

**Supplementary Table 2.** Assessment of Mediterranean diet adherence

| <b>Mediterranean Diet Category</b>   | <b>Serving Requirement</b>   | <b>0</b> | <b>+1</b> |
|--|--|----------|-----------|
| 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<br>(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)                 |          |           |