

# Supplementary: Fiber Patterns in Young Adults Living in Different Environments (USA, Spain, and Tunisia). Anthropometric and Lifestyle Characteristics

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**Table S1.** Sociodemographic and lifestyle characteristics of the sample by universities (UCLM).

| UCLM (SPAIN)                          |                                |                                |                                |                     |
|---------------------------------------|--------------------------------|--------------------------------|--------------------------------|---------------------|
|                                       | Total sample (n = 272)         | Men (n = 120)                  | Women (n = 152)                | p                   |
| <b>Population (%)</b>                 | 100                            | 44.12                          | 55.88                          | -                   |
| <b>Age (years)</b>                    |                                |                                |                                | <i>p</i> = 0.289 †  |
| Mean + SD (95% CI)                    | 20.3 ± 2.4 (20.0–20.5)         | 20.6 ± 2.7 (20.1–21.1)         | 20.0 ± 2.2 (19.7–20.4)         |                     |
| Median (IR)                           | 19 (2)                         | 19 (3)                         | 19 (2)                         |                     |
| <b>Weight (Kg)</b>                    |                                |                                |                                | <i>P</i> < 0.001†*  |
| Mean + SD (95% CI)                    | 65.7 ± 12.9 (64.2–67.3)        | 75.2 ± 11.9 (73.0–77.3)        | 58.3 ± 7.9 (57.0–59.6)         |                     |
| Median (IR)                           | 64 (18.0)                      | 73.3 (15.4)                    | 57.5 (11.9)                    |                     |
| <b>BMI (Kg/m<sup>2</sup>)</b>         |                                |                                |                                | <i>p</i> = 0.041†*  |
| Mean + SD (95% CI)                    | 22.4 ± 3.3 (22.0–22.8)         | 22.8 ± 3.4 (22.2–23.4)         | 22.1 ± 3.2 (21.5–22.6)         |                     |
| Median (IR)                           | 22.0 (4.1)                     | 22.7 (4.2)                     | 21.6 (3.8)                     |                     |
| <b>BMI-categories (%)</b>             |                                |                                |                                | <i>P</i> = 0.297 §§ |
| Underweight                           | 8.5                            | 10                             | 7.2                            |                     |
| Normal range                          | 73.2                           | 67.5                           | 77.7                           |                     |
| Overweight                            | 14.7                           | 17.5                           | 12.5                           |                     |
| Obese                                 | 3.7                            | 5.0                            | 2.6                            |                     |
| <b>BMI-2-categories (%)</b>           |                                |                                |                                | <i>p</i> = 0.119 §  |
| Underw. + normal rg.                  | 81.7                           | 77.5                           | 84.9                           |                     |
| Overweight + obese                    | 18.4                           | 22.5                           | 15.1                           |                     |
| <b>Total fiber intake (g)</b>         |                                |                                |                                | <i>p</i> = 0.047 †* |
| Mean + SD (95% CI)                    | 15.7 ± 6.6 (14.9–16.5)         | 16.4 ± 6.3 (15.3–17.5)         | 15.1 ± 6.9 (14.0–16.2)         |                     |
| Median (IR)                           | 14.4 (7.4)                     | 14.7 (8.4)                     | 13.9 (7.0)                     |                     |
| <b>Energy intake (Kcal/day)</b>       |                                |                                |                                | <i>p</i> < 0.001†*  |
| Mean + SD (95% CI)                    | 1980.5 ± 519.5 (1918.5–2042.6) | 2123.4 ± 548.8 (2024.2–2222.6) | 1867.7 ± 466.8 (1792.9–1942.5) |                     |
| Median (IR)                           | 1944.2 (643.5)                 | 2067.6 (729.3)                 | 1829.9 (652.0)                 |                     |
| <b>Weight-loss diet (%)</b>           | 5.1%                           | 6.7%                           | 3.9%                           | <i>p</i> = 0.715 §  |
| <b>Smoking habits (%)</b>             |                                |                                |                                | <i>p</i> = 0.420§   |
| Non-smoker                            | 84.6                           | 83.3                           | 85.5                           |                     |
| ≤5 cigarettes per day                 | 8.5                            | 7.5                            | 9.2                            |                     |
| >5 cigarettes per day                 | 7.0                            | 9.2                            | 5.3                            |                     |
| <b>Level of physical activity (%)</b> |                                |                                |                                | <i>p</i> = 0.001 §* |
| Sedentary                             | 22.1                           | 15                             | 27.6                           |                     |
| Low active                            | 47.4                           | 45.8                           | 48.7                           |                     |
| Active                                | 20.2                           | 21.7                           | 19.1                           |                     |
| Very active                           | 10.3                           | 17.5                           | 4.6                            |                     |

**Abbreviations:** UCLM: University of Castilla-La Mancha; SD: standard deviation; CI: Confidence interval; IR: Interquartile range; BMI: body mass index. † Mann-Whitney U test; ‡ Student's t test; §  $\chi^2$  test; §§ Likelihood ratio test; \* Significant differences.

**Table S2.** Sociodemographic and lifestyle characteristics of the sample by universities (UCA).

| <b>UCA (TUNISIA)</b>                  |                               |                              |                              |           |
|---------------------------------------|-------------------------------|------------------------------|------------------------------|-----------|
|                                       | <b>Total sample (n = 132)</b> | <b>Men (n = 46)</b>          | <b>Women (n = 86)</b>        | <b>p</b>  |
| <b>Population (%)</b>                 | 100                           | 34.84                        | 65.15                        |           |
| <b>Age (years)</b>                    |                               |                              |                              | p = 0.001 |
| <b>Mean + SD (95% CI)</b>             | 19.8±1.4 (29.6-20.1)          | 20.2±1.4 (19.8-20.6)         | 19.6±1.4 (19.3-19.9)         | †,*       |
| <b>Median (IR)</b>                    | 19.0 (1)                      | 20 (2)                       | 19 (1)                       |           |
| <b>Weight (Kg)</b>                    |                               |                              |                              | p<0.001   |
| <b>Mean + SD (95% CI)</b>             | 64.3±11.3 (62.4-66.3)         | 72.4±11.1 (69.1-75.7)        | 60.0±8.8 (58.1-61.9)         | †*        |
| <b>Median (IR)</b>                    | 63.0 (14.0)                   | 70.5 (14.3)                  | 59.0 (13.0)                  |           |
| <b>BMI (Kg/m<sup>2</sup>)</b>         |                               |                              |                              | p=0.001   |
| <b>Mean + SD (95% CI)</b>             | 21.4±2.8 (20.9-21.8)          | 22.3±2.8 (21.5-23.2)         | 20.8±2.7 (20.2-21.4)         | †*        |
| <b>Median (IR)</b>                    | 21.1 (3.6)                    | 22.2 (3.7)                   | 20.6 (4.0)                   |           |
| <b>BMI-categories (%)</b>             |                               |                              |                              |           |
| <b>Underweight</b>                    | 15.9                          | 6.5                          | 20.9                         | p=0.059   |
| <b>Normal range</b>                   | 75.0                          | 78.3                         | 73.2                         | §§        |
| <b>Overweight</b>                     | 7.6                           | 13.0                         | 4.7                          |           |
| <b>Obese</b>                          | 1.5                           | 2.2                          | 1.2                          |           |
| <b>BMI-2-categories (%)</b>           |                               |                              |                              |           |
| <b>Underw. + normal rg.</b>           | 90.9                          | 84.8                         | 94.1                         | p=0.073 § |
| <b>Overweight + obese</b>             | 9.1                           | 15.2                         | 5.9                          |           |
| <b>Total fiber intake (g)</b>         |                               |                              |                              |           |
| <b>Mean + SD (95% CI)</b>             | 15.0±4.8 (14.1-15.8)          | 14.6±5.6 (13.0-16.3)         | 15.1±4.3 (14.2-16.1)         | p=0.352 † |
| <b>Median (IR)</b>                    | 14.5 (5.4)                    | 14.0 (5.7)                   | 14.8 (5.4)                   |           |
| <b>Energy intake (Kcal/day)</b>       |                               |                              |                              |           |
| <b>Mean + SD (95% CI)</b>             | 1843.4±563.1 (1746.4-1940.3)  | 1841.2±670.5 (1642.1-2040.4) | 1844.5±500.6 (1737.2-1951.9) | p=0.567 † |
| <b>Median (IR)</b>                    | 1769.5 (667.0)                | 1672.5 (786.0)               | 1801.0 (646.3)               |           |
| <b>Weight-loss diet (%)</b>           | 12.1                          | 13.0                         | 11.6                         | p=0.812 § |
| <b>Smoking habits (%)</b>             |                               |                              |                              |           |
| <b>Non-smoker</b>                     | 77.3                          | 69.6                         | 81.4                         |           |
| <b>≤5 cigarettes per day</b>          | 8.3                           | 13.0                         | 5.8                          | p=0.239 § |
| <b>&gt;5 cigarettes per day</b>       | 14.4                          | 17.4                         | 12.8                         |           |
| <b>Level of physical activity (%)</b> |                               |                              |                              |           |
| <b>Sedentary</b>                      | 1.5                           | 0                            | 2.3                          |           |
| <b>Low active</b>                     | 26.5                          | 17.4                         | 31.4                         | p=0.124   |
| <b>Active</b>                         | 43.2                          | 45.6                         | 41.9                         | §§        |
| <b>Very active</b>                    | 28.8                          | 37.0                         | 24.4                         |           |

**Abbreviations:** UCA: University of Carthage; SD: standard deviation; CI: Confidence interval; IR: Interquartile range; BMI: body mass index. † Mann-Whitney U test; §  $\chi^2$  test; §§ Likelihood ratio test; \* Significant differences.

**Table S3.** Sociodemographic and lifestyle characteristics of the sample by universities (FIU).

| FIU (USA)                       |                              |                              |                              |                      |
|---------------------------------|------------------------------|------------------------------|------------------------------|----------------------|
|                                 | Total sample<br>(n=326)      | Men (n=73)                   | Women (n=253)                | p                    |
| Population (%)                  | 100                          | 22.39                        | 77.61                        | -                    |
| Age (years)                     |                              |                              |                              |                      |
| <b>Mean±SD (95% CI)</b>         | 22.6±2.8 (22.3-22.9)         | 23.0±3.1 (22.3-23.7)         | 22.5±2.7 (22.2-22.9)         | p=0.193 <sup>†</sup> |
| <b>Median (IR)</b>              | 22.0 (3)                     | 23 (4)                       | 22 (3)                       |                      |
| Weight (Kg)                     |                              |                              |                              |                      |
| <b>Mean±SD (95% CI)</b>         | 64.6±14.3 (63.0-66.2)        | 78.5±13.2 (75.5-81.6)        | 60.6±11.9 (59.1-62.0)        | p<0.001 **           |
| <b>Median (IR)</b>              | 61.5 (18.0)                  | 77.0 (18.0)                  | 59.0 (14.0)                  |                      |
| BMI (Kg/m <sup>2</sup> )        |                              |                              |                              |                      |
| <b>Mean±SD (95% CI)</b>         | 23.9±4.8 (23.4-24.4)         | 26.2±4.9 (25.1-27.4)         | 23.2±4.6 (22.6-23.8)         | p<0.001 **           |
| <b>Median (IR)</b>              | 23.1 (5.1)                   | 24.9 (5.9)                   | 22.5 (4.9)                   |                      |
| BMI-categories (%)              |                              |                              |                              |                      |
| <b>Underweight</b>              | 4.9                          | 1.4                          | 5.9                          |                      |
| <b>Normal range</b>             | 64.4                         | 50.7                         | 68.4                         | p=0.001              |
| <b>Overweight</b>               | 20.2                         | 26.0                         | 18.6                         | §§*                  |
| <b>Obese</b>                    | 10.4                         | 21.9                         | 7.1                          |                      |
| BMI-2-categories (%)            |                              |                              |                              |                      |
| <b>Underw. + normal rg.</b>     | 69.3                         | 52.1                         | 74.3                         | p<0.001 §*           |
| <b>Overweight + obese</b>       | 30.6                         | 47.9                         | 25.7                         |                      |
| Total fiber intake (g)          |                              |                              |                              |                      |
| <b>Mean±SD (95% CI)</b>         | 20.8±12.0 (17.5-22.1)        | 20.2±11.6 (17.5-22.9)        | 20.9±12.1 (19.4-22.4)        | p=0.393 †            |
| <b>Median (IR)</b>              | 18.1 (12.8)                  | 17.3 (14.8)                  | 18.1 (12.5)                  |                      |
| Energy intake (Kcal/day)        |                              |                              |                              |                      |
| <b>Mean±SD (95% CI)</b>         | 2016.8±596.6 (1954.7-2078.9) | 2127.0±623.8 (1981.5-2272.6) | 1985.0±550.2 (1916.9-2053.1) | p=0.060 †            |
| <b>Median (IR)</b>              | 1993.0 (841.5)               | 2211.0 (947.5)               | 1947.0 (808.0)               |                      |
| Weight-loss diet (%)            | 22.1                         | 28.8                         | 20.2                         | p=0.118 §            |
| Smoking habits (%)              |                              |                              |                              |                      |
| <b>Non-smoker</b>               | 95.4                         | 93.1                         | 96.0                         |                      |
| <b>≤5 cigarettes per day</b>    | 3.7                          | 5.5                          | 3.2                          | p=0.610 §§           |
| <b>&gt;5 cigarettes per day</b> | 0.9                          | 1.4                          | 0.8                          |                      |
| Level of physical activity (%)  |                              |                              |                              |                      |
| <b>Sedentary</b>                | 1.2                          | 0                            | 1.6                          |                      |
| <b>Low active</b>               | 12.3                         | 6.8                          | 13.8                         |                      |
| <b>Active</b>                   | 55.8                         | 42.5                         | 59.7                         | p<0.001              |
| <b>Very active</b>              | 30.7                         | 50.7                         | 24.9                         | §§*                  |

**Abbreviations:** FIU: Florida International University; SD: standard deviation; CI: Confidence interval; IR: Interquartile range; BMI: body mass index; †Mann-Whitney U test; ‡Student's t test; §  $\chi^2$  test; §§ Likelihood ratio test; \* Significant differences.

**Table S4.** Total fiber intake (g) by universities (UCLM)

| UCLM (SPAIN)                    |     |  |           |        |      |                               |
|---------------------------------|-----|--|-----------|--------|------|-------------------------------|
|                                 | n   | Mean±SD  | 95% CI    | Median | IR   | p                             |
| Sex                             |     |  |           |        |      |                               |
| <b>Men</b>                      | 120 | 16.4±6.3                                       | 15.3-17.5 | 14.7   | 8.4  | 0.047 <sup>+</sup>            |
| <b>Women</b>                    | 152 | 15.1±6.9                                       | 14.0-16.2 | 13.9   | 7.0  |                               |
| Weight-loss diet                |     |  |           |        |      |                               |
| <b>Yes</b>                      | 14  | 15.3±6.6                                       | 11.5-19.1 | 14.4   | 10.3 | 0.691 <sup>†</sup>            |
| <b>No</b>                       | 258 | 15.7±6.6                                       | 14.9-16.5 | 14.4   | 7.3  |                               |
| Smoking habits                  |     |  |           |        |      |                               |
| <b>Non-smoker</b>               | 230 | 15.9±6.9                                       | 15.0-16.8 | 14.4   | 7.8  | p-trend                       |
| <b>≤5 cigarettes per day</b>    | 23  | 15.1±4.4                                       | 13.2-17.0 | 16.7   | 6.4  | 0.570 <sup>§</sup>            |
| <b>&gt;5 cigarettes per day</b> | 19  | 14.0±5.9                                       | 11.2-16.8 | 12.5   | 9.1  |                               |
| Level of physical activity      |     |  |           |        |      |                               |
| <b>Sedentary</b>                | 60  | 14.9±5.9                                       | 13.4-16.4 | 13.1   | 7.9  | p-trend<br>0.703 <sup>§</sup> |
| <b>Low active</b>               | 129 | 16.1±7.5                                       | 14.8-17.4 | 14.5   | 8.2  |                               |
| <b>Active</b>                   | 55  | 14.9±5.2                                       | 13.5-16.3 | 14.4   | 6.3  |                               |
| <b>Very active</b>              | 28  | 16.9±6.3                                       | 14.4-19.3 | 15.3   | 5.8  |                               |
| BMI-categories                  |     |  |           |        |      |                               |
| <b>Underweight</b>              | 23  | 14.2±5.6                                       | 11.8-16.7 | 12.7   | 5.2  | p-trend<br>0.051 <sup>§</sup> |
| <b>Normal range</b>             | 199 | 16.1±6.8                                       | 15.1-17.0 | 14.8   | 7.5  |                               |
| <b>Overweight</b>               | 40  | 14.8±6.3                                       | 12.8-16.8 | 13.2   | 8.3  |                               |
| <b>Obese</b>                    | 10  | 14.5±5.8                                       | 10.3-18.7 | 12.1   | 8.7  |                               |
| BMI-2-categories                |     |  |           |        |      |                               |
| <b>Underw.+ normal rg.</b>      | 222 | 15.9±6.7                                       | 15.0-16.8 | 14.5   | 7.2  | 0.190 <sup>†</sup>            |
| <b>Overweight + obese</b>       | 50  | 14.7±6.1                                       | 13.0-16.5 | 12.9   | 8.3  |                               |
| BMI                             |     | r= -0.019 (Spearman's correlation coefficient) |           |        |      | 0.753                         |
| Age                             |     | r= 0.014 (Spearman's correlation coefficient)  |           |        |      | 0.813                         |
| Weight                          |     | r=0.034 (Spearman's correlation coefficient)   |           |        |      | 0.580                         |
| Energy intake                   |     | r=0.462 (Spearman's correlation coefficient)   |           |        |      | <0.001 <sup>**</sup>          |

**Abbreviations:** UCLM: University of Castilla-La Mancha; SD: standard deviation; CI: Confidence interval; IR: Interquartile range; BMI: body mass index. <sup>†</sup> Mann-Whitney U test; <sup>§</sup> Jonckheere-Terpstra trend test; <sup>\*</sup> Significant differences; <sup>\*\*</sup> Significant correlation.

**Table S5.** Total fiber intake (g) by universities (UCA).

| UCA (TUNISIA)                   |     |  |           |        |     |           |
|---------------------------------|-----|--|-----------|--------|-----|-----------|
|                                 | n   | Mean + SD                                      | 95% CI    | Median | IR  | p         |
| Sex                             |     |  |           |        |     |           |
| <b>Men</b>                      | 46  | 14.6±5.6                                       | 13.0-16.3 | 14.0   | 5.7 | 0.352 †   |
| <b>Women</b>                    | 86  | 15.1±4.3                                       | 14.2-16.1 | 14.8   | 5.4 |           |
| Weight-loss diet                |     |  |           |        |     |           |
| <b>Yes</b>                      | 16  | 14.6±6.2                                       | 11.3-17.9 | 14.7   | 7.1 | 0.734 †   |
| <b>No</b>                       | 116 | 15.0±4.6                                       | 14.2-15.9 | 14.5   | 5.3 |           |
| Smoking habits                  |     |  |           |        |     |           |
| <b>Non-smoker</b>               | 102 | 15.0±4.4                                       | 14.2-15.9 | 14.9   | 5.3 | p-trend   |
| <b>≤5 cigarettes per day</b>    | 11  | 16.2±8.1                                       | 10.7-21.7 | 13.6   | 8.5 | 0.290 §   |
| <b>&gt;5 cigarettes per day</b> | 19  | 13.9±4.4                                       | 11.8-16.0 | 13.7   | 8.7 |           |
| Level of physical activity      |     |  |           |        |     |           |
| <b>Sedentary</b>                | 2   | 14.6±7.8                                       | 0.0-87.5  | 14.6   | -   | p-trend   |
| <b>Low active</b>               | 35  | 15.7±4.5                                       | 14.2-17.8 | 15.4   | 5.8 |           |
| <b>Active</b>                   | 57  | 14.5±3.8                                       | 13.5-15.5 | 14.2   | 4.1 |           |
| <b>Very active</b>              | 38  | 15.0±6.1                                       | 13.0-17.0 | 13.7   | 8.4 |           |
| BMI-categories                  |     |  |           |        |     |           |
| <b>Underweight</b>              | 21  | 15.3±4.7                                       | 13.2-17.5 | 13.6   | 6.4 | p-Trend   |
| <b>Normal range</b>             | 99  | 15.0±4.6                                       | 14.1-15.9 | 14.9   | 5.3 |           |
| <b>Overweight</b>               | 10  | 14.1±6.7                                       | 9.3-18.9  | 13.2   | 8.0 |           |
| <b>Obese</b>                    | 2   | 12.1±2.4                                       | 0.0-33.7  | 12.1   | -   |           |
| BMI-2-categories                |     |  |           |        |     |           |
| <b>Underw.+ normal rg.</b>      | 120 | 15.1±4.6                                       | 14.3-15.9 | 14.8   | 5.3 | 0.128 †   |
| <b>Overweight + obese</b>       | 12  | 13.7±6.2                                       | 9.8-17.7  | 13.0   | 5.8 |           |
| BMI                             |     | r= -0.053 (Spearman's correlation coefficient) |           |        |     | 0.543     |
| Age                             |     | r=0.147 (Spearman's correlation coefficient)   |           |        |     | 0.092     |
| Weight                          |     | r=0.115 (Spearman's correlation coefficient)   |           |        |     | 0.189     |
| Energy intake                   |     | r=0.595 (Spearman's correlation coefficient)   |           |        |     | <0.001 ** |

**Abbreviations:** UCA: University of Carthage; SD: standard deviation; CI: Confidence interval; IR: Interquartile range; BMI: body mass index. † Mann-Whitney U test; ‡ Student's t test; § Jonckheere-Terpstra trend test; \*\* Significant correlation.

**Table S6.** Total fiber intake (g) by universities (FIU)

| FIU (USA)                       |     |  |           |        |      |                               |
|---------------------------------|-----|--|-----------|--------|------|-------------------------------|
|                                 | n   | Mean±SD  | 95% CI    | Median | IR   | p                             |
| Sex                             |     |  |           |        |      |                               |
| <b>Men</b>                      | 73  | 20.2±11.6                                      | 17.5-22.9 | 17.3   | 14.8 | 0.393 <sup>†</sup>            |
| <b>Women</b>                    | 253 | 20.9±12.1                                      | 19.4-22.4 | 18.1   | 12.5 |                               |
| Weight-loss diet                |     |  |           |        |      |                               |
| <b>Yes</b>                      | 72  | 26.8±15.6                                      | 23.2-30.5 | 22.7   | 17.7 | <0.001 <sup>†*</sup>          |
| <b>No</b>                       | 254 | 19.0±10.2                                      | 17.8-20.3 | 16.7   | 11.3 |                               |
| Smoking habits                  |     |  |           |        |      |                               |
| <b>Non-smoker</b>               | 311 | 20.7±12.1                                      | 19.3-22.0 | 18.0   | 12.5 | p-trend<br>0.255 <sup>§</sup> |
| <b>≤5 cigarettes per day</b>    | 12  | 24.1±11.1                                      | 17.1-31.2 | 25.0   | 19.7 |                               |
| <b>&gt;5 cigarettes per day</b> | 3   | 18.5±11.4                                      | 0.0-46.8  | 20.9   | -    |                               |
| Level of physical activity      |     |  |           |        |      |                               |
| <b>Sedentary</b>                | 4   | 24.7±28.7                                      | 0.0-70.4  | 11.7   | 46.4 | p-trend<br>0.034 <sup>§</sup> |
| <b>Low active</b>               | 40  | 18.6±6.9                                       | 16.4-20.8 | 18.2   | 11.0 |                               |
| <b>Active</b>                   | 182 | 20.0±12.0                                      | 18.3-21.7 | 16.5   | 14.0 |                               |
| <b>Very active</b>              | 100 | 22.9±12.7                                      | 20.4-25.4 | 19.7   | 11.8 |                               |
| BMI-categories                  |     |  |           |        |      |                               |
| <b>Underweight</b>              | 16  | 25.6±18.4                                      | 15.7-35.4 | 20.2   | 14.2 | p-trend<br>0.322 <sup>§</sup> |
| <b>Normal range</b>             | 210 | 21.0±11.7                                      | 19.4-22.6 | 18.1   | 13.4 |                               |
| <b>Overweight</b>               | 66  | 19.6±12.7                                      | 16.5-22.7 | 15.3   | 13.0 |                               |
| <b>Obese</b>                    | 34  | 19.3±8.5                                       | 16.4-22.3 | 18.3   | 8.7  |                               |
| BMI-2-categories                |     |  |           |        |      |                               |
| <b>Underw.+ normal rg.</b>      | 226 | 21.3±12.3                                      | 19.7-22.9 | 18.5   | 13.3 | 0.087 <sup>†</sup>            |
| <b>Overweight + obese</b>       | 100 | 19.5±11.4                                      | 17.2-21.8 | 15.7   | 11.0 |                               |
| BMI                             |     | r= -0.127 (Spearman's correlation coefficient) |           |        |      | 0.022 <sup>** (1)</sup>       |
| Age                             |     | r= 0.071 (Spearman's correlation coefficient)  |           |        |      | 0.202                         |
| Weight                          |     | r=0.089 (Spearman's correlation coefficient)   |           |        |      | 0.107                         |
| Energy intake                   |     | r=0.449 (Spearman's correlation coefficient)   |           |        |      | <0.001 <sup>**</sup>          |

**Abbreviations:** FIU: Florida International University; SD: standard deviation; CI: Confidence interval; IR: Interquartile range; BMI: body mass index. <sup>†</sup> Mann-Whitney U test; <sup>§</sup> Jonckheere-Terpstra trend test; \* Significant differences; \*\* Significant correlation; <sup>(1)</sup> Correlations by sex: Men: r=0.098, p=0.408; Women: r=-0.178, p=0.004<sup>\*\*</sup>.

**Table S7.** Appetizers, prepared and precooked meals, and sauces and condiments consumed by the studied population.

| SPAIN                        |            |  |
|------------------------------|------------|--|
| Appetizers                   |            | Saltine crackers; Potato chips; Corn chips; Popcorn; Wheat-based snacks; Corn snacks; Nacho cheese tortilla chips; Cucumber pickles; Black pitted olives, Green pitted olives  |
| Prepared and precooked meals |            | Canned meatballs; Frozen fried rice; Squid rings fried in batter; Beef cube bouillon; Frozen meat cannelloni; Frozen cod croquettes; Frozen ham croquettes; Frozen chicken croquettes; Frozen tuna patties; Frozen puff pastry; Frozen vegetable ratatouille; Frozen French fried potatoes; Frozen tuna pizza; Frozen margherita pizza; frozen breaded chicken; Frozen spring rolls; Cheese and ham in breadcrumbs; Canned gazpacho; Poultry noodle soup |
| Sauces and condiments        | Sauces     | Garlic sauce; fried tomato; Soy sauce; Bolognese sauce; Bechamel sauce; Cheese sauce; Barbecue sauce; Mustard; Ketchup   |
|                              | Condiments | Parsley flakes; Paprika; Ground white pepper; Ground black pepper; Hot chilli pepper; Dried oregano; Ground saffron; Ground nutmeg; Bay leaves; Ground cinnamon  |
| TUNI                         |            |  |
| SIA                          |            |  |
| Appetizers                   |            | Saltine crackers; Potato chips; Corn chips; Popcorn  |
| Prepared and precooked meals |            | Beef cube bouillon; Frozen tuna pizza  |
| Sauces and condiments        | Sauces     | Ketchup  |
|                              | Condiments | Parsley flakes; Paprika; Ground white pepper; Ground black pepper; Dried oregano; Ground saffron; Ground nutmeg; Bay leaves; Ground cinnamon; Fresh mint; Thyme leaves; Ground ginger; Caraway seed; Cardamom; Turmeric; Ground cumin; Fennel seed   |
| USA                          |            |  |

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|                              |   |        |   |            |  |
|------------------------------|---|--------|---|------------|--|
| Appetizers                   | Non-pareil capers; Saltine crackers; Potato chips; Popcorn; Corn snacks; Nacho cheese; Cucumber pickles; Black pitted olives, Green pitted olives; Patacones; Mixed nuts; Pretzel crisps; Hash brown  |        |   |            |  |
| Prepared and precooked meals | Canned meatballs; Beef cube bouillon; Cream of mushroom soup; Frozen cod croquettes; Frozen ham croquettes; Frozen crunchy breaded fish fillets; Fish patty; Frozen tuna patties; Frozen creamed spinach; Frozen puff pastry; Frozen breaded chicken; Frozen ravioli with tomato sauce; Mashed potatoes; Vegetable soup; Potato salad; Tropicop; Cheese burger; Crispy chicken wrap; Turkey burger; Homewrecker burrito; Beef steak; Sausage and pepperoni; Chicken sandwich with honey oat; Pepperoni salad Chiptotle; Tuna foot long; Quarter pounder deluxe; Cheese sticks; Sesame chicken; Big mac burger; Ramen noodle soup; Turkey and ham; Mac&cheese; Chicken soup; Caesar salad wrap; Chicken strips; Buffalo wings; Seasoned curly fries; Chicken bites; Deluxe breakfast; Grilled sausage; Chicken marsala; Chicken soup; Chicken and bacon sandwich; Macaroni and cheese; Grilled chicken sandwich; Whopper with cheese; Turkey and American cheese |        |   |            |  |
| Sauces and condiments        | <table border="1"> <tbody> <tr> <td data-bbox="537 710 705 805">Sauces</td> <td data-bbox="705 710 1942 805">Fried tomato; Soy sauce; Bolognese sauce; Cheese sauce; Mustard; Ketchup; Sweet &amp; sour sauce; Alfredo sauce; Barbecue sauce</td> </tr> <tr> <td data-bbox="537 805 705 941">Condiments</td> <td data-bbox="705 805 1942 941">Parsley flakes; Paprika; Ground white pepper; Ground black pepper; Spicy chilli; Dried oregano; Ground saffron; Ground nutmeg; Bay leaves; Ground cinnamon; Fresh mint; Thyme leaves; Ground ginger; Caraway seed; Ground cumin; Vanilla extract; Ground coriander; Basil leaves</td> </tr> </tbody> </table>   | Sauces | Fried tomato; Soy sauce; Bolognese sauce; Cheese sauce; Mustard; Ketchup; Sweet & sour sauce; Alfredo sauce; Barbecue sauce | Condiments | Parsley flakes; Paprika; Ground white pepper; Ground black pepper; Spicy chilli; Dried oregano; Ground saffron; Ground nutmeg; Bay leaves; Ground cinnamon; Fresh mint; Thyme leaves; Ground ginger; Caraway seed; Ground cumin; Vanilla extract; Ground coriander; Basil leaves |
| Sauces                       | Fried tomato; Soy sauce; Bolognese sauce; Cheese sauce; Mustard; Ketchup; Sweet & sour sauce; Alfredo sauce; Barbecue sauce   |        |   |            |  |
| Condiments                   | Parsley flakes; Paprika; Ground white pepper; Ground black pepper; Spicy chilli; Dried oregano; Ground saffron; Ground nutmeg; Bay leaves; Ground cinnamon; Fresh mint; Thyme leaves; Ground ginger; Caraway seed; Ground cumin; Vanilla extract; Ground coriander; Basil leaves  |        |   |            |  |

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