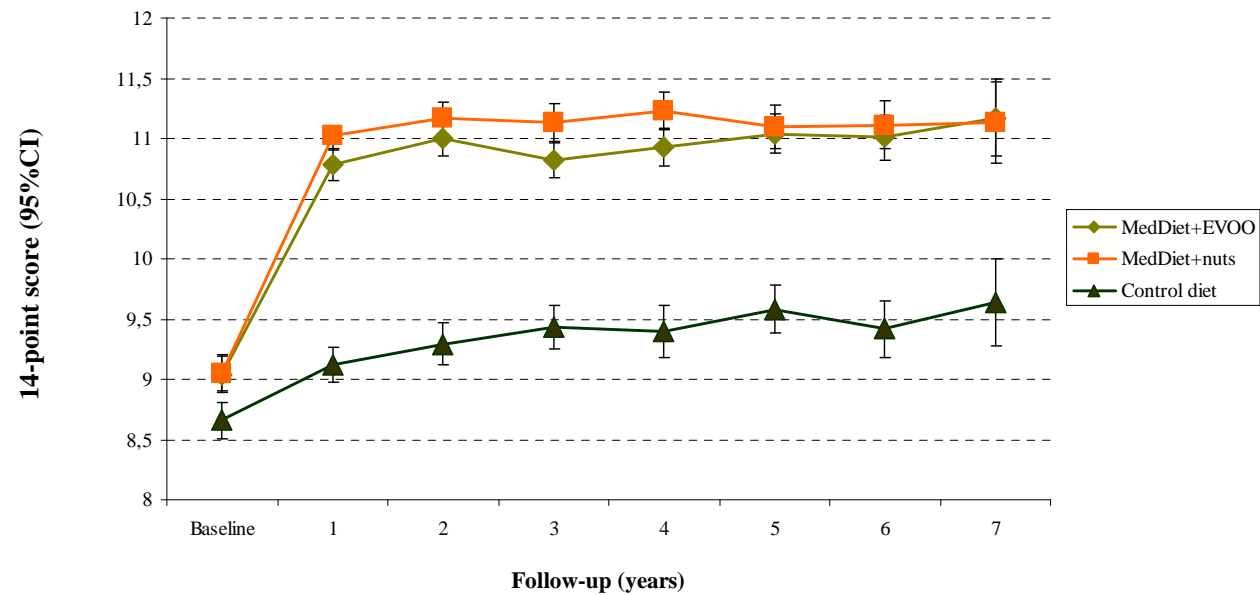


Appendix 3: Adherence to Mediterranean diet among study participants without metabolic syndrome at baseline (as supplied by the authors)



	Baseline	1 year	2 years	3 years	4 years	5 years	6 years	7 years
MedDiet+EVOO	663	640	601	576	461	403	300	119
MedDiet+nuts	662	625	571	534	422	389	291	113
Control diet	594	491	404	371	288	286	202	86