



Review

Systematic review of mediterranean diet interventions in menopausal women

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Supplementary

Table S1. Inclusion and exclusion criteria of participants reported in included studies ($n = 7$).

First Author, publication year	Inclusion and exclusion criteria
Bihuniak JD, 2016 [18]	Exclusion: any disease that may affect bone metabolism, cancers of any kind (except basal or squamous cell of the skin) during the past 5 years, use of medication that affect bone metabolism, physical activity more than 75 min/day for 6 days/wk, dietary behaviours or supplementation in excess of DRI upper limits: total vitamin D excess of 10,000 IU/day or <400 IU/day, total calcium exceeding 2,000 mg/day or <400 mg/day, following a medically prescribed diet or dietary pattern similar to the MD, history of chronic renal or liver disease, history of hip fracture or known vertebral fracture within the past year, alcoholic beverage intake more than 3 drinks/d, allergy to fish or nuts, achieving a score >81% on the Mediterranean Diet Score assessment form, consumption of > 5 servings/d of fruit or vegetables, consumption ≥ 2 servings/wk of fatty fish, or consumption of ≥ 3 servings/wk of seafood.
Rodríguez AS, 2016 [12]	Inclusion: women have at least one cardiovascular risk factor (diabetes mellitus, dyslipidaemia and/or hypertension). Exclusion: refuse to participate, have some disease or psychological situation that was considered impeditive. Inclusion: postmenopausal women (1 y after last menses); normal screening laboratory values; non-smokers; non-alcoholic; BMI in the range of 22 to 28 kg/m ² .
Bajerska J, 2018 [17]	Exclusion: decompensated diseases of the liver, kidney, pancreas, lung, or heart; a history of active cancer in the past 5 y; chronic disease (e.g., diabetes mellitus, CVD, cancer, or fat malabsorption syndromes), abnormal bleeding, or thrombotic disorders; regularly taking nonsteroidal anti-inflammatory drugs or drugs known to alter platelet function or the homeostatic system in general. Inclusion: postmenopausal (at least 1 year since the last menstrual period plus a follicle-stimulating hormone concentration of more than 30 IU/L at screening); with central obesity (waist circumference ≥ 80 cm) plus at least one other criterion of metabolic syndrome; non-smoking.
Duś-Żuchowska M, 2018 [15]	Exclusion: type 2 diabetes; monogenic dyslipidaemia; a history of CVD; use of hypoglycaemic, hypolipidemic, anti-inflammatory, or weight loss agents, as well as any drug known to influence liver function; with endocrine disorders or on hormonal replacement therapy; significant weight change in the 6 months prior to the study, intolerance or food allergy to key components of the intervention diets, alcohol consumption >2 drinks/day.
Muzsik A, 2019 [16]	Inclusion: an age ≥ 45 ; BMI between 25 and 45 kg/m ² ; a stable body weight over the 2 months before the baseline; no change in medication for at least 3 months.
Lombardo M, 2020 [13]	Exclusion: pregnancy or nursing; diabetes mellitus; chronic kidney disease; glucocorticoids, oestrogens and anti-convulsant therapies; history of CVD, neoplastic or other systemic disease; any medication use known to affect weight/energy expenditure; alcohol intake >3 drinks/d.



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