

Supplementary

Table S1: Dietary parameters for DII calculation for the MD and MDLGI arms at baseline and at 12-month follow-up.

Dietary factors	MD ^a		MDLGI ^a		<i>p</i> -Value ^b
	baseline N=112	12 months N=112	baseline N=111	12 months N=111	
Energy (kcal)	1430 ± 347	1269 ± 297	1511 ± 330	1297 ± 303	0.23
Protein (g)	57.7 ± 15.0	54.1 ± 13.2	60.5 ± 12.8	57.1 ± 12.6	0.94
Carbohydrates (g)	181.6 ± 51.9	150.4 ± 45.8	196.9 ± 49.8	145.1 ± 41.0	≤0.01
Fat (g)	55.3 ± 18.8	52.8 ± 17.1	56.5 ± 17.2	54.8 ± 18.1	0.73
SFA (g)	15.2 ± 6.3	11.6 ± 3.7	15.1 ± 6.1	11.5 ± 4.0	0.97
MUFA (g)	24.7 ± 9.3	26.2 ± 10.5	24.8 ± 8.5	28.3 ± 11.3	0.19
PUFA (g)	7.6 ± 3.1	7.3 ± 3.1	7.8 ± 2.7	7.9 ± 3.1	0.36
Omega-3 (g)	3.7 ± 2.1	4.2 ± 2.2	3.7 ± 1.5	4.7 ± 2.3	0.10
Omega-6 (g)	0.5 ± 0.3	0.5 ± 0.3	0.5 ± 0.2	0.6 ± 0.3	0.47
Cholesterol (mg)	169.1 ± 65.5	146.1 ± 66.8	156.5 ± 63.7	143.5 ± 65.8	0.34
Fiber (g)	17.7 ± 6.5	20.9 ± 7.4	19.9 ± 6.4	24.1 ± 9.1	0.30
Alcohol (g)	14.2 ± 27.3	8.1 ± 16.7	12.4 ± 23.0	9.2 ± 21.1	0.33
Folic acid (mcg)	242.8 ± 115.9	287.3 ± 127.1	268.2 ± 100.6	328.4 ± 139.6	0.38
Beta-carotene (mg)	1479 ± 1112	1590 ± 1023	1770 ± 1134	2016 ± 1294	0.45
Vitamin A (mcg)	740.6 ± 494.3	761.2 ± 554.4	811.0 ± 486.5	896.0 ± 491.3	0.48
Vitamin B6 (mg)	1.3 ± 0.4	1.3 ± 0.4	1.3 ± 0.4	1.3 ± 0.4	0.68
Vitamin B12 (mcg)	1.4 ± 1.7	1.4 ± 2.7	1.9 ± 2.6	1.2 ± 1.5	0.08
Vitamin C (mg)	93.0 ± 51.9	102.3 ± 56.7	115.4 ± 55.9	124.0 ± 59.6	0.91
Vitamin D (mcg)	1.9 ± 1.7	2.0 ± 1.8	1.8 ± 2.0	2.6 ± 2.6	0.05
Vitamin E (mg)	9.1 ± 3.9	10.6 ± 4.6	9.5 ± 3.3	12.2 ± 5.2	0.05
Iron (mg)	8.7 ± 2.9	9.4 ± 3.1	1.0 ± 0.3	10.0 ± 3.4	0.91
Magnesium (mg)	150.1 ± 54.8	170.4 ± 64.9	163.8 ± 46.8	181.2 ± 60.8	0.72
Niacin (mg)	12.1 ± 3.6	12.5 ± 4.0	12.8 ± 3.5	13.1 ± 3.8	0.98
Riboflavin (mg)	1.1 ± 0.4	1.1 ± 0.4	1.2 ± 0.4	1.2 ± 0.4	0.31
Selenium (mcg)	20.9 ± 11.7	26.9 ± 13.4	26.8 ± 12.6	22.5 ± 10.4	≤0.01
Thiamin (mg)	0.8 ± 0.3	0.8 ± 0.3	0.8 ± 0.3	0.8 ± 0.3	0.05
Zinc (mg)	7.5 ± 2.3	7.4 ± 2.1	8.0 ± 2.2	8.0 ± 2.4	0.69

Abbreviations: DII, dietary inflammatory index; MD, Mediterranean diet; MDLGI, Mediterranean diet with low glycemic index; SFA, saturated fatty acids; MUFA, monounsaturated fatty acids; PUFA, polyunsaturated fatty acids.

^a Values are daily means ± SD for intakes at baseline and at 12-month follow-up.

^b Differences in changes from baseline between arms, Student's t-test (*p* < 0.05).