

Online Supporting Material

Supplemental Table 1: Odds ratio (95% Confidence Interval) of metabolic syndrome and allostatic load categories (by number of components) for an increase of 10 units in AHA diet score in Puerto Rican men and women. Reference groups are no metabolic syndrome and ≤ 2 components of allostatic load. Adjusted for age, smoking status, education, poverty level, acculturation, perceived stress, energy intake, physical activity score, multivitamin use, and BMI. AL, allostatic load; MetS, metabolic syndrome.

		OR	95% CI	P-value
Men	MetS	0.69	0.52, 0.93	0.016
	AL ≥ 6	0.78	0.52, 1.17	0.23
	AL = 5	1.04	0.70, 1.53	0.85
	AL = 4	0.95	0.65, 1.39	0.80
	AL = 3	0.98	0.67, 1.43	0.91
Women	MetS	0.94	0.80, 1.10	0.44
	AL ≥ 6	0.78	0.62, 0.99	0.043
	AL = 5	1.08	0.88, 1.34	0.46
	AL = 4	1.10	0.90, 1.35	0.36
	AL = 3	1.03	0.84, 1.28	0.76