Supplementary Table 1 - Association between 10-year overall mortality and olive oil use stratified on sex in the elderly 3C Study cohort (8937): crude and adjusted hazard ratios (HR) and 95% CI

Olive oil use	N	Crude	(95% CI)	p	Model 1[a]	(95% CI)	p	Model 2[b]	(95% CI)	p
All	8937									
Moderate / None		0.79	[0.71-0.88]	***	0.84	[0.76-0.94]	**	0.89	[0.80-0.99]	*
Intensive / None		0.76	[0.68-0.84]	***	0.80	[0.71-0.90]	***	0.83	[0.74-0.63]	**
Women	5448									
Moderate / None		0.75	[0.64-0.87]	***	0.77	[0.64-0.90]	***	0.80	[0.68-0.94]	**
Intensive / None		0.67	[0.57-0.79]	***	0.69	[0.58-0.81]	***	0.72	[0.60-0.85]	***
Men	3489									
Moderate / None		0.87	[0.75-1.01]	ns	0.90	[0.78-1.05]	ns	0.97	[0.83-1.13]	ns
Intensive / None		0.87	[0.75-1.01]	ns	0.91	[0.78-1.06]	ns	0.94	[0.80-1.10]	ns

[a] Cox proportional model adjusted for sex, centre, education (no or primary/middle/ high school/university), income (<1500, >1500 euros/month), occupation (white collar/employee/blue collar/housewife)

[b] Cox proportional model adjusted for sex, centre, education, income, occupation, smoking, alcohol consumption, history of cardiovascular diseases, BMI, depression, diabetes, hypertension, hypercholesterolemia, dependence (IADL), self-rated health, self-rated diet quality, number of drugs, number of chronic diseases.

*P<0.05; **P<0.01; ***P<0.001; ns=not significant

Supplementary Table 2 - Association between 10-year overall mortality (event N=1033) and dietary habits in the subgroup of the elderly cohort of the 3C Study with data on physical activity (only Dijon and Montpellier; N=5273): crude and adjusted hazard ratios (HR) and 95% CI

Dietary habits	N	Crude	(95% CI)	p	Model 1[a]	(95% CI)	p	Model 2[b]	(95% CI)	p
At least 1 fruit and 1 vegetable cooked or raw/day	5273	0.83	[0.73-0.94]	**	0.85	[0.74-0.96]	*	0.90	[0.79-1.03]	ns
Cooked fruits or vegetables: ≥ 4-6 servings/week	5273	0.71	[0.59-0.85]	***	0.76	[0.63-0.91]	**	0.75	[0.62-0.90]	**
Meat: ≥1 serving/day	5273	1.10	[0.96-1.27]	ns	1.03	[0.89-1.19]	ns	1.01	[0.87-1.16]	ns
Fish: ≥2 servings/week	5273	0.85	[0.75-0.96]	**	0.88	[0.78-1.00]	*	0.92	[0.81-1.04]	ns
Olive oil use	5273									
Moderate / None§		0.85	[0.72-0.99]	*	0.89	[0.76-1.04]	ns	0.97	[0.83-1.15]	ns
Intensive / None§		0.81	[0.69-0.95]	**	0.85	[0.72-1.00]	*	0.90	[0.76-1.06]	ns

[a] Cox proportional model adjusted for sex, centre, education (no or primary/middle/high school/university), monthly income (<1500, >1500 euros), occupation (white collar/employee/blue collar/housewife)

[b] Cox proportional model adjusted for sex, centre, education, income, occupation, smoking, alcohol consumption, history of cardiovascular diseases, BMI, depression, diabetes, hypertension, hypercholesterolemia, dependence, self-rated health, self-rated diet quality, number of medication, number of chronic diseases and physical activity

§reference   *P<0.05; **P<0.01; ***P<0.001; ns=not significant

Supplementary Table 3 - Association between 10-year overall mortality (event N=1033) and diet diversity in the subgroup of the elderly cohort of the 3C Study with data on physical activity (only Dijon and Montpellier; N=5273): crude and multivariate adjusted of hazard ratios (HR) and 95%

	N	Crude	(95% CI)	p	Model 1[a]	(95% CI)	p	Model 2[b]	(95% CI)	p
Diversity diet score 4-5 / 0-3	5273	0.90	[0.79-1.02]	ns	0.89	[0.78-1.02]	ns	0.92	[0.80-1.05]	ns
Various fats > 3/≤ 3	5273	0.86	[0.74-1.01]	ns	0.88	[0.75-1.02]	ns	0.90	[0.77-1.05]	ns

[a] Cox proportional model adjusted for sex, centre, education (no or primary/middle/high school/university), monthly income (<1500, >1500 euros), occupation (white collar/employee/blue collar/housewife)

[b] Cox proportional model adjusted for sex, centre, education, income, occupation, smoking, alcohol consumption, history of cardiovascular diseases, BMI, depression, diabetes, hypertension, hypercholesterolemia, dependence, self-rated health, self-rated diet quality, number of medication, number of chronic diseases and physical activity

*P<0.05; **P<0.01; ***P<0.001; ns=not significant