

Supplementary Materials:

Table S1. Analysis of the adherence to the Greek Food-Based Dietary Guidelines per food group.

Food group	Recommendations	Serving Size	Recommended Grams per day	% meets the recommendations Cases Vs. Control
Vegetables	4 servings per day	150-200 gr	600 gr	0%—0%
Legumes	3 servings per week	150-200 gr	65 gr	33.5%—13.6%
Fruits	3 servings per day	120-200 gr	360 gr	0%—0%
Cereal	5-8 servings per day (3 servings of each category)	Cereal, Bread 30 gr Pasta/rice 70-90gr	90 gr 240 gr M.O. = 165 gr	41.7%—38.3%
Dairy	2 servings per day	Milk 250ml Yogurt 200 gr	400 gr	13.4%—19.1%
Red meat	Up to 1 serving per week	120-150 gr	17 gr	86.8%—93.6%
White meat	1-2 serving per week	120-150 gr	17 gr	81.8%—86.2%
Fish and seafood	2-3 servings per week	150 gr	43 gr	9.4%—15.4%
Olive oil, olives & nuts	4-5 servings per day	15ml, 1 handful	80 gr	45.3%63.3%

gr: grams.

Table S2. Analysis of the adherence to the WHO Eastern Mediterranean Region Food-Based Dietary Guidelines per food group.

Food group	Recommendations	Serving Size	Recommended Grams per day	% meets the recommendations Cases Vs. Control
Vegetables	5 servings per day	½ cup of cut-up raw or cooked vegetables, 1 cup raw leafy vegetable 90 gr	450 gr	4.2%—16.1%
Legumes	Included in Vegetable group	3 cups per week (1 cup = 150 gr)	64 gr	33.5%—13.6%
Fruits	4 servings per day	½ cup of fresh fruit, 1 medium fruit, ½ cup of fresh fruit juice 90 gr	360 gr	0%—0%
Cereal	180g per day	30 g (1 slice of bread, 1 cup of dry cereal, ½ cup cooked rice, pasta)	180 gr	33.3%—30.1%
Dairy	3 cups per day	1 cup of low-fat milk or yogurt, 45 g low-fat cheese	150 gr	65.1%—62%
Red meat		30 g	26 gr	69.9%—89.2%
White meat	Meat and equivalents 160g per day	30 g	52 gr	81.8%—86.2%
Fish and seafood		30 g	52 gr	15.2%—31.4%
Eggs		1egg = 44 gr	35 gr	15.6%—12.8%
Olive oil, olives & nuts	Oils: 6 tablespoons per day. Nuts are included in Meat and equivalents	1 tablespoon 15 g nuts	13.5 gr	96.4%—98.2%

gr: grams.