

Supplementary Table 2. Assessment of Mediterranean diet adherence

Mediterranean Diet Category	Serving Requirement	0	+1
Vegetables (e.g. carrots, spinach, tomatoes).	4 or more servings per-day		
Legumes (e.g. beans, split peas, or lentils)	1 or more servings per week		
Fruits (e.g. oranges, apples, bananas)	3 or more servings per week		
Nuts, seeds, or nut butters (e.g. peanuts, almonds, cashews)	1 or more servings per week		
Red and processed meat (e.g. hamburgers, steak, hotdogs)	Less than 2 servings per week for women, less than 3 servings per week for men		
Non-fried fish or seafood (e.g. canned, baked, grilled)	2 or more servings per week		
Whole grains (e.g. whole wheat bread or pasta, oats, brown rice, corn tortilla)	1 or more servings per day		
Monounsaturated fats (e.g. avocado, olive or canola oils)	Higher reported intake of unsaturated fats versus saturated fats		
Alcohol	(1/2 to 1 drink per day for women, 1-2 drinks per day for men)		