

**Table S1.** Sociodemographic and other characteristics of participants.

Parameter	Vegans (n = 51)	Non-vegans (n = 29)	<i>p</i> -value
	<i>n</i> (%)	<i>n</i> (%)	
<i>Partner status</i>			0.362
Married	17 (33)	15 (52)	
Extramartial	21 (41)	10 (34)	
Single	9 (18)	2 (7)	
Divorced	4 (8)	2 (7)	
<i>Living environment</i>			0.209
City	16 (31)	5 (17)	
Suburban	20 (39)	10 (34)	
Rural	15 (29)	14 (48)	
<i>Education</i>			0.073
Primary /High School	19 (37)	15 (52)	
College	2 (4)	2 (7)	
Bachelor/university degree	26 (51)	11 (38)	
Masters/PhD degree	4 (8)	1 (3)	
<i>Employment status</i>			0.351
Employed/helping in family business	29 (57)	18 (62)	
Self-employed/contract	11 (22)	7 (24)	
Retired	0	2 (7)	
High-school/student	6 (12)	1 (3)	
Unemployed	4 (8)	1 (3)	
<i>Income (€)</i>			0.230
≤ 501	1 (2)	2 (7)	
501–900	6 (12)	0	
901–1300	6 (12)	7 (24)	
1301–1700	12 (23)	5 (17)	
1701–2100	8 (16)	4 (14)	
≥ 2101	18 (35)	11 (38)	
<i>Smoking</i>			0.071
Current	2 (4)	4 (14)	
Former	9 (18)	9 (31)	
Never	40 (78)	16 (55)	

Chi square test was used; where expected frequency in a cell was less than 5, Fisher's exact test was used.

**Table S2.** Intakes of food groups in frequencies.

Parameter	Vegans	Non-vegans	
Food groups	Intake frequency <sup>†</sup>		<i>p</i> - value
<i>Liquid</i>			
Water	8.7 ± 0.9	8.6 ± 1.2	0.578
Coffee/tea	6.8 ± 2.1	6.5 ± 2.4	0.566
Fruit/vegetable juice	2.4 ± 1.8	2.6 ± 1.7	0.423
Sport drinks	2.2 ± 1.8	1.9 ± 1.1	0.767
Energy drinks	1.1 ± 0.2	1.2 ± 0.6	0.220
Wine	1.1 ± 0.7	2.8 ± 1.7	<b>&lt; 0.001</b>
Beer	1.4 ± 0.6	2.4 ± 1.8	<b>0.005</b>
Non-alcoholic beer	1.2 ± 0.4	1.7 ± 1.1	<b>0.031</b>
Spirits	1.4 ± 0.5	1.9 ± 1.0	<b>0.021</b>
Enriched soy/cereal beverages	2.4 ± 2.3	1.5 ± 1.1	0.089
Unenriched soy/cereal beverages	3.0 ± 2.1	1.7 ± 1.6	<b>0.003</b>
<i>Animal-based foods</i>			
Yoghurt/cheese	1.0 ± 0.8	3.3 ± 2.0	<b>&lt; 0.001</b>
Milk/chocolate milk	1.1 ± 0.4	3.3 ± 2.0	<b>&lt; 0.001</b>
Processed meat products	1.1 ± 0.5	3.3 ± 2.2	<b>&lt; 0.001</b>
Offal/liver/kidney	1.0 ± 0.2	1.4 ± 0.6	<b>&lt; 0.001</b>
Meat	1.1 ± 0.6	4.6 ± 1.6	<b>&lt; 0.001</b>
Fish and products	1.1 ± 0.6	2.7 ± 1.1	<b>&lt; 0.001</b>
Eggs	1.1 ± 0.5	4.9 ± 1.5	<b>&lt; 0.001</b>
Shellfish	1.0 ± 0.3	1.4 ± 0.8	<b>0.013</b>
Butter/lard	1.1 ± 0.3	2.5 ± 1.7	<b>&lt; 0.001</b>
<i>Plant-based foods</i>			
Plant-based salads/humus	6.7 ± 2.0	4.7 ± 2.2	<b>&lt; 0.001</b>
Meat substitute/soya tofu	5.8 ± 1.6	4.3 ± 1.8	<b>&lt; 0.001</b>
Pasta	4.5 ± 1.0	4.5 ± 1.0	0.725
Rise/other cereals	6.6 ± 1.1	4.9 ± 0.8	<b>0.005</b>
White bread/products	1.9 ± 1.1	3.0 ± 2.3	0.068
Whole grain bread/products	6.9 ± 1.4	5.5 ± 1.5	<b>0.265</b>
Baked potatoes	4.1 ± 1.0	3.8 ± 1.2	0.288
Boiled/puree potatoes	4.4 ± 1.0	3.9 ± 1.2	0.097
Fried potatoes/croquettes	1.1 ± 0.3	1.7 ± 1.1	<b>&lt; 0.001</b>
Legumes	8.1 ± 1.0	4.7 ± 1.3	<b>&lt; 0.001</b>
Raw vegetables	7.9 ± 1.2	6.4 ± 1.2	<b>&lt; 0.001</b>
Boiled vegetables	7.0 ± 1.0	6.1 ± 1.0	<b>&lt; 0.001</b>
Fruits	8.6 ± 1.2	6.9 ± 1.0	<b>&lt; 0.001</b>
Dry fruits	3.8 ± 2.1	3.5 ± 1.8	0.637
Seeds	7.4 ± 1.5	5.2 ± 2.1	<b>&lt; 0.001</b>
Nuts	5.8 ± 1.7	4.7 ± 1.6	<b>0.011</b>
<i>Sweets</i>			
Chocolate/candy	1.5 ± 1.4	3.4 ± 1.8	<b>0.016</b>
Pastries	2.3 ± 1.1	2.9 ± 1.2	<b>0.041</b>
Confectionery/croissants/cakes	1.7 ± 1.0	2.5 ± 1.1	<b>&lt; 0.001</b>
<i>Others</i>			
Ketchup	1.7 ± 1.1	1.7 ± 1.1	0.927
Margarine	1.0 ± 0.0	1.3 ± 0.9	<b>0.007</b>
Dressings	1.1 ± 0.3	1.5 ± 0.9	<b>0.023</b>

Data are means ± SD. Statistically significant values are written bold. <sup>†</sup>A higher number means more often; 1 - never, 9 - more than 3 times per day. For all variables, Mann-Whitney U-tests were used.

**Table S3.** Transportation, everyday sitting, and PA of vegans and non-vegans.

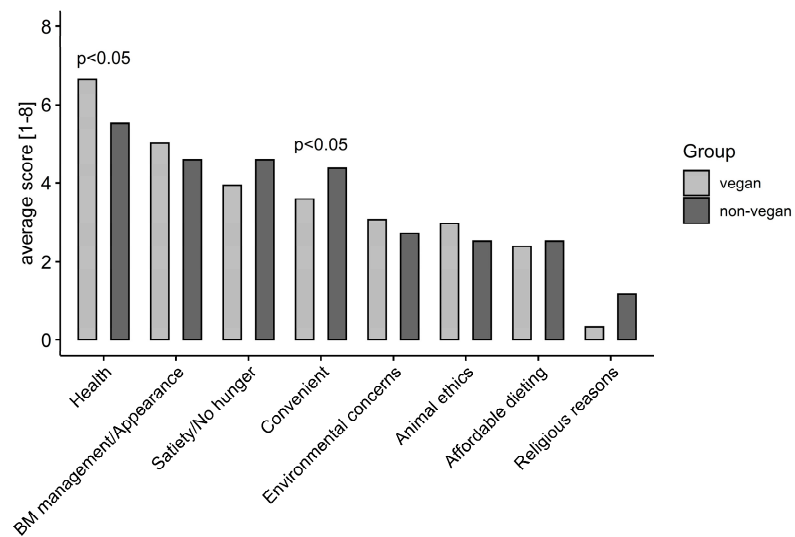
Parameter	L-IPAQ score		<i>p</i> - value
	Vegans	Non-vegans	
Transportation (min/day) <sup>†</sup>	19 ± 15	22 ± 36	0.269
Weekly sitting (h/day)	5.4 ± 2.6	4.2 ± 3.2	0.063
Weekend sitting (h/day)	3.6 ± 1.9	4.9 ± 5.8	0.159*
Walking PA (MET min/week)	2045 ± 2500	2547 ± 2871	0.172
Moderate-intensity PA (MET min/week)	2120 ± 1400	3200 ± 1680	<b>0.045</b>
Vigorous-intensity PA (MET min/week)	2160 ± 800	2400 ± 1056	0.324
Total (MET min/week) score	6325 ± 4870	8147 ± 4392	0.192

Data are means ± SD. Statistically significant values are written in bold. <sup>†</sup>Transport related to arrival and departure to work (i.e., with car, a train, by bus, using bicycle or by walking). \*A t-test was used; for other variables, Mann-Whitney U-tests were used.

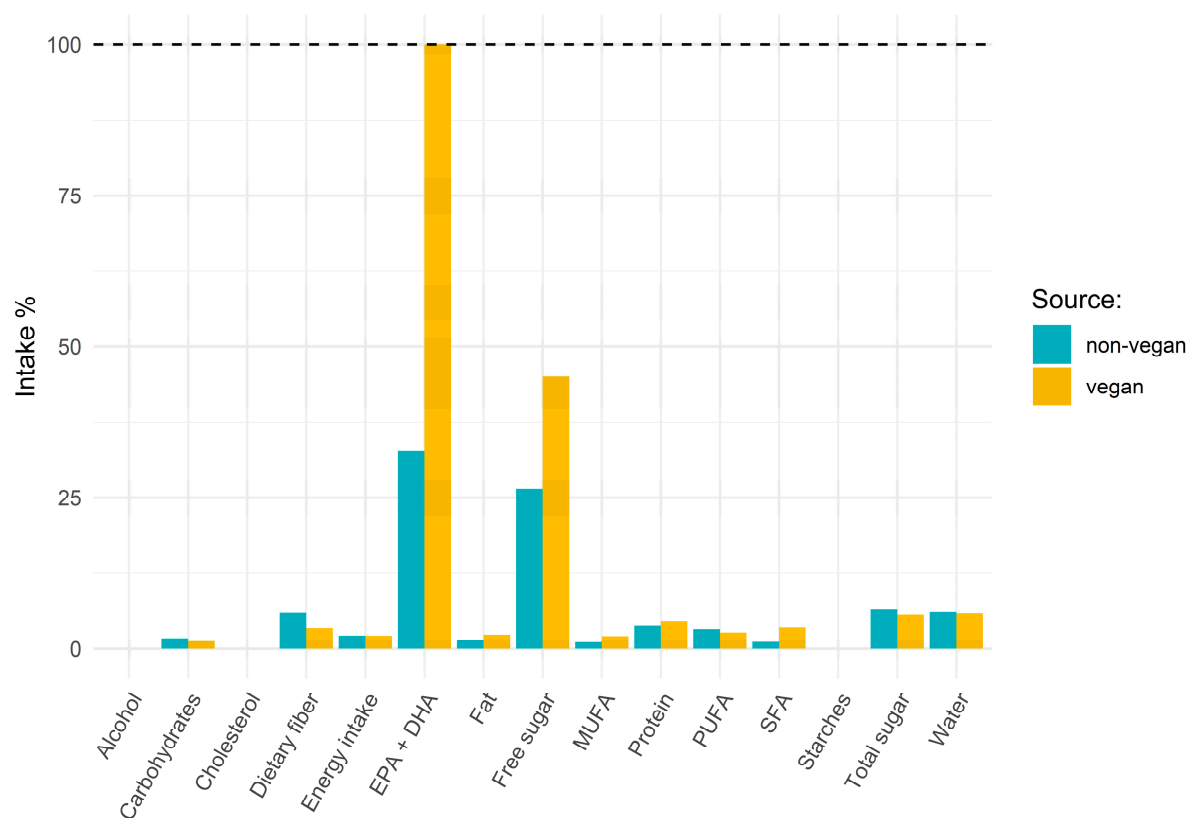
**Table S4.** Sleep quality and patterns of vegans and non-vegans.

Parameter	PSQI score		<i>p</i> -value
	Vegans	Non-vegans	
<i>Component 1</i>	Subjective sleep quality		
	0.6 ± 0.6	0.9 ± 0.6	0.147
<i>Component 2</i>	Sleep latency		
	0.5 ± 0.8	0.5 ± 0.8	0.986
<i>Component 3</i>	Sleep duration		
	0.7 ± 0.7	0.8 ± 0.7	0.621
<i>Component 4</i>	Sleep efficiency		
	0.1 ± 0.4	0.0 ± 0.2	0.289
<i>Component 5</i>	Sleep disturbance		
	0.9 ± 0.4	0.9 ± 0.4	0.785
<i>Component 6</i>	Sleep medication use		
	0	0.1 ± 0.6	0.185
<i>Component 7</i>	Daytime dysfunction		
	0.3 ± 0.6	0.8 ± 1.0	<b>0.009</b>
Global sleep quality <sup>†</sup>	3.2 ± 1.9	4.0 ± 2.3	0.139

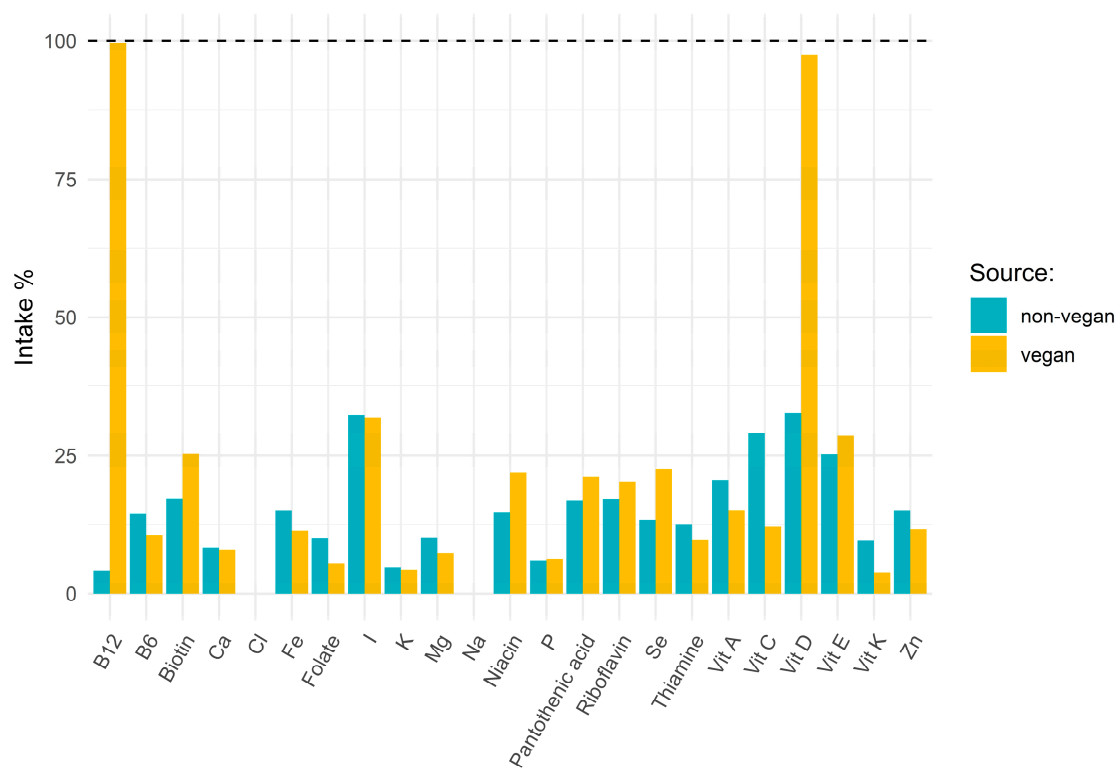
Data are mean ± SD. <sup>†</sup>Sum of seven component scores (range: 0–21; ≤ 5 indicates good sleep quality, >5 indicates poor sleep quality). Statistically significant values are written in bold. For all variables, Mann-Whitney U-tests were used.



**Figure S1.** Motives of vegan and non-vegan for adopting dietary pattern.



**Figure S2.** Proportion of macronutrients from supplementation.



**Figure S3.** Proportion of micronutrients from supplementation.