MEDITERRANEAN DIET ADHERENCE IN 9-YEARS OLD CHILDREN: A CROSS-SECTIONAL STUDY IN THE PART OF THE SPLIT-DALMATIA COUNTY, CROATIA

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Table S 1. *KIDMED Questionnaire*

No.	Question	Points*
1.	Does your child takes a fruit or fruit juice every day?	+1
2.	Does your child has a second fruit every day?	+1
3.	Does your child have fresh or cooked vegetables regularly once a day?	+1
4.	Does your child have fresh or cooked vegetables more than once a day?	+1
5.	Does your child consume fish regularly?	+1
6.	Does your child go more than once a week to a fast-food restaurant?	-1
7.	Does your child like pulses and eat them more than once a week?	+1
8.	Does your child consume pasta or rice almost every day (5 or more times per week)?	+1
9.	Does your child have cereals or grains (bread, etc.) for breakfast?	+1
10.	Does your child consume nuts regularly (at least 2–3 times per week)?	+1
11.	Does your child use olive oil at home?	+1
12.	Does your child skip breakfast?	-1
13.	Does your child have a diary product for breakfast (yoghurt, milk, etc.)?	+1
14.	Does your child have commercially baked goods or pastries for breakfast?	-1
15.	Does your child take two yoghurts and/or some cheese (40 g) daily?	+1
16.	Does your child take sweets and candy several times every day?	-1

*If answer was "yes" 1 or −1 point was given. Otherwise 0 point was given.

Table S 2. Differences in children's BMI and other anthropometric measures in relation to the mothers' education level

	High school (n = 82) n (%)	Undergraduate (n = 39) n (%)	Graduate/PhD (n = 36) n (%)	p-value
Sex				
Boys	37 (45.1)	17 (43.6)	19 (52.8)	0.652[c]
Girls	45 (54.9)	22 (56.4)	17 (47.2)	
BMI (percentile)				
Underweight (< 5)	2 (2.4)	1 (2.6)	0 (0.0)	0.250[c]
Normal weight (≥ 5 to < 85)	52 (63.4)	30 (76.9)	31 (86.1)	
Overweight (≥ 85)	28 (34.1)	8 (20.5)	5 (13.9)	
Anthropometric parameters				
Height (m)[a] mean (SD)	1.40 (0.06)	1.40 (0.05)	1.39 (0.06)	0.843[A]
Weight (kg)[b]	34 (10.25)	34 (7.5)	31 (5.25)	0.126[C]
WC (cm)[b]	61 (10.25)	60 (8.0)	56 (7.0)	**0.002**[C]
HC (cm)[b]	75 (12.0)	72 (9.0)	68,5 (8.5)	**0.001**[C]
WHR[b]	0.82 (0.06)	0.81 (0.06)	0.82 (0.04)	0.536[C]
WHtR[b]	0.44 (0.07)	0.42 (0.05)	0.41 (0.04)	**0.001**[C]
MedDiet adherence (KI)				
Optimal (KI ≥ 8)	44 (27.8)	26 (31.3)	18 (24.0)	0.305[C]
Suboptimal (KI < 8)	114 (72.2)	57 (68.7)	57 (76.0)	

[c] – χ^2 test; [A] – One-way Analysis of Variance (ANOVA); [C] – Kruskal-Wallis H test; [a] – arithmetic mean with standard deviation due to normally distributed data; [b] – median value with IQR due to the abnormal data distribution
Numbers in bold indicate statistically significant values.

Table S 3. Differences in children's BMI and other anthropometric measures in relation to the fathers' education level

	Elementary school n (%)	High school n (%)	Undergraduate n (%)	Graduate/PhD n (%)	p-value
Sex					
Boys	0 (0.0)	44 (45.4)	14 (58.3)	15 (48.4)	0.178[c]
Girls	4 (100.0)	53 (54.6)	10 (41.7)	16 (51.6)	
BMI (percentile)					
Underweight (< 5)	0 (0.0)	2 (2.1)	1 (4.2)	0 (0.0)	0.940[c]
Normal weight (≥ 5 to < 85)	3 (75.0)	68 (70.1)	17 (70.8)	24 (77.4)	
Overweight and obese (≥ 85)	1 (25.0)	27 (27.8)	6 (25.0)	7 (22.6)	
Anthropometric parameters					
Height (m)[a], mean (SD)	1.37 (0.08)	1.40 (0.06)	1.40 (0.1)	1.39 (0.09)	0.547[A]
Weight (kg)[b]	32 (18.25)	34 (9.3)	33.25 (8.13)	32 (5.0)	0.530[C]
WC (cm)[b]	57.5 (14.75)	60 (9.5)	57.5 (6.0)	56 (10.0)	0.194[C]
HC (cm)[b]	73.5 (15.0)	74 (11.3)	72 (10.5)	70 (9.0)	0.144[C]
WHR[b]	0.77 (0.06)	0.81 (0.06)	0.83 (0.07)	0.82 (0.04)	0.064[C]
WHtR[b]	0.42 (0.06)	0.43 (0.05)	0.42 (0.04)	0.41 (0.06)	0.376[C]
MedDiet adherence (KI)					
Optimal (KI ≥ 8)	1 (25.0)	26 (26.8)	8 (33.3)	9 (29.0)	0.933[c]
Suboptimal (KI < 8)	3 (75.0)	71 (73.2)	16 (66.7)	22 (71.0)	

[c] – χ^2 test; [A] – one-way analysis of variance (ANOVA); [C] – Kruskal-Wallis H test; [a] – arithmetic mean with standard deviation due to normally distributed data; [b] – median value with IQR due to the abnormal data distribution