**Supplementary Table 6.** Daily food frequency intake in PCOS and CON (frequency/day)

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | PCOS (n=122) | | | | | CON (n=116) | | | | | P2 |
|  | Mean | SD | Med | Min | Max | Mean | SD | Med | Min | Max |  |
| Bread, white | 0.58 | 0.66 | 0.60 | 0.00 | 2.00 | 0.64 | 0.68 | 0.63 | 0.00 | 2.00 | 0.46 |
| Bread, whole wheat | 0.53 | 0.54 | 0.55 | 0.00 | 2.00 | 0.53 | 0.57 | 0.55 | 0.00 | 2.00 | 0.44 |
| Wholegrain cereals | 0.24 | 0.24 | 0.24 | 0.00 | 2.00 | 0.28 | 0.31 | 0.29 | 0.00 | 2.00 | 0.18 |
| White rice, pasta | 0.24 | 0.24 | 0.24 | 0.00 | 2.00 | 0.28 | 0.32 | 0.30 | 0.00 | 2.00 | 0.18 |
| Sweets | 0.50 | 0.50 | 0.50 | 0.00 | 2.00 | 0.60 | 0.60 | 0.50 | 0.00 | 2.00 | 0.15 |
| Sweetened drinks | 0.20 | 0.50 | 0.10 | 0.00 | 4.00 | 0.20 | 0.60 | 0.10 | 0.00 | 4.00 | 0.10 |
| Juices | 0.30 | 0.40 | 0.10 | 0.00 | 2.00 | 0.30 | 0.40 | 0.10 | 0.00 | 2.00 | 0.97 |
| Fruits | 0.24 | 0.23 | 0.14 | 0.00 | 1.00 | 0.31 | 0.34 | 0.14 | 0.00 | 2.00 | 0.04\* |
| Vegetables | 1.00 | 0.64 | 1.00 | 0.14 | 2.00 | 1.20 | 0.64 | 1.00 | 0.06 | 2.00 | 0.02\* |
| Fruits and vegetables | 1.70 | 0.80 | 1.60 | 0.30 | 4.10 | 1.90 | 0.80 | 1.60 | 0.20 | 4.50 | 0.03\* |
| Potatoes | 0.24 | 0.24 | 0.14 | 0.00 | 1.00 | 0.31 | 0.35 | 0.14 | 0.00 | 2.00 | 0.07 |
| Cheese | 0.36 | 0.41 | 0.14 | 0.00 | 2.00 | 0.41 | 0.47 | 0.14 | 0.00 | 2.00 | 0.72 |
| Eggs | 0.38 | 0.36 | 0.50 | 0.00 | 2.00 | 0.35 | 0.28 | 0.50 | 0.00 | 2.00 | 0.97 |
| Butter | 0.56 | 0.69 | 0.14 | 0.00 | 2.00 | 0.62 | 0.71 | 0.50 | 0.00 | 2.00 | 0.54 |
| Milk | 0.64 | 0.64 | 0.50 | 0.00 | 2.00 | 0.69 | 0.68 | 0.50 | 0.00 | 2.00 | 0.45 |
| Fermented milk drinks | 0.64 | 0.65 | 0.50 | 0.00 | 2.00 | 0.69 | 0.64 | 0.50 | 0.00 | 2.00 | 0.45 |
| Cottage cheese | 0.37 | 0.35 | 0.50 | 0.00 | 2.00 | 0.49 | 0.47 | 0.50 | 0.00 | 2.00 | 0.05 |
| Dairy total1 | 2.00 | 1.60 | 1.60 | 0.00 | 6.50 | 2.30 | 1.60 | 2.10 | 0.00 | 7.00 | 0.64 |
| Cold meats, smokes sausages, hot-dogs | 0.37 | 0.35 | 0.50 | 0 | 2.00 | 0.35 | 0.42 | 0.14 | 0.00 | 2.00 | 0.18 |
| Red meat | 0.19 | 0.24 | 0.14 | 0.00 | 1.00 | 0.16 | 0.20 | 0.14 | 0.00 | 1.00 | 0.54 |
| White meat | 0.19 | 0.24 | 0.14 | 0.00 | 1.00 | 0.16 | 0.20 | 0.14 | 0.00 | 1.00 | 0.55 |
| Fish | 0.40 | 0.26 | 0.5 | 0.00 | 1.00 | 0.42 | 0.33 | 0.50 | 0.00 | 2.00 | 0.90 |
| Meat total2 | 1.20 | 0.80 | 1.0 | 0.00 | 4.10 | 1.10 | 0.9 | 0.90 | 0.00 | 4.20 | 0.79 |
| Fried dishes | 0.30 | 0.29 | 0.29 | 0.00 | 2.00 | 0.28 | 0.29 | 0.29 | 0.00 | 2.00 | 0.72 |
| Lard | 0.02 | 0.05 | 0.02 | 0.00 | 0.14 | 0.04 | 0.16 | 0.04 | 0.00 | 0.14 | 0.51 |
| Fast food | 0.10 | 0.12 | 0.06 | 0.00 | 0.14 | 0.07 | 0.07 | 0.07 | 0.06 | 0.14 | 0.05 |
| Legumes | 0.38 | 0.37 | 0.50 | 0.00 | 2.00 | 0.35 | 0.28 | 0.50 | 0.00 | 2.00 | 0.97 |

1Dairy: milk, fermented milk drinks, cottage cheese, cheese; 2Meat: cold meats, smoked sausages, hot-dogs, red meat, white meat, 2Level of significance for the comparison of means between groups: \*p < 0.05 .