

Table S1. Intensity of daily consumption of selected product groups

Frequency of product consumption	Number of total participants N=624 (%N)	
	n (%)	Mean \pm SD
Fruits		
Low intake	294 (47)	
Medium intake	192 (31)	45.8 \pm 32.7
High intake	138 (22)	
Fruit juices		
Low intake	560 (90)	
Medium intake	36 (6)	14.7 \pm 22.6
High intake	28 (4)	
Candies		
Low intake	435 (70)	
Medium intake	116 (19)	31.1 \pm 29.8
High intake	73 (12)	
Sweetened hot drinks ¹		
Low intake	407 (65)	
Medium intake	60 (10)	33.4 \pm 41.4
High intake	157 (25)	
Sweetened carbonated or non-carbonated beverages ²		
Low intake	593 (95)	8.6 \pm 17.6
Medium intake	16 (3)	
High intake	15 (2)	
Energy drinks		
Low intake	604 (97)	
Medium intake	10 (2)	5.2 \pm 14.7
High intake	10 (2)	
Alcoholic beverages		
Low intake	616 (99)	
Medium intake	8 (1)	5.8 \pm 8.1
High intake	0 (0)	
sDI ³		
Low intake	416 (67)	
Medium intake	190 (30)	20.7 \pm 12.3
High intake	18 (3)	
Sweetened hot drinks ¹ : e.g. black tea, coffee, herbal or fruit tea		
Sweetened carbonated or noncarbonated beverages ² : e.g. Coca-Cola, Pepsi, Sprite, Fanta, lemonade		
sDI ³ – the sum of previously mentioned product groups		

Table S2. The food frequency intake of the study group (n = 624) described in means and medians

	Mean	±SD	Median	95%CI	
White bread and bakery products	0.66	0.60	0.50	0.62	0.71
Wholemeal bread	0.41	0.49	0.14	0.37	0.44
White rice, pasta	0.36	0.35	0.50	0.34	0.39
Buckwheat, oats, wholegrain pasta	0.36	0.40	0.14	0.33	0.39
Fast food	0.11	0.19	0.06	0.09	0.12
Fried foods	0.34	0.33	0.14	0.32	0.37
Butter	0.65	0.70	0.50	0.60	0.71
Vegetable oils	0.53	0.48	0.50	0.49	0.57
Milk	0.69	0.66	0.50	0.64	0.74
Fermented milk drinks	0.40	0.42	0.50	0.37	0.44
Fresh cheese curd products	0.33	0.40	0.14	0.30	0.36
Cheese	0.44	0.43	0.50	0.41	0.48
Cured meat	0.37	0.47	0.14	0.33	0.41
Red meat	0.12	0.21	0.06	0.11	0.14
White meat	0.33	0.30	0.50	0.30	0.35
Fish	0.12	0.16	0.06	0.11	0.14
Eggs	0.33	0.32	0.14	0.30	0.35
Legumes-based foods	0.23	0.35	0.06	0.21	0.26
Potatoes	0.34	0.30	0.14	0.31	0.36
Fruit	0.92	0.65	1.00	0.87	0.97
Vegetables	1.04	0.70	1.00	0.98	1.09
Candies	0.62	0.60	0.50	0.58	0.67
Fruit juices	0.29	0.45	0.06	0.26	0.33
Vegetable/fruit juices	0.16	0.29	0.06	0.14	0.18
Sweetened hot beverages	0.67	0.83	0.14	0.60	0.73
Sweetened beverages	0.17	0.35	0.06	0.14	0.20
Energy drinks	0.10	0.29	0.00	0.08	0.13
Water	1.69	0.63	2.00	1.64	1.74
Alcoholic beverages	0.12	0.16	0.06	0.10	0.13
pHDI	4.83	2.48	4.56	4.63	5.02
nHDI	4.08	2.40	3.53	3.89	4.27
sDI	2.89	1.73	2.66	2.76	3.03

Table S3. Mean food frequency intake per day for high, medium and low adherence to the sweet-Western dietary pattern (SWDP)

	Low adherence to SWDP n=208		Medium adherence to SWDP n=203		High adherence to SWDP n=213	
	Mean	±SD	Mean	±SD	Mean	±SD
White bread and bakery products	0.30 ^a	0.32	0.55 ^b	0.45	1.12 ^c	0.65
Wholemeal bread	0.43 ^{ab}	0.47	0.45 ^a	0.50	0.34 ^b	0.49
White rice, pasta	0.30 ^a	0.30	0.36 ^{ab}	0.30	0.43 ^b	0.42
Buckwheat, oats, wholegrain pasta	0.48 ^a	0.45	0.36 ^b	0.34	0.24 ^c	0.35
Fast food	0.07 ^a	0.07	0.11 ^{ab}	0.19	0.14 ^b	0.25
Fried foods	0.17 ^a	0.19	0.32 ^b	0.25	0.54 ^c	0.40
Butter	0.26 ^a	0.36	0.52 ^b	0.55	1.16 ^c	0.78
Vegetable oils	0.38 ^a	0.37	0.52 ^b	0.42	0.69 ^c	0.56
Milk	0.61 ^a	0.65	0.67 ^{ab}	0.63	0.80 ^b	0.69
Fermented milk drinks	0.42 ^a	0.48	0.40 ^a	0.42	0.39 ^a	0.37
Fresh cheese curd products	0.30 ^a	0.42	0.35 ^a	0.40	0.33 ^a	0.39
Cheese	0.24 ^a	0.24	0.47 ^b	0.37	0.62 ^c	0.53
Cured meat	0.14 ^a	0.19	0.29 ^b	0.32	0.68 ^c	0.59
Red meat	0.06 ^a	0.12	0.12 ^b	0.16	0.18 ^c	0.29
White meat	0.24 ^a	0.26	0.28 ^a	0.23	0.45 ^b	0.36
Fish	0.13 ^a	0.15	0.13 ^a	0.15	0.12 ^a	0.19
Eggs	0.30 ^a	0.34	0.33 ^a	0.28	0.34 ^a	0.34
Legumes-based foods	0.31 ^a	0.43	0.23 ^{ab}	0.31	0.16 ^b	0.27
Potatoes	0.23 ^a	0.25	0.31 ^b	0.23	0.46 ^c	0.35
Fruit	0.86 ^a	0.67	0.95 ^a	0.65	0.94 ^a	0.65
Vegetables	1.07 ^{ab}	0.75	1.11 ^a	0.68	0.94 ^b	0.64
Candies	0.24 ^a	0.25	0.57 ^b	0.42	1.04 ^c	0.70
Fruit juices	0.16 ^a	0.29	0.28 ^b	0.38	0.44 ^c	0.58
Vegetable/fruit juices	0.11 ^a	0.19	0.16 ^{ab}	0.25	0.21 ^b	0.37
Sweetened hot beverages	0.24 ^a	0.50	0.67 ^b	0.79	1.08 ^c	0.91
Sweetened beverages	0.04 ^a	0.06	0.12 ^b	0.20	0.35 ^c	0.52
Energy drinks	0.04 ^a	0.09	0.09 ^a	0.25	0.18 ^b	0.42
Water	1.66 ^a	0.69	1.72 ^a	0.57	1.70 ^a	0.62
Alcoholic beverages	0.09 ^a	0.14	0.11 ^{ab}	0.13	0.14 ^b	0.20
pHDI	4.85 ^a	2.77	4.93 ^a	2.36	4.72 ^a	2.28
nHDI	1.96 ^a	0.86	3.63 ^b	0.89	6.58 ^c	2.14
sDI	1.67 ^a	0.87	2.80 ^b	1.22	4.17 ^c	1.87

^{a,b,c} - statistically significant differences are indicated by different letter inscriptions

Table S4. Mean food frequency intake per day for high, medium and low adherence to the pro-healthy dietary pattern (PHDP)

	Low adherence to PHDP n=205		Medium adherence to PHDP n=206		High adherence to PHDP n=213	
	Mean	±SD	Mean	±SD	Mean	±SD
White bread and bakery products	0.70 ^a	0.61	0.70 ^a	0.58	0.59 ^a	0.62
Wholemeal bread	0.24 ^a	0.33	0.42 ^b	0.48	0.55 ^c	0.57
White rice, pasta	0.29 ^a	0.27	0.40 ^b	0.38	0.40 ^b	0.38
Buckwheat, oats, wholegrain pasta	0.14 ^a	0.16	0.30 ^b	0.31	0.63 ^c	0.47
Fast food	0.11 ^a	0.13	0.11 ^a	0.19	0.10 ^a	0.24
Fried foods	0.37 ^a	0.32	0.39 ^a	0.35	0.27 ^b	0.31
Butter	0.70 ^a	0.71	0.77 ^a	0.71	0.49 ^b	0.65
Vegetable oils	0.47 ^a	0.45	0.57 ^a	0.49	0.55 ^a	0.48
Milk	0.52 ^a	0.54	0.75 ^b	0.64	0.80 ^b	0.76
Fermented milk drinks	0.25 ^a	0.30	0.39 ^b	0.35	0.56 ^c	0.53
Fresh cheese curd products	0.24 ^a	0.31	0.35 ^b	0.37	0.40 ^b	0.49
Cheese	0.47 ^a	0.45	0.47 ^a	0.41	0.38 ^a	0.43
Cured meat	0.43 ^a	0.45	0.41 ^a	0.49	0.28 ^b	0.45
Red meat	0.13 ^a	0.21	0.14 ^a	0.24	0.10 ^a	0.17
White meat	0.30 ^a	0.23	0.39 ^b	0.37	0.29 ^a	0.29
Fish	0.09 ^a	0.11	0.10 ^a	0.12	0.17 ^b	0.22
Eggs	0.23 ^a	0.22	0.34 ^b	0.31	0.41 ^b	0.39
Legumes-based foods	0.07 ^a	0.08	0.17 ^b	0.20	0.46 ^c	0.48
Potatoes	0.27 ^a	0.27	0.37 ^b	0.28	0.37 ^b	0.34
Fruit	0.32 ^a	0.23	0.80 ^b	0.34	1.61 ^c	0.51
Vegetables	0.39 ^a	0.24	0.90 ^b	0.45	1.79 ^c	0.41
Candies	0.44 ^a	0.42	0.74 ^b	0.64	0.69 ^b	0.65
Fruit juices	0.27 ^{ab}	0.44	0.37 ^a	0.50	0.25 ^b	0.41
Vegetable/fruit juices	0.10 ^a	0.19	0.20 ^b	0.32	0.18 ^b	0.32
Sweetened hot beverages	0.63 ^{ab}	0.76	0.80 ^a	0.86	0.59 ^b	0.85
Sweetened beverages	0.17 ^a	0.28	0.21 ^a	0.39	0.15 ^a	0.38
Energy drinks	0.11 ^a	0.29	0.10 ^a	0.26	0.10 ^a	0.33
Water	1.43 ^a	0.79	1.75 ^b	0.56	1.89 ^c	0.38
Alcoholic beverages	0.11 ^a	0.15	0.12 ^a	0.17	0.11 ^a	0.15
pHDI	2.57 ^a	1.14	4.56 ^b	1.34	7.26 ^c	2.03
nHDI	4.02 ^{ab}	2.12	4.57 ^a	2.48	3.67 ^b	2.50
sDI	2.04 ^a	1.34	3.13 ^b	1.63	3.49 ^b	1.83

^{a,b,c} - statistically significant differences are indicated by different letter inscriptions

Table S5. Mean food frequency intake per day for high, medium and low adherence to the dairy dietary pattern (DDP)

	Low adherence to DDP n=205		Medium adherence to DDP n=207		High adherence to DDP n=212	
	Mean	±SD	Mean	±SD	Mean	±SD
White bread and bakery products	0.63 ^a	0.60	0.74 ^a	0.60	0.62 ^a	0.60
Wholemeal bread	0.29 ^{ab}	0.41	0.37 ^b	0.44	0.55 ^c	0.57
White rice, pasta	0.31 ^a	0.26	0.39 ^b	0.38	0.40 ^b	0.39
Buckwheat, oats, wholegrain pasta	0.27 ^a	0.32	0.31 ^a	0.29	0.50 ^b	0.50
Fast food	0.09 ^a	0.17	0.12 ^a	0.20	0.11 ^a	0.20
Fried foods	0.33 ^a	0.34	0.35 ^a	0.29	0.35 ^a	0.36
Butter	0.53 ^a	0.67	0.62 ^a	0.67	0.80 ^b	0.73
Vegetable oils	0.44 ^a	0.46	0.53 ^{ab}	0.43	0.62 ^b	0.51
Milk	0.42 ^a	0.54	0.74 ^b	0.65	0.90 ^c	0.70
Fermented milk drinks	0.14 ^a	0.19	0.32 ^b	0.26	0.74 ^c	0.50
Fresh cheese curd products	0.08 ^a	0.12	0.23 ^b	0.19	0.67 ^c	0.49
Cheese	0.18 ^a	0.22	0.43 ^b	0.29	0.71 ^c	0.53
Cured meat	0.28 ^a	0.41	0.33 ^a	0.39	0.50 ^b	0.56
Red meat	0.10 ^a	0.20	0.12 ^a	0.22	0.14 ^a	0.20
White meat	0.29 ^a	0.32	0.33 ^a	0.28	0.35 ^a	0.31
Fish	0.11 ^a	0.14	0.12 ^a	0.15	0.14 ^a	0.20
Eggs	0.25 ^a	0.29	0.31 ^a	0.24	0.41 ^b	0.39
Legumes-based foods	0.24 ^a	0.40	0.21 ^a	0.30	0.25 ^a	0.34
Potatoes	0.34 ^a	0.34	0.33 ^a	0.29	0.34 ^a	0.27
Fruit	1.02 ^a	0.72	0.82 ^b	0.62	0.91 ^{ab}	0.62
Vegetables	1.09 ^a	0.74	0.96 ^a	0.66	1.06 ^a	0.67
Candies	0.81 ^a	0.71	0.55 ^b	0.54	0.51 ^b	0.47
Fruit juices	0.29 ^a	0.47	0.28 ^a	0.41	0.31 ^a	0.48
Vegetable/fruit juices	0.15 ^a	0.31	0.15 ^a	0.24	0.18 ^a	0.30
Sweetened hot beverages	0.67 ^a	0.85	0.66 ^a	0.82	0.68 ^a	0.82
Sweetened beverages	0.18 ^a	0.37	0.14 ^a	0.30	0.19 ^a	0.38
Energy drinks	0.08 ^a	0.24	0.10 ^a	0.31	0.13 ^a	0.33
Water	1.70 ^a	0.67	1.66 ^a	0.64	1.71 ^a	0.58
Alcoholic beverages	0.11 ^a	0.15	0.09 ^a	0.10	0.15 ^b	0.21
pHDI	3.96 ^a	2.03	4.41 ^a	2.12	6.08 ^b	2.69
nHDI	3.63 ^a	2.35	3.98 ^a	2.03	4.61 ^b	2.68
sDI	3.17 ^a	1.82	2.63 ^b	1.60	2.88 ^{ab}	1.72

^{a,b,c} - statistically significant differences are indicated by different letter inscriptions

Table S6. TIPI-PL - results

Number of question	Patients' perceptions of themselves	Number of total participants N=624 (%N) n (%)
1	Extraverted, enthusiastic.	
	Disagree strongly	20 (3)
	Disagree moderately	61 (10)
	Disagree a little	60 (10)
	Neither agree nor disagree	58 (9)
	Agree a little	96 (15)
	Agree moderately	237 (38)
2	Agree strongly	92 (15)
	Critical, quarrelsome.	
	Disagree strongly	148 (24)
	Disagree moderately	206 (33)
	Disagree a little	49 (8)
	Neither agree nor disagree	70 (11)
	Agree a little	103 (17)
3	Agree moderately	39 (6)
	Agree strongly	9 (1)
	Dependable, self-disciplined.	
	Disagree strongly	23 (4)
	Disagree moderately	40 (6)
	Disagree a little	51 (8)
	Neither agree nor disagree	62 (10)
4	Agree a little	103 (17)
	Agree moderately	232 (37)
	Agree strongly	113 (18)
	Anxious, easily upset.	
	Disagree strongly	46 (7)
	Disagree moderately	111 (18)
	Disagree a little	42 (7)
5	Neither agree nor disagree	58 (9)
	Agree a little	132 (21)
	Agree moderately	125 (20)
	Agree strongly	110 (18)
	Open to new experiences, complex.	
	Disagree strongly	5 (1)
	Disagree moderately	38 (6)
6	Disagree a little	26 (4)
	Neither agree nor disagree	76 (12)
	Agree a little	131 (21)
	Agree moderately	224 (36)
	Agree strongly	124 (20)
	Reserved, quiet.	
	Disagree strongly	117 (19)
	Disagree moderately	170 (27)
	Disagree a little	33 (5)

	Neither agree nor disagree	57 (9)
	Agree a little	123 (20)
	Agree moderately	87 (14)
	Agree strongly	37 (6)
	Sympathetic, warm.	
	Disagree strongly	6 (1)
	Disagree moderately	16 (3)
	Disagree a little	21 (3)
7	Neither agree nor disagree	43 (7)
	Agree a little	82 (13)
	Agree moderately	299 (48)
	Agree strongly	157 (25)
	Disorganised, careless.	
	Disagree strongly	187 (30)
	Disagree moderately	214 (34)
	Disagree a little	47 (8)
8	Neither agree nor disagree	55 (9)
	Agree a little	65 (10)
	Agree moderately	34 (5)
	Agree strongly	22 (4)
	Calm, emotionally stable.	
	Disagree strongly	130 (21)
	Disagree moderately	150 (24)
	Disagree a little	90 (14)
9	Neither agree nor disagree	86 (14)
	Agree a little	64 (10)
	Agree moderately	85 (14)
	Agree strongly	19 (3)
	Conventional, uncreative.	
	Disagree strongly	35 (6)
	Disagree moderately	137 (22)
	Disagree a little	47 (8)
10	Neither agree nor disagree	165 (26)
	Agree a little	104 (17)
	Agree moderately	115 (18)
	Agree strongly	21 (3)

Table S7. TIPI-PL - intensity of features

Number of total participants N=624 (%N)			
Feature	Intensity of features	n (%)	Mean \pm SD
Extraversion	Low	225 (36)	4.7 \pm 1.6
	Medium	276 (44)	
	High	123 (20)	
Agreeableness	Low	251 (40)	5.4 \pm 1.2
	Medium	185 (30)	
	High	188 (30)	
Conscientiousness	Low	260 (42)	5.2 \pm 1.5
	Medium	183 (29)	
	High	181 (29)	
Emotional Stability	Low	260 (42)	3.4 \pm 1.7
	Medium	167 (27)	
	High	197 (31)	
Openness to Experiences	Low	231 (37)	4.7 \pm 1.1
	Medium	202 (32)	
	High	191 (31)	

Table S8. TFEQ-13 - interpreted results

Number of total participants N=624 (%N)			
Subscale	Severity of disorders	n (%)	Mean \pm SD
Cognitive restraint (R1–R5)	Low	227 (36)	7.3 \pm 2.3
	Medium	219 (35)	
	High	178 (29)	
Uncontrolled eating (J1–J5)	Low	233 (37)	9.2 \pm 2.9
	Medium	181 (29)	
	High	210 (34)	
Emotional eating (E1–E3)	Low	283 (45)	5.3 \pm 2.4
	Medium	141 (23)	
	High	200 (32)	