

Supplementary Table S1: Additional linear regression analysis for I/WC in the total sample, men and women with MedDietScore and eating patterns as covariates.

Dependent variable: 1/WC		Total sample						Men						Women					
adj R ² = 18.3%																			
	B	SE	p	Tolerance	VIF	adj R ² (%)	B	SE	p	Tolerance	VIF	adj R ² (%)	B	SE	p	Tolerance	VIF	adj R ² (%)	
Model 1: Basic Model	3.6 × 10 ⁻⁶	5 × 10 ⁻⁶	0.645	0.935	1.070	18.3	-3 × 10 ⁻⁵	10 ⁻⁵	0.050	0.807	1.239	22.3	1.5 × 10 ⁻⁵	10 ⁻⁵	0.188	0.949	1.054	11.1	
Model 2: Basic Model +MedDietScore	-1.05 × 10 ⁻⁶	10 ⁻⁵	0.911	0.857	1.167	12.7	-3.20× 10 ⁻⁵	1.7 × 10 ⁻⁵	0.059	0.882	1.134	19.2	-3.36 × 10 ⁻⁵	3.1 × 10 ⁻⁵	0.284	0.797	1.255	8.1	
Model 3: Basic Model + early/ late eating patterns	2.16 × 10 ⁻⁶	10 ⁻⁵	0.824	0.829	1.206	12.8	-2.64 ×10 ⁻⁵	1.9 × 10 ⁻⁵	0.175	0.606	1.651	14.2	1.22 × 10 ⁻⁵	1.2 × 10 ⁻⁵	0.295	0.813	1.230	7.0	
Model 4: Basic Model+ MedDietScore+ early/ late eating patterns	-1.51 × 10 ⁻⁶	10 ⁻⁵	0.881	0.778	1.286	13.3	1.94× 10 ⁻⁶	4.5 × 10 ⁻⁵	0.184	0.591	1.692	11.9	7.17 × 10 ⁻⁶	1.2 × 10 ⁻⁵	0.564	0.719	1.390	7.3	

B unstandardised coefficients, SE, p-values, tolerance and VIF are displayed for total UPF (% of total energy). The adjR² is reported for the whole model.

Basic model was adjusted for age, sex, department, living area and underreporting and is the same reported in Table 3.

Early/late eating patterns were entered alltogether (early/medium/late eating pattern).