

Electronic Supplementary Material

ESM 2. The calculation of the adapted Mediterranean Diet score of the 11 food groups

Food	Question	Frequency scale answer	Point
Fruits	How often do you consume fruit (e.g. 1 apple, 1 banana, 1 handful of strawberries, 1 small fruit salad)?	7	1
Vegetables	How often do you eat vegetables, salad or raw vegetables (e.g. as side dish to the main course or salad)?	7	1
Legumes	How often do you eat legumes (e.g. lentils, peas, beans as a stew or as side dish)?	4–7	1
Cereals	How often do you eat whole grain bread, cereal flakes, whole grain rice, pasta and potatoes (e.g. 1 slice of bread, 2-3 tablespoons of muesli, rice, pasta as a side dish, 2 medium-sized potatoes)?	7	1
Dairy products/milk	How often do you consume milk and milk products such as yoghurt, quark, cheese (e.g. 1 glass of milk, 1 small cup of yoghurt, 1 slice of cheese)?	1–5	1
Fish	How often do you eat fish (e.g. as a main course, fish sandwich)?	5–7	1
Red meat	How often do you consume red meat (beef, pork, sheep, lamb) as a main course and sausages made from it, e.g. as cold cuts?	0–1	1
Poultry	How often do you eat poultry (chicken, turkey) as a main course and sausages made from them, e.g. as cold cuts?	0–3	1
Vegetable oil	How often do you use vegetable oils such as olive, rapeseed or sunflower oil (e.g. 1 tablespoon to prepare salad, vegetables, cooked dishes)?	5–7, if olive or rape oil	1
Unsalted nuts	How often do you eat unsalted nuts such as walnuts, hazelnuts, almonds (e.g. 1 small handful)?	4–7	1
Alcohol	How often do you consume alcoholic beverages such as wine, sparkling wine, beer or hard liquor (e.g. 1 glass of wine, 1 small bottle of beer (0.3 l), 1 small glass of hard liquor)?	1–4	1
Total score			11