**Supplementary material**

**Supplementary Table 1.** Description of the dietary indexes excluded, and the criteria applied for the exclusion.

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| --- | --- | --- | --- | --- |
| **Authors (year)** | **Dietary index** | **Country** | **Scoring range** | **Reason for exclusion** |
| Sotos-Prieto et al.24 | MEDLIFEa  | Spain | 0-28 | Structure questionnaire/not applicable to 24HDR data |
| Gerber et al.25 | Med-DQI-2000b | South of France | 0-14 | MedDietScore variation |
| Gerber et al.25 | Med-DQI-f-2000 | South of France | 0-16 | MedDietScore variation |
| Gerber26 | Med-DQI-2006 | France | 0-14 | MedDietScore variation |
| Agnoli et al.27 | IMI-2011c | Italy | 0-11 | MDS variation |
| Knoops et al.28 | MAI-2006d | Mediterranean and non-Mediterranean European countries | Not normalized | Not normalized |
| Schröder et al.29 | MEDAS-2011e | Spain | 0-14 | Structure questionnaire/not applicable to 24HDR data |
| Domınguez et al.30 | MEDAS-2013 | Spain | 0-13 | Structure questionnaire/not applicable to 24HDR data |
| Haveman-Nies et al.10 | MDS-2001f | Western countries (USA, Europe) | 0-8 | MDS variation |
| Haveman-Nies et al.31 | MDS-2002 | Western countries (Europe) | 0-7 | MDS variation |
| Knoops et al.32 | MDS-2004 | Western countries (Europe) | 0-8 | MDS variation |
| Cade et al.33 | MDS-2011 | United Kingdom | 0-10 | MDS variation |
| Trichopoulou et al.34 | mMDSg | Mediterranean and non-Mediterranean European countries | 0-9 | MDS variation |
| Yang et al.11 | mMDS-2014  | USA | 0-42 | Structure questionnaire/not applicable to 24HDR data |
| Fung et al.12 | aMED-2005h | USA | 0-9 | MDS variation |
| Sanchez-Taınta et al.35 | MeDiet-2008i | Spain | 0-14 | Structure questionnaire/not applicable to 24HDR data |
| Goulet et al.36 | MS-2003j | Canada | 0-44 | MedDietScore variation |
| Buckland et al.37 | rMED-2009k | Spain | 0-18 | MDS variation  |
| Buckland et al.38 | arMED-2013l  | Mediterranean and non-Mediterranean European countries | 0-16 | MDS variation |

aMediterranean Lifestyle index. bMediterranean Diet Quality Index. cItalian Mediterranean Index. dMediterranean Adequacy Index. eMediterranean Adherence Diet Screener. fMediterranean Diet Score. gModified Mediterranean Diet Score. hAlternate Mediterranean Diet Score. iMediterranean Food Pattern. jMediterranean Score. kRelative Mediterranean Diet. lAdapted Relative Mediterranean Diet



**Supplementary Figure 1**. Description of the sample in the 2015 Health Survey of São Paulo with Focus on Nutrition Study (2015 ISA-Nutrition) included in the present study.



**Supplementary Figure 2**. Criteria adopted in constructing the five selected dietary indexes.