Table S1. Estimated probabilities of adherence to the Mediterranean dietary pattern and individual components for each factor.

|  | $\begin{gathered} \text { MDP } \\ \text { (Yes) } \end{gathered}$ | Olive oil (Yes) | Olive oil ( $\geq 4 \mathrm{sp} / \mathrm{d}$ ) | Vegetable $\mathrm{s}(\geq 2 \mathrm{~s} / \mathrm{d})$ | $\begin{gathered} \text { Fruit } \\ (\geq 3 \mathrm{u} / \mathrm{d}) \end{gathered}$ | Red meat $(<1 \mathrm{~s} / \mathrm{d})$ | $\begin{aligned} & \text { Animal } \\ & \text { fats } \\ & (<1 \mathrm{~s} / \mathrm{d}) \end{aligned}$ | Sweetened beverages ( $<1 \mathrm{gl} / \mathrm{d}$ ) | Wine ( $\geq 3 \mathrm{gl} / \mathrm{w}$ ) | Legumes $(\geq 3 \mathrm{~s} / \mathrm{w})$ | $\begin{gathered} \text { Fish } \\ (\geq 3 \mathrm{~s} / \mathrm{w}) \end{gathered}$ | Sweets $(<3 \mathrm{t} / \mathrm{w})$ | Nuts $(\geq 1 \mathrm{~s} / \mathrm{w})$ | White meat (Yes) | Soffrito $(\geq 2 \mathrm{t} / \mathrm{w})$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Year |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2010 | 0.12 | 0.97 | 0.27 | 0.53 | 0.16 | 0.66 | 0.97 | 0.82 | 0.28 | 0.05 | 0.10 | 0.52 | 0.09 | 0.57 | 0.56 |
|  | [0.11,0.14] | [0.96,0.98] | [0.25,0.30] | [0.51,0.56] | [0.14,0.18] | [0.64,0.69] | [0.96,0.98] | [0.80,0.84] | [0.26,0.30] | [0.04,0.06] | [0.09,0.12] | [0.49,0.55] | [0.08,0.11] | [0.54,0.60] | [0.54,0.59] |
| 2011 | 0.15 | 0.97 | 0.37 | 0.57 | 0.14 | 0.67 | 0.97 | 0.84 | 0.31 | 0.05 | 0.08 | 0.55 | 0.12 | 0.57 | 0.54 |
|  | [0.13,0.17] | [0.97,0.98] | [0.35,0.40] | [0.54, 0.60 ] | [0.12,0.16] | [0.65,0.70] | [0.96,0.98] | [0.82,0.86] | [0.28,0.33] | [0.04,0.06] | [0.07,0.10] | [0.52,0.57] | [0.10,0.14] | [0.55,0.60] | [0.51,0.56] |
| 2012 | 0.15 | 0.97 | 0.41 | 0.51 | 0.12 | 0.70 | 0.98 | 0.83 | 0.33 | 0.04 | 0.08 | 0.57 | 0.15 | 0.58 | 0.37 |
|  | [0.13,0.16] | [0.96,0.98] | [0.38,0.44] | [0.48,0.54] | [0.10,0.14] | [0.67,0.72] | [0.97,0.99] | [0.81,0.85] | [0.31,0.36] | [0.03,0.05] | [0.06,0.09] | [0.54,0.60] | [0.13,0.17] | [0.56,0.61] | [0.34,0.40] |
| 2013 | 0.13 | 0.97 | 0.39 | 0.52 | 0.13 | 0.69 | 0.98 | 0.84 | 0.31 | 0.03 | 0.09 | 0.55 | 0.17 | 0.62 | 0.32 |
|  | [0.11,0.15] | [0.96,0.98] | [0.37,0.42] | [0.50,0.55] | [0.11,0.14] | [0.67,0.72] | [0.97,0.99] | [0.82,0.86] | [0.28,0.34] | [0.02,0.05] | [0.07,0.10] | [0.52,0.57] | [0.15,0.19] | [0.60,0.65] | [0.29,0.34] |
| 2014 | 0.14 | 0.98 | 0.33 | 0.56 | 0.10 | 0.67 | 0.98 | 0.85 | 0.31 | 0.05 | 0.09 | 0.57 | 0.20 | 0.63 | 0.33 |
|  | [0.12,0.16] | [0.97,0.98] | [0.30,0.35] | [0.54,0.59] | [0.08,0.12] | [0.64,0.69] | [0.97,0.99] | [0.83,0.87] | [0.29,0.34] | [0.04,0.06] | [0.07,0.10] | [0.55,0.60] | [0.18,0.22] | [0.60,0.65] | [0.31,0.36] |
| 2015 | 0.15 | 0.97 | 0.33 | 0.57 | 0.10 | 0.70 | 0.98 | 0.87 | 0.31 | 0.04 | 0.08 | 0.57 | 0.24 | 0.61 | 0.34 |
|  | [0.13,0.17] | [0.96,0.98] | [0.30,0.35] | [0.54,0.59] | [0.09,0.12] | [0.67,0.72] | [0.97,0.98] | [0.85,0.89] | [0.28,0.33] | [0.03,0.06] | [0.07,0.10] | [0.54,0.59] | [0.21,0.26] | [0.58,0.64] | [0.31,0.37] |
| 2016 | 0.14 | 0.98 | 0.32 | 0.56 | 0.09 | 0.72 | 0.98 | 0.87 | 0.30 | 0.05 | 0.09 | 0.56 | 0.26 | 0.62 | 0.34 |
|  | [0.12,0.16] | [0.97,0.99] | [0.30,0.35] | [0.53,0.58] | [0.08,0.11] | [0.70,0.75] | [0.97,0.99] | [0.86,0.89] | [0.28,0.33] | [0.04,0.06] | [0.08,0.11] | [0.53,0.59] | [0.23,0.28] | [0.60,0.65] | [0.31,0.37] |
| Sex |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Female | 0.14 | 0.98 | 0.36 | 0.57 | 0.12 | 0.69 | 0.98 | 0.86 | 0.24 | 0.04 | 0.09 | 0.55 | 0.18 | 0.63 | 0.39 |
|  | [0.13,0.15] | [0.97,0.98] | [0.35,0.38] | [0.56,0.59] | [0.12,0.13] | [0.68,0.70] | [0.97,0.98] | [0.85,0.87] | [0.23,0.25] | [0.03,0.04] | [0.09,0.10] | [0.54,0.56] | [0.17,0.19] | [0.62,0.64] | [0.37,0.40] |
| Male | 0.14 | 0.97 | 0.30 | 0.48 | 0.11 | 0.68 | 0.97 | 0.82 | 0.46 | 0.06 | 0.08 | 0.57 | 0.17 | 0.53 | 0.43 |
|  | [0.12,0.15] | [0.96,0.98] | [0.28,0.32] | [0.46,0.50] | [0.10,0.12] | [0.66,0.70] | [0.97,0.98] | [0.80,0.83] | [0.44,0.48] | [0.05,0.07] | [0.07,0.09] | [0.55,0.59] | [0.16,0.19] | [0.51,0.55] | [0.41,0.45] |
| Education |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Low level | 0.13 | 0.97 | 0.35 | 0.53 | 0.12 | 0.68 | 0.97 | 0.83 | 0.28 | 0.04 | 0.08 | 0.56 | 0.17 | 0.64 | 0.40 |
|  | [0.12,0.14] | [0.97,0.98] | [0.33,0.36] | [0.51,0.54] | [0.11,0.13] | [0.67,0.70] | [0.97,0.98] | [0.82,0.84] | [0.27,0.29] | [0.03,0.04] | [0.07,0.09] | [0.54,0.57] | [0.16,0.18] | [0.62,0.65] | [0.39,0.41] |
| High level | 0.15 | 0.98 | 0.35 | 0.57 | 0.12 | 0.69 | 0.98 | 0.87 | 0.34 | 0.06 | 0.10 | 0.55 | 0.18 | 0.55 | 0.40 |
|  | [0.14,0.16] | [0.97,0.98] | [0.33,0.36] | [0.56,0.59] | [0.11,0.14] | [0.68,0.71] | [0.98,0.98] | [0.86,0.88] | [0.33,0.36] | [0.05,0.07] | [0.09,0.11] | [0.54,0.57] | [0.17,0.19] | [0.53,0.57] | [0.39,0.42] |
| Work |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |


| Non-worker | 0.15 | 0.96 | 0.33 | 0.59 | 0.14 | 0.69 | 0.97 | 0.86 | 0.29 | 0.05 | 0.09 | 0.64 | 0.17 | 0.62 | 0.42 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | [0.14,0.17] | [0.95,0.97] | [0.31,0.36] | [0.57,0.62] | [0.12,0.16] | [0.67,0.71] | [0.96,0.98] | [0.85,0.88] | [0.27,0.32] | [0.04,0.06] | [0.07,0.10] | [0.61,0.66] | [0.15,0.18] | [0.60,0.64] | [0.39,0.44] |
| Worker | 0.13 | 0.98 | 0.35 | 0.53 | 0.11 | 0.69 | 0.98 | 0.84 | 0.31 | 0.04 | 0.09 | 0.53 | 0.18 | 0.59 | 0.40 |
|  | [0.13,0.14] | [0.97,0.98] | [0.34,0.36] | [0.52,0.55] | [0.10,0.12] | [0.67,0.70] | [0.97,0.98] | [0.83,0.85] | [0.30,0.32] | [0.04,0.05] | [0.08,0.10] | [0.52,0.54] | [0.17,0.19] | [0.58,0.61] | [0.38,0.41] |
| Marital status |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Single | 0.13 | 0.97 | 0.33 | 0.53 | 0.12 | 0.71 | 0.98 | 0.83 | 0.30 | 0.05 | 0.10 | 0.55 | 0.19 | 0.60 | 0.36 |
|  | [0.12,0.14] | [0.97,0.98] | [0.31,0.34] | [0.52,0.55] | [0.11,0.13] | [0.69,0.72] | [0.98,0.98] | [0.82,0.85] | [0.29,0.32] | [0.04,0.06] | [0.09,0.11] | [0.53,0.56] | [0.17,0.20] | [0.58,0.61] | [0.34,0.37] |
| Married | 0.15 | 0.98 | 0.36 | 0.56 | 0.12 | 0.67 | 0.97 | 0.86 | 0.31 | 0.04 | 0.08 | 0.56 | 0.17 | 0.60 | 0.44 |
|  | [0.14,0.16] | [0.97,0.98] | [0.35,0.38] | [0.54,0.57] | [0.11,0.13] | [0.66,0.68] | [0.97,0.98] | [0.85, 0.87$]$ | [0.30,0.32] | [0.04,0.05] | [0.07,0.09] | [0.55,0.57] | [0.16,0.18] | [0.59,0.62] | [0.42,0.45] |
| Smoking |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Non-smoker | 0.13 | 0.97 | 0.33 | 0.55 | 0.13 | 0.69 | 0.98 | 0.85 | 0.26 | 0.05 | 0.09 | 0.53 | 0.17 | 0.62 | 0.40 |
|  | [0.12,0.14] | [0.97,0.98] | [0.31,0.34] | [0.53,0.56] | [0.12,0.14] | [0.68,0.70] | [0.97,0.98] | [0.84,0.86] | [0.24,0.27] | [0.04,0.05] | [0.08,0.10] | [0.52,0.55] | [0.16,0.18] | [0.61,0.64] | [0.38,0.41] |
| Smoker | 0.14 | 0.97 | 0.37 | 0.53 | 0.10 | 0.67 | 0.98 | 0.83 | 0.37 | 0.05 | 0.08 | 0.58 | 0.16 | 0.57 | 0.41 |
|  | [0.12,0.15] | [0.97,0.98] | [0.34,0.39] | [0.50,0.55] | [0.09,0.11] | [0.65,0.69] | [0.97,0.98] | [0.81,0.85] | [0.35,0.39] | [0.04,0.05] | [0.07,0.09] | [0.55,0.60] | [0.15,0.18] | [0.55,0.59] | [0.38,0.43] |
| Ex-smoker | 0.16 | 0.98 | 0.38 | 0.56 | 0.11 | 0.70 | 0.98 | 0.85 | 0.36 | 0.04 | 0.10 | 0.58 | 0.20 | 0.58 | 0.41 |
|  | [0.15,0.18] | [0.97,0.99] | [0.35,0.40] | [0.54,0.58] | [0.10,0.12] | [0.68,0.72] | [0.97,0.99] | [0.84,0.87] | [0.34,0.38] | [0.03,0.05] | [0.09,0.11] | [0.56,0.61] | [0.18,0.22] | [0.56,0.60] | [0.39,0.43] |
| Physical activity |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| No | 0.12 | 0.97 | 0.36 | 0.51 | 0.11 | 0.67 | 0.97 | 0.83 | 0.30 | 0.04 | 0.07 | 0.53 | 0.15 | 0.58 | 0.41 |
|  | [0.11,0.13] | [0.97,0.98] | [0.35,0.37] | [0.49,0.52] | [0.10,0.12] | [0.66,0.68] | [0.97,0.98] | [0.82,0.84] | [0.29,0.32] | [0.04,0.05] | [0.07,0.08] | [0.52,0.54] | [0.14,0.16] | [0.56,0.59] | [0.40,0.43] |
| Yes | 0.16 | 0.97 | 0.33 | 0.60 | 0.13 | 0.71 | 0.98 | 0.87 | 0.31 | 0.05 | 0.11 | 0.59 | 0.20 | 0.63 | 0.38 |
|  | [0.15,0.18] | [0.97,0.98] | [0.31,0.34] | [0.58,0.61] | [0.12,0.14] | [0.70,0.73] | [0.98,0.98] | [0.86,0.88] | [0.30,0.33] | [0.04,0.05] | [0.10,0.12] | [0.57,0.60] | [0.19,0.22] | [0.62,0.65] | [0.37,0.40] |

[^0]




Figure S1. Marginal probabilities of adherence to the Mediterranean dietary pattern and its individual components as a function of age and nutritional status. The estimated probabilities were obtained using Poisson working regression models adjusted for socio-demographic characteristics, nutritional status, lifestyle variables and year of recruitment (see statistical analysis section for details).


[^0]:    Values are marginal probabilities with $95 \%$ confidence intervals estimated for year of recruitment, sex, education, occupation, marital status, smoking status and physically activity level using the multivariable PWRM. Abbreviations: $s p=$ spoons; $d=$ day; $s=$ servings; $u=u n i t s ; g l=$ glass; $w=$ week; $t=$ times.

