

Table S1. Characteristics of DQS (Dietary Quality Score).

| Food | Frequency | Score |
|-----------------|---------------------------------------|----------|
| Vegetables | >5 servings/week | 2 points |
| | 2-5 servings/week | 1 point |
| | <2 servings/week | 0 point |
| Fruit | >3 pieces/day | 2 points |
| | >3 pieces/week and <2 pieces/day | 1 point |
| | <3 pieces/week | 0 point |
| Fish | >200 g/week | 2 points |
| | <200 g/week | 1 point |
| | No intake | 0 point |
| Fat | None | 2 points |
| Fat, spread | Vegetable margarine | 1 point |
| | Butter, blended spread, lard | 0 point |
| Fat, cooking | None/olive oil | 2 points |
| | Vegetable margarine, oil | 1 point |
| | Margarine/butter/blended spread/ lard | 0 point |
| Fat, summarized | 6 points, summarized | 2 points |
| | 3-5 points, summarized | 1 point |
| | 2 points, summarized | 0 point |

Table S2. DQS categories

| Category | Score |
|--------------------------|------------|
| Unhealthy dietary habits | 0-3 points |
| Average dietary habits | 4-6 points |
| Healthy dietary habits | 7-8 points |