

Supplemental Table 1. Mediterranean Dietary Pattern score from the PREDIMED trial*

Dietary components	Recommendation/ criteria for 1 point
1. Olive oil as the main culinary fat 2. Olive Oil	Yes ≥ 4 tbsp/day
1. Tree nuts and peanuts	≥ 3 servings/week
1. Fresh fruit	≥ 3 servings/day
1. Vegetables	≥ 2 servings/day
1. Fatty fish and seafood	≥ 3 servings/week
1. Legumes	≥ 3 servings/week
1. Sofrito tomato sauce (made with herbs and garlic)	≥ 2 servings/week
1. White meat instead of red & processed meats	Yes
1. Wine (optional, with meals)	≥ 7 glasses/week
1. Sugar-sweetened beverages	< 1 beverage/day
1. Baked goods (sweets, pastries, etc)	< 3 servings/week
1. Fat spreads (butter, margarine, etc)	< 1 serving/day
1. Red or processed meats	< 1 serving/day

*Maximum score = 14 points. Participants randomized to the Mediterranean diet supplemented with either nuts or extra virgin olive oil achieved scores >10.5 points from year 1 to year 6 of follow-up in the PREDIMED trial.