

**Supplementary Table 1. Median consumption (gram/day) of different food groups in the studied population**

Median consumption	Men	Women
<i>n</i>	<i>772</i>	<i>1030</i>
(MUFA + PUFA): SFA	1.09	1.16
Vegetables and potatoes, g/d	197	208
Fruit and berries, g/d	88.3	135
Wholegrain cereals, g/d	63.5	56.4
Fish products, g/d	20.1	16.8
Meat products, g/d	76.8	56.0
Dairy product, g/d	400.4	320.7
Alcohol, g/d	5.8	1.9

Abbreviations: MUFA, monounsaturated fat; PUFA, polyunsaturated fat; SFA, saturated fat

**Supplementary Table 2. Mediterranean diet score (MDS) and odds ratios (95% confidence intervals) for developing chronic obstructive pulmonary disease more than 10 years after the visit in the VIP among 243 individuals and 937 controls matched for age, sex, and smoking habit<sup>a</sup>**

	Crude	Adjusted, model 1 <sup>b</sup>	Adjusted, model 2 <sup>c</sup>	Adjusted, model 3 <sup>d</sup>	Adjusted, model 4 <sup>e</sup>
Cases (n)	243	243	242	193	192
<b>MDS</b>					
Low adherence 0-2	1 (reference)	1 (reference)	1 (reference)	1 (reference)	1 (reference)
Medium adherence 3-5	<b>0.66 (0.47-0.90)</b>	<b>0.68 (0.50-0.95)</b>	<b>0.69 (0.50-0.95)</b>	0.72 (0.49-1.05)	0.78 (0.53-1.14)
High adherence 6-8	<b>0.57 (0.34-0.95)</b>	0.64 (0.38-1.07)	0.66 (0.39-1.10)	0.61 (0.33-1.13)	0.72 (0.39-1.34)

<sup>a</sup>Smoking status was defined at the time of examination in the Västerbotten Intervention Programme

<sup>b</sup>Adjusted for higher education

<sup>c</sup>Adjusted for higher education and living alone

<sup>d</sup>Adjusted for numbers of cigarettes smoked per day

<sup>e</sup>Adjusted for higher education, living alone, and numbers of cigarettes smoked per day