eMethods: Data used for dietary intake estimates.

eMethods: Since no official national food composition tables exist for Greek foods, the USDA food database was used for the estimation of dietary intake, along with selected analyses of local foods, recipes and dishes.[1-3]

References

1. Trichopoulou A. *Food Composition Tables and Composition of Greek Cooked Food and Dishes*. National School of Public Health; 1992.
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3. Kafatos A, Verhagen H, Moschandreas J, Apostolaki I, Van Westerop JJ. Mediterranean diet of Crete: foods and nutrient content. *Journal of the American Dietetic Association*. Dec 2000;100(12):1487-93. doi:10.1016/s0002-8223(00)00416-8

eTable 1: Food parameters considered for Diet Inflammatory Index calculation and their respective inflammatory effect scores.

Category	Food parameter	Parameter-specific inflammatory effect score[1]
	Energy (kcal/day)	0.180
Macronutrients	Total Protein (g/day)	0.021
	Total fat (g/day)	0.298
	Saturated fat (g/day)	0.373
	Polyunsaturated fat (g/day)	-0.337
	Monounsaturated fat (g/day)	-0.009
	Trans fatty acid (g/day)	0.229
	Omega 3 fatty acids (g/day)	-0.436
	Omega 6 fatty acids (g/day)	-0.159
	Total Carbohydrate (g/day)	0.097
	Total dietary fiber (g/day)	-0.663
	Alcohol (g/day)	-0.278
Bioactive compounds	Cholesterol (mg/day)	0.110
	Beta carotene (mcg/day)	-0.584
	Flavan-3-ol (g/day)	-0.415
	Flavones (g/day)	-0.616
	Flavonols (g/day)	-0.467
	Flavonones (g/day)	-0.250
	Anthocyanins (g/day)	-0.131
	Isoflavones (g/day)	-0.593
Micronutrients	Vitamin B12 (mcg/day)	0.106
	Vitamin B6 (mg/day)	-0.365
	Niacin (mg/day)	-0.246
	Selenium (mcg/day)	-0.191
	Thiamin (mg/day)	-0.098
	Riboflavin (mg/day)	-0.068
	Vitamin A (RE/day)	-0.401
	Vitamin C (mg/day)	-0.424
	Vitamin D (mcg/day)	-0.446
	Vitamin E (mg/day)	-0.419
	Folate (mcg/day)	-0.190
	Iron (mg/day)	0.032
	Magnesium (mg/day)	-0.484
	Zinc (mg/day)	-0.313
Other foods/ drinks	Tea (g/day)	-0.536
	Coffee (g/day)	-0.110

[1] Positive inflammatory effect scores indicate that the respective food parameters have been associated with a pro-inflammatory effect, whereas negative scores indicate associations with an anti-inflammatory effect.