

**S1 Table. Description of the food and nutrient components used for the calculation of the 11 dietary scores**

	MDS	rMED	MSDPS	HEI2010	DQI-I	DASH	HNFI	WHO HDI	HLI-diet	WCRF
<b>Food</b>										
Alcohol	+	+	+ (wine)							-
Dairy	-	-	-			+ (low-fat)				
Egg			-							
Empty calorie food				-	-					-
Fish	+	+	+	+			+		+ (fatty)	
Fruit	+	+	+	+	+	+	+ (apples pears)	+	+	+
Grains	+	+			+					
Refined				-						
Whole			+	+		+	+ (rye bread)			
Legumes	+	+	+	+		+				
Nuts			+			+				
Olive oil		+	+							
Meat			-			-				
Poultry			+							
Red and processed	-	-								-
Potatoes			-							
Sugar sweetened beverages sweet products			-			-				-
Total protein foods				+						
Vegetables (excluding potatoes)	+	+	+	+	+	+	+ (root)	+	+	+
Variety					+					
<b>Nutrients</b>										
Dietary fibre					+			+	+	+
Protein					+			+		

Fat		-		
PUFA		+	+	+
MUFA	+	+		
SFA	-	-	-	-
Cholesterol		-	-	
Trans-fat				-
Free sugars			-	
Glycemic load				-
Iron		+		
Calcium		+		
Potassium				
Magnesium				
Vitamin C		+		
Folate				+
Sodium		-	-	-

+ indicates positive weighting (encourages consumption)

- indicates negative weighting (limits consumption)

**Abbreviations:** MDS, Mediterranean Diet Scale; rMED, relative Mediterranean diet score; MSDPS, Mediterranean Style Dietary Pattern Score; DQI-I, Diet Quality Index – International; HNFI, Healthy Nordic Food Index; HEI-2010, Healthy Eating Index 2010; WHO HDI, World Health Organization Healthy Diet Index; DASH, Dietary Approach to Stop Hypertension; HLI, Healthy Lifestyle Index; HLI-diet, diet component of the HLI; WCRF, World Cancer Research Fund / American Institute for Cancer Research

**S2 Table. Multivariate hazard ratios and C-statistic (Model 2<sup>a</sup>) for 10-year mortality risk due to obesity-related cancer for a 1SD increase of score among 451,256 participants of the EPIC study**

	HR	HR (95% CI)	HR (95% CI)	HR (95% CI)	HR (95% CI)	P trend <sup>c</sup>	C-statistic
	Q1	Q2	Q3	Q4	Continuous <sup>b</sup>		
MDS	1 (ref)	0.91( 0.82- 1.00)	0.91( 0.82- 1.00)	0.87( 0.79- 0.97)	0.95 (0.92 - 0.99)	0.51	0.690 (0.679 - 0.701)
rMED	1 (ref)	0.96( 0.87- 1.06)	0.95( 0.86- 1.05)	0.87( 0.78- 0.96)	0.94 (0.90 - 0.97)	0.06	0.690 (0.679 - 0.701)
MSDPS	1 (ref)	0.96( 0.87- 1.07)	0.99( 0.89- 1.09)	0.85( 0.76- 0.94)	0.95 (0.91 - 0.99)	0.02	0.690 (0.679 - 0.700)
DQI-I	1 (ref)	0.89( 0.80- 0.98)	0.84( 0.76- 0.94)	0.83( 0.75- 0.92)	0.93 (0.90 - 0.97)	0.24	0.690 (0.679 - 0.701)
HNDS	1 (ref)	0.97( 0.87- 1.07)	0.87( 0.78- 0.97)	0.85( 0.76- 0.95)	0.94 (0.90 - 0.98)	0.02	0.690 (0.679 - 0.701)
HEI 2010	1 (ref)	0.92( 0.83- 1.02)	0.85( 0.77- 0.95)	0.90( 0.81- 0.99)	0.94 (0.90 - 0.97)	0.57	0.690 (0.679 - 0.700)
WHO HDI	1 (ref)	0.99( 0.89- 1.10)	0.93( 0.83- 1.04)	0.94( 0.84- 1.05)	0.98 (0.94 - 1.02)	0.33	0.689 (0.678 - 0.700)
DASH	1 (ref)	0.97( 0.87- 1.07)	0.94( 0.84- 1.04)	0.93( 0.84- 1.04)	0.95 (0.92 - 0.99)	0.51	0.689 (0.678 - 0.700)
HLI – diet	1 (ref)	0.90( 0.81- 0.99)	0.87( 0.78- 0.96)	0.88( 0.79- 0.98)	0.95 (0.91 - 0.99)	0.74	0.690 (0.679 - 0.700)
HLI - total <sup>d</sup>	1 (ref)	0.81( 0.73- 0.91)	0.76( 0.68- 0.85)	0.62( 0.55- 0.70)	0.83 (0.79 - 0.86)	<0.0001	0.682 (0.670 - 0.694)
WCRF <sup>e</sup>	1 (ref)	0.85( 0.76- 0.94)	0.76( 0.68- 0.85)	0.72( 0.64- 0.80)	0.88 (0.84 - 0.91)	0.004	0.682 (0.671 - 0.694)

**Abbreviations:** MDS, Mediterranean Diet Scale; rMED, relative Mediterranean diet score; MSDPS, Mediterranean Style Dietary Pattern Score; DQI-I, Diet Quality Index – International; HNFI, Healthy Nordic Food Index; HEI-2010, Healthy Eating Index 2010; WHO HDI, World Health Organization Healthy Diet Index; DASH, Dietary Approach to Stop Hypertension; HLI, Healthy Lifestyle Index; HLI-diet, diet component of the HLI; WCRF, World Cancer Research Fund / American Institute for Cancer Research

<sup>a</sup> Model including the following predictors: age at baseline, Physical activity (Cambridge index), smoking status (3 categories) and educational level, unless otherwise stated. Stratified by study center and sex.

<sup>b</sup> HR for the increase of 1 SD of score

<sup>c</sup> p-value for linear trend across quartiles

<sup>d</sup> Model only including HLI, age and educational level because BMI, physical activity, smoking are components of the Healthy Lifestyle Index, n=376,553

<sup>e</sup> Model only including WCRF score, smoking and educational level as BMI and physical activity are components of the WCRF score, n=363,207

**S3 Table. Multivariate hazard ratios adjusted for total energy intake a for 10-year mortality risk by quartile of score and for a 1SD increase of score among 451,256 participants of the EPIC study**

	HR	HR (95% CI)	HR (95% CI)	HR (95% CI)	HR (95% CI)	P-trend <sup>c</sup>
All-cause mortality	Q1	Q2	Q3	Q4	Continuous <sup>b</sup>	
MDS	1 (ref)	0.89 (0.86- 0.93)	0.84 (0.80- 0.87)	0.78 (0.74- 0.82)	0.91 (0.89 - 0.92)	<0.0001
rMED	1 (ref)	0.87 (0.84- 0.91)	0.81 (0.77- 0.85)	0.77 (0.74- 0.81)	0.89 (0.88 - 0.91)	<0.0001
MSDPS	1 (ref)	0.92 (0.88- 0.96)	0.87 (0.84- 0.91)	0.79 (0.76- 0.83)	0.91 (0.90 - 0.93)	<0.0001
DQI-I	1 (ref)	0.88 (0.84- 0.92)	0.79 (0.76- 0.83)	0.74 (0.71- 0.77)	0.89 (0.87 - 0.90)	<0.0001
HNFI	1 (ref)	0.93 (0.89- 0.97)	0.85 (0.82- 0.89)	0.80 (0.77- 0.84)	0.92 (0.91 - 0.94)	<0.0001
HEI 2010	1 (ref)	0.89 (0.85- 0.93)	0.84 (0.80- 0.88)	0.81 (0.78- 0.85)	0.91 (0.90 - 0.93)	0.0001
WHO HDI	1 (ref)	0.93 (0.89- 0.98)	0.88 (0.84- 0.92)	0.87 (0.83- 0.92)	0.95 (0.94 - 0.97)	0.005
DASH	1 (ref)	0.90 (0.86- 0.94)	0.84 (0.80- 0.87)	0.80 (0.76- 0.83)	0.91 (0.89 - 0.92)	<0.0001
HLI – diet	1 (ref)	0.91 (0.87- 0.95)	0.85 (0.81- 0.89)	0.82 (0.78- 0.85)	0.93 (0.91 - 0.94)	<0.0001
HLI - total <sup>d</sup>	1 (ref)	0.75 (0.72- 0.78)	0.65 (0.62- 0.68)	0.55 (0.52- 0.57)	0.79 (0.77 - 0.80)	<0.0001
WCRF <sup>e</sup>	1 (ref)	0.87 (0.83- 0.91)	0.78 (0.74- 0.82)	0.70 (0.67- 0.74)	0.86 (0.85 - 0.88)	<0.0001
<b>CVD mortality</b>						
MDS	1 (ref)	0.81 (0.74- 0.88)	0.80 (0.73- 0.87)	0.80 (0.72- 0.88)	0.91 (0.88 - 0.94)	0.76
rMED	1 (ref)	0.88 (0.81- 0.96)	0.80 (0.73- 0.88)	0.77 (0.70- 0.85)	0.89 (0.86 - 0.92)	0.01
MSDPS	1 (ref)	0.93 (0.85- 1.01)	0.90 (0.83- 0.99)	0.81 (0.73- 0.89)	0.92 (0.89 - 0.95)	0.004
DQI-I	1 (ref)	0.90 (0.83- 0.98)	0.80 (0.73- 0.87)	0.75 (0.68- 0.83)	0.89 (0.87 - 0.92)	0.0002
HNFI	1 (ref)	0.91 (0.83- 0.99)	0.88 (0.80- 0.96)	0.81 (0.73- 0.89)	0.93 (0.90 - 0.96)	0.02
HEI 2010	1 (ref)	0.89 (0.82- 0.97)	0.85 (0.78- 0.93)	0.82 (0.75- 0.90)	0.93 (0.90 - 0.96)	0.10
WHO HDI	1 (ref)	0.95 (0.87- 1.04)	0.88 (0.80- 0.96)	0.84 (0.76- 0.92)	0.93 (0.90 - 0.96)	0.01
DASH	1 (ref)	0.86 (0.79- 0.94)	0.80 (0.74- 0.88)	0.76 (0.69- 0.84)	0.89 (0.86 - 0.92)	0.01
HLI – diet	1 (ref)	0.93 (0.85- 1.01)	0.84 (0.77- 0.92)	0.78 (0.71- 0.86)	0.91 (0.88 - 0.94)	0.0003
HLI - total <sup>d</sup>	1 (ref)	0.72 (0.66- 0.78)	0.59 (0.54- 0.65)	0.47 (0.42- 0.52)	0.74 (0.71 - 0.77)	<0.0001
WCRF <sup>e</sup>	1 (ref)	0.81 (0.74- 0.88)	0.76 (0.69- 0.83)	0.63 (0.57- 0.70)	0.83 (0.81 - 0.86)	<0.0001
<b>Cancer mortality</b>						
MDS	1 (ref)	0.95 (0.89- 1.01)	0.90 (0.85- 0.96)	0.82 (0.76- 0.87)	0.93 (0.90 - 0.95)	<0.0001
rMED	1 (ref)	0.92 (0.86- 0.97)	0.86 (0.81- 0.92)	0.82 (0.77- 0.88)	0.92 (0.90 - 0.94)	0.002
MSDPS	1 (ref)	0.96 (0.90- 1.02)	0.92 (0.87- 0.98)	0.83 (0.78- 0.89)	0.94 (0.91 - 0.96)	<0.0001
DQI-I	1 (ref)	0.87 (0.82- 0.93)	0.82 (0.77- 0.87)	0.77 (0.72- 0.82)	0.91 (0.89 - 0.93)	0.0002
HNFI	1 (ref)	0.98 (0.92- 1.04)	0.91 (0.85- 0.97)	0.84 (0.79- 0.90)	0.94 (0.92 - 0.96)	<0.0001
HEI 2010	1 (ref)	0.94 (0.88- 1.00)	0.86 (0.81- 0.91)	0.86 (0.81- 0.92)	0.92 (0.90 - 0.94)	0.02
WHO HDI	1 (ref)	0.95 (0.89- 1.02)	0.90 (0.84- 0.96)	0.91 (0.85- 0.97)	0.96 (0.94 - 0.99)	0.12
DASH	1 (ref)	0.94 (0.88- 1.00)	0.93 (0.87- 0.99)	0.85 (0.79- 0.91)	0.93 (0.91 - 0.96)	0.005
HLI – diet	1 (ref)	0.91 (0.85- 0.96)	0.88 (0.82- 0.93)	0.85 (0.79- 0.91)	0.94 (0.92 - 0.96)	0.06
HLI - total <sup>d</sup>	1 (ref)	0.75 (0.70- 0.80)	0.67 (0.63- 0.72)	0.56 (0.52- 0.60)	0.80 (0.78 - 0.82)	<0.0001
WCRF <sup>e</sup>	1 (ref)	0.88 (0.82- 0.94)	0.81 (0.76- 0.87)	0.78 (0.72- 0.83)	0.90 (0.88 - 0.92)	0.0004

**Abbreviations:** MDS, Mediterranean Diet Scale; rMED, relative Mediterranean diet score; MSDPS, Mediterranean Style Dietary Pattern Score; DQI-I, Diet Quality Index – International; HNFI, Healthy Nordic Food Index; HEI-2010, Healthy Eating Index 2010; WHO HDI, World Health Organization Healthy Diet Index; DASH, Dietary Approaches to Stop Hypertension; HLI, Healthy Lifestyle Index; HLI-diet, diet component of the HLI; WCRF, World Cancer Research Fund / American Institute for Cancer Research; Q, quartile of diet quality score

<sup>a</sup> Model including the following predictors: dietary score, energy intake and age at baseline, BMI (continuous), Physical activity (Cambridge index), smoking status (3 categories) and educational level, unless otherwise stated. Stratified by sex and study centre.

<sup>b</sup> HR for the increase of 1 SD of score

<sup>c</sup> p-value for linear trend across quartiles

<sup>d</sup> Model only including HLI, age, energy intake and educational level because BMI, physical activity, smoking are components of the Healthy Lifestyle Index, n=376,553

<sup>e</sup> Model only including WCRF score, age, energy intake, smoking and educational level as BMI and physical activity are components of the WCRF score, n=363,207

**S4 Table. C statistic of the baseline model <sup>a</sup>, Model 1 <sup>b</sup> and Model 2 <sup>c</sup> for the prediction of 10-year mortality risk in 451,256 participants to the EPIC study**

Score	Baseline model <sup>a</sup>	Model 1 <sup>b</sup>	Difference Model 1 - baseline	Model 2 <sup>c</sup>	Difference Model 2 - Baseline
<b>All cause</b>					
MDS	0.704 (0.699-0.708)	0.709 (0.704-0.714)	0.005	0.733 (0.729-0.738)	0.029
rMED	0.704 (0.699-0.708)	0.711 (0.707-0.716)	0.007	0.734 (0.729-0.739)	0.030
MSDPS	0.704 (0.699-0.708)	0.709 (0.704-0.713)	0.005	0.733 (0.728-0.738)	0.029
DQI	0.704 (0.699-0.708)	0.712 (0.707-0.716)	0.008	0.734 (0.729-0.738)	0.030
HNFI	0.704 (0.699-0.708)	0.708 (0.703-0.712)	0.004	0.733 (0.728-0.737)	0.029
HEI-2010	0.704 (0.699-0.708)	0.709 (0.705-0.714)	0.005	0.733 (0.729-0.738)	0.029
WHOHD	0.704 (0.699-0.708)	0.706 (0.701-0.710)	0.002	0.732 (0.728-0.737)	0.028
DASH	0.704 (0.699-0.708)	0.710 (0.705-0.714)	0.006	0.733 (0.728-0.738)	0.029
HLI - diet	0.704 (0.699-0.708)	0.708 (0.703-0.713)	0.004	0.733 (0.728-0.737)	0.029
HLI - total <sup>d</sup>	0.705 (0.700-0.710)	0.718 (0.713-0.723)	0.013	0.720 (0.715-0.725)	0.015
WCRF <sup>e</sup>	0.702 (0.697-0.708)	0.711 (0.706-0.716)	0.008	0.732 (0.727-0.737)	0.029
<b>CVD</b>					
MDS	0.77 (0.761-0.779)	0.774 (0.765-0.783)	0.004	0.804 (0.796-0.812)	0.034
rMED	0.77 (0.761-0.779)	0.776 (0.767-0.785)	0.006	0.805 (0.797-0.813)	0.035
MSDPS	0.77 (0.761-0.779)	0.774 (0.765-0.783)	0.004	0.804 (0.796-0.812)	0.034
DQI	0.77 (0.761-0.779)	0.776 (0.767-0.785)	0.006	0.805 (0.797-0.813)	0.035
HNFI	0.77 (0.761-0.779)	0.773 (0.764-0.782)	0.003	0.804 (0.796-0.812)	0.034
HEI-2010	0.77 (0.761-0.779)	0.774 (0.765-0.783)	0.004	0.804 (0.796-0.812)	0.034
WHOHD	0.77 (0.761-0.779)	0.773 (0.764-0.782)	0.003	0.804 (0.796-0.812)	0.034
DASH	0.77 (0.761-0.779)	0.776 (0.767-0.785)	0.006	0.805 (0.796-0.813)	0.035
HLI - diet	0.77 (0.761-0.779)	0.775 (0.766-0.783)	0.005	0.804 (0.796-0.812)	0.034
HLI - total <sup>d</sup>	0.776 (0.766-0.786)	0.789 (0.78-0.799)	0.013	0.792 (0.782-0.801)	0.015
WCRF <sup>e</sup>	0.769 (0.759-0.779)	0.776 (0.766-0.785)	0.006	0.796 (0.787-0.805)	0.027
<b>Cancer</b>					
MDS	0.681 (0.675-0.688)	0.686 (0.68-0.693)	0.005	0.706 (0.700-0.713)	0.025
rMED	0.681 (0.675-0.688)	0.688 (0.681-0.694)	0.007	0.707 (0.700-0.713)	0.026
MSDPS	0.681 (0.675-0.688)	0.685 (0.678-0.692)	0.004	0.706 (0.699-0.712)	0.025
DQI	0.681 (0.675-0.688)	0.689 (0.682-0.696)	0.008	0.706 (0.700-0.713)	0.025
HNFI	0.681 (0.675-0.688)	0.685 (0.679-0.692)	0.004	0.706 (0.699-0.712)	0.025
HEI-2010	0.681 (0.675-0.688)	0.687 (0.68-0.694)	0.006	0.706 (0.700-0.713)	0.025
WHOHD	0.681 (0.675-0.688)	0.683 (0.676-0.69)	0.002	0.705 (0.698-0.711)	0.024
DASH	0.681 (0.675-0.688)	0.686 (0.679-0.693)	0.005	0.706 (0.699-0.712)	0.025
HLI - diet	0.681 (0.675-0.688)	0.686 (0.679-0.693)	0.005	0.706 (0.699-0.712)	0.025
HLI - total <sup>d</sup>	0.679 (0.671-0.686)	0.692 (0.684-0.699)	0.013	0.693 (0.686-0.700)	0.014
WCRF <sup>e</sup>	0.678 (0.67-0.685)	0.684 (0.676-0.691)	0.006	0.705 (0.698-0.712)	0.027

**Abbreviations:** MDS, Mediterranean Diet Scale; rMED, relative Mediterranean diet score; MSDPS, Mediterranean Style Dietary Pattern Score; DQI-I, Diet Quality Index – International; HNFI, Healthy Nordic Food Index; HEI-2010, Healthy Eating Index 2010; WHO HDI, World Health Organization Healthy Diet Index; DASH, Dietary Approach to Stop Hypertension; HLI, Healthy Lifestyle Index; HLI-diet, diet component of the HLI; WCRF, World Cancer Research Fund / American Institute for Cancer Research

<sup>a</sup> Baseline model includes only age as a predictor, stratified by sex and center;

<sup>b</sup> Model 1 = baseline + dietary score;

<sup>c</sup> Model 2= Model 1+ lifestyle factors: smoking, BMI, physical activity, educational level unless otherwise stated

<sup>d</sup> Model 2 = Model 1 + educational level because BMI, physical activity, smoking are components of the Healthy Lifestyle Index, n=376,553

<sup>e</sup> Model 2 = Model 1 + smoking and educational level as BMI and physical activity are components of the WCRF score, n=363,207

**S5 Table. C statistic of the dietary scores alone for 10-year risk of all-cause, CVD and cancer mortality in 451,256 participants to the EPIC study**

<b>Score</b>	<b>C-statistic (95% CI)</b>
<b>All-cause</b>	
MDS	0.55 (0.545 - 0.555)
rMED	0.556 (0.551 - 0.561)
MSDPS	0.547 (0.542 - 0.552)
DQI	0.549 (0.543 - 0.554)
HNFI	0.511 (0.506 - 0.516)
HEI-2010	0.54 (0.535 - 0.546)
WHO HDI	0.523 (0.518 - 0.528)
DASH	0.541 (0.536 - 0.546)
HLI diet	0.534 (0.529 - 0.539)
HLI total	0.568 (0.563 - 0.574)
WCRF	0.587 (0.581 - 0.592)
<b>CVD</b>	
MDS	0.559 (0.548 - 0.569)
rMED	0.563 (0.553 - 0.574)
MSDPS	0.551 (0.54 - 0.561)
DQI	0.553 (0.542 - 0.563)
HNFI	0.506 (0.496 - 0.516)
HEI-2010	0.543 (0.532 - 0.554)
WHO HDI	0.536 (0.526 - 0.546)
DASH	0.551 (0.54 - 0.561)
HLI diet	0.543 (0.533 - 0.554)
HLI total	0.586 (0.575 - 0.597)
WCRF	0.612 (0.602 - 0.623)
<b>Cancer</b>	
MDS	0.539 (0.532 - 0.547)
rMED	0.542 (0.534 - 0.549)
MSDPS	0.535 (0.527 - 0.542)
DQI	0.535 (0.528 - 0.543)
HNFI	0.509 (0.502 - 0.517)
HEI-2010	0.529 (0.522 - 0.537)
WHO HDI	0.519 (0.512 - 0.527)
DASH	0.532 (0.525 - 0.54)
HLI diet	0.526 (0.519 - 0.533)
HLI total	0.562 (0.554 - 0.569)
WCRF	0.563 (0.555 - 0.571)

**S6 Table. Geographical differences in dietary scores across EPIC centres**

		N	MDS		rMED		MSDPS		HLI diet		HNFI		WHO HDI		HEI 2010		DQI-I		DASH		WCRF	
			Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD
Norway	South-East	19021	3.7	1.3	8.1	2.4	24.0	6.5	31.6	7.9	3.0	1.3	3.2	0.8	57.9	7.0	56.9	7.7	18.8	3.1	.	.
	North-West	15488	3.6	1.2	7.8	2.2	22.0	6.1	31.5	7.7	3.0	1.3	3.1	0.8	57.4	6.9	56.8	7.5	18.5	3.0	.	.
France	Ile-de-France	12436	4.4	1.5	8.9	2.7	25.3	6.8	31.6	8.0	3.0	1.3	3.3	0.8	63.2	7.0	58.4	6.7	22.9	3.2	2.4	1.0
	North-West	11527	4.4	1.4	9.1	2.7	24.6	6.6	31.5	7.8	3.0	1.3	3.3	0.8	63.1	6.6	58.4	6.5	23.1	3.2	2.3	1.0
	North-East	14318	4.1	1.5	8.5	2.7	23.6	6.5	31.7	7.9	3.0	1.3	3.3	0.8	62.5	6.9	57.5	6.7	22.7	3.2	2.3	1.0
	Rhone-Alpes	8850	4.4	1.4	9.3	2.6	24.7	6.6	31.6	7.8	3.0	1.3	3.5	0.8	63.3	6.4	59.5	6.5	23.6	3.1	2.5	1.0
	Provence	8865	4.6	1.5	9.3	2.6	25.2	6.9	31.4	7.8	3.0	1.3	3.5	0.8	63.5	6.9	59.2	6.7	23.5	3.1	2.5	1.0
	South-West	9609	4.6	1.5	9.1	2.6	24.9	6.7	31.4	7.8	3.0	1.3	3.4	0.8	63.5	6.6	58.9	6.6	23.5	3.2	2.5	1.0
	Italy	Florence	12218	5.1	1.3	10.8	2.3	28.4	6.8	31.5	7.8	2.6	1.3	3.2	0.8	58.4	7.6	58.1	6.9	21.6	3.3	2.7
	Varese	10756	4.6	1.4	10.1	2.3	26.3	6.8	31.5	7.8	3.0	1.2	3.1	0.8	59.0	7.7	55.0	6.6	20.7	3.4	2.5	1.0
	Ragusa	5729	5.1	1.1	10.9	2.0	25.4	6.1	31.5	7.3	2.6	1.2	3.7	0.8	55.5	6.7	61.1	7.2	20.6	3.1	2.6	1.0
	Turin	9384	5.0	1.3	11.2	2.4	28.5	6.9	31.6	7.6	2.8	1.3	3.2	0.8	58.9	8.0	57.4	6.7	21.2	3.4	2.8	1.0
	Naples	4720	6.6	1.0	13.1	1.9	31.2	6.2	31.4	7.2	2.5	1.4	3.7	0.8	63.5	5.7	61.7	6.2	25.7	2.8	2.2	0.9
Spain	Asturias	8023	5.0	1.3	10.3	2.4	28.9	8.0	31.8	7.7	3.0	1.1	3.2	0.9	65.5	7.7	56.4	8.6	23.3	3.4	2.3	1.0
	Granada	6785	5.5	1.3	11.5	2.3	31.8	8.0	31.7	7.9	4.0	0.7	3.5	0.8	63.9	7.0	58.7	7.5	24.6	3.2	2.6	0.9
	Murcia	7411	5.9	1.2	11.9	2.4	28.7	7.2	31.5	7.6	3.5	0.9	3.8	0.8	64.7	6.8	60.9	6.9	25.0	3.1	2.7	1.0
	Navarra	7484	5.4	1.2	10.7	2.5	29.0	7.7	31.6	7.6	3.5	0.9	3.4	0.8	65.1	7.8	57.4	7.3	23.6	3.2	2.4	1.0
	San Sebastian	7627	5.6	1.2	11.3	2.5	30.0	8.0	31.3	7.3	3.2	1.0	3.4	0.9	64.3	7.8	59.6	8.1	24.1	3.4	2.5	1.0
UK	Cambridge	20514	4.1	1.5	8.3	2.6	21.5	6.7	31.8	8.3	2.6	1.3	3.4	0.9	60.6	8.8	58.9	8.5	21.7	3.7	2.6	1.0
	Oxford health conscious	43163	5.0	1.4	10.8	2.4	23.6	6.5	31.4	7.4	2.6	1.3	4.0	0.9	61.0	8.0	61.3	8.2	24.0	3.7	3.1	1.1
	Oxford general population	6318	4.4	1.5	9.3	2.5	24.0	6.2	31.7	8.3	2.6	1.4	3.4	0.9	60.8	7.9	59.6	8.2	21.7	3.7	2.4	1.0
Holland	Bilthoven	20210	2.6	1.3	6.2	2.5	17.7	5.7	31.5	7.7	2.6	1.3	3.4	0.8	54.5	8.9	55.2	7.3	18.7	3.2	2.7	1.0
	Utrecht	14631	2.4	1.2	6.0	2.4	18.5	5.7	31.5	7.8	2.6	1.2	3.6	0.8	60.6	7.4	58.0	6.7	20.3	3.2	2.6	1.0
Greece	Greece	22965	6.0	1.0	12.6	1.9	31.0	6.8	31.5	6.9	3.0	1.2	4.1	0.5	64.9	6.4	62.7	4.8	25.2	2.7	3.1	1.0
Germany	Heidelberg	22468	2.8	1.3	7.8	2.6	19.3	6.1	31.4	7.5	2.5	1.3	2.9	0.7	50.7	9.0	53.4	7.9	18.7	3.2	2.3	1.0
	Potsdam	23045	2.7	1.3	7.1	2.4	18.6	5.6	31.5	7.1	2.5	1.3	3.0	0.8	51.2	8.2	56.1	6.9	18.3	2.9	2.4	1.0
Sweden	Malmo	22705	2.9	1.4	6.2	2.5	16.9	5.6	31.5	8.2	2.7	1.2	2.9	0.8	57.0	8.3	54.7	7.8	18.4	3.5	2.4	1.0
	Umea	23796	2.6	1.3	5.3	2.1	11.5	4.5	31.4	8.0	2.9	1.4	3.3	0.7	49.1	8.4	52.6	9.5	17.8	3.2		
Denmark	Aarhus	15508	3.0	1.4	6.7	2.6	20.2	6.4	31.5	8.3	2.5	1.4	3.0	0.9	54.1	8.8	56.8	7.3	17.9	3.5	2.6	1.0
	Copenhagen	35682	3.2	1.4	7.1	2.8	21.1	6.8	31.5	8.4	2.5	1.4	3.1	0.9	53.3	9.7	57.0	7.9	18.3	3.6	2.5	1.0

**Abbreviations:** MDS, Mediterranean Diet Scale; rMED, relative Mediterranean diet score; MSDPS, Mediterranean Style Dietary Pattern Score; DQI-I, Diet Quality Index – International; HNFI, Healthy Nordic Food Index; HEI-2010, Healthy Eating Index 2010; WHO HDI, World Health Organization Healthy Diet Index; DASH, Dietary Approach to Stop Hypertension; HLI, Healthy Lifestyle Index; HLI-diet, diet component of the HLI; WCRF, World Cancer Research Fund / American Institute for Cancer Research





**S7 Table. Age and sex specific multivariate hazard ratios (Model 2: adjusted for age and lifestyle risk factors) for 10-year mortality risk for a 1SD increase of score among 451,256 participants of the EPIC study**

	Sex <sup>a</sup>		Age <sup>b</sup>	
	Men	Women	<50y	≥50y
<b>All-cause mortality</b>	HR (95% CI) <sup>c</sup>	HR (95% CI) <sup>c</sup>	HR (95% CI) <sup>c</sup>	HR (95% CI) <sup>c</sup>
MDS	0.91 (0.89 - 0.93)	0.92 (0.90 - 0.94)	0.92 (0.88 - 0.96)	0.91 (0.90 - 0.93)
rMED	0.87 (0.85 - 0.90)	0.91 (0.89 - 0.93)	0.91 (0.87 - 0.95)	0.89 (0.88 - 0.91)
MSDPS	0.91 (0.88 - 0.93)	0.93 (0.90 - 0.95)	0.91 (0.88 - 0.95)	0.92 (0.90 - 0.93)
DQI-I	0.90 (0.88 - 0.93)	0.89 (0.87 - 0.91)	0.89 (0.86 - 0.93)	0.90 (0.88 - 0.91)
HNDS	0.93 (0.91 - 0.95)	0.93 (0.91 - 0.95)	0.93 (0.89 - 0.97)	0.93 (0.92 - 0.95)
HEI 2010	0.90 (0.88 - 0.92)	0.92 (0.90 - 0.94)	0.93 (0.89 - 0.97)	0.91 (0.90 - 0.93)
WHO HDI	0.95 (0.93 - 0.97)	0.96 (0.93 - 0.98)	0.96 (0.92 - 1.00)	0.95 (0.94 - 0.97)
DASH	0.91 (0.89 - 0.93)	0.92 (0.90 - 0.94)	0.91 (0.88 - 0.95)	0.92 (0.90 - 0.94)
HLI – diet	0.94 (0.92 - 0.96)	0.93 (0.91 - 0.95)	0.96 (0.92 - 1.00)	0.93 (0.91 - 0.95)
HLI - total <sup>d</sup>	0.77 (0.76 - 0.79)	0.80 (0.79 - 0.82)	0.82 (0.79 - 0.86)	0.78 (0.77 - 0.80)
WCRF <sup>e</sup>	0.86 (0.84 - 0.88)	0.86 (0.84 - 0.88)	0.90 (0.86 - 0.95)	0.86 (0.84 - 0.87)
<b>CVD mortality</b>				
MDS	0.91 (0.87 - 0.95)	0.91 (0.87 - 0.96)	0.91 (0.82 - 1.01)	0.91 (0.88 - 0.95)
rMED	0.89 (0.85 - 0.93)	0.89 (0.84 - 0.93)	0.86 (0.78 - 0.96)	0.89 (0.86 - 0.93)
MSDPS	0.94 (0.90 - 0.98)	0.89 (0.85 - 0.94)	0.86 (0.78 - 0.96)	0.93 (0.90 - 0.96)
DQI-I	0.92 (0.88 - 0.96)	0.86 (0.82 - 0.90)	0.89 (0.80 - 0.99)	0.90 (0.87 - 0.93)
HNDS	0.93 (0.89 - 0.97)	0.93 (0.89 - 0.98)	0.87 (0.78 - 0.96)	0.94 (0.91 - 0.97)
HEI 2010	0.93 (0.89 - 0.97)	0.92 (0.87 - 0.96)	0.86 (0.78 - 0.95)	0.93 (0.90 - 0.97)
WHO HDI	0.95 (0.91 - 0.99)	0.91 (0.86 - 0.95)	0.85 (0.77 - 0.95)	0.94 (0.91 - 0.97)
DASH	0.90 (0.86 - 0.94)	0.89 (0.85 - 0.94)	0.84 (0.76 - 0.94)	0.90 (0.87 - 0.94)
HLI – diet	0.91 (0.87 - 0.95)	0.91 (0.87 - 0.96)	0.88 (0.80 - 0.98)	0.91 (0.88 - 0.95)
HLI - total <sup>d</sup>	0.73 (0.7 - 0.77)	0.76 (0.72 - 0.80)	0.74 (0.66 - 0.83)	0.74 (0.72 - 0.77)
WCRF <sup>e</sup>	0.83 (0.80 - 0.87)	0.83 (0.79 - 0.88)	0.87 (0.77 - 0.98)	0.83 (0.80 - 0.86)
<b>Cancer</b>				
MDS	0.93 (0.90 - 0.96)	0.92 (0.90 - 0.95)	0.92 (0.86 - 0.98)	0.93 (0.90 - 0.95)
rMED	0.90 (0.87 - 0.94)	0.93 (0.90 - 0.96)	0.94 (0.88 - 1.00)	0.91 (0.89 - 0.94)
MSDPS	0.92 (0.89 - 0.95)	0.95 (0.92 - 0.98)	0.95 (0.89 - 1.01)	0.93 (0.91 - 0.96)
DQI-I	0.91 (0.88 - 0.94)	0.91 (0.88 - 0.94)	0.89 (0.84 - 0.95)	0.91 (0.89 - 0.93)
HNDS	0.93 (0.90 - 0.97)	0.94 (0.91 - 0.97)	0.95 (0.90 - 1.02)	0.93 (0.91 - 0.96)
HEI 2010	0.90 (0.87 - 0.93)	0.94 (0.91 - 0.97)	0.97 (0.92 - 1.03)	0.92 (0.89 - 0.94)
WHO HDI	0.95 (0.92 - 0.99)	0.97 (0.95 - 1.00)	0.98 (0.92 - 1.04)	0.96 (0.94 - 0.99)
DASH	0.93 (0.90 - 0.97)	0.93 (0.90 - 0.96)	0.92 (0.86 - 0.98)	0.93 (0.91 - 0.96)
HLI – diet	0.95 (0.91 - 0.98)	0.93 (0.90 - 0.96)	0.94 (0.88 - 0.99)	0.94 (0.91 - 0.96)
HLI - total <sup>d</sup>	0.77 (0.75 - 0.80)	0.82 (0.79 - 0.85)	0.84 (0.79 - 0.90)	0.80 (0.77 - 0.82)
WCRF <sup>e</sup>	0.90 (0.87 - 0.93)	0.90 (0.87 - 0.93)	0.97 (0.90 - 1.04)	0.89 (0.87 - 0.91)

**Abbreviations:** MDS, Mediterranean Diet Scale; rMED, relative Mediterranean diet score; MSDPS, Mediterranean Style Dietary Pattern Score; DQI-I, Diet Quality Index – International; HNFI, Healthy Nordic Food Index; HEI-2010, Healthy Eating Index 2010; WHO HDI, World Health Organization Healthy Diet Index; DASH, Dietary Approach to Stop Hypertension; HLI, Healthy Lifestyle Index; HLI-diet, diet component of the HLI; WCRF, World Cancer Research Fund / American Institute for Cancer Research

<sup>a</sup> Model including the following predictors: age at baseline, BMI (continuous), Physical activity (Cambridge index), smoking status (3 categories) and educational level, unless otherwise stated. Stratified by study center.

<sup>b</sup> Model including the following predictors: age at baseline, BMI (continuous), Physical activity (Cambridge index), smoking status (3 categories) and educational level, unless otherwise stated. Stratified by sex and study center.

<sup>c</sup> HR for the increase of 1 SD of score

<sup>d</sup> Model only including HLL, age and educational level because BMI, physical activity, smoking are components of the Healthy Lifestyle Index, n=376,553

<sup>e</sup> Model only including WCRF score, smoking and educational level as BMI and physical activity are components of the WCRF score, n=363,207