

**Appendix 6: Baseline characteristics of participants without metabolic syndrome at baseline (as supplied by the authors)**

	Study group		
	MedDiet+EVOO (n=663)	MedDiet+nuts (n=662)	Control diet (n=594)
Age, years, mean (SD)	66.8 (6.0)	66.3 (6.0)	67.5 (6.4)
Men % (No.)	48.1 (319)	50.0 (331)	43.9 (261)
Smoking habit			
Current smokers, % (No.)	16.7 (111)	16.0 (106)	15.0 (89)
Former smokers, % (No.)	24.9 (165)	26.6 (176)	25.9 (154)
BMI, kg/m <sup>2</sup> – mean (SD)	28.4 (3.5)	28.1 (3.5)	28.6 (3.6)
Waist circumference, cm – mean (SD)	95.6 (9.9)	94.5 (9.6)	95.1 (9.6)
Physical activity, METs – mean (SD)	270 (242)	297 (272)	250 (247)
Mediterranean diet score, 0 to 14 points - mean (SD)	9.0 (2.0)	9.1 (1.9)	8.7 (1.9)
Type 2 diabetes mellitus prevalence, % (No.)	24.6 (163)	27.0 (179)	25.9 (154)
<b>Metabolic syndrome components<sup>a</sup></b>			
Abdominal obesity, % (No.)	45.5 (300)	39.9 (263)	46.7 (274)
Hypertriglyceridemia, % (No.)	5.9 (39)	6.2 (41)	3.7 (22)
Low HDL-cholesterol level, % (No.)	3.2 (21)	3.9 (26)	2.2 (13)
High blood pressure, % (No.)	85.8 (567)	87.2 (577)	87.7 (521)
High fasting plasma glucose, % (no)	29.3 (194)	32.7 (215)	32.8 (194)
<b>Use of medications</b>			
Antihypertensive agents, % (No.)	63.2 (419)	63.3(419)	68.9 (409)
Statins, % (No.)	44.2 (293)	40.9 (271)	42.8 (254)
Fibrates, % (No.)	0.0 (0)	0.1 (1)	0.0 (0)
Insulin, % (No.)	3.8 (25)	4.5 (30)	4.7 (28)
Oral hypoglycaemic agents, % (no)	12.1 (80)	13.0 (86)	14.8 (88)
Aspirin or antiplatelet drugs, % (no)	15.4 (102)	16.2 (107)	15.0 (89)

Abbreviations: BMI, body mass index; HDL, high-density lipoprotein; MedDiet, Mediterranean diet; EVOO, extra virgin olive oil.

<sup>a</sup>The metabolic syndrome components are defined according to update harmonizing criteria.