

**Supplementary Table 1.** The 10-item Thai-Medi diet score

Main ingredient	Contained ingredients	Yes
Cooking oil	Olive oil - Extra virgin olive oil - Virgin olive oil - Regular olive oil - Extra light olive oil - Olive fruit	1 point
Vegetable	Vegetables - All kinds of vegetables - Mushroom	1 point
Fruits	Fruits - Whole fresh fruit - No-sugar-added fruit juices	1 point
Poultry	Chicken, turkey, or rabbits	1 point
Seafood	Fish or shellfish	1 point
Legumes	Legumes	1 point
Nuts	Almonds, macadamia nut, pistachio nut, peanut, cashew nuts, soybean, mung bean, etc.	1 point
Dairy products	Substitution of cow milk or coconut milk with soy milk or plant-based milk	1 point
Meat products	Substitution of red meat or meat products with tofu, soy protein, or plant-based protein	1 point
Cooking methods	Either boiling, stewing, steaming, grilling, preparing salads	1 point

The question was "Is your single-portion dish contained the following ingredients and prepare with these cooking methods?". Scoring: 0–10 points (min-max).