	TIMES PER WEEK					
	NEVER	1-4	5-8	9-12	13-18	>18
NON-REFINED CEREALS (whole grain bread, pasta, rice, etc.)	0	1	2	3	4	5
POTATOES	0	1	2	3	4	5
FRUITS	0	1	2	3	4	5
VEGETABLES	0	1	2	3	4	5
LEGUMES	0	1	2	3	4	5
FISH	0	1	2	3	4	5
RED MEAT AND MEAT PRODUCTS	5	4	3	2	1	0
POULTRY	5	4	3	2	1	0
FULL FAT DAIRY PRODUCTS (cheese, yoghurt and milk)	5	4	3	2	1	0
OLIVE OIL IN COOKING	0	1	2	3	4	5
ALCOHOLIC BEVERAGES (ml/day, 100ml = 12g ethanol)	5	4	3	2	1	0

Figure S1. The Mediterranean Diet Score questionnaire. (*Panagiotakos, D.B.; Pitsavos, C.; Arvaniti, F.; Stefanadis, C. Adherence to the Mediterranean food pattern predicts the preva-lence of hypertension, hypercholesterolemia, diabetes and obesity, among healthy adults; the accuracy of the MedDietScore. Prev Med 2007, 44, 335-340, doi:10.1016/j.ypmed.2006.12.009.*)

FRUIT *1 portion: 150g*	<1 portion/d **0**	1-2 portion/d **1**	>2 portion/d **2**
VEGETABLES *1 portion: 100g*	<1 portion/d **0**	1-2,5 portion/d **1**	>2,5 portion/d **2**
LEGUMES *1 portion: 70g*	<1 portion/w **0**	1-2 portion/w **1**	>2 portion/w **2**
CEREALS *1 portion: 130 g*	<1 portion/d **0**	1-1,5 portion/d **1**	>1,5 portion/d **2**
FISH *1 portion:100g*	<1 portion/w **0**	1-1,5 portion/w **1**	>2 portion/w **2**
MEAT AND MEAT PRODUCTS *1 portion 80g*	<1 portion/d **2**	1-1,5 portion/d **1**	>1,5portion/d **0**
DAIRY PRODUCTS *1 portion: 180g*	<1 portion/d **2**	1-1,5 portion/d **1**	>1,5portion/d **0**
OLIVE OIL	Occasional use **0**	Frequent use **1**	Regular use **2**
ALCOHOL *1 A.U= 1 glass of wine; 12g of alcohol*	<1 A.U./d **1**	1-2 A.U./d **2**	>2 A.U./d **0**

Figure S2. The MEDI-LITE score questionnaire. (*Sofi, F.; Dinu, M.; Pagliai, G.; Marcucci, R.; Casini, A. Validation of a literature-based adherence score to Mediterranean diet: the MEDI-LITE score. Int J Food Sci Nutr 2017, 68, 757-762, doi:10.1080/09637486.2017.1287884.*)