

## **Supplementary figure captions**

### **Figure S1. Proportion between grilled turkey breast meat and the Mediterranean Diet salad.**

A portion of Mediterranean Diet salad contained 200 g of tomato, 25 g of pink onion, 25 g of black olives, 10 g of extra-virgin olive oil and 0.5 g of fresh basil. The above quantities were intended as a salad dish consumed with 100 g of cooked turkey meat.

**Figure S2. Occurrence of phenolic classes in the tested vegetables and EVOO.** (A) Incidence of phenolic classes in tomato, onion, fresh basil and black olives. (B) Incidence of individual tyrosol-derivatives in black olives and EVOO. EVOO: extra-virgin olive oil.