

Supplementary data

Supplementary Table S1. Main features of the Traditional Brazilian Diet (DieTBra)

versus the Mediterranean Diet (MedDiet).

DieTBra	MedDiet
<ul style="list-style-type: none">• Plenty of tropical fruits within small meals, raw and cooked vegetables and legumes at lunch and dinner• Bread, coffee and milk at breakfast• Moderate consumption of dairy products (whole milk, yellow and white cheese, yogurt, curd, butter)• Small portion of red meat• Rare seafood• Rare nuts• Rice and beans at lunch and dinner• Predominant use of soy oil to prepare meals	<ul style="list-style-type: none">• Plenty of vegetables, legumes, seeds• Whole grains• Breads• Moderate consumption of poultry, eggs, cheese and yogurt• Rare consumption of red meat• Seafood• Nuts• Great amount of olive oil• Wine