

Appendix 7: Cumulative incidence (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
Incidence of metabolic syndrome and its components^a				
Free of metabolic syndrome at baseline	n=663	n=662	n=594	
Cumulative incidence	49.6 (45.8-53.4)	50.3 (46.5-54.1)	50.2 (46.1-54.2)	1.0
Free of central obesity at baseline	n=486	n=522	n=407	
Cumulative incidence	43.8 (39.4-48.2)	45.8 (41.5-50.1)	42.3 (37.5-47.1)	0.6
Free of hypertriglyceridemia at baseline	n=1264	n=1177	n=1156	
Cumulative incidence	33.8 (31.2-36.4)	31.5 (28.9-34.2)	35.4 (32.6-38.1)	0.1
Free of low HDL-cholesterol at baseline	n=1346	n=1246	n=1226	
Cumulative incidence	31.4 (28.9-33.8)	33.4(30.8-36.0)	30.3 (27.8-32.9)	0.3
Free of high blood pressure at baseline	n=130	n=117	n=102	
Cumulative incidence	84.6 (78.4-90.8)	78.6 (71.2-86.1)	78.4 (70.4-86.4)	0.4
Free of high fasting plasma glucose at baseline	n=666	n=627	n=593	
Cumulative incidence	43.8 (40.1-47.6)	46.7 (42.8-50.6)	46.9 (42.9-50.9)	0.5

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