

## SUPPLEMENTARY TEXT 8

### ASSOCIATION OF MICROBIOME INDEX WITH THE DIFFERENT DIETARY COMPONENTS

Next, given that we calculated the microbiome index as a single value index providing a quantitative summary of the abundance patterns of the diet-associated markers (the higher the value, the higher the abundance of Diet-Positive taxa and the lower the abundance of Diet-Negative taxa, and vice-versa), as a sanity-check, it is important to validate that the calculated microbiome index captured the association patterns of the individual diet-associated marker OTUs. For this, we repeated the analysis performed earlier for the individual marker OTUs (**Supplementary figure 12**) on the overall microbiome index (after adjustment for confounders) (**Supplementary figure 13**).