Supplementary Table 1: Beta values from linear regression analysis that evaluated the association between specific food groups consumption and socio-economic characteristics in the total sample (N=1,993)

|  | **Fruits** | **Non-refined cereals** | **Legumes** | **Potatoes** | **Red meat** | **Poultry** | **Full fat dairy** | **Alcohol** | **Sweets** | **Nuts** | **Vegetables** | **Fish** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Age (years) | -0.020 | -0.018 | -0.050 | -0.023 | 0.041 | -0.055 | 0.038 | -0.058 | 0.060 | -0.033 | -0.014 | -0.007 |
| Sex | -0.034 | 0.001 | -0.069 | **-0.109** | **-0.156** | **-0.071** | -0.085 | **-0.474** | 0.080 | -0.077 | **-0.096** | -0.017 |
| Years of education | -0.002 | 0.040 | -0.026 | -0.039 | -0.003 | -0.040 | -0.045 | **-0.131** | 0.038 | -0.017 | **0.136** | -0.050 |
| Motor dimension of job | 0.001 | 0.173 | 0.068 | -0.090 | -0.013 | 0.175 | 0.081 | -0.022 | 0.122 | 0.039 | 0.140 | 0.231 |
| Physical dimension of job | 0.021 | 0.109 | 0.069 | -0.058 | -0.034 | 0.173 | 0.052 | -0.024 | 0.095 | 0.021 | 0.187 | 0.268 |
| Management dimension of job | 0.012 | 0.089 | 0.039 | 0.009 | 0.014 | 0.119 | 0.003 | -0.039 | 0.153 | 0.076 | 0.128 | **0.265** |
| Interpersonal dimension of job | -0.045 | 0.110 | 0.031 | -0.087 | -0.043 | 0.122 | 0.039 | -0.020 | 0.033 | -0.026 | 0.108 | 0.195 |
| Substantive complexity dimension of job | -0.041 | -0.017 | -0.016 | 0.012 | -0.027 | 0.047 | -0.010 | 0.008 | 0.017 | -0.004 | 0.004 | -0.015 |
| Social contacts | 0.011 | **0.083** | 0.029 | 0.011 | -0.058 | -0.073 | -0.004 | 0.014 | -0.012 | 0.023 | 0.034 | 0.014 |
| Living alone | 0.038 | -0.065 | 0.008 | 0.017 | 0.066 | 0.013 | 0.052 | -0.009 | -0.025 | 0.014 | 0.049 | 0.002 |
| Intellectual activities | 0.061 | 0.060 | 0.082 | -0.005 | 0.012 | 0.051 | -0.003 | 0.015 | 0.044 | 0.075 | 0.041 | 0.058 |
| Social activities | 0.053 | -0.021 | -0.041 | **0.089** | **0.150** | **0.092** | **0.093** | 0.055 | 0.053 | 0.030 | 0.096 | **0.134** |
| Recreational activities | 0.028 | -0.020 | -0.026 | 0.067 | 0.040 | 0.029 | -0.009 | 0.025 | 0.023 | 0.047 | **0.165** | 0.045 |
| Physical activities | 0.034 | -0.035 | 0.048 | -0.015 | -0.046 | 0.012 | **-0.125** | -0.006 | -0.059 | 0.018 | 0.044 | 0.029 |

Bold numbers indicate statistical significance (p<0.004)