

Baseline means values (95%CI) and changes at 1, 3, 5 and 7 years of follow-up of body weight, and physical activity on participants without and with metabolic syndrome at baseline.

	Individuals without metabolic syndrome at baseline				Individuals with metabolic syndrome at baseline			
	MedDiet+EVOO n=663	MedDiet+nuts n=662	Control group n=594	P-value	MedDiet+EVOO n=1236	MedDiet+nuts n=1062	Control group n=1094	P-value
Total body weight (kg)								
Baseline	73.4 (72.5-74.2)	72.3 (71.5-73.8)	73.0 (72.1-73.8)	0.2	78.5 (77.8-79.1)	79.2 (78.5-79.9)	79.1 (78.4-79.9)	0.3
1 year	-0.1 (-0.3-0.1)	0.2 (-0.1-0.4)	-0.0 (-0.3-0.3)	0.3	-0.2 (-0.4, -0.0)	-0.1 (-0.3, 0.6)	-0.3 (-0.5, -0.1)	0.5
3 years	-0.2 (-0.6-0.1)	0.3 (-0.0-0.6)	0.0 (-0.4-0.5)	0.1	-0.6 (-0.9, -0.4)	-0.4 (-0.7, -0.1)	-0.6 (-1.0, -0.2)	0.5
5 years	-0.2 (-0.6-0.3)	0.2 (-0.2-0.6)	-0.4 (-0.9-0.1)	0.2	-1.0 (-1.3, -0.6)	-0.5 (-1.0, -0.1)	-0.6 (-1.1, -0.2)	0.3
7 years	-0.2 (-1.1-0.6)	0.6 (-0.3-1.5)	0.5 (-0.4-1.5)	0.4	-0.6 (-1.3, 0.1)	-1.1 (-1.9, -0.2)	-0.5 (-1.4, 0.3)	0.6
Physical activity (METS/min/day)								
Baseline	270 (252-289)	297 (277-318) ^a	250 (229-270) ^b	0.004	219 (206-232) ^a	223 (210-237) ^a	192 (177-207) ^b	0.003
1 year	18 (-3-40)	-8 (-30-15)	9 (-13-30)	0.2	19 (3, 34)	6 (-7, 19)	11 (-5, 27)	0.5
3 years	18 (-5-41)	-1 (-25-23)	18 (-15-51)	0.5	20 (5, 36)	16 (-0.6, 33)	13 (-5, 31)	0.8
5 years	-7 (-36-22)	-5 (-35-25)	4 (-28-37)	0.9	29 (11, 46)	7 (-14, 29)	5 (-18, 28)	0.2
7 years	-22 (-78-35)	-41 (-100-19)	-69 (-139-1.3)	0.6	11 (-23, 45)	-11 (-55, 33)	- 2 (-49, 28)	0.6

Abbreviations: MedDiet, Mediterranean Diet; EVOO, extra-virgin oil. Changes were calculated between baseline and each of the time points. P-values for comparisons between intervention groups was tested by analysis of variance (ANOVA) followed by post-hoc tests with Scheffe correction.

P^avs^b<0.005 by post-hoc tests with Scheffe correction.