Supplementary Table: Description of food groups contributing to the aMED and LMD scores and their corresponding food items (as listed on the FFQ).

|  |  |
| --- | --- |
| **Food components** | **Food items listed on the FFQ** |
| Whole grains/Burghul | Whole wheat bread, bran or whole grain breakfast cereals, burghul |
| Olive Oil | Olive oil, olives |
| MUFA | Monounsaturated Fatty Acids |
| SFA | Saturated Fatty Acids |
| Fruits | Fresh fruits and fresh fruit juices |
| Dried fruits | Dried Fruits |
| Vegetables | Salads, vegetables raw, eggplant, zucchini, cabbage (stuffed), canned vegetables, vegetable soups, stews (Jews mallow, okra, peas, spinach), peas, margoga. |
| Starchy vegetables | Potatoes |
| Legumes | Beans, chickpeas, fava beans, lentils, seeds |
| Nuts | Nuts |
| Fish and sea food | Fish, canned fish (tuna, sardine) |
| Eggs | Eggs |
| Milk and dairy products | Milk, cheese, yoghurt, labneh |
| Red and processed meats | Beef, lamb, organ meats |