**Additional information for the text**

**Table S1:** Odds Ratio (OR) and 95% Confidence Interval (CI) of failing to meet ≥3 micronutrients recommendations associated with the adherence to the Mediterranean diet using the probabilistic method to define inadequate intake.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | OR (95% CI) | | | P for trend |
|  | Low adherence | Medium adherence | High adherence |  |
| N | 80 (9.7%) | 565 (68.7%) | 178 (21.6%) |  |
| Crude | 39.23  (11.32-135.9) | 6.02  (1.82-19.94) | 1.00  (Ref.) | <0.01 |
| Multivariable adjusted model 1 | 18.18  (4.78-69.11) | 4.64  (1.30-16.54) | 1.00  (Ref.) | <0.01 |
| Multivariable adjusted model 2 | 16.20  (3.80-68.99) | 4.22  (1.15-15.46) | 1.00  (Ref.) | <0.01 |
| Multivariable adjusted model 3 | 16.67  (4.32-64.37) | 4.55  (1.33-15.59) | 1.00  (Ref.) | <0.01 |

Model 1 is adjusted for sex (male or female), age (continuous), nutritional status (underweight, normal weight, overweight/obese), total energy intake (kcal), breastfeeding (no, < 6 months, 6-12 months, >12 months) and pre o post pandemic compliance, number of children and position held among siblings.

Model 2 is additionally adjusted for maternal age (<35y, 35-40y, >40-45y, >45y), maternal higher education (yes or no), parental knowledge about child’s nutritional recommendations (low, medium score or high), parental attitudes towards child’s dietary habits (unhealthy, average, healthy).

Model 3 is additionally adjusted for physical activity (tertiles) and screen time (tertiles).

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**Table S2.** Prevalence (%) of inadequate micronutrient intake in children in the SENDO project (January 2015-June 2022) in each category of adherence to the Mediterranean diet.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Low adherence | Medium adherence | High adherence |
| N | 80 (9.7%) | 565 (68.7%) | 178 (21.6%) |
| Vitamin A (equiv Retinol) | 3.75 | 0.53 | 0.0 |
| Vitamin C | 2.5 | 0.18 | 0.0 |
| Vitamin D | 100 | 100 | 100 |
| Vitamin E | 42.50 | 26.37 | 13.48 |
| Vitamin B1 | 0.0 | 0.0 | 0.0 |
| Vitamin B2 | 0.0 | 0.0 | 0.0 |
| Vitamina B3 | 0.0 | 0.0 | 0.0 |
| Vitamin B6 | 0.0 | 0.0 | 0.0 |
| Folic Acid | 27.5 | 2.30 | 0.0 |
| Vitamin B12 | 0.0 | 0.18 | 0.0 |
| Ca | 36.25 | 13.63 | 5.62 |
| I | 17.50 | 5.66 | 0.56 |
| Fe | 0.0 | 0.0 | 0.0 |
| P | 0.0 | 0.0 | 0.0 |
| Mg | 0.0 | 0.0 | 0.0 |
| Se | 0.0 | 0.0 | 0.0 |
| Zn | 0.0 | 0.0 | 0.0 |
| Cr | 0.0 | 0.35 | 0.0 |
| K | 51.25 | 8.85 | 1.12 |
| Na | 1.12 | 0.53 | 0.0 |