

Table 1: Summary descriptives table by groups of ‘Intervention group’

| | Control N=2042 | MedDiet + Nuts N=2100 | MedDiet + VOO N=2182 | p.overall |
|----------------------------------|-------------------|--------------------------|-------------------------|-----------|
| Sex: | | | | <0.001 |
| Male | 812 (39.8%) | 968 (46.1%) | 899 (41.2%) | |
| Female | 1230 (60.2%) | 1132 (53.9%) | 1283 (58.8%) | |
| Age | 67.3 (6.28) | 66.7 (6.02) | 67.0 (6.21) | 0.003 |
| Smoking: | | | | 0.444 |
| Never | 1282 (62.8%) | 1259 (60.0%) | 1351 (61.9%) | |
| Current | 270 (13.2%) | 296 (14.1%) | 292 (13.4%) | |
| Former | 490 (24.0%) | 545 (26.0%) | 539 (24.7%) | |
| Body mass index | 30.3 (3.96) | 29.7 (3.77) | 29.9 (3.71) | <0.001 |
| Waist circumference | 101 (10.8) | 100 (10.6) | 100 (10.4) | 0.045 |
| Waist-to-height ratio | 0.63 (0.07) | 0.62 (0.06) | 0.63 (0.06) | <0.001 |
| Hypertension: | | | | 0.249 |
| No | 331 (16.2%) | 362 (17.2%) | 396 (18.1%) | |
| Yes | 1711 (83.8%) | 1738 (82.8%) | 1786 (81.9%) | |
| Type-2 diabetes: | | | | 0.017 |
| No | 1072 (52.5%) | 1150 (54.8%) | 1100 (50.4%) | |
| Yes | 970 (47.5%) | 950 (45.2%) | 1082 (49.6%) | |
| Dyslipidemia: | | | | 0.423 |
| No | 563 (27.6%) | 561 (26.7%) | 622 (28.5%) | |
| Yes | 1479 (72.4%) | 1539 (73.3%) | 1560 (71.5%) | |
| Family history of premature CHD: | | | | 0.581 |
| No | 1580 (77.4%) | 1640 (78.1%) | 1675 (76.8%) | |
| Yes | 462 (22.6%) | 460 (21.9%) | 507 (23.2%) | |
| Hormone-replacement therapy: | | | | 0.850 |
| No | 1811 (98.3%) | 1835 (98.4%) | 1918 (98.2%) | |
| Yes | 31 (1.68%) | 30 (1.61%) | 36 (1.84%) | |
| MeDiet Adherence score | 8.44 (1.94) | 8.81 (1.90) | 8.77 (1.97) | <0.001 |
| follow-up to main event (years) | 4.09 (1.74) | 4.31 (1.70) | 4.64 (1.60) | <0.001 |
| AMI, stroke, or CV Death: | | | | 0.064 |
| No | 1945 (95.2%) | 2030 (96.7%) | 2097 (96.1%) | |
| Yes | 97 (4.75%) | 70 (3.33%) | 85 (3.90%) | |