 24* | 1776 | 1758; 1794 | 1863.92 | 1847; 1880 | 1946.49 | 1932; 1961 | 2104.5 | 2093; 2116 | 2243.85 | 2225; 2263 | <.0001 | 150.79 | 143.9; 157.7 | <.0001 |
| **%Total fat** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 41.07 | 40.85; 41.28 | 40.96 | 40.76; 41.16 | 40.97 | 40.79; 41.15 | 41.42 | 41.28; 41.55 | 41.61 | 41.38; 41.84 | <.0001 | 0.21 | 0.13; 0.30 | <.0001 |
| *Model 2*4 | 41.25 | 41.03; 41.46 | 41.05 | 40.85; 41.25 | 40.97 | 40.79; 41.15 | 41.35 | 41.21; 41.48 | 41.47 | 41.24; 41.71 | 0.001 | 0.12 | 0.03; 0.20 | <.0001 |
| **%Saturated fatty acids** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 17.08 | 16.98; 17.18 | 16.13 | 16.03; 16.22 | 15.32 | 15.24; 15.41 | 14.1 | 14.04; 14.17 | 12.45 | 12.34; 12.56 | <.0001 | -1.43 | -1.47; -1.39 | <.0001 |
| *Model 24* | 17.14 | 17.04; 17.24 | 16.15 | 16.06; 16.24 | 15.32 | 15.24; 15.41 | 14.08 | 14.02; 14.15 | 12.41 | 12.30; 12.52 | <.0001 | -1.47 | -1.50; -1.43 | <.0001 |
| **%Mono-unsaturated fatty acids** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 15.22 | 15.10; 15.34 | 15.66 | 15.55; 15.77 | 16.10 | 16.00; 16.20 | 16.92 | 16.84; 17.00 | 17.76 | 17.63; 17.89 | <.0001 | 0.81 | 0.77; 0.86 | <.0001 |
| *Model 24* | 15.28 | 15.16; 15.40 | 15.70 | 15.59; 15.81 | 16.10 | 16.00; 16.20 | 16.89 | 16.82; 16.97 | 17.71 | 17.58; 17.84 | <.0001 | 0.78 | 0.73; 0.82 | <.0001 |
| **%Poly-unsaturated fatty acids** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 5.70 | 5.63; 5.77 | 6.11 | 6.04; 6.18 | 6.49 | 6.43; 6.55 | 7.32 | 7.28; 7.37 | 8.36 | 8.28; 8.44 | <.0001 | 0.84 | 0.81; 0.87 | <.0001 |
| *Model 24* | 5.74 | 5.66; 5.81 | 6.13 | 6.06; 6.20 | 6.49 | 6.43; 6.55 | 7.31 | 7.26; 7.35 | 8.33 | 8.25; 8.41 | <.0001 | 0.82 | 0.79; 0.85 | <.0001 |
| **%Carbohydrates** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 38.44 | 38.22; 38.67 | 39.31 | 39.10; 39.52 | 39.61 | 39.42; 39.80 | 39.79 | 39.65; 39.94 | 39.79 | 39.65; 39.94 | <.0001 | 0.68 | 0.59; 0.76 | <.0001 |
| *Model 24* | 38.12 | 37.89; 38.34 | 39.15 | 38.94; 39.36 | 39.62 | 39.43; 39.80 | 39.92 | 39.77; 40.06 | 41.19 | 40.94; 41.43 | <.0001 | 0.86 | 0.77; 0.94 | <.0001 |
| **%Added sugars** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 6.68 | 6.59; 6.77 | 6.07 | 5.99; 6.16 | 5.40 | 5.32; 5.48 | 4.76 | 4.70; 4.82 | 4.08 | 3.98; 4.17 | <.0001 | -0.83 | -0.86; -0.79 | <.0001 |
| *Model 24* | 6.54 | 6.45; 6.64 | 6.00 | 5.92; 6.09 | 5.40 | 5.32; 5.48 | 4.81 | 4.75; 4.87 | 4.18 | 4.08; 4.27 | <.0001 | -0.76 | -0.79; -0.72 | <.0001 |
| **%Protein** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 20.09 | 19.98; 20.20 | 19.34 | 19.24; 19.44 | 19.02 | 18.93; 19.11 | 18.4 | 18.33; 18.47 | 17.08 | 16.96; 17.19 | <.0001 | -0.88 | -0.93; -0.84 | <.0001 |
| *Model 24* | 20.24 | 20.13; 20.34 | 19.41 | 19.31; 19.51 | 19.02 | 18.93; 19.11 | 18.35 | 18.28; 18.42 | 16.97 | 16.86; 17.09 | <.0001 | -0.96 | -1.00; -0.92 | <.0001 |
| **Protein from plant origin, g/day** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 20.56 | 20.23; 20.89 | 23.65 | 23.34; 23.95 | 26.39 | 26.11; 26.67 | 31.75 | 31.54; 31.97 | 39.73 | 39.37; 40.09 | <.0001 | 5.89 | 5.77; 6.02 | <.0001 |
| *Model 2*5 | 23.28 | 23.02; 23.54 | 25.3 | 25.06; 25.54 | 27.09 | 26.87; 27.3 | 30.49 | 30.33; 30.66 | 36.75 | 36.47; 37.02 | <.0001 | 4.06 | 3.96; 4.16 | <.0001 |
| **Fiber, g/day** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 15.51 | 15.23; 15.78 | 18.46 | 18.20; 18.72 | 21.49 | 21.26; 21.73 | 26.47 | 26.29; 26.65 | 33.36 | 33.06; 33.66 | <.0001 | 5.53 | 5.43; 5.64 | <.0001 |
| *Model 2*5 | 18.06 | 17.83; 18.29 | 19.97 | 19.76; 20.18 | 22.04 | 21.85; 22.23 | 25.32 | 25.17; 25.46 | 30.7 | 30.45; 30.94 | <.0001 | 3.87 | 3.78; 3.95 | <.0001 |
| **Poly-unsaturated fatty acids, g/day** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 10.94 | 10.73; 11.16 | 12.26 | 12.06; 12.46 | 13.59 | 13.41; 13.77 | 16.57 | 16.44; 16.71 | 20.36 | 20.13; 20.60 | <.0001 | 2.96 | 2.88; 3.04 | <.0001 |
| *Model 2*5 | 12.84 | 12.67; 13.01 | 13.39 | 13.24; 13.55 | 14.02 | 13.88; 14.16 | 15.71 | 15.61; 15.82 | 18.36 | 18.18; 18.54 | <.0001 | 1.71 | 1.65; 1.78 | <.0001 |
| **Omega-3 fatty acids, g/day** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 1.32 | 1.28; 1.36 | 1.6 | 1.56; 1.63 | 1.88 | 1.84; 1.91 | 2.46 | 2.43; 2.48 | 3.21 | 3.17; 3.26 | <.0001 | 0.59 | 0.58; 0.61 | <.0001 |
| *Model 2*5 | 1.62 | 1.58; 1.65 | 1.77 | 1.73; 1.8 | 1.93 | 1.9; 1.96 | 2.33 | 2.3; 2.35 | 2.92 | 2.88; 2.96 | <.0001 | 0.36 | 0.35; 0.38 | <.0001 |
| **EPA, g/day** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 0.11 | 0.10; 0.11 | 0.15 | 0.14; 0.15 | 0.18 | 0.17; 0.18 | 0.23 | 0.23; 0.23 | 0.28 | 0.27; 0.29 | <.0001 | 0.05 | 0.05; 0.06 | <.0001 |
| *Model 2*5 | 0.13 | 0.13; 0.14 | 0.16 | 0.16; 0.17 | 0.18 | 0.18; 0.19 | 0.22 | 0.21; 0.22 |  | 0.25; 0.26 | <.0001 | 0.04 | 0.04; 0.04 | <.0001 |
| **DHA, g/day** |  |  |  |  |  |  |  |  | 0.25 |  |  |  |  |  |
| *Model 13* | 0.15 | 0.14; 0.15 | 0.19 | 0.19; 0.20 | 0.23 | 0.23; 0.24 | 0.29 | 0.29; 0.30 | 0.35 | 0.35; 0.36 | <.0001 | 0.07 | 0.06; 0.07 | <.0001 |
| *Model 2*5 | 0.18 | 0.17; 0.19 | 0.21 | 0.21; 0.22 | 0.24 | 0.23; 0.24 | 0.28 | 0.28; 0.28 | 0.32 | 0.31; 0.33 | <.0001 | 0.05 | 0.04; 0.05 | <.0001 |
| **Vitamin C, mg/day** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 110.24 | 107.7; 112.8 | 125.65 | 123.3; 128.0 | 142.65 | 140.5; 144.8 | 170.58 | 168.9; 172.2 | 203.01 | 200.2; 205.8 | <.0001 | 29.22 | 28.24; 30.21 | <.0001 |
| *Model 2*5 | 124.73 | 122.31; 127.14 | 134.3 | 132.08; 136.53 | 145.85 | 143.84; 147.86 | 164.01 | 162.47; 165.55 | 187.77 | 185.18; 190.36 | <.0001 | 19.7 | 18.77; 20.62 | <.0001 |
| **Vitamin E, mg/day** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 10.43 | 10.24; 10.63 | 11.97 | 11.79; 12.15 | 13.38 | 13.22; 13.55 | 16.33 | 16.20; 16.45 | 19.94 | 19.74; 20.15 | <.0001 | 2.98 | 2.90; 3.05 | <.0001 |
| *Model 2*5 | 12.17 | 12.02; 12.32 | 13.01 | 12.87; 13.15 | 13.77 | 13.64; 13.9 | 15.54 | 15.44; 15.63 | 18.11 | 17.95; 18.27 | <.0001 | 1.83 | 1.77; 1.89 | <.0001 |
| **Vitamin B12, mg/day** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 5.69 | 5.52; 5.86 | 6.17 | 6.02; 6.32 | 6.46 | 6.32; 6.60 | 6.94 | 6.83; 7.05 | 6.74 | 6.56; 6.92 | <.0001 | 0.37 | 0.30; 0.43 | <.0001 |
| *Model 2*5 | 6.72 | 6.57; 6.87 | 6.75 | 6.61; 6.89 | 6.65 | 6.52; 6.78 | 6.5 | 6.4; 6.59 | 5.73 | 5.56; 5.89 | <.0001 | -0.29 | -0.35; -0.23 | <.0001 |
| **Calcium, mg/day** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 1138.37 | 1125; 1152 | 1113.37 | 1101; 1126 | 1114.09 | 1103; 1125 | 1123.32 | 1115; 1132 | 1068.93 | 1054; 1084 | <.0001 | -16.25 | -21.4; -11.1 | <.0001 |
| *Model 2*5 | 125821 | 1248.69; 1267.74 | 1184.33 | 1175.55; 1193.11 | 1140.36 | 1132.42; 1148.3 | 1069.2 | 1063.13; 1075.28 | 943.32 | 933.09; 953.55 | <.0001 | -95.17 | -98.8; -91.5 | <.0001 |
| **Ethanol, g/day** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 5.82 | 5.44; 6.19 | 7.92 | 7.58; 8.27 | 8.31 | 7.99; 8.62 | 9.34 | 9.10; 9.58 | 10.48 | 10.08; 10.89 | <.0001 | 1.4 | 1.25; 1.54 | <.0001 |
| *Model 2*5 | 7.7 | 7.35; 8.05 | 8.87 | 8.55; 9.19 | 8.54 | 8.25; 8.83 | 8.58 | 8.35; 8.8 | 8.79 | 8.42; 9.16 | <.0001 | 0.28 | 0.14; 0.41 | <.0001 |

95%CI: 95% confidence interval; DHA: Docosahexaenoic acid; EPA: Eicosapentaenoic acid; MDS: Mediterranean Diet Scale; Q: quintiles.

1P values are based on linear contrast tests.

2P-values are calculated by linear regression.

3Model 1: unadjusted.

4Model 2: adjusted for age and sex.

5Model 2: adjusted for age, sex, and daily energy intake using the residual method (3).

**Supplemental Table 6:** Associations between adherence to the Mediterranean diet (MDS) and dietary exposure to pesticides from plant-based foods, n=29,210, 2014, NutriNet-Santé study

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Quintiles of level of adherence to the Mediterranean diet | | | | | | | | | |  | Per SD | | | |
|  | Q1 | | Q2 | | Q3 | | Q4 | | Q5 | |  |  | | | |
|  | mean | 95%CI | mean | 95%CI | mean | 95%CI | mean | 95%CI | mean | 95%CI | P1 | β | 95%CI | P2 |
| **Acetamiprid** | |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 0.0425 | 0.0405; 0.0446 | 0.0462 | 0.0443; 0.0481 | 0.0509 | 0.0492; 0.0526 | 0.0529 | 0.0516; 0.0542 | 0.0525 | 0.0503; 0.0547 | <.0001 | 0.0037 | 0.0029; 0.0045 | <.0001 |
| *Model 24* | 0.0441 | 0.0420; 0.0461 | 0.0473 | 0.0454; 0.0491 | 0.0511 | 0.0494; 0.0528 | 0.0522 | 0.0509; 0.0535 | 0.051 | 0.0488; 0.0532 | <.0001 | 0.0032 | 0.0024; 0.0040 | <.0001 |
| **Anthraquinone** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 0.0005 | 0.0004; 0.0005 | 0.0006 | 0.0005; 0.0006 | 0.0006 | 0.0005; 0.0006 | 0.0007 | 0.0006; 0.0007 | 0.0006 | 0.0006; 0.0007 | <.0001 | 0.0001 | 0.0000; 0.0001 | <.0001 |
| *Model 24* | 0.0005 | 0.0004; 0.0005 | 0.0006 | 0.0005; 0.0006 | 0.0006 | 0.0005; 0.0006 | 0.0007 | 0.0006; 0.0007 | 0.0006 | 0.0006; 0.0007 | <.0001 | 0.0001 | 0.0001; 0.0001 | <.0001 |
| **Azadirachtin** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 0.0002 | 0.0001; 0.0002 | 0.0002 | 0.0002; 0.0002 | 0.0003 | 0.0003; 0.0003 | 0.0004 | 0.0004; 0.0004 | 0.0006 | 0.0006; 0.0006 | <.0001 | 0.0001 | 0.0001; 0.0002 | <.0001 |
| *Model 24* | 0.0002 | 0.0002; 0.0002 | 0.0002 | 0.0002; 0.0002 | 0.0003 | 0.0003; 0.0003 | 0.0004 | 0.0004; 0.0004 | 0.0006 | 0.0006; 0.0006 | <.0001 | 0.0001 | 0.0001; 0.0002 | <.0001 |
| **Azoxystrobin** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 0.0313 | 0.0298; 0.0327 | 0.0369 | 0.0356; 0.0382 | 0.0424 | 0.0412; 0.0436 | 0.0471 | 0.0462; 0.0480 | 0.0516 | 0.0501; 0.0532 | <.0001 | 0.0063 | 0.0057; 0.0068 | <.0001 |
| *Model 24* | 0.0352 | 0.0338; 0.0366 | 0.0392 | 0.0379; 0.0405 | 0.0432 | 0.0420; 0.0444 | 0.0454 | 0.0445; 0.0463 | 0.0476 | 0.0461; 0.0491 | <.0001 | 0.0059 | 0.0053; 0.0064 | <.0001 |
| **Boscalid** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 0.0749 | 0.0718; 0.0780 | 0.095 | 0.0921; 0.0979 | 0.1139 | 0.1113; 0.1165 | 0.1304 | 0.1284; 0.1324 | 0.141 | 0.1376; 0.1443 | <.0001 | 0.0212 | 0.0200; 0.0224 | <.0001 |
| *Model 24* | 0.0888 | 0.0858; 0.0919 | 0.103 | 0.1002; 0.1058 | 0.116 | 0.1135; 0.1185 | 0.1244 | 0.1225; 0.1264 | 0.1275 | 0.1243; 0.1308 | <.0001 | 0.0184 | 0.0172; 0.0196 | <.0001 |
| **Carbendazim** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 0.0399 | 0.0384; 0.0415 | 0.0441 | 0.0427; 0.0455 | 0.0482 | 0.0469; 0.0495 | 0.0516 | 0.0506; 0.0526 | 0.0536 | 0.0519; 0.0552 | <.0001 | 0.0047 | 0.0041; 0.0053 | <.0001 |
| *Model 24* | 0.0411 | 0.0396; 0.0427 | 0.045 | 0.0436; 0.0464 | 0.0485 | 0.0472; 0.0498 | 0.051 | 0.0500; 0.0520 | 0.0522 | 0.0505; 0.0538 | <.0001 | 0.0045 | 0.0039; 0.0051 | <.0001 |
| **Chlorpropham** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 0.0575 | 0.0555; 0.0594 | 0.0586 | 0.0568; 0.0604 | 0.0653 | 0.0636; 0.0669 | 0.0651 | 0.0639; 0.0664 | 0.0611 | 0.0590; 0.0632 | <.0001 | 0.0019 | 0.0011; 0.0026 | <.0001 |
| *Model 24* | 0.0658 | 0.0639; 0.0677 | 0.0633 | 0.0616; 0.0651 | 0.0668 | 0.0652; 0.0684 | 0.0615 | 0.0603; 0.0627 | 0.0528 | 0.0507; 0.0548 | <.0001 | 0.001 | 0.0002; 0.0018 | 0.009 |
| **Chlorpyrifos** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 0.0531 | 0.0513; 0.0548 | 0.0592 | 0.0576; 0.0609 | 0.0648 | 0.0633; 0.0663 | 0.0701 | 0.0689; 0.0712 | 0.0719 | 0.0700; 0.0738 | <.0001 | 0.0063 | 0.0056; 0.0070 | <.0001 |
| *Model 24* | 0.0568 | 0.0550; 0.0585 | 0.0616 | 0.0600; 0.0632 | 0.0655 | 0.0641; 0.0670 | 0.0684 | 0.0672; 0.0695 | 0.068 | 0.0661; 0.0699 | <.0001 | 0.0057 | 0.0050; 0.0064 | <.0001 |
| **Lambda Cyhalothrin** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 0.0066 | 0.0063; 0.0068 | 0.0082 | 0.0079; 0.0085 | 0.0097 | 0.0095; 0.0100 | 0.011 | 0.0108; 0.0112 | 0.0119 | 0.0116; 0.0122 | <.0001 | 0.0017 | 0.0016; 0.0018 | <.0001 |
| *Model 24* | 0.0077 | 0.0074; 0.0080 | 0.0089 | 0.0086; 0.0091 | 0.0099 | 0.0097; 0.0101 | 0.0105 | 0.0103; 0.0107 | 0.0108 | 0.0105; 0.0111 | <.0001 | 0.0015 | 0.0014; 0.0016 | <.0001 |
| **Cypermethrin** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 0.0625 | 0.0596; 0.0654 | 0.068 | 0.0653; 0.0707 | 0.0739 | 0.0715; 0.0764 | 0.0784 | 0.0766; 0.0803 | 0.0813 | 0.0781; 0.0844 | <.0001 | 0.0065 | 0.0054; 0.0076 | <.0001 |
| *Model 24* | 0.0638 | 0.0609; 0.0667 | 0.0691 | 0.0664; 0.0717 | 0.0742 | 0.0718; 0.0766 | 0.0777 | 0.0759; 0.0796 | 0.0798 | 0.0767; 0.0829 | <.0001 | 0.0061 | 0.0050; 0.0073 | <.0001 |
| **Cyprodinil** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 0.0471 | 0.0448; 0.0494 | 0.0588 | 0.0567; 0.0610 | 0.0692 | 0.0672; 0.0711 | 0.0783 | 0.0769; 0.0798 | 0.085 | 0.0825; 0.0875 | <.0001 | 0.012 | 0.0112; 0.0129 | <.0001 |
| *Model 24* | 0.0565 | 0.0542; 0.0587 | 0.0642 | 0.0621; 0.0663 | 0.0706 | 0.0687; 0.0725 | 0.0743 | 0.0729; 0.0757 | 0.076 | 0.0736; 0.0784 | <.0001 | 0.0102 | 0.0093; 0.0111 | <.0001 |
| **Difenoconazole** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 0.0115 | 0.0110; 0.0120 | 0.0137 | 0.0133; 0.0142 | 0.0162 | 0.0158; 0.0166 | 0.0187 | 0.0184; 0.0190 | 0.0204 | 0.0199; 0.0209 | <.0001 | 0.0029 | 0.0027; 0.0031 | <.0001 |
| *Model 24* | 0.013 | 0.0125; 0.0135 | 0.0146 | 0.0142; 0.0150 | 0.0165 | 0.0161; 0.0169 | 0.0181 | 0.0178; 0.0184 | 0.0189 | 0.0184; 0.0194 | <.0001 | 0.0026 | 0.0024; 0.0028 | <.0001 |
| **Dimethoate Ometoate** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 0.0025 | 0.0023; 0.0026 | 0.0028 | 0.0027; 0.0029 | 0.0032 | 0.0031; 0.0033 | 0.0035 | 0.0034; 0.0036 | 0.0037 | 0.0036; 0.0038 | <.0001 | 0.0004 | 0.0004; 0.0005 | <.0001 |
| *Model 24* | 0.0027 | 0.0026; 0.0028 | 0.003 | 0.0029; 0.0030 | 0.0032 | 0.0031; 0.0033 | 0.0034 | 0.0033; 0.0034 | 0.0034 | 0.0033; 0.0035 | <.0001 | 0.0004 | 0.0003; 0.0004 | <.0001 |
| **Fenhexamid** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 0.0604 | 0.0567; 0.0642 | 0.0772 | 0.0737; 0.0807 | 0.091 | 0.0878; 0.0942 | 0.1013 | 0.0988; 0.1037 | 0.1088 | 0.1048; 0.1129 | <.0001 | 0.0152 | 0.0137; 0.0166 | <.0001 |
| *Model 24* | 0.0726 | 0.0688; 0.0763 | 0.0841 | 0.0806; 0.0875 | 0.0927 | 0.0895; 0.0958 | 0.0961 | 0.0937; 0.0985 | 0.0974 | 0.0933; 0.1014 | <.0001 | 0.0125 | 0.0110; 0.0139 | <.0001 |
| **Glyphosate** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 0.0018 | 0.0017; 0.0020 | 0.0025 | 0.0024; 0.0026 | 0.0033 | 0.0032; 0.0034 | 0.0042 | 0.0041; 0.0043 | 0.0052 | 0.0051; 0.0054 | <.0001 | 0.0011 | 0.0010; 0.0011 | <.0001 |
| *Model 24* | 0.0021 | 0.0019; 0.0022 | 0.0026 | 0.0025; 0.0028 | 0.0034 | 0.0032; 0.0035 | 0.0041 | 0.0040; 0.0042 | 0.005 | 0.0048; 0.0051 | <.0001 | 0.0011 | 0.0011; 0.0012 | <.0001 |
| **Imazalil** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 0.5928 | 0.5653; 0.6203 | 0.6598 | 0.6343; 0.6853 | 0.7432 | 0.7201; 0.7663 | 0.8193 | 0.8017; 0.8369 | 0.8407 | 0.8110; 0.8704 | <.0001 | 0.0832 | 0.0727; 0.0937 | <.0001 |
| *Model 24* | 0.6625 | 0.6349; 0.6901 | 0.7006 | 0.6753; 0.7259 | 0.7551 | 0.7323; 0.7778 | 0.7886 | 0.7711; 0.8061 | 0.7716 | 0.7420; 0.8013 | <.0001 | 0.0715 | 0.0608; 0.0821 | <.0001 |
| **Imidacloprid** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 0.0758 | 0.0736; 0.0781 | 0.0769 | 0.0749; 0.0790 | 0.0779 | 0.0760; 0.0797 | 0.0799 | 0.0784; 0.0813 | 0.0795 | 0.0771; 0.0819 | 0.004 | 0.0015 | 0.0007; 0.0024 | 0.0004 |
| *Model 24* | 0.0784 | 0.0762; 0.0807 | 0.0789 | 0.0768; 0.0809 | 0.079 | 0.0771; 0.0808 | 0.0785 | 0.0770; 0.0799 | 0.076 | 0.0736; 0.0784 | 0.14 | 0.0025 | 0.0016; 0.0033 | <.0001 |
| **Iprodione** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 0.0816 | 0.0769; 0.0862 | 0.1074 | 0.1031; 0.1118 | 0.1313 | 0.1273; 0.1352 | 0.1488 | 0.1458; 0.1518 | 0.1628 | 0.1577; 0.1678 | <.0001 | 0.0255 | 0.0237; 0.0273 | <.0001 |
| *Model 24* | 0.1013 | 0.0967; 0.1059 | 0.1186 | 0.1144; 0.1228 | 0.134 | 0.1302; 0.1378 | 0.1404 | 0.1375; 0.1433 | 0.1441 | 0.1392; 0.1490 | <.0001 | 0.0209 | 0.0192; 0.0227 | <.0001 |
| **Pyrethrins** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 0.0017 | 0.0016; 0.0017 | 0.0019 | 0.0018; 0.0020 | 0.002 | 0.0020; 0.0021 | 0.0023 | 0.0022; 0.0023 | 0.0026 | 0.0026; 0.0027 | <.0001 | 0.0003 | 0.0003; 0.0003 | <.0001 |
| *Model 24* | 0.0017 | 0.0017; 0.0018 | 0.0019 | 0.0019; 0.0020 | 0.0021 | 0.0020; 0.0021 | 0.0022 | 0.0022; 0.0023 | 0.0025 | 0.0025; 0.0026 | <.0001 | 0.0004 | 0.0003; 0.0004 | <.0001 |
| **Spinosad** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 0.0739 | 0.0690; 0.0788 | 0.0964 | 0.0919; 0.1009 | 0.1194 | 0.1153; 0.1235 | 0.1672 | 0.1641; 0.1703 | 0.232 | 0.2267; 0.2372 | <.0001 | 0.0499 | 0.0481; 0.0518 | <.0001 |
| *Model 24* | 0.0817 | 0.0768; 0.0866 | 0.101 | 0.0966; 0.1055 | 0.1204 | 0.1164; 0.1244 | 0.1638 | 0.1607; 0.1669 | 0.2246 | 0.2193; 0.2298 | <.0001 | 0.0478 | 0.0459; 0.0497 | <.0001 |
| **Tebuconazole** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 0.0212 | 0.0200; 0.0224 | 0.027 | 0.0259; 0.0281 | 0.0323 | 0.0313; 0.0333 | 0.0358 | 0.0351; 0.0366 | 0.0393 | 0.0380; 0.0406 | <.0001 | 0.0056 | 0.0052; 0.0061 | <.0001 |
| *Model 24* | 0.0263 | 0.0251; 0.0275 | 0.0299 | 0.0288; 0.0309 | 0.033 | 0.0321; 0.0340 | 0.0337 | 0.0329; 0.0344 | 0.0344 | 0.0332; 0.0357 | <.0001 | 0.0045 | 0.0041; 0.0050 | <.0001 |
| **Thiabendazole** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Model 13* | 0.2303 | 0.2214; 0.2391 | 0.2303 | 0.2214; 0.2391 | 0.2669 | 0.2594; 0.2743 | 0.2866 | 0.2809; 0.2923 | 0.2896 | 0.2801; 0.2992 | <.0001 | 0.0201 | 0.0167; 0.0235 | <.0001 |
| *Model 24* | 0.2517 | 0.2428; 0.2605 | 0.2589 | 0.2508; 0.2671 | 0.2713 | 0.2640; 0.2786 | 0.2769 | 0.2713; 0.2825 | 0.2673 | 0.2578; 0.2768 | 0.0007 | 0.0183 | 0.0149; 0.0218 | <.0001 |

95%CI: 95% confidence interval; MDS: Mediterranean Diet Scale; Q: quintiles.

1P-values are based on linear contrast tests.

2P-values are calculated by linear regression.

3Model 1: unadjusted.

4Model 2: adjusted for age, sex, and daily energy intake.

**Supplemental Table 7:** Associations between adherence to the Mediterranean diet (MDS) and other practices associated with the Mediterranean lifestyle, n=29,210, 2014, NutriNet-Santé study1

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Quintiles of level of adherence to the Mediterranean diet | | | | | | Per SD | | |
|  | Q1 | Q2 | Q3 | Q4 | Q5 | P2 | β | 95%CI | P3 |
| **Physical activity, %** |  |  |  |  |  |  |  |  |  |
| *Model 14* |  |  |  |  |  | <.0001 |  |  |  |
| Missing data | 11.77 | 11.84 | 10.51 | 10.68 | 11.77 |  |  |  |  |
| Low | 26.03 | 23.26 | 20.78 | 15.96 | 26.03 |  |  |  |  |
| Moderate | 36.15 | 35.59 | 35.71 | 36.95 | 36.15 |  |  |  |  |
| High | 26.05 | 29.30 | 33.00 | 36.40 | 26.05 |  |  |  |  |
| *Model 25* |  |  |  |  |  | <.0001 |  |  |  |
| Missing data | 11.49 | 11.47 | 10.10 | 10.16 | 8.41 |  |  |  |  |
| Low | 24.46 | 22.37 | 20.41 | 16.01 | 12.67 |  |  |  |  |
| Moderate | 34.50 | 34.59 | 35.31 | 37.33 | 38.47 |  |  |  |  |
| High | 29.55 | 31.57 | 34.18 | 36.5 | 40.45 |  |  |  |  |
| **Organic food consumption** |  |  |  |  |  |  |  |  |  |
| *Model 14* | 0.18 (0.17; 0.19) | 0.23 (0.22; 0.23) | 0.26 (0.25; 0.27) | 0.34 (0.34; 0.35) | 0.46 (0.45; 0.47) | <.0001 | 0.09 | 0.08; 0.09 | <.0001 |
| *Model 25* | 0.17 (0.16; 0.18) | 0.22 (0.21; 0.23) | 0.26 (0.25; 0.27) | 0.34 (0.34; 0.35) | 0.47 (0.46; 0.48) | <.0001 | 0.09 | 0.09; 0.09 | <.0001 |
| **Consumption of**  **ready-to-use products6** |  |  |  |  |  |  |  |  |  |
| *Model 14* | 1.26 (1.24; 1.27) | 1.23 (1.22; 1.25) | 1.21 (1.20; 1.22) | 1.16 (1.15; 1.17) | 1.09 (1.07; 1.10) | <.0001 | -0.05 | -0.06; -0.05 | <.0001 |
| *Model 25* | 1.27 (1.26; 1.29) | 1.24 (1.23; 1.26) | 1.21 (1.20; 1.22) | 1.15 (1.14; 1.16) | 1.07 (1.06; 1.08) | <.0001 | -0.05 | -0.05; -0.04 | <.0001 |

95%CI: 95% confidence interval; MDS: Mediterranean Diet Scale; Q: quintiles.

1Values are means (95%CI) or %, as appropriate.

2P-values are based on Mantel-Haenszel chi-square tests or linear contrast tests, as appropriate.

3P-values are calculated by linear regression.

4Model 1: unadjusted.

5Model 2: adjusted for age, sex, and daily energy intake.

6For consumption of ready-to-use products: N=29,177.

**Supplemental Figure 1:** Flow Chart

n=37,685 had completed the organic food questionnaire between June and December 2014

n=37,305 had no missing covariates

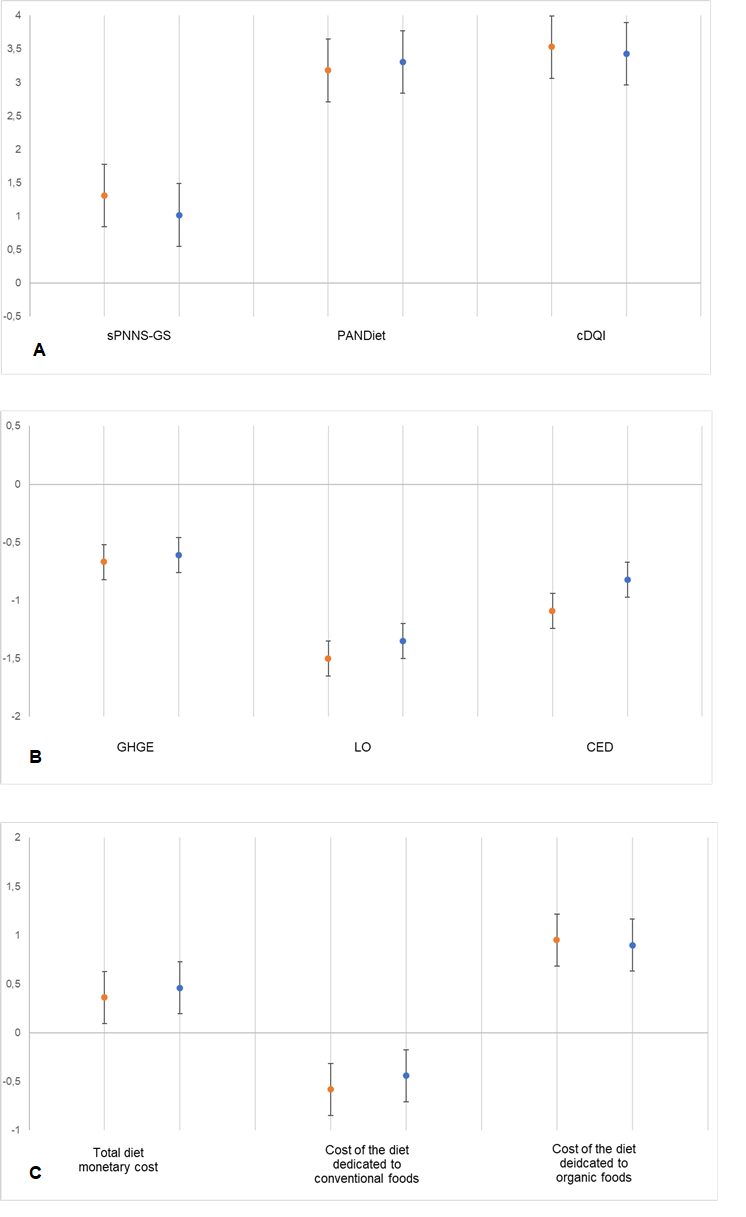
n=35,196 were not under-reported or over-reported

n=34,453 were not living overseas

FINAL SAMPLE n=29,210

n=29,210 had available data regarding the place of purchase

**Supplemental Figure 2**: Associations between adherence to the Mediterranean diet (MEDI-LITE and MDS) per 1 standard deviation and diet sustainability indicators (β and 95%CI), n=29,210, 2014, NutriNet-Santé study1





95%CI: 95% confidence interval; cDQI: Comprehensive Diet Quality Index; CED: Cumulative Energy Demand; GHGE: Greenhouse gas emissions; LO: Land Occupation; MDS: Mediterranean Diet Scale; MEDI-LITE: Literature-based adherence score to the Mediterranean diet; PANDiet: Diet Quality Index Based on the Probability of Adequate Nutrient Intake; sPNNS-GS2: simplified Programme National Nutrition Santé-Guideline Score.

1Model 2: adjusted for age, sex, and daily energy intake.

**References**

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