

Table S1. Socio-demographic and health and consumption characteristics (n=50).

		Sample (N =50)	
		freq	%
Gender	Female	49	98.0%
	Male	1	2.0%
Age	Up to 40 years	39	78.0%
	More than 40 years	11	22.0%
Schooling level	High School	7	14.0%
	Undergraduate	16	32.0%
	Graduate	27	54.0%
Income	Up to 2 MW	10	20.0%
	3 – 5 MW	14	28.0%
	6 – 9 MW	10	20.0%
	More than 10 MW	11	22.0%.
	Prefer not to inform	5	10.0%
BMI kg/m²	Low: <18.5	2	4.2%
	Normal: 18.5–24.9	26	54.2%
	Overweight: 25.0–29.9	12	25.0%
	Obesity: ≥ 30	8	16.7%
	Missing	2	4.0%
Gluten free diet	No	28	56.0%
	Yes	22	44.0%
Children age	2 to 4 years	20	40.0%
	5 to 6 years	30	60.0%
Children gender	Female	32	64.0%
	Male	18	36.0%
Time since CD children diagnosis	Less than 1 year	22	44.0%
	1 to 3 years	17	37.0%
	More than 3 years	11	22.0%
Other medical diagnosis	No	28	56.0%
	Yes	22	44.0%
CD children complying with GFD	No	9	18.0%
	Yes	41	82.0%
Frequency of family meals	Sometimes	6	12.0%
	Almost always	21	42.0%
	Always	23	46.0%
Frequency of preparing meals at home	1 to 3 times per week	2	4.0%
	4 to 6 times per week	13	26.0%
	7 days per week	35	70.0%

Children's fruits consumption	None	2	4.0%
	1 to 2 portions daily	34	68.0%
	3 to 4 portions daily	12	24.0%
	5 ou more portions daily	2	4.0%
Children's vegetables consumption	None	12	24.0%
	1 to 2 portions daily	36	72.0%
	3 to 4 portions daily	2	4.0%
Guided by a dietitian	No	22	44.0%
	Yes	28	56.0%
Participating in celiacs' groups or associations	No	8	16.0%
	Yes	42	84.0%
Another person at home with gluten-related disorders	No	44	88.0%
	Yes	6	12.0%

BMI: body mass index

CD: celiac disease

GFD: gluten-free diet