**Supplementary Table 1:** Score calculation for high-fat dietary (HFD) pattern score

|  |  |  |
| --- | --- | --- |
| Food frequency question | Answers | Score |
| Do you eat cheese (1 portion = 1/8 of a camembert = 30 g)? | rarely | 0 |
|  | Less than 2 portions a week | 1 |
|  | 3 to 6 portions a week | 2 |
|  | 1 portion a day | 3 |
|  | 2 portions a day | 4 |
|  | 3 or more portions a day | 5 |
| Do you eat red meat (apart from poultry) or variety meats (liver, kidneys...)? | rarely | 0 |
|  | 2 week | 1 |
|  | 3 to 6 times a week | 2 |
|  | 7 or more times a week | 3 |
| Do you eat fresh or canned fish (such as canned sardines or tuna)? | Less than once a week or rarely | 3 |
|  | Once a week | 2 |
|  | 2 to 3 times a week | 1 |
|  | 4 or more times a week | 0 |
| Do you eat delicatessen (including sausages, cassoulet, sauerkraut with its trimmings) except lean ham? | Never | 0 |
|  | 1 week | 1 |
|  | 2 to 3 times a week | 2 |
|  | 4 to 6 times a week | 3 |
|  | 7 or more times a week | 4 |
| Do you eat salted pies, pizzas, rolls or commercial sandwiches? | Never | 0 |
|  | 1 week | 1 |
|  | 2 to 3 times a week | 2 |
|  | 4 or more times a week | 3 |
| Do you eat French fries? Frequency: .........a week | No | 0 |
|  | 1-2 week | 1 |
|  | 3 week | 2 |
|  | more 3 week | 3 |
| Do you eat viennoiseries, cakes and pastries? | rarely | 0 |
|  | 1 week | 1 |
|  | 2 to 4 times a week | 2 |
|  | 5 or more times a week | 3 |
| Do you eat fruit or fruit juice (1 portion = 1 averaged fruit = 1 glass of 200 ml fruit juice)? | rarely | 3 |
|  | 2 week | 2 |
|  | 3 to 6 portions a week | 1 |
|  | 7 to 13 portions a week (at least 1 fruit a day) | 0 |
|  | 14 or more portions a week (at least 2 fruits a day) | 0 |
| At present, do you eat nuts? | No | 3 |
|  | 1-2 week | 2 |
|  | 3-5 week | 1 |
|  | more 7 week | 0 |
| Do you eat cooked vegetables or vegetable soup (1 portion = 1 plate or 1 bowl)? | No | 3 |
|  | 2 week | 2 |
|  | 3 to 7 portions a week | 1 |
|  | 8 or more portions a week | 0 |
| Do you eat raw vegetables or salads? | No | 3 |
|  | 2 week | 2 |
|  | 3 to 7 portions a week | 1 |
|  | 8 or more portions a week | 0 |
| butter uncooked | Never | 0 |
|  | Less 1 a day | 1 |
|  | 1 meal a day | 2 |
|  | 2 meal a day | 3 |
| butter cooked | Never | 0 |
|  | Less 1 a day | 1 |
|  | 1 meal a day | 2 |
|  | 2 meal a day | 3 |
| Apart from butter, do you use other kinds of fat (like ghee)? | No | 0 |
|  | Less 1 a day | 1 |
|  | 1 meal a day | 2 |
|  | 2 meal a day | 3 |
| other vegetables oil (i.e olive oil) for cooking | No | 1 |
|  | 1-3 meals a day | 0 |
| Other for salad or dressing (olive oil) | No | 1 |
|  | 1-2 meal a day | 0 |

**Supplementary Table 2:** Score calculation for Mediterranean diet (MedDiet) score

|  |  |  |
| --- | --- | --- |
| Food frequency question | Answers | Score |
| Do you use olive oil? | No | 0 |
|  | Yes | 1 |
| How much olive oil do you consume per day? | Less than 4 tea spoons | 0 |
|  | More or equal than 4 tea spoons | 1 |
| How many vegetable servings do you consume per day? | Less than 2 serving size | 0 |
|  | More or equal than 2 serving size | 1 |
| How many fruit units do you consume per day? | Less than 3 serving size | 0 |
|  | More or equal than 3 serving size | 1 |
| How many servings of red meat, hamburger, or meat products (ham, sausage, etc.) do you consume per day? | More than one serving size | 0 |
|  | One serving size or less | 1 |
| How many servings of butter, margarine, or cream do you consume per day? | More than one serving size | 0 |
|  | One serving size or less | 1 |
| How many servings of fish or shellfish do you consume per week? | Less than 3 serving size | 0 |
|  | More or equal than 3 serving size | 1 |
| How many times per week do you consume commercial sweets or pastries (not homemade), such as cakes, cookies, biscuits, or  custard? | More than three serving size | 0 |
|  | Less than 3 serving size | 1 |
| How many servings of nuts (including peanuts) do you consume per week? | Less than 3 serving size | 0 |
|  | More or equal than 3 serving size | 1 |

**Supplementary Table 3:** Association of lipids profile levels of CVD participants with high-fat dietary (HFD) pattern scoreand Mediterranean Diet (MedDiet) score.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Low HFD score (n=35) | Medium HFD score (n= 60) | High HFD score (n=34) | P value |
| HDL (mmol/L) | 1.0± 0.3 | 0.94± 0.2 | 0.90± 0.1 | 0.30 |
| LDL (mmol/L) | 2.5± 1.0 | 2.3± 0.8 | 3.0± 1.1 | 0.79 |
| TG (mmol/L) | 1.5± 1.0 | 1.4± 0.8 | 2.1± 1.9 | 0.49 |
|  | | | | |
|  | Low MedDiet score (n=26) | Medium MedDiet score (n= 70) | High MedDiet score (n=33) | P value |
| HDL (mmol/L) | 1.0± 0.2 | 0.92± 0.2 | 1.0± 0.3 | 0.69 |
| TG (mmol/L) | 2.0± 2.2 | 1.4± 1.1 | 1.7± 1.0 | 0.54 |

Values are mean± SD

Linear regression used to test for significant differences, estimates adjusted for age, gender, CVD, family history of CVD, vitamin D supplements, BMI, and total cholesterol.

P<0.05 considered statistical significant

Abbreviation: CVD; cardiovascular diseases, HFD; High-fat dietary pattern, MedDiet; Mediterranean Diet, HDL; high density lipoprotein, LDL; low density lipoprotein, TG; triglycerides.