**Table S2.** Mean score for each food pattern according to anthropometric, sociodemographic and lifestyle characteristics of the sample.

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| --- |
| ANTHROPOMETRIC AND SOCIODEMOGRAPHIC CHARACTERISTICS |
|  | **Traditional food** | **Transitional food** | **European breakfast** | **Western food** |
|  | **Mean** | **SD** | **95% CI** | **Mean** | **SD** | **95% CI** | **Mean** | **SD** | **95% CI** | **Mean** | **SD** | **95% CI** |
| GenderMaleFemale | -0.050.03 | 1.190.89 | -0.41-0.16 | 0.300.22 | 0.11-0.06 | 1.320.78 | -0.28-0.23 | 0.500.11 | -0.370.20 | 0.871.01 | -0.62-0.02 | -0.110.41 | 0.18-0.09 | 1.240.84 | -0.19-0.27 | 0.550.08 |
|  | p=0.248 | p=0.720† | p=0.002\* | p=0.192† |
| Age (years)-2-categories≤21>21 | -0.030.38 | 1.000.91 | -0.21-0.23 | 0.150.99 | 0.02-0.27 | 1.020.67 | -0.16-0.72 | 0.210.18 | -0.02-0.23 | 1.020.79 | -0.16-0.77 | 0.200.29 | 0.03-0.30 | 1.010.86 | -0.15-0.88 | 0.210.28 |
|  | p=0.117 | p=0.350 | p=0.415 | p=0.244 |
| BMIUnderweightNormalOverweightObese | -0.000.01-0.100.29 | 0.971.050.590.07 | -0.45-0.20-0.52-0.35 | 0.440.220.320.92 | -0.030.05-0.43-0.13 | 0.351.070.450.61 | -0.42-0.16-0.75-5.64 | 0.360.27-0.115.38 | 0.51-0.08-0.14-0.86 | 0.831.030.840.40 | 0.13-1.28-0.74-4.45 | 0.890.130.462.73 | 0.070.02-0.17-0.99 | 0.921.050.680.04 | -0.35-0.19-0.66-1.33 | 0.490.230.31-0.64 |
|  | p=0.808§ | p=0.550§ | p=0.024§\* | p=0.266§ |
| BirthplaceNorthCenter-South | 0.03-0.05 | 1.080.86 | -0.21-0.29 | 0.260.20 | 0.03-0.05 | 1.120.77 | -0.22-0.27 | 0.270.18 | 0.02-0.03 | 1.110.80 | -0.22-0.26 | 0.260.20 | 0.07-0.12 | 1.100.80 | -0.17-0.35 | 0.310.11 |
|  | p=0.893 | p=0.812 | p=0.765 | p=0.278 |
| HousingFamily homeUniversity residenceShared flatRented flatOther | -0.01-0.170.190.070.19 | 1.010.720.902.180.00 | -0.21-0.56-0.30-3.400.19 | 0.200.210.693.550.19 | 0.03-0.31-0.100.99-0.48 | 1.080.290.731.480.00 | -0.19-0.46-0.50-1.37-0.48 | 0.25-0.150.313.35-0.48 | 0.030.040.03-0.81-0.83 | 0.980.741.350.870.00 | -0.17-0.36-0.72-2.20-0.83 | 0.230.440.770.57-0.83 | 0.060.04-0.400.23-1.50 | 1.060.850.680.530.00 | -0.15-0.42-0.78-0.61-1.50 | 0.280.49-0.021.08-1.50 |
|  | p=0.713§ | p=0.358§ | p=0.370§ | p=0.171§ |
| Kitchen appliances: Gas cooker |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| NoYes | -0.290.08 | 0.911.01 | -0.64-0.12 | 0.050.28 | 0.11-0.03 | 0.791.05 | -0.19-0.24 | 0.410.17 | 0.12-0.03 | 0.851.04 | -0.20-0.24 | 0.450.17 | 0.16-0.05 | 0.881.03 | -0.17-0.25 | 0.500.15 |
|  | p=0.050 | p=0.181 | p=0.456 | p=0.145 |
| Kitchen appliances: Electric cooker |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| NoYes | 0.07-0.14 | 1.070.83 | -0.16-0.39 | 0.300.11 | -0.020.05 | 1.080.82 | -0.25-0.20 | 0.200.30 | -0.040.08 | 1.080.81 | -0.27-0.16 | 0.190.33 | -0.020.04 | 1.090.80 | -0.25-0.20 | 0.210.29 |
|  | p=0.508 | p=0.327 | p=0.452 | p=0.293 |
| Kitchen appliances: Refrigerator |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| NoYes | -0.090.02 | 0.931.02 | -0.49-0.18 | 0.320.21 | -0.180.04 | 0.401.08 | -0.35-0.17 | -0.000.24 | -0.110.02 | 0.741.05 | -0.43-0.18 | 0.210.22 | -0.060.01 | 0.791.04 | -0.40-0.19 | 0.280.21 |
|  | p=0.686 | p=0.726 | p=0.569 | p=0.921 |
| Kitchen appliances: Freezer |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| NoYes | -0.120.05 | 0.941.03 | -0.41-0.16 | 0.180.27 | 0.03-0.01 | 0.721.11 | -0.19-0.25 | 0.260.22 | -0.140.06 | 0.971.01 | -0.44-0.15 | 0.170.28 | -0.160.07 | 0.761.09 | -0.40-0.15 | 0.080.30 |
|  | p=0.406 | p=0.312 | p=0.187 | p=0.358 |
| Kitchen appliances: Microwave |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| NoYes | 0.11-0.04 | 1.011.00 | -0.23-0.24 | 0.440.16 | -0.050.02 | 0.661.11 | -0.27-0.20 | 0.160.25 | -0.020.01 | 0.911.04 | -0.32-0.20 | 0.290.22 | -0.100.04 | 0.701.10 | -0.34-0.18 | 0.130.26 |
|  | p=0.452 | p=0.654 | p=0.904 | p=0.837 |
| Other kitchen devices |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| NoYes | 0.03-0.02 | 1.130.90 | -0.27-0.23 | 0.330.18 | -0.010.01 | 0.881.08 | -0.25-0.24 | 0.230.26 | -0.260.19 | 0.951.00 | -0.51-0.04 | -0.010.42 | -0.020.02 | 1.170.86 | -0.34-0.18 | 0.290.21 |
|  | p=0.768 | p=0.825 | p=0.010\* | p=0.626 |
| LIFESTYLE CHARACTERISTICS |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Smoking habits |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 0-5 cigarettes per day>5 cigarettes per day | -0.030.18 |  0.971.20 | -0.21-0.40 | 0.150.76 | 0.01-0.08 | 1.001.06 | -0.17-0.59 | 0.200.42 | 0.13-0.80 | 0.970.79 | -0.05-1.18 | 0.31-0.42 | -0.010.06 | 0.971.18 | -0.19-0.51 | 0.170.63 |
|  | p=0.611 | p=0.532 | p<0.001\* | p=0.844 |
| Level of physical activity |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sedentary or low activeActive or very active | 0.08-0.03 | 1.040.99 | -0.27-0.23 | 0.430.17 | 0.03-0.01 | 0.731.09 | -0.21-0.23 | 0.280.21 | 0.08-0.03 | 1.110.96 | -0.29-0.23 | 0.450.16 | -0.120.05 | 0.881.04 | -0.42-0.16 | 0.170.26 |
|  | p=0.499 | p=0.452 | p=0.555 | p=0.721 |
| Weight-loss dietsNoYes | -0.000.02 | 1.040.65 | -0.19-0.33 | 0.190.37 | 0.02-0.17 | 1.020.83 | -0.17-0.61 | 0.210.28 | 0.03-0.25 | 1.020.78 | -0.15-0.66 | 0.220.17 | 0.03-0.20 | 0.991.08 | -0.15-0.78 | 0.210.37 |
|  | p=0.443 | p=0.253 | p=0.290 | p=0.220 |
| Alcohol consumptionNoYes | 0.00-0.02 | 1.020.73 | -0.18-0.58 | 0.180.54 | 0.01-0.16 | 1.020.92 | -0.20-0.36 | 0.190.42 | 0.02-0.35 | 0.991.07 | -0.15-1.17 | 0.200.47 | -0.02-0.33 | 0.961.45 | -0.20-0.78 | 0.151.44 |
|  | p=0.818 | p=0.604 | p=0.282 | p=0.636 |
| Artificial sweetener consumptionNoYes | 0.01-0.32 | 1.010.59 | -0.17-1.06 | 0.190.42 | 0.01-0.18 | 1.020.27 | -0.17-0.52 | 0.190.16 | 0.01-0.33 | 1.010.74 | -0.16-1.25 | 0.190.59 | 0.03-0.64 | 1.000.65 | -0.15-1.44 | 0.200.16 |
|  | p=0.547 | p=0.948 | p=0.457 | p=0.101 |
| Consumption of vitamin and mineral supplements |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| NoYes | 0.01-0.05 | 1.030.88 | -0.19-0.40 | 0.210.30 | 0.01-0.04 | 1.060.76 | -0.19-0.34 | 0.220.26 | -0.030.11 | 1.020.92 | -0.23-0.26 | 0.170.47 | -0.080.10 | 1.060.75 | -0.23-0.20 | 0.180.40 |
|  | p=0.779 | p=0.953 | p=0.529 | p=0.195 |
| Place to eat on weekdaysOwn or family homeOut of home | -0.230.05 | 0.741.04 | -0.55-0.15 | 0.100.24 | -0.210.04 | 0.531.07 | -0.45-0.16 | 0.020.24 | -0.160.03 | 1.120.98 | -0.06-0.15 | 0.330.22 | -0.520.10 | 0.671.02 | -0.82-0.09 | -0.220.30 |
|  | p=0.376 | p=0.269 | p=0.183 | p=0.004\* |
| Place to eat on weekendsOwn or family homeOutside home | -0.050.25 | 0.941.23 | -0.023-0.27 | 0.120.77 | -0.010.03 | 1.020.92 | -0.20-0.36 | 0.190.42 | 0.00-0.00 | 1.040.79 | -0.20-0.34 | 0.200.34 | -0.020.09 | 0.911.35 | -0.19-0.48 | 0.150.66 |
|  | p=0.255 | p=0.658 | p=0.998 | p=0.693 |
| Regular meal timesNoYes | -0.000.00 | 0.571.02 | -0.54-0.18 | 0.510.18 | 0.25-0.01 | 0.681.01 | -0.38-0.19 | 0.880.17 | -0.020.00 | 1.161.00 | -1.09-0.18 | 1.050.18 | -0.130.01 | 0.581.02 | -0.67-0.17 | 0.400.19 |
|  | p=0.780 | p=0.217 | p=0.956 | p=0.859 |
| Type of cuisineCooked at parents’ homeNot cooked at parents’ home | 0.04-0.05 | 1.070.93 | -0.21-0.28 | 0.300.19 | -0.020.02 | 0.821.17 | -0.22-0.27 | 0.180.32 | -0.030.03 | 1.011.00 | -0.27-0.22 | 0.220.28 | -0.050.05 | 1.001.02 | -0.28-0.21 | 0.190.31 |
|  | p=0.861 | p=0.717 | p=0.763 | p=0.755 |
| DISEASES |  |  |  |  |
| Diseases |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| NoYes | -0.020.09 | 1.050.68 | -0.21-0.22 | 0.180.40 | -0.000.01 | 1.050.68 | -0.20-0.30 | 0.200.32 | -0.000.02 | 1.001.03 | -0.19-0.45 | 0.180.49 | -0.000.01 | 1.011.00 | -0.19-0.44 | 0.190.47 |
|  | p=0.327 | p=0.702 | p=0.661 | p=0.903 |
| Diabetes mellitus |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| NoYes | -0.010.23 | 1.010.52 | -0.19-0.41 | 0.170.87 | -0.010.26 | 1.010.60 | -0.19-0.48 | 0.171.00 | 0.02-0.47 | 1.010.19 | -0.16-0.71 | 0.20-0.23 | 0.01-0.30 | 1.010.71 | -0.17-1.17 | 0.180.58 |
|  | p=0.314 | p=0.217 | p=0.196 | p=0.508 |
| Overweight / obesity |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| NoYes | 0.00-0.04 | 1.040.55 | -0.18-0.39 | 0.190.32 | 0.04-0.38 | 1.030.46 | -0.15-0.67 | 0.22-0.04 | 0.03-0.86 | 1.020.82 | -0.16-0.78 | 0.210.26 | 0.03-0.31 | 1.020.70 | -0.15-0.75 | 0.220.13 |
|  | p=0.830 | p=0.178 | p=0.349 | p=0.296 |

**Abbreviations**: SD: standard deviation; CI: Confidence interval; BMI: body mass index. †Mann-Whitney U test; Students’ t-test; §Kruskal-Wallis test; \*Significant differences