Supplemental Table

Table A1: Typical suggested Mediterranean diet, for illustration of the calculation of MNI.

Breakfast	**Dinner**
3/4 c cereal	1 1/2 c pasta
1/2 c skim milk	1/2 c tomatoes
1 banana	1/2 c broccoli
1 slice whole wheat toast	1/2 c squash/zucchini
1/2 t olive oil	1/4 c sweet pepper
1/2 oz almonds	1/4 c mushrooms
	2 T olive oil
	1 T parmesan cheese
Lunch	1 1/4 cup white beans
1 c lentil soup	1/2 oz red wine vinegar
1 hard roll	1 garlic clove
1/2 t olive oil	1 slice whole wheat bread
1 c spinach	1/2 c grapes
1 c romaine lettuce	
1/4 c chopped mushrooms	**Snack**
2 radishes	1 c plain yogurt
1/2 oz balsamic vinegar	1/2 c berries