

Supplementary table S1.

<b>Food groups</b>	<b>Food Items</b>
<i>Fresh fruits</i>	All kind of fresh fruits
<i>Vegetables</i>	All kind of vegetables (excluding potatoes)
<i>Milk and Dairy</i>	Milk, Yogurt, Mozzarella
<i>Whole grain cereals</i>	Whole grain pasta, whole grain rice, spelt, barley, whole grain bread
<i>Refined cereals-potatoes</i>	Refined grain Pasta, Refined grain Rice, Bread
<i>High carb breakfast-snacks</i>	Confectionary sweet products, croissants, refined grain biscuits, refined grain breakfast cereals, cakes, French fries, fried rice balls
<i>Whole grain breakfast</i>	Whole grain breakfast cereals, whole-grain biscuits
<i>Vegetable oils</i>	Olive oil, Corn Oil, Seed Oil
<i>Animal fat and margarine</i>	Butter, lard, margarine
<i>Cheese</i>	Soft cheese and seasoned cheese (goat and cow milk)
<i>Egg</i>	Egg
<i>Legumes</i>	Different kind of beans, peas, lentil
<i>White meat</i>	Chicken, turkey
<i>Red and processed meat</i>	Beef, lamb, pork, sausage, ham, salami, and any processed meat
<i>Fish</i>	Fresh or Frozen fish (or mussel)
<i>Sweetened beverage</i>	Soft drinks, confectionary juices
<i>Nuts</i>	walnuts, chestnuts, peanuts, hazelnuts, pistachio, almonds, seeds
<i>Alcohol</i>	Wine, beer, spirits