

**Appendix 10: Cumulative reversion (95% confidence intervals) of metabolic syndrome and its components by intervention group (as supplied by the authors)**

	MedDiet+EVOO group	MedDiet+nuts group	Control diet group	P-value
<b>Reversion of metabolic syndrome and its components<sup>a</sup></b>				
<b>Metabolic syndrome at baseline</b>	n=1 236	n=1 062	n=1 094	
Cumulative reversion	30.8 (28.3-33.4)	30.6(27.8-33.4)	23.0 (20.5-25.5)	<0.001
<b>Central obesity at baseline</b>	n=1412	n=1205	n=1234	
Cumulative reversion	22.0 (19.9-24.2)	20.7 (18.5-23.0)	17.0 (14.9-19.1)	0.003
<b>Hypertriglyceridemia at baseline</b>	n=655	n=569	n=576	
Cumulative reversion	61.4 (57.6-65.1)	60.3 (56.3-64.3)	57.8 (53.8-61.8)	0.4
<b>Low HDL-cholesterol at baseline</b>	n=559	n=492	n=500	
Cumulative reversion	50.8 (46.7-54.9)	48.0 (43.6-52.4)	49.8 (45.4-54.2)	0.7
<b>Hypertension at baseline</b>	n=1886	n=1792	n=1861	
Cumulative reversion	8.5 (7.3-9.8)	8.5 (7.3-9.9)	7.6 (6.4-8.9)	0.5
<b>High fasting plasma glucose at baseline</b>	n=1297	n=1174	n=1241	
Cumulative reversion	17.9 (15.8-20.0)	17.0 (14.8-19.1)	13.8 (11.9-15.7)	0.01

Data are expressed as percentage (No.). Abbreviations: MedDiet=Mediterranean diet. EVOO=Extra-virgin olive oil. HDL, high-density lipoprotein. <sup>a</sup>The metabolic syndrome components were defined according to update harmonizing criteria.