

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

	Control N=2001	MedDiet + Nuts N=2059	MedDiet + VOO N=2141	p.overall
Sex:				<0.001
Male	780 (39.0%)	930 (45.2%)	865 (40.4%)	
Female	1221 (61.0%)	1129 (54.8%)	1276 (59.6%)	
Age	67.6 (6.06)	66.9 (5.83)	67.3 (6.01)	0.001
Smoking:				0.490
Never	1268 (63.4%)	1250 (60.7%)	1340 (62.6%)	
Current	255 (12.7%)	282 (13.7%)	272 (12.7%)	
Former	478 (23.9%)	527 (25.6%)	529 (24.7%)	
Body mass index	30.3 (3.95)	29.7 (3.77)	29.9 (3.69)	<0.001
Waist circumference	101 (10.7)	100 (10.6)	100 (10.4)	0.024
Waist-to-height ratio	0.63 [0.59;0.68]	0.62 [0.58;0.67]	0.63 [0.58;0.67]	<0.001
Hypertension	1683 (84.1%)	1709 (83.0%)	1753 (81.9%)	0.162
Type-2 diabetes	950 (47.5%)	933 (45.3%)	1065 (49.7%)	0.016
Dyslipidemia	1446 (72.3%)	1504 (73.0%)	1532 (71.6%)	0.559
Family history of premature CHD	454 (22.7%)	444 (21.6%)	501 (23.4%)	0.358
Hormone-replacement therapy	31 (1.71%)	30 (1.64%)	36 (1.87%)	0.854
MeDiet Adherence score	9.00 [7.00;10.0]	9.00 [8.00;10.0]	9.00 [8.00;10.0]	<0.001
follow-up to main event (years)	4.10 (1.74)	4.32 (1.70)	4.64 (1.59)	<0.001
AMI, stroke, or CV Death	95 (4.75%)	70 (3.40%)	84 (3.92%)	0.088