

Table S1. Medical and sociodemographic characteristics of the study population

	All N = 532	CPITN 0 N = 225	CPITN 1-2 N = 152	CPITN 3-4 N = 155	p-value
Age	33.0 ± 22.6	20.7 ± 17.6	28.9 ± 19.5	54.8 ± 14.7	< 0.001
Sex	532	225	152	155	
Male	295 (55%)	133 (59%)	72 (47%)	90 (58%)	0.06
Female	237 (45%)	92 (41%)	80 (53%)	65 (42%)	
BMI	22.7 ± 5.8	20.5 ± 5.3	22.8 ± 5.9	25.8 ± 4.8	< 0.001
Smoking habits	530	225	152	153	
Non smoker	379 (72%)	192 (85%)	112 (73%)	75 (49%)	< 0.001
Former smoker (>10 years)	23 (4%)	2 (1%)	4 (3%)	17 (11%)	
Former smoker (>2 years)	20 (4%)	1 (.5%)	3 (2%)	16 (10%)	
Former smoker (>6 months)	18 (3%)	1 (.5%)	6 (4%)	11 (7%)	
Current smoker	90 (17%)	29 (13%)	27 (18%)	34 (23%)	
Systemic pathology	519	218	150	151	
No	318 (61%)	172 (79%)	96 (64%)	50 (33%)	< 0.001
Yes	201 (39%)	46 (21%)	54 (36%)	101 (67%)	
Level of education	439	172	124	141	
Primary School	78 (18%)	53 (31%)	17 (14%)	8 (6%)	< 0.001
Technical	67 (15%)	10 (6%)	16 (13%)	40 (28%)	
High School	126 (29%)	48 (28%)	41 (33%)	41 (29%)	
College	168 (38%)	61 (35%)	50 (40%)	52 (37%)	
Allergies	465	181	136	148	
No	339 (73%)	134 (74%)	98 (72%)	107 (72%)	< 0.001
Yes	126 (27%)	47 (26%)	38 (28%)	41 (28%)	
Contraceptive pill	217	79	50	83	
No	143 (66%)	48 (61%)	30 (60%)	63 (76%)	< 0.001
Yes	74 (34%)	31 (39%)	20 (40%)	20 (24%)	
Any previous pathological pregnancies	233	88	55	90	
No	204 (88%)	75 (85%)	46 (84%)	83 (92%)	< 0.001
Yes	29 (12%)	13 (15%)	9 (16%)	7 (8%)	
Hormonal status	214	81	48	80	
Non-menopausal	140 (65%)	65 (80%)	38 (79%)	32 (40%)	< 0.001
Menopausal	74 (37%)	16 (20%)	10 (21%)	48 (60%)	
Perceived stress level (0 to 10)	4.2 ± 2.4	4.0 ± 2.2	3.9 ± 2.4	4.7 ± 2.5	0.05
Bread, rusks, or cereals consumption	529	224	152	153	
Never	23 (4%)	7 (3%)	6 (4%)	10 (7%)	0.09
Sometimes	56 (11%)	28 (13%)	19 (13%)	9 (6%)	
Several times a week	60 (12%)	26 (12%)	20 (13%)	14 (9%)	
Once a day	177 (33%)	84 (38%)	47 (31%)	46 (30%)	
Several times a day	213 (40%)	79 (34%)	60 (39%)	74 (48%)	
Rice, pasta, semolina, or potatoes consumption	475	184	139	152	
Never	3 (1%)	2 (1%)	0 (0%)	1 (1%)	< 0.001
Sometimes	41 (9%)	16 (9%)	5 (4%)	20 (13%)	
Several times a week	223 (46%)	90 (49%)	63 (45%)	70 (46%)	
Once a day	138 (29%)	49 (26%)	47 (34%)	42 (28%)	

<i>Several times a day</i>	70 (15%)	27 (15%)	24 (17%)	19 (12%)	
Dried vegetable or fruit consumption	475	184	138	153	
<i>Never</i>	33 (7%)	15 (8%)	15 (11%)	3 (2%)	
<i>Sometimes</i>	206 (43%)	87 (47%)	56 (41%)	63 (41%)	
<i>Several times a week</i>	147 (31%)	55 (30%)	44 (32%)	48 (31%)	< 0.001
<i>Once a day</i>	62 (13%)	22 (12%)	16 (11%)	24 (16%)	
<i>Several times a day</i>	27 (6%)	5 (3%)	7 (5%)	15 (10%)	
Vegetable consumption	526	223	152	153	
<i>Never</i>	10 (2%)	5 (2%)	4 (2%)	1 (1%)	
<i>Sometimes</i>	53 (10%)	25 (11%)	19 (13%)	9 (6%)	
<i>Several times a week</i>	139 (27%)	56 (25%)	45 (30%)	40 (26%)	0.40
<i>Once a day</i>	160 (30%)	68 (31%)	39 (25%)	53 (35%)	
<i>Several times a day</i>	164 (31%)	69 (31%)	45 (30%)	50 (32%)	
Fruit consumption	529	224	152	153	
<i>Never</i>	13 (3%)	8 (4%)	3 (2%)	2 (1%)	
<i>Sometimes</i>	54 (10%)	9 (4%)	18 (12%)	27 (18%)	
<i>Several times a week</i>	123 (23%)	49 (22%)	39 (26%)	35 (23%)	0.001
<i>Once a day</i>	162 (31%)	66 (29%)	49 (32%)	47 (31%)	
<i>Several times a day</i>	177 (33%)	92 (41%)	43 (28%)	42 (27%)	
Dairy product consumption	527	224	152	153	
<i>Never</i>	12 (2%)	2 (1%)	3 (2%)	7 (5%)	
<i>Sometimes</i>	55 (10%)	16 (7%)	20 (13%)	21 (15%)	
<i>Several times a week</i>	105 (20%)	44 (20%)	30 (20%)	31 (20%)	0.11
<i>Once a day</i>	167 (32%)	71 (32%)	49 (32%)	47 (30%)	
<i>Several times a day</i>	188 (36%)	91 (40%)	50 (33%)	47 (30%)	
Meat and egg consumption	475	184	139	152	
<i>Never</i>	5 (1%)	3 (2%)	1 (1%)	1 (1%)	
<i>Sometimes</i>	39 (8%)	12 (6%)	15 (11%)	12 (8%)	
<i>Several times a week</i>	208 (44%)	86 (47%)	53 (38%)	69 (45%)	< 0.001
<i>Once a day</i>	160 (34%)	58 (31%)	48 (35%)	54 (36%)	
<i>Several times a day</i>	63 (13%)	25 (14%)	22 (15%)	16 (10%)	
Fish or any other sea-food product consumption	476	184	139	153	
<i>Never</i>	25 (5%)	13 (7%)	8 (6%)	4 (2%)	
<i>Sometimes</i>	186 (39%)	77 (42%)	59 (42%)	50 (33%)	
<i>Several times a week</i>	210 (44%)	79 (43%)	56 (40%)	75 (49%)	< 0.001
<i>Once a day</i>	46 (10%)	11 (6%)	14 (10%)	21 (14%)	
<i>Several times a day</i>	9 (2%)	4 (2%)	2 (2%)	3 (2%)	
Ready meal consumption	529	224	152	153	
<i>Never</i>	157 (30%)	51 (23%)	49 (32%)	57 (37%)	
<i>Sometimes</i>	260 (49%)	125 (56%)	73 (48%)	62 (40%)	
<i>Several times a week</i>	73 (14%)	32 (14%)	14 (9%)	27 (18%)	0.01
<i>Once a day</i>	31 (6%)	14 (6%)	13 (9%)	4 (3%)	
<i>Several times a day</i>	8 (1%)	2 (1%)	3 (2%)	3 (2%)	
Sugary meal consumption	518	223	152	153	
<i>Never</i>	26 (5%)	7 (3%)	8 (5%)	11 (7%)	
<i>Sometimes</i>	170 (33%)	55 (25%)	49 (32%)	66 (43%)	
<i>Several times a week</i>	147 (28%)	66 (30%)	33 (22%)	48 (32%)	< 0.001
<i>Once a day</i>	104(20%)	61 (27%)	29 (19%)	14 (9%)	
<i>Several times a day</i>	71 (14%)	34 (15%)	33 (22%)	14 (9%)	
Appetizer cookie, crisps, or snack cookie consumption	476	184	139	153	
<i>Never</i>	67 (14%)	17 (9%)	18 (13%)	32 (21%)	
<i>Sometimes</i>	277 (58%)	106 (58%)	87 (62%)	84 (55%)	< 0.001

<i>Several times a week</i>	94 (20%)	44 (24%)	25 (18%)	25 (16%)	<hr/>
<i>Once a day</i>	21 (4%)	9 (5%)	5 (4%)	7 (5%)	
<i>Several times a day</i>	17 (4%)	8 (4%)	4 (3%)	5 (3%)	
Food supplements and/or vitamin tablets	475	184	138	153	
<i>Never</i>	334 (70%)	125 (68%)	106 (77%)	103 (67%)	
<i>Sometimes</i>	82 (17%)	28 (15%)	22 (16%)	32 (21%)	
<i>Several times a week</i>	12 (3%)	5 (3%)	2 (1%)	5 (3%)	< 0.001
<i>Once a day</i>	36 (8%)	22 (12%)	7 (5%)	7 (5%)	
<i>Several times a day</i>	11 (2%)	4 (2%)	1 (1%)	6 (4%)	
Sugary drinks	476	184	139	153	
<i>Never</i>	117 (25%)	36 (20%)	24 (17%)	57 (37%)	
<i>Sometimes</i>	180 (38%)	71 (39%)	52 (38%)	57 (37%)	
<i>Several times a week</i>	72 (15%)	34 (18%)	20 (14%)	18 (12%)	< 0.001
<i>Once a day</i>	62 (13%)	30 (16%)	21 (15%)	11 (7%)	
<i>Several times a day</i>	45 (9%)	13 (7%)	22 (16%)	10 (7%)	
Alcohol	529	224	152	153	
<i>Never</i>	261 (49%)	140 (62%)	76 (50%)	45 (29%)	
<i>Sometimes</i>	165 (31%)	52 (23%)	50 (33%)	63 (41%)	
<i>Several times a week</i>	73 (14%)	26 (12%)	20 (13%)	27 (18%)	< 0.001
<i>Once a day</i>	23 (5%)	5 (2%)	5 (3%)	13 (9%)	
<i>Several times a day</i>	7 (1%)	1 (1%)	1 (1%)	5 (3%)	
