

**Supplementary Table 1. K-MEDAS (Korean Mediterranean Diet Adherence Screener) questionnaire**

K-MEDAS Questions	FFQ*
Q1. Do you usually use perilla oil or olive oil when cooking?	1 point given based on use of perilla oil or olive oil when cooking
Q2. How much perilla oil or olive oil do you consume per day?	n/a <sup>†</sup>
Q3. How many vegetables do you eat per day?	1 point given based on FFQ calculation, if $\geq 3$ portions of vegetables per day
Q4. How many fruits do you eat per day?	1 point given based on FFQ calculation, if $\geq 2$ portions of fruits per day
Q5. How much of red meat (i.e., beef, pork, etc.) and processed meat (ham, sausage, etc.) do you consume per day?	1 point given based on FFQ calculation, if $< 2$ portions of red meat and processed meats per day
Q6. How much butter, margarine, and cream did you consume per day?	1 point given based on FFQ calculation, if $< 1$ portion of butter and margarine per day
Q7. How many drinks that contain sugar do you drink per day (carbonated drinks, juices, processed drinks, etc.)?	1 point given based on FFQ calculation, if $< 1$ portion of soft drinks per day
Q8. How much wine do you consume per week?	1 point given based on FFQ calculation, if $\geq 7$ cups of wine per week
Q9. How much did you consume beans or tofu per week?	1 point given based on FFQ calculation, if $\geq 3$ portions of beans and tofu per week
Q10. How much fish or seafood did you consume per week?	1 point given based on FFQ calculation, if $\geq 3$ portions of fish and seafood per week
Q11. How many times do you consume sweets (chocolate, candy, ice cream, snacks), breads (except whole wheat bread), cakes, and cookies per week?	1 point given based on FFQ calculation, if $< 2$ times of sweets, cakes, cookies, and breads per week
Q12. How many times do you consume nut products per week?	1 point given based on FFQ calculation, if $\geq 3$ times of nuts per week
Q13. Do you have a higher preference to consume white meat (chicken breasts, etc.) rather than red meat (beef, pork, etc.) and processed meat (ham, sausage, etc.)?	1 point given based on FFQ calculation, if consumption frequency of poultry and chicken $>$ those of red meat and processed meat
Q14. How many times do you consume whole grains (multi-grain rice, rye bread, etc.) per week?	1 point given based on FFQ calculation, if $\geq 3$ times of whole grains per week

\*FFQ was developed by Korean Genome and Epidemiology Study; <sup>†</sup>this question was not included in FFQ. K-MEDAS, Korean Mediterranean Diet Adherence Screener; FFQ, food frequency questionnaire