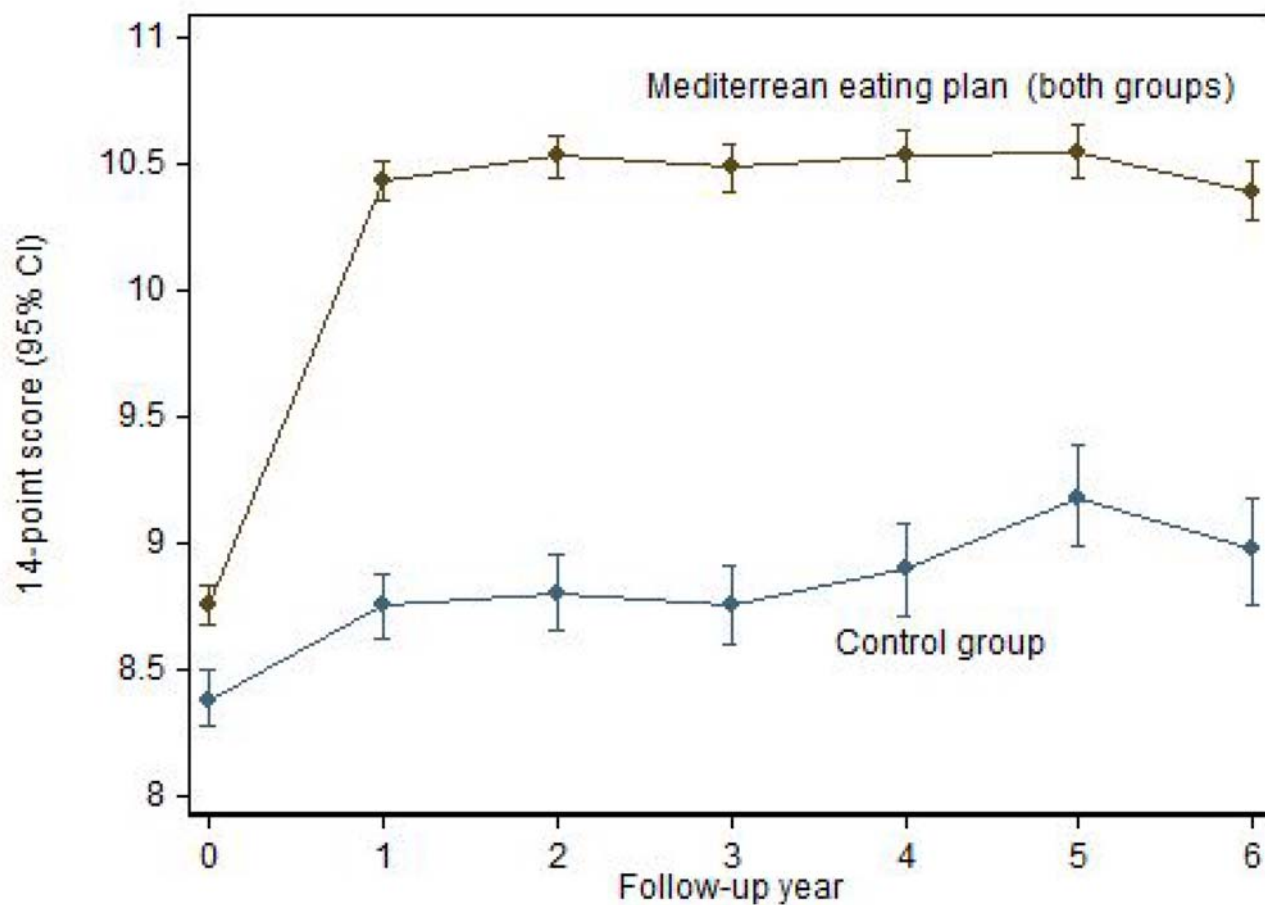


SUPPLEMENTARY DATA

Supplementary Figure S1. Changes in mean adherence to the Mediterranean eating plan during follow-up.



Mean adherence to the 14-item score of the Mediterranean pattern (95% confidence intervals) during follow-up. The two Mediterranean eating plan intervention groups were merged together.

SUPPLEMENTARY DATA

Supplementary Table S1. Intake of energy, nutrients and key foods in the three arms of the study.

	Mediterranean eating plan + EVOO (n = 1121)				Mediterranean eating plan + nuts (n = 982)				Control diet (n = 1032)			
	Baseline	1 year	3 years	5 years	Baseline	1 year	3 years	5 years	Baseline	1 year	3 years	5 years
	Mean (SD)				Mean (SD)				Mean (SD)			
Energy (kcal)	2211±567	2214±506	2180±480	2118±446	2233±552	2318±515	2232±481	2211±483	2176±568	2058±508	1934±479	1875±432
Total protein (% E)	17.0±2.8	16.9±2.7	16.6±2.5	16.5±2.4	17.0±2.8	16.7±2.5	16.9±2.7	16.6±2.4	16.9±3.0	17.3±2.9	17.5±3.0	17.1±2.8
Total fat (%E)	40.1±7.2	41.2±6.3	42.1±5.5	42.5±5.3	40.3±6.7	43.4±6.2	42.6±6.1	43.0±5.6	39.4±7.1	38.6±7.0	37.6±7.0	38.6±7.1
Total carbohydrate (%E)	40.4±7.3	39.7±6.4	39.2±5.7	38.9±5.5	40.4±7.0	37.7±6.3	38.3±6.4	38.5±5.8	41.5±7.3	42.0±6.9	42.7±7.1	42.1±6.9
Refined cereal and potatoes (g)	187±98	190±93	179±90	172±84	195±94	189±95	183±91	177±91	194±101	189±95	179±90	168±96

Note: A total of 95 participants (37, 35 and 23 participants of the Mediterranean eating plan with extra-virgin olive oil, Mediterranean eating plan with nuts, and control group, respectively) were excluded from these analyses due to extreme baseline total energy intake.

EVOO denotes Extra-Virgin Olive Oil; E, energy intake

SUPPLEMENTARY DATA

Appendix

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