

Supplemental Table 1 Food groups used for the analyses and examples of food items belonging to each category

Food group energy and nutrients	Food group (poly)phenols	Examples of food item
Non-alcoholic beverages	Non-alcoholic beverages	carbonated sweetened lemonade
Juices	Juices	apple juice, orange pure juice, peach juice
Fruit	Fruit	apple, pear, banana, kiwi
Nuts	Nuts	almonds, walnuts
Vegetables	Vegetables	carrots, cauliflower, eggplants, salad, spinach
Spices & aromatic herbs	Spices & aromatic herbs	saffron, common sage, basil
Potatoes	Potatoes	potatoes
Pasta and cereals	Cereal-based products	pasta, rice, barley, maize
Bread, substitutes and pizza		common bread, whole grain bread, breadstick
Breakfast cereals		puffed rice, cornflakes
Desserts		croissant, butter biscuits, muffins
Legumes	Legumes	common beans, chickpeas
Fish and shellfish	-	salmon, tuna, cod, squid
Meat	-	chicken breast, beef steak, pork chop
Cured meat	-	salami, Parma ham, baked ham
Eggs	-	chicken eggs
Milk and yogurt	-	regular milk, low-fat milk, regular yogurt, fruit yogurt
Dairies	-	Parmesan cheese, mozzarella, ricotta cheese
Animal fats	-	butter, cream
Vegetable fats and oils	Vegetable fats and oils	extra virgin olive oil, olive oil
Cocoa-based products	Cocoa-based products	dark chocolate bar, milk chocolate bar, cocoa powder
Tea and coffee (decaffeinated)	Tea and coffee (decaffeinated)	green tea, black tea, decaffeinated coffee
Others	Others	vegetable broth, meat broth
	Olive	black olive, green olive