

Appendix 1

Moli-sani project Investigators

Steering Committee: Licia Iacoviello , Chairperson, Maria Benedetta Donati and Giovanni de Gaetano (Campobasso,Italy), Simona Giampaoli (Roma, Italy)

Safety and data monitoring Committee: Jos Vermeylen (Leuven, Belgio), Chairman, Ignacio De Paula Carrasco (Roma, Italy), Enrico Garaci (Roma, Italy)

Event adjudicating Committee: Deodato Assanelli (Brescia, Italy), Francesco Alessandrini, Vincenzo Centritto and Sergio Storti (Campobasso, Italy)), Paola Muti (Roma, Italy), Holger Schünemann (Hamilton, Ontario, Canada), Pasquale Spagnuolo and Dante Staniscia (Termoli, Italy),

Scientific and organizing secretariat: Francesco Zito (Coordinator, Campobasso and Termoli, Italy), Americo Bonanni , Chiara Cerletti, Amalia De Curtis, Augusto Di Castelnuovo, Licia Iacoviello, Roberto Lorenzet, Antonio Mascioli, Marco Olivieri and Domenico Rotilio (Campobasso, Italy).

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May 2008) (Campobasso, Italy).

Appendix 2 Food grouping used in the dietary pattern analyses

Foods or food groups	Food items
Potatoes	Potatoes
Cooked vegetables	Leafy vegetables, root vegetables, cabbages, onion, carrots, mushrooms, egg plants, artichokes, sweet peppers, spinach, pumpkins, canned vegetables in oil, pickled vegetables
Raw vegetables	Raw leafy vegetables, raw tomatoes
Tomatoes (cooked)	Tomato sauces, tomatoes
Legumes	Beans, lentils, peas, chick peas
Fruit	Apples, pears, kiwi, bananas, grapes, peaches, apricots, oranges, tangerines, plums, strawberries, melon, khaki, figs, cherries
Nuts and dried fruit	Peanuts, almonds, hazelnuts, walnuts, dried figs, dried dates, prune
Olives	Olives
Milk	Milk
Yogurt	Yogurt
Fresh cheese	Mozzarella, ricotta cheese, taleggio cheese, gorgonzola cheese, melted cheese slices, other soft cream cheese
Seasoned cheese	Fontina cheese, emmenthal, gruyere, parmesan, caciocavallo cheese, other seasoned cheese
Pasta and other grains	Pasta, yellow maize meal
Rice	Rice
Bread	White bread, bread with oil and other bread
Crisp bread, rusks	Breads sticks, crisp bread
Breakfast cereals	Breakfast cereals
Salty biscuits	Crackers
Red meat	Beef, pork, lamb, horse, game, veal, other meats
White meat	Chicken, turkey, rabbit

Processed meat	Sausages, ham, bologna sausage, dried beef, salami
Offals	Liver, offals
Canned fish	Canned tuna fish and other fish
Crustaceans, molluscs	Crustaceans, molluscs
Fish	Other fish
Egg	Eggs
Vegetables oils	Seed oils (except olive oils)
Olive oil	Olive oil
Butter	Butter
Margarines	Margarines
Animal fats	Visible fat from meat, poultry skin, fat from ham
Sugar & sweets	Sugar, honey, cakes, ice cream, confections, pastry, pudding
Fruit juices	Orange juice, grapefruit juices, other fruit juices
Soft drinks	Soft drinks
Coffee	Coffee
Tea	Tea
Other sauces	Dressing sauces for pasta other than tomato sauce
Mayonnaises	Mayonnaises
Soups	Vegetable soups
Bouillon	Meat and stock-cube broth
Snacks	Vegetable quiche
Pizza	Pizza
Wine	Red wine, rosé wine, white wine
Spirits	Alcoholic beverages other than wine or beer
Beer	Beer
