### Table S1. Baseline characteristics of the study women by adherence to the Mediterranean dietary pattern

| Characteristics                        | Adherence to Mediterranean dietary pattern |
|----------------------------------------|------------------------------------------|
|                                        | Low (0-3) | Medium (4-5) | High (6-9) |
| **Body mass index, kg/m²**             |           |              |            |
| <25                                    | 10,244 (72.3)   | 12,987 (71.4) | 6,883 (73.5) |
| ≥25 and <30                            | 3,047 (21.5)   | 4,119 (22.7)  | 2,048 (21.9) |
| ≥30                                    | 872 (6.2)      | 1,075 (5.9)   | 440 (4.7)   |
| **Years of education**                 |           |              |            |
| 0-10                                   | 4,875 (34.4)   | 5,286 (29.1)  | 2,408 (25.7) |
| 11-13                                  | 5,751 (40.6)   | 7,054 (38.8)  | 3,432 (36.6) |
| >13                                    | 3,537 (25.0)   | 5,841 (32.1)  | 3,531 (37.7) |
| **Smoking**                            |           |              |            |
| Never                                  | 5,459 (38.5)   | 7,744 (42.6)  | 4,050 (43.2) |
| Former                                 | 3,860 (27.3)   | 5,365 (29.5)  | 3,106 (33.1) |
| Current                                | 4,844 (34.2)   | 5,072 (27.9)  | 2,215 (23.6) |
| **Physical activity level**            |           |              |            |
| Very low                               | 788 (5.6)      | 672 (3.7)     | 246 (2.6)   |
| Low                                    | 1,685 (11.9)   | 1,914 (10.5)  | 836 (8.9)   |
| Moderate                               | 8,689 (61.3)   | 10,870 (59.8) | 5,364 (57.2) |
| High                                   | 2,035 (14.4)   | 3,164 (17.4)  | 1,919 (20.5) |
| Very high                              | 966 (6.8)      | 1,561 (8.6)   | 1,006 (10.7) |
| **Diabetes**                           |           |              |            |
| No                                     | 13,985 (98.7)  | 17,945 (98.7) | 9,242 (98.6) |
| Yes                                    | 178 (1.3)      | 236 (1.3)     | 129 (1.4)   |
| **Hypertension**                       |           |              |            |
| No                                     | 12,874 (90.9)  | 16,471 (90.6) | 8,498 (90.7) |
| Yes                                    | 1,289 (9.1)    | 1,710 (9.4)   | 873 (9.3)   |
| **Total energy intake**                |           |              |            |
| Mean (SD), KJ/day                      | 6,160 (1,850)  | 6,610 (1,880) | 6,930 (1,770) |

SD: standard deviation, KJ: kilo-Joule.
The Women’s Lifestyle and Health Cohort

Invited:
1991/92
Women aged 29-49 in
Uppsala health care region:
96,000

No response:
46,739

Consented to study participation:
49,261

Exclusion before cohort entry: total= 2,133
Emigrated: 2,116
Prevalent Parkinson’s disease: 17

Participants in the study cohort:
47,128

Exclusion due to diet: total= 1,122
No answer on the FFQ: 547
Outside 1st or 99th percentiles of energy data: 575

Final analysis:
41,715

Missing data on covariates: total= 4,291
Missing in height: 844
Missing in body mass index: 860
Missing in physical activity: 1,796
Missing in education years: 791

Figure S1: Flow chart of recruitment and exclusion of the study cohort. FFQ: Food frequency questionnaire.