

Supplemental table 1: Associations between mindful eating and food group in 13,759 participants (NutriNet-Santé study, 2023)

Mindful eating (total score)¹			
Food groups	Beta-coefficients² [95% CI]	R-squared³	p-value⁴
Fruits (g/d)	1.50 [-2.75, 5.75]	0.09	1.00
Vegetables (g/d)	11.28 [6.78, 15.78]	0.06	<0.0001
Starchy foods (g/d)	5.65 [3.11, 8.19]	0.30	<0.0001
Whole grains (g/d)	4.58 [3.03, 6.13]	0.04	<0.0001
Legumes (g/d)	1.26 [0.44, 2.09]	0.02	0.024
Red meat (g/d)	-1.71 [-2.69, -0.73]	0.07	0.006
White meat and poultry (g/d)	-2.52 [-3.38, -1.65]	0.02	<0.0001
Processed meat (g/d)	-3.27 [-4.03, -2.50]	0.09	<0.0001
Seafood (g/d)	-0.24 [-1.37, 0.89]	0.05	1.00
Meat and dairy substitutes (g/d)	1.52 [0.48, 2.57]	0.01	0.03
Dairy products (g/d)	-11.43 [-15.55, -7.30]	0.04	<0.0001
Cheese (g/d)	0.73 [-0.11, 1.56]	0.18	0.45
Dairy desserts (g/d)	-2.89 [-4.27, -1.51]	0.02	<0.0001
Fats (g/d)	0.92 [0.31, 1.54]	0.19	0.026
Fast food (g/d)	-2.82 [-4.22, -1.41]	0.10	0.0011
Appetizers (g/d)	0.13 [-0.17, 0.43]	0.06	1.00
Sugar and confectionery (g/d)	2.25 [1.40, 3.10]	0.10	<0.0001
Sweet products (g/d)	-3.21 [-4.67, -1.76]	0.18	<0.0001

Chocolate-based products (g/d)	-2.41 [-3.09, -1.73]	0.10	<0.0001
Non-salted oleaginous fruits (g/d)	0.99 [0.61, 1.37]	0.05	<0.0001
Alcoholic beverages (g/d)	8.58 [4.59, 12.56]	0.15	<0.0001
Sweet beverages without alcohol (g/d)	0.04 [-2.11, 2.19]	0.03	1.00
100% pure fruits and vegetables juices (g/d)	2.06 [0.06, 4.06]	0.02	0.26

Main model:

¹ Multivariable linear regression with mindful eating as a continuous independent variable and food intake as dependent variables. Main model: Adjusted for sex, age, number of 24-hour dietary questionnaires, educational level, occupational status, monthly household income, smoking status, physical activity, and energy intake.

² Adjusted beta-coefficient: indicates the increase in the outcome variable for a one-point increase in the ME score.

³ Adjusted R-squared: reflects the variance in the outcome variable that is explained by the ME score.

⁴ *p*-value corrected for multiple testing with the Holm-Bonferroni method.

Supplemental table 2: Association between mindful eating and macronutrient intake in 13,759 participants (NutriNet-Santé study, 2023)

	Mindful eating (total score)¹		
Macronutrients	Beta-coefficients² [95% CI]	R-squared³	p-value⁴
Proteins (g/d)	-2.16 [-2.57, -1.74]	0.61	<0.0001
Animal proteins (g/d)	-2.93 [-3.42, -2.44]	0.31	<0.0001
Plant proteins (g/d)	0.77 [0.55, 0.99]	0.47	<0.0001
Carbohydrates (total) (g/d)	0.98 [-0.04, 2.00]	0.71	0.24
Simple carbohydrates (g/d)	-0.26 [-1.02, 0.49]	0.46	1.00
Added simple carbohydrates (g/d)	-0.55 [-1.10, 0.01]	0.33	1.00
Lipids (g/d)	0.05 [-0.35, 0.44]	0.78	1.00
Animal lipids (g/d)	-0.88 [-1.33, -0.43]	0.50	0.0001
Plant lipids (g/d)	0.93 [0.48, 1.37]	0.32	<0.0001
Added lipids (g/d)	1.06 [0.72, 1.40]	0.24	<0.0001
Saturated fatty acids (SFA) (g/d)	-0.27 [-0.52, -0.02]	0.63	0.16

Polyunsaturated fatty acids (PUFAs) (g/d)	0.21 [0.08, 0.34]	0.38	0.0078
Fibers (g/d)	0.55 [0.35, 0.76]	0.33	<0.0001

Abbreviations: SFA, saturated fatty acids; PUFAs, polyunsaturated fatty acids

Main model:

¹ Multivariable linear regression with mindful eating as a continuous independent variable and food intake as dependent variables. Main model: Adjusted for sex, age, number of 24-hour dietary questionnaires, educational level, occupational status, monthly household income, smoking status, physical activity, and energy intake.

² Adjusted beta-coefficient: indicates the increase in the outcome variable for a one-point increase in the ME score.

³ Adjusted R-squared: reflects the variance in the outcome variable that is explained by the ME score.

⁴ *p*-value corrected for multiple testing with the Holm-Bonferroni method.

Supplemental table 3: Sensitivity analysis: association between mindful eating and food intake in 13,759 participants (NutriNet-Santé study, 2023)

	Mindful eating (total score)								
	Model S1 ¹			Model S2 ²			Model S3 ³		
	Beta-coefficients ⁴ [95% CI]	R-squared ⁵	p-value ⁶	Beta-coefficients ⁴ [95% CI]	R-squared ⁵	p-value ⁶	Beta-coefficients ⁴ [95% CI]	R-squared ⁵	p-value ⁶
Adherence to the French dietary guidelines (sPNNS-GS2)	0.10 [0.00, 0.20]	0.21	0.052	0.38 [0.28, 0.49]	0.19	<0.0001	0.36 [0.25, 0.46]	0.19	<0.0001
Adherence to the Mediterranean diet (MEDI-LITE)	0.24 [0.17, 0.32]	0.06	<0.0001	0.39 [0.31, 0.47]	0.04	<0.0001	0.39 [0.31, 0.47]	0.05	<0.0001
Energy intake (kcal/d)	-33.15 [-47.69, -18.61]	0.20	<0.0001	-64.51 [-79.10, -49.91]	0.22	<0.0001	-34.45 [-49.35, -19.54]	0.20	<0.0001
Ultra-processed food, %	-1.41 [-1.68, -1.14]	0.05	<0.0001	-1.56 [-1.83, -1.29]	0.05	<0.0001	-1.41 [-1.68, -1.13]	0.05	<0.0001
Organic food, %	8.05 [7.16, 8.95]	0.09	<0.0001	8.95 [8.04, 9.87]	0.08	<0.0001	10.09 [9.16, 11.02]	0.08	<0.0001

Abbreviations: sPNNS-GS2, simplified French National Nutrition and Health Program Guideline Score 2; MEDI-LITE, validated Mediterranean diet based on the literature

¹ Multivariable linear regression with mindful eating as a continuous independent variable and food intake as dependent variables. Main model: Adjusted for sex, age, number of 24-hour dietary questionnaires, educational level, occupational status, monthly household income, smoking status, physical activity, and energy intake +BMI.

² Main model + cognitive restraint (TFEQ)

³ Main model + anxiety (STAIT-T)

⁴ Adjusted beta-coefficient: indicates the increase in the outcome variable for a one-point increase in the ME score.

⁵ Adjusted R-squared: reflects the variance in the outcome variable that is explained by the ME score.

⁶*p*-value corrected for multiple testing with the Holm-Bonferroni method.

Supplemental table 4: Association between mindful eating and food intake in 13,759 participants (NutriNet-Santé study, 2023)

	Mindful eating (total score)¹		
	Beta-coefficients² [95% CI]	R-squared³	p-value⁴
Adherence to the French dietary guidelines (sPNNS-GS2)	0.49 [0.38, 0.59]	0.07	<0.0001
Adherence to the Mediterranean diet (MEDI-LITE)	0.41 [0.34, 0.49]	0.02	<0.0001
Energy intake (kcal/d)	-31.21 [-45.27, -17.15]	0.19	<0.0001
Ultra-processed food, %	-1.74 [-2.00, -1.48]	0.04	<0.0001
Organic food, %	10.27 [9.39, 11.15]	0.05	<0.0001

Abbreviations: sPNNS-GS2, simplified French National Nutrition and Health Program Guideline Score 2;

MEDI-LITE, validated Mediterranean diet based on the literature

Minimally adjusted model: Adjusted for sex and age.

¹Multivariable linear regression with mindful eating as a continuous independent variable and food intake as dependent variables.

² Adjusted beta-coefficient: indicates the increase in the outcome variable for a one-point increase in the ME score.

³ Adjusted R-squared: reflects the variance in the outcome variable that is explained by the ME score.

⁴ *p*-value corrected for multiple testing with the Holm-Bonferroni method.

Supplemental table 5a: Association between mindful eating sub-dimensions and food intake in 13,759 participants (NutriNet-Santé study, 2023)

	Mindful eating ¹								
	Awareness			Non-reactivity			Openness		
	Beta-coefficients ² [95% CI]	R-squared ³	p-value ⁴	Beta-coefficients ² [95% CI]	R-squared ³	p-value ⁴	Beta-coefficients ² [95% CI]	R-squared ³	p-value ⁴
Adherence to the French dietary guidelines (sPNNS-GS2)	0.06 [-0.01, 0.13]	0.06	0.19	0.27 [0.20, 0.34]	0.06	<0.0001	0.15 [0.09, 0.21]	0.06	<0.0001
Adherence to the Mediterranean diet (MEDI-LITE)	0.18 [0.13, 0.23]	0.02	<0.0001	0.07 [0.02, 0.12]	0.01	0.014	0.28 [0.23, 0.32]	0.02	<0.0001
Energy intake (kcal/d)	-16.13 [-25.36, -6.9]	0.19	0.0036	-17.49 [-26.78, -8.20]	0.19	0.0018	8.55 [0.44, 16.66]	0.19	0.12
Ultra-processed food, %	-1.07 [-1.24, -0.90]	0.03	<0.0001	-0.58 [-0.75, -0.40]	0.03	<0.0001	-0.82 [-0.96, -0.67]	0.03	<0.0001
Organic food, %	4.58 [4.00, 5.17]	0.04	<0.0001	2.23 [1.64, 2.83]	0.02	<0.0001	3.62 [3.11, 4.14]	0.03	<0.0001

Supplemental table 5b (continued)

Mindful eating ¹									
	Gratitude			Non-judgement			Hunger-satiety		
	Beta-coefficients ² [95% CI]	R-squared ³	p-value ⁴	Beta-coefficients ² [95% CI]	R-squared ³	p-value ⁴	Beta-coefficients ² [95% CI]	R-squared ³	p-value ⁴
Adherence to the French dietary guidelines (sPNNS-GS2)	0.21 [0.15, 0.26]	0.06	< 0.0001	0.13 [0.06, 0.19]	0.06	0.0018	0.20 [0.14, 0.26]	0.06	< 0.0001
Adherence to the Mediterranean diet (MEDI-LITE)	0.16 [0.12, 0.20]	0.02	< 0.0001	0.09 [0.04, 0.14]	0.01	0.001	0.08 [0.04, 0.12]	0.01	0.0018
Energy intake (kcal/d)	-11.71 [-18.99, -4.44]	0.19	0.008	3.37 [-5.34, 12.07]	0.19	0.45	-32.99 [-41.04, -24.95]	0.19	< 0.0001
Ultra-processed food, %	-0.44 [-0.57, -0.30]	0.03	< 0.0001	-0.44 [-0.60, -0.28]	0.02	< 0.0001	-0.45 [-0.60, -0.30]	0.02	< 0.0001
Organic food, %	4.95 [4.49, 5.41]	0.05	< 0.0001	2.76 [2.20, 3.31]	0.03	< 0.0001	3.04 [2.53, 3.55]	0.03	< 0.0001

Abbreviations: sPNNS-GS2, simplified French National Nutrition and Health Program Guideline Score 2; MEDI-LITE, validated Mediterranean diet based on the literature

Minimally adjusted model: adjusted for sex and age.

¹ Multivariable linear regression with mindful eating sub-dimensions as continuous independent variables and food intake as dependent variables.

² Adjusted beta-coefficient: indicates the increase in the outcome variable for a one-point increase in the ME score.

³ Adjusted R-squared: reflects the variance in the outcome variable that is explained by the ME score.

⁴ *p*-value corrected for multiple testing with the Holm-Bonferroni method.