

Table S2. Percentage of respondents that selected specific responses about fat consumption

	Olive oil	Other vegetable fats and oils (seed oil, margarine)	Butter or lard	National Statistics (Olive oil and other vegetable fats)
<i>Which of the following fats do you use most frequently for cooking?</i>	89.3	6.3	4.4	96.2
<i>Which of the following fats do you use most frequently for raw seasoning of foods (salads, pasta) or sandwiches?</i>	97.2	1.7	1.1	97.2

Note. Percentages in bold indicate adequate behavior (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.