

**Table S1.** Results of univariate analyses for the relationships between parental socio-demographic characteristics and MD adherence and children's MD adherence.

Variables	KIDMED categories			<i>p</i> -value
	Low	Average	High	
Mother's age, median (IQR)	40.0 (8.0)	39.0 (7.0)	39.0 (8.0)	0.155
Father's age, median (IQR)	43.0 (7.0)	42.0 (8.0)	42.0 (9.0)	0.013
Mother's BMI, median (IQR)	23.05 (4.75)	22.51 (3.93)	22.49 (3.85)	0.003
Father's BMI, median (IQR)	27.40 (4.44)	26.87 (4.22)	26.83 (4.22)	0.003
Mother's educational level, N (%)				
Primary school	7 (29.2)	13 (54.2)	4 (16.7)	<0.001
High school	253 (21.1)	720 (60.0)	227 (18.9)	
Bachelor degree	55 (19.6)	170 (60.5)	56 (19.9)	
Master's degree	137 (13.1)	664 (63.5)	244 (23.3)	
PhD degree	2 (4.3%)	37 (78.7%)	8 (17%)	
Father's educational level, N(%)				
Primary school	18 (41.9)	16 (37.2)	9 (20.9)	<0.001
High school	295 (19.5%)	920 (60.9)	295 (19.5)	
Bachelor degree	38 (14.8)	167 (65.2)	51 (19.9)	
Master's degree	85 (12.4)	437 (63.5)	166 (24.1)	
PhD degree	8 (15.7)	34 (66.7)	9 (17.6)	
Living with both parents				
Yes	399 (16.9)	1467 (62.0)	499 (21.1)	0.018
No	56 (24.1)	136 (58.6)	40 (17.2)	
Employment status				
Both parents employed	341 (16.7)	1272 (62.2)	433 (21.2)	0.272
One parent employed, the other unemployed	109 (21.2)	310 (60.3)	95 (18.5)	
Both parents unemployed	6 (19.4)	17 (548)	8 (25.8)	
Number of children				
1	80 (18%)	269 (60.4%)	96 (21.6%)	0.680
2	226 (16.9%)	847 (63.3%)	266 (19.9%)	
3	121 (18.8%)	389 (60.5%)	133 (20.7%)	
≥ 4	36 (18.4%)	113 (57.7%)	47 (24%)	
Household size				
2	18 (25.4%)	41 (57.7)	12 (16.9)	0.158
3	82 (18.5)	264 (59.6)	97 (21.9)	
4	206 (16.5)	804 (64.3)	241 (19.3)	
5	113 (17.8)	389 (61.2)	134 (21.1)	
6	27 (19.6)	73 (52.9)	38 (27.5)	
≥ 7	9 (15.5)	33 (56.9)	16 (27.6)	
Do finances limit your family in food choices?				
Yes	121 (22.1%)	324 (59.1%)	103 (18.8%)	0.008
No	336 (16.5%)	1271 (62.3%)	434 (21.3%)	
MEDAS categories for MD adherence				
Low	225 (31.3)	427 (59.4)	67 (9.3)	<0.001
Moderate	232 (13.4)	1098 (63.5)	400 (23.1)	
High	6 (3.4)	93 (53.4)	75 (43.1)	