

Table 1S (Supplementary): Current demographic and other characteristics of study participants.

Parameter	Whole sample (n = 151)
Medications (n (%))	11 (7.2%)
Thyroid medication	2 (1.3%)
Birth-control pills	2 (1.3%)
Vitamin D ₃ prescribed by doctor†	4 (2.6%)
Nausea	1 (0.7%)
Others	2 (1.3%)
Partner status (n (%))	
Married	59 (39.1%)
Extramarital	54 (35.8%)
Single	36 (23.8%)
Widowed	2 (1.3%)
Living regions (n (%))	
Capital city (Central)	57 (37.7%)
Dolenjska (South East)	51 (33.8%)
Gorenjska (North and North West)	16 (10.6%)
Notranjska (Central and South West)	3 (2%)
Prekmurje (North East)	1 (0.7%)
Štajerska (East)	23 (15.2%)
Living environment (n (%))	
City	41 (27.2%)
Suburban	48 (31.8%)
Rural	62 (41.1%)
Education (n (%))	
Primary School and High School	57 (37.8%)
College	16 (10.6%)
Bachelor and University degree	72 (47.6%)
Masters and PhD degree	5 (3.3%)
N/A (did not disclose)	1 (0.7%)
Employment status (n (%))	
Employed and help in family business	93 (61.6%)
Self-employed and contract	27 (17.8%)
Retired	7 (4.7%)
High-school student	16 (10.6%)
Unemployed	7 (4.6%)
N/A (did not disclose)	1 (0.7%)
Economic status (n (%))	
Low income and financially challenged	8 (5.3%)
Mildly above average and average	138 (91.4%)
Above average	5 (3.3%)
Income (€)	
Up to 700	9 (6%)
701–1100	13 (8.6%)
1101–1500	20 (13.2%)
1501–1900	31 (20.5%)
From 1901	77 (51%)
N/A (did not disclose)	1 (0.7%)
Menstrual status (n (%))	
Menstruation	84 (77.1%)
Perimenopause	4 (3.7%)
Menopause	21 (19.3%)

Data are mean. PBD, plant-based diet.

†Vitamin D₃ here represents only medically prescribed vitamin D. In another manuscript (submitted for publication) it was also calculated from dietary supplements (personal purchase) and presented in dietary-intake tables.