



## Material suplementario

---

### La mayor adherencia a un patrón de dieta mediterránea se asocia a una mejora del perfil lipídico plasmático: la cohorte del *Aragon Health Workers Study*

José L. Peñalvo <sup>a,\*</sup>, Belén Oliva <sup>a</sup>, Mercedes Sotos-Prieto <sup>a,b</sup>, Irina Uzhova <sup>a</sup>,  
Belén Moreno-Franco <sup>c</sup>, Montserrat León-Latre <sup>c</sup> y José María Ordovás <sup>a,d</sup>

<sup>a</sup>Área de Epidemiología y Genética de Poblaciones, Fundación Centro Nacional de Investigaciones Cardiovasculares (CNIC), Madrid, España

<sup>b</sup>Department of Nutrition, Harvard School of Public Health, Boston, Massachusetts, Estados Unidos

<sup>c</sup>Unidad de Prevención Cardiovascular, Instituto Aragonés de Ciencias de la Salud (I+CS), Zaragoza, España

<sup>d</sup>Nutrition and Genomics Laboratory, Jean Mayer US Department of Agriculture Human Nutrition Research Center on Aging at Tufts University, Boston, Massachusetts, Estados Unidos

---

**Supplementary Material Table 1: Food Items Classification into the Main Food Groups**

Food groups	Food items
Vegetables	Green beans, lettuce, tomato, carrots, eggplant, peppers, asparagus, gazpacho-soup, salad, onions, garlic, parsley, mushrooms, fresh peas, cabbage, chard
Fruit	Orange, apple, strawberry, peach, cherry, watermelon, melon, kiwi, grapes, banana, fresh juice, dried fruits, other juices
Cereal-derived (including whole grain)	Bread, breakfast cereal, pasta, rice, whole grain cookies
Pulses	Lentils, chickpeas, beans
Nuts	Walnuts, hazelnuts, almonds
Fish	White- and blue-fish, seafood
White meat	Chicken, rabbit, low-fat ham
Red meat and eggs	Beef, pork, lamb, liver, paté, cured ham, minced meat
Dairy	Milk, yogurt, cream, milkshakes, condensed milk, butter, cheese
Low-fat dairy	Skimmed milk, skimmed yogurt, low fat cheese
Pre-made, frozen foods, fast food and dressings	French fries, chips and snacks, mayonnaise, mustard, ketchup
Sweets	Cookies, chocolate, cakes, doughnut, fried dough ( <i>churro</i> ) muffins, almond paste ( <i>turrón</i> )
Olive oil	Extra-virgin, virgin, refined, olives
Vegetable oils	Sunflower, corn, margarine
Coffee and tea	Coffee, tea, decaf coffee
Soda	Any flavor soda including diet soda and sweetened juices
Beer and wine	Red wine, rosé wine, white wine, beer