Supplementary Table 1: Achievement of healthy food groups recommendations among university students following vegetarian diets.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | General | Ovo-dairy-vegetarian diet | Fish-vegetarian diet | Strict vegetarian diet (vegan) |
| N (%) | 428 (100) | 240 (56.1) | 138 (32.2) | 50 (11.7) |
| Fruits & vegetables |  |  |  |  |
| Fails the recommendation | 361 (84.3) | 209 (87.1) | 119 (86.2) | 33 (66.0) |
| Achieves the recommendation | 67 (15.7) | 31 (12.9) | 19 (13.8) | 17 (34.0) |
| Vegetables |  |  |  |  |
| Fails the recommendation | 220 (51.4) | 131 (54.6) | 77 (55.8) | 12 (24.0) |
| Achieves the recommendation | 208 (48.6) | 109 (45.4) | 61 (44.2) | 38 (76.0) |
| Fruits  |  |  |  |
| Fails the recommendation | 337 (78.7) | 195 (81.2) | 113 (81.9) | 29 (58.0) |
| Achieves the recommendation | 91 (21.3) | 45 (18.8) | 25 (18.1) | 21 (42.0) |
| Dairy |  |  |  |  |
| Fails the recommendation | 310 (77.1) | 170 (76.6) | 90 (69.2) | 50 (100.0) |
| Achieves the recommendation | 92 (22.9) | 52 (23.4) | 40 (30.8) | 0 (0.0) |
| Legumes |  |  |  |  |
| Fails the recommendation | 105 (24.5) | 55 (22.9) | 47 (34.1) | 3 (6.0) |
| Achieves the recommendation | 323 (75.5) | 185 (77.1) | 91 (65.9) | 47 (94.0) |
| Fish |  |  |  |  |
| Fails the recommendation | 377 (88.1) | 235 (97.9) | 92 (66.7) | 50 (100.0) |
| Achieves the recommendation | 51 (11.9) | 5 (2.1) | 46 (33.3) | 0 (0.0) |
| Breakfast consumption |  |  |  |  |
| Fails the recommendation | 123 (28.7) | 71 (29.6) | 34 (24.6) | 18 (36.0) |
| Achieves the recommendation | 305 (71.3) | 169 (70.4) | 104 (75.4) | 32 (64.0) |
| Dinner consumption |  |  |  |  |
| Fails the recommendation | 262 (61.2) | 155 (64.6) | 76 (55.1) | 31 (62.0) |
| Achieves the recommendation | 166 (38.8) | 85 (35.4) | 62 (44.9) | 19 (38.0) |
| Homemade meals |  |  |  |  |
| Fails the recommendation | 149 (34.8) | 93 (38.8) | 41 (29.7) | 15 (30.0) |
| Achieves the recommendation | 279 (65.2) | 147 (61.3) | 97 (70.3) | 35 (70.0) |
| Oat and Whole grain |  |  |  |  |
| Fails the recommendation | 172 (40.2) | 107 (44.6) | 52 (37.7) | 13 (26.0) |
| Achieves the recommendation | 256 (59.8) | 133 (55.4) | 86 (62.3) | 37 (74.0) |

Supplementary Table 2: Achievement of unhealthy food groups recommendations among university students following vegetarian diets.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Overall | Ovo-dairy-vegetarian diet | Fish-vegetarian diet | Strict vegetarian diet (vegan) |
| N (%) | 428 (100) | 240 (56.1) | 138 (32.2) | 50 (11.7) |
| Sugar-sweetened beverages |  |  |  |
| Fails the recommendation | 193 (45.1) | 104 (43.3) | 71 (51.4) | 18 (36.0) |
| Achieves the recommendation | 235 (54.9) | 136 (56.7) | 67 (48.6) | 32 (64.0) |
| Alcohol |  |  |  |  |
| Fails the recommendation | 180 (42.1) | 101 (42.1) | 58 (42.0) | 21 (42.0) |
| Achieves the recommendation | 248 (57.9) | 139 (57.9) | 80 (58.0) | 29 (58.0) |
| Add salt |  |  |  |  |
| Fails the recommendation | 360 (84.1) | 204 (85.0) | 115 (83.3) | 41 (82.0) |
| Achieves the recommendation | 68 (15.9) | 36 (15.0) | 23 (16.7) | 9 (18.0) |
| Fast food |  |  |  |
| Fails the recommendation | 284 (66.4) | 161 (67.1) | 97 (70.3) | 26 (52.0) |
| Achieves the recommendation | 144 (33.6) | 79 (32.9) | 41 (29.7) | 24 (48.0) |
| Snacks |  |  |  |  |
| Fails the recommendation | 321 (75.0) | 181 (75.4) | 103 (74.6) | 37 (74.0) |
| Achieves the recommendation | 107 (25.0) | 59 (24.6) | 35 (25.4) | 13 (26.0) |
| Fried food |  |  |  |  |
| Fails the recommendation | 323 (75.5) | 180 (75.0) | 111 (80.4) | 32 (64.0) |
| Achieves the recommendation | 105 (24.5) | 60 (25.0) | 27 (19.6) | 18 (36.0) |

 Supplementary Table 3: Dietary score according different plant-based dietary patterns

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Overall | Ovo-dairy-vegetarian diet | Fish-vegetarian diet | Strict vegetarian diet (vegan) |
| n | 428 | 240 (56.1) | 138 (32.2) | 50 (11.7) |
| Total Score | 56.09 (6.11) | 55.62 (5.96) | 57.12 (6.52) | 55.50 (5.33) |
| Quartiles score |  |  |  |
| Lowest | 74 (17.3) | 45 (18.8) | 20 (14.5) | 9 (18.0) |
| Medium Low | 89 (20.8) | 52 (21.7) | 26 (18.8) | 11 (22.0) |
| Medium high | 98 (22.9) | 56 (23.3) | 29 (21.0) | 13 (26.0) |
| Highest | 167 (39.0) | 87 (36.2) | 63 (45.7) | 17 (34.0) |