

Table S1: Knowledge about the MDP guidelines

	Participants that answered correct
Foods that belong to the starchy food group in the Mediterranean diet (<i>a list of 10 foods options, a participant is given a score of 1 point if they answered 75% of the options correct</i>)	178 (47.7)
Foods that are high or low in added sugar (<i>a list of 10 foods, a participant is given a score of 1 point if they answered 75% of the options correct</i>)	343 (92.0)
Foods that are considered ultra-processed foods (<i>a list of 10 foods, a participant is given a score of 1 point if they answered 75% of the answers correct</i>)	267 (71.6)
Foods that are high or low in fat (<i>a list of 14 foods, a participant is given a score of 1 point if they answered 75% of the answers correct</i>)	80 (21.4)
Foods that are considered high in fibre (<i>a list of 10 foods, a participant is given a score of 1 point if they answered 75% of the answers correct</i>)	230 (61.7)
Fatty foods are high in saturated fat (<i>a list of 10 foods, a participant is given a score of 1 point if they answered 75% of the answers correct</i>)	19 (5.1)
Which fat does the Mediterranean diet recommend for people to cut down on? (<i>Monounsaturated fatty acids, Polyunsaturated fatty acids, Saturated fatty acids and Trans-fatty acids</i>) a participant is given a score of 1 point if they answered <i>Saturated fatty acids and Trans-fatty acids</i>	277 (74.3)
Some foods contain a lot of fat but no cholesterol (<i>agree, disagree</i>)) a participant is given a score of 1 point if they answered <i>agree</i>	214 (57.4)
How many daily glasses of red wine does the Mediterranean diet recommend? (<i>__glasses/day</i>)) a participant is given a score of 1 point if they answered <i>1-2glasses per day</i>	64 (17.2)
Harder fats contain more (<i>Monounsaturated Fatty Acids Polyunsaturated Fatty Acids, Saturated Fatty Acids</i>)) a participant is given a score of 1 point if they answered <i>saturated fatty acids</i>	207 (55.5)
How many servings of fruit and vegetables a day do you think experts are advising people to eat? (<i>open-ended</i>)	222 (59.5)
The largest quantity of saturated fats is found in: (<i>Vegetable oil, Butter, Olive oil, Dairy products</i>)) a participant is given a score of 1 point if they answered <i>butter</i>	214 (57.4)

Table S2: Knowledge about the MDP food choices

	N (%) answered correctly
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Do you think health experts recommend that people should be eating more, the same amount, or less of these foods? <i>(a list of 10 foods, a participant is given a score of 1 point if they answered 75% of the answers correct)</i>	310 (83.1)
Foods that are considered healthy alternatives for red meat as per the Mediterranean diet <i>(a list of 10 foods, a participant is given a score of 1 point if they answered 75% of the answers correct)</i>	297 (79.6)
If a person felt like something sweet, which would be the best choice as part of the Mediterranean diet? <i>(Jelly on toast, cereal snack bar, plain biscuit, banana with plain yogurt) a participant is given a score of 1 point if they answered banana with plain yogurt</i>	343 (92.0)
Which cheeses would be the best choice for the Mediterranean diet? <i>(White cheese, yellow cheese) a participant is given a score of 1 point if they answered white cheese</i>	345 (92.5)
Which would be the best choice for a snack as part of the Mediterranean? <i>(Chips/ Crisps, hummus with whole-grain crackers, biscuits, muesli bar) a participant is given a score of 1 point if they answered hummus with whole-grain crackers</i>	344 (92.2)
Which would be the best choice for a meal as part of the Mediterranean? <i>(Pasta with red sofrito sauce, chicken breast sandwich, grilled steak with mushroom sauce)) a participant is given a score of 1 point if they answered Pasta with red sofrito sauce</i>	254 (68.1)
Which kind of sandwich do you think is healthier? <i>(Two slices of bread with a slice of cheddar cheese filling, two slices of bread with a turkey breast filling) a participant is given a score of 1 point if they answered two slices of bread with a turkey breast filling</i>	341 (91.4)
Which foods is the best choice as part of the Mediterranean diet? <i>(Steak, grilled, Sausages, grilled, Fish, grilled, Pork chop, grilled) a participant is given a score of 1 point if they answered Fish, grilled</i>	343 (92.0)
Which of these breads contains the most vitamins and minerals and is recommended as part of the Mediterranean diet? <i>(White bread, Brown bread, Whole-grain bread) a participant is given a score of 1 point if they answered whole-grain bread</i>	354 (94.9)
What types of dairy foods do experts in the Mediterranean diet say people should eat? <i>(Yogurt, Cheese, Milk, all of the above)) a participant is given a score of 1 point if they answered all of the above</i>	204 (54.7)
What is the best choice of fat in the Mediterranean diet? <i>(Butter, Vegetable oil, Canola oil, Olive oil) a participant is given a score of 1 point if they answered olive oil</i>	335 (89.8)

Table S3: Knowledge about the health benefits of the MDP

	N (%) answered correctly
Do you think the Mediterranean diet has a beneficial effect against cancer <i>(yes, no)?</i>	73 (19.6)
Do you think the Mediterranean diet has a beneficial effect against heart diseases <i>(yes, no)?</i>	151 (40.5)
Do you think the Mediterranean diet has a beneficial effect against cognitive decline <i>(yes, no)?</i>	70 (18.8)
Do you think the Mediterranean diet has a beneficial effect against diabetes type 2 <i>(yes, no)?</i>	125 (33.5)
Do you think the Mediterranean diet has a beneficial effect against obesity <i>(yes, no)?</i>	134 (35.9)
do you think these food sources are rich in antioxidants? <i>(Yes, no)</i>	260 (69.7)
Which one of these is commonly thought to raise people's blood cholesterol level? <i>(Polyunsaturated fats, Saturated fats, Cholesterol in the diet)</i>	148 (39.7)
Olive oil is a healthier fat than butter <i>(yes, no)</i>	336 (90.1)

Table S4: Questions related to the perceived importance of following the MDP

	Not important (1 point)	Neutral (2 points)	Important n (%) (3 points)
How important is it to follow the Mediterranean dietary guidelines?	38 (10.2)	128 (34.3)	207 (55.5)
How important is it to follow a low red meat diet?	45 (12.1)	95 (25.5)	233 (62.5)
How important is it to consume fish on regular basis?	45 (12.1)	76 (20.4)	252 (67.6)
How important is it to eat fruits and vegetables daily?	21 (5.6)	13 (3.5)	339 (90.9)
How important is it to use olive oil as the major source of fat in your diet?	48 (12.9)	131 (35.1)	194 (52.0)

How important is it to consume whole-wheat bread rather than regular white bread?	27 (7.2)	50 (13.4)	296 (79.4)
How important is it to consume less sugar and sweetened foods and beverages?	20 (5.4)	15 (4.0)	338 (90.6)

Table S5: Questions related to the food preferences in the MDP

	Dislike 1 point	Neutral 2 points	Like n (%) 3 points
How much do you like the flavour of fish?	61 (16.4)	86 (23.1)	226 (60.6)
How much do you like the flavor of chicken?	56 (15.0)	64 (17.1)	253 (67.8)
How much do you like the flavour of red meat?	86 (23.1)	101 (27.1)	186 (49.9)
How much do you like the flavour of nuts?	44 (11.8)	97 (26.1)	232 (62.2)
How much do you like the flavour of fruits?	36 (9.7)	34 (9.1)	303 (81.2)
How much do you like the flavour of vegetables?	31 (8.3)	75 (20.1)	267 (71.6)
How much do you like the flavour of dairy products?	50 (13.4)	86 (23.1)	237 (63.5)
How much do you like the flavour of legumes?	58 (15.5)	137 (36.7)	178 (47.7)
How much do you like the flavour of sweetened beverages?	132 (35.4)	119 (31.9)	122 (32.7)
How much do you like the flavour of sweets?	81 (21.7)	109 (29.2)	183 (49.1)

How much do you like the flavour of olive oil?	40 (10.7)	133 (35.7)	200 (53.6)
How much do you like the flavour of? whole-grain products?	46 (12.3)	96 (25.8)	231 (61.9)
How much do you like the flavour of white bread?	109 (29.2)	129 (34.6)	135 (36.2)
How much do you like the flavour of red wine?	147 (39.4)	98 (26.3)	128 (34.3)

Table S6: Questions related to the perceived barriers to following the MDP

	Not difficult 1 point	Neutral 2 points	Difficult n (%) 3 points
How difficult is it for you to follow the general recommendations of the Mediterranean diet?	148 (39.7)	155 (41.6)	70 (18.8)
How difficult is it for you to minimise your intake of red meat?	229 (61.4)	92 (24.7)	52 (13.9)
How difficult is it for you to eat at least 2 servings of fish per week?	156 (41.8)	95 (25.5)	122 (32.7)
How difficult is it for you to consume 5 servings of fruits and vegetables per day?	294 (78.8)	70 (18.8)	9 (2.4)
How difficult is it for you to consume 1-2 glasses of red wine per day? (If you already consume wine regularly)	60 (16.1)	87 (23.3)	226 (60.6)
How difficult is it for you to consume no more than 2 servings of dairy per day?	199 (53.4)	142 (38.1)	32 (8.6)
How difficult is it for you to consume at least 3 servings of legumes per week?	152 (40.8)	149 (39.9)	72 (19.3)
How difficult is it for you to consume whole-grain breads and cereals?	265 (71.0)	92 (24.7)	16 (4.3)
How difficult is it for you to consume no more than 4 eggs per week?	205 (55.0)	110 (29.5)	58 (15.5)
How difficult is it for you to utilize olive oil as the major source of fat in your diet?	202 (54.2)	133 (35.7)	38 (10.2)

Table S7: Questions related to self-confidence to following the MDP

	Not confident 1 point	Neutral 2 points	Confident (%) 3 points
How confident do you feel in following the general recommendations of the Mediterranean diet?	47 (12.6)	212 (56.8)	114 (30.6)
How confident do you feel in cooking food at home on most days of the week	38 (10.2)	102 (27.3)	233 (62.5)
How confident do you feel in using olive oil on daily basis?	45 (12.1)	135 (36.2)	193 (51.7)
How confident do you feel in minimising your intake of sweetened beverages?	29 (7.8)	95 (25.5)	249 (66.8)
How confident do you feel in consuming white meats (fish and chicken) over red meats?	43 (11.5)	120 (32.2)	210 (56.3)