Supplementary material

Table S1. Mediterranean Diet Score (MDS) subgroups displayed in g/day and sex-specific median intake in those HELENA adolescents with dietary data.

	Male	**Female**	
	n=925	n=1122	**p-value**
Vegetables (g/day)	77.75 (42.78-118.91)	81.85 (52.70-122.79)	**0.010**
Fruits and nuts (g/day)	103.50 (41.69-182.30)	115.02 (56.05-187.22)	**0.012**
Cereal roots (g/day)	319.24 (255.32-397.64)	256.51 (205.96-311.57)	**≤0.001**
Pulses (g/day)	1.75 (0.76-3.61)	1.44 (0.67-3.25)	**0.029**
Fish (g/day)	12.35 (3.87-29.23)	13.18 (4.91-26.34)	0.971
Dairy products (g/day)	214.72 (98.22-364.52)	154.97 (72.86-260.45)	**≤0.001**
Meat (g/day)	156.63 (106.96-204.73)	123.56 (82.21-169.14)	**≤0.001**
Alcohol (g/day)	0.12 (0.03-0.45)	0.23 (0.02-0.42)	**≤0.001**
FU/FS ratio	0.86 (0.77-0.98)	0.87 (0.78-1.00)	0.142
MDS	4 (0-8)	4 (0-8)	0.071
High MD adherence (n, %)	382 (41.29%)	508 (45.27%)	0.105

FU/FS ratio: unsaturated to saturated fatty acids ratio**.** Median values (p25-p75) displayed.