

Supplementary Table SIII Unadjusted associations of the Mediterranean and the Western patterns with testicular volume and reproductive hormones in Murcia Young Men's Study by quartiles (Q1–4) of consumption of the two dietary patterns (n = 209).

Unadjusted means (95% CI)	Mediterranean pattern					Western pattern				
	Q1 (n = 53)	Q2 (n = 51)	Q3 (n = 53)	Q4 (n = 52)	P, trend	Q1 (n = 52)	Q2 (n = 53)	Q3 (n = 52)	Q4 (n = 52)	P, trend
Testicular volume (ml)	21.2 (20.4, 22.1)	20.6 (19.7, 21.5)	21.9 (20.9, 22.8)	21.7 (20.8, 22.6)	0.22	21.3 (20.4, 22.2)	21.3 (20.4, 22.3)	21.6 (20.7, 22.6)	21.2 (20.2, 22.1)	0.84
Follicle-stimulating hormone (FSH) levels (IU/l)	2.18 (1.88, 2.53)	2.58 (2.22, 3.01)	2.20 (1.89, 2.55)	2.32 (2.00, 2.70)	0.92	2.22 (1.91, 2.58)	2.17 (1.87, 2.52)	2.53 (2.17, 2.94)	2.34 (2.02, 2.73)	0.44
Luteinizing hormone (LH) levels (IU/l)	4.13 (3.67, 4.59)	4.29 (3.82, 4.76)	4.24 (3.78, 4.70)	4.26 (3.79, 4.72)	0.77	4.23 (3.78, 4.70)	3.81 (3.36, 4.27)	4.54 (4.10, 5.00)	4.33 (3.87, 4.79)	0.39
Inhibin B levels (pg/ml)	224 (203, 245)	192 (170, 213)*	187 (166, 208)*	206 (185, 227)	0.43	205 (183, 226)	197 (176, 218)	212 (191, 234)	195 (174, 217)	0.68
Total testosterone levels (nmol/l)	21.9 (20.1, 23.8)	20.2 (18.3, 22.1)	22.7 (20.8, 24.6)	22.4 (20.5, 24.3)	0.38	21.2 (19.3, 23.1)	21.9 (20.1, 23.8)	23.4 (21.5, 25.3)	20.7 (18.8, 22.6)	0.76
Free testosterone levels (ng/dl)	14.2 (12.9, 15.5)	13.0 (11.7, 14.4)	14.8 (13.5, 16.1)	14.9 (13.7, 16.3)	0.16	13.6 (12.3, 14.9)	14.1 (12.8, 15.4)	15.3 (13.9, 16.6)	14.0 (12.7, 15.3)	0.60
Sex hormone binding globulin (SHBG) levels (nmol/l)	32.3 (29.2, 35.5)	30.9 (27.7, 34.2)	31.7 (28.6, 34.9)	30.8 (27.5, 33.9)	0.58	32.1 (28.9, 35.3)	32.5 (29.4, 35.7)	32.4 (29.2, 35.6)	28.7 (25.5, 31.9)	0.11
Estradiol (E2) levels (pmol/l)	74.2 (68.7, 80.2)	73.3 (67.7, 79.2)	77.0 (71.2, 83.2)	78.5 (72.6, 84.9)	0.21	72.9 (67.5, 78.9)	76.5 (70.8, 82.7)	77.3 (71.5, 83.6)	76.0 (70.3, 82.3)	0.52

*LSD *post hoc* analyses $P < 0.05$, (Q1 = reference category).