Material suplementario

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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*

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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 (*churro*) muffins, almond paste (*turrón*)
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