

Appendix 9: Baseline characteristics of participants with metabolic syndrome at baseline (as supplied by the authors)

	Study groups		
	MedDiet+EVOO (n=1236)	MedDiet+nuts (n=1062)	Control diet (n=1094)
Age, years, mean (SD)	67.2 (6.3)	66.9 (5.9)	67.3 (6.2)
Men % (No.)	36.3 (449)	41.0 (435)	36.9 (404)
Smoking habit			
Former smokers, % (No.)	22.5 (278)	25.9 (275)	22.0 (241)
Current smokers, % (No.)	12.1 (149)	13.4 (142)	13.3 (145)
BMI, kg/m ² - mean (SD)	30.8 (3.6)	30.9 (3.6)	31.3 (4.1)
Waist circumference, cm - mean (SD)	102.8 (9.4)	103.4 (9.4)	103.9 (9.8)
Physical activity, METs - mean (SD)	219 (233)	223 (221)	192 (241)
Mediterranean diet score, 0 to 14 points - mean (SD)	8.7 (2.0)	8.7 (2.0)	8.5 (2.0)
Type 2 diabetes mellitus prevalence, % (No.)	61.1 (755)	56.8 (603)	60.1 (658)
Metabolic syndrome components ^a			
Abdominal obesity, % (No.)	90.1 (1107)	88.5 (934)	91.3 (990)
Hypertriglyceridemia, % (No.)	50.0 (615)	50.0 (529)	50.0 (545)
Low HDL-cholesterol level, % (No.)	44.0 (539)	43.9 (463)	44.7 (487)
High blood pressure, % (No.)	97.3 (1203)	98.2 (1043)	98.4 (1077)
High fasting plasma glucose, % (No.)	84.6 (1042)	83.3 (880)	83.7 (913)
Use of medications			
Antihypertensive agents, % (No.)	76.6 (945)	78.4 (833)	75.6 (827)
Statins, % (No.)	40.0 (495)	36.8 (391)	38.9 (426)
Fibrates, % (No.)	6.4 (79)	7.7 (82)	5.9 (65)
Insulin, % (No.)	9.3 (115)	7.1 (75)	8.6 (94)
Oral hypoglycaemic agents, % (No.)	42.8 (529)	38.4 (408)	43.1 (471)
Aspirin or antiplatelet drugs, % (No.)	21.6 (267)	21.9 (233)	24.2 (265)

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

^aThe metabolic syndrome components were defined according to update harmonizing criteria.