Table 1. Percentage (n) or participants, according to sociodemographic variables, achieving a higher success in reaching an adequate dietary change (>=4 out of 5 points of improved adherence to Mediterranean Diet[a]) after 1 year.

	Percentage of participants with >=4 changes		
Condition	All (n = 1048)	Men (n = 509)	Women (n = 539)
Overall	40.2	42.0	39.4
Age group			
< 65 y	43.2 (431)	44.2 (249)	41.8 (182)
≥ 65 y	38.1 (617)	40.0 (260)	36.7 (357)
Marital status			
Married	41.1 (824)	41.0 (479)	41.4 (365)
Single, Widowed, divorced, others	36.6 (224)	52.0 (50)	32.2 (174)
Educational level			
Secundary school or higher	39.2 (260)	39.4 (170)	38.9 (90)
Primary school or none	40.5 (788)	43.4 (339)	38.3 (449)
Occupation			
Retired	38.5 (600)	40.7 (410)	33.7 (190)
Worker, housewife, unemployed or unfit	42.4 (448)	47.5 (99)	41.0 (349)
Smoking (cig/d)			
Never smokers	40.0 (625)	41.4 (145)	39.6 (480)
Past smokers	40.7 (258)	41.9 (227)	32.3 (31)
Current smokers	40.0 (165)	43.1 (137)	25.0 (28)

[a] An adequate dietary change was defined as meeting at least four out of five goals regarding changes of dietary habits in one year .

All P values of chi square were < 0.001.

Table 2. Percentage (n) or participants, according to physiologic variables, achieving a higher success in reaching an adequate dietary change (>=4 out of 5 points of improved adherence to Mediterranean Diet[a]) after 1 year.

	Percentage of participants with >=4 changes		
Condition	All	Men	Women
	(n = 1048)	(n = 509)	(n = 539)
Body mass index (kg/m^2)			
<30	40.9 (624)	41.3 (329)	40.3 (295)
≥ 30	39.2 (424)	43.3 (180)	36.1 (244)
Hypertension			
Yes	40.8 (814)	44.7 (367)	37.6 (447)
No	38.0 (234)	35.2 (142)	42.4 (92)
Diabetes			
Yes	33.1 (517)	33.6 (271)	32.5 (246)
No	47.1 (531)	51.7 (238)	43.3 (293)
Hypercholesterolemia			
Yes	40.1 (676)	42.3 (300)	38.3 (376)
No	40.3 (372)	41.6 (209)	38.7 (163)
Family history of CHD[b]			
Yes	40.8 (169)	50.0 (68)	34.7 (101)
No	40.0 (879)	40.8 (441)	39.3 (438)
Physical activity			
T1[c]	38.9 (334)	44.8 (163)	35.7 (171)
T2[d]	41.5 (335)	42.1 (164)	39.5 (172)
T3[e]	41.4 (333)	41.6 (161)	40.4 (171)

[a] An adequate dietary change was defined as meeting at least four out of five goals regarding changes of dietary habits in one year.

[b]Coronary heart disease; [c]T1: first tertile; [d]T2: second tertile; [e]T3: third tertile.

All P values of chi square were < 0.001.

Table 3. Percentage (n) or participants, according to baseline dietary characteristics, achieving a higher success in reaching an adequate dietary change (>=4 out of 5 points of improved adherence to Mediterranean Diet[a]) after 1 year.

	Percentage of participants with >=4 changes		
Condition	All	Men	Women
	(n = 1048)	(n = 509)	(n = 539)
Baseline 14-item score			
1-7	48.2 (224)	50.0 (110)	46.5 (114)
8-9	36.6 (388)	39.1 (184)	34.3 (204)
>9	39.2 (436)	40.5 (215)	38.0 (221)
Fruit consumption at baseline			
T1[b]	47.9 (349)	51.2 (170)	45.6 (180)
T2[c]	42.9 (350)	42.9 (170)	41.7 (180)
T3[d]	29.8 (349)	32.0 (169)	27.9 (179)
Vegetable consumption at baseline			
T1	52.4 (349)	58.0 (169)	49.4 (180)
T2	40.6 (350)	42.1 (171)	37.4 (179)
T3	27.5 (349)	26.0 (169)	28.3 (180)
Meat consumption at baseline			
T1	32.7 (349)	35.9 (170)	28.3 (180)
T2	44.6 (350)	48.8 (170)	41.1 (180)
T3	43.3 (349)	41.4 (169)	45.8 (179)
Sweets and pastries consumption at baseline			
T1	30.7 (349)	33.7 (169)	31.7 (180)
T2	39.7 (350)	39.8 (171)	36.1 (180)
T3	50.1 (349)	52.7 (169)	47.5 (179)
Fish consumption at baseline			
T1	44.7 (349)	46.7 (169)	42.8 (180)
T2	41.7 (350)	45.0 (171)	37.8 (180)
T3	34.1 (349)	34.3 (169)	34.6 (179)
Legume consumption at baseline			
T1	41.5 (349)	42.9 (170)	38.9 (180)
T2	38.3(350)	41.4 (169)	35.8 (179)
T3	40.7 (349)	41.8 (170)	40.6 (180)
Cereal consumption at baseline			
T1	40.4 (349)	41.8 (170)	39.4 (180)
T2	41.4 (350)	40.8 (169)	39.7 (179)
T3	38.7 (349)	43.5 (170)	36.1 (180)
Alcohol consumption at baseline			
0 g/d	39.8 (332)	38.7 (62)	40.0 (270)
> 0 and < 20 g/d in women /< 30 g/d in men	40.3 (573)	42.0 (333)	37.9 (240)
> 20 g/d in women /> 30 g/d in men	40.6 (143)	43.9 (114)	27.6 (29)
Total energy intake at baseline			
T1	35.0 (349)	36.5 (170)	33.9 (180)
T2	43.1 (350)	42.8 (170)	41.9 (179)
T3	42.4 (349)	47.3 (169)	39.4 (179)
Dietary fat intake at baseline			
T1	41.5 (349)	43.5 (170)	39.7 (179)
T2	39.7 (350)	40.0 (170)	38.7 (181)
T3	39.3 (349)	42.6 (169)	36.9 (179)
MUFA/SFA ratio			
T1	41.0 (349)	41.4 (169)	40.2 (179)
T2	42.9 (350)	48.0 (171)	38.3 (180)
T3	36.7 (349)	36.7 (169)	36.7 (180)
Total carbohydrate intake at baseline			
T1	39.8 (349)	39.1 (169)	38.3 (180)
T2	37.4 (350)	40.9 (171)	37.8 (180)
T3	43.3 (349)	46.2 (169)	39.1 (179)

Table 3 (continued). Percentage (n) or participants, according to baseline dietary characteristics, achieving a higher success in reaching an adequate dietary change (>=4 out of 5 points of improved adherence to Mediterranean Diet[a]) after 1 year.

	Percentage of participants with >=4 changes		
Condition	All	Men	Women
	(n = 1048)	(n = 509)	(n = 539)
Protein intake at baseline			
T1	38.4 (349)	43.5 (170)	33.3 (180)
T2	43.4 (350)	44.7 (170)	40.0 (180)
T3	38.7 (349)	37.9 (169)	41.9 (180)
Cholesterol intake at baseline			
T1	37.5 (349)	42.6 (169)	30.7 (179)
T2	42.6 (350)	42.4 (170)	44.4 (180)
T3	40.4 (349)	41.2 (170)	40.0 (180)
Fiber intake at baseline			
T1	49.9 (349)	53.3 (169)	45.8 (179)
T2	40.9 (350)	42.9 (170)	38.1 (181)
T3	29.8 (349)	30.0 (170)	31.3 (179)
Saturated fat intake at baseline			
T1	35.2 (349)	36.7 (169)	34.4 (180)
T2	46.3 (350)	48.5 (171)	42.5 (179)
T3	39.0 (349)	40.8 (169)	38.3 (180)

[a] An adequate dietary change was defined as meeting at least four out of five goals regarding changes of dietary habits in one year; [b]T1: first tertile; [c]T2: second tertile; [d]T3: third tertile.

All P values of chi square were < 0.001.

Table 4. Multivariable OR (95% confidence interval [CI]) for **not** meeting ≥ 4 dietary goals according to baseline characteristics among men and women [a]. Regression coefficients (95% confidence interval [CI]) for the absolute change in the score as continuous variable according to baseline characteristics[b].

Outcome	MEN Multivariate OR[a] (95 % CI)	MEN Linear Regresión Coefficients[b] (95 % CI)	WOMEN Multivariate OR[a] (95 % CI)	WOMEN Linear Regresión Coefficients[b] (95 % CI)
Marital status				
Married			1 (ref)	0 (ref)
Single, Widowed, divorced, others			1.6 (1.1-2.4)	-0.07 (-0.25 to 0.10)
Diabetes				
No	1 (ref)	0 (ref)	1 (ref)	0 (ref)
Yes	1.8 (1.2-2.8)	0.25 (0.04 to 0.45)	1.5 (1.0-2.2)	0.19 (0.01 to 0.36)
Family history of CHD[b]				
No	1 (ref)	0 (ref)		
Yes	0.6 (0.3-1.0)	-0.18 (-0.46 to 0.09)		
Fruit consumption at baseline				
T1[c]	1 (ref)	0 (ref)	1 (ref)	0 (ref)
T2[d]	1.3 (0.8-2.1)	-0.04 (-0.27 to 0.19)	1.2 (0.8-1.9)	-0.16 (-0.36 to 0.05)
T3[e]	2.6 (1.5-4.3.)	-0.36 (-0.59 to -0.12)	2.6 (1.5-4.3)	-0.58 (-0.79 to -0.38)
Vegetable consumption at baseline				
T1	1 (ref)	0 (ref)	1 (ref)	0 (ref)
T2	1.7 (1.0-2.7)	-0.37 (-0.60 to -0.15)	1.6 (1.0-2.5)	-0.30 (-0.50 to -0.09)
T3	3.4 (2.0-5.7)	-0.68 (-0.91 to -0.44)	2.7 (1.6-4.5)	0.51 (-0.73 to -0.29)
Meat consumption at baseline				
T1	1 (ref)	0 (ref)	1 (ref)	0 (ref)
T2	0.4 (0.2-0.6)	0.50 (0.27 to 0.73)	0.5 (0.3-0.7)	0.36 (0.16 to 0.56)
T3	0.4 (0.3-0.8)	0.48 (0.24 to 0.72)	0.3 (0.2-0.6)	0.58 (0.38 to 0.78)
Carbohydrate intake at baseline				
T1	1 (ref)	0 (ref)		
T2	0.7 (0.4-1.2)	0.09 (-0.14 to 0.32)		
T3	0.4 (0.2-0.7)	0.27 (0.01 to 0.55)		
Saturated fat intake at baseline				
T1	1 (ref)	0 (ref)		
T2	0.5 (0.3-0.9)	0.25 (0.01 to 0.49)		
T3	0.5 (0.3-0.9)	0.28 (0.01 to 0.55)		
Sweet and pastries consumption at baseline				
T1			1 (ref)	0 (ref)
T2			0.8 (0.5-1.3)	0.15 (-0.05 to 0.35)
T3			0.6 (0.4-1.0)	0.36 (0.15 to 0.57)
Fish consumption at baseline				
T1			1 (ref)	0 (ref)
T2			1.2 (0.8-2.0)	-0.02 (-0.22 to 0.18)
T3			1.2 (0.8-2.0)	0.07 (-0.27 to 0.14)
R^2 (% explained variance)		0.213		0.252

[a] Adjusted for all variables in the table, study center and group or intervention. Among men: Fruit (T1: <260.8 g/d, T2: 260.9-395,1 g/d T3: >395.2 g/d), Vegetable (T1: <248.5 g/d, T2: 248.6-337.4 g/d, T3: >337.5 g/d), Meat (T1: <127.6 g/d, T2: 127.7 -171.2 g/d, T3: >171.3 g/d), Carbohydrate (T1: <234.3 g/d, T2: 234.4-272.0 g/d, T3: >272.1 g/d) and saturated fat intake (T1: <24.7 g/d, T2: 24.8-28.7 g/d, T3: >28.7 g/d).

Among women : Fruit (T1: <281.6 g/d, T2: 281.7-409.6 g/d, T3: > 409.7 g/d), Vegetable (T1: <251.0 g/d, T2: 251.0-337.0 g/d, T3: >337.1 g/d), Meat (T1: <112.8 g/d, T2: 112.8-149.7 g/d, T3: >149.7 g/d), Sweet (T1: <8.4 g/d, T2: 8.5-23.6 g/d, T3: > 23.7 g/d) and fish (T1: <76.4 g/d, T2: 76.5-110.1 g/d, T3: >110.2 g/d).

[b] Coronary heart disease

[c] T1: first tertile

[d] T2: second tertile

[e] T3: third tertile.

An adequate dietary change was defined as meeting at least four out of five goals regarding changes of dietary habits in one year .