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| Supplementary Table 1. Construction of the Baltic Sea diet and Mediterranean diet scores. | |
| Baltic Sea diet score components | |
| *Components* | ***Scoring*** |
| Total Fruit and berries (g/d) | Q1=0, Q2=1, Q3=2, Q4=3 |
| Vegetables: root vegetables, legumes and nuts, mushrooms and vegetable products (potato excluded) (g/d) | Q1=0, Q2=1, Q3=2, Q4=3 |
| Fiber from total cereal products (g/d) | Q1=0, Q2=1, Q3=2, Q4=3 |
| Fish (g/d) | Q1=0, Q2=1, Q3=2, Q4=3 |
| Milk, low fat <2% | Q1=0, Q2=1, Q3=2, Q4=3 |
| Processed meat products, sausage (g/d) | Q1=3, Q2=2, Q3=1, Q4=0 |
| Ratio of PUFA: SFA | Q1=0, Q2=1, Q3=2, Q4=3 |
| Total fat intake energy % | Q1=3, Q2=2, Q3=1, Q4=0 |
| Alcohol (g/d) \* | ≤ 12 g/d=1 and otherwise=0 |
| Q: quartile, PUFA: polyunsaturated fatty acid, MUFA: monounsaturated fatty acids, SFA: saturated fatty acids.  \* One portion of alcohol was calculated as 12 g. | |