Table 1S. Characteristics of the subjects included with and without Mets in men.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **With MetS (n=362)** | | **Without MetS (n=374)** | | **p value** | |
| **Mediterranean Diet** | Mean or N | SD or (%) | | Mean or N | SD or (%) |  |
| MD (total score) | 5.83 | 1.82 | | 6.00 | 2.01 | 0.233 |
| Adherence to MD, n (%) | 135 | (37) | | 153 | (41) | 0.176 |
| **Conventional risk factors** |  |  | |  |  |  |
| Age, (years) | 69.45 | 3.24 | | 69.49 | 3.75 | 0.883 |
| SBP, (mmHg) | 140.77 | 15.61 | | 137.01 | 18.84 | 0.003 |
| DBP, (mmHg) | 82.41 | 9.28 | | 79.56 | 9.84 | <0.001 |
| Hypertension, n (%) | 308 | (85) | | 240 | (64) | <0.001 |
| Antihypertensive drugs, n (%) | 235 | (65) | | 175 | (47) | <0.001 |
| HDL cholesterol, (mg/dl) | 45.88 | 10.07 | | 55.91 | 13.22 | <0.001 |
| Triglycerides, (mg/dl) | 145.19 | 71.06 | | 97.34 | 34.54 | <0.001 |
| Dyslipidemia, n (%) | 268 | (74) | | 296 | (79) | 0.097 |
| Lipid–lowering drugs. n (%) | 135 | (37) | | 105 | (28) | 0.009 |
| FPG, (mg/dl) | 114.58 | 30.98 | | 94.49 | 22.03 | <0.001 |
| Diabetes mellitus, n (%) | 135 | (37) | | 45 | (12) | <0.001 |
| Hypoglycaemic drugs, n (%) | 121 | (78) | | 34 | (22) | <0.001 |
| WC, cm | 106.85 | 9.20 | | 98.47 | 7.63 | <0.001 |
| Obesity, n (%) | 156 | (43) | | 50 | (13) | <0.001 |
| **Arterial stiffness** |  |  | |  |  |  |
| CAVI | 9.52 | 1.05 | | 9.46 | 1.05 | 0.486 |
| baPWV, m sec | 15.96 | 2.53 | | 15.55 | 2.38 | 0.025 |
| **MetS and its components** |  |  | |  |  |  |
| Number of components MetS | 3.55 | 0.70 | | 1.58 | 0.56 | <0.001 |
| BP ≥ 130/85 mmHg, n (%) | 349 | (96) | | 290 | (27) | <0.001 |
| FPG ≥ 100 mg/dL, n (%) | 248 | (68) | | 86 | (23) | <0.001 |
| TGC ≥150 mg/dL, n (%) | 147 | (41) | | 15 | (4) | <0.001 |
| HDL-C <40men, <50women mg/dL, n (%) | 272 | (25) | | 86 | (8) | <0.001 |
| WC ≥88 cm women, ≥102 cm men, n (%) | 270 | (75) | | 115 | (30) | <0.001 |

Values are means standard deviations for continuous data and number and proportions for categorical data.

MetS: Metabolic Syndrome; MD: Mediterranean Diet; SBP: systolic blood pressure; DBP: diastolic blood pressure; HDL-C: high–density lipoprotein cholesterol; FPG: fasting plasma glucose; WC: Waist circumference; BP: blood pressure; TGC: Triglycerides; CAVI: cardio-ankle vascular index; baPWV: brachial-ankle pulse wave velocity .

p value: differences between subjects with and without Mets.

Table 2S. Characteristics of the subjects included with and without Mets in women.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **With MetS (n=658)** | | **Without MetS (n=622)** | | **p value** | |
| **Mediterranean Diet** | Mean or N | SD or (%) | | Mean or N | SD or (%) |  |
| MD (total score) | 5.86 | 1.80 | | 6.40 | 1.93 | 0.001 |
| Adherence to MD, n (%) | 97 | (33) | | 119 | (48) | <0.001 |
| **Conventional risk factors** |  |  | |  |  |  |
| Age, (years) | 69.47 | 3.40 | | 69.72 | 3.97 | 0.421 |
| SBP, (mmHg) | 137.01 | 17.07 | | 130.48 | 19.12 | <0.001 |
| DBP, (mmHg) | 79.63 | 10.31 | | 78.33 | 10.66 | 0.152 |
| Hypertension, n (%) | 254 | (86) | | 145 | (59) | <0.001 |
| Antihypertensive drugs, n (%) | 212 | (77) | | 117 | (47) | <0.001 |
| HDL cholesterol, (mg/dl) | 50.12 | 12.12 | | 68.11 | 14.99 | <0.001 |
| Triglycerides, (mg/dl) | 147.57 | 56.24 | | 91.62 | 27.96 | <0.001 |
| Dyslipidemia, n (%) | 266 | (90) | | 212 | (85) | 0.077 |
| Lipid–lowering drugs. n (%) | 133 | (45) | | 90 | (40) | 0.025 |
| FPG, (mg/dl) | 113.87 | 33.80 | | 86.15 | 9.52 | <0.001 |
| Diabetes mellitus, n (%) | 113 | (38) | | (5) | (2) | <0.001 |
| Hypoglycaemic drugs, n (%) | 101 | (34) | | (5) | (2) | <0.001 |
| WC, cm | 99.11 | 11.17 | | 91.34 | 10.55 | <0.001 |
| Obesity, n (%) | 135 | (46) | | 50 | (20) | <0.001 |
| **Arterial stiffness** |  |  | |  |  |  |
| CAVI | 9.11 | 1.16 | | 8.94 | 1.09 | 0.077 |
| baPWV, m sec | 16.39 | 2.63 | | 15.36 | 2.64 | <0.001 |
| **MetS and its components** |  |  | |  |  |  |
| Number of components MetS | 3.60 | 0.72 | | 1.78 | 0.42 | <0.001 |
| BP ≥ 130/85 mmHg, n (%) | 272 | (92) | | 171 | (69) | <0.001 |
| FPG ≥ 100 mg/dL, n (%) | 197 | (67) | | 9 | (4) | <0.001 |
| TGC ≥150 mg/dL, n (%) | 123 | (42) | | 4 | (2) | <0.001 |
| HDL-C <40men, <50women mg/dL, n (%) | 178 | (60) | | 11 | (4) | <0.001 |
| WC ≥88 cm women, ≥102 cm men, n (%) | 270 | (84) | | 115 | (67) | <0.001 |

Values are means standard deviations for continuous data and number and proportions for categorical data.

MetS: Metabolic Syndrome; MD: Mediterranean Diet; SBP: systolic blood pressure; DBP: diastolic blood pressure; HDL-C: high–density lipoprotein cholesterol; FPG: fasting plasma glucose; WC: Waist circumference; BP: blood pressure; TGC: Triglycerides; CAVI: cardio-ankle vascular index; baPWV: brachial-ankle pulse wave velocity.

p value: differences between subjects with and without Mets.