

Table S1. Modified Mediterranean diet score (mMDS) components and scoring criteria (n=636).

| Food group | Median (servings/day) | Scoring criteria (1 point) | Percent of women who met the scoring criteria | | |
|-------------------------------|--------------------------|----------------------------------|--|-------------|--------|
| | | | Omnivores | Vegetarians | Vegans |
| Vegetables | 2.50 | \geq median | 44.2 | 72.5 | 83.1 |
| Legumes | 0.14 | \geq median | 26.9 | 84.4 | 95.2 |
| Fruit | 1.00 | \geq median | 47.8 | 69.2 | 81.5 |
| Nuts and seeds | 0.14 | \geq median | 50.2 | 77.7 | 85.5 |
| Wholegrains | 1.0 | \geq median | 41.9 | 70.6 | 75.8 |
| Fish | 0 | \geq median | 74.8 | 0 | 0 |
| Dairy or dairy substitutes | 0.79 | $<$ median | 48.2 | 39.8 | 41.9 |
| Meat or meat substitutes | 0.43 | $<$ median | 16.9 | 72.0 | 57.3 |
| Vitamin D supplement use | - | yes | 42.9 | 49.3 | 62.1 |
| Ethanol intake † | - | 5 – 25 g/day | 5.6 | 8.5 | 8.9 |

†Low: <5 g/day; moderate: ≥ 5 g/day and ≤ 25 g/day; high: >25 g/day.