

## Supplementary Material



**Supplementary Figure S1.** Complete density plot for aHEI and aMED scores. aMED, alternate Mediterranean Diet score; aHEI, alternate Healthy Eating Index; T1D, type 1 diabetes; T2D, type 2 diabetes

**Supplementary Table S1.** Interaction between diabetes and aHEI

Lipids	Class	Beta	q-value	Ionization	Confirmed
LPC(18:2e)+H	LPC	-0.398	0.00541	Positive	Yes
LPC(18:1e)+H	LPC	-0.429	0.00216	Positive	Yes
PC(40:3e)+H	PC	-0.539	0.00348	Positive	No
PC(32:1)+H	PC	0.420	0.03365	Positive	No

Lipid annotation; class of the lipid; q-value, list of corrected p-values for each analysis where the lipid is significant; Beta, list of linear regressors for each significant analysis; Ionization, acquisition mode; Confirmed, annotation through LipidSearch.

LPC, lysophosphatidylcholines; PC, phosphatidylcholine