Supplementary Material

Table S1. Parents' interview topics and questions.

Topics	Questions					
Family activities	What is the family's daily routine?					
	What meals do you usually have as a family?					
I	Where are family meals usually eaten?					
Location of family meals	Is the location the same when it is a non-family meal?					
Importance of family meals	Do you think family meals are important? Why?					
	What do you think about the use of screens (TV, tablets, mobile phones) at family mealtimes?					
Use of technology	Is the use of screens allowed during family meals? Why/Why not?					
	Is the use of screens allowed when it is a non-family meal? Why/Why not?					
	What do you usually talk about at family meals?					
Conversations	How or who usually starts these conversations?					
	How important are these conversations to you?					
	Who cooks the family meals? Why/Why not?					
	How do you decide what to eat?					
	How do you ensure the food is ready at mealtimes?					
Meal organization	Do you have an assigned place at the table for meals? Why/Why not?					
	How and who serves up the food?					
	Are there any rules for mealtimes? For example, not getting up until everyone has finished.					
	Is there a difference between the time spent on having family and non-family meals? Why?					
	Decribe a typical family meal menu.					
	How does the menu change if the meal is a non-family meal? Do the amounts of food change as well? Why?					
Dietary habits	How do you think family meals affect how and what you eat?					
Dietary Habits	How do you think family meals affect your children's food preferences?					
	Are there different food preferences? Does everyone eat the same thing? Why?					
	How do you think different food preferences affect the preparation and organization of family meals?					

 Table S2. Mediterranean diet pyramid score.

Items	Sub-items	Score			
Priority water consumption	Priority water consumption	1			
Friority water consumption	No priority water consumption	0			
	Fruit at each main meal	2			
Fruit at each main meal	Fruit at one meal	1			
	Fruit at no meal	0			
	Vegetables at each main meal	2			
Vegetables at each main meal	Vegetables at one meal	1			
	Vegetables at no meal	0			
	Cereals at each main meal	2			
Cereals at each main meal	Cereals at one meal	1			
	Cereals at no meal	0			
	Priority whole grain consumption	1			
Priority whole grain consumption	No priority whole grain consumption	0			
Dirich Parameter	Priority olive oil consumption	1			
Priority olive oil consumption	No priority olive oil consumption	0			
C : '11 : 1 !'	Seasoning with spices and garlic	1			
Seasoning with spices and garlic	No seasoning with spices and garlic	0			
	1 handful of nuts daily	3			
N. C. C.	4–6 handfuls of nuts weekly	2			
Nut consumption	1–3 handfuls of nuts weekly	1			
	No consumption of nuts	0			
	2 portions of dairy daily	2			
Dairy consumption	1 portion of dairy daily	1			
	No consumption of dairy	0			
	> 2 portions of fish and seafood weekly	2			
Fish and seafood consumption	1 portion of fish and seafood weekly	1			
	No consumption of fish and seafood	0			
White meat consumption	2 portions of white meat weekly	2			

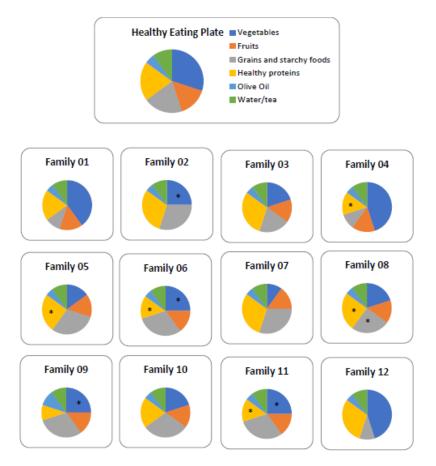
	1 portion of white meat weekly	1	
	No consumption of white meat	0	
	> 2 portions of legumes weekly	2	
Legume consumption	1 portion of legumes weekly	1	
	No consumption of legumes	0	
	3 portions of eggs weekly	3	
Egg consumption	2 portions of eggs weekly	2	
Egg consumption	1 portion of eggs weekly	1	
	No consumption of eggs	0	
	No consumption of processed meat	3	
D 1	1 portion of processed meat weekly	2	
Processed meat consumption	2 portions of processed meat weekly	1	
	> 3 portions of processed meat weekly	0	
	< 2 portions of red meat weekly	2	
Red meat consumption	3 portions of red meat weekly	1	
·	> 4 portions of red meat weekly	0	
	≤2 portions of potatoes weekly	2	
Potato consumption	3 portions of potatoes weekly	1	
	> 4 portions of potatoes weekly	0	
	No consumption of pastries and sweets	3	
D	1 portion of pastries and sweets weekly	2	
Pastry and sweet consumption	2 portions of pastries and sweets weekly	1	
	> 3 portions of pastries and sweets weekly	0	
	High consumption of home-cooked food	3	
TT 1.16.1	Medium consumption of home-cooked food	2	
Home-cooked food	Low consumption of home-cooked food	1	
	No consumption of home-cooked food	0	
	Prioritization of family meals	2	
Prioritization of family meals	Some prioritization of family meals	1	
	No prioritization of family meals	0	
Classification according score			
Very low	v Mediterranean diet adherence	0–12	
Low Mediterranean diet adherence			
High Mediterranean diet adherence*			

^{*}Two subcategories were developed to further stratify high adherence families: "very optimal adherence" (39–31) and "optimal adherence" (30–27).

Table S3. Results of Mediterranean diet adherence scores.

MD adherence scores	Family identification number											
	01	02	03	04	05	06	07	08	09	10	11	12
Mediterranean diet pyramid score (1)	32	22	26	34	28	30	31	26	29	30	32	29
MEDAS* (2)	11	7	9	13	10	10	10	9	10	11	11	11

^{(1).} Source: FFQ. Supplementary Table 2 describes how the Mediterranean diet pyramid score was built and its categories. (2). Source: FFQ * Schröder, H.; Fitó, M.; Estruch, R. A Short Screener Is Valid for Assessing Mediterranean Diet Adherence among Older Spanish Men and Women. *J. Nutr.* **2011**, *141* (6), 1140–1145. MEDAS: Mediterranean diet adherence screener.



*Deviation \pm 5 from the Healthy Eating Plate model

Figure S1. Composition of the interviewed families' dinners in comparison to the Harvard Healthy Eating Plate (*The Healthy Eating Plate. Harvard University*, 2011).