Supplementary Table S6. The Mediterranean diet score: items and scoring system.

ITEM: Number	Question	Answer	
1	**How often do you eat vegetables?**	<4 servings/day	≥4 servings/day
2	**How often do you eat fruit?**	<3 servings/day	≥ 3 servings/day
3	**How often do you eat legumes?**	0 serving/week	≥ 1 serving/week
4	**How often do you take Nuts and Seeds?**	0 serving/week	≥ 1 serving/week
5	**How often do you take whole grains?**	0 serving/day	≥ 1 serving/day
6	**How often do you eat fish?**	<3 servings/week	≥ 4 servings/week
7	**What type of fat do you eat the most?**	Mostly saturated (butter, eggs, confectionery, baked goods)	Mainly monounsaturated and polyunsaturated (extra virgin olive oil, seeds, nuts, oily fish)
8	**How much alcohol do you drink per day**	No consumption	≥ 1 glass/day
9	**How often do you eat red and processed meats?**	<3 servings/day	≥ 3 servings/day

Items scoring and interpretation of the results: 1) "How often do you eat vegetables?" (< 4 servings per day: 0 points; ≥ 4 servings per day: 1 point); 2) "How often do you eat fruit?" (< 3 servings per day: 0 points; ≥ 3 servings per day: 1 point); 3) "How often do you eat legumes?" (0 servings per week: 0 points; ≥ 1 serving per week: 1 point); 4) "How often do you take Nuts and Seeds?" (0 servings per week: 0 points; ≥ 1 serving per week: 1 point); 5) "How often do you take

whole grains?" (0 servings per day: 0 points; ≥ 1 serving per day: 1 point); 6) "How often do you eat fish?" (< 3 servings per week: 0 points; ≥ 4 servings per week: 1 point); 7) "What type of fat do you eat the most?" [Mostly saturated (butter, eggs, confectionery, baked goods)]: 0 points; [Mainly monounsaturated and polyunsaturated (extra virgin olive oil, seeds, nuts, oily fish)]: 1 point; 8) "How much alcohol do you drink per day?" (No consumption: 0 points; More than one glass a day: 1 point); 9) "How often do you eat red and processed meats?" (≥ 3 servings per day: 0 points; < 3 servings per day: 1 point). **The patients were considered adherent to the Mediterranean diet regimen in case of a total score > 8.**