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

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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** | |
| Gender  Male  Female | -0.05  0.03 | 1.19  0.89 | -0.41  -0.16 | 0.30  0.22 | 0.11  -0.06 | 1.32  0.78 | -0.28  -0.23 | 0.50  0.11 | -0.37  0.20 | 0.87  1.01 | -0.62  -0.02 | -0.11  0.41 | 0.18  -0.09 | 1.24  0.84 | -0.19  -0.27 | 0.55  0.08 | |
|  | p=0.248 | | | | p=0.720† | | | | p=0.002\* | | | | p=0.192† | | | |
| Age (years)-2-categories  ≤21  >21 | -0.03  0.38 | 1.00  0.91 | -0.21  -0.23 | 0.15  0.99 | 0.02  -0.27 | 1.02  0.67 | -0.16  -0.72 | 0.21  0.18 | -0.02  -0.23 | 1.02  0.79 | -0.16  -0.77 | 0.20  0.29 | 0.03  -0.30 | 1.01  0.86 | -0.15  -0.88 | 0.21  0.28 | |
|  | p=0.117 | | | | p=0.350 | | | | p=0.415 | | | | p=0.244 | | | |
| BMI  Underweight  Normal  Overweight  Obese | -0.00  0.01  -0.10  0.29 | 0.97  1.05  0.59  0.07 | -0.45  -0.20  -0.52  -0.35 | 0.44  0.22  0.32  0.92 | -0.03  0.05  -0.43  -0.13 | 0.35  1.07  0.45  0.61 | -0.42  -0.16  -0.75  -5.64 | 0.36  0.27  -0.11  5.38 | 0.51  -0.08  -0.14  -0.86 | 0.83  1.03  0.84  0.40 | 0.13  -1.28  -0.74  -4.45 | 0.89  0.13  0.46  2.73 | 0.07  0.02  -0.17  -0.99 | 0.92  1.05  0.68  0.04 | -0.35  -0.19  -0.66  -1.33 | 0.49  0.23  0.31  -0.64 | |
|  | p=0.808§ | | | | p=0.550§ | | | | p=0.024§\* | | | | p=0.266§ | | | |
| Birthplace  North  Center-South | 0.03  -0.05 | 1.08  0.86 | -0.21  -0.29 | 0.26  0.20 | 0.03  -0.05 | 1.12  0.77 | -0.22  -0.27 | 0.27  0.18 | 0.02  -0.03 | 1.11  0.80 | -0.22  -0.26 | 0.26  0.20 | 0.07  -0.12 | 1.10  0.80 | -0.17  -0.35 | 0.31  0.11 | |
|  | p=0.893 | | | | p=0.812 | | | | p=0.765 | | | | p=0.278 | | | |
| Housing  Family home  University residence  Shared flat  Rented flat  Other | -0.01  -0.17  0.19  0.07  0.19 | 1.01  0.72  0.90  2.18  0.00 | -0.21  -0.56  -0.30  -3.40  0.19 | 0.20  0.21  0.69  3.55  0.19 | 0.03  -0.31  -0.10  0.99  -0.48 | 1.08  0.29  0.73  1.48  0.00 | -0.19  -0.46  -0.50  -1.37  -0.48 | 0.25  -0.15  0.31  3.35  -0.48 | 0.03  0.04  0.03  -0.81  -0.83 | 0.98  0.74  1.35  0.87  0.00 | -0.17  -0.36  -0.72  -2.20  -0.83 | 0.23  0.44  0.77  0.57  -0.83 | 0.06  0.04  -0.40  0.23  -1.50 | 1.06  0.85  0.68  0.53  0.00 | -0.15  -0.42  -0.78  -0.61  -1.50 | 0.28  0.49  -0.02  1.08  -1.50 | |
|  | p=0.713§ | | | | p=0.358§ | | | | p=0.370§ | | | | p=0.171§ | | | |
| Kitchen appliances: Gas cooker |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |
| No  Yes | -0.29  0.08 | 0.91  1.01 | -0.64  -0.12 | 0.05  0.28 | 0.11  -0.03 | 0.79  1.05 | -0.19  -0.24 | 0.41  0.17 | 0.12  -0.03 | 0.85  1.04 | -0.20  -0.24 | 0.45  0.17 | 0.16  -0.05 | 0.88  1.03 | -0.17  -0.25 | 0.50  0.15 | |
|  | p=0.050 | | | | p=0.181 | | | | p=0.456 | | | | p=0.145 | | | |
| Kitchen appliances: Electric cooker |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |
| No  Yes | 0.07  -0.14 | 1.07  0.83 | -0.16  -0.39 | 0.30  0.11 | -0.02  0.05 | 1.08  0.82 | -0.25  -0.20 | 0.20  0.30 | -0.04  0.08 | 1.08  0.81 | -0.27  -0.16 | 0.19  0.33 | -0.02  0.04 | 1.09  0.80 | -0.25  -0.20 | 0.21  0.29 | |
|  | p=0.508 | | | | p=0.327 | | | | p=0.452 | | | | p=0.293 | | | |
| Kitchen appliances: Refrigerator |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |
| No  Yes | -0.09  0.02 | 0.93  1.02 | -0.49  -0.18 | 0.32  0.21 | -0.18  0.04 | 0.40  1.08 | -0.35  -0.17 | -0.00  0.24 | -0.11  0.02 | 0.74  1.05 | -0.43  -0.18 | 0.21  0.22 | -0.06  0.01 | 0.79  1.04 | -0.40  -0.19 | 0.28  0.21 | |
|  | p=0.686 | | | | p=0.726 | | | | p=0.569 | | | | p=0.921 | | | |
| Kitchen appliances: Freezer |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |
| No  Yes | -0.12  0.05 | 0.94  1.03 | -0.41  -0.16 | 0.18  0.27 | 0.03  -0.01 | 0.72  1.11 | -0.19  -0.25 | 0.26  0.22 | -0.14  0.06 | 0.97  1.01 | -0.44  -0.15 | 0.17  0.28 | -0.16  0.07 | 0.76  1.09 | -0.40  -0.15 | 0.08  0.30 | |
|  | p=0.406 | | | | p=0.312 | | | | p=0.187 | | | | p=0.358 | | | |
| Kitchen appliances: Microwave |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |
| No  Yes | 0.11  -0.04 | 1.01  1.00 | -0.23  -0.24 | 0.44  0.16 | -0.05  0.02 | 0.66  1.11 | -0.27  -0.20 | 0.16  0.25 | -0.02  0.01 | 0.91  1.04 | -0.32  -0.20 | 0.29  0.22 | -0.10  0.04 | 0.70  1.10 | -0.34  -0.18 | 0.13  0.26 | |
|  | p=0.452 | | | | p=0.654 | | | | p=0.904 | | | | p=0.837 | | | |
| Other kitchen devices |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |
| No  Yes | 0.03  -0.02 | 1.13  0.90 | -0.27  -0.23 | 0.33  0.18 | -0.01  0.01 | 0.88  1.08 | -0.25  -0.24 | 0.23  0.26 | -0.26  0.19 | 0.95  1.00 | -0.51  -0.04 | -0.01  0.42 | -0.02  0.02 | 1.17  0.86 | -0.34  -0.18 | 0.29  0.21 | |
|  | 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 | -0.03  0.18 | 0.97  1.20 | -0.21  -0.40 | 0.15  0.76 | 0.01  -0.08 | 1.00  1.06 | -0.17  -0.59 | 0.20  0.42 | 0.13  -0.80 | 0.97  0.79 | -0.05  -1.18 | 0.31  -0.42 | -0.01  0.06 | 0.97  1.18 | -0.19  -0.51 | 0.17  0.63 | |
|  | p=0.611 | | | | p=0.532 | | | | p<0.001\* | | | | p=0.844 | | | |
| Level of physical activity |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |
| Sedentary or low active  Active or very active | 0.08  -0.03 | 1.04  0.99 | -0.27  -0.23 | 0.43  0.17 | 0.03  -0.01 | 0.73  1.09 | -0.21  -0.23 | 0.28  0.21 | 0.08  -0.03 | 1.11  0.96 | -0.29  -0.23 | 0.45  0.16 | -0.12  0.05 | 0.88  1.04 | -0.42  -0.16 | 0.17  0.26 | |
|  | p=0.499 | | | | p=0.452 | | | | p=0.555 | | | | p=0.721 | | | |
| Weight-loss diets  No  Yes | -0.00  0.02 | 1.04  0.65 | -0.19  -0.33 | 0.19  0.37 | 0.02  -0.17 | 1.02  0.83 | -0.17  -0.61 | 0.21  0.28 | 0.03  -0.25 | 1.02  0.78 | -0.15  -0.66 | 0.22  0.17 | 0.03  -0.20 | 0.99  1.08 | -0.15  -0.78 | 0.21  0.37 | |
|  | p=0.443 | | | | p=0.253 | | | | p=0.290 | | | | p=0.220 | | | |
| Alcohol consumption  No  Yes | 0.00  -0.02 | 1.02  0.73 | -0.18  -0.58 | 0.18  0.54 | 0.01  -0.16 | 1.02  0.92 | -0.20  -0.36 | 0.19  0.42 | 0.02  -0.35 | 0.99  1.07 | -0.15  -1.17 | 0.20  0.47 | -0.02  -0.33 | 0.96  1.45 | -0.20  -0.78 | 0.15  1.44 | |
|  | p=0.818 | | | | p=0.604 | | | | p=0.282 | | | | p=0.636 | | | |
| Artificial sweetener consumption  No  Yes | 0.01  -0.32 | 1.01  0.59 | -0.17  -1.06 | 0.19  0.42 | 0.01  -0.18 | 1.02  0.27 | -0.17  -0.52 | 0.19  0.16 | 0.01  -0.33 | 1.01  0.74 | -0.16  -1.25 | 0.19  0.59 | 0.03  -0.64 | 1.00  0.65 | -0.15  -1.44 | 0.20  0.16 | |
|  | p=0.547 | | | | p=0.948 | | | | p=0.457 | | | | p=0.101 | | | |
| Consumption of vitamin and mineral supplements |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |
| No  Yes | 0.01  -0.05 | 1.03  0.88 | -0.19  -0.40 | 0.21  0.30 | 0.01  -0.04 | 1.06  0.76 | -0.19  -0.34 | 0.22  0.26 | -0.03  0.11 | 1.02  0.92 | -0.23  -0.26 | 0.17  0.47 | -0.08  0.10 | 1.06  0.75 | -0.23  -0.20 | 0.18  0.40 | |
|  | p=0.779 | | | | p=0.953 | | | | p=0.529 | | | | p=0.195 | | | |
| Place to eat on weekdays  Own or family home  Out of home | -0.23  0.05 | 0.74  1.04 | -0.55  -0.15 | 0.10  0.24 | -0.21  0.04 | 0.53  1.07 | -0.45  -0.16 | 0.02  0.24 | -0.16  0.03 | 1.12  0.98 | -0.06  -0.15 | 0.33  0.22 | -0.52  0.10 | 0.67  1.02 | -0.82  -0.09 | -0.22  0.30 | |
|  | p=0.376 | | | | p=0.269 | | | | p=0.183 | | | | p=0.004\* | | | |
| Place to eat on weekends  Own or family home  Outside home | -0.05  0.25 | 0.94  1.23 | -0.023  -0.27 | 0.12  0.77 | -0.01  0.03 | 1.02  0.92 | -0.20  -0.36 | 0.19  0.42 | 0.00  -0.00 | 1.04  0.79 | -0.20  -0.34 | 0.20  0.34 | -0.02  0.09 | 0.91  1.35 | -0.19  -0.48 | 0.15  0.66 | |
|  | p=0.255 | | | | p=0.658 | | | | p=0.998 | | | | p=0.693 | | | |
| Regular meal times  No  Yes | -0.00  0.00 | 0.57  1.02 | -0.54  -0.18 | 0.51  0.18 | 0.25  -0.01 | 0.68  1.01 | -0.38  -0.19 | 0.88  0.17 | -0.02  0.00 | 1.16  1.00 | -1.09  -0.18 | 1.05  0.18 | -0.13  0.01 | 0.58  1.02 | -0.67  -0.17 | 0.40  0.19 | |
|  | p=0.780 | | | | p=0.217 | | | | p=0.956 | | | | p=0.859 | | | |
| Type of cuisine  Cooked at parents’ home  Not cooked at parents’ home | 0.04  -0.05 | 1.07  0.93 | -0.21  -0.28 | 0.30  0.19 | -0.02  0.02 | 0.82  1.17 | -0.22  -0.27 | 0.18  0.32 | -0.03  0.03 | 1.01  1.00 | -0.27  -0.22 | 0.22  0.28 | -0.05  0.05 | 1.00  1.02 | -0.28  -0.21 | 0.19  0.31 | |
|  | p=0.861 | | | | p=0.717 | | | | p=0.763 | | | | p=0.755 | | | |
| DISEASES |  | | | |  | | | |  | | | |  | | | |
| Diseases |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |
| No  Yes | -0.02  0.09 | 1.05  0.68 | -0.21  -0.22 | 0.18  0.40 | -0.00  0.01 | 1.05  0.68 | -0.20  -0.30 | 0.20  0.32 | -0.00  0.02 | 1.00  1.03 | -0.19  -0.45 | 0.18  0.49 | -0.00  0.01 | 1.01  1.00 | -0.19  -0.44 | 0.19  0.47 | |
|  | p=0.327 | | | | p=0.702 | | | | p=0.661 | | | | p=0.903 | | | |
| Diabetes mellitus |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |
| No  Yes | -0.01  0.23 | 1.01  0.52 | -0.19  -0.41 | 0.17  0.87 | -0.01  0.26 | 1.01  0.60 | -0.19  -0.48 | 0.17  1.00 | 0.02  -0.47 | 1.01  0.19 | -0.16  -0.71 | 0.20  -0.23 | 0.01  -0.30 | 1.01  0.71 | -0.17  -1.17 | 0.18  0.58 | |
|  | p=0.314 | | | | p=0.217 | | | | p=0.196 | | | | p=0.508 | | | |
| Overweight / obesity |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |
| No  Yes | 0.00  -0.04 | 1.04  0.55 | -0.18  -0.39 | 0.19  0.32 | 0.04  -0.38 | 1.03  0.46 | -0.15  -0.67 | 0.22  -0.04 | 0.03  -0.86 | 1.02  0.82 | -0.16  -0.78 | 0.21  0.26 | 0.03  -0.31 | 1.02  0.70 | -0.15  -0.75 | 0.22  0.13 | |
|  | 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