Supplementary Table S1. Portion size and Mediterranean diet adherence categories for each domain. Modified from Sofi *et al*. (1).

Domain	Portion size	Points		
		0	1	2
Fruit	150 g	<1/day	1 – 2/day	>2/day
Vegetable	100 g	<1/day	1 – 2.5/day	>2.5/day
Legumes	70 g	<1/day	1 – 2/day	>2/day
Cereals	130 g	<1/day	1 – 1.5/day	>1.5/day
Fish	100 g	<1/week	1-2.5/week	>2.5/week
Meat and meat products	80 g	>1.5/day	1-1.5/day	<1/day
Dairy products	180 g	>1.5/day	1-1.5/day	<1/day
Alcohol	1 Alcohol Unit (12 g)	>2/day	<1/day	1-2/day
Olive oil	No. of times used	<1/week	1-3/week	>4/week

1. SOFI F, MACCHI C, ABBATE R, GENSINI GF, CASINI A: Mediterranean diet and health status: an updated meta-analysis and a proposal for a literature-based adherence score. *Public Health Nutr* 2014; 17: 2769-82.

Supplementary Table S2. Baseline characteristics of all eligible Sjögren's syndrome and sicca participants compared to the subgroup with FFQ data: retrospective analysis in the Optimising Assessment in Sjögren's Syndrome cohort (2014-2018).

	Whole population (n=243)	FFQ + Clinical data present (n=133)
Age (years), mean (SD)	54.3 (14.0)	56.6 (14.0)
Female, n (%)	224 (92.3)	124 (93.2)
BMI (kg/m^2), mean (SD)	28.0 (6.0)	27.8 (6.0)
Smoking status, n (%)		
current	18 (7.4)	8 (6.0)
previous	60 (24.7)	40 (30.1)
non-smokers	144 (59.3)	78 (58.7)
unspecified	21 (8.6)	7 (5.3)
Anti-Ro(SSA) positive, n (%)	132 (54.3)	70 (52.6)
Anti-La(SSB) positive, n (%)	81 (33.3)	39 (29.3)
Rheumatoid factor (RF) positive, n (%)	98 (40.3)	46 (34.6)
Salivary flow (ml/5min), mean (SD)	0.67 (1.0)	0.61 (1.0)
Schirmer's tests, mean (SD)		
Left	10.0 (12.6)	10.0 (12.5)
Right	9.8 (11.9)	9.6 (11.9)
Immunoglobulins (g/L), mean (SD)		
IgG	15.0 (8.0)	14.3 (8.0)
IgM	1.2 (0.9)	1.2 (0.9)
IgA	2.8 (1.4)	2.6 (1.4)
ESSPRI, mean (SD)	6.1 (2.1)	6.0 (2.1)
ESSDAI, median (IQR)	4.7 (0.0-5.5)	4.5 (0.0-5.0)

BMI: body mass index; SD: standard deviation; FFQ: food frequency questionnaire; IQR: interquartile range; ESSPRI: EULAR Sjögren's Syndrome Patient Reported Index; ESSDAI: EULAR Sjögren's Syndrome Disease Activity Index; EULAR: European League Against Rheumatism.

Supplementary Table S3. The association of adherence to Mediterranean diet with odds of anti-Ro-positive Sjögren's syndrome: retrospective analysis in the Optimising Assessment in Sjögren's Syndrome cohort (2014-2018).

	Univariate OR (95% CI)	Univariate analysis [u] *p*-value	Multivariate analysis OR (95% CI)	Multivariate analysis [m1] *p*-value
MDS	0.870 (0.74-1.02)	0.087	0.81 (0.66-0.99)	**0.039**
MDS minus Fruit	0.87 (0.72-1.06)	0.170	0.80 (0.62-1.01)	0.063
MDS minus Vegetables	0.88 (0.73-1.06)	0.169	0.83 (0.66-1.04)	0.105
MDS minus Legumes	0.87 (0.73-1.03)	0.106	0.82 (0.66-1.01)	0.060
MDS minus Alcohol	0.87 (0.73-1.02)	0.085	0.80 (0.65-0.99)	**0.041**
MDS minus Meat	0.83 (0.70-0.99)	**0.036**	0.69 (0.54-0.89)	**0.004**
MDS minus Fish	0.91 (0.77-1.08)	0.261	0.88 (0.72-1.07)	0.197
MDS minus Olive oil	0.84 (0.71-1.00)	**0.044**	0.79 (0.64-0.98)	**0.032**
MDS minus Dairy	0.91 (0.79-1.05)	0.206	0.84 (0.69-1.01)	0.068
MDS minus Cereal	0.83 (0.69-0.99)	**0.039**	0.78 (0.63-0.97)	**0.026**

MDS: Mediterranean diet score; OR: odds ratio; CI: confidence interval.
n= 121 (Sjögren's syndrome n=70, sicca, n=51).
[u]Univariate binary logistic regression analysis with one domain used to calculate the MDS taken away from the total MDS each time e.g. MDS minus Fruit is the total MDS for an individual minus the fruit domain. Significance considered if $p<0.05$.
[m1]Multivariable binary logistic regression analysis correcting for energy intake (kcals), Body Mass Index, sex, age, symptom duration, and smoking status.

Supplementary Table S4. Comparison of food group and nutrient intake between Sjögren's syndrome and sicca participants: retrospective analysis in the Optimising Assessment in Sjögren's Syndrome cohort (2014-2018).

NUTRIENTS	pSS (n=82), mean (SD)	Sicca (n=51), mean (SD)	*p*-value[t]
Energy kCal	1686.4 (644.4)	1629.2 (552.9)	0.60
Energy kJ	7098.4 (2711.7)	6858.3 (2327.1)	0.60
CAROTENE (mcg)			
Alpha Carotene	546.3 (471.6)	692.4 (1013.0)	0.26
Beta Carotene	3393.4 (2172.9)	4411.9 (4152.5)	0.11
Carotene Total	3826.1 (2417.8)	4935.0 (4669.6)	**0.07**
MINERALS			
Iron (mg)	10.0 (3.8)	10.4 (4.0)	0.58
Calcium (mg)	805.3 (328.4)	814.3 (353.8)	0.88
Chloride (mg)	3576.1 (1545.0)	3701.0 (1886.3)	0.68
Copper (mg)	1.0 (0.5)	1.1 (0.4)	0.36
Potassium (mg)	3223.4 (1091.9)	3527.1 (1281.4)	0.15
Magnesium (mg)	284.2 (98.9)	305.2 (105.5)	0.25
Manganese (mg)	3.2 (1.3)	3.5 (1.4)	0.15
Sodium (mg)	2384.2 (1027.6)	2473.9 (1320.6)	0.66
Niacin (mg)	18.8 (8.4)	20.6 (6.7)	0.20
Phosphorous (mg)	1251.4 (464.5)	1298.0 (457.8)	0.57
Zinc (mg)	7.9 (3.1)	8.4 (3.0)	0.43
Iodine (mcg)	139.1 (74.3)	144.0 (72.0)	0.71
Selenium (mcg)	57.6 (28.6)	61.4 (28.5)	0.45
Nitrogen (g)	11.6 (5.0)	12.3 (4.2)	0.44
CARBOHYDRATES (g)			
Carbohydrate total	207.8 (87.8)	192.6 (74.7)	0.31
Fructose	20.5 (11.4)	21.8 (11.9)	0.53
Galactose	0.6 (0.8)	0.9 (1.0)	**0.04**
Glucose	19.6 (10.9)	19.8 (9.7)	0.92
Lactose	16.3 (9.0)	13.7 (9.2)	0.12
Maltose	2.3 (2.4)	1.9 (1.5)	0.27
Starch	94.5 (41.4)	87.9 (47.2)	0.40
Sucrose	48.0 (34.5)	41.0 (20.2)	0.14
Total sugars	109.2 (55.5)	100.7 (41.3)	0.35
Englyst fibre(nsp)	15.9 (6.8)	17.4 (8.5)	0.26
FATS (g)/CHOLESTEROL (mg)			
Fat total	65.3 (29.9)	64.2 (24.1)	0.83
Monounsaturated fatty acids	23.5 (11.6)	23.2 (9.4)	0.88
Polyunsaturated fatty acids	11.6 (5.8)	12.1 (4.8)	0.59
Saturated fatty acids	24.4 (12.0)	23.3 (10.1)	0.58
Cholesterol	248.6 (131.6)	252.6 (117.6)	0.86
Polyunsaturated to Saturated FA ratio	0.6 (0.2)	0.5 (0.2)	0.16
VITAMINS			
Vitamin A- Retinol (mcg)	403.2 (378.2)	466.4 (392.9)	0.36
Vitamin A- Retinol- equivalents	1053.4 (594.0)	1301.0 (895.9)	**0.08**
Vitamin B2- Riboflavin (mg)	1.7 (0.7)	1.8 (0.7)	0.55
Vitamin B1- Thiamin (mg)	1.3 (0.5)	1.4 (0.6)	0.62
Vitamin B12- Cobalamin (mg)	5.5 (3.8)	6.5 (3.4)	0.13
Vitamin B6- Pyridoxine (mg)	2.0 (0.8)	2.2 (0.9)	0.27
Vitamin C- Ascorbic Acid (mg)	108.9 (61.8)	137.3 (89.2)	**0.03**
Vitamin D- Ergocalciferol (mcg)	3.0 (2.3)	3.3 (2.1)	0.41
Vitamin E- Alpha Tocopherol Equivalents (mg)	11.0 (5.2)	11.8 (4.8)	0.39
Total Folate (mcg)	264.0 (115.6)	299.1 (131.3)	0.11
Alcohol (g)	4.7 (9.4)	3.7 (5.7)	0.48
Protein (g)	72.1 (30.9)	76.3 (25.9)	0.42

SD:standard deviation; FA: fatty acids; g: grams; mcg: micrograms; mg: milligrams; KJ: Kilo Jules; kcal: kilo calories; nsp: non-starch polysaccharides.
n=133. [t]Independent sample two-tailed T test, where $p<0.1$ considered justification for nutrient to be further analysed.