

Supplementary Table 1. The list of vegans, ovo-lacto vegetarians and omnivores included in study, each identified with an anonymous code, age, sex and geographical origin.

Subject identification code	Diet	Sex	Age	Geographical location
01TO	ovo-lacto vegetarian	F	30	Turin
02TO	ovo-lacto vegetarian	F	42	Turin
03TO	vegan	M	46	Turin
04TO	ovo-lacto vegetarian	M	53	Turin
06TO	ovo-lacto vegetarian	M	43	Turin
07TO	vegan	M	42	Turin
10TO	vegan	F	30	Turin
11TO	vegan	M	38	Turin
13TO	omnivore	F	47	Turin
14TO	omnivore	F	48	Turin
15TO	omnivore	M	31	Turin
16TO	omnivore	F	39	Turin
17TO	omnivore	F	47	Turin
18TO	omnivore	F	39	Turin
19TO	vegan	M	48	Turin
21TO	vegan	F	59	Turin
22TO	omnivore	M	31	Turin
23TO	omnivore	F	39	Turin
24TO	vegan	F	37	Turin
25TO	vegan	F	50	Turin
26TO	ovo-lacto vegetarian	M	52	Turin
27TO	vegan	M	37	Turin
28TO	ovo-lacto vegetarian	F	53	Turin
29TO	ovo-lacto vegetarian	F	48	Turin
31TO	omnivore	M	39	Turin
32TO	vegan	F	35	Turin
33TO	omnivore	F	45	Turin
34TO	ovo-lacto vegetarian	M	35	Turin
35TO	vegan	F	35	Turin
37TO	omnivore	F	39	Turin
38TO	ovo-lacto vegetarian	M	47	Turin
39TO	ovo-lacto vegetarian	F	37	Turin
41TO	ovo-lacto vegetarian	F	32	Turin
42TO	ovo-lacto vegetarian	M	38	Turin
43TO	omnivore	F	43	Turin
44TO	vegan	M	44	Turin
01BA	ovo-lacto vegetarian	M	33	Bari
02BA	ovo-lacto vegetarian	F	28	Bari
03BA	ovo-lacto vegetarian	M	40	Bari
04BA	ovo-lacto vegetarian	F	28	Bari
05BA	ovo-lacto vegetarian	F	43	Bari
07BA	ovo-lacto vegetarian	F	30	Bari
08BA	ovo-lacto vegetarian	F	55	Bari
09BA	ovo-lacto vegetarian	F	30	Bari
10BA	ovo-lacto vegetarian	M	28	Bari
11BA	ovo-lacto vegetarian	F	28	Bari
12BA	ovo-lacto vegetarian	F	55	Bari
13BA	ovo-lacto vegetarian	F	27	Bari
14BA	vegan	M	52	Bari
15BA	vegan	F	29	Bari
16BA	vegan	M	28	Bari
17BA	vegan	F	30	Bari
18BA	vegan	M	50	Bari
19BA	vegan	F	25	Bari
20BA	vegan	M	28	Bari

21BA	vegan	F	28	Bari
22BA	vegan	M	40	Bari
23BA	vegan	F	25	Bari
24BA	vegan	F	37	Bari
25BA	vegan	F	40	Bari
26BA	vegan	F	25	Bari
28BA	omnivore	F	30	Bari
29BA	omnivore	M	32	Bari
30BA	omnivore	M	35	Bari
31BA	omnivore	F	34	Bari
32BA	omnivore	M	37	Bari
33BA	omnivore	F	32	Bari
34BA	omnivore	M	38	Bari
35BA	omnivore	F	24	Bari
36BA	omnivore	F	30	Bari
37BA	omnivore	M	28	Bari
38BA	omnivore	F	27	Bari
39BA	omnivore	M	28	Bari
40BA	omnivore	M	25	Bari
41BA	omnivore	F	28	Bari
01BO	ovo-lacto vegetarian	F	50	Bologna
02BO	vegan	F	28	Bologna
03BO	omnivore	M	53	Bologna
04BO	ovo-lacto vegetarian	F	45	Bologna
05BO	ovo-lacto vegetarian	F	42	Bologna
06BO	omnivore	M	37	Bologna
07BO	vegan	F	30	Bologna
08BO	omnivore	M	48	Bologna
09BO	omnivore	M	48	Bologna
10BO	vegan	F	44	Bologna
11BO	vegan	F	30	Bologna
12BO	vegan	M	43	Bologna
13BO	vegan	M	45	Bologna
16BO	omnivore	F	29	Bologna
17BO	ovo-lacto vegetarian	M	26	Bologna
18BO	vegan	M	33	Bologna
19BO	ovo-lacto vegetarian	M	37	Bologna
20BO	omnivore	F	59	Bologna
22BO	omnivore	F	34	Bologna
23BO	omnivore	F	30	Bologna
24BO	omnivore	M	32	Bologna
25BO	ovo-lacto vegetarian	F	43	Bologna
26BO	vegan	F	32	Bologna
27BO	ovo-lacto vegetarian	M	42	Bologna
28BO	omnivore	F	21	Bologna
29BO	omnivore	F	25	Bologna
30BO	omnivore	F	30	Bologna
32BO	ovo-lacto vegetarian	F	49	Bologna
34BO	ovo-lacto vegetarian	F	40	Bologna
35BO	vegan	F	54	Bologna
36BO	vegan	M	56	Bologna
37BO	ovo-lacto vegetarian	F	32	Bologna
39BO	ovo-lacto vegetarian	F	30	Bologna
40BO	ovo-lacto vegetarian	M	32	Bologna
42BO	omnivore	F	46	Bologna
44BO	vegan	F	32	Bologna
01PR	omnivore	M	30	Parma
02PR	ovo-lacto vegetarian	F	32	Parma
03PR	ovo-lacto vegetarian	M	56	Parma
04PR	ovo-lacto vegetarian	F	49	Parma
05PR	ovo-lacto vegetarian	F	44	Parma
06PR	ovo-lacto vegetarian	F	40	Parma

07PR	vegan	M	31	Parma
08PR	ovo-lacto vegetarian	F	35	Parma
09PR	vegan	F	23	Parma
10PR	ovo-lacto vegetarian	M	47	Parma
11PR	vegan	M	26	Parma
12PR	vegan	F	41	Parma
13PR	ovo-lacto vegetarian	F	31	Parma
14PR	ovo-lacto vegetarian	M	36	Parma
15PR	ovo-lacto vegetarian	F	18	Parma
17PR	vegan	F	40	Parma
21PR	vegan	M	35	Parma
22PR	vegan	M	30	Parma
23PR	vegan	M	41	Parma
25PR	omnivore	F	48	Parma
26PR	vegan	M	25	Parma
27PR	ovo-lacto vegetarian	F	31	Parma
29PR	omnivore	F	31	Parma
30PR	ovo-lacto vegetarian	M	23	Parma
31PR	omnivore	M	35	Parma
32PR	vegan	F	39	Parma
33PR	vegan	F	29	Parma
34PR	omnivore	M	40	Parma
35PR	vegan	F	58	Parma
36PR	omnivore	F	36	Parma
37PR	omnivore	M	39	Parma
38PR	omnivore	M	38	Parma
39PR	omnivore	M	38	Parma
