

Table S1. Percentage of respondents that selected specific responses about the frequency of food consumption

| <i>How often do you eat the following foods?</i> | More than once a day | Once a day | A few times a week | Less than once a week | Never | National Statistics |
|--|-----------------------------|-------------------|---------------------------|------------------------------|--------------|-------------------------------------|
| Bread, pasta, rice | 34.8 | 46.3 | 16.9 | 1.7 | 0.2 | 77.0 (<i>At least once a day</i>) |
| Cured meats | 1.5 | 9.1 | 56.1 | 25.3 | 8.1 | 64.0 (<i>A few times a week</i>) |
| White meats | 2.5 | 11.1 | 68.2 | 13.8 | 4.5 | 83.2 (<i>A few times a week</i>) |
| Beef | 0.5 | 3.6 | 52.2 | 35.5 | 8.2 | 65.4 (<i>A few times a week</i>) |
| Pork | 0.1 | 1.6 | 33.6 | 46.9 | 17.7 | 52.7 (<i>A few times a week</i>) |
| Milk and dairy products | 14.7 | 29.9 | 40.8 | 10.8 | 3.8 | 32.8 (<i>At least once a day</i>) |
| Eggs | 0.3 | 2.2 | 51.3 | 41.5 | 4.7 | 68.9 (<i>A few times a week</i>) |
| Fish | 0.3 | 1.9 | 52.6 | 37.9 | 7.3 | 58.4 (<i>A few times a week</i>) |
| Leafy vegetables | 20.2 | 27.7 | 36.6 | 10.9 | 4.8 | 44.1 (<i>At least once a day</i>) |
| Other vegetables | 20.2 | 31.7 | 39.6 | 6.3 | 2.2 | 44.1 (<i>At least once a day</i>) |
| Fruit | 38.6 | 30.6 | 21.5 | 6.9 | 2.3 | 63.4 (<i>At least once a day</i>) |
| Dried/canned legumes | 0.5 | 2.4 | 37.4 | 43.6 | 16.1 | 52.0 (<i>A few times a week</i>) |
| Potatoes | 0.2 | 1.7 | 48.7 | 46.4 | 3.1 | <i>N.D.</i> |
| Salty snacks | 0.9 | 3.8 | 26.8 | 50.2 | 18.3 | 43.6 (<i>A few times a week</i>) |
| Sweets | 4.3 | 16.4 | 40.7 | 33.1 | 5.5 | 57.8 (<i>A few times a week</i>) |

Note. Percentages in bold indicate adequate consumption (consistent with guidelines). National data are taken from the public database of the national statistical institute (ISTAT, available at <http://dati.istat.it/>) and refer to the general Italian population between 18-34 years.

