**SUPPLEMENTARY MATERIAL**

**Table 1**

Prevalence Ratios for Clustered Cardiovascular Risk Factors (Hypertension, Diabetes, Obesity, Dyslipidemia, and Tobacco Smoking) According to Tertiles of Adherence to the Energy-restricted Mediterranean Diet Score

<table>
<thead>
<tr>
<th>Number of risk factors</th>
<th>Adherence to the energy-restricted Mediterranean diet</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Low (≤ 7)</td>
<td>Medium (8-10)</td>
<td>High (11-17)</td>
<td>P for trend</td>
</tr>
<tr>
<td></td>
<td>n = 2494</td>
<td>n = 2789</td>
<td>n = 1591</td>
<td></td>
</tr>
<tr>
<td>2 or more risk factors, %</td>
<td>96.4</td>
<td>95.7</td>
<td>95.1</td>
<td></td>
</tr>
<tr>
<td>Age and sex-adjusted</td>
<td>1 (ref.)</td>
<td>0.98 (0.93-1.02)</td>
<td>0.96 (0.90-1.00)</td>
<td>.705</td>
</tr>
<tr>
<td>Multivariate adjusted¹</td>
<td>1 (ref.)</td>
<td>0.97 (0.92-1.02)</td>
<td>0.96 (0.90-1.01)</td>
<td>.734</td>
</tr>
<tr>
<td>3 or more risk factors, %</td>
<td>72.4</td>
<td>70.1</td>
<td>67.8</td>
<td></td>
</tr>
<tr>
<td>Age and sex-adjusted</td>
<td>1 (ref.)</td>
<td>0.99 (0.97-1.00)</td>
<td>0.97 (0.95-0.99)</td>
<td>.114</td>
</tr>
<tr>
<td>Multivariate adjusted¹</td>
<td>1 (ref.)</td>
<td>0.99 (0.97-1.01)</td>
<td>0.98 (0.96-1.00)</td>
<td>.369</td>
</tr>
<tr>
<td></td>
<td>4 or more risk factors, %</td>
<td>5 risk factors, %</td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------------------------</td>
<td>--------------------------</td>
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<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>24.7</td>
<td>2.4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age and sex-adjusted</td>
<td>1 (ref.)</td>
<td>1.01 (0.96-1.05)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Multivariate adjusted*</td>
<td>1 (ref.)</td>
<td>1.02 (0.97-1.06)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Adjusted for sex, age (continuous), family history of cardiovascular disease (yes/no), energy intake (continuous), physical activity (continuous), educational level (primary, secondary and university), married (yes/no), living alone (yes/no), previous weight loss dieting (yes/no), and node (recoded by number of participants).
Table 2

Prevalence Ratios for Clustered Cardiovascular Risk Factors (Hypertension, Obesity, and Dyslipidemia) According to Tertiles of Adherence to the Energy-restricted Mediterranean Diet Score.

<table>
<thead>
<tr>
<th>Number of risk factors</th>
<th>Adherence to the energy-restricted Mediterranean diet</th>
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<tr>
<td></td>
<td>Low (≤ 7)</td>
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<td></td>
<td>n = 2494</td>
<td>n = 2789</td>
<td>n = 1591</td>
</tr>
<tr>
<td>2 or more risk factors, %</td>
<td>94.7</td>
<td>93.0</td>
<td>92.6</td>
</tr>
<tr>
<td></td>
<td>Age and sex-adjusted</td>
<td>1 (ref.)</td>
<td>0.98 (0.96-1.00)</td>
</tr>
<tr>
<td></td>
<td>Multivariate adjusted&lt;sup&gt;a&lt;/sup&gt;</td>
<td>1 (ref.)</td>
<td>0.98 (0.96-0.99)</td>
</tr>
<tr>
<td>3 risk factors, %</td>
<td>59.5</td>
<td>56.3</td>
<td>54.5</td>
</tr>
<tr>
<td></td>
<td>Age and sex-adjusted</td>
<td>1 (ref.)</td>
<td>0.94 (0.89-0.98)</td>
</tr>
<tr>
<td></td>
<td>Multivariate adjusted&lt;sup&gt;a&lt;/sup&gt;</td>
<td>1 (ref.)</td>
<td>0.94 (0.89-0.99)</td>
</tr>
</tbody>
</table>
Adjusted for sex, age (continuous), smoking (never smoked, current, former), family history of cardiovascular disease (yes/no), energy intake (continuous), physical activity (continuous), educational level (primary, secondary and university), married (yes/no), living alone (yes/no), previous weight loss dieting (yes/no), diabetes status, and node (recoded by number of participants).
Table 3

Prevalence Ratios for Clustered Cardiovascular Risk Factors (Hypertension, Obesity, Dyslipidemia, and Tobacco Smoking) According to Tertiles of Adherence to the Energy-restricted Mediterranean Diet Score

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<th>Number of risk factors</th>
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<td>Low (≤ 7)</td>
<td>Medium (8-10)</td>
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<td></td>
<td>n = 2494</td>
<td>n = 2789</td>
</tr>
<tr>
<td>2 or more risk factors, %</td>
<td>95.7</td>
<td>94.0</td>
</tr>
<tr>
<td>Age and sex-adjusted</td>
<td>1 (ref.)</td>
<td>0.95 (0.90-0.99)</td>
</tr>
<tr>
<td>Multivariate adjusted(^{a})</td>
<td>1 (ref.)</td>
<td>0.94 (0.89-0.98)</td>
</tr>
<tr>
<td>3 or more risk factors, %</td>
<td>65.3</td>
<td>61.0</td>
</tr>
<tr>
<td>Age and sex-adjusted</td>
<td>1 (ref.)</td>
<td>0.97 (0.95-0.99)</td>
</tr>
<tr>
<td>Multivariate adjusted(^{a})</td>
<td>1 (ref.)</td>
<td>0.98 (0.96-0.99)</td>
</tr>
<tr>
<td>4 risk factors, %</td>
<td>Age and sex-adjusted</td>
<td>Multivariate adjusted&lt;sup&gt;a&lt;/sup&gt;</td>
</tr>
<tr>
<td>------------------</td>
<td>----------------------</td>
<td>-------------------------------</td>
</tr>
<tr>
<td></td>
<td>8.8</td>
<td>5.5</td>
</tr>
<tr>
<td>Age and sex-adjusted</td>
<td>1 (ref.)</td>
<td>0.94 (0.90-0.97)</td>
</tr>
<tr>
<td>Multivariate adjusted&lt;sup&gt;a&lt;/sup&gt;</td>
<td>1 (ref.)</td>
<td>0.94 (0.90-0.98)</td>
</tr>
</tbody>
</table>

<sup>a</sup>Adjusted for sex, age (continuous), family history of cardiovascular disease (yes/no), energy intake (continuous), physical activity (continuous), educational level (primary, secondary and university), married (yes/no), living alone (yes/no), previous weight loss dieting (yes/no), diabetes status, and node (recoded by number of participants).
**Figure 1**

Mean number of cardiovascular risk factors (hypertension, obesity, dyslipidemia, and diabetes) according to tertiles of adherence to the energy-restricted Mediterranean diet.
Figure 2

Prevalence ratio of a waist-to-height ratio higher than 0.7 across quartiles of adherence to the energy-restricted Mediterranean diet score.
Figure 3

Mean number of cardiovascular risk factors (hypertension, obesity, dyslipidemia and diabetes) in men and women according to quartiles of adherence to the energy-restricted Mediterranean diet.