Supplementary Data

Nutritional status, Muscle Mass, and Body Fat Percentage in Patients with Breast Cancer Undergoing Adjuvant Chemotherapy

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Supplement Table 1. Characteristics of chemotherapy regimens used in the observational study among breast cancer patients

Chemotherapy regimens	Components
Anthracycline-Based Regimens with Taxanes	AC+T: Adriamycin (doxorubicin) and Cyclophosphamide followed by Docetaxel AC+T: Adriamycin and Cyclophosphamide followed by Paclitaxel AC+T/Trastuzumab: Adriamycin and Cyclophosphamide followed by Paclitaxel combined with Trastuzumab
Monoclonal antibodies with Taxanes	Docetaxel combined with Trastuzumab, followed by Trastuzumab monotherapy Paclitaxel combined with Trastuzumab, followed by Trastuzumab monotherapy
Alkylating agents	Cyclophosphamide Cisplatin Carboplatin

Supplement Table 2. KIDMED test to assess the Mediterranean Diet

KIDMED test	Scoring
Takes a fruit or fruit juice every day	+1
Has a second fruit every day	+1
Has fresh or cooked vegetables regularly once a day	+1
Has fresh or cooked vegetables more than once a day	+1
Consumes fish regularly (at least 2–3/week)	+1
Goes >1/ week to a fast-food restaurant (hamburger)	- 1
Likes pulses and eats them >1/week	+1
Consumes pasta or rice almost every day (5 or more per week)	+1
Has cereals or grains (bread, etc) for breakfast	+1
Consumes nuts regularly (at least 2–3/week)	+1
Uses olive oil at home	+1
Skips breakfast	- 1
Has a dairy product for breakfast (yoghurt, milk, etc)	+1
Has commercially baked goods or pastries for breakfast	- 1
Takes two yoghurts and/or some cheese (40 g) daily	+1
Takes sweets and candy several times every day	- 1

Note: KIDMED Index: poor < 3; medium 4 – 7; high ≥ 8

S1

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