

Table S1. Characteristics of DQS (Dietary Quality Score).

Food	Frequency	Score
Vegetables	>5 servings/week	2 points
	2-5 servings/week	1 point
	<2 servings/week	0 point
Fruit	>3 pieces/day	2 points
	>3 pieces/week and <2 pieces/day	1 point
	<3 pieces/week	0 point
Fish	>200 g/week	2 points
	<200 g/week	1 point
	No intake	0 point
Fat	None	2 points
Fat, spread	Vegetable margarine	1 point
	Butter, blended spread, lard	0 point
Fat, cooking	None/olive oil	2 points
	Vegetable margarine, oil	1 point
	Margarine/butter/blended spread/ lard	0 point
Fat, summarized	6 points, summarized	2 points
	3-5 points, summarized	1 point
	2 points, summarized	0 point

Table S2. DQS categories

Category	Score
Unhealthy dietary habits	0-3 points
Average dietary habits	4-6 points
Healthy dietary habits	7-8 points