

Supplementary materials

Table S1. Construction of the modified Mediterranean diet score.

Diet Component	Original Recommendation ¹	Serving Size	Recommendation in Servings/Week
Encouraged			
Fish and seafood	≥3 svg/wk	Fish: 125g Seafood: 200g	≥3 svg/wk
Fruits and berries	≥3 units/day	100g ⁵	≥21s vg/wk
Nuts and seeds	≥3 svg/wk	30g	≥3 svg/wk
Vegetables and legumes	Vegetables: ≥2 svg/d or ≥1 svg/d raw Legumes: ≥3svg/wk	300g ⁴	≥7 svg/wk
Vegetable oils ²	≥ 4 tablespoons/d	13.5g ³	≥28 svg/wk
Wine	≥7 svg/week	100g	≥7 svg/wk
Discouraged			
Butter, margarine, cream	<1 svg/d	12g	<7 svg/wk
Red and processed meat	<1 svg/d	125g	<7 svg/wk
Soda	<1 svg/d	200g	<7 svg/wk
Sweets and confectionary ⁶	<3 svg/wk	Pastries: 50g Sweets, chocolate: 30g	<3 svg/wk

¹Original recommendations as stated by Martínez-González et al (ref). ²Vegetable oils is a composite variable of vegetable oils to use in opposition of solid or animal fats for culinary purposes (the original MDS only considered olive oil for this item). ³One tablespoon = 13.5 g according to Schröder et al 2011 (ref). ⁴An average serving size of 300g was established for the pooled vegetable and legume intake to capture the differences I the recommendations established by the original mMDS. ⁵The serving sizes for fruit and berry intake in the original MDS were calculated based on their respective carbohydrate content, however we established a standard serving size of 100 g to be used as an average portion size. ⁶In the original MDS, this category refers only to commercial or store-bought baked goods, however we were unable to separate home-made from store-bought pastries in MDCS so both types are included in this category.