

S1. Summary of the studies included in the present systematic review (n=42)

Reference	Study objective(s)	Sample size	Study site	Study design	Data source	Determinant measurement	Key findings
Cramer et al. ¹	Examined the prevalence, pattern and associated factors of using a vegetarian or vegan diet for health reason in the United States general population	34,525 national representative sample	United States	Cross-sectional	United States National Health Interview Survey	The Family Core and the Sample Adult Core questionnaire, The Adult Complementary and Alternative Medicine questionnaire	<ul style="list-style-type: none"> • Higher level education (at least some college) at vegetarian or vegan diet respondents, compared low educational level • Gender (more in female): 1.78 times (vegetarian) and 1.68 times (vegan past 12-months), compared man • Ethnicity: more in Asian (1.19 times) than Hispanic, Black and other ethnicities • Marital status: in relationship was 0.73 times more used vegan diet than not in relationship
Valdes et al. ²	Created operationalized definitions of PBDPs based on animal source food exclusions to estimate the prevalence of Canadians who adhere to PBDPs; Examined key correlates of PBDPs	20,477 Canadian	Canada	Cross-sectional	Canadian Community Health Survey-Nutrition	Health Component questionnaire	<ul style="list-style-type: none"> • A higher proportion of PBDPs in urban areas compared with rural areas • Respondents with highest education were more likely to pescatarian and vegetarian • Higher proportion of women reporting vegetarian, pescatarian, and red meat exclusion than men • Cultural identity: statistically high in South Asian ethnicity rather than white and other ethnicities • More PBDPs respondents have food secure status than food insecure status
Wozniak et al. ³	Assessed the prevalence and temporal trends of different types of vegetarian diets in a yearly Swiss cross-sectional study	10,797 individuals	Switzerland	Cross-sectional	<i>Bus Sante</i>	FFQ	<ul style="list-style-type: none"> • Compared with omnivores, vegetarians were more likely to be young, have a higher education and a low income; • pescatarians were more likely to be women and flexitarian were more likely to be women

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Dijkstra et al. ⁴	Identified barriers for meeting the fruit, vegetable and fish guidelines in older Dutch adults and to investigate socio-economic status differences in these barriers	1,057 community-dwelling adults	Netherlands	Cross-sectional	Longitudinal Aging Study Amsterdam (LASA)	FFQ for Mediterranean diet adherence and lifestyle questionnaire	and had a lower income <ul style="list-style-type: none"> • Lower income level was statistically significant associated with lower adherence to the fruit and fish guideline, following perceive barriers was food price and personal preferences/ food choice • Lower education level was statistically significant associated with lower adherence to the vegetable guideline and was not mediated any barrier
Scannell et al. ⁵	Investigated the perceived enablers or barriers toward adherence, particularly in Australia	606 participants	Australia	Cross-sectional	Qualtrics ^{XM}	Theory of Planned Behavior questionnaire	Barriers and enablers toward adherence to MD: attitude, social norm, motivation, affordability, time, food access, knowledge, food outlets, natural condition and cooking skill
Tong et al. ⁶	Examined the dietary cost associated with adhering to the MD in United Kingdom and to assess the extent to which this association is influenced by socio-economic factors	12,417 participants	United Kingdom	Cross-sectional	Primary data	FFQ and study-based MDS	<ul style="list-style-type: none"> • MDS was higher in women, more educated and had higher income • Participants with high adherence had higher cost associated with the healthier components and lower cost associated with unhealthy components • The MD-cost association was explained by the selected socio-economic factors and the MD-cost association was greater magnitude in lower socio-economic groups • MD adherence and dietary cost associated with test site, education, income and occupation
Knight et al. ⁷	Examined MD adherence and perceived knowledge, benefits, and	1,447 participants	United States	Cross-sectional	Primary data	MEDAS	Respondents with a bachelor's degree or greater education had greater total MEDAS score

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	barriers to the MD in the United States						($p < 0.05$)
Pedroni et al. ⁸	Estimated cost variations according to diet quality and identify socio-demographic characteristics associated with such cost differences in adults' diets in Belgium	1,158 participants	Belgium	Cross-sectional	Belgian National Food Consumption Survey	FFQ, MDS and the Healthy Diet Indicators, the 2014 GfK Consumer Scan Panel food price data	<ul style="list-style-type: none"> MD and healthy diet quality and cost were higher in 35-64 years respondents, worker (vs student), and those with higher level of education In Belgium, a high-quality diet was more expensive than low-quality diet
Alles et al. ⁹	Assessed the association between food choice motives during purchasing with focus on sustainability and dietary pattern in a large sample of French adults	31,842 adults	France	Cohort	NutriNet- Santé study	Web-based questionnaire: dietary and nutritional status	Lower concern for price, independently from other dimensions, is associated with healthy food intake; individuals with healthier diet has higher incomes in the Nutrinet-Santé study (data not shown) and, they may therefore feel less concerned by price
Panatsa and Malandrakis ¹⁰	Implemented within sustainable food consumption education framework and it is an attempt to highlight and understand learners' moral thinking process regarding food consumption	587 students	Greece	Cross-sectional	Primary data	Likert-scale	Grade level, gender, place of residence and participation in environmental, health and food education school programs as factors influencing certain aspects of students' moral thinking at a statistically significant level
Juan et al. ¹¹	Compared the type and quantities of food groups and subgroups, as well as average total energy intake and the number of food items consumed per day, in the dietary patterns of self-identified vegetarian and non-vegetarians in the United States population during the years of 2007-2010	15,453 participants	United States	Cross-sectional	National Health and Nutrition Examination Survey (NHANES)	The Diet and Behavior and Nutrition module, Healthy Eating Index (HEI-2010)	Vegetarians were more likely than non-vegetarians to be female
Pais et al. ¹²	Verified if plant-based consumers in fact spend	1,889 respondents	Portugal	Cross-sectional	The Meat Demand	Food expenditure at-home (FEAH) and	<ul style="list-style-type: none"> Gender: 51.75 percent of female individuals

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	more on food than omnivorous consumers, at the consumer level, in the context of a Mediterranean country				Monitor	food expenditure away-from-home (FEAFH)	<ul style="list-style-type: none"> Plant-based consumers spend less on food compared to consumers following other diets; food expenditures are generally higher for omnivorous consumers (at-home and away-from-home)
Wang et al. ¹³	Investigated consumers' preferences for plant-based products in Beijing based on a Discrete Choice Experiment	526 final respondents	China	Cross-sectional	Primary data (Survey Monkey)	Survey questionnaire	Younger and better-educated consumers are most likely to be consumers of novel food products, including plant-based meat products
Lusk and Norwood ¹⁴	Measured self-reported expenditures on food at home and away from home for vegetarian and non-vegetarian American in a large sample from a US internet survey	24,537 respondents	United States	Cross-sectional	Internet survey	Self-reported expenditures on food at home and away from home for vegetarian and non-vegetarian	<ul style="list-style-type: none"> True vegetarians spend less money on food than meat eaters Becoming true vegetarian reduces food cost \$11.11 is smaller in magnitude than \$19.28
Ponzio et al. ¹⁵	Examined the variables associated to a vegetarian diet	1,476 municipalities	Italy	Cross-sectional	Health and Use of Health Care in Italy	Questionnaire of participants' demographic and clinical characteristics	<ul style="list-style-type: none"> Association between vegetarian and female sex had significant Vegetarian status was associated to increasing age, level of education, and marital status
Pribisalic et al. ¹⁶	Investigated the association between socio-economic indicators and adherence to the MD in 4,671 adult subjects from Dalmatia, Croatia	4,671 adult subjects	Croatia	Cross-sectional	Primary data	Mediterranean Diet Serving Score	The MDS was positively associated with female gender, age, higher education, and moderate physical activity
Mendonca et al. ¹⁷	Assessed the adherence to the MD in Portugal, to evaluate regional differences and explore associated factors (socio-demographic, economic and lifestyle behaviors)	5,647 low adherence individuals	Portugal	Cross-sectional	The Epidemiology of Chronic Disease Cohort Study	Portuguese-validated MEDAS	<ul style="list-style-type: none"> Women were less likely to have a low MD's adherence Younger individuals in lower income categories and lower educational level had higher odds of having a lower adherence to the MD Portuguese adults have a high

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							<p>prevalence of low adherence to the MD especially among those who have lower socio-economic status (income)</p> <ul style="list-style-type: none"> • Food security status (secure) has a high proportion due to low adherence to MD
Cavaliere et al. ¹⁸	Investigated the role of the main socio-economic and demographic factors in affecting the consumption frequency of specific food categories	36,000 individuals	Italy	Cross-sectional	Italian Household Survey	Mediterranean diet index	<ul style="list-style-type: none"> • Socio-economic and demographic factors play a relevant role in affecting the consumption frequency of the main categories of the MD pyramid: More affluent people consume fish, fruit and vegies, wine and beer more frequently than their poorer counterparts: MD is associated with increased daily food cost • Higher income is associated with the lower consumption of meat and eggs, dairy products, cereals and starchy vegetable as well as legume • Most of population have a high school diploma (medium education level)
Novak et al. ¹⁹	Determined the association between socio-economic, physiological and physical factors on a MD	3,071 participants	Lithuania and Serbia	Cross-sectional	Primary data	KIDMED	Poor adherence to a MD was associated with having low socio-economic status (occupation)
Martinez-Lacoba et al. ²⁰	Determined the level of compliance with the recommendations of the MD pyramid according to social determinants in university students to analyze the association of these social determinants with different food group consumption	The final non-probabilistic sample comprised 593 participants	Spain	Cross-sectional	Primary data	FFQ, ISEI	<ul style="list-style-type: none"> • Gender: men failed to comply with recommendations; women complied with recommendation on fruit intake • Student with parental socio-economic status (occupation) has positive association with red meat and fast-food consumption • Women from family living in urban area have a negative

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Eini-Zinab et al. ²¹	Assessed the correlation between the socio-economic status of households and a sustainable diet	102,303 Iranian households	Iran	Cross-sectional	Household Income and Expenditure Survey (HIES)	The diet quality index international (DQI-I)	association with red meat consumption The higher socio-economic status (educational level, occupation, annual income, residency, household member) of the households decreased the possibility of having a more sustainable diet
Curi-Quinto et al. ²²	Assessed and characterized the sustainability of Mexican diets and their association with sociodemographic factors	2,438 adults	Mexico	Cross-sectional	National Health and Nutrition Survey	Healthy Eating Index (HEI-2015), SFFQ	<ul style="list-style-type: none"> • More sustainable diets were consumed by rural adults with high socio-economic status (2.7 times) • Rural diet (more consumed sustainable diet) had lower energy intake, lower cost, higher HEI-2015, lower environmental footprint • Low-environmental footprint diet had a lower cost both in urban and rural, but lower diet quality • More sustainable diet had higher HEI-2015 and lower diet cost and environmental footprint
Brunin et al. ²³	Identified a typology of dietary changes and to analyse whether these actual dietary changes towards more sustainable consumption during the year 2014-2028	13,292 individuals	French	Cohort	Nutri-Net Sante	FFQ, Diet Quality Index based on the Probability of Adequate Nutrient Intake	<ul style="list-style-type: none"> • Participants with the most sustainable diet in 2014 and that has continued to improve over time showed higher sustainable food-purchase motives • Participants with strong motives related to price and innovation
de Oliveira Neta et al. ²⁴	Reported the adherence of adults and elderly people in a northeastern Brazilian capital to the <i>EAT-Lancet</i> recommendations	411 participants	Brazil	Cross-sectional	Brazuca Natal Study	PHDI	<ul style="list-style-type: none"> • PHDI has positive correlation with per capita income, in which the higher income per capita, the higher sustainable diet index score • Higher the PHDI score had a lower of food and nutrition insecurity

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Fresan et al. ²⁵	Encouraged the adoption and maintenance of plant-based diets and the influence of the socio-cultural environment and other external factors	229 participants	United States and Denmark	Cross-sectional	Primary data	Self-administered, web-based and closed question based on Stoll-Kleemann and Smith's model	<ul style="list-style-type: none"> • Gender: both in Loma Linda and Copenhagen had a higher percentage of women participants compared man • Loma Linda: 65.1 percent plant-based diet participants associated with religion/spiritual beliefs • Copenhagen: two-thirds lacto-ovo-vegetarian participants is associated with lifestyle which promotes health • Plant-based products availability seems insufficient • The study considered plant-based alternatives to be more expensive than meat-based products
Bryant ²⁶	Compared ratings of common motivators and barriers between vegetarian and vegan diets	1,000 meat-eaters living in UK aged 18 and over; 25 participants were removed	United Kingdom	Cross-sectional	Primary data	Developed questionnaire	<ul style="list-style-type: none"> • a majority of meat-eaters had positive views of these aspects of vegetarianism and veganism; most meat-eaters agree that vegetarian and vegan diets are ethical, healthy and good for the environment • Education was positively correlated with various opinions of vegetarianism and veganism; more affordable and more ethical
Makiniemi and Vainio ²⁷	Examined how young adults in Finland perceive barriers to climate-friendly food choices and how these barriers are associated with their choices	350 university students	Finland	Cross-sectional	Primary data	Food choice questionnaire	High prices were perceived as the most relevant barrier, but were only weakly associated with the participants' food choices. Instead, habit and disbelief in the effects of food consumption on the climate were found to be the barriers that had the greatest association with climate-friendly choices
Miassi et al. ²⁸	Evaluated the determinants of diet choice by the	473 participants	Benin and Togo (West Africa) and	Cross-sectional	Primary data	Developed questionnaire	<ul style="list-style-type: none"> • The population generally opt for one of three diets: flexitarian, vegetarian and

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	populations of West Africa, especially those of Benin, Togo and Nigeria		Nigeria				<p>vegan diet</p> <ul style="list-style-type: none"> • Level of education (and have consistent monthly income) has a positive and significant effect on diet choice (more favorable to vegetarian or vegan) • The perception of the average costs generated by the diet choice and the monthly income from the survey had a positive and significant impact
Faber et al. ²⁹	Explored consumer awareness, knowledge and attitudes towards a plant-based diet in Belgium, Denmark, the Netherlands and Spain	438 young adults	Belgium, Denmark, Netherlands and Spain	Cross-sectional	Primary data	Online consumer survey	<ul style="list-style-type: none"> • The awareness of plant-based diet differed significantly among four countries • Knowledge about plant-based diet significantly to the likelihood of perceiving the plant-based diet
Katsarou et al. ³⁰	Investigated whether the socio-economic status of elderly eastern Mediterranean islanders is associated with their dietary habit, particularly with adherence to the traditional MD	1,040 total participants	Cyprus	Cross-sectional	The MEDIS study	Mediterranean Diet Score	<ul style="list-style-type: none"> • A significant positive association was found between MD score and years of school, as well as financial status • Highest socio-economic status (level education and income) has associated with MD score
Bonaccio et al. ³¹	Examined cross-sectional associations of socio-economic status with adherence to Mediterranean dietary pattern and obesity prevalence	13,262 subjects	Italy	Cross-sectional	Moli-sani Project	Italian EPIC food frequency questionnaire, Mediterranean score, Italian Mediterranean Index	Higher income and education level of households were significantly associated with adherence to an MD
and Konstanto poulu ³²	Explore the effect of socio-economic status on energy balance behaviors and adherence to the Mediterranean diet in Greek adolescents	391 students	Greek	Cross-sectional	Primary data	KIDMED index	Adolescents of low socio-economic status (family annual income) reported lower adherence to the MD ($p < 0.05$)
Ruggiero et al. ³³	Evaluated the adherence to Mediterranean diet	7,430 participants	Italy	Cross-sectional	Italian Nutrition and Health	Mediterranean Diet Score, European	Adherence to MD was higher in Southern Italy as compared with

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	and its major socio-economic and psychosocial determinants in a large sample of the Italian population, covering three main geographical areas of the Country				Survey	Food Propensity Questionnaire	Northern and was closely associated with adult age and higher education level
Rito et al. ³⁴	Assess the association between socio-economic factors and children's nutritional status with the MD adherence using the Eat Mediterranean program	1,772 participants	Portugal	Cross-sectional	Eat-Mediterranean program	FFQ, KIDMED, psychometric scale (household food insecurity)	Mother's educational level and household income ($p<0.0001$) positively associated with optimal MD adherence by participants
Gregorio et al. ³⁵	Assessed determinants of food insecurity and the corresponding health impact in Portugal, a southern European country that faced a severe economic crisis	10,661 individuals	Portugal	Cross-sectional	The Epidemiology of Chronic Disease Cohort Study	Household food insecurity psychometric scale, European Quality of Life questionnaire	<ul style="list-style-type: none"> • Food insecure household had low adherence to MD (during economic crises) • Major determinant of food insecurity: unemployed, single-parent family, low educational level, and insufficient household income perception
Tognon et al. ³⁶	Calculated the MD score in 2-9 years old children from the Identification and prevention of dietary and lifestyle induced health effect in children and infants (IDEFICS) eight-country study	16,228 participants	Sweden, Germany, Hungary, Italy, Cyprus, Spain, Belgium and Estonia	Cohort	IDEFICS study	Mediterranean diet score (MDS), 24 hours dietary recall	<ul style="list-style-type: none"> • Proportion of highly educated parents was increased (generally slightly) among high-adherent children (except Italy), with the biggest difference observed for the Spanish children • The proportion of higher-income parents was increased among high-adherent children in some countries and lower in others
Grosso et al. ³⁷	Examined the factors associated with increased Mediterranean diet adherence among sample Italian adolescents	1,135 students	Italy	Cross-sectional	Primary data	KIDMED, FFQ	<ul style="list-style-type: none"> • A higher adherence to the MD was associated with high socio-economic status (education and occupation) and high physical activity • Lower adherence was associated with in an urban

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Sinai et al. ³⁸	Identified dietary pattern of adolescents and examined their association with growth, socio-demographic and lifestyle characteristics	3,902 adolescents	Israel	Cross-sectional	2 nd Israeli Youth and Nutrition Survey	Welfare Index, FFQ	environment and being obese Plant-based food dietary pattern was associated with the higher socio-economic status (family income, parental education, immigration status and school location)
Goulding et al. ³⁹	Determined the affordability of the PHD food basket for low, middle and high socio-economic groups in metropolitan Australia and determined if the PHD food basket is more or less affordable than the TAD (typical Australian diet) food basket for low, middle and high socio-economic groups in metropolitan Australia	Family of two adults (19-60 years) and two children (boy 15 years, girl 4 years) was chosen to allow for comparison to other food basket studies using same reference household	Metropolitan area of Australia	Cross-sectional	Primary data	Australian-specific Planetary Health Diet basket	the PHD is achievable within Australian food availability, cheaper when shopping at major retail outlets and more affordable than the current Australian diet
Weil et al. ⁴⁰	Characterized dietary pattern and determine their sociodemographic factors to adherence	1,018 adults	Burkina Faso	Cross-sectional	Health and Demographic Surveillance Systems Burkina Faso	Culture-specific-propensity questionnaire	Fish-based dietary pattern has positive association with higher education level
Storz et al. ⁴¹	Investigated diet and consumer behaviors in United States vegetarians	352 vegetarians and 14,328 general population	United States	Cross-sectional	National Health and Nutrition Examination Survey (NHANES)	Food expenditures questionnaire, consumer behavior module, diet and nutrition module, and food security module	<ul style="list-style-type: none"> Gender: proportion of female was significantly higher in the vegetarian group, compared control (p<0.001) Vegetarians spent significantly less money on eating out The proportion of non-vegetarian were sometimes unable to afford balanced meal was significantly higher than vegetarian Vegetarian diets are not necessary more expensive than an omnivorous diet
Ambrozy et al. ⁴²	Investigated the nutritional behaviors	216 respondents	Poland	Cross-sectional	Primary data	Dietary Habits and Nutrition Beliefs	<ul style="list-style-type: none"> Higher education level, more amount of planetary health

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	among people who follow the planetary health diet and those who do not and assess the source of motivation that drivers a willingness to follow sustainable diet guidelines					Questionnaire, Likert scale	follower <ul style="list-style-type: none"> • Gender: more female in planetary health diet group, compared male

Abbreviation: FFQ= Food frequency questionnaire; ISEI= International socio-economic index; KIDMED= Mediterranean diet quality index for children and adolescents; MD= Mediterranean diets; MDS= Mediterranean diet score; MEDAS= Mediterranean diet adherence screener; PBDPs= Plant-based diet practitioner; PHD= Planetary Health diets; PHDI= Planetary health diet index

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