**Supplementary tables**

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| **Supplemental Table 1. Alternate Healthy Eating Index (2.5-87.5 points)**  |
| **Food group** | **Foods included** | **Criteria for max score (10 points)\*** | **Criteria for min score (0 points)** | **Mean** | **SD** |
| Vegetables | All vegetables except potatoes  | 5 serving/d  | 0 serving/d  |  6.0 |  2.3 |
| Fruit | All fruit and fruit juices | 4 serving/d | 0 serving/d  |  4.9 | 2.6 |
| Nuts and soy | Nuts, peanut (not soy included in FFQ) | 1 serving/d | 0 serving/d  | 2.9 | 3.2 |
| Ratio of white to red meat | White: poultry, fish (white, blue and canned fish): | 4 | 0 serving/d  | 2.6 | 1.9 |
|  | Red: processed meats (deli meat), red meats, organ meats |  |  |  |  |
| Cereal fibre | Insoluble fibre | 15 g/d | 0 serving/d  | 9.4 | 1.2 |
| Trans fat |  | ≤ 0.5 % of energy  | >0.5 but <0.4 of energy  | 9.7 | 1.5 |
| Ratio of PUFA to SFA |  | ≥1 | ≤0.1 | 6.0 | 1.9 |
| Multivitamine use† |  | yes during last year | no during last year | 3.0 | 1.5 |
| Ethanol | Wine, beer, liquor | Men: 1.5-2.5 | Men: 0 or >3.5 | 4.8 | 3.3 |
|   |   | Women: 0.5-1.5 | Women: 0 or >2.5 |   |   |
| \* Intakes were scored proportionately between 0 and 10 |  |  |  |  |
| † For multivitamins, the minimum score was 2.5 and the maximum score was 7.5, originally was define as long term multivitamin use (5 years). In this score we use multivitamin intake during last year. |  |  |

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| **Supplemental Table 2. Alternate Mediterranean Diet Score**  |  |  |
| **Food group** | **Foods included** | **Criteria for 1 point\*** | **Median** |
| Vegetables | All vegetables except potatoes  | Greater than median intake (g/d) | 322.6 |
| Legumes  | chickpeas, peas, beans , lentil | Greater than median intake (g/d) | 40.0 |
| Fruit | All fruit and juices | Greater than median intake (g/d) | 269.5 |
| Nuts | Nuts, peanut  | Greater than median intake (g/d) | 4.3 |
| Whole grains | Whole-grain bread and cereals | Greater than median intake (g/d) | 0 |
| Red and processed meats  | Hot dogs, deli meat, bacon, hamburger, beef, lamb, pork, sausages | Greater than median intake (g/d) |  116.4 |
| Fish | Fish (white, oily and canned fish)  | Greater than median intake (g/d) | 47.1 |
| Ratio of MUFA to SFA |  | Greater than median (ratio) | 1.6 |
| Ethanol | Wine, beer, liquor | 5-25g/dl | 13.8 |
| \* 0 points if these criteria are no met |

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| **Supplemental Table 3. 14-points Mediterranean Diet Adherence Screener (MEDAS) (0-14)**  |
|   |   |   |   |   |
| **Food group** | **Foods included** | **Criteria for 1 pointa** | **N** | **%** |
| Olive oil as the principal source of fat for cooking | Ratio: other oils/virgin olive oil | ≥1 | 599 | 60.6 |
| How much olive oil do you consume per day? | olive oils | 4 tbsp | 233 | 23.6 |
| How many s of vegetables do you consume per day?  | All vegetables except potatoes  | 2 s/day  | 790 | 80.0 |
| How many pieces of fruit (including fresh-squeezed juice) do you consume per day? | All fruit and fresh fruit juices | 3 s/d | 184 | 18.6 |
| How many s of red meat, hamburger, or sausages do you consume per day? | Processed meats (deli meat), red meats (lamb, beef, pork), organ meats | <1 s/d | 145 | 14.7 |
| How many s (12 g) of butter, margarine, or cream do you consume per day? | Butter, margarine and cream | <1 s/d | 951 | 96.3 |
| How many carbonated and/or sugar-sweetened beverages do you consume per day? | Carbonated beverages and juice (no fresh) | <1 s/d | 775 | 78.5 |
| Do you drink wine? How much do you consume per week? | White, red and wine | ≥7 cups | 381 | 38.6 |
| How many s (150 g) of pulses do you consume per week?  | chickpeas, peas, beans , lentil | ≥3 s/week | 56 | 5.7 |
| How many s of fish/seafood do you consume per week? | Fish (white, blue and canned fish) and seafood | ≥3 s/week | 773 | 78.2 |
| How many times do you consume commercial (not homemade) pastry such as cookies or cake per week? | pastries, chocolates, biscuits, turron | <2 s/week | 145 | 14.7 |
| How many times do you consume nuts per week? (1 s = 30 g) | Nuts, peanut  | ≥3 s/week | 326 | 33.0 |
| Do you prefer to eat chicken, turkey or rabbit instead of beef, pork, hamburgers, or sausages? | White: poultry, fish (white, oily and canned fish): | Ratio White/red ≥1b | 96 | 9.7 |
|  | Red: processed meats (deli meat), red meat, organ meat |  |  |  |
| How many times per week do you consume boiled vegetables, pasta, rice, or other dishes with a sauce of tomato, garlic, onion, or leeks sauted in olive oil? | parsley, onion, garlic | ≥2 s/week | 939 | 95.0 |
| a 0 points if these criteria are no met |  |  |  |  |
| b modified from the original MEDAS scores, serving; tbsp, tablespoon |  |  |  |  |