

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

| <b>Breakfast</b>          | <b>Dinner</b>             |
|---------------------------|---------------------------|
| 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       |
|                           | 1 1/4 cup white beans     |
|                           | 1/2 oz red wine vinegar   |
|                           | 1 garlic clove            |
|                           | 1 slice whole wheat bread |
|                           | 1/2 c grapes              |
|                           |                           |
| <b>Lunch</b>              | <b>Snack</b>              |
| 1 c lentil soup           | 1 c plain yogurt          |
| 1 hard roll               | 1/2 c berries             |
| 1/2 t olive oil           |                           |
| 1 c spinach               |                           |
| 1 c romaine lettuce       |                           |
| 1/4 c chopped mushrooms   |                           |
| 2 radishes                |                           |
| 1/2 oz balsamic vinegar   |                           |