**Table S1.** Food groups for the analysis, total food consumption and caloric contribution, according to the food groups.

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| --- | --- | --- | --- |
|  | **Grams** | **Energy (Kcal)** | **% of total energy** |
| **Legumes** Chickpeas and lentils | 335.4 | 1065.8 | 0.4 |
| **Nuts**Almonds, nuts and pine nuts | 278.6 | 1740.0 | 0.7 |
| **Fish and shellfish**Scorpionfish, sea bream, sea bass, hake, whiting, monkfish, tuna, norway lobster, red shrimp and prawn | 5177.0 | 5510.5 | 2.3 |
| **Spices**Parsley, paprika, white pepper, black pepper, oregano, saffron, common salt, nutmeg, fresh mint, laurel, vanilla, cinnamon, thyme, ginger, caraway, cardamom, coriander, turmeric, cumin and fennel | 365.2 | 506.0 | 0.2 |
| **Beef meat**Meat of cow (beef) | 460.1 | 1076.6 | 0.4 |
| **Soft drinks and packaged juice**Soda, soda water, cola, lemon, orange and file-lemon soft drinks, comercial orange, apple and pineapple juices and “Funciona tropical” | 24115.0 | 10254.4 | 4.2 |
| **Fruit and natural orange juice**Whole fruits (persimmon, pomegranate, kiwi fruit, lemon, mandarin, apple, orange, pear, banana, dried fig and date) and natural orange juice | 20812.1 | 10002.0 | 4.1 |
| **Vegetables and tubers** Red pepper, green pepper, tomato, artichoke, celery, spinach, green peas, green beans, lettuce, cucumber, leek, frozen pea, eggplant, zucchini, pumpkin, mushroom, turnip, carrots and potatoes | 14055.0 | 5592.0 | 2.3 |
| **Olives and olive oil**Green and black olives and olive oil | 2688.6 | 22780.4 | 9.4 |
| **Sugars, pastries and chocolate**Croissant, chocolate croissant, biscuits (normal, stuffed and covered in chocolate and cookies), sponge cake, chocolate sponge cake, sugar (white and brown), sweetened cocoa powder, cacao and hazelnut cream, jam (peach, apricot and orange), chocolate (pure, white milk and chocolate powder) and bonbons | 12327.2 | 53760.1 | 22.1 |
| **Dairy products**Milk (whole, semi skimmed and skimmed), plain yogurt, cheeses (cheddar, gouda, gruyere, manchego cheese, mozzarella), liquid cream and butter | 29283.1 | 23638.0 | 9.7 |
| **Eggs**Egg, egg yolk and egg white. | 3155.9 | 5154.3 | 2.1 |
| **Poultry**Whole chicken, chicken beast, turkey breast, stuffed turkey breast | 5914.6 | 7077.0 | 2.9 |
| **Lamb**Lamb chop, lamb shoulder, lamb liver, lamb hear | 2233.4 | 4733.0 | 1.9 |
| **Bread, pasta and flour**Pasta, white bread, white baguette bread, white toasted bread, “tagine” bread, cous cous, wheat semolina, whole wheat flour | 11259.6 | 35665.9 | 14.7 |
| **Ready-to-eat products**Margarine, pizza, fish in batter, tuna in olive oil, the crab sticks, soup tablets, ketchup, mayonnaise, pretzel, potato chips, popcorn and breakfast cereals. | 5119.6 | 19946.9 | 8.2 |