

Supplementary Table S1. Modified Mediterranean Score.

Dietary Domain	Question(s)	Score Criteria	Score
Fast food	How many times per week do you eat fast-food or take-out food?	Never	4
		1 or less	3
		2-4	2
		5-7	1
		8+	0
Fruits	How many servings of fruit do you consume per day?	5+	4
		3-4	3
		2-3	2
		1 or less	1
		0	0
Vegetables	How many servings of vegetables (not including potatoes) do you consume per day?	5+	4
		3-4	3
		2-3	2
		1 or less	1
		0	0
Legumes	How many servings of legumes (e.g. beans, chickpeas, lentils) do you consume per week?	7+	4
		5-6	3
		3-4	2
		2-3	1
		1 or less	0
Nuts	How many servings of nuts (e.g. walnuts, almonds, hazelnuts, pistachio, peanuts) do you consume per week?	7+	4
		5-6	3
		3-4	2
		2-3	1
		1 or less	0
Sweet desserts	How many times per week do you eat sweet desserts (cake, cookies, pie, ice cream, etc.)?	1 or less	4
		2-3	3
		3-4	2
		5-6	1
		7+	0
Oil or fat at home	Which oil or fat do you use most often for cooking and serving food at home?	EVOO	5
		Olive oil	4
		Benechol or Smart Balance	3
		Corn or vegetable oil	2
		Margarine	1
		Butter, Lard or other animal fat, or None	0
Oil or fat at the firehouse	Which oil or fat do you use most often for cooking and serving food at the firehouse?	EVOO	5
		Olive oil	4
		Benechol or Smart Balance	3
		Corn or vegetable oil	2
		Margarine	1
		Butter, Lard or other animal fat, or None	0
Fried foods	How many times per week do you eat fried foods (french fries, fried chicken, chicken nuggets, etc.)?	Never	4
		1 or less	3
		2-3	2
		3-4	1
		5+	0
Breads or starches at home	Which bread or starch do you most frequently eat at home?	Whole wheat/multi-grain/pasta or brown rice	4
		I do not eat bread or starch / Durum wheat bread or dry pasta	3
		French/Italian/Multigrain or other crusty bread	2
		White bread/ macaroni/pasta/rice or potatoes, filled pasta	0

Breads or starches at the firehouse	Which bread or starch do you most frequently eat at the firehouse?	Whole wheat/multi-grain/pasta or brown rice	4
		I do not eat bread or starch / Durum wheat bread or dry pasta	3
		French/Italian/Multigrain or other crusty bread	2
		White bread/macaroni/pasta/rice or potatoes, filled pasta	0
Ocean fish	How many times per week do you eat baked, broiled, grilled, or blackened (not fried) ocean fish (salmon, tuna, cod, haddock, etc.)?	5+	4
		3-4	3
		2-3	2
		1 or less	1
		0	0
Alcoholic beverages	How many alcoholic beverages (beer, wine, hard liquor, etc.) do you drink over a typical week?	5-20	4
		1-4	2
		21+	1
Beverages	When you drink alcoholic beverages, what type do you drink?	Red or White wine	2
		Beer / Hard liquors / Don't drink	0
Non-alcoholic beverages at home	Which of the following non-alcoholic beverages do you most frequently drink at home?	Water	4
		Juice / Tea / Coffee	2
		Milk / Fruit drink or punch / Diet cola/soda	1
		Cola/soda/Other	0
Non-alcoholic beverages at firehouse	Which of the following non-alcoholic beverages do you most frequently drink at the firehouse?	Water	4
		Juice / Tea / Coffee	2
		Milk / Fruit drink or punch / Diet cola/soda	1
		Cola/soda/Other	0

Supplementary Table S2. Correlation between the scores.

	mMDS	mMDS Derived from FFQ	PREDIMED
Baseline			
mMDS	1.0	0.74	0.72
mMDS Derived from FFQ	0.74	1.0	0.57
PREDIMED	0.72	0.57	1.0
12 months			
mMDS	1.0	0.42	0.69
mMDS Derived from FFQ	0.42	1.0	0.48
PREDIMED	0.69	0.48	1.0
18 months			
mMDS	1.0	0.59	0.58
mMDS Derived from FFQ	0.59	1.0	0.37
PREDIMED	0.58	0.37	1.0

mMDS: modified Mediterranean Diet; FFQ: Food Frequency Questionnaire