

Table S1: Adherence questionnaire

| Answers | Always <i>Score: 1</i> | Often <i>Score: 2</i> | Sometimes <i>Score: 3</i> | Rarely <i>Score: 4</i> | Never <i>Score: 5</i> |
|---|----------------------------------|---------------------------------|-------------------------------------|----------------------------------|---------------------------------|
| I replaced the grapes received with other varieties | | | | | |
| I forgot to eat the received portion of grapes | | | | | |
| I stopped eating the received grapes for a period of time | | | | | |

The maximum possible score is 15 points. Adherence to the study design is confirmed by a score ≥ 12 ($\geq 80\%$).