

Table S1. Food consumption frequency.

Food groups	Percentage of consumption frequency*							
	1	2	3	4	5	6	7	8
Fruits, vegetables, and potatoes								
Fruits together—all types	0	1	1	11	6	51	27	3
Stone fruits	1	5	14	29	23	24	3	1
Kiwi fruit and citrus	1	5	16	31	23	15	8	1
Other tropical fruits	5	17	25	30	15	6	1	1
Bananas	2	1	10	22	22	32	10	1
Apples and pears	1	0	5	19	14	52	8	1
Avocado	38	25	20	7	5	5	0	0
Olives	27	16	27	16	6	7	1	0
Dried fruits	10	22	22	23	11	8	4	0
Sweet fruit preserves and candied fruits	8	21	26	22	11	10	2	0
Vegetables—all types	0	0	2	10	7	49	29	3
Crucifers	1	1	8	32	25	30	2	1
Yellow–orange vegetables	0	1	2	19	31	43	3	1
Leafy green vegetables	0	2	9	29	29	27	4	0
Tomatoes	2	1	1	11	12	51	21	1
Vegetables: fresh cucumbers, squash, zucchini, pumpkin, eggplant	1	2	2	18	26	42	8	1
Root vegetables and others	1	1	6	23	23	42	4	0
Potatoes in various forms	1	2	7	15	11	55	8	1
Seeds of legumes								
Fresh seeds of legumes and canned ones	4	7	25	38	17	9	0	0
Dry seeds of legumes	7	17	34	32	8	2	0	0
Cereal products								
Wholemeal or with grains, so-called dark bread	1	4	7	15	11	36	22	4
Refined bread, so-called white bread	2	4	4	12	12	33	27	6
Unrefined groats coarse	0	5	15	27	21	30	2	0
Refined cereal grain	2	4	14	28	24	27	1	0
Ready-to-eat breakfast cereal products	15	19	15	18	14	15	4	0
Dairy products and eggs								
Milk and milk drinks	3	2	6	17	13	38	17	4
Sweetened milk drinks	8	8	17	20	15	26	5	1
Cottage cheese	1	2	6	23	20	40	8	0
Flavored cottage cheese	20	13	20	21	13	11	2	0
Cheese	2	3	9	17	14	42	12	1
Eggs and egg dishes	1	2	2	16	26	47	6	0
Meat products and fish								
Sausages, different types	0	2	6	19	14	43	15	1
High-quality cold cuts	0	1	4	12	11	51	21	0

Sausage products and offal	9	14	20	28	14	13	2	0
Red meat	1	6	12	37	19	22	2	1
Poultry and rabbit	1	1	3	24	19	48	4	0
Wild game meat	41	31	14	8	4	2	0	0
Lean fish	4	9	25	31	26	5	0	0
Oily fish	5	14	27	29	18	7	0	0
Fats, nuts and grains								
Oil, all kinds	4	1	8	20	13	48	6	0
Butter, all types	5	2	4	13	12	27	33	4
Margarine, all types	32	13	11	11	8	14	9	2
Cream, sweet or sour cream, for food or beverages	11	9	14	25	20	18	2	1
Other animal fats	29	20	19	21	6	4	1	0
Mayonnaise and dressings, i.e., salad dressings—all types	7	12	21	36	12	10	1	1
Nuts	3	8	19	30	19	18	3	0
Grains	11	17	24	25	13	8	2	0
Sweets and snacks								
Sugar to sweeten beverages	31	3	5	10	5	10	24	12
Honey to sweeten food and beverages	20	16	14	19	11	15	5	0
Chocolate, chocolate candies, and candy bars	3	5	13	24	15	34	5	1
Non-chocolate candies	15	20	23	19	12	8	2	1
Biscuits and cakes	2	12	21	24	17	23	1	0
Ice cream and pudding	3	23	32	24	13	5	0	0
Salty snacks	11	13	24	35	9	6	2	0
Soft drinks								
Fruit juices and fruit nectars	2	5	14	27	17	28	6	1
Vegetable juices and vegetable-fruit ones	10	18	20	19	18	14	0	1
Energy drinks	53	15	14	10	3	2	2	1
Sweetened sodas such as Fanta, Coca-Cola, Mirinda, Sprite	19	14	19	25	8	13	2	0
Alcoholic beverages								
Beer	3	7	11	30	21	24	4	0
Wine and drinks	9	23	23	25	14	5	1	0
Vodka and spirits	12	20	32	21	11	4	0	0

* Consumption frequency categories: 1—never or almost never; 2—once a quarter or less often; 3—once a month or less often; 4—a few times a month; 5—once a week; 6—several times a week; 7—every day; 8—several times a day.

Table S2. Relationships between diet (FFQ) and body mass index (BMI), fat mass index (FMI), visceral fat level (VFL), and bone mineral density (BMD T-score).

Groups of products	BMI		FMI		VFL		BMD T-score	
	Rho	p	Rho	p	Rho	p	Rho	p
Food groups								
Fruits, vegetables, and potatoes	-0.234**	0.002	-0.294**	<0.001	-0.216**	0.005	-0.160*	0.038
Seeds of legumes	-0.190*	0.014	-0.214**	0.005	-0.186*	0.016	-0.060	0.437
Cereal products	-0.084	0.277	-0.112	0.148	-0.135	0.081	-0.124	0.107
Dairy products and eggs	-0.228**	0.003	-0.243**	0.001	-0.234**	0.002	-0.257**	0.001
Meat products and fish	0.028	0.717	0.015	0.843	0.037	0.633	-0.049	0.526
Fats, nuts, and grains	-0.157*	0.042	-0.151	0.050	-0.129	0.095	-0.066	0.394
Sweets and snacks	-0.098	0.203	-0.051	0.513	-0.048	0.534	0.002	0.977
Non-alcoholic beverages	-0.068	0.380	-0.059	0.446	-0.103	0.182	-0.087	0.259
Alcoholic beverages	0.076	0.326	0.075	0.336	0.060	0.439	0.056	0.471
Selected products								
Fruits, vegetables, and potatoes								
Fruits together - all types	-0.175*	0.026	-0.210**	0.008	-0.152	0.054	-0.050	0.527
Stone fruits	-0.125	0.106	-0.154*	0.046	-0.054	0.490	-0.120	0.121
Kiwi fruit and citrus	-0.126	0.103	-0.172*	0.025	-0.128	0.098	-0.039	0.616
Other tropical fruits	-0.276**	<0.001	-0.346**	<0.001	-0.276**	<0.001	-0.133	0.089
Bananas	-0.253**	0.001	-0.280**	<0.001	-0.264**	0.001	-0.080	0.303
Apples and pears	-0.087	0.262	-0.124	0.109	-0.059	0.450	-0.052	0.505
Avocado	-0.030	0.705	-0.092	0.243	-0.085	0.282	-0.023	0.769
Olives	-0.055	0.479	-0.092	0.240	-0.023	0.770	-0.095	0.225
Dried fruits	-0.137	0.077	-0.248**	0.001	-0.185*	0.017	-0.058	0.457
Sweet fruit preserves and candied fruits	-0.152*	0.049	-0.200**	0.009	-0.207**	0.007	-0.014	0.858
Vegetables - all types	-0.208**	0.009	-0.251**	0.002	-0.227**	0.004	-0.116	0.149
Crucifers	-0.124	0.110	-0.190*	0.014	-0.114	0.141	-0.037	0.631
Yellow-orange vegetables	-0.181*	0.019	-0.215**	0.005	-0.172*	0.026	-0.218**	0.004
Leafy Green vegetables	-0.217**	0.005	-0.245**	0.001	-0.160*	0.039	-0.133	0.085
Tomatoes	-0.102	0.187	-0.175*	0.024	-0.106	0.171	-0.167*	0.030
Vegetables: fresh cucumbers, squash, zucchini, pumpkin, eggplant	-0.126	0.103	-0.172*	0.025	-0.124	0.108	-0.060	0.437
Root vegetables and others	-0.076	0.324	-0.100	0.194	-0.056	0.471	-0.123	0.112
Potatoes in various forms	-0.207**	0.007	-0.173*	0.025	-0.137	0.076	-0.167*	0.030
Seeds of legumes								
Fresh seeds of legumes and canned ones	-0.171*	0.027	-0.179*	0.020	-0.166*	0.031	-0.059	0.447
Dry seeds of legumes	-0.120	0.122	-0.169*	0.028	-0.145	0.060	0.006	0.943
Cereal products								
Wholemeal or with grains, so-called dark bread	-0.017	0.831	-0.105	0.175	-0.057	0.460	-0.041	0.595
Refined bread, so-called white bread	0.007	0.932	0.064	0.406	0.055	0.476	-0.061	0.429
Unrefined groats coarse	-0.163*	0.034	-0.188*	0.015	-0.219**	0.004	-0.112	0.147

[illegible]

Beer	0.051	0.513	0.046	0.558	0.019	0.806	−0.031	0.686
Wine and drinks	−0.017	0.832	−0.021	0.792	−0.007	0.923	0.013	0.863
Vodka and spirits	0.081	0.293	0.091	0.239	0.078	0.315	0.130	0.092

Spearman's correlation; * $p < 0.05$; ** $p < 0.01$.