

Supplemental Table S1

Correlation analysis between MEDAS Score and semen parameters, in 300 study participants, corrected for subjects age, body mass index and smoking status. Values in bold are significative.

Parameters		
Semen Volume	R	0.151
	P value	0.009
Semen pH	R	-0.036
	P value	0.538
Sperm Concentration	R	0.483
	P value	<0.0001
Total Sperm Count	R	0.545
	P value	<0.0001
Sperm Progressive Motility	R	0.524
	P value	<0.0001
Non-Motile Sperm	R	-0.500
	P value	<0.0001
Sperm Viability	R	0.425
	P value	<0.0001
Typical Sperm Morphology	R	0.538
	P value	<0.0001

MEDAS Questionnaire

Questions	Answers
1) Is olive oil the main culinary fat used?	Yes = 1 point / No = 0 point
2) Are ≥ 4 tablespoons of olive oil used each day?	Yes = 1 point / No = 0 point
3) Are ≥ 2 servings (of 200 g each) of vegetables eaten each day?	Yes = 1 point / No = 0 point
4) Are ≥ 3 servings of fruit (of 80 g each) eaten each day?	Yes = 1 point / No = 0 point
5) Is < 1 serving (100–150 g) of red meat/hamburgers/other meat products eaten each day?	Yes = 1 point / No = 0 point
6) Is < 1 serving (12 g) of butter, margarine or cream eaten each day?	Yes = 1 point / No = 0 point
7) Is < 1 serving (330 mL) of sweet or sugar sweetened carbonated beverages consumed each day?	Yes = 1 point / No = 0 point
8) Are ≥ 3 glasses (of 125 mL) of wine consumed each week?	Yes = 1 point / No = 0 point
9) Are ≥ 3 servings (of 150 g) of legumes consumed each week?	Yes = 1 point / No = 0 point
10) Are ≥ 3 servings of fish (100–150 g) or seafood (200 g) eaten each week?	Yes = 1 point / No = 0 point
11) Is < 3 servings of commercial sweets/pastries eaten each week?	Yes = 1 point / No = 0 point
12) Is ≥ 1 serving (of 30 g) of nuts consumed each week?	Yes = 1 point / No = 0 point
13) Is chicken, turkey, or rabbit routinely eaten instead of veal, pork, hamburger, or sausage?	Yes = 1 point / No = 0 point
14) Are pasta, vegetable or rice dishes flavored with garlic, tomato, leek or onion eaten \geq twice a week?	Yes = 1 point / No = 0 point