

Table S1. MANOVA test results including Healthy Eating Index-2020 and Planetary Health Diet Index total scores differences according to the sociodemographic variables interactions

Variables	Pillai's Trace	F	df	Error df	p	η^2
Age groups * Regions	0.067	1.417	24	988	0.088	0.033
Age groups * Residence area	0.012	0.748	8	988	0.649	0.006
Age groups * Income level	0.015	0.918	8	988	0.500	0.007
Regions * Residence area	0.031	0.649	24	988	0.901	0.016
Regions * Income level	0.066	1.413	24	988	0.090	0.033
Residence area * Income level	0.018	1.100	8	988	0.360	0.009
Age groups * Regions * Residence area	0.037	1.177	16	988	0.280	0.019
Age groups * Regions * Income level	0.027	1.357	10	988	0.196	0.014
Age groups * Residence area * Income level	0.016	0.998	8	988	0.436	0.008
Regions * Residence area * Income level	0.076	1.223	32	988	0.185	0.038
Age groups * Regions * Residence area * Income level	0.010	0.827	6	988	0.549	0.005

Table S2. MANOVA test results including Healthy Eating Index-2020 and Planetary Health Diet Index total scores differences according to the sociodemographic variables

Scores differences according to the sociodemographic variables						95% Confidence Interval	
Dependent Variables	df	F	η2	p	Independent Variables	Lower	Upper
						Bound	Bound
Age Groups							
Planetary Health Diet Index	2	0.684	0.003	<0.001	<20 years ^a	51.106	59.005
					20-25 years ^b	50.751	56.529
					>25 years ^{a,b}	48.003	59.202
Healthy Eating Index-2020	2	0.402	0.002	0.002	<20 years ^a	46.942	52.895
					20-25 years ^b	47.320	51.674
					>25 years ^{a,b}	45.874	54.314
Regions							
Planetary Health Diet Index	6	1.265	0.015	0.038	Marmara ^a	48.672	57.012
					Aegean ^a	53.099	66.549
					Mediterranean ^a	50.798	61.886
					Black Sea ^a	52.202	65.242
					Central Anatolia ^b	44.768	53.199
					Eastern Anatolia ^{a,b}	44.059	59.367
					Southeast Anatolia ^{a,b}	45.511	59.730
Healthy Eating Index-2020	6	1.048	0.013	0.007	Marmara ^a	44.917	51.201
					Aegean ^{a,b}	47.210	57.345
					Mediterranean ^{a,b}	46.265	54.621
					Black Sea ^{a,b}	43.181	53.008
					Central Anatolia ^b	44.314	50.668
					Eastern Anatolia ^{a,b}	43.598	55.135
					Southeast Anatolia ^{a,b}	49.199	59.914
Residence Area							
Planetary Health Diet Index	2	0.696	0.003	<0.001	Metropolis ^a	47.811	55.824
					Urban ^b	50.402	58.325
					Rural ^a	52.137	58.959
Healthy Eating Index-2020	2	1.076	0.004	<0.001	Metropolis ^a	47.269	53.308
					Urban ^b	44.601	50.572
					Rural ^a	48.528	53.669
Income Level							
Planetary Health Diet Index	2	1.701	0.007	0.006	Low ^a	52.721	61.594
					Adequate ^b	49.480	55.431
					High ^a	49.066	57.389
Healthy Eating Index-2020	2	0.724	0.003	0.035	Low ^a	47.242	53.929
					Adequate ^b	47.498	51.982
					High ^{a,b}	45.810	52.083

^{a, b}represent the statistically significant differences among the column groups at $p < 0.05$.