

SUPPLEMENTAL MATERIAL

Supplemental Table. Dietary Components (adjusted to 2500 kcal) Used for the Mediterranean Diet Score Calculation or Otherwise Used in the Analysis*.

Dietary Component	Foods Included	Criteria for 1 Point	Median	
			MZ	DZ
Dietary components for the score calculation				
<i>Desirable components</i>				
Vegetables (g/day)	All vegetables except potatoes	≥ median intake (g/d)	135.1	129.8
Legumes (g/day)	Peas and beans	≥ median intake (g/d)	34.6	32.5
Fruits and nuts (g/day)	All fruits and juices, all nuts and peanut butter	≥ median intake (g/d)	298.3	247.8
Cereals (g/day)	All cereal foods included as follows: Cold cereals, white bread, dark bread, rice, pasta, as well as cereals in hotdog, pie, cake, cookie, and hamburger. Sugar and potatoes were excluded.	≥ median intake (g/d)	134.6	121.5
Fish (g/day)	Fish	≥ median intake	18.6	20.2
Ratio of monounsaturated to saturated fatty acids	The whole diet	≥ median intake	1.098	1.102
Ethanol (g/day)	Wine, beer and liquor	median~33 g/d	1.91	1.91
<i>Undesirable components</i>				
Dairy products (g/day)	All dairy products	< median intake (g/d)	318.4	281.5
Meats (g/day)	All meats excluding eggs and fish	< median intake (g/d)	229.1	230.6
Food groups forced into models				
Eggs (g/day)	eggs	N/A	20.4	28.8
Potatoes (g/day)	potatoes	N/A	147.2	153.5
Total energy intake (kcal/day) †	N/A	N/A	1442.0	1393.6

Abbreviation: MZ, monozygotic twins; DZ, dizygotic twins.

* Medians for dietary components were calculated by zygosity in order to conduct analyses stratified by zygosity in our all-male sample, as MZ twins share 100% genes while DZ twins share on average 50% genes.

† Unadjusted total energy intake, to convert values for total energy intake to kJ, multiplied by 4.184.