

# Supplementary materials

## Association between intake of fermented dairy product and diet quality, health beliefs in a representative sample of Polish population

**Anna Danielewicz<sup>1\*</sup>, Jakub Morze<sup>1,2</sup>, Katarzyna Staniewska<sup>3</sup>, Aneta Dąbrowska<sup>4</sup>, Zhennai Yang<sup>5</sup>, Maria Baranowska<sup>4</sup>, Małgorzata Darewicz<sup>6</sup>, Justyna Żulewska<sup>4</sup>, Bogusław Staniewski<sup>4</sup>, Katarzyna E. Przybyłowicz<sup>1\*</sup>,**

<sup>1</sup> Department of Human Nutrition, University of Warmia and Mazury in Olsztyn, Poland

<sup>2</sup> Department of Cardiology and Internal Diseases, University of Warmia and Mazury in Olsztyn, Poland

<sup>3</sup> Department of Commodity Science and Food Analysis, University of Warmia and Mazury in Olsztyn, Poland

<sup>4</sup> Department of Dairy Science and Quality Management, University of Warmia and Mazury in Olsztyn, Poland

<sup>5</sup> Beijing Advanced Innovation Center for Food Nutrition and Human Health, Beijing Engineering and Technology Research Center of Food Additives, Beijing Technology and Business University, Beijing, P.R. China 100048

<sup>6</sup> Chair of Food Biochemistry, University of Warmia and Mazury in Olsztyn, Poland

**Table S1.** Association between MEDAS, its components and total fermented dairy products consumption.

	Total fermented dairy products consumption					$P_{\text{trend}}$
	Q1	Q2	Q3	Q4	Q5	
MEDAS	6 (4; 7)	6 (5; 7)	6 (5; 7)	6 (5; 7)	6 (5; 8)	<0.001
Plant oils as main (yes)†	73.1 (225)	83.5 (293)	86.4 (274)	87.18 (272)	83.1 (338)	<0.001
Plant oils, times/d	1 (1; 2)	1 (1; 2)	1 (1; 3)	2 (1; 2)	2 (1; 3)	<0.001
Vegetables, times/d	2 (1; 3)	2 (1; 3)	2 (1; 2.5)	2 (1; 3)	2 (2; 4)	<0.001
Fruits and juices, times/d	4 (2; 7)	5 (3; 7)	6 (3; 8)	5 (3; 7)	5 (3; 7)	0.075
Red meat, times/d	3 (2; 5)	3 (2; 4)	3 (2; 5)	3 (2; 5)	3 (2; 5)	<0.001
Butter and cream, times/d	2 (1; 3)	2 (1; 3)	2 (1; 3)	2 (2; 3)	2 (2; 3)	0.003
Sweetened beverages, times/d	2 (0; 4)	2.5 (0; 5)	3 (1; 5.5)	2 (0; 4)	3 (1; 5)	<0.001
Wine, times/wk	0 (0; 0.5)	0 (0; 1)	0 (0; 1)	0 (0; 1)	1 (0; 3)	<0.001
Legumes, times/wk	1 (0; 1)	1 (0; 2)	1 (0; 2)	1 (1; 2)	2 (1; 3)	<0.001
Fish and seafood, times/wk	1 (0; 1)	1 (1; 2)	1 (1; 2)	1 (1; 2)	1 (1; 3)	<0.001
Sweets and pastries, times/wk	3 (2; 4)	3 (2; 5)	3 (2; 5)	3 (2; 5)	4 (2; 6)	<0.001
Nuts, times/wk	0 (0; 1)	0 (0; 1)	0 (0; 2)	1 (0; 2)	1 (0; 2)	<0.001
Preferable white meat (yes)†	71.4 (220)	75.2 (264)	73.2 (232)	79.8 (249)	80.6 (328)	0.015
Whole grain products, times/d	2 (1; 3)	2 (1; 3)	2 (1; 3)	2 (1; 4)	2 (1.5; 3)	0.019

Data are presented as median and interquartile range (IQR) or (where†) as % and number. The sample size may vary slightly in each variable due to missing data. MEDAS, MEDAS, Mediterranean Diet Adherence Screener.  $P$ -value <0.05: significance for Kruskal-Wallis test (Dunn's post-hoc test) or Pearson's chi square test.

**Table S2.** Association of health concern scale, health beliefs and diet quality with consumption of fermented products according to their subgroups.

	Natural fermented dairy products	Flavoured fermented dairy products	Rennet cheese
HCS	<b>0.158676</b>	<b>0.122644</b>	0.042318
Normal body weight	<b>0.086472</b>	<b>0.083768</b>	<b>0.049415</b>
Heart health	<b>0.169006</b>	<b>0.188995</b>	<b>0.106801</b>
Bone health	<b>0.088887</b>	<b>0.053926</b>	<b>0.054818</b>
Immune defence	<b>0.124786</b>	<b>0.134883</b>	0.037514
Digestive health	0.031016	0.003205	0.018248
Dental health	<b>0.048255</b>	0.035988	0.045201
No benefits	<b>-0.187648</b>	<b>-0.235776</b>	<b>-0.154978</b>
MEDAS	<b>0.169951</b>	<b>0.133693</b>	0.016360

Data are presented as regression coefficient. HSC, health concern scale. N=1695. MEDAS, Mediterranean Diet Adherence Screener. Bolded are coefficients at  $p < 0.05$  (Pearson's test)