

Supplementary Materials

Evaluation of Simplified Diet Scores Related to C-Reactive Protein in Heavy Smokers Undergoing Lung Cancer Screening

Table S1. The original Mediterranean Diet Adherence Screener (MEDAS) items and score criteria.

| Question | Criterion to score 1 point |
|--|----------------------------|
| 1. Do you use olive oil as the principal source of fat for cooking? | Yes |
| 2. How much olive oil do you consume per day (including that used in frying, salads, meals eaten away from home, etc.)? | ≥4 tbsp |
| 3. How many servings (80 g for salads and 200 g for others) of vegetables do you consume per day? | ≥2 |
| 4. How many pieces of fruit (including fresh-squeezed juice) do you consume per day? | ≥3 |
| 5. How many servings (100 g) of red meat, hamburger, or sausages do you consume per day? | <1 |
| 6. How many servings (12 g) of butter, margarine, or cream do you consume per day? | <1 |
| 7. How many carbonated and/or sugar-sweetened beverages do you consume per day? | <1 glass |
| 8. Do you drink wine? How much do you consume per week? | ≥7 cup (125 ml) |
| 9. How many servings (150 g) of legumes do you consume per week? | ≥3 |
| 10. How many servings (150 g of fish and 200g of seafood) of fish/seafood do you consume per week? | ≥3 |
| 11. How many times do you consume commercial (not homemade) pastry such as cookies or cake per week? | <3 |
| 12. How many times do you consume nuts per week? (30 g) | ≥3 |
| 13. Do you prefer to eat chicken, turkey or rabbit instead of beef, pork, hamburgers, or sausages? | Yes |
| 14. How many times per week do you consume boiled vegetables, pasta, rice, or other dishes with a sauce of tomato, garlic, onion, or leeks sautéed in olive oil? | ≥2 |

tbsp, tablespoon.

Table S2. Selected food items and score criteria added to the original MEDAS for the revised-MEDAS scores.

| Question | Criterion to score 1 point |
|--|----------------------------|
| 15. How much sugar do you consume per day? | <2 tsp |
| 16. How many servings (80 g pasta/rice and 50 g bread) of whole grain cereals do you consume per week? | ≥1 |
| 17. How many servings (200 g vegetables and 150 g fruits) of orange vegetables and fruits do you consume per week? | ≥2 |
| 18. How much coffee do you consume per day? ^a | ≥2 cup |

tsp, teaspoon.

^a Data available only from long questionnaires (n=1219).

Table S3. Odds ratio (OR) of C-Reactive Protein (CRP) ≥ 2 mg/L versus CRP < 2 mg/L, and corresponding 95% confidence intervals (CI), according to body mass index (BMI) value.

| | All subjects | CRP ≥ 2 mg/L | OR (95%CI) ^a CRP ≥ 2 mg/L vs. CRP < 2 mg/L |
|---------------|--------------|-------------------|---|
| | N | % | |
| Total | 2438 | 34.2 | |
| BMI | | | |
| Underweight | 38 | 18.4 | 0.69 (0.30-1.60) |
| normal weight | 1065 | 24.4 | Ref |
| Overweight | 1022 | 37.9 | 1.90 (1.55-2.32) |
| Obese | 313 | 57.2 | 4.27 (3.24-5.64) |

BMI, Body Mass Index. **CRP**, C-Reactive protein. **OR**, Odds Ratio. **CI**, confidence intervals.

^a ORs were estimated using unconditional multiple logistic regression models after adjustment for sex, age, pack-years, smoking status, FEV₁%, chronic diseases, metformin, statin, and Acetylsalicylic acid.