

Table 2 Distribution of baseline characteristics and selected dietary factors according to the three categories of the Mediterranean diet scale (MDS)

Characteristic	MDS score						P for trend ^a
	Low (0-2)		Moderate (3-4)		High (5-8)		
	Mean	SD	Mean	SD	Mean	SD	
Male (%)	45.6		42.3		41.2		0.489
Family history of diabetes (%)	50.0		40.0		38.4		0.933
Age (years)	48.1	12.9	50.1	12.6	52.8	12.7	0.033
Body mass index (kg/m ²)	29.0	5.7	29.3	5.3	29.1	5.2	0.852
Waist circumference (cm)	96.5	14.0	97.3	11.7	96.3	12.5	0.856
Physical activity (MET/min/week)	531	732	569	828	646	749	0.809
Total energy intake (kcal)	1942	585	2165	709	2504	664	< 0.0001
Total fibre (g)	30.3	13.8	41.7	27.8	55.0	23.1	< 0.0001
Glycaemic load	129.0	44.1	151	60.5	179	62.9	< 0.0001
Whole grains (g)	36.8	65.8	43.9	63.4	79.1	105.0	< 0.0001
Protein (%)	14.6	3.2	15.1	6.4	14.6	2.5	0.685
Carbohydrate (% of energy)	55.0	6.6	57.8	7.2	61.0	6.7	< 0.0001
Fat (% of energy)	32.8	6.3	30.7	7.0	28.5	5.9	< 0.0001
Saturated fatty acid (% of energy)	12.1	3.0	10.1	2.7	8.5	2.2	< 0.0001
Trans-fatty acid (% of energy)	0.7	0.6	0.8	0.7	0.7	0.6	0.887
Monounsaturated fatty acid (% of energy)	10.8	2.5	10.4	3.1	9.6	2.6	0.017
Polyunsaturated fatty acid (% of energy)	6.1	2.1	6.3	2.2	6.3	2.5	0.031
Olive oil (g/day)	0.8	1.8	0.9	1.9	1.7	2.9	0.003

= standard deviation; MET = metabolic equivalent task.

^aLinear regression was used for continuous variables and logistic regression for categorical variables by assigning the median value for each category of MDS treated as a continuous variable