Supplementary Table S1. Weekly menu plan based on advice of Mediterranean Diet Pyramid for Italian People

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast: -40 g whole wheat flakes -200 g "coscia" pear -30 g walnuts -50 ml semi-skimmed milk	**Breakfast**: -80 g wholemeal sourdough bread -140 g "Italia" grapes -30 g almonds -100 ml semi-skimmed milk 46.25	**Breakfast:** -40 g oat flakes -200 g "percoco" peaches -30 g pistachios -50 g yogurt	**Breakfast:** -80 g wholemeal sourdough bread -200 g "rusticana" prunes -30 g pumpkin seeds - 100 g yogurt 42	**Breakfast:** -40 g oatmeal -260 g "nettarine" peaches -30 g almonds -50 ml semi-skimmed milk	**Breakfast:** -80 g wholemeal sourdough bread -140 g figs -30 g of hazelnuts - 100 ml semi-skimmed milk	**Breakfast:** -40 g whole wheat flakes -200 g "cantalupo" melon -100 g yogurt 42
Snack: -100 g fennels -100 g celery	**Snack:** -200 g carrots	**Snack:** -200 g carousels	**Snack:** 100 g fennels 100 radishes	**Snack:** -200 g of cucumbers	**Snack:** -100 g radishes -100 g raw chicory	**Snack:** -30 g pistachios
Lunch: -60 g wholemeal pasta -100 g turnip greens -100 g fresh borlotti beans -100 g "pachino" tomatoes -60 g white bread -20 g extra virgin olive oil -200 g "gala" apple	**Lunch**: -60 g wholemeal pasta -100 g green beans -50 g lentils -100 g mackerel -100 g zucchini -20 g extra virgin olive oil -200 g "agostana" prunes	**Lunch:** -60 g brown rice -50 g chickpeas -100 g green beans -100 g aubergines -30 g sheep cheese -20 g extra virgin olive oil -260 g apricots	**Lunch:** -60 g brown rice -200 g red beetroot - 50 g dried pulses soup -20 g extra virgin olive oil -60 g white bread -200 g "retato" melon	**Lunch:** -60 g barley -50 g lentils -100 g lettuce -100 g rocket salad -20 g extra virgin olive oil -30 g goat cheese -260 g apricots	**Lunch:** -60 g spelled -50 g cannellini beans -100 g lettuce -100 g rocket salad -20 g extra virgin olive oil -200 g "gala" apple	**Lunch:** -60 g white pasta -100 g "ciliegino" tomatoes -100 g aubergines -20 g extra virgin olive oil -200 g beef -80 g wholemeal sourdough bread -100 g lettuce -200 g "agostana" prunes -50 g apple pie
Dinner: -80 g wholemeal	**Dinner**: -80 g wholemeal	**Dinner:** -80 g wholemeal	**Dinner:** -80 g wholemeal	**Dinner:** -80 g wholemeal	**Dinner:** -80 g wholemeal	**Dinner:** -80 g wholemeal

sourdough bread -100 g lettuce -100 g chicory -30 g parmigiano -10 g extra virgin olive oil -100 g sardines -200 g "cantalupo" melon	sourdough bread -100 g potatoes -200 g spinach -10 g extra virgin olive oil -1 egg -260 g "nettarine" peaches	sourdough bread -100 g peppers -100 g courgettes -10 g extra virgin olive oil -100 g chicken -100 g potatoes -140 g figs	sourdough bread -100 g "fiaschetto" tomatoes -100 g red onion -10 g extra virgin olive oil - 100 g anchovies -140 g "Italia" grapes	sourdough bread -100 g courgettes -100 g chicken -100 g watercress -10 g extra virgin olive oil -100 g potatoes -140 g prickly pear	sourdough bread -10 g extra virgin olive oil -1 egg -100 g leeks -100 g spinach -200 g "coscia" pears	sourdough bread - 50 g dried fava beans -50 g Parma ham -100 g "insalataro" tomatoes -100 g carousels -100 g radishes -10 g extra virgin olive oil -140 g figs
-1 glass of red wine (140 g)	-1 glass of red wine (140 g)	-1 glass of red wine (140 g)	-1 glass of red wine (140 g)	-1 glass of red wine (140 g)	-1 glass of red wine (140 g)	-1 glass of red wine (140 g)