Supplementary Material 3. Kappa statistics for percent agreement within the same category of 17 MediCul elements between Survey A and B

MediCul elements	% Agreement within same category	Kappa value	Level of agreement*
1. Olive oil	66.2%	0.53 (p<0.0001)	Moderate
2. Vegetables	44.1%	0.35 (p<0.0001)	Fair
3. Fruit	82.4%	0.71 (p<0.0001)	Substantial
4. Nuts	72.1%	0.61 (p<0.0001)	Substantial
5. Wholegrains	98.5%	0.93 (p<0.0001)	Almost perfect
6. Legumes	52.9%	0.27 (p=0.002)	Fair
7. Fish/shellfish	76.5%	0.62 (p<0.0001)	Substantial
8. Eggs	86.8%	0.66 (p<0.0001)	Substantial
9. Dairy products	83.8%	0.46 (p<0.001)	Moderate
10. White meat preference	79.4%	0.63 (p<0.0001)	Substantial
11. Red/processed meat	61.8%	0.51 (p<0.0001)	Moderate
12. Sweets and sugary drinks	73.5%	0.50 (p<0.0001)	Moderate
13. Takeaway	70.6%	0.39 (p<0.0001)	Fair
14. Water	82.4%	0.74 (p<0.0001)	Substantial
15. Alcohol	75.0%	0.66 (p<0.0001)	Substantial
16. Coffee	97.1%	0.86 (p<0.0001)	Almost perfect
17. Cuisine	41.2%	0.31 (p<0.0001)	Fair

Survey A, first administration of MediCul; Survey B, second administration of MediCul.

*Kappa value interpretation based on Landis JR, Koch GG (1977) The Measurement of Observer Agreement for Categorical Data. *Biometrics* **33**, 159-174.