



Supplementary Table I

Detailed items of the Mediterranean Lifestyle (MEDLIFE) questionnaire

Items	Criteria for 1 point*
<i>Block 1: Mediterranean food consumption</i>	
How many serving of pastries do you consume per week? (candy (1s=1 unit or 50 g), chocolates (1 s=30gr), biscuits (1 s=4-6 units), turrón (1s=40 g))	≤2 s/week
How many servings of red meat do you consume per week? (Beef, pork, lamb (1 s=100-150g))	<2 s/week
How many serving of processed meat do you consume per week? (Ham (1 s=1 slice or 30 g), sausage, soft spicy sausage, bacon (1 s=50 g), hamburger (1 s=1 unit), liver (1 s=100-150g), pathe (1s=25g))	≤1 s/week
How many eggs do you consume per week? (Eggs (1 egg))	2-4 s/week
How many serving of legumes do you consume per week? (Lentils, beans, peas, chickpeas (1 s=1 plate or 150 g))	≥2/ week
How many servings of white meat do you consume per week? (Poultry, rabbit (1 s=100-150 g))	2 s/ week
How many serving of fish or seafood portions do you consume per week? (White/oily fish (1 s=100-150 g), canned fish (1 s=1 can or 50 g), seafood (1 s=200g))	≥2/ week
How many potatoes do you consume per week? (Roast/boiled potatoes, French fries (1 s=150-200 g))	≤3 s/week
How many low fat dairy products do you consume per day? (Skimmed dairy milk (1s=200 ml milk, two yoghurts, 1 portion soft cheese))	2 s/day
How many nuts and olives do you consume per day? (Walnuts, almonds, hazelnuts (1s=1 handful or 30 g), olives (1 s=10 units))	1-2 s/day
How many times do you use herbs, spices and garnish for cooking per day? (Onion, garlic, herbs (parsley, oregano))	≥1 s/day
How many pieces of fruit do you consume per day? (All fruit and fresh fruit-based juices (1 s=150-200g))	3-6 s/day
How many serving of vegetables you consume per day? (All vegetables except potatoes (1 s=150-200 g))	≥2 s/day
How many olive oil tablespoons do you consume per day (cooking or dress salad)? (Olive oil, virgin olive oil (1s=1Tablespoon))	≥3 s/day
How many serving of cereals you consume per day? (White and whole-grain bread (1s=40 g), cereals (1s=1 plate rice, pasta or 40g breakfast cereals) and derivatives)	3-6 s /day
<i>Block 2: Mediterranean dietary habits</i>	
Do you drink more than 6 glasses of water or at least one cup of tea per day? (Water or tea (1 s=1 glass))	Yes
Do you drink wine during the meals every day? (White/red wine (1 s=1 glass of wine))	1-2 s/ day
Do you limit salt in meals?	Yes
Do you usually choose whole grain products? (bread, pasta, rice, breakfast cereals)	Yes
Do you consume snacks 2 or less time per week? (potatoes chips, tortilla chips, popcorn (1 s=1 bag or 50 g))	Yes
Do you usually limit nibbling between meals?	Yes
Do you limit sugar in beverages? (including sugar-sweetened beverages)	Yes
Do you prefer and consume seasonal and traditional local products, fresh and minimally processed food?	Yes
Do you prefer and consume with moderation trying to choose small portion sizes?	Yes
<i>Block 3: Physical Activity, Rest, Social habits and conviviality</i>	
Do you engage in physical activity (>150min/week or 30 min/day)? (jogging, walk at a fast pace, dance, aerobics, gardening)	Yes
Do you sleep siesta/nap?	Yes
How many hours do you sleep a day? (During weekdays)	6-8 hour/day
How many hours do you spend watching TV per day? (During weekdays)	≤1hour/day
How many hours do you spend going out with friends during the free time (e.g. weekends)?	≥2hour/weekend
How many hours do you practice team sports per week?	≥2hour/week
How many time do you spend having lunch during weekdays?	≥20min
Do you usually eat in company (with family, friends, and colleagues)?	Yes

*0 points if these criteria are no met. s=serving

