Table S1. Characteristics associated with frequency of nut consumption (~~full~~ entire sample; ~~N~~n=4,416).

	Daily nut consumption ~~N~~n= 212	Weekly nut consumption ~~N~~n= 487	Monthly nut consumption ~~N~~n= 1,276	Infrequent or never nut consumption ~~N~~n= 2,441	Overall *p*~~p~~ (post-hoc test p-V~~p-v~~alues)
Sex; n (%)					
men	52 (24.5)	144 (29.6)	490 (38.6)	1017 (41.7)	<0.001 (0.173^{DW}, <0.001^{DM}, <0.001^{DI} 0.001^{WM}, <0.001^{WN}, 0.054^{MN})
women	160 (75.5)	343 (70.4)	786 (61.6)	1424 (58.3)	
Age (years); median (interquartile range (, IQR))	58.0 (19.75)	53.0 (21.0)	51.0 (22.0)	56.0 (23.0)	<0.001 (<0.001^{DW}, <0.001^{DM}, 0.060^{DI} 0.035^{WM}, <0.001^{WN}, <0.001^{MN})
Education (years of schooling); median (IQR)	12.0 (4.0)	12.0 (3.0)	12.0 (3.0)	12.0 (4.0)	<0.001 (0.438 ^{DW}, 0.173^{DM}, <0.001^{DN} 0.001^{WM}, <0.001^{WN}, <0.001^{MN})
Material status; median (IQR)	11.0 (4.0)	11.0 (4.0)	11.0 (4.0)	10.0 (4.0)	<0.001 (0.073^{DW}, 0.786^{DM}, <0.001^{DN}, 0.001^{WM}, <0.001^{WN}, <0.001^{MN})
Smoking; n (%)					
current smokers	41 (19.3)	115 (23.6)	361 (28.3)	690 (28.3)	0.008 (0.431^{DW}, 0.021^{DM}, 0.011^{DN}, 0.059^{WM}, 0.012^{WN}, 0.625^{MN})
ex-smokers	55 (25.9)	114 (23.4)	315 (24.7)	636 (26.1)	
never-smokers	116 (54.7)	258 (53.0)	600 (47.0)	1115 (45.7)	
Alcohol intake; n (%)					
excessive	32 (15.1)	70 (14.4)	225 (17.6)	437 (17.9)	0.001 (0.098^{DW}, 0.025^{DM}, 0.403^{DN}, 0.256^{WM}, 0.012^{WN}, 0.002^{MN})
moderate	90 (42.5)	248 (50.9)	631 (49.5)	1069 (43.8)	
none	90 (42.5)	169 (34.7)	420 (32.9)	935 (38.3)	
MDSS≥14 points; n (%)	147 (69.3)	189 (38.8)	301 (23.6)	637 (26.1)	<0.001 (<0.001^{DW}, <0.001^{DM}, <0.001^{DN}, <0.001^{WM}, <0.001^{WN}, 0.095^{MN})
Physical activity; n (%)					
light	51 (24.1)	122 (25.1)	304 (23.8)	612 (25.1)	<0.001 (0.588^{DW}, 0.414^{DM}, 0.041^{DN}, 0.006^{WM}, <0.001^{WN}, 0.019^{MN})
moderate	147 (69.3)	342 (70.2)	852 (66.8)	1532 (62.8)	
intensive	14 (6.6)	23 (4.7)	120 (9.4)	295 (12.1)	
BMI (kg/m²); n (%)					
≤25.0 (normal)	102 (48.1)	242 (49.7)	605 (47.4)	984 (40.3)	<0.001 (0.550^{DW}, 0.405^{DM}, 0.017^{DN}, 0.662^{WM}, <0.001^{WN}, <0.001^{MN})
25.0-29.9 (overweight)	83 (39.2)	172 (35.3)	464 (36.4)	971 (39.8)	
≥30.0 (obese)	27 (12.7)	73 (15.0)	207 (16.2)	486 (19.9)	
Waist circumference (≥94 cm$^{♂}$, ≥80cm$^{♀}$); n (%)	169 (80.1)	360 (74.2)	919 (72.5)	1909 (78.9)	<0.001 (0.096^{DW}, 0.021^{DM}, 0.695^{DN}, 0.475^{WM}, 0.022^{WN}, <0.001^{MN})
WHR (≥0.90 $^{♂}$, ≥0.85$^{♀}$); n (%)	137 (64.9)	296 (61.0)	805 (63.6)	1800 (74.6)	<0.001 (0.330^{DW}, 0.718^{DM}, 0.002^{DN}, 0.313^{WM}, <0.001^{WN}, <0.001^{MN})

WHtR (≥0.5); n %	159 (75.4)	348 (71.8)	932 (73.6)	1975 (81.7)	<0.001 (0.326^{DW}, 0.583^{DM}, 0.024^{DN}, 0.446^{WM}, <0.001^{WN}, <0.001^{MN})
Cholesterol (≥5 mmol/L); n (%)	164 (77.4)	378 (77.6)	892 (69.9)	1841 (75.4)	<0.001 (0.940^{DW}, 0.027^{DM}, 0.529^{DN}, 0.001^{WM}, 0.301^{WN}, <0.001^{MN})
HDL (≤1.03 mmol/L$^{♂}$, ≤1.29 mmol/L$^{♀}$); n (%)	35 (16.5)	95 (19.5)	231 (18.1)	493 (20.2)	0.321 (0.349^{DW}, 0.575^{DM}, 0.197^{DN}, 0.497^{WM}, 0.729^{WN}, 0.126^{MN})
LDL (≥3 mmol/L); n (%)	158 (74.5)	377 (77.4)	884 (69.3)	1795 (73.5)	0.003 (0.408^{DW}, 0.122^{DM}, 0.753^{DN}, 0.001^{WM}, 0.074^{WN}, 0.006^{MN})
Triglycerides (≥1.7 mmol/L); n (%)	41 (19.3)	106 (21.8)	302 (23.7)	714 (29.3)	<0.001 (0.469^{DW}, 0.166^{DM}, 0.002^{DN}, 0.397^{WM}, 0.001^{WN}, <0.001^{MN})
CHD; n (%)	13 (6.1)	25 (5.1)	59 (4.6)	244 (10.0)	<0.001 (0.592^{DW}, 0.346^{DM}, 0.068^{DN}, 0.658^{WM}, 0.001^{WN}, <0.001^{MN})
CVI; n (%)	4 (1.9)	8 (1.6)	17 (1.3)	66 (2.7)	0.041 (0.819^{DW}, 0.526^{DM}, 0.477^{DN}, 0.662^{WM}, 0.173^{WN}, 0.007^{MN})
Hypertension (Systolic ≥140 mmHg or Diastolic ≥90 mmHg or treated for hypertension); n (%)	73 (34.4)	141 (29.0)	391 (30.7)	896 (36.8)	<0.001 (0.148^{DW}, 0.279^{DM}, 0.496^{DN}, 0.471^{WM}, 0.001^{WN}, <0.001^{MN})
Diabetes (≥7 mmol/L or treated for diabetes type 2); n (%)	20 (9.4)	39 (8.0)	105 (8.2)	318 (13.0)	<0.001 (0.533^{DW}, 0.558^{DM}, 0.132^{DN}, 0.880^{WM}, 0.002^{WN}, <0.001^{MN})
HbA1c (≥6.5 mmol/L or treated for diabetes); n (%)	19 (9.0)	35 (7.2)	85 (6.7)	255 (10.4)	0.001 (0.419^{DW}, 0.224^{DM}, 0.496^{DN}, 0.695^{WM}, 0.028^{WN}, <0.001^{MN})
Metabolic syndrome; n (%)	87 (42.6)	189 (39.5)	471 (39.0)	1258 (52.3)	<0.001 (0.449^{DW}, 0.327^{DM}, 0.008^{DN}, 0.845^{WM}, <0.001^{WN}, <0.001^{MN})
Gout (Uric acid ≥404 μmol/L$^{♂}$, ≥338 μmol/L$^{♀}$ or gout); n (%)	34 (16.9)	71 (15.0)	191 (16.0)	513 (21.6)	<0.001 (0.526^{DW}, 0.747^{DM}, 0.122^{DN}, 0.602^{WM}, 0.001^{WN}, <0.001^{MN})

MDSS - Mediterranean Diet Serving Score. BMI - body mass index. WHR – waist-to-hip ratio. WHtR – waist-to-height ratio. CHD - coronary heart disease. CVI - cerebrovascular insult. ♂: males. ♀: woman. *p*-Values for categorical variables were obtained with chi-squared test, and for numerical with Kruskal-Wallis test. Post-hoc test ~~P~~ *p*-Values ~~values~~ for categorical variables were obtained with chi-squared test, and for numerical with Mann-Whitney U test. ^{DW} Post-hoc test ~~P~~*p*-V~~-v~~alue: ~~Daily~~ daily vs. ~~Weekly~~weekly.

^{DM} Post-hoc test *p*-Value~~P-value~~: ~~Daily~~ daily vs. ~~Monthly~~monthly.

^{DN} Post-hoc test *p*-Value~~P-value~~: ~~Daily~~ daily vs. ~~Never~~never.

^{WM} Post-hoc test *p*-Value~~P-value~~: ~~Weekly~~ weekly vs. ~~Monthly~~monthly.

^{WN} Post-hoc test *p*-Value~~P-value~~: ~~Weekly~~ weekly vs. ~~Infrequently~~infrequently or never.

^{MN} Post-hoc test *p*-Value~~P-value~~: ~~Monthly~~ monthly vs. ~~Infrequently~~infrequently or never.

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Table S2. Characteristics associated with unfavorable biochemical parameters; lipid levels as determined by the multivariate logistic regression models and elevated fibrinogen as determined by ordinal regression model (sample size is 897 ~~participants~~ subjects without previous cardiovascular disease~~CVD~~ diagnosis and older than 65 years of age; all independent variables included in the model are listed in the table).

	Cholesterol (≥5 mmol/L) Adjusted odds ratio (95% confidence interval); ~~P~~*p*-Value	**LDL (≥3 mmol/L)** Adjusted odds ratio (95% confidence interval); *p*-Value~~P~~	**HDL (≤1.03 mmol/L♂, ≤1.29 mmol/L♀)** Adjusted odds ratio (95% confidence interval); *p*-Value~~P~~	**Triglycerides (≥1.7 mmol/L)** Adjusted odds ratio (95% confidence interval); *p*-Value~~P~~	**Fibrinogen (≥4.0 g/l is referent)** Adjusted odds ratio (95% confidence interval); *p*-Value~~P~~
Sex (referent ~~(~~ref~~)~~: female)					
male	0.67 (0.43-1.01); 0.120	0.81 (0.52-1.27); 0.360	0.35 (0.21-0.59); <0.001	1.04 (0.71-1.53); 0.845	0.96 (0.67-1.37); 0.806
Age (years) median (interquartile range (IQR))	0.96 (0.92-1.00); 0.047	0.98 (0.95-1.02); 0.324	1.00 (0.96-1.05); 0.837	0.97 (0.94-1.00); 0.086	1.01 (0.98-1.05); 0.384
Place of residence (ref: Split)					
Island of Vis	2.07 (1.05-4.10); 0.035	1.34 (0.70-2.55); 0.379	0.09 (0.04-0.18); <0.001	0.56 (0.34-0.93); 0.024	0.41 (0.26-0.67); <0.001
Island of Korčula	1.20 (0.67-2.14); 0.538	1.01 (0.58-1.78); 0.962	0.35 (0.21-0.58); <0.001	0.44 (0.28-0.70); <0.001	0.23 (0.15-0.35); <0.001
Education (years of schooling, ref: ≥13)	Overall ~~P~~*p* = 0.154	Overall *p* = ~~P=~~0.043	Overall *p* = ~~P=~~0.294	Overall *p* = ~~P=~~0.328	-
0-8	0.58 (0.31-1.10); 0.101	0.59 (0.32-1.08); 0.086	1.27 (0.66-2.46); 0.471	1.46 (0.88-2.42); 0.147	2.12 (1.30-3.44); 0.002
9-12	0.88 (0.48-1.64); 0.692	1.05 (0.59-1.89); 0.864	1.60 (0.86-2.96); 0.135	1.21 (0.74-1.98); 0.448	1.49 (0.94-2.36); 0.092
Material status (ref: 4th quartile)	Overall *p* = ~~P=~~0.624	Overall *p* = ~~P=~~0.055	Overall *p* = ~~P=~~0.107	Overall *p* = ~~P=~~0.329	-
1st quartile	1.47 (0.77-2.80); 0.243	1.54 (0.84-2.81); 0.159	1.01 (0.51-2.00); 0.976	1.31 (0.77-2.23); 0.326	0.76 (0.46-1.24); 0.267
2nd quartile	1.32 (0.69-2.53); 0.402	1.35 (0.74-2.47); 0.334	1.12 (0.56-2.21); 0.750	1.10 (0.64-1.91); 0.726	0.88 (0.54-1.45); 0.618
3rd quartile	1.12 (0.57-2.18); 0.749	1.24 (0.65-2.34); 0.512	1.88 (0.94-3.78); 0.075	1.58 (0.90-2.77); 0.114	0.95 (0.56-1.61); 0.847
Smoking (ref: never-smokers)	Overall *p* = ~~P=~~0.803	Overall *p* = ~~P=~~0.408	Overall *p* = ~~P=~~0.806	Overall *p* = ~~P=~~0.226	-
current smokers	0.94(0.47-1.87); 0.860	1.44 (0.72-2.90); 0.303	0.87 (0.43-1.78); 0.712	1.56 (0.94-2.57); 0.085	1.27 (0.78-2.05); 0.340
ex-smokers	0.85 (0.52-1.38); 0.507	0.87 (0.55-1.36); 0.535	0.85 (0.50-1.45); 0.548	1.11 (0.75-1.63); 0.609	0.86 (0.59-1.24); 0.418
Alcohol intake (ref: none)	Overall *p* = ~~P=~~0.196	Overall *p* = ~~P=~~0.504	Overall *p* = ~~P=~~0.182	Overall *p* = ~~P=~~0.320	-
excessive	1.74 (0.87-3.48); 0.114	1.23 (0.65-2.35); 0.528	0.62 (0.30-1.26); 0.183	1.13 (0.67-1.91); 0.643	0.69 (0.41-1.15); 0.153
moderate	1.01 (0.64-1.61); 0.960	0.89 (0.57-1.38); 0.609	0.68 (0.44-1.06); 0.088	0.83 (0.57-1.20); 0.323	0.92 (0.65-1.29); 0.620
MDSS compliance (ref: yes)					
no	0.86 (0.56-1.31); 0.478	0.83 (0.55-1.23); 0.345	1.30 (0.85-2.00); 0.229	0.81 (0.58-1.12); 0.204	0.83 (0.61-1.13); 0.231
Nut consumption (ref: infrequently or never)	Overall *p* = ~~P=~~0.350	Overall *p* = ~~P=~~0.470	Overall *p* = ~~P=~~0.142	Overall *p* = ~~P=~~0.303	-
daily	1.71 (0.68-4.27); 0.253	1.02 (0.48-2.20); 0.950	1.37 (0.64-2.89); 0.416	0.69 (0.34-1.40); 0.308	0.65 (0.35-1.22); 0.183
weekly	1.79 (0.84-3.65); 0.136	1.76 (0.87-3.55); 0.115	0.65 (0.33-1.29); 0.222	0.62 (0.35-1.11); 0.107	0.80 (0.48-1.32); 0.379
monthly	1.21 (0.74-1.97); 0.445	1.11 (0.70-1.76); 0.660	0.64 (0.38-1.06); 0.083	1.03 (0.70-1.52); 0.878	0.58 (0.39-0.84); 0.004
Physical activity (ref: intensive)	Overall *p* = ~~P=~~0.689	Overall *p* = ~~P=~~0.610	Overall ~~P=~~ *p* = 0.517	Overall *p* = ~~P=~~0.207	-

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light	1.00 (0.47-2.13); 0.996	0.70 (0.34-1.43); 0.326	0.98 (0.46-2.10); 0.958	1.52 (0.84-2.73); 0.166	1.10 (0.64-1.88); 0.725
moderate	0.83 (0.42-1.64); 0.596	0.79 (0.41-1.53); 0.486	0.77 (0.38-1.56); 0.474	1.12 (0.66-1.91); 0.672	0.64 (0.40-1.04); 0.074
WHtR (≥ 0.5, ref: yes)					
no	0.47 (0.21-1.05); 0.066	0.32 (0.15-0.66); 0.002	0.33 (0.09-1.15); 0.081	0.37 (0.14-0.99); 0.049	0.96 (0.49-1.90); 0.913
Hypertension (systolic ≥140 mmHg or diastolic ≥90 mmHg or treated for hypertension, ref: yes)					
no	0.76 (0.51-1.14); 0.184	0.83 (0.57-1.22); 0.348	0.93 (0.61-1.41); 0.717	0.72 (0.52-1.00); 0.051	1.31 (0.97-1.77); 0.082
Diabetes (≥7 mmol/L or treated for diabetes type 2, ref: yes)					
no	1.89 (1.20-2.97); 0.006	1.63 (1.05-2.54); 0.030	0.56 (0.35-0.90); 0.017	0.87 (0.59-1.29); 0.493	1.01 (0.69-1.48); 0.951
Gout (uric acid ≥404 μmol/L♂, ≥338 μmol/L♀ or gout, ref: yes)					
no	1.47 (0.97-2.24); 0.073	1.22 (0.82-1.84); 0.328	0.64 (0.41-0.99); 0.045	0.43 (0.31-0.60); <0.001	0.90 (0.65-1.26); 0.541

MDSS - Mediterranean Diet Serving Score. WHtR - waist-to-height ratio. ♂: males. ♀: woman. Multivariate logistic regression models were built separately for cholesterol, LDL, HDL and triglycerides. Multivariate ordinal regression model was used for the analysis of the characteristics associated with elevated fibrinogen. Adjusted odds ratios, 95% confidence intervals and *p*-Values were calculated using multivariate regression models; each of the five models presented here was simultaneously adjusted for all the covariates listed in this table.

Table S3. Characteristics associated with hypertension, diabetes, metabolic syndrome and gout as determined by the multivariate logistic regression analyses (sample size is 897 ~~participants~~ subjects without previous cardiovascular disease ~~CVD~~ diagnosis and older than 65 years of age; all independent variables included in the model are listed in the table).

	Hypertension (systolic ≥140 mmHg or diastolic ≥90 mmHg or treated for hypertension) Adjusted odds ratio (95% confidence interval); *p*-Value~~p~~	**Diabetes (≥7 mmol/L or treated for diabetes type 2)** Adjusted odds ratio (95% confidence interval); *p*-Value~~p~~	**Elevated HbA1c (≥6.5 mmol/L or treated for diabetes type 2)** Adjusted odds ratio (95% confidence interval); *p*-Value~~p~~	**Metabolic syndrome** Adjusted odds ratio (95% confidence interval); *p*-Value~~p~~	**Gout (uric acid ≥404 mmol/L♂-≥338 mmol/L♀ or gout)** Adjusted odds ratio (95% confidence interval); *p*-Value~~p~~
Sex (referent ~~(~~ref~~)~~: female)					
male	1.29 (0.90-1.86); 0.171	1.99 (1.24-3.19); 0.005	1.33 (0.80-2.19); 0.268	0.36 (0.24-0.53); <0.001	1.12 (0.75-1.67); 0.575
Age (years)	0.99 (0.97-1.03); 0.779	1.02 (0.98-1.06); 0.268	1.04 (1.00-1.08); 0.038	0.97 (0.94-1.00); 0.069	1.05 (1.01-1.08); 0.006
Place of residence (ref: Split)					
Island of Vis	0.59 (0.36-0.95); 0.032	0.98 (0.50-1.92); 0.949	0.97 (0.46-2.07); 0.940	2.37 (1.35-4.17); 0.003	1.75 (0.98-3.14); 0.060
Island of Korčula	1.07 (0.70-1.63); 0.771	1.38 (0.75-2.55); 0.296	1.91 (0.97-3.77); 0.061	0.84 (0.53-1.33); 0.454	1.66 (0.98-2.80); 0.061
Education (years of schooling, ref: ≥13)	Overall *p* = ~~p~~=0.007	Overall *p* = ~~p~~=0.150	Overall *p* = ~~p~~=0.417	Overall *p* = ~~p~~=0.653	Overall *p* = ~~p~~=0.020
0-8	1.62 (1.03-2.57); 0.038	1.93 (0.99-3.73); 0.052	1.60 (0.80-3.22); 0.186	1.20 (0.73-1.99); 0.466	1.16 (0.69-1.93); 0.579
9-12	0.93 (0.60-1.44); 0.749	1.67 (0.88-3.20); 0.119	1.41 (0.71-2.80); 0.330	1.02 (0.63-1.64); 0.948	0.66 (0.40-1.09); 0.106

Material status (ref: 4th quartile)	Overall p = P=0.497	Overall p = P=0.031	Overall p = P=0.092	Overall p = P=0.444	Overall p = P=0.581
1st quartile	0.81 (0.50-1.32); 0.405	1.79 (0.88-3.64); 0.111	1.41 (0.68-2.93); 0.350	0.74 (0.43-1.25); 0.260	0.70 (0.41-1.17); 0.173
2nd quartile	0.88 (0.54-1.44); 0.618	1.71 (0.83-3.53); 0.147	1.23 (0.58-2.60); 0.596	1.00 (0.58-1.73); 0.992	0.74 (0.44-1.26); 0.264
3rd quartile	0.68 (0.41-1.15); 0.148	2.84 (1.37-5.87); 0.005	2.24 (1.06-4.73); 0.034	0.96 (0.54-1.71); 0.891	0.81 (0.46-1.41); 0.452
Smoking (ref: never-smokers)	Overall p = P=0.210	Overall p = P=0.166	Overall p = P=0.347	Overall p = P=0.549	Overall p = P=0.005
current smokers	1.11 (0.69-1.79); 0.660	0.61 (0.30-1.24); 0.173	0.76 (0.36-1.62); 0.481	0.83 (0.48-1.43); 0.502	0.69 (0.38-1.24); 0.210
ex-smokers	0.75 (0.52-1.08); 0.121	1.26 (0.80-1.99); 0.324	1.32 (0.80-2.17); 0.274	0.81 (0.54-1.22); 0.315	1.69 (1.15-2.51); 0.008
Alcohol intake (ref: none)	Overall p = P=0.474	Overall p = P=0.473	Overall p = P=0.496	Overall p = P=0.009	Overall p = P=0.220
excessive	0.73 (0.44-1.21); 0.228	0.79 (0.42-1.46); 0.448	0.76 (0.39-1.48); 0.422	1.59 (0.90-2.82); 0.109	1.06 (0.62-1.82); 0.837
moderate	0.92 (0.65-1.30); 0.639	0.76 (0.48-1.19); 0.224	0.76 (0.47-1.21); 0.248	0.76 (0.51-1.14); 0.187	1.36 (0.93-1.99); 0.115
MDSS compliance (ref: yes)					
no	1.34 (0.99-1.83); 0.062	0.59 (0.40-0.87); 0.008	0.60 (0.40-0.91); 0.015	1.14 (0.80-1.62); 0.458	1.63 (1.16-2.31); 0.005
Nut consumption (ref: infrequently or never)	Overall p = P=0.496	Overall p = P=0.583	Overall p = P=0.051	Overall p = P=0.659	Overall p = P=0.968
daily	0.97 (0.53-1.78); 0.921	0.61 (0.26-1.43); 0.253	0.29 (0.10-0.87); 0.028	0.84 (0.43-1.64); 0.607	0.89 (0.44-1.82); 0.757
weekly	1.18 (0.72-1.96); 0.509	0.88 (0.45-1.72); 0.704	0.71 (0.34-1.47); 0.360	0.75 (0.43-1.30); 0.306	0.99 (0.57-1.72); 0.968
monthly	1.32 (0.91-1.91); 0.148	0.79 (0.49-1.28); 0.337	0.61 (0.36-1.01); 0.056	0.82 (0.55-1.23); 0.345	0.91 (0.61-1.37); 0.660
Physical activity (ref: intensive)	Overall p = P=0.770	Overall p = P=0.291	Overall p = P=0.336	Overall p = P=0.484	Overall p = P=0.112
light	0.97 (0.56-1.70); 0.927	1.69 (0.84-3.39); 0.141	1.68 (0.79-3.56); 0.176	0.85 (0.45-1.62); 0.632	0.95 (0.52-1.73); 0.863
moderate	0.88 (0.53-1.44); 0.605	1.31 (0.69-2.46); 0.410	1.29 (0.65-2.56); 0.470	0.73 (0.41-1.30); 0.291	1.38 (0.81-2.36); 0.236
WHtR (≥ 0.5, ref: yes)					
no	0.61 (0.31-1.21); 0.158	1.26 (0.41-3.89); 0.692	0.68 (0.15-3.05); 0.611	0.17 (0.08-0.37); <0.001	0.75 (0.30-1.92); 0.554
Hypertension (systolic ≥140 mmHg or diastolic ≥90 mmHg or treated for hypertension, ref: yes)					
no	nNa	0.67 (0.45-1.01); 0.054	0.64 (0.42-0.99); 0.046	0.48 (0.34-0.67); <0.001	0.50 (0.36-0.71); <0.001
Diabetes (≥7 mmol/L or treated for diabetes type 2, ref: yes)					
no	0.68 (0.46-1.02); 0.064	na	na	0.21 (0.12-0.36); <0.001	0.85 (0.57-1.27); 0.436
Metabolic syndrome (ref: yes)					
no	0.47 (0.33-0.65); <0.001	0.20 (0.11-0.36); <0.001	0.22 (0.12-0.41); <0.001	na	0.56 (0.38-0.84); 0.005
Gout (uric acid ≥404 µmol/L♂-≥338 µmol/L♀ or gout); yes is referent					

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no	0.50 (0.36-0.70); <0.001	0.84 (0.56-1.26); 0.399	0.92 (0.60-1.41); 0.694	0.54 (0.36-0.81); 0.003	na

MDSS - Mediterranean Diet Serving Score. WHtR – waist-to-height ratio. na – not applicable. ♂: -males. ♀: woman.

Multivariate logistic regression models were built separately for hypertension, diabetes, metabolic syndrome and gout. Adjusted odds ratios, 95% confidence intervals and *p*-VP ~~v~~alues were calculated using multivariate logistic regression; each of the four models was simultaneously adjusted for all covariates listed in this table, with an exception of excluding predictor variables in models where those variables were the outcome variables (marked with ''na'').

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