

**Table S1.** Mediterranean Diet Quality Index in Children and Adolescents.

Scoring
Takes a fruit or fruit juice every day (+1)
Has a second fruit every day (+1)
Has fresh or cooked vegetables regularly once a day (+1)
Has fresh or cooked vegetables more than once a day (+1)
Consumes fish regularly (at least 2–3 times per week) (+1)
Goes more than once a week to a fast-food (hamburger) restaurant (–1)
Likes pulses and eats them more than once a week (+1)
Consumes pasta or rice almost every day (5 or more times per week)
Has cereals or grains (bread, etc.) for breakfast (+1)
Consumes nuts regularly (at least 2–3 times per week) (+1)
Uses olive oil at home (+1)
Skips breakfast (–1)
Has a dairy product for breakfast (yoghurt, milk, etc.) (+1)
Has commercially baked goods or pastries for breakfast (–1)
Takes two yoghurts and/or some cheese (40 g) daily (+1)
Takes sweets and candy several times every day (–1)