



Supplementary material

Greater Adherence to a Mediterranean Dietary Pattern Is Associated With Improved Plasma Lipid profile: the Aragon Health Workers Study Cohort

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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, pat�, 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>turr�n</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, ros� wine, white wine, beer