Supplementary Material

Table S1. Laboratory reference ranges for blood biochemical and metabolic parameters.

Complete Blood Count	Reference Ranges/Unit
White Blood Cell Count	4.0–10.0 × 10^3/μL
Neutrophils	1.6–7.5 × 10^3/μL
Lymphocytes	0.80–4.50 × 10^3/μL
Monocytes	0.08–1.00 × 10^3/μL
Eosinophils	0.04–0.60 × 10^3/μL
Basophils	0.00–0.15 × 10^3/μL
Red Blood Cell Count	4.5–6.0 × 10^9/μL
Hemoglobin	14.0–17.5 g/dL
Hematocrit	40.0–52.0 %
MCV	80.0–95.0 fL
MCH	26.0–32.0 pg
MCHC	32.5–36.0 g/dL
RDW	11.5–14.1%
Platelets	150.0–450.0 × 10^3/μL
Ferritin	22–275 ng/mL
ALT	4–49 U/L
Glycemia	60–110 mg/dL
Total cholesterol	130–200 mg/dL
LDL-cholesterol	10–120 mg/dL
HDL-cholesterol	40–90 mg/dL
Triglycerides	30.0–180.0 mg/dL
Creatinine	0.7–1.3 mg/dL
TSH	0.35–4.50 mU/mL
Total protein	6.4–8.3 g/dL

Table S2. Mean and standard deviation of dietary intake of food and beverages of the overall population and divided by sex. Values are expressed in g/day.

Foods	**All (N=137)**	**Men (N=62)**	**Women (N=75)**
Total energy intake (kcal/day)	2039 (690)	2190 (789)	1915 (573)
Cereals and cereal products	213.1 (146.7)	240.2 (177.4)	190.7 (111.9)
Pasta, other grains	49.8 (37.8)	61.6 (45.3)	40.0 (26.9)
Rice	7.9 (8.2)	9.0 (9.7)	6.9 (6.7)
Bread and rolls	91.5 (127.7)	108.0 (154.2)	77.9 (99.7)
Crackers, crispbread, salty snacks	26.4 (23.9)	23.7 (21.4)	28.7 (25.7)
Pizza	37.5 (18.9)	38.0 (20.5)	37.1 (17.5)
Meat and meat products	72.4 (49.0)	88.0 (58.7)	59.5 (34.6)
Red meat	47.3 (34.8)	54.8 (41.9)	41.1 (26.4)
White meat	29.6 (26.3)	27.7 (30.3)	30.2 (22.7)
Processed meat	29.4 (22.5)	37.7 (27.8)	22.6 (13.6)
Offal	0.8 (2.0)	1.1 (2.7)	0.5 (1.2)
Milk and dairy products	180.2 (178.6)	167.2 (161.8)	191.0 (191.7)
Milk	87.2 (163.2)	80.3 (148.6)	92.9 (175.2)
Yogurt	48.3 (61.7)	39.4 (53.8)	55.8 (66.9)
Cheese	44.7 (37.5)	47.5 (40.3)	42.3 (35.2)
Fresh cheese	17.2 (17.6)	16.1 (17.3)	18.1 (18.0)
Aged cheese	27.5 (27.1)	31.4 (31.6)	24.2 (22.5)
Eggs	16.1 (13.3)	16.3 (16.3)	16.0 (10.4)
Fish and seafood	44.8 (36.3)	47.2 (33.7)	42.9 (38.5)
Fish	36.5 (30.8)	39.3 (32.1)	34.1 (29.7)
Preserved and tinned fish	13.2 (13.0)	14.3 (12.5)	12.4 (13.4)
Non-piscivorous fish	11.1 (14.8)	11.3 (17.2)	10.9 (12.7)
Piscivorous fish	12.2 (15.1)	13.8 (16.9)	10.9 (13.4)
Crustaceans and molluscs	8.3 (12.5)	7.9 (8.2)	8.7 (15.2)
All vegetables	164.5 (91.7)	145.3 (80.8)	180.4 (97.5)
Leafy vegetables	35.5 (26.1)	31.2 (25.1)	39.1 (26.6)
Tomatoes	65.1 (51.5)	61.1 (49.9)	68.3 (53.0)
Root vegetables	33.3 (28.5)	28.1 (24.9)	37.6 (30.7)
Cabbage	5.8 (7.9)	4.6 (7.9)	6.9 (7.7)
Onion and garlic	16.6 (18.9)	15.0 (18.9)	18.0 (18.9)
Other vegetables (eggplant, zucchini, etc.)	24.8 (18.8)	20.3 (16.4)	28.6 (20.0)
Mushrooms	2.8 (3.3)	2.4 (2.5)	3.1 (3.8)
Pulses	22.6 (23.6)	21.1 (23.7)	23.9 (23.7)
Potatoes	21.5 (22.2)	22.6 (26.1)	20.5 (18.4)
Fresh fruit	248.8 (169.1)	241.1 (201.9)	255.1 (137.2)
Citrus fruit	56.7 (53.7)	56.2 (59.8)	57.0 (48.5)
All other fruit	187.7 (128.5)	181.4 (155.1)	192.9 (102.2)
Dry fruit, nuts and seeds	4.4 (4.4)	3.5 (3.6)	5.1 (4.8)
Dry fruits	0.5 (1.4)	0.3 (0.5)	0.6 (1.8)
Nuts and seeds	3.9 (3.9)	3.2 (3.6)	4.5 (4.0)
Sweets, chocolate, cakes, etc.	96.1 (61.5)	97.4 (57.6)	95.1 (64.9)
Sugar, non-chocolate confectionery	17.0 (20.1)	16.2 (22.0)	17.7 (18.6)
Chocolate, candy bars, etc.	8.9 (11.0)	8.0 (8.9)	9.5 (12.5)

Ice-cream	12.1 (10.9)	12.8 (12.1)	11.5 (9.8)
Cakes, pies and pastries	42.1 (42.2)	43.1 (34.7)	41.3 (47.7)
Biscuits, dry cakes	16.1 (22.3)	17.3 (28.1)	15.1 (16.1)
Oils and fats	28.0 (12.7)	27.6 (12.8)	28.2 (12.7)
Vegetables fats and oils (non-olive)	2.2 (3.1)	2.4 (3.4)	2.0 (2.8)
Olive oil	23.0 (12.2)	22.1 (11.8)	23.7 (12.6)
Butter and other animal fats	2.5 (2.8)	2.8 (3.0)	2.2 (2.7)
Beverages	341.8 (198.8)	396.4 (208.9)	296.7 (179.2)
Coffee and tea	133.4 (99.0)	126.5 (79.7)	139.1 (112.7)
Wine	91.2 (125.2)	132.8 (155.5)	56.8 (78.8)
Red wine	58.2 (92.2)	92.8 (119.0)	29.6 (46.0)
White wine	33.0 (63.8)	40.0 (79.5)	27.1 (46.8)
Aperitif wine and beer	48.7 (78.9)	62.2 (71.3)	37.5 (83.4)
Spirits and liqueurs	2.9 (7.3)	3.7 (6.4)	2.2 (7.9)
Fruit juices	37.0 (57.5)	37.6 (62.3)	36.4 (53.5)
Soft drinks	28.8 (47.7)	33.5 (51.8)	24.8 (43.9)

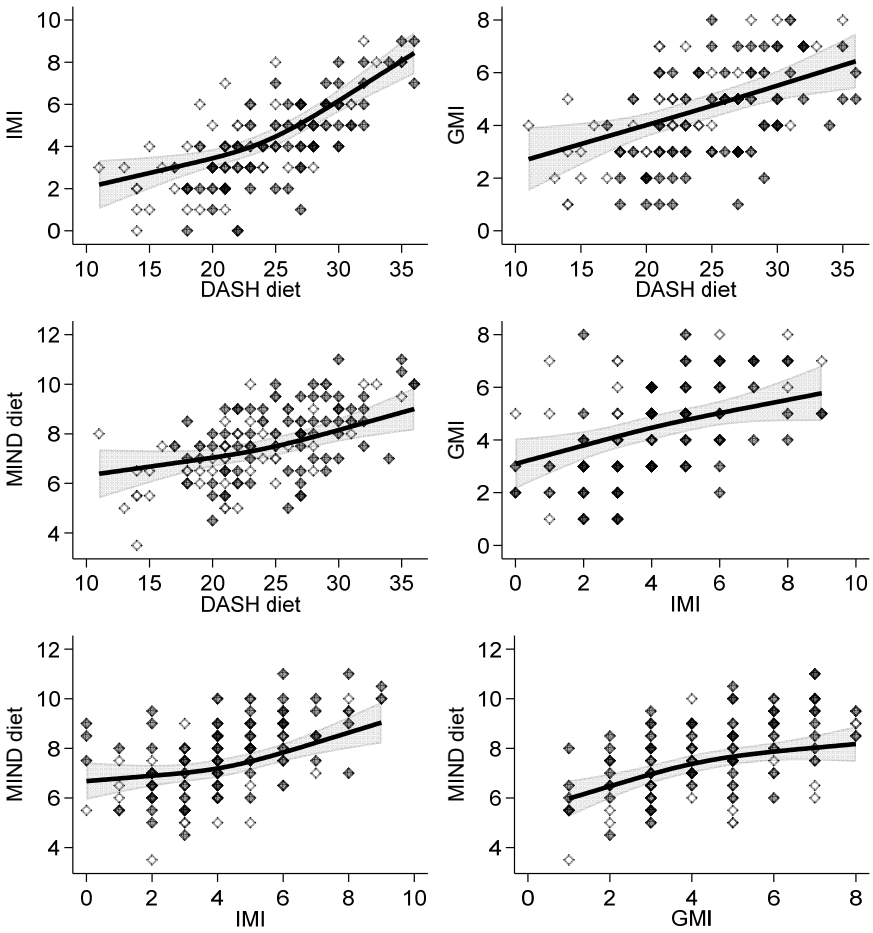

Figure S1. Spline regression analysis of the associations between indices of adherence to the different dietary patterns in the study population. Hollow and solid diamonds indicate men and women, respectively (Dietary Approaches to Stop Hypertension-DASH diet; Greek Mediterranean Index-GMI; Italian Mediterranean Index-IMI; Mediterranean-DASH Intervention for Neurodegenerative Delay-MIND diet). Solid line indicates multivariable analysis adjusted for age, sex, body mass index, urinary cotinine, alcohol intake, fiber intake and total energy intake, while shaded area represents confidence interval with upper and lower limits.

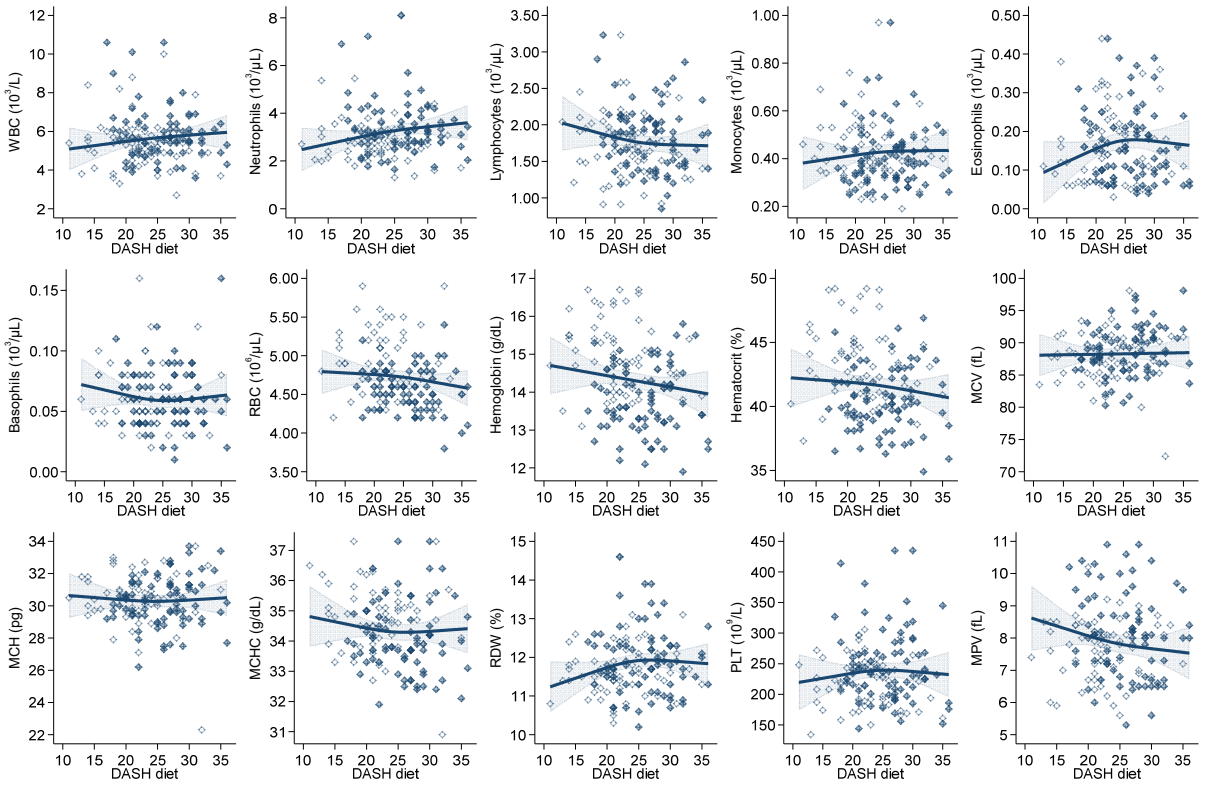

Figure S2. Spline regression analysis of the associations between adherence to the Dietary Approaches to Stop Hypertension (DASH) diet with blood cell count and biochemistry in the study population. Hollow and solid diamonds indicate men and women, respectively. Solid line indicates multivariable analysis adjusted for age, sex, body mass index, urinary cotinine, alcohol intake, fiber intake and total energy intake, while shaded area represents confidence interval with upper and lower limits.

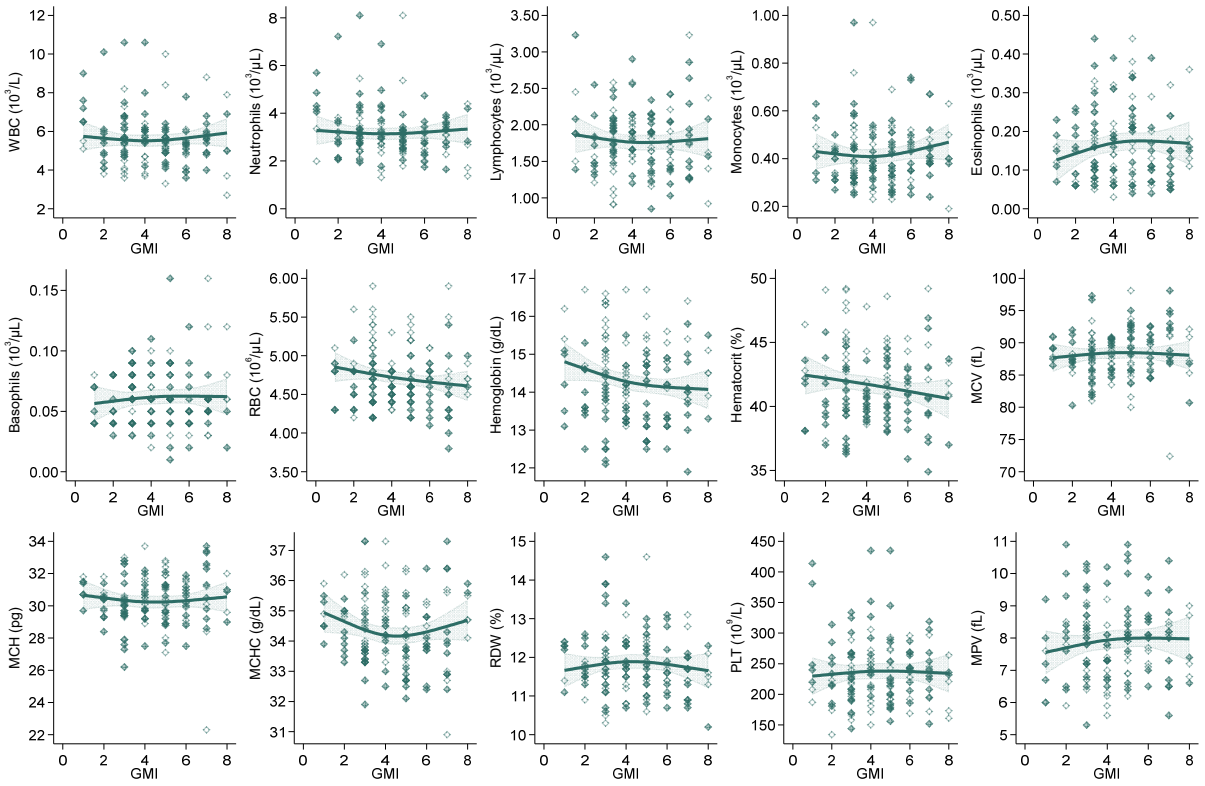

Figure S3. Spline regression analysis of the associations between adherence to the Greek Mediterranean Index (GMI) with blood cell count and biochemistry in the study population. Hollow and solid diamonds indicate men and women, respectively. Solid line indicates multivariable analysis adjusted for age, sex, body mass index, urinary cotinine, alcohol intake, fiber intake and total energy intake, while shaded area represents confidence interval with upper and lower limits.

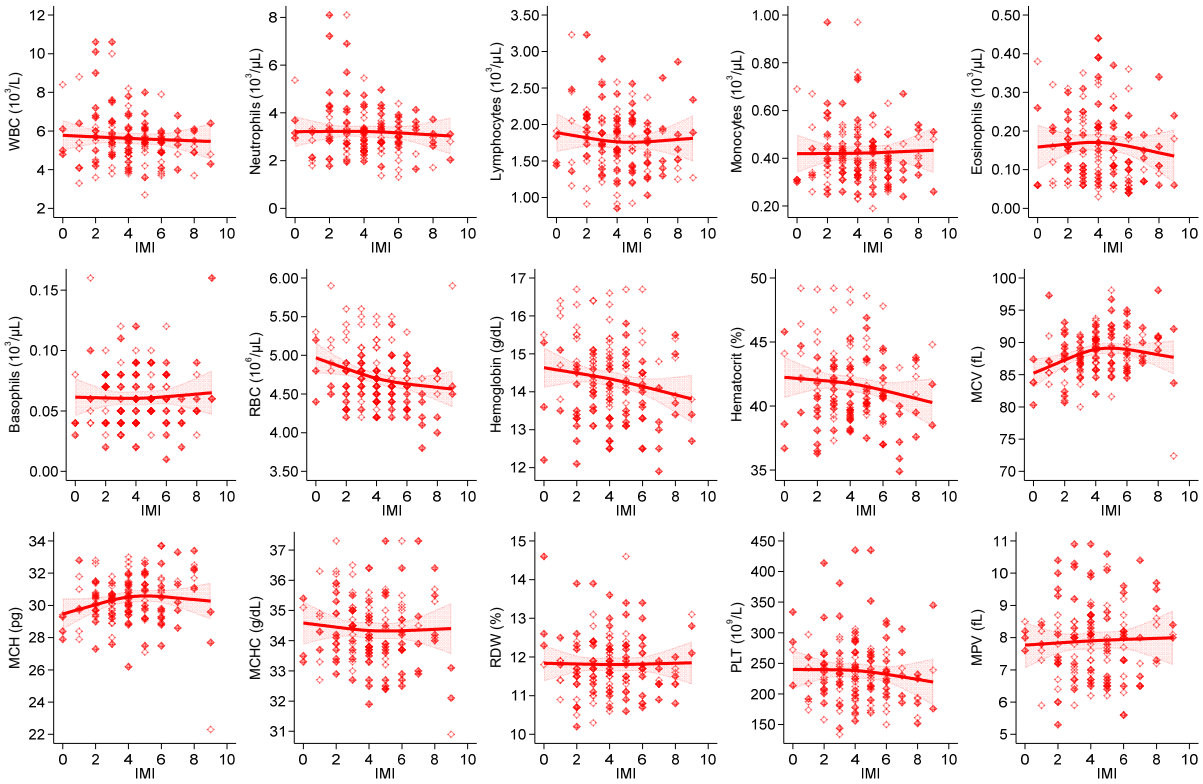

Figure S4. Spline regression analysis of the associations between adherence to the Italian Mediterranean Index (IMI) with blood cell count and biochemistry in the study population. Hollow and solid diamonds indicate men and women, respectively. Solid line indicates multivariable analysis adjusted for age, sex, body mass index, urinary cotinine, alcohol intake, fiber intake and total energy intake, while shaded area represents confidence interval with upper and lower limits.

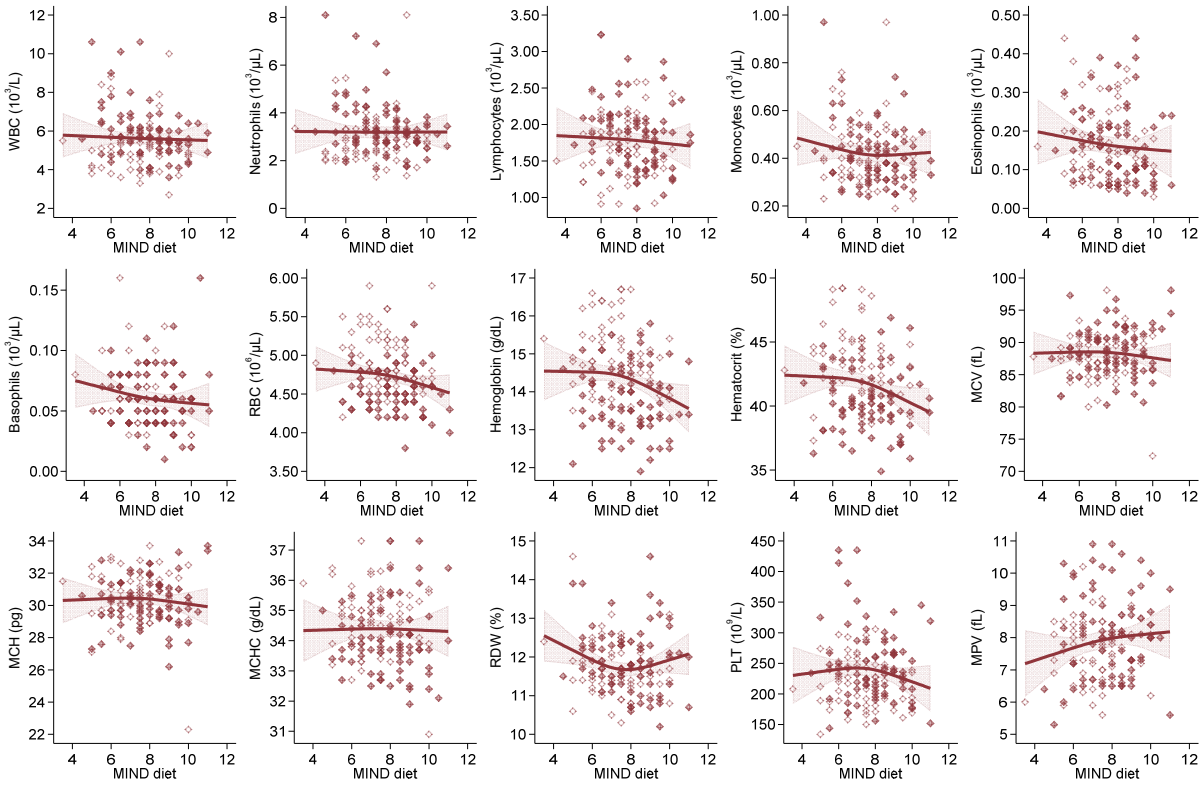

Figure S5. Spline regression analysis of the associations between adherence to the Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet with blood cell count and biochemistry in the study population. Hollow and solid diamonds indicate men and women, respectively. Solid line indicates multivariable analysis adjusted for age, sex, body mass index, urinary cotinine, alcohol intake, fiber intake and total energy intake, while shaded area represents confidence interval with upper and lower limits.

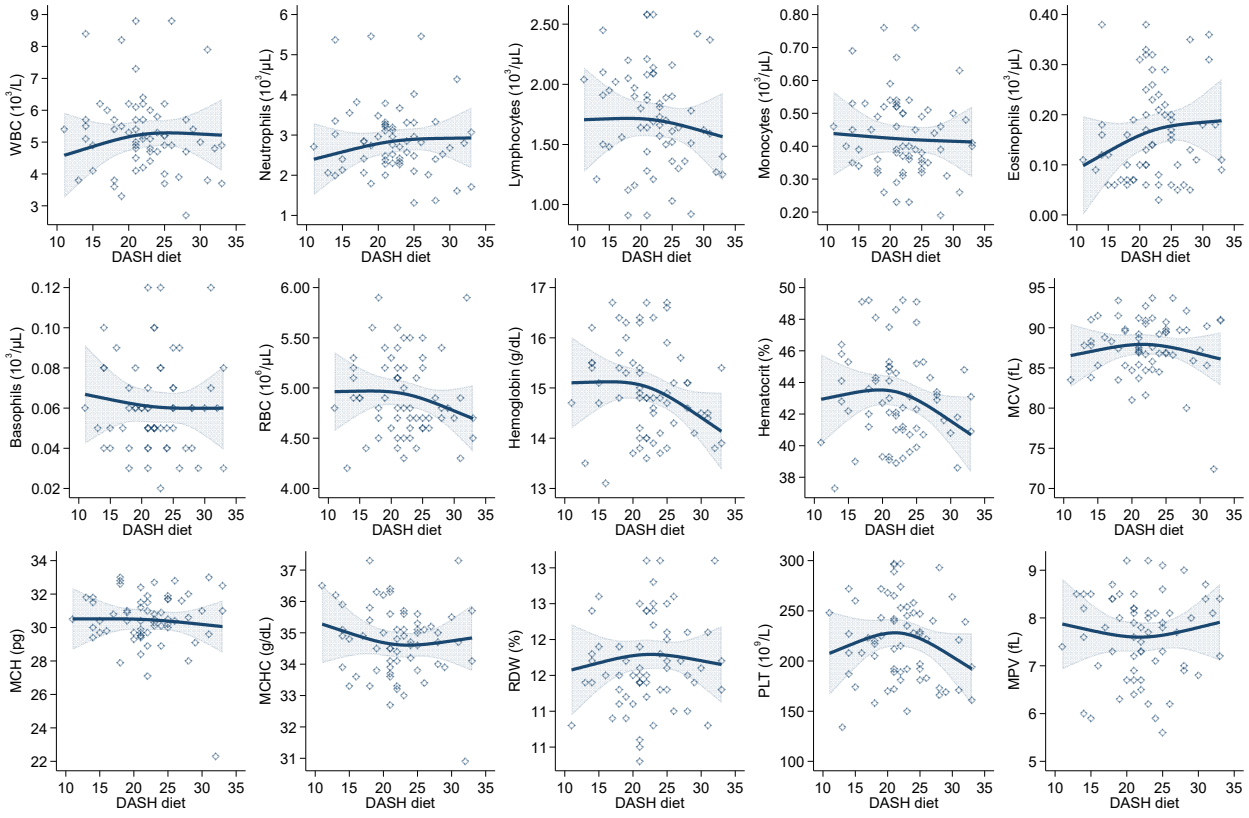

Figure S6. Spline regression analysis of the association between adherence to the Dietary Approaches to Stop Hypertension (DASH) diet with blood cell count and biochemistry in men. Solid line indicates multivariable analysis adjusted for age, sex, body mass index, urinary cotinine, alcohol intake, fiber intake and total energy intake, while shaded area represents confidence interval with upper and lower limits.

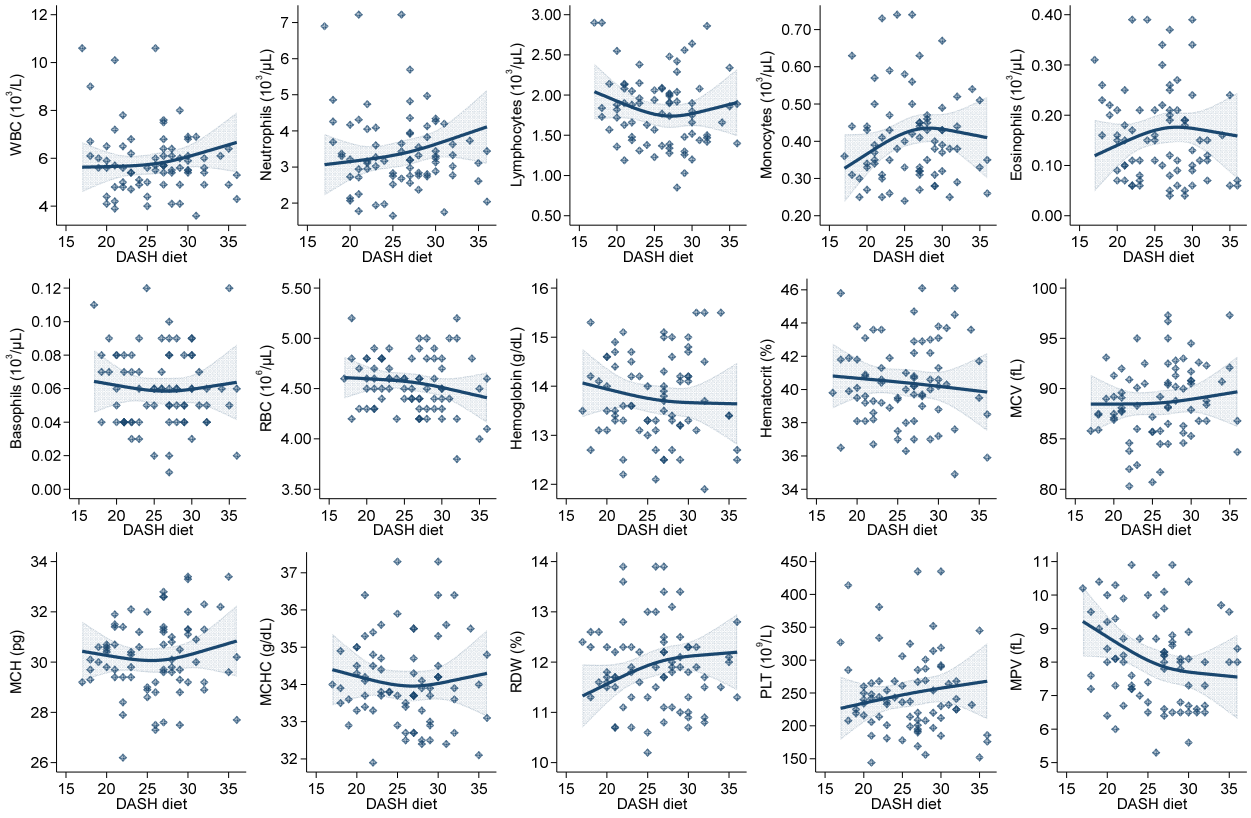

Figure S7. Spline regression analysis of the association between adherence to the Dietary Approaches to Stop Hypertension (DASH) diet with blood cell count and biochemistry in women. Solid line indicates multivariable analysis adjusted for age, sex, body mass index, urinary cotinine, alcohol intake, fiber intake and total energy intake, while shaded area represents confidence interval with upper and lower limits.

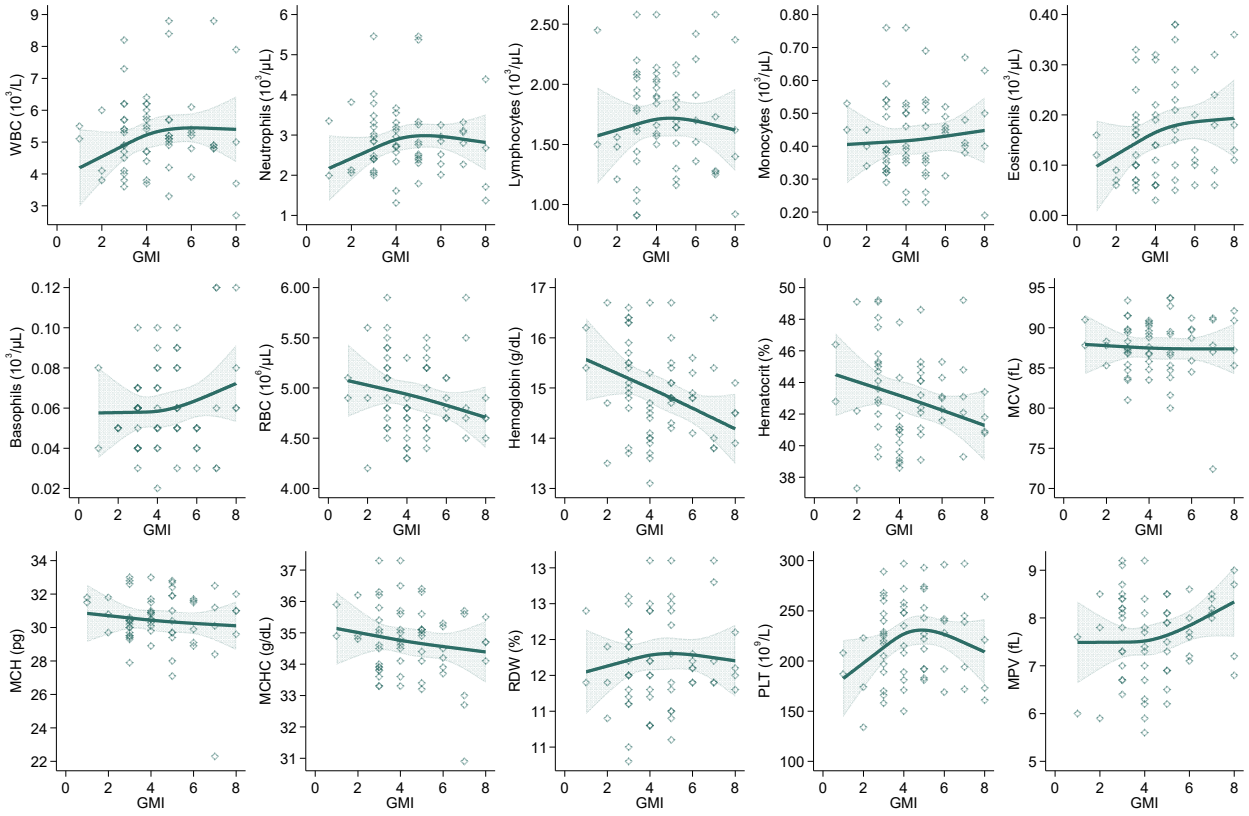

Figure S8. Spline regression analysis of the association between adherence to the Greek Mediterranean Index (GMI) with blood cell count and biochemistry in men. Solid line indicates multivariable analysis adjusted for age, sex, body mass index, urinary cotinine, alcohol intake, fiber intake and total energy intake, while shaded area represents confidence interval with upper and lower limits.

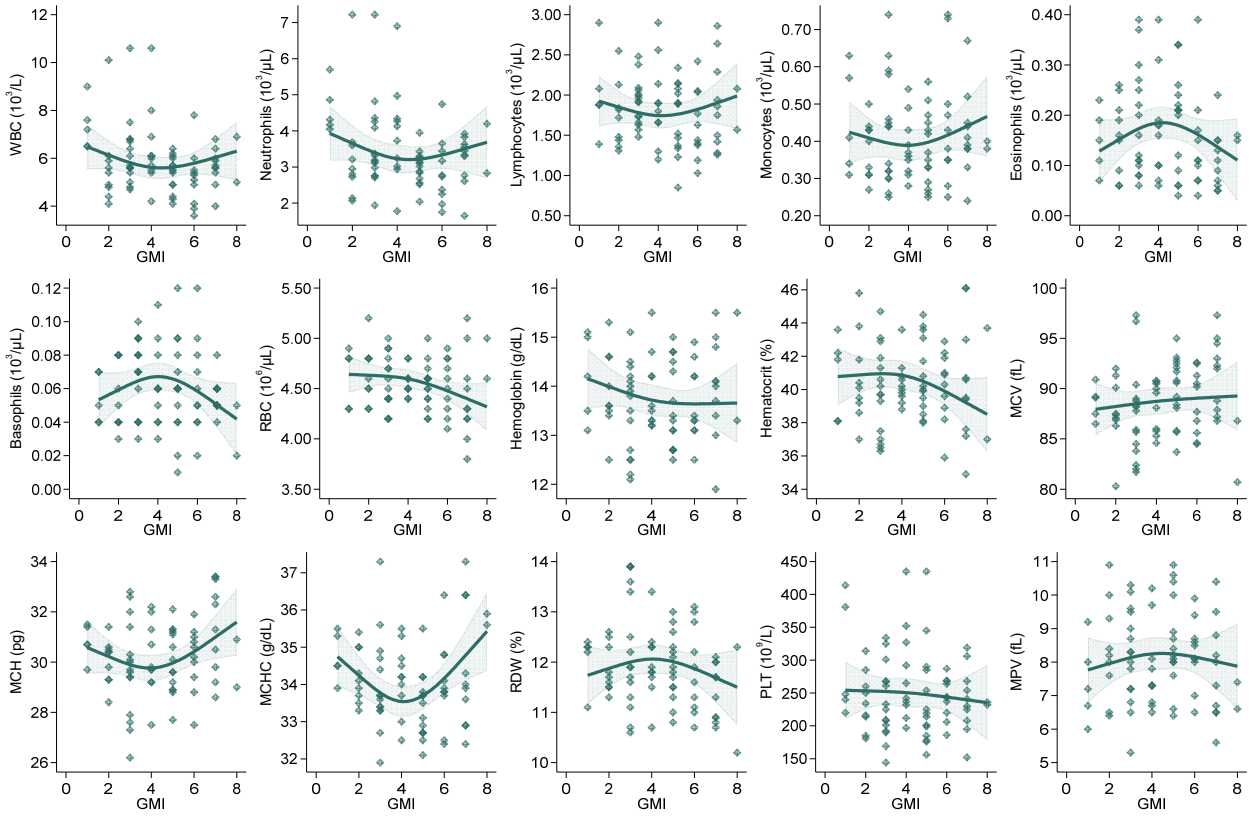

Figure S9. Spline regression analysis of the association between adherence to the Greek Mediterranean Index (GMI) with blood cell count and biochemistry in women. Solid line indicates multivariable analysis adjusted for age, sex, body mass index, urinary cotinine, alcohol intake, fiber intake and total energy intake, while shaded area represents confidence interval with upper and lower limits.

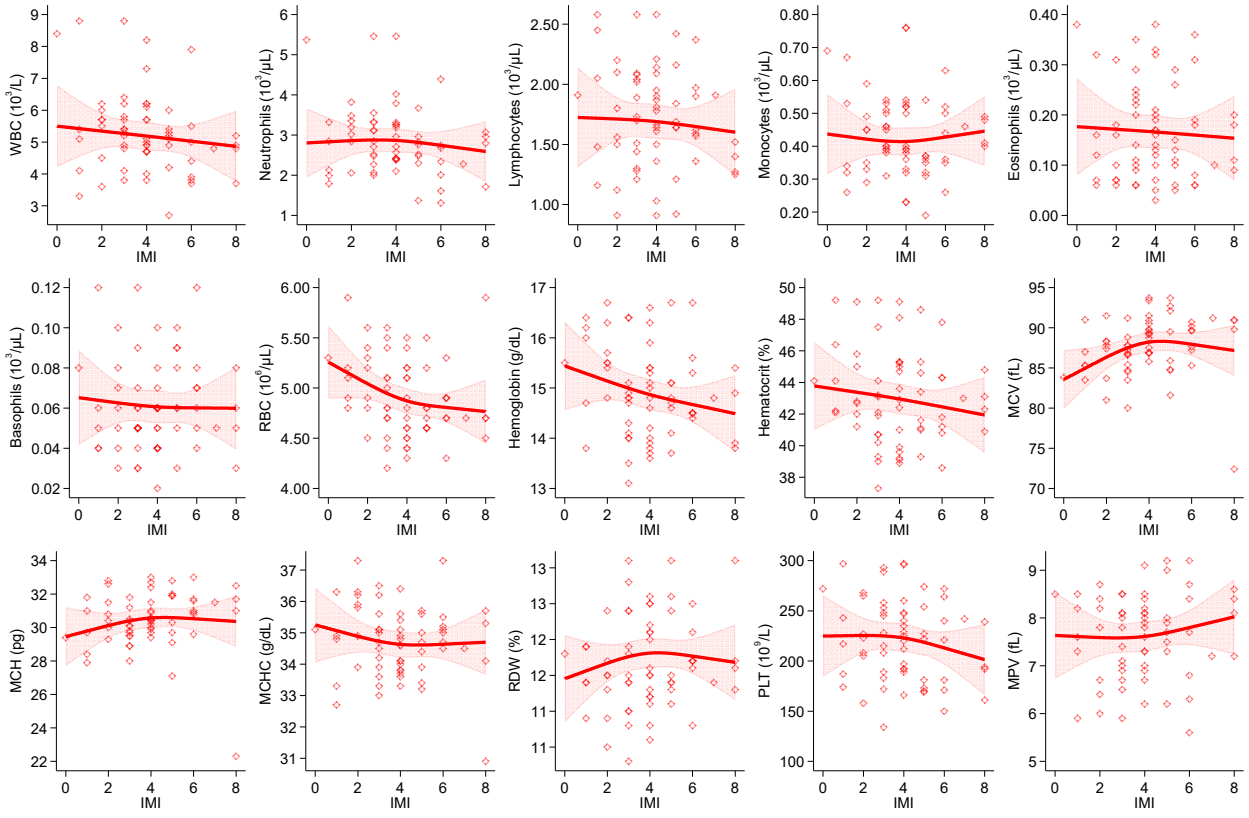

Figure S10. Spline regression analysis of the association between adherence to the Italian Mediterranean Index (IMI) with blood cell count and biochemistry in men. Solid line indicates multivariable analysis adjusted for age, sex, body mass index, urinary cotinine, alcohol intake, fiber intake and total energy intake, while shaded area represents confidence interval with upper and lower limits.

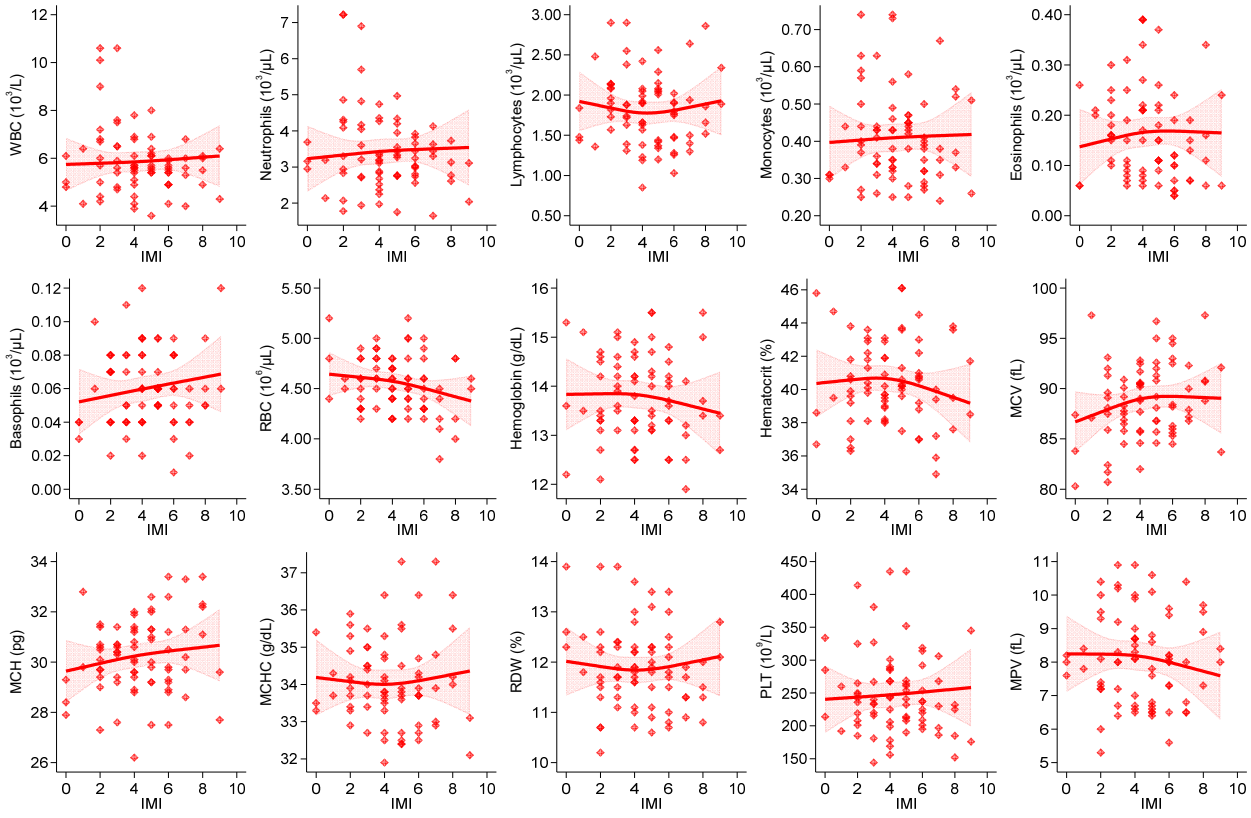

Figure S11. Spline regression analysis of the association between adherence to the Italian Mediterranean Index (IMI) in women. Solid line indicates multivariable analysis adjusted for age, sex, body mass index, urinary cotinine, alcohol intake, fiber intake and total energy intake, while shaded area represents confidence interval with upper and lower limits.

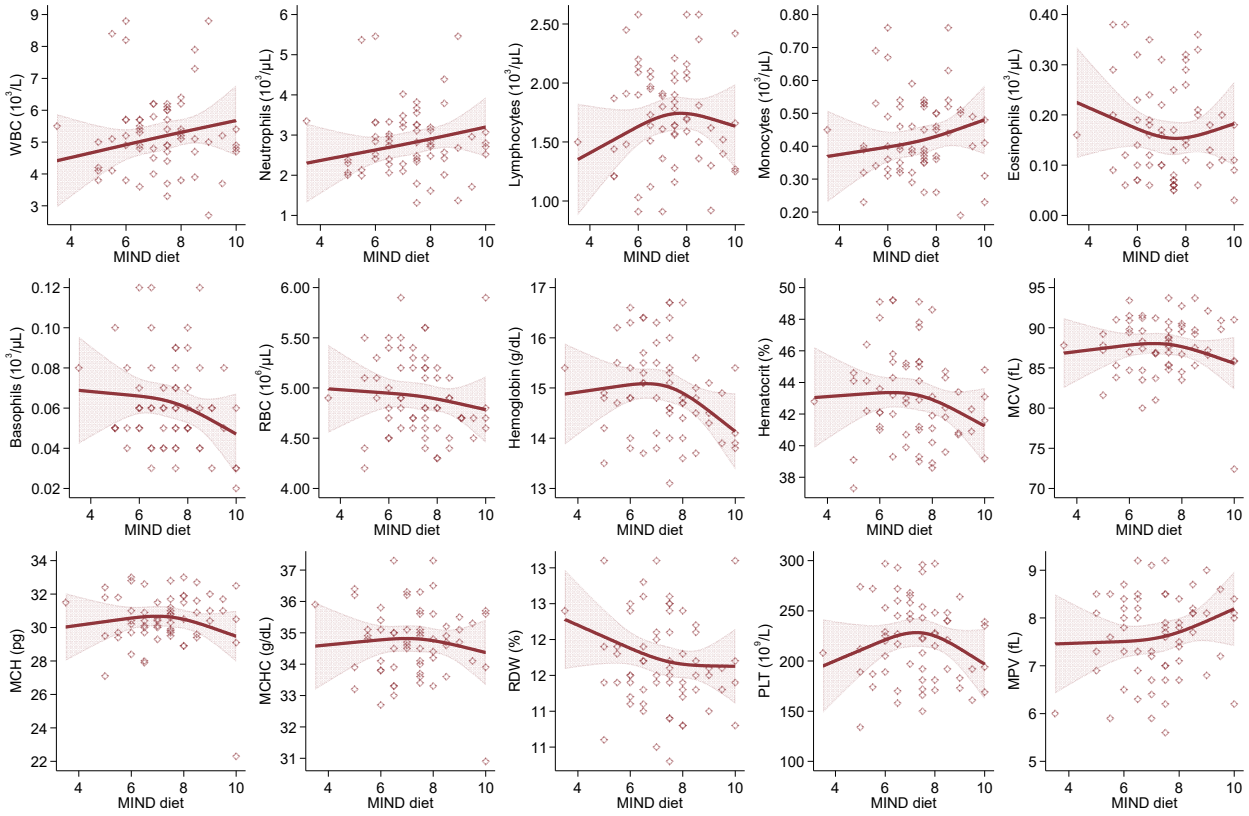

Figure S12. Spline regression analysis of the association between adherence to the Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet with blood cell count and biochemistry in men. Solid line indicates multivariable analysis adjusted for age, sex, body mass index, urinary cotinine, alcohol intake, fiber intake and total energy intake, while shaded area represents confidence interval with upper and lower limits.

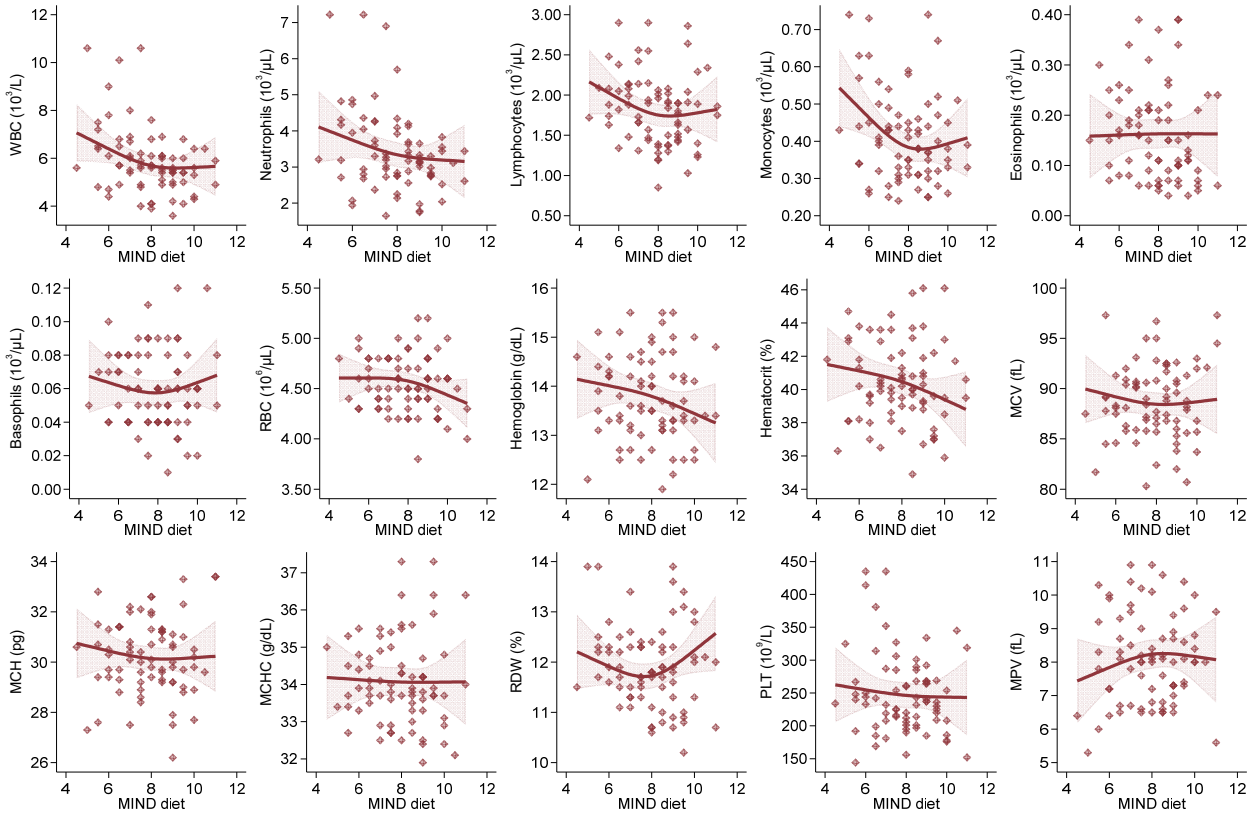

Figure S13. Spline regression analysis of the association between adherence to the Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet with blood cell count and biochemistry in women. Solid line indicates multivariable analysis adjusted for age, sex, body mass index, urinary cotinine, alcohol intake, fiber intake and total energy intake, while shaded area represents confidence interval with upper and lower limits.

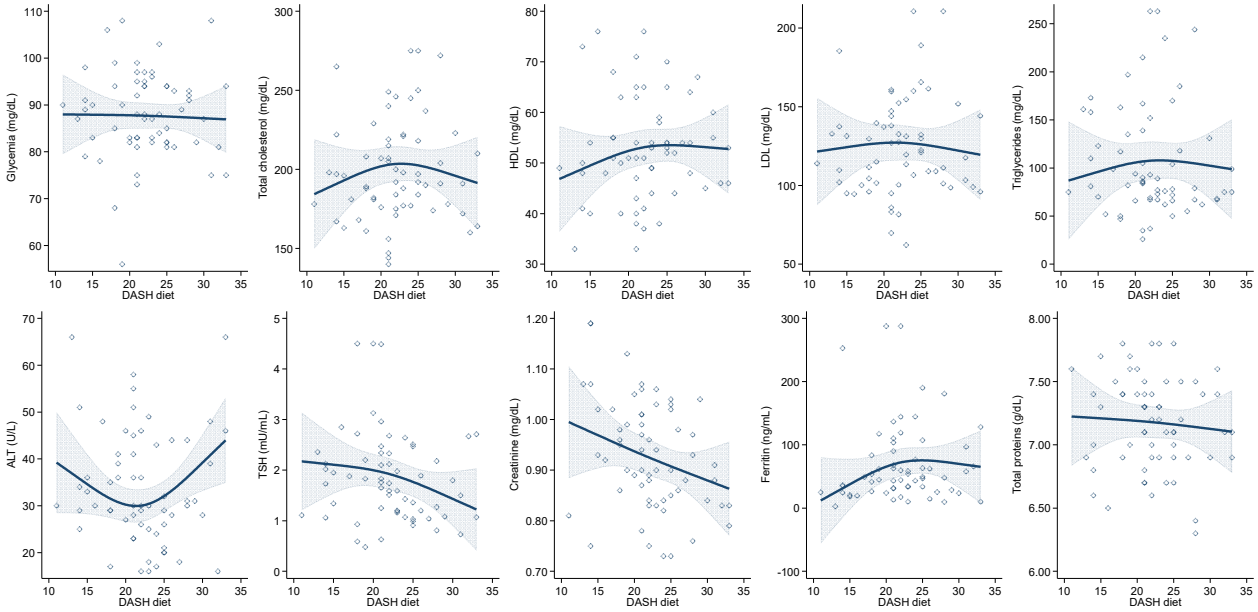

Figure S14. Spline regression analysis of the association between adherence to the Dietary Approaches to Stop Hypertension (DASH) diet with levels of metabolic parameters in men. Solid line indicates multivariable analysis adjusted for age, body mass index, urinary cotinine, alcohol intake, fiber intake and total energy intake, while shaded area represents confidence interval with upper and lower limits.

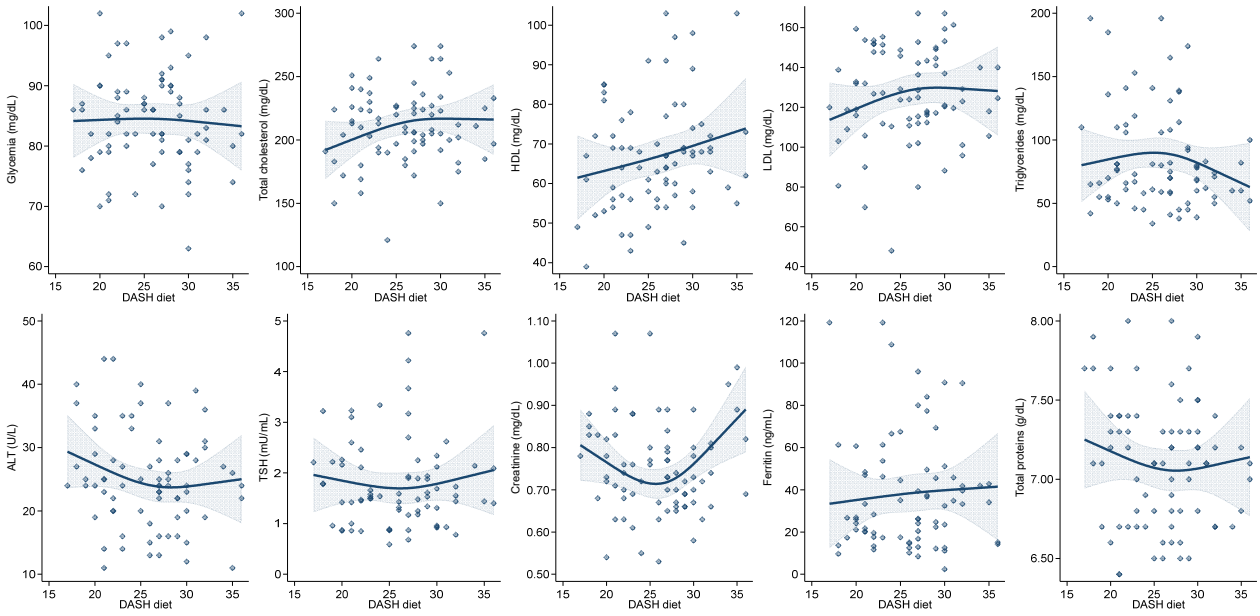

Figure S15. Spline regression analysis of the association between adherence to the Dietary Approaches to Stop Hypertension (DASH) diet with levels of metabolic parameters in women. Solid line indicates multivariable analysis adjusted for age, body mass index, urinary cotinine, alcohol intake, fiber intake and total energy intake, while shaded area represents confidence interval with upper and lower limits.

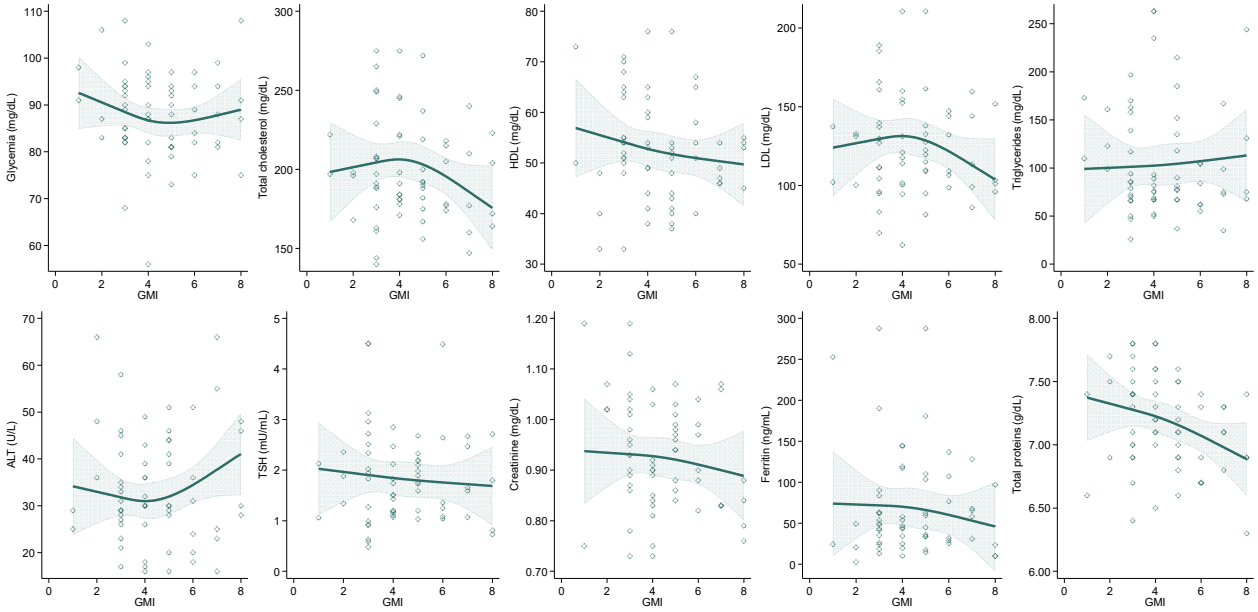

Figure S16. Spline regression analysis of the association between adherence to the Greek Mediterranean Index (GMI) with levels of metabolic parameters in men. Solid line indicates multivariable analysis adjusted for age, body mass index, urinary cotinine, alcohol intake, fiber intake and total energy intake, while shaded area represents confidence interval with upper and lower limits.

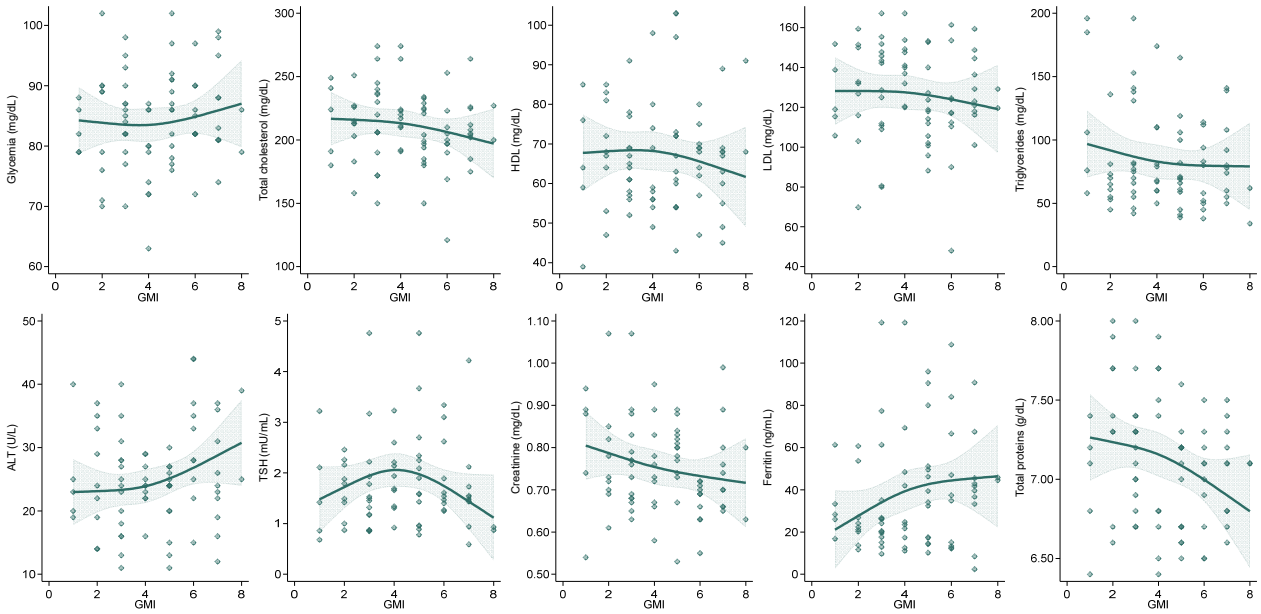

Figure S17. Spline regression analysis of the association between adherence to the Greek Mediterranean Index (GMI) with levels of metabolic parameters in women. Solid line indicates multivariable analysis adjusted for age, body mass index, urinary cotinine, alcohol intake, fiber intake and total energy intake, while shaded area represents confidence interval with upper and lower limits.

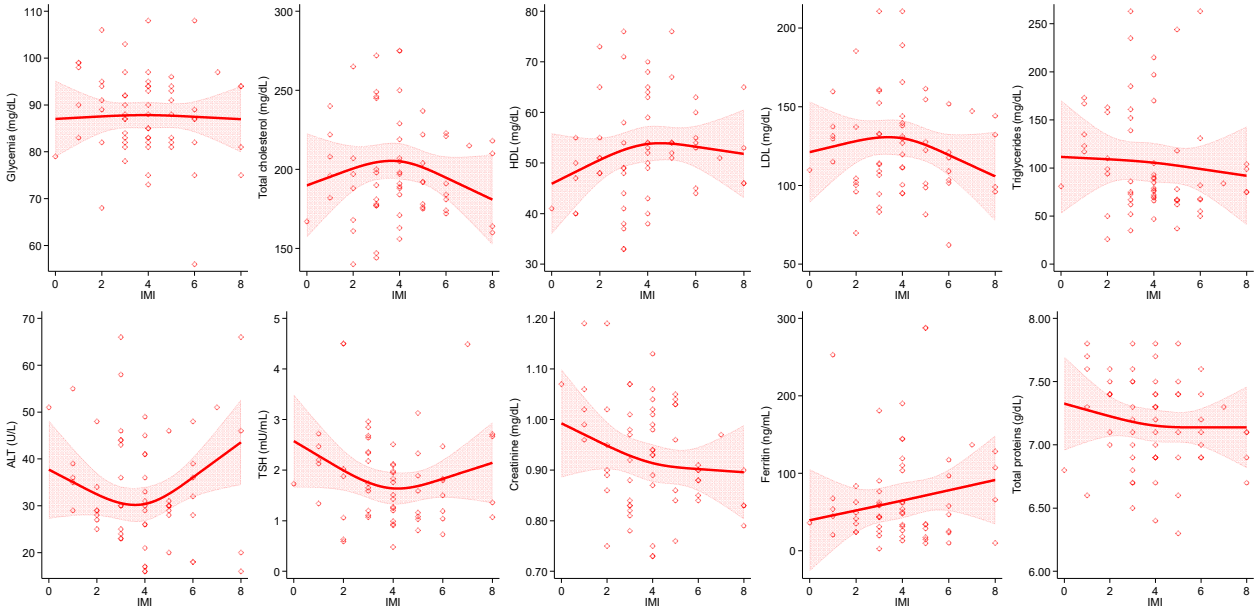

Figure S18. Spline regression analysis of the association between adherence to the Italian Mediterranean Index (IMI) with levels of metabolic parameters in men. Solid line indicates multivariable analysis adjusted for age, body mass index, urinary cotinine, alcohol intake, fiber intake and total energy intake, while shaded area represents confidence interval with upper and lower limits.

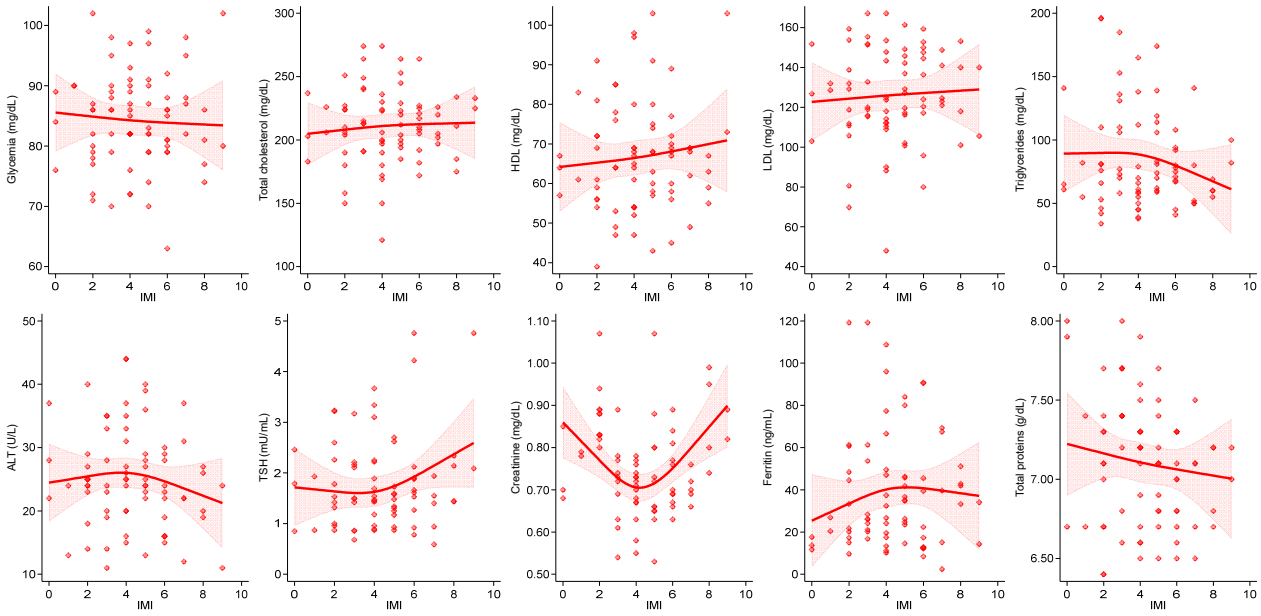

Figure S19. Spline regression analysis of the association between adherence to the Italian Mediterranean Index (IMI) with levels of metabolic parameters in women. Solid line indicates multivariable analysis adjusted for age, body mass index, urinary cotinine, alcohol intake, fiber intake and total energy intake, while shaded area represents confidence interval with upper and lower limits.

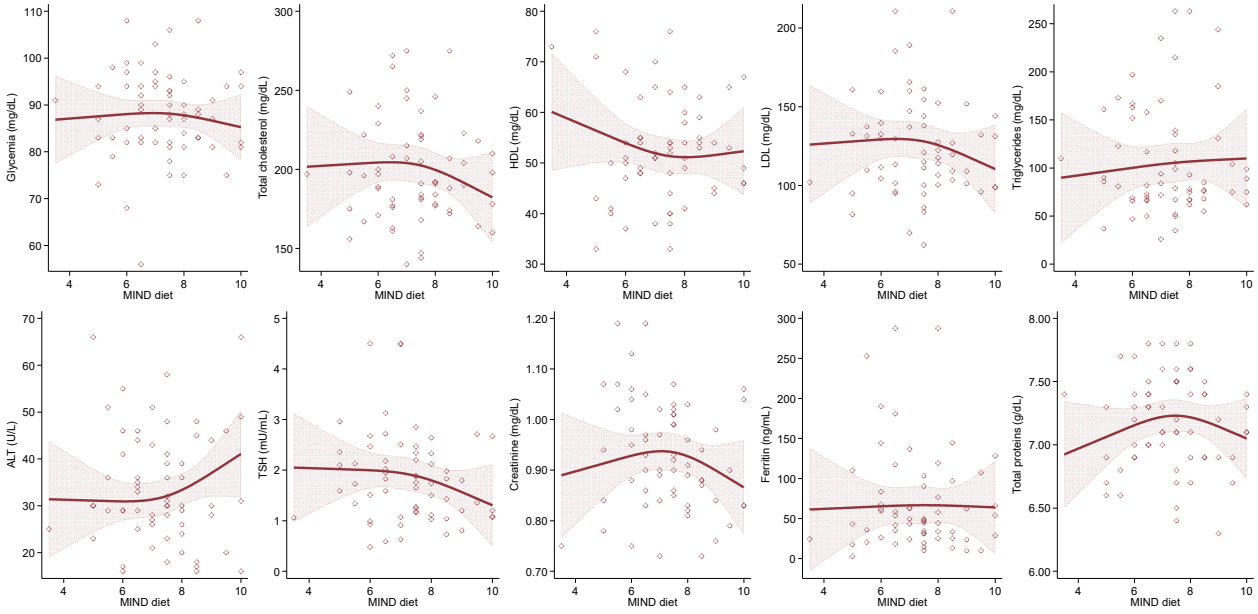

Figure S20. Spline regression analysis of the association between adherence to the Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet with levels of metabolic parameters in men. Solid line indicates multivariable analysis adjusted for age, body mass index, urinary cotinine, alcohol intake, fiber intake and total energy intake, while shaded area represents confidence interval with upper and lower limits.

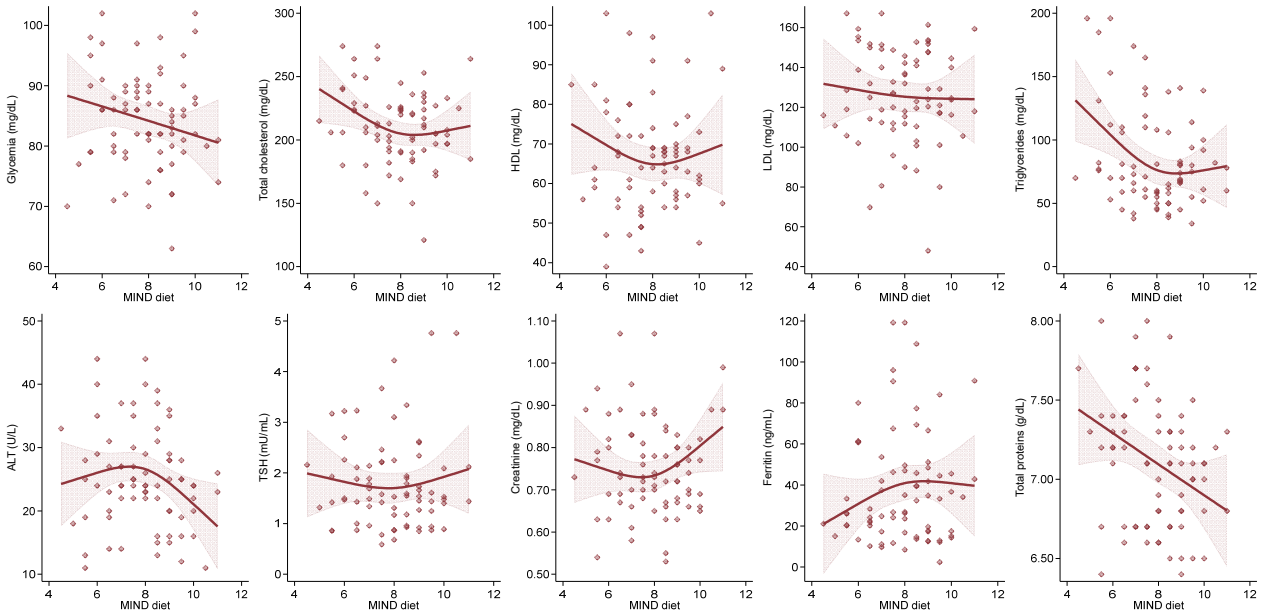

Figure S21. Spline regression analysis of the association between adherence to the Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet with levels of metabolic parameters in women. Solid line indicates multivariable analysis adjusted for age, body mass index, urinary cotinine, alcohol intake, fiber intake and total energy intake, while shaded area represents confidence interval with upper and lower limits.

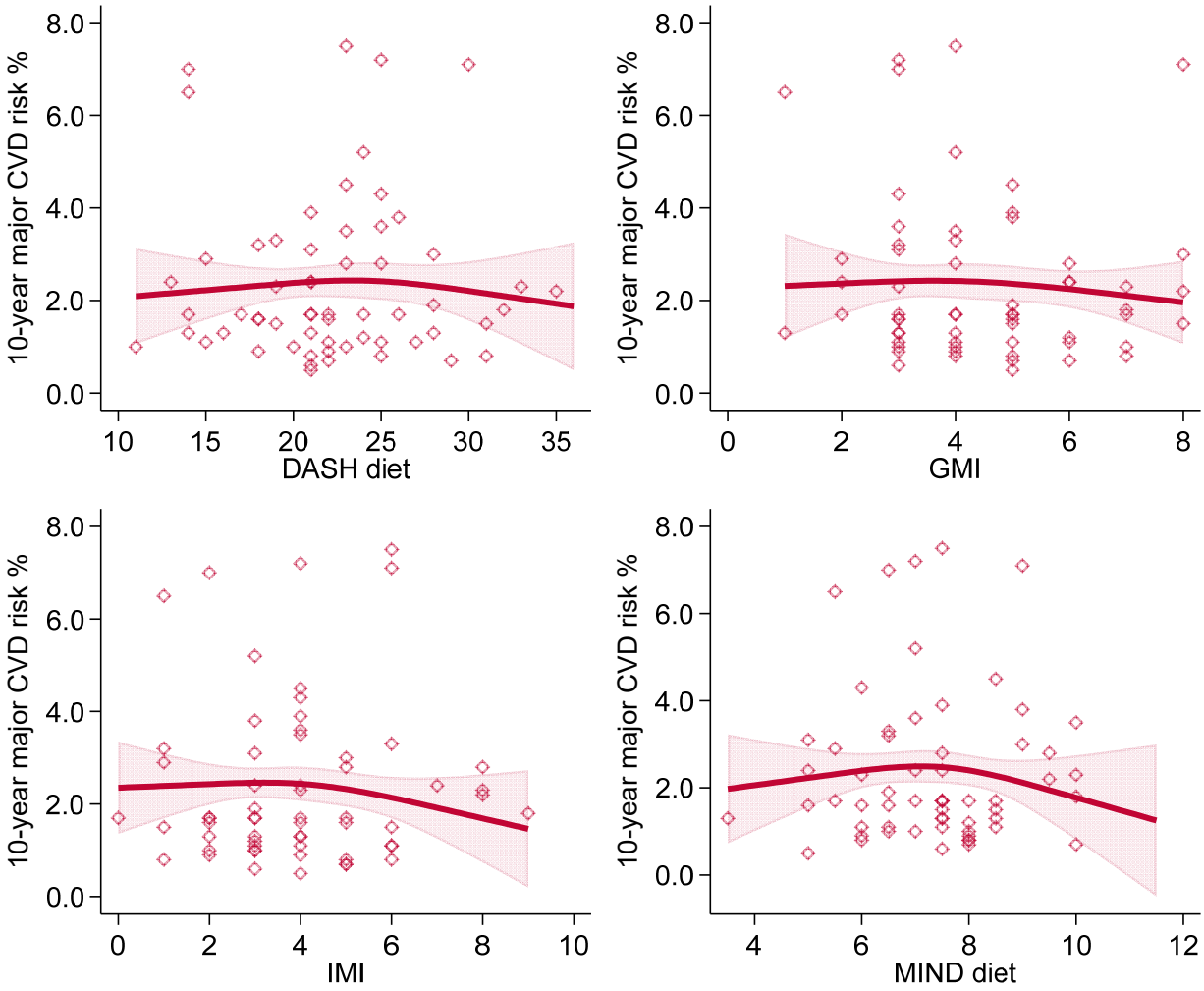

Figure S22. Spline regression analysis of the association between adherence to dietary patterns (Dietary Approaches to Stop Hypertension-DASH diet; Greek Mediterranean Index-GMI; Italian Mediterranean Index-IMI; Mediterranean-DASH Intervention for Neurodegenerative Delay-MIND diet) and 10-year risk of major cardiovascular events (10-year CVD risk) in men. Solid line spline analysis. Shaded area represents confidence interval with upper and lower limits.

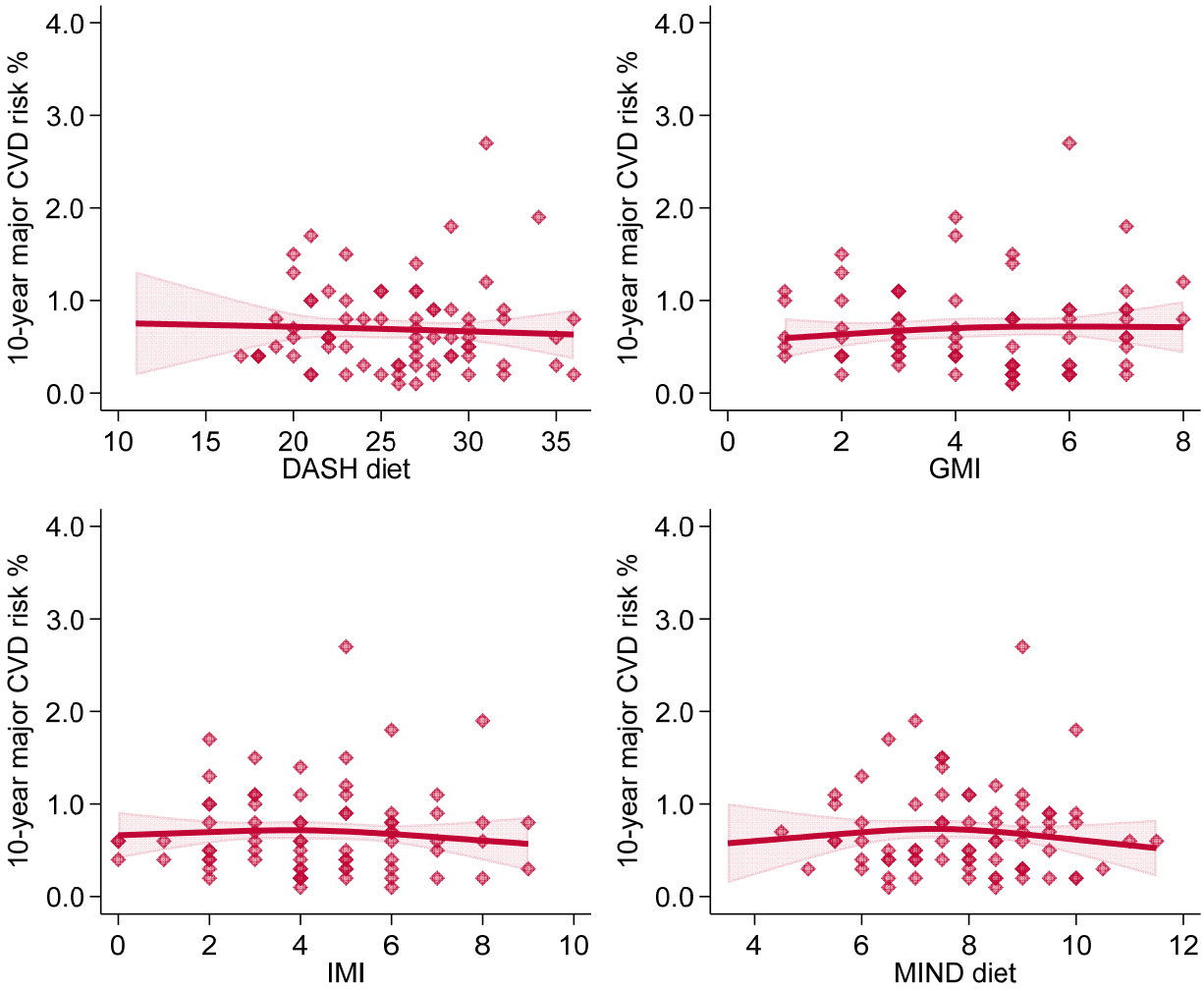

Figure S23. Spline regression analysis of the association between adherence to dietary patterns (Dietary Approaches to Stop Hypertension-DASH diet; Greek Mediterranean Index-GMI; Italian Mediterranean Index-IMI; Mediterranean-DASH Intervention for Neurodegenerative Delay-MIND diet) and 10-year risk of major cardiovascular events (10-year CVD risk) in women. Solid line spline analysis. Shaded area represents confidence interval with upper and lower limits.