

Clinical Application of the Food Compass Score: Positive Association to Mediterranean Diet Score, Health Star Rating System and an Early Eating Pattern in University Students

Paraskevi Detopoulou ^{1,2}, Dimitra Syka ¹, Konstantina Koumi ², Vasileios Dedes ¹, Konstantinos Tzirogiannis ³ and Georgios I. Panoutsopoulos ^{1,*}

- ¹ Department of Nutritional Science and Dietetics, Faculty of Health Sciences, University of Peloponnese, New Building, Antikalamos, 24100 Kalamata, Greece; viviandeto@gmail.com (P.D.); beta1967@hotmail.com (D.S.); vdedes@hotmail.com (V.D.); gpanouts@uop.gr (G.I.P.)
- ² Department of Clinical Nutrition, General Hospital Korgialenio Benakio, Athanassaki 2, 11526 Athens, Greece; viviandeto@gmail.com (P.D.); linakoumi@hotmail.com (K.K.)
- ³ Internal Medicine Department, Mediterraneo Hospital, 16675 Athens, Greece; tzirocon@gmail.com
- * Correspondence: gpanouts@uop.gr

Supplementary Table S1: Component loadings derived using Principal Component Analysis for the identification of time- related meal patterns.

	<i>Early eaters</i>	<i>Medium eaters</i>	<i>Late eaters</i>
Breakfast	0.726	0.344	-0.341
Snack	0.811	-0.037	0.207
Meal	-0.007	0.817	-0.078
Afternoon snack	0.720	-0.063	0.346
Dinner	0.073	0.672	0.407
Bedtime snack	0.187	0.103	0.869
% Cumulative variance	33.7	53.07	70.0

Higher absolute values of the loadings indicate that the meal is correlated with the respective component. Numbers in bold indicate absolute loadings greater than 0.45.

Supplementary Table S2: Pearson partial correlation coefficients between ranked scores and ranked meal patterns adjusted for age, sex, BMI and underreporting.

<i>Ranked variables of</i>				
<i>scores/ meal patterns</i>		FCS	HSR	MedDietScore
Early eaters	rho	0.207	0.178	0.186
	p	<0.001	0.001	0.001
Medium eaters	rho	0.047	0.020	0.084
	p	0.396	0.723	0.130
Late eaters	rho	-0.104	-0.071	-0.125
	p	0.059	0.198	0.024

Significant correlations are shown in bold.

FCS: Food Compass Score; HSR: Health Star Rating; MedDietScore: Mediterranean Diet Score