

Supplementary Table 1 Mediterranean diet

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Low-fat milk 100 g and 2 rusks and nuts 25 g	Low-fat milk 100 g and 2 rusks and nuts 25 g	Low-fat milk 100 g and 2 rusks and nuts 25 g	Low-fat milk 100 g and 2 rusks and nuts 25 g	Low-fat milk 100 g and 2 rusks and nuts 25 g	Low-fat milk 100 g and 2 rusks and nuts 25 g	Low-fat milk 100 g and 2 rusks and nuts 25 g
Mid-morning snack	1 fruit 150 g	1 fruit 150 g	1 fruit 150 g	1 fruit 150 g	1 fruit 150 g	1 fruit 150 g	1 fruit 150 g
Lunch	Pasta 30g and dried pulse 50g and greens (cooked 250g or raw 100g)	Pasta 60g and fish 200g and greens as required	Pasta 60g and low-fat cheese 150g and greens as required	Pasta 60g and dried salted beef 50g and greens as required	Pasta 30g and dried pulse 50g and greens as required	Pasta 60 g and 2 eggs and greens as required	Pasta 60g and lean meat 80g and greens as required
Afternoon snack	1 fruit (150g)	1 fruit (150g)	1 fruit (150g)	1 fruit (150g)	1 fruit (150g)	1 fruit (150g)	1 fruit (150g)
Dinner	Bread 60g and lean meat 150g and greens as required	Bread 60g and ham 50g and greens as required	Pasta 30 and dried pulse 60g and greens as required	Bread 60 g and lean meat 150g and greens as required	Bread 60g and fish 200g and greens as required	Bread 60g and lean meat 100g and greens as required	Bread 60g and fish 150g and greens as required
CONDIMENTS to be distributed throughout the day.	extra virgin olive oil three and half tablespoon (35g)	extra virgin olive oil three and half tablespoon (35g)	extra virgin olive oil one tablespoon (10g)	extra virgin olive oil three and half tablespoon (35g)	extra virgin olive oil three and half tablespoon (35g)	extra virgin olive oil two and half tablespoon (25g)	extra virgin olive oil three and half tablespoon (35g)

REPLACEMENTS:

- 20g of rusks with: 20g of low-fat dried biscuits (no. 5), or 20g of cereals or oat flakes, or 30g of white toasted bread without salt
- 60g white bread without salt with: 40g of pasta (small size) or brown rice (integral), or 80g of wholemeal bread (RECOMMENDED) or 60g of unleavened bread
- 60g pasta with: 60 g of brown rice (integral), or 80g of wholemeal pasta or spelled or Kamut or 80g of white bread without salt, or 100g of wholemeal bread or 30g of white toasted bread without salt and 30g of small size pasta, or 60g of dried pulse (chickpeas, beans, peas, lentils, broad beans) cooked to become 150g + 30g of pasta or spelled or barley (4 soup spoons) or baked bread croutons, or 250g of potatoes (not more than once a week)
- 100-150 g lean meat with: chicken breast, or turkey (fesa) or guinea fowl or rabbit or veal. Consume red meat only a few times a month in moderate quantities
- 150g low-fat cheese with: 150g of mozzarella or feta or other fresh cheese (cow, goat, sheep) or yocca flakes, or 2 medium eggs (not more than twice a week)
- 150-200g fish with: sole, scorpion fish, bass, cod or hake, sea bream, grouper, dogfish, turbot, red snapper, anchovies. Or 100g fresh salmon or mackerel or carp or mullet or 80g of tuna or mackerel in the natural or well drained
- 50g sweet ham without visible fat with: 50g of dried salted beef or roasted turkey
- 200g greens (cooked or raw) with: fresh seasonal vegetables or salad
- 100-150g fruit with: fresh seasonal fruit. Limit to 100g: bananas, grapes (black / white), prunes, persimmons, melons, kiwis.

REPLACEMENTS:

- 40g of rusks with: 40g of low-fat dried biscuits (no. 5), or 40g of cereals or oat flakes, or 50g of white toasted bread without salt.
- 90g white bread without salt with: 70g of pasta (small size) or brown rice (integral), or 110g of wholemeal bread (RECOMMENDED) or 90g of unleavened bread.
- 80g pasta with: 80 g of brown rice (integral), or 90g of wholemeal pasta or spelled or Kamut or 100g of white bread without salt, or 120g of wholemeal bread or 40g of white toasted bread without salt and 40g of small size pasta, or 60g of dried pulse (chickpeas, beans, peas, lentils, broad beans) cooked to become 150g + 40g of pasta or spelled or barley (4 soup spoons) or baked bread croutons, or 300g of potatoes (not more than once a week)
- 80-100 g lean meat with: chicken breast, or turkey (fesa) or guinea fowl or rabbit or veal. Consume red meat only a few times a month in moderate quantities
- 100g low-fat cheese with: 100g of mozzarella or feta or other fresh cheese (cow, goat, sheep) or yocca flakes, or 1 medium eggs (not more than twice a week)
- 100g fish with: sole, scorpion fish, bass, cod or hake, sea bream, grouper, dogfish, turbot, red snapper, anchovies. Or 80g fresh salmon or mackerel or carp or mullet or 80g of tuna or mackerel in the natural or well drained
- 40g sweet ham without visible fat with: 40g of dried salted beef or roasted turkey
- 200g greens (cooked or raw) with: fresh seasonal vegetables or salad
- 100-150g fruit with: fresh seasonal fruit. Limit to 100g: bananas, grapes (black / white), prunes, persimmons, melons, kiwis.

Supplementary Table 3 Results of the food frequency questionnaires at baseline

Results of the food frequency questionnaires at baseline				
Foods and amounts	Every day	2-4 per week	Once a week	Never or less than once a week
Meat	13%	87%	-	-
Fish	-	53%	47%	-
Eggs	-	35%	39%	26%
Cheese	-	85%	15%	-
Cold cuts	-	68%	32%	-
Whole grains	-	-	-	100%
Pulse	-	29%	71%	-
Vegetables	45%	55%	-	-
Fresh fruit	80%	20%	-	-
Nuts	-	-	9%	91%
Sweets and snacks	85%	15%	-	-
Soft drink	23%	25%	11%	41%