

Daily consumption of food groups across different Mediterranean diet adherence classes

Food group	All (n=253)	Low adherence (n=66)	Medium adherence (n=119)	High adherence (n=68)	p-value	p-trend
Fruits (g/1000Kcal)	117.5±73.1	70.5±51.0	128.1±76.0	144.5±65.6 ^{b,c}	<0.001	<0.001
Vegetables (g/1000Kcal)	114.3±59.4	73.2±32.4	116.6±54.4	150.0±63.7 ^b	<0.001	<0.001
Legumes (g/1000Kcal)	17.8±10.3	13.1±7.5	18.0±10.0	21.7±11.3 ^b	<0.001	<0.001
Cereals (g/1000Kcal)	87.5±36.6	89.1±34.1	86.2±40.9	98.2±30.9	0.60	0.89
Fish (g/1000Kcal)	30.7±19.6	21.3±14.6	31.8±19.5	37.9±20.6 ^b	<0.001	<0.001
Olive oil (g/1000Kcal)	11.6±5.5	7.6±3.5	11.9±5.4	15.0±4.8 ^b	<0.001	<0.001
Meat (g/1000Kcal)	67.6±32.7	76.8±30.5	69.8±31.3	54.6±33.6 ^b	<0.001	<0.001
Dairy products (g/1000Kcal)	112.6±96.6	136.9±116.3	111.1±88.6	91.5±84.0 ^b	0.01	0.006
Alcohol (g/day)	6.1±8.6	3.3±5.3	6.2±9.2	8.5±9.3 ^b	0.001	<0.001

Data are expressed as mean ± SD. Bonferroni Post-hoc analysis, ^ap<0.05 Medium adherence vs Low adherence, ^bp<0.05 high adherence vs Low adherence, ^cp<0.05 Medium adherence vs High adherence.

Macro- and micro-nutrient intakes in the study sample categorized by rMED score

	Low adherence	Medium adherence	High adherence	p-value	p-trend
Total energy	2066.4±599.3	1902.3±522.7	2055.4±673.5	0.102	0.91
Macronutrients					
Energy from total protein(%)	17.2±2.3	17.2±2.5	16.2±2.0 ^b	0.010	0.016
Energy from animal protein(%)	12.1±2.6	11.8±2.8	10.3±2.3 ^b	<0.001	<0.001
Energy from plant protein (%)	5.1±1.0	5.4±0.9	5.9±0.9 ^b	<0.001	<0.001
Energy from total fat %	36.6±5.5	37.5±5.8	37.9±5.4	0.35	0.15
Energy from animal fat%	20.7±4.8	18.2±3.9	15.3±3.1 ^b	<0.001	<0.001
Energy from plant fat%	15.9±4.2	19.3±5.6	22.7±5.2 ^b	<0.001	<0.001
Saturated fat %	12.0±2.2	11.2±1.9	10.3±1.5 ^b	<0.001	<0.001
PUFA%	5.6±1.3	5.5±1.3	5.6±1.6	0.69	0.92
MUFA%	15.8±2.7	17.5±3.5	18.6±3.1 ^b	<0.001	<0.001
cholesterol %	145.6±30.1	135.9±33.6	122.9±27.1	<0.001	<0.001
Energy from carbohydrate%	48.1±7.2	45.9±7.5	45.7±6.9	0.10	0.059
Starch %	31.2±7.8	28.7±7.1	29.1±6.9	0.071	0.087
Sugar %	16.8±5.8	17.2±4.9	16.6±4.7	0.712	0.77
Fiber (g/1000Kcal)	8.7±1.5	10.8±1.9	12.3±2.0 ^b	<0.001	<0.001
Total protein (g/1000Kcal)	42.9±5.6	43.1±6.3	40.5±5.1	0.010	0.016
Animal protein (g/1000Kcal)	30.3±6.6	29.5±7.0	25.7±5.7 ^b	<0.001	<0.001
Plant protien (g/1000Kcal)	12.6±2.5	13.5±2.3	14.8±2.2 ^b	<0.001	<0.001
Total fat (g/1000Kcal)	40.7±6.1	41.7±6.5	42.2±6.0	0.355	0.158

Animal fat (g/1000Kcal)	23.0±5.4	20.2±4.3	17.1±3.5 ^b	<0.001	<0.001
Plant fat (g/1000Kcal)	17.7±4.7	21.5±6.2	25.5±5.8 ^b	<0.001	<0.001
Saturated fat (g/1000Kcal)	13.3±2.5	12.5±2.2	11.5±1.7 ^b	<0.001	<0.001
MUFA (g/1000Kcal)	17.6±2.9	19.4±3.9	20.7±3.4 ^b	<0.001	<0.001
PUFA (g/1000Kcal)	6.3±1.5	6.1±1.5	6.3±1.5	0.698	0.926
Carbohydrates (g/1000Kcal)	120.1±18.1	114.9±18.8	114.3±17.2	0.104	0.059
Starch (g/1000Kcal)	78.0±19.6	71.7±17.6	72.6±17.3	0.071	0.087
Sugar (g/1000Kcal)	42.1±14.4	43.0±12.1	41.5±11.8	0.712	0.777
Micronutrients					
Iron (mg/1000Kcal)	5.2±0.7	5.7±0.8	6.1±0.7 ^b	<0.001	<0.001
Calcium (mg/1000Kcal)	393.9±153.1	396.5±120.8	358.3±86.2	0.10	0.09
Sodium (mg/1000Kcal)	1239.0±248.6	1137.1±231.1	1004.2±215.8 ^b	<0.001	<0.001
Potassium (mg/1000Kcal)	1386.5±217.7	1554.3±267.9	1607.1±197.7 ^b	<0.001	<0.001
Phosphours (mg/1000Kcal)	664.6±105.8	675.4±95.8	665.7±75.3	0.68	0.94
Zinc (mg/1000Kcal)	5.5±0.8	5.3±0.7	5.1±0.6 ^b	0.005	0.001
Thiamin (mg/1000Kcal)	0.4±0.1	0.4±0.1	0.4±0.1	0.376	0.886
Riboflavin (mg/1000Kcal)	0.6±0.2	0.6±0.2	0.6±0.2	0.217	0.167
Niacin (mg/1000Kcal)	11.5±2.4	11.9±3.5	11.5±2.0	0.547	0.988
Vitamin C (mg/1000Kcal)	42.9±16.5	59.4±17.9	68.3±20.0 ^b	<0.001	<0.001
Vitamin B6 (mg/1000Kcal)	0.8±0.2	0.9±0.2	0.9±0.1 ^b	0.018	0.080
Folic acid (µg/1000Kcal)	121.3±19.3	142.8±23.5	155.7±23.0 ^b	<0.001	<0.001
Retinol eq (µg/1000Kcal)	356.7±226.9	398.2±164.8	341.9±138.9	0.050	0.015
Retinol (µg/1000Kcal)	200.9±209.8	167.1±132.2	141.8±86.2	0.068	0.021
β -carotene (µg/1000Kcal)	932.9±370.1	1385.7±650.9	1739.8±706.8 ^b	<0.001	<0.001
Vitamin E (mg/1000Kcal)	5.6±1.3	6.9±1.8	7.9±1.6 ^b	<0.001	<0.001
Vitamin D (µg/1000Kcal)	1.6±0.5	1.9±1.0	1.9±0.8 ^b	0.026	0.028

Major food intakes in the study sample categorized by rMED score

Foods	Low adherence	Medium adherence	High adherence	p-value	p-trend
Potato (g/day)	15.6±12.3	12.8±9.4	9.6±7.2 ^b	0.002	<0.001
leafy vegetabels cooked (g/day)	4.9±3.7	9.9±9.5	11.6±8.9 ^b	<0.001	<0.001
Leafy vegetabels raw (g/day)	4.7±4.7	8.7±8.5	11.6±8.7 ^b	<0.001	<0.001
Other vegetabels (g/day)	16.3±16.6	24.3±17.2	33.5±29.7 ^b	<0.001	<0.001
Raw tomato (g/day)	13.8±10.4	23.6±29.3	30.8±18.0 ^b	<0.001	<0.001
Root vegetabels (g/day)	3.8±4.1	6.7±7.3	9.2±9.3 ^b	<0.001	<0.001
Cabbages (g/day)	4.9±4.2	6.3±5.2	9.0±6.0 ^b	<0.001	<0.001
Garlic and onion (g/day)	7.7±6.7	9.3±8.4	12.3±10.6 ^b	0.007	0.002
Stalk vegetabels and sprouts (g/day)	3.5±4.2	6.9±7.4	8.5±7.3 ^b	<0.001	<0.001
Legums (g/day)	13.2±7.5	18.0±10.0	21.7±11.3 ^b	<0.001	<0.001
Citrus fruits (g/day)	7.0±9.1	13.4±12.1	14.3±14.8 ^b	<0.001	<0.001
Other fruits (g/day)	56.2±39.8	98.1±58.7	115.6±56.6 ^b	<0.001	<0.001
Nuts and seeds(g/day)	2.5±4.1	4.3±5.9	6.1±6.3 ^b	0.001	<0.001
Milk (ml/day)	87.2±89.7	60.6±69.4	43.7±52.8 ^b	0.002	<0.001
Yogurt (g/day)	16.6±48.7	17.2±41.3	19.8±25.5	0.87	0.63
Cheese (g/day)	18.9±10.3	19.2±11.8	15.8±8.0	0.09	0.09
Pasta (g/day)	27.1±17.2	25.8±18.0	29.9±18.2	0.31	0.35
Rice (g/day)	5.2±7.6	4.2±4.8	5.4±5.2	0.31	0.82
Bread (g/day)	33.9±27.2	31.7±24.2	24.4±21.0	0.056	0.02
Bread whole meal (g/day)	13.4±18.3	9.5±14.1	16.7±18.9	0.01	0.24
Salty biscuits (g/day)	3.3±3.4	2.2±2.7	1.2±1.4 ^b	<0.001	<0.001
Beef (g/day)	17.6±10.7	16.5±9.8	11.8±8.1 ^b	<0.001	<0.001
Pork (g/day)	9.1±8.1	7.2±5.8	6.4±5.7 ^b	0.041	0.014

Processed meat (g/day)	23.0±15.7	17.1±8.9	12.0±6.8 ^b	<0.001	<0.001
Fish (g/day)	14.1±9.8	23.2±15.4	27.5±13.1 ^b	<0.001	<0.001
Egg (g/day)	9.3±5.9	8.7±6.8	9.0±4.6	0.82	0.77
Olive oil and extra version olive oil (g/day)	5.2±3.5	9.3±5.7	11.6±4.5 ^b	<0.001	<0.001
Cake, pies and pastries (g/day)	15.6±13.5	10.3±9.8	9.3±9.8 ^b	0.001	<0.001
Carbonated beverages (ml/day)	41.3±59.3	20.4±34.6	7.4±18.4 ^b	<0.001	<0.001
Coffee (ml/day)	56.6±39.7	54.3±47.9	43.3±32.2	0.13	0.07
Wine (ml/day)	9.0±16.4	18.2±35.8	27.8±40.9 ^b	0.006	0.001
Pizza (g/day)	19.3±10.6	17.3±10.5	12.9±8.9 ^b	<0.001	<0.001

Data are expressed as mean ± SD. Bonferroni Post-hoc analysis, ^ap<0.05 Medium adherence vs Low adherence, ^bp<0.05 high adherence vs Low adherence, ^cp<0.05 Medium adherence vs High adherence.