Supplementary Table S1

Table S1. STROBE-nut checklist

		Reporting Item	Page Number
Title and abstract			
Title	#1a	Indicate the study's design with a commonly used term in the title or the abstract	1
Abstract	#1b	Provide in the abstract an informative and balanced summary of what was done and what was found	1
None	#nut-1	State the dietary/nutritional assessment method(s) used in the title or in the abstract.	1
Introduction			
Background / rationale	#2	Explain the scientific background and rationale for the investigation being reported	1-2
Objectives	#3	State specific objectives, including any prespecified hypotheses	2
Methods			
Study design	#4	Present key elements of study design early in the paper	3
Setting	#5	Describe the setting, locations, and relevant dates, including periods of recruitment, exposure, follow-up, and data collection	3
Eligibility	#6a	Cohort study: Give the eligibility criteria and the sources and methods of selection of participants. Describe methods of follow-up. Case-control study: Give the eligibility criteria and the sources and methods of case ascertainment and control selection. Give the rationale for the choice of cases and controls. Cross-sectional study: Give the eligibility criteria, and the sources and methods of selection of participants.	3
None	#6b	Cohort study: For matched studies, give matching criteria and number of exposed and unexposed. Case-control study: For matched studies, give matching criteria and the number of controls per case.	n/a
Variables	#7	Clearly define all outcomes, exposures, predictors, potential confounders, and effect modifiers. Give diagnostic criteria, if applicable	3-4
Data sources and measurement	#8	For each variable of interest give sources of data and details of methods of assessment (measurement). Describe comparability of assessment methods if there is more than one group. Give information separately for for exposed and unexposed groups if applicable.	3-4
Bias	#9	Describe any efforts to address potential sources of bias	3-4
Study size	#10	Explain how the study size was arrived at	3
Quantitative variables	#11	Explain how quantitative variables were handled in the analyses. If applicable, describe which groupings were chosen, and why	4
Statistical methods	#12a	Describe all statistical methods, including those used to control for confounding	4
Subgroups and interactions	#12b	Describe any methods used to examine subgroups and interactions	4
Missing data	#12c	Explain how missing data were addressed	4
Loss to follow up	#12d	Cohort study: if applicable, explain how loss to follow-up was addressed. Case-control study: if applicable, explain how matching of cases and controls was addressed. Cross-sectional	4

		study: if applicable, describe analytical methods taking account of sampling strategy.	
Sensitivity analysis	#12e	Describe any sensitivity analyses	4
None	#nut-5	Describe any characteristics of the study settings that might affect the dietary intake or nutritional status of the participants, if applicable.	n/a
None	#nut-6	Report any particular dietary, physiologic, or nutritional characteristics that were considered when selecting the target population.	n/a
None	#nut-7.1	Clearly define foods, food groups, nutrients, or other food components (e.g., preparation method, taxonomical descriptors, classification, chemical form).	n/a
None	#nut-7.2	When calculating dietary patterns, describe the methods to obtain them and their nutritional properties.	3
None	#nut-8.1	Describe the dietary assessment method(s) (e.g., portion size estimation, number of days and items recorded, how it was developed and administered, and how quality was ensured); report if and how supplement intake was assessed.	3-4
None	#nut-8.2	Describe and justify food-composition data used; explain the procedure to match food composition with consumption data; describe the use of conversion factors, if applicable	n/a
None	#nut-8.3	Describe the nutrient requirements, recommendations, or dietary guidelines and the evaluation approach used to compare intake with the dietary reference values, if applicable	3-4
None	#nut-8.4	When using nutritional biomarkers, additionally use the STROBE-ME; report the type of biomarkers used and usefulness as dietary exposure markers	n/a
None	#nut-8.5	Describe the assessment of nondietary data (e.g., nutritional status and influencing factors) and timing of the assessment of these variables in relation to dietary assessment	3-4
None	#nut-8.6	Report on the validity of the dietary or nutritional assessment methods and any internal or external validation used in the study, if applicable	3-4
None	#nut-9	Report how bias in dietary or nutritional assessment was addressed (e.g., misreporting, changes in habits as a result of being measured, data imputation from other sources).	n/a
None	#nut-11	Explain categorization of dietary/nutritional data (e.g., use of N-tiles and handling of nonconsumers) and the choice of reference category, if applicable.	3-4
None	#nut-12.1	Describe any statistical method used to combine dietary or nutritional data, if applicable.	3-4
None	#nut-12.2	Describe and justify the method for energy adjustments, intake modeling, and use of weighting factors, if applicable	n/a
None	#nut-12.3	Report any adjustments for measurement error (i.e., from a validity or calibration study).	n/a
Results			
Participants	#13a	Report numbers of individuals at each stage of study—eg numbers potentially eligible, examined for eligibility, confirmed eligible, included in the study, completing follow-up, and	4

		analysed. Give information separately for for exposed and unexposed groups if applicable.	
Non-participation	#13b	Give reasons for non-participation at each stage	4
Participant journey	#13c	Consider the use of a flow diagram	n/a
Descriptive data	#14a	Give characteristics of study participants (eg demographic, clinical, social) and information on exposures and potential confounders. Give information separately for exposed and unexposed groups if applicable.	4-8
Missing data	#14b	Indicate number of participants with missing data for each variable of interest	4
Follow-up time	#14c	Cohort study: Summarise follow-up time (eg, average and total amount)	n/a
Outcome data	#15	Cohort study: report numbers of outcome events or summary measures over time. Case-control study: report numbers in each exposure category, or summary measures of exposure. Cross-sectional study: report numbers of outcome events or summary measures.	4-11
Main results	#16a	Give unadjusted estimates and, if applicable, confounder-adjusted estimates and their precision (eg, 95% confidence interval). Make clear which confounders were adjusted for and why they were included	12-13
Category boundaries	#16b	Report category boundaries when continuous variables were categorized	5-13
Relative and absolute risks	#16c	If relevant, consider translating estimates of relative risk into absolute risk for a meaningful time period	n/a
Other analyses	#17	Report other analyses done—eg analyses of subgroups and interactions, and sensitivity analyses	n/a
None	#nut-13	Report the number of individuals excluded on the basis of missing, incomplete, or implausible dietary and nutritional data.	4
None	#nut-14	Give the distribution of participant characteristics across the exposure variables, if applicable; specify if food consumption for the total population or consumers only was used to obtain results	8-11
None	#nut-16	Specify if nutrient intakes are reported with or without the inclusion of dietary supplement intake, if applicable.	n/a
None	#nut-17	Report any sensitivity analysis (e.g., exclusion of misreporters or outliers) and data imputation, if applicable	4
Discussion			
Key results	#18	Summarise key results with reference to study objectives	13-14
Limitations	#19	Discuss limitations of the study, taking into account sources of potential bias or imprecision. Discuss both direction and magnitude of any potential bias.	15-16
Interpretation	#20	Give a cautious overall interpretation considering objectives, limitations, multiplicity of analyses, results from similar studies, and other relevant evidence.	15
Generalisability	#21	Discuss the generalisability (external validity) of the study results	15

None	#nut-19	Describe the main limitations of the data sources and assessment methods used and implications for the interpretation of the findings	15-16
None	#nut-20	Report the nutritional relevance of the findings, given the complexity of diet or nutrition as an exposure.	13-16
Other Information			
Funding	#22	Give the source of funding and the role of the funders for the present study and, if applicable, for the original study on which the present article is based	16
Ethics	#nut-22.1	Describe the procedure for consent and study approval from ethics committee(s).	16
Data statement	#nut-22.2	Provide data collection tools and data as online material or explain how they can be accessed	16

Notes:

- The STROBE-nut checklist is distributed under the terms of the Creative Commons Attribution License CC-BY. This checklist was completed on 5 May 2025 using https://www.goodreports.org, a tool made by the EQUATOR Network in collaboration with Penelope.ai

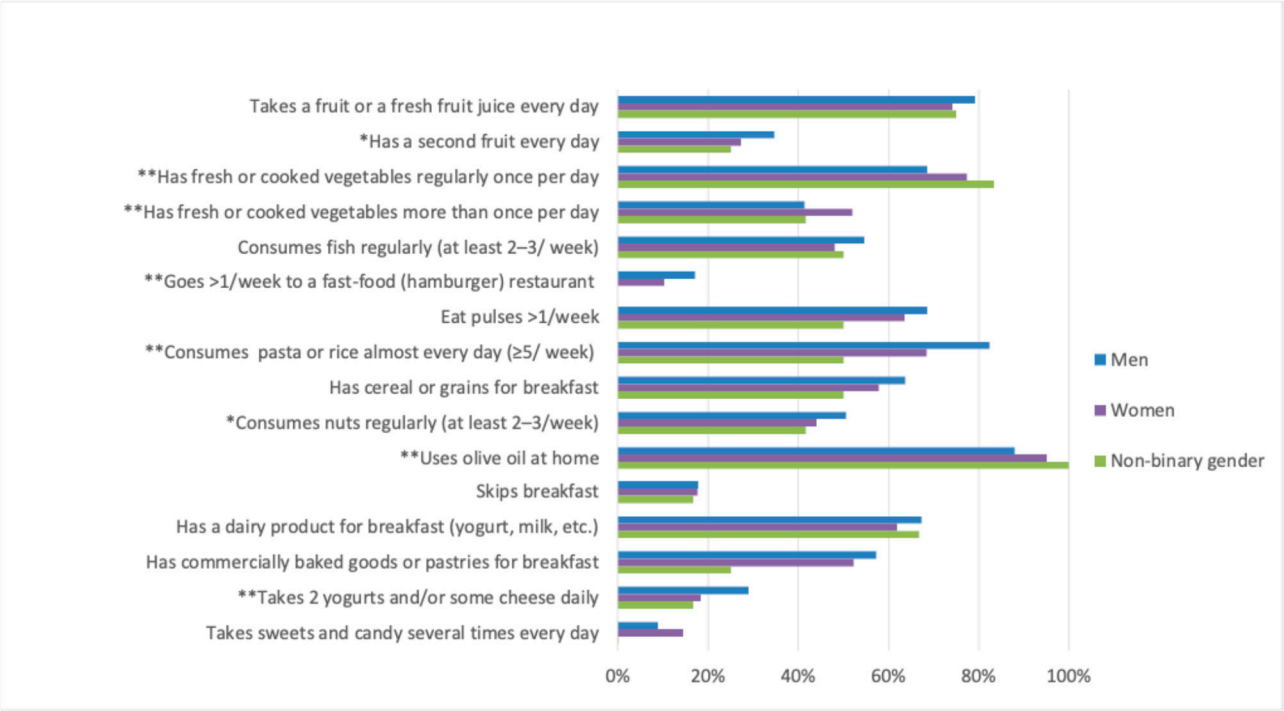
Supplementary Table S2

Table S2. SHED sub scores-correlation with the total score and internal consistency.

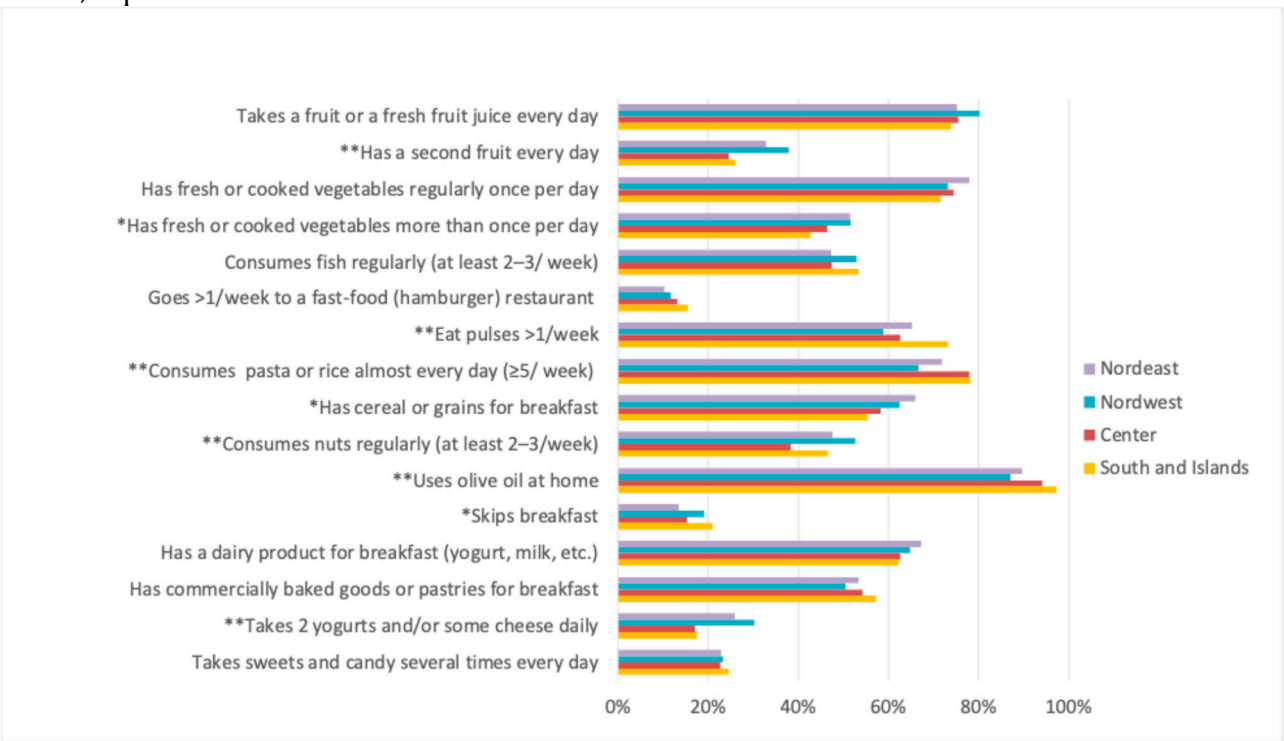
	Correlation*	**Cronbach's Alpha**
HE score	0.533	0.700
SE score	0.521	0.654
BFV score	0.769	0.531
Ready meals score	0.355	0.370
Water score	0.390	-0.703
Soda score	0.108	0.439
SHED Index score	-	0.710

*Sperman correlation coefficient with SHED score, all $p < 0.001$.
HE: Healthy Eating; SE: Sustainable Eating; BFV: Fruits and Vegetable purchasing location; SHED: Sustainable-Healthy-Diet.

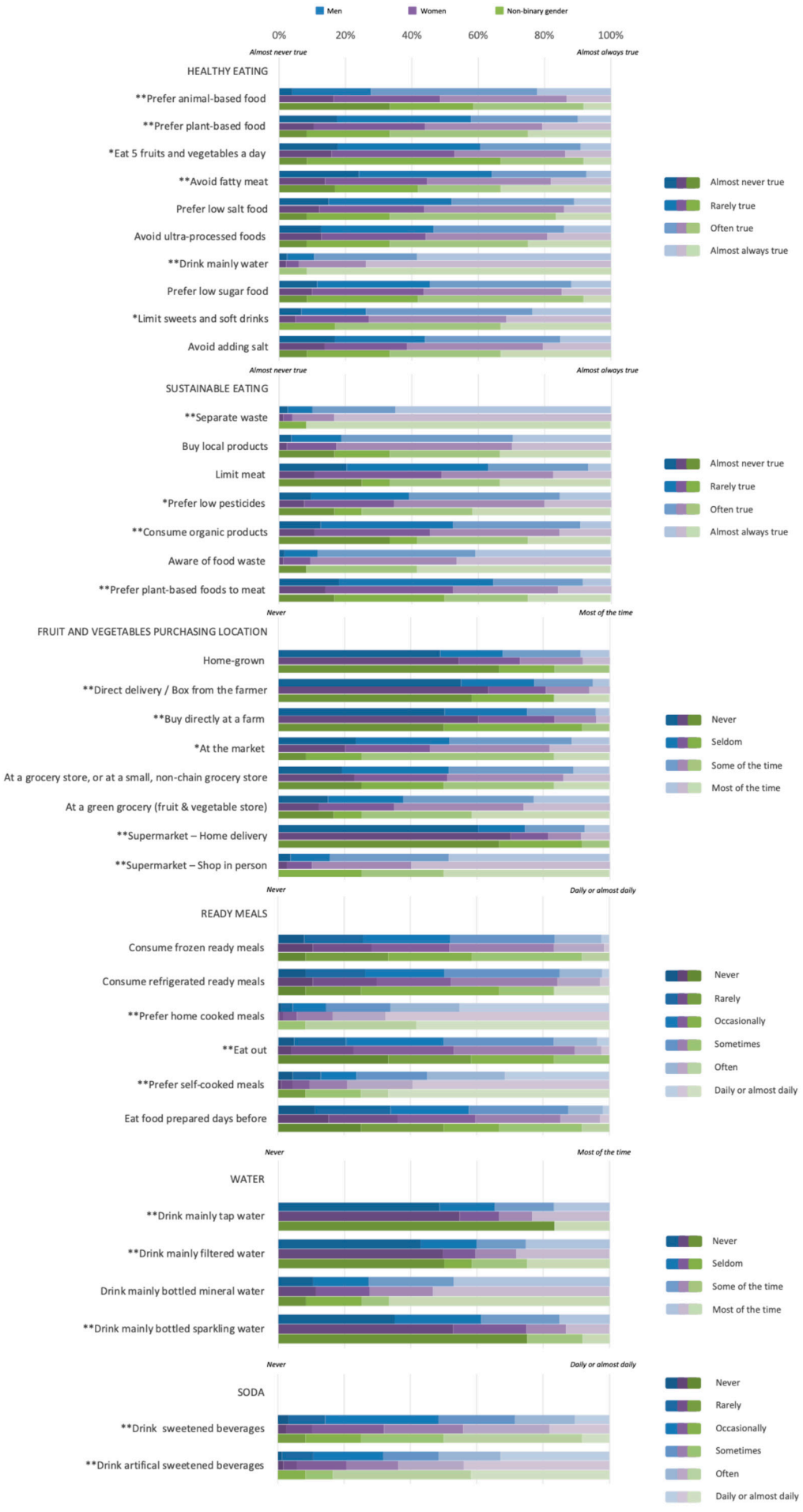
Supplementary Figure S1 Subjects' distribution for each item of the KIDMED questionnaire reported by gender (men: blue; women: purple; non-binary gender: green). Pearson Chi-square test, *p < 0.01, **p < 0.001.



Supplementary Figure S2 Subjects' distribution for each item of the KIDMED questionnaire reported by geographical area of university location (Nord east: purple; Nord west: light blue; Center: red; South and Islands: yellow). Pearson Chi-square test, *p < 0.05, **p < 0.01.



Supplementary Figure S3 Subjects' distribution based on the answer option selected for each item of the SHED Index questionnaire reported by gender (men: blue; women: purple; non-binary gender: green). Pearson Chi-square test, *$p < 0.01$, **$p < 0.001$.


Men
Women
Non-binary gender
0%
20%
40%
60%
80%
100%
Almost never true
Almost always true
HEALTHY EATING
**Prefer animal-based food
**Prefer plant-based food
*Eat 5 fruits and vegetables a day
**Avoid fatty meat
Prefer low salt food
Avoid ultra-processed foods
**Drink mainly water
Prefer low sugar food
*Limit sweets and soft drinks
Avoid adding salt
Almost never true
Rarely true
Often true
Almost always true
SUSTAINABLE EATING
**Separate waste
Buy local products
Limit meat
*Prefer low pesticides
**Consume organic products
Aware of food waste
**Prefer plant-based foods to meat
Never
Most of the time
FRUIT AND VEGETABLES PURCHASING LOCATION
Home-grown
**Direct delivery / Box from the farmer
**Buy directly at a farm
*At the market
At a grocery store, or at a small, non-chain grocery store
At a green grocery (fruit & vegetable store)
**Supermarket – Home delivery
**Supermarket – Shop in person
Never
Seldom
Some of the time
Most of the time
Never
Daily or almost daily
READY MEALS
Consume frozen ready meals
Consume refrigerated ready meals
**Prefer home cooked meals
**Eat out
**Prefer self-cooked meals
Eat food prepared days before
Never
Rarely
Occasionally
Sometimes
Often
Daily or almost daily
Never
Most of the time
WATER
**Drink mainly tap water
**Drink mainly filtered water
Drink mainly bottled mineral water
**Drink mainly bottled sparkling water
Never
Seldom
Some of the time
Most of the time
Never
Daily or almost daily
SODA
**Drink sweetened beverages
**Drink artifical sweetened beverages
Never
Rarely
Occasionally
Sometimes
Often
Daily or almost daily