

Table S1: Adherence questionnaire

Answers	Always <i>Score: 1</i>	Often <i>Score: 2</i>	Sometimes <i>Score: 3</i>	Rarely <i>Score: 4</i>	Never <i>Score: 5</i>
I replaced the grapes received with other varieties					
I forgot to eat the received portion of grapes					
I stopped eating the received grapes for a period of time					

The maximum possible score is 15 points. Adherence to the study design is confirmed by a score ≥ 12 ($\geq 80\%$).