

Supplementary Table S1 Medi-Lite Scoring System Used in the Study (Modified from [33]).

Food categories	Scores		
	0	1	2
Fruit	<1 portion/day	1–1.5 portions/day	>1.5 portions/day
Vegetables	<1 portion/day	1–2.5 portions/day	>2.5 portions/day
Legumes	<1 portion/day	1–2 portions/day	>2 portions/day
Cereals	<1 portion/day	1–1.5 portions/day	>1.5 portions/day
Fish and fish products	<1 portion/week	1–2.5 portions/week	>2.5 portions/week
Meat and meat product	>1.5 portions/day	1–1.5 portions/day	<1 portion/day
Dairy products	>1.5 portions/day	1–1.5 portions/day	<1 portion/day
Olive oil	Occasional use	Frequent use	Regular use