

**Table S2.** aMED index components and criteria for scoring.

Food Groups	Criteria for minimum score of 0	Criteria for maximum score of 1
Whole Fruit	< Median	≥ Median
Vegetables	< Median	≥ Median
Whole grain products	< Median	≥ Median
Legumes	< Median	≥ Median
Nuts	< Median	≥ Median
Fish	< Median	≥ Median
Red and processed meat	≥ Median	< Median
Ratio of monosat to sat lipids	< Median	≥ Median
Alcohol	< 5 or >15 g/d for female; < 5 or >25 g/d for male	5-15 g/day for female; 5-25 g/day for male
Total	0	9

aMED, alternate Mediterranean diet;