

Supplemental Table 1. Odd ratios and 95% confidence intervals of metabolic syndrome by quintile of fat intake as a percentage of total energy in 1,207 Puerto Rican adults^{1,2,3}

Type of Fat		Quintile 1 (n=241) ⁴	Quintile 2 (n=242) ⁴	Quintile 3 (n=241) ⁴	Quintile 4 (n=242) ⁴	Quintile 5 (n=241) ⁴	P trend
Saturated fat	Model 1	Reference	0.78 (0.50, 1.2)	1.07 (0.66, 1.7)	1.22 (0.71, 2.1)	1.0 (0.56, 1.8)	0.86
	Model 2	--	0.82 (0.52, 1.3)	1.21 (0.73, 2.0)	1.28 (0.72, 2.3)	1.1 (0.59, 2.0)	0.85
Monounsaturated fat	Model 1	--	1.24 (0.80, 1.9)	1.54 (0.91, 2.6)	1.01 (0.58, 1.7)	1.15 (0.61, 2.2)	0.59
	Model 2	--	1.25 (0.77, 2.0)	1.50 (0.86, 2.6)	0.91 (0.50, 1.6)	1.04 (0.52, 2.1)	0.90
Polyunsaturated fat	Model 1	--	0.65 (0.43, 0.99)	0.69 (0.44, 1.1)	0.94 (0.59, 1.5)	0.83 (0.50, 1.4)	0.74
	Model 2	--	0.68 (0.43, 1.1)	0.74 (0.46, 1.2)	0.92 (0.56, 1.5)	0.82 (0.47, 1.4)	0.74
(n-3) fatty acids	Model 1	--	1.43 (0.93, 2.2)	1.02 (0.66, 1.6)	0.87 (0.55, 1.4)	0.90 (0.57, 1.4)	0.14
	Model 2	--	1.27 (0.80, 2.0)	1.02 (0.65, 1.6)	0.72 (0.44, 1.2)	0.80 (0.49, 1.3)	0.04
(n-6) fatty acids	Model 1	--	0.73 (0.48, 1.1)	0.67 (0.43, 1.1)	1.1 (0.68, 1.8)	0.99 (0.59, 1.7)	0.62
	Model 2	--	0.76 (0.48, 1.2)	0.73 (0.45, 1.2)	1.15 (0.68, 1.9)	1.05 (0.60, 1.8)	0.48
Trans fat	Model 1	--	0.94 (0.62, 1.4)	0.80 (0.52, 1.2)	1.14 (0.72, 1.8)	1.1 (0.72, 1.8)	0.72
	Model 2	--	0.78 (0.50, 1.2)	0.73 (0.46, 1.2)	0.97 (0.60, 1.6)	1.1 (0.66, 1.8)	0.58

¹ Analyses were performed comparing each quintile to the reference group (quintile 1) using logistic regression; a trend test was performed across quintiles.

² Model 1 was adjusted for age, sex, smoking and alcohol use, physical activity, education, fish oil supplement use, acculturation, total energy, total fat, dietary fiber and lipid-lowering medication use.

³ Model 2 was adjusted for all covariates in model 1 and BMI.

⁴ Due to missing data for some covariates, sample sizes for each analysis vary around the reported sample size (n).