

Table S1. Fasting Periods and Days According to the Rules of the Christian Orthodox Church.

Fasting Period/Days	Duration (d/yr)	Additional dietary restrictions ¹	Fish Consumption
Lent: 6 weeks before the Holy Week of Easter (i.e., Clean Monday to Saturday of Raising of Lazarus)	41	Avoidance of oil and wine on all days except weekends and March 9 (holiday of the Forty Martyrs)	Mandatory on March 25 (Annunciation)
Holy Week: Holy Monday to Holy Saturday	6	Avoidance of oil and wine on all days ²	
Christmas: November 15 to December 24	40	Avoidance of oil and wine on Wednesdays, Fridays, and Christmas Eve	Mandatory on November 21 (Presentation of Virgin Mary); allowed from November 22 to December 17
Dormition (or Assumption): August 1 to 14	14	Avoidance of oil and wine on all days except weekends	Mandatory on August 6 (Christ's Transfiguration)
Saint Apostles: ³ Monday after All Saints' Sunday Day to June 28	0 to 30 ⁴	Avoidance of oil and wine on Wednesdays, Fridays, and June 28, unless it falls on a weekend	Mandatory on June 24 (Nativity of John the Baptist)
Important Religious Days: January 5 (Epiphany's Eve), August 29 (Abrupt of John the Baptist's head), September 14 (Exaltation of the Holy Cross)	3	Avoidance of oil and wine, unless they fall on weekends	
Wednesdays and Fridays: ⁵ All Wednesdays and Fridays except those included in two periods of no food restriction after Easter and Christmas	55 to 63 ⁶	Avoidance of oil and wine unless they fall on designated holidays	Mandatory on Wednesday of Mid-Pentecost and Wednesday of the sixth week after Easter.
Total	159-197		

¹ In addition to avoidance of foods of animal origin.

² Consumption of oil and wine can be tolerated at Holy Thursday's lunch (because oil and wine were consumed at the Last Supper).

³ So called because it precedes the two apostolic holidays: the feast of Saints Peter and Paul (June 29) and the Council of the Twelve Apostles (June 30).

⁴ This varies because its start depends on the mobile feast of Easter. For example, when Easter is celebrated on May 5, the Saint Apostles fasting is not observed.

⁵ Strict fasting is preserved as a reminder of the Betrayal (Wednesday) and the Holy Passion of Christ (Friday).

⁶ Not counting Wednesdays and Fridays included in all periods described above.

(reproduced with permission from Rodopaos et al 2019 [22])

Table S2. Dietary habits of fasters and non-fasters (controls).

DIETARY HABITS THAT DIFFER BETWEEN THE TWO GROUPS		
Variable		P value (Fisher's exact)
Meat	Beef (140g)	0.000
	Chicken (140g)	0.011
	Turkey (30g)	0.002
	Broth during cooking	0.002
Eggs		0.034
Dairy products	Full Fat Cheese (30g)	<0.001
	Light Cheese (30g)	0.031
	Milk with chocolate	0.037
	Yogurt Full Fat (Cow) (10%)	0.001
	Yogurt Light (Cow) (2%)	0.001
Sugar	Marmelade	0.008
	Commercial processed juices	0.014
	Candies	0.003
	Refreshments	0.005
Coffee/Cocoa	Greek, filter, americano, espresso	<0.001
	Cocoa (1 tea cup.)	0.014
Alchool	Whiskey, Gin, Vodka, Tequila	<0.001
	Wine (90ml)	0.018
	Raki/Ouzo/Tsipouro	<0.001
Olive oil		0.012
Seefood	Squid, octopus, fish etc (140g)	<0.001
Tahini		<0.001
Nuts		0.019
Fresh seasonal fruits		0.041
Soya		0.005
Peanut Butter		0.025
Halva		0.027

CONTROLS

FASTERS

Table S3. Frequencies of nutritional intake.

CONSUMPTION		FASTERS	CONTROLS	P
		N=105	N=107	
ALCHHOOL	TYPE OF ALCHHOOL			
	Wine (90ml)			
	Never/rarely	59%	43.9%	0.018
	1-3 per month	12.4%	17.8%	
	1-2 per week	22.9%	17.8%	
	3-6 per week	3.8%	11.2%	
	Daily	1.9%	7.5%	
	More than 2 times per day	0%	1.9	
	Beer			
	Never/rarely	71.4%	73.8%	0.915
	1-3 per month	16.2%	14%	
	1-2 per week	10.5%	9.3%	
	3-6 per week	1%	1.9%	
	Daily	0	0.9%	
	More than 2 times per day	1%	0	
	Raki/Ouzo/ Tsipouro (40ml)			
	Never/rarely	80%	51.4%	<0.001
	1-3 per month	8.6%	25.2%	
	1-2 per week	7.6%	13.1%	
	3-6 per week	2.9%	1.9%	
	Daily	1%	6.5%	
	More than 2 times per day	0	1.9%	
	Whiskey, Gin, Tequila, Vodka (40ml)			
	Never/rarely	99%	82.2%	<0.001
	1-3 per month	1%	14%	
	1-2 per week	0	3.7%	
	3-6 per week	0	0	
	Daily	0	0	
	More than 2 times per day	0	0	
COFFEE	ANY TYPE			
	(1 tea cup)			
	Never/rarely	39%	19.6%	<0.001
	1-3 per month	2.9%	0%	
	1-2 per week	5.7%	1.9%	
	3-6 per week	3.8%	3.7%	
	Daily	21%	20.6%	
	More than 2 times per day	27.6%	54.2%	
NUTRITIONAL HABITS				
MEAT	TYPE OF MEAT			
	BEEF (140 gr)			<0.001

		21%	3.7%	
	Never/rarely	25.7%	34.6%	
	1-3 per month	52.4%	56.1%	
	1-2 per week	1%	4.7%	
	3-6 per week	0	0.9%	
	Daily	0	0	
	More than 2 times per day			
	Chicken (150 gr)			
	Never/rarely	15.2%	7.5%	
	1-3 per month	25.7%	16.8%	
	1-2 per week	58.1%	68.2%	0.011
	3-6 per week	1%	7.5%	
	Daily	0	0	
	More than 2 times per day	0	0	
SEAFOOD	SQUID, OCTAPUS, SHRIMS..			
	(140 gr)			
	Never/rarely	32.4%	59.8%	
	1-3 per month	49.5%	30.8%	
	1-2 per week	18.1%	9.3%	<0.001
	3-6 per week	0	0	
	Daily	0	0	
	More than 2 times per day	0	0	
CHEESE	FULL FAT /COW			
	(1 tea cup)			
	Never/rarely	3.8%		
	1-3 per month	1.9%	10.3%	
	1-2 per week	22.9%	1.9%	
	3-6 per week	49.5%	10.3%	
	Daily	12.4%	18.7%	<0.001
	More than 2 times per day	9.5%	36.4%	
			22.4%	
YOGURT	10% FAT /COW			
	(1 tea cup)			
	Never/rarely	64.8%	66.4%	
	1-3 per month	7.6%	12.1%	
	1-2 per week	19%	4.7%	0.001
	3-6 per week	8.6%	11.2%	
	Daily	0	5.6%	
	More than 2 times per day	0	0	
OLIVE OIL				
	(5-6 pieces)			
		10.5%	1.9%	
	Never/rarely	1%	0.9%	0.012
	1-3 per month	1.9%	1.9%	

	1-2 per week	8.6%	1.9%	
	3-6 per week	4.8%	7.5%	
	Daily	73.3%	86%	
	More than 2 times per day			
NUTS				
	(5-6 pieces)			
	Never/rarely			
	1-3 per month	21.9%	24.3%	
	1-2 per week	17.1%	13.1%	0.019
	3-6 per week	35.2%	21.5%	
	Daily	6.7%	15.9%	
	More than 2 times per day	14.3%	11.2%	
		4.8%	14%	
SEASONAL FRESH FRUITS				
	(1 piece)			
	Never/rarely			
	1-3 per month	1%	0.9%	
	1-2 per week	0%	3.7%	0.041
	3-6 per week	3.8%	11.2%	
	Daily	8.6%	13.1%	
	More than 2 times per day	35.2%	31.8%	
		51.4%	39.3%	
TAHINI				
	(1 tea cup)			
	Never/rarely			
	1-3 per month	50.5%	80.4%	
	1-2 per week	17.1%	4.7%	<0.001
	3-6 per week	21.9%	3.7%	
	Daily	7.8%	0%	
	More than 2 times per day	1.9%	11.2%	
		1%	0%	
SOYA				
	(1 tea cup)			
	Never/rarely			
	1-3 per month	82.9%	96.3%	
	1-2 per week	7.6%	1.9%	0.005
	3-6 per week	9.5%	1.9%	
	Daily	0	0	
	More than 2 times per day	0	0	
		0	0	