

Supplementary Online Content

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eTable. Energy, nutrient and supplemental foods intake at baseline and after 3 years among women in the PREDIMED trial by intervention group

eAppendix. Other PREDIMED Investigators

eFigure. Flowchart of participants in the PREDIMED trial, 2003-2010

This supplementary material has been provided by the authors to give readers additional information about their work.

eTable. Energy, nutrient and supplemental foods intake at baseline and after 3 years among women in the PREDIMED trial by intervention group

	Mediterranean diet + EVOO (n=1256)		Mediterranean diet + nuts (n=1026)		Control group (n=965)	
	Baseline	Year 3	Baseline	Year 3	Baseline	Year 3
	Mean ± SD		Mean ± SD		Mean ± SD	
Energy (kcal)	2141 ± 507	2112 ± 446	2131 ± 473	2149 ± 423	2083 ± 481	1907 ± 462
Total protein (% E)	17.2 ± 2.8	17.3 ± 5.1	17.1 ± 2.6	17.6 ± 4.7	17.1 ± 2.8	16.6 ± 4.7
Total carbohydrate (% E)	42.2 ± 7.0	42.0 ± 14.4	42.3 ± 6.6	42.1 ± 12.5	43.0 ± 7.0	41.9 ± 13.2
Fiber (g/d)	26 ± 9	26 ± 8	26 ± 9	27 ± 8	25 ± 8	24 ± 7
Total fat (% E)	39.6 ± 6.8	43.0 ± 13.6	39.5 ± 6.4	43.5 ± 12.6	38.9 ± 6.9	35.2 ± 11.7
Saturated fatty acids (% E)	10.0 ± 2.3	9.8 ± 3.5	10.0 ± 2.1	9.8 ± 3.2	10.0 ± 2.3	8.8 ± 3.1
Monounsaturated fatty acids (% E)	19.0 ± 4.7	22.9 ± 7.7	19.7 ± 4.3	21.8 ± 6.9	19.2 ± 4.8	17.7 ± 6.6
Polyunsaturated fatty acids (% E)	6.2 ± 2.1	6.4 ± 2.6	6.4 ± 2.0	8.1 ± 2.8	6.2 ± 2.1	5.4 ± 2.4
Linoleic acid (g/d)	12.4 ± 5.9	12.0 ± 4.6	12.6 ± 5.7	15.5 ± 4.7	12.1 ± 5.7	10.0 ± 4.9
α-linolenic acid (g/d)	1.3 ± 0.7	1.3 ± 0.7	1.4 ± 0.7	1.9 ± 0.6	1.2 ± 0.6	1.0 ± 0.5
Marine n-3 fatty acids (g/d)	0.8 ± 0.5	0.9 ± 0.5	0.8 ± 0.4	0.9 ± 0.5	0.7 ± 0.4	0.7 ± 0.4
Non-marine n-3 fatty acids (g/d)	1.3 ± 0.7	1.3 ± 0.7	1.4 ± 0.7	1.9 ± 0.6	1.2 ± 0.6	1.0 ± 0.5
EVOO (% E)	8.6 ± 9.6	22.0 ± 10.2	8.8 ± 9.4	12.5 ± 10.8	7.7 ± 9.6	8.8 ± 9.8
Refined olive oil (% E)	8.0 ± 8.9	0.8 ± 4.2	7.3 ± 8.3	5.9 ± 8.9	7.8 ± 8.4	6.7 ± 8.1
Nuts (% E)	2.9 ± 3.9	3.3 ± 4.4	3.6 ± 4.3	10.2 ± 6.1	2.6 ± 3.6	1.9 ± 3.2
Cholesterol (mg/d)	352 ± 130	335 ± 102	348 ± 106	335 ± 94	342 ± 120	321 ± 101

EVOO: extra-virgin olive oil; % E: % of energy

NOTE: We excluded 12 women in the Mediterranean diet+EVOO group, 17 women in the Mediterranean diet+nuts group and 16 women in the control group because of missing information in the baseline food-frequency questionnaire. We excluded 42 women in the Mediterranean diet+EVOO group, 57 women in the Mediterranean diet+nuts group and 38 women in the control group because of energy intakes outside of the predefined limits (<500 kcal/day or >3500 kcal/day) at baseline. We excluded 191 women in the Mediterranean diet+EVOO group, 238 women in the Mediterranean diet+nuts group and 456 women in the control group because of unavailable dietary information at year 3. Finally, we excluded 4 women in each group because of energy intakes outside of the predefined limits (<500 kcal/day or >3500 kcal/day) at year 3.

eAppendix. Other PREDIMED Investigators

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eFigure. Flowchart of participants in the PREDIMED trial, 2003-2010

7 participants were excluded from the main analysis because their incident breast cancer could not be confirmed (2 MeDiet + EVOO; 2 MeDiet + nuts; 3 control). EVOO denotes extra virgin olive oil. MeDiet denotes Mediterranean Diet adherence score (minimum adherence = 0 points; maximum adherence = 14 points). BC denotes breast cancer.

