

Supplementary Table S1 Unadjusted associations of the Mediterranean and Western patterns with semen quality parameters in the Murcia Young Men's Study (n = 209) according to quartiles (Q1–4) of consumption of the two dietary patterns.

Unadjusted means (95% CI)	Mediterranean pattern					Western pattern				
	Q1 (n = 53)	Q2 (n = 51)	Q3 (n = 53)	Q4 (n = 52)	P, trend	Q1 (n = 52)	Q2 (n = 53)	Q3 (n = 52)	Q4 (n = 52)	P, trend
Semen volume (ml)	2.55 (2.16, 3.01)	2.51 (2.12, 2.98)	3.23 (2.74, 3.82)*	2.94 (2.48, 3.49)	0.12	2.97 (2.51, 3.53)	2.48 (2.10, 2.93)	3.00 (2.53, 3.56)	2.77 (2.34, 3.29)	0.93
Sperm concentration (mill/ml)	39.4 (30.2, 51.3)	38.5 (29.4, 50.4)	33.7 (25.8, 43.8)	38.4 (29.4, 50.2)	0.84	43.6 (33.5, 56.8)	40.4 (31.1, 52.5)	36.5 (27.9, 47.5)	30.4 (23.4, 39.7)	0.06
Total sperm count (millions)	100 (78.4, 128)	106 (82.9, 138)	109 (85.0, 139)	127 (98.9, 164)	0.17	128 (100, 166)	100 (78.3, 128)	121 (94.2, 155)	95.1 (74.1, 122)	0.17
Morphologically normal sperm (%)	9.21 (7.74, 10.9)	9.11 (7.64, 10.9)	8.17 (6.88, 9.69)	8.25 (6.93, 9.82)	0.31	7.85 (6.60, 9.35)	8.82 (7.43, 10.5)	8.87 (7.46, 10.5)	9.17 (7.68, 10.9)	0.26
Total motile sperm (progressive + non-progressive; WHO Grades A–C) (%)	56.8 (53.9, 59.6)	57.9 (55.0, 60.9)	56.8 (54.0, 59.7)	55.7 (52.9, 58.6)	0.47	57.6 (54.0, 60.5)	57.9 (55.1, 60.7)	55.6 (52.8, 58.5)	56.2 (53.3, 59.0)	0.36

*LSD *post hoc* analyses $P < 0.05$, (Q1 = reference category).