

SUPPLEMENTARY MATERIALS

Table S1 - Initial characterization of the sample with dropouts

Characteristic		All participants (n = 102)
Age (years), mean \pm sd; Median [Q1;Q3]		69.8 \pm 8.3; 72.0 [65.0; 75.3]
Gender, n (%)		
	Female	74 (72.5)
	Male	28 (27.5)
Cohabitation, n (%)		
	Partner	62 (60.8)
	Alone	24 (23.5)
	Family	2 (2.0)
	Other	14 (13.7)
Marital status, n (%)		
	Married	66 (64.7)
	Common-law relationship	1 (1.0)
	Single	4 (3.9)
	Divorced	15 (14.7)
	Widow	16 (15.7)
Monthly household income, n (%)		
	$\leq 500\text{€}$	9 (8.8)
	501 - 1000€	38 (37.3)
	1001 – 1500€	18 (17.6)
	1501-2000€	21 (20.6)
	$\geq 2001\text{€}$	16 (15.7)
Education, n (%)		
	No educational level	1 (1.0)
	Incomplete 1st cycle	3 (2.9)
	1st cycle/4th grade	37 (36.3)
	2nd cycle/3rd year of high school	17 (16.7)
	3rd cycle/5th year of high school	13 (12.7)
	Secondary education	16 (15.7)
	Technical-professional course	3 (2.9)
	Higher education	12 (11.8)
Work situation, n (%)		
	Working	26 (25.5)
	Retired	68 (66.7)
	Unemployed	6 (5.9)
	Never worked	2 (1.9)
Smoker status, n (%)		
	Never smoked	74 (72.5)
	Ex-smoker	21 (20.6)
	Active smoker	7 (6.9)
Alcoholic beverages, n (%)		36 (35.3)
Sedentary lifestyle, n (%)		39 (38.2)
Reported medications for hypercholesterolemia, n (%)		47 (46.1)
Reported medications for hypertension, n (%)		65 (63.7)
Family History, n (%)		32 (31.4)
Cardiac Insufficiency, n (%)		5 (4.9)
Arrhythmia, n (%)		17 (16.7)
Stroke, n (%)		4 (3.9)

Dyslipidemia, n (%)	70 (68.6)
Hypertension, n (%)	73 (71.6)
Blood Pressure (mmHg)	
Systolic, mean ± sd	142.9 ± 19.9
142.0 [130.0; 152.0]	
Diastolic, mean ± sd	79.6 ± 11.9
79.0 [73.0; 88.0]	
BMI, (km/m2), mean ± sd; Median [Q1;Q3]	28.6 ± 4.3
	28.5 [25.5; 31.2]
Normal, n (%)	20 (19.6)
Overweight, n (%)	49 (48.0)
Obesity, n (%)	33 (32.4)
Body weight, (kg), mean ± sd; Median [Q1;Q3]	71.3 ± 13.7
	69.7 [61.9; 76.9]
Fat Mass, (%), mean ± sd; Median [Q1;Q3]	40.9 ± 7.6
	41.6 [35.5; 45.9]
Muscle Mass, (%), mean ± sd; Median [Q1;Q3]	25.5 ± 4.7
	24.2 [22.6; 28.3]
Visceral tissue, mean ± sd; Median [Q1;Q3]	2.7 ± 2.3
	2.2 [1.7; 3.2]
Arm circumference, (cm), mean ± sd; Median [Q1;Q3]	31.5 ± 3.3
	31.3 [28.5; 34.2]
Waist circumference, (cm), mean ± sd; Median [Q1;Q3]	0.9 ± 0.1
	0.9 [0.9; 1.0]
♀ >88 cm, n (%)	47 (46.1)
♀ <88 cm, n (%)	27 (26.5)
♂ >102 cm, n (%)	11 (10.8)
♂ <102 cm, n (%)	17 (16.6)
Bicipital skinfold, (mm), mean ± sd; Median [Q1;Q3]	9.2 ± 5.3
	8.4 [5.0; 11.6]
Tricipital skinfold, (mm), mean ± sd; Median [Q1;Q3]	18.9 ± 8.0
	19.8 [13.1; 24.1]
Total cholesterol (mg/dL), mean ± sd; Median [Q1;Q3]	193.6 ± 42.7
	191.5 [169.8; 219.0]
<190, n (%)	49 (48.0)
≥190, n (%)	53 (52.0)
LDL-C (mg/dL), mean ± sd; Median [Q1;Q3]	108.9 ± 37.7
	108.0 [82.0; 132.8]
<115, n (%)	56 (54.9)
≥115, n (%)	44 (43.1)
Missing, n (%)	2 (2.0)
HDL-C (mg/dL), mean ± sd; Median [Q1;Q3]	59.2 ± 14.1
	58.0 [50.8; 68.0]
♀ >45 mg/dL, n (%)	71 (69.6)
♀ <45 mg/dL, n (%)	3 (2.9)
♂ >40 mg/dL, n (%)	21 (20.6)
♂ <40 mg/dL, n (%)	7 (6.9)
Triglycerides (mg/dL), mean ± sd	131.6 ± 60.6
	122.5 [91.8; 147.3]
<150, n (%)	78 (76.5)
≥150, n (%)	24 (23.5)
Glycated hemoglobin (%), mean ± sd; Median [Q1;Q3]	5.8 ± 0.8
	5.6 [5.3; 6.0]
≤5.6, n (%)	50 (49.0)
5.7 – 6.4, n (%)	28 (27.5)
≥6.5, n (%)	14 (13.7)
Missing, n (%)	10 (9.8)
CRP (mg/L), mean ± sd; Median [Q1;Q3]	10.7 ± 13.0
	5.4 [3.8; 10.6]
≤3.0, n (%)	77 (75.5)
>3.0, n (%)	25 (24.5)
PREDIMED, mean ± sd; Median [Q1;Q3]	9.1 ± 1.9
	9.0 [8.0; 10.0]
Low adherence (≤5), n (%)	4 (3.9)

Moderate adherence (6-9), n (%)	56 (54.9)
High adherence (≥10), n (%)	42 (41.2)

Table S2 - Socioeconomic characteristics of study participants

Characteristic	All participants (n = 88)	Group 1a (n = 27)	Group 1b (n = 32)	Group 2 (n = 29)	p
Age (years), mean ± sd	70.1 ± 7.9 72.0 [65.0; 75.0]	69.6 ± 8.3 72.0 [62.0; 77.0]	70.9 ± 7.9 72.5 [66.0; 75.0]	69.6 ± 7.6 72.0 [63.5; 74.5]	0.772 ³
Gender, n (%)					
Female	65 (73.9)	20 (74.1)	21 (65.6)	24 (82.8)	0.314 ¹
Male	23 (26.1)	7 (25.9)	11 (34.4)	5 (17.2)	
Cohabitation, n (%)					
Partner	55 (62.5)	19 (70.4)	19 (59.4)	17 (58.6)	-
Alone	21 (23.9)	3 (11.1)	10 (31.3)	8 (27.6)	
Family	2 (2.3)	1 (3.7)	0 (0.0)	1 (3.4)	
Other	10 (11.4)	4 (14.8)	3 (9.4)	3 (10.3)	
Marital status, n (%)					
Married	56 (63.6)	20 (74.1)	20 (62.5)	16 (55.2)	-
Common-law relationship	1 (1.1)	0 (0.0)	0 (0.0)	1 (3.4)	
Single	4 (4.5)	1 (3.7)	1 (3.7)	2 (6.9)	
Divorced	14 (15.9)	5 (18.5)	4 (12.5)	5 (17.2)	
Widow	13 (14.8)	1 (3.7)	7 (21.9)	5 (17.2)	
Monthly household income, n (%)					
≤500€	8 (9.1)	2 (7.4)	3 (9.4)	3 (10.7)	-
501 - 1000€	32 (36.4)	7 (25.9)	8 (25.0)	16 (57.1)	
1001 - 1500€	16 (18.2)	5 (18.5)	8 (25.0)	3 (10.7)	
1501-2000€	20 (22.7)	8 (29.6)	9 (28.1)	3 (10.7)	
≥2001€	12 (13.6)	5 (18.5)	4 (12.5)	3 (10.7)	
Education, n (%)					
No educational level	1 (1.1)	0 (0.0)	0 (0.0)	1 (3.4)	-
Incomplete 1st cycle	3 (3.4)	1 (3.7)	2 (6.3)	0 (0.0)	
1st cycle/4th grade	28 (31.8)	6 (22.2)	12 (37.5)	10 (34.5)	
2nd cycle/3rd year of high school	17 (19.3)	8 (29.6)	4 (12.5)	5 (17.2)	
3rd cycle/5th year of high school	12 (13.6)	4 (14.8)	4 (12.5)	4 (13.8)	
Secondary education	14 (15.9)	4 (14.8)	8 (25.0)	2 (6.9)	
Technical-professional course	3 (3.4)	0 (0.0)	1 (3.1)	2 (6.9)	
Higher education	10 (11.4)	4 (14.8)	1 (3.1)	5 (17.2)	
Work situation, n (%)					
Working	24 (27.3)	10 (37.0)	9 (28.1)	5 (17.2)	-
Retired	56 (63.6)	14 (51.9)	20 (62.5)	22 (75.9)	
Unemployed	6 (6.8)	2 (7.4)	2 (6.3)	2 (6.9)	
Never worked	2 (2.3)	1 (3.7)	1 (3.1)	0 (0.0)	

Table S3 - Clinical and lifestyle characteristics of study participants

Characteristic	All participants (n = 88)	Group 1a (n = 27)	Group 1b (n = 32)	Group 2 (n = 29)	P
Smoker status, n (%)					
Never smoked	64 (72.7)	20 (74.1)	24 (75.0)	20 (69.0)	-
Ex-smoker	19 (21.6)	4 (14.8)	8 (25.0)	7 (24.1)	
Active smoker	5 (5.7)	3 (11.1)	0 (0.0)	2 (6.9)	
Alcoholic beverages, n (%)	31 (35.2)	8 (29.6)	16 (50.0)	7 (24.1)	0.082 ¹
Sedentary lifestyle, n (%)	35 (39.8)	15 (55.6)	14 (43.8)	6 (20.7)	0.024¹
Reported medications for hypercholesterolemia, n (%)	45 (51.1)	14 (51.9)	15 (46.9)	16 (55.2)	0.808 ¹
Reported medications for hypertension, n (%)	56 (63.6)	12 (44.4)	26 (81.3)	18 (62.1)	0.013¹
Family History, n (%)	29 (33.0)	9 (33.3)	11 (34.4)	9 (31.0)	0.961 ¹
Cardiac Insufficiency, n (%)	5 (5.7)	1 (3.7)	2 (6.3)	2 (6.9)	0.862 ¹
Arrhythmia, n (%)	16 (18.2)	3 (11.1)	6 (18.8)	7 (24.1)	0.448 ¹
Stroke, n (%)	1 (1.1)	0 (0.0)	1 (3.1)	0 (0.0)	0.413 ¹
Dyslipidemia, n (%)	61 (69.3)	19 (70.4)	19 (59.4)	23 (79.3)	0.239 ¹
Hypertension, n (%)	60 (68.2)	15 (55.6)	26 (81.3)	19 (65.5)	0.100 ¹
Blood Pressure (mmHg)					
Systolic, mean ± sd; Median [Q1;Q3]	141.6 ± 17.2 142.0 [130.0; 152.0]	141.3 ± 16.0 141.0 [130.0; 154.0]	142.5 ± 19.9 143.0 [127.0; 157.5]	140.8 ± 15.6 142.0 [130.5; 150.5]	0.925 ²
Diastolic, mean ± sd; Median [Q1;Q3]	78.6 ± 10.6 78.0 [73.0; 86.0]	77.0 ± 10.4 79.0 [73.0; 82.0]	80.4 ± 10.1 80.0 [74.3; 88.8]	77.9 ± 11.5 77.0 [72.5; 85.0]	0.544 ³

¹ Chi-Square test; ² One-Way ANOVA; ³ Kruskal-Wallis test;

Table S4 - Anthropometric characteristics of study participants at baseline

Characteristic	All participants (n = 88)	Group 1a (n = 27)	Group 1b (n = 32)	Group 2 (n = 29)	P
BMI, (km/m²), mean ± sd; Median [Q1;Q3]	28.7 ± 4.5 28.6 [25.4; 31.2]	28.7 ± 4.9 28.8 [25.0; 31.0]	29.1 ± 4.3 28.9 [25.7; 32.6]	28.2 ± 4.4 28.2 [25.1; 30.7]	0.711 ²
Normal, n (%)	19 (21.6)	6 (22.2)	6 (18.8)	7 (24.1)	0.973 ¹
Overweight, n (%)	41 (46.6)	12 (44.4)	15 (46.9)	14 (48.3)	
Obesity, n (%)	28 (31.8)	9 (33.3)	11 (34.4)	8 (27.6)	
Body weight, (kg), mean ± sd; Median [Q1;Q3]	71.3 ± 13.9 69.7 [61.2; 77.2]	71.8 ± 16.5 68.2 [60.5; 78.2]	72.7 ± 12.7 71.3 [62.5; 80.4]	69.3 ± 12.8 69.1 [61.8; 76.1]	0.599 ³
Fat Mass, (%), mean ± sd; Median [Q1;Q3]	41.0 ± 7.7 41.6 [36.1; 45.9]	41.3 ± 8.5 42.2 [35.6; 47.8]	40.6 ± 6.9 41.4 [34.9; 45.7]	41.1 ± 8.0 41.7 [36.9; 46.3]	0.849 ³
Muscle Mass, (%), mean ± sd; Median [Q1;Q3]	25.5 ± 4.5 25.5 [24.2; 28.0]	25.3 ± 5.2 24.0 [22.0; 27.8]	26.0 ± 3.9 25.3 [23.5; 29.5]	25.0 ± 4.5 24.0 [22.6; 27.7]	0.294 ³
Visceral tissue, mean ± sd; Median [Q1;Q3]	2.7 ± 2.5 2.2 [1.7; 3.2]	2.5 ± 1.2 2.2 [1.4; 3.3]	3.3 ± 3.7 2.4 [1.9; 3.5]	2.4 ± 1.4 2.1 [1.5; 2.9]	0.320 ³
Arm circumference, (cm), mean ± sd; Median [Q1;Q3]	31.6 ± 3.4 31.3 [28.5; 34.4]	31.6 ± 3.8 32.0 [28.5; 34.0]	32.0 ± 3.4 32.3 [29.1; 35.0]	30.9 ± 3.1 30.5 [28.3; 32.5]	0.330 ³
Waist circumference, (cm), mean ± sd; Median [Q1;Q3]	0.9 ± 0.1 0.9 [0.9; 1.0]	0.94 ± 0.1 0.9 [0.8; 1.1]	0.96 ± 0.1 1.0 [0.9; 1.0]	0.90 ± 0.2 0.9 [0.8; 1.0]	0.332 ³
♀ >88 cm, n (%)	43 (66.2)	12 (44.5)	16 (50.0)	15 (51.7)	0.953 ¹
♀ <88 cm, n (%)	22 (33.8)	8 (29.6)	5 (15.6)	9 (31.0)	
♂ >102 cm, n (%)	8 (34.8)	3 (11.1)	3 (9.4)	2 (6.9)	
♂ <102 cm, n (%)	15 (65.2)	4 (14.8)	8 (25.0)	3 (10.4)	
Bicipital skinfold, (mm), mean ± sd; Median [Q1;Q3]	9.4 ± 5.6 8.7 [5.0; 11.9]	8.9 ± 5.5 7.5 [4.1; 12.6]	9.2 ± 4.6 9.3 [5.3; 12.3]	10.1 ± 6.6 9.1 [5.4; 10.8]	0.754 ³
Tricipital skinfold, (mm), mean ± sd; Median [Q1;Q3]	19.3 ± 8.2 20.0 [13.2; 25.6]	18.3 ± 8.0 20.0 [11.8; 23.3]	18.4 ± 8.0 17.2 [12.4; 26.1]	21.1 ± 8.4 20.5 [16.1; 26.5]	0.336 ²

¹ Chi-Square test; ² One-Way ANOVA; ³ Kruskal-Wallis test; ♀ female; ♂ male; sd: standard deviation

Table S5 - Serum biochemical evaluation of participants at the beginning of the study

Characteristic	All participants (n = 88)	Group 1a (n = 27)	Group 1b (n = 32)	Group 2 (n = 29)	p
Total cholesterol (mg/dL), mean ± sd; Median [Q1;Q3]	192.6 ± 43.6 190.5 [168.3; 219.0]	189.7 ± 43.2 183.0 [167.0; 222.0]	187.1 ± 40.9 189.0 [160.3; 212.5]	201.6 ± 46.7 199.0 [173.0; 225.5]	0.398 ²
<190, n (%)	43 (48.9)	17 (63.0)	16 (50.0)	10 (34.5)	0.102 ¹
≥190, n (%)	45 (51.1)	10 (37.0)	16 (50.0)	19 (65.5)	
LDL-C (mg/dL), mean ± sd; Median [Q1;Q3]	108.1 ± 38.0 107.0 [82.0; 132.0]	104.5 ± 42.9 107.0 [73.3; 131.5]	103.1 ± 32.7 104.0 [82.0; 123.0]	116.7 ± 38.4 112.0 [87.5; 150.5]	0.460 ³
<115, n (%)	50 (56.8)	16 (59.3)	19 (59.4)	15 (51.7)	0.796 ¹
≥115, n (%)	38 (43.2)	11 (40.7)	13 (40.6)	14 (48.3)	
HDL-C (mg/dL), mean ± sd; Median [Q1;Q3]	59.0 ± 14.6 58.0 [50.0; 65.0]	56.8 ± 12.0 60.0 [47.0; 63.0]	59.7 ± 17.3 58.0 [48.5; 67.3]	60.2 ± 13.8 56.0 [51.5; 70.5]	0.649 ²
♀ >45 mg/dL, n (%)	62 (95.4)	19 (70.4)	20 (62.5)	23 (79.3)	-
♀ <45 mg/dL, n (%)	3 (4.6)	1 (3.7)	1 (3.1)	1 (3.5)	
♂ >40 mg/dL, n (%)	17 (73.9)	5 (18.5)	8 (25.0)	4 (13.7)	
♂ <40 mg/dL, n (%)	6 (26.1)	2 (7.4)	3 (9.4)	1 (3.5)	
Triglycerides (mg/dL), mean ± sd; Median [Q1;Q3]	132.4 ± 63.0 122.5 [91.3; 146.8]	141.6 ± 88.3 128.0 [75.0; 204.0]	125.0 ± 42.9 122.5 [91.8; 144.8]	132.1 ± 53.7 121.0 [97.0; 169.0]	0.978 ³
<150, n (%)	67 (76.1)	19 (70.4)	26 (81.3)	22 (75.9)	0.620 ¹
≥150, n (%)	21 (23.9)	8 (29.6)	6 (18.8)	7 (24.1)	
Glycated hemoglobin (%), mean ± sd; Median [Q1;Q3]	5.8 ± 0.8 5.6 [5.3; 6.1]	5.9 ± 1.0 5.7 [5.3; 6.3]	5.8 ± 0.7 5.6 [5.3; 6.0]	5.7 ± 0.8 5.4 [5.3; 6.1]	0.732 ³
≤5.6, n (%)	44 (50.0)	10 (37.0)	17 (53.1)	17 (58.6)	-
5.7 – 6.4, n (%)	25 (28.4)	6 (22.2)	10 (31.3)	9 (31.0)	
≥6.5, n (%)	12 (13.6)	4 (14.8)	5 (15.6)	3 (10.3)	
Missing, n (%)	7 (8.0)	7 (25.9)	0 (0.0)	0 (0.0)	
CRP (mg/L), mean ± sd; Median [Q1;Q3]	11.1 ± 13.1 5.8 [3.9; 10.6]	9.9 ± 16.2 4.3 [3.3; 5.7]	14.1 ± 15.5 9.6 [3.8; 20.3]	8.5 ± 3.8 8.5 [4.8; 10.6]	0.131 ³
≤3.0, n (%)	64 (72.7)	19 (70.4)	23 (71.9)	22 (75.9)	-
>3.0, n (%)	24 (27.3)	8 (29.6)	9 (28.1)	7 (24.1)	

¹ Chi-Square test; ² One-Way ANOVA; ³ Kruskal-Wallis test; ♀ female; ♂ male; LDL-c: low-density lipoprotein; HDL-c: high-density lipoprotein; CRP: C-reactive protein; sd: standard deviation

Table S6 - Adherence to the Mediterranean Diet at the beginning of the study

Characteristic	All participants (n = 88)	Group 1a (n = 27)	Group 1b (n = 32)	Group 2 (n = 29)	p
PREDIMED, mean ± sd; Median [Q1;Q3]	9.0 ± 2.0 9.0 [8.0; 10.0]	8.6 ± 2.0 9.0 [8.0; 10.0]	9.1 ± 1.9 9.0 [8.0; 10.0]	9.1 ± 2.1 9.0 [7.5; 11.0]	.552 ²
Low adherence (≤5), n (%)	4 (4.5)	1 (3.7)	2 (6.3)	1 (3.4)	.947 ¹
Moderate adherence (6-9), n (%)	51 (58.0)	17 (63.0)	18 (56.3)	16 (55.2)	
High adherence (≥10), n (%)	33 (37.5)	9 (33.3)	12 (37.5)	12 (41.4)	

¹ Chi-Square test; ² Kruskal-Wallis test; sd: standard deviation

Table S7 - Association between variables

	Colesterol (mg/dl)	LDL-C (mg/dl)	HDL-C (mg/dl)	Triglycerides (mg/dL)	C-reactive protein (mg/L)	Glycated hemoglobina (%)	PREDIMED SCORE	Atingiu objetivos	Nº legumes per week	12h jejum
Weight (kg)	$r_s = -0.220$; $p = 0.040$	$r_s = -0.333$; $p = 0.002$	$r_s = -0.326$; $p = 0.002$	$r_s = 0.258$; $p = 0.015$	$r_s = -0.159$; $p = 0.503$	$r_s = 0.231$; $p = 0.030$	$r_s = -0.149$; $p = 0.167$	$r_s = -0.222$; $p = 0.038$	$r_s = -0.124$; $p = 0.250$	$r_s = 0.012$; $p = 0.913$
BMI (kg/m ²)	$r_s = -0.119$; $p = 0.271$	$r_s = -0.336$; $p = 0.001$	$r_s = -0.222$; $p = 0.038$	$r_s = 0.355$; $p < .001$	$r_s = -0.290$; $p = 0.215$	$r_s = 0.449$; $p < .001$	$r_s = -0.268$; $p = 0.012$	$r_s = -0.229$; $p = 0.032$	$r_s = -0.134$; $p = 0.213$	$r_s = -0.006$; $p = 0.957$
Waist circumference (cm)	$r_s = -0.205$; $p = 0.056$	$r_s = -0.286$; $p = 0.007$	$r_s = -0.351$; $p < .001$	$r_s = 0.348$; $p < .001$	$r_s = -0.228$; $p = 0.334$	$r_s = 0.368$; $p < .001$	$r_s = -0.279$; $p = 0.008$	$r_s = -0.315$; $p = 0.003$	$r_s = -0.241$; $p = 0.024$	$r_s = -0.125$; $p = 0.247$
Arm circumference (cm)	$r_s = -0.181$; $p = 0.092$	$r_s = -0.315$; $p = 0.003$	$r_s = -0.323$; $p = 0.002$	$r_s = 0.227$; $p = 0.034$	$r_s = 0.201$; $p = 0.395$	$r_s = 0.272$; $p = 0.010$	$r_s = -0.288$; $p = 0.006$	$r_s = -0.302$; $p = 0.004$	$r_s = -0.153$; $p = 0.154$	$r_s = 0.014$; $p = 0.900$
Bicipital skinfold (mm)	$r_s = -0.125$; $p = 0.249$	$r_s = -0.300$; $p = 0.005$	$r_s = -0.094$; $p = 0.387$	$r_s = 0.220$; $p = 0.041$	$r_s = 0.092$; $p = 0.698$	$r_s = 0.531$; $p < .001$	$r_s = -0.389$; $p < .001$	$r_s = -0.096$; $p = 0.378$	$r_s = -0.067$; $p = 0.536$	$r_s = 0.086$; $p = 0.426$
Tricipital skinfold (mm)	$r_s = 0.016$; $p = 0.885$	$r_s = -0.202$; $p = 0.062$	$r_s = 0.090$; $p = 0.407$	$r_s = 0.202$; $p = 0.061$	$r_s = -0.014$; $p = 0.955$	$r_s = 0.443$; $p < .001$	$r_s = -0.206$; $p = 0.056$	$r_s = -0.039$; $p = 0.723$	$r_s = 0.028$; $p = 0.798$	$r_s = 0.089$; $p = 0.411$
Fat Mass (%)	$r_s = -0.080$; $p = 0.461$	$r_s = -0.283$; $p = 0.008$	$r_s = -0.145$; $p = 0.178$	$r_s = 0.384$; $p < .001$	$r_s = -0.221$; $p = 0.348$	$r_s = 0.398$; $p < .001$	$r_s = -0.318$; $p = 0.003$	$r_s = -0.160$; $p = 0.136$	$r_s = -0.106$; $p = 0.327$	$r_s = 0.047$; $p = 0.666$
Muscle Mass (%)	$r_s = -0.146$; $p = 0.176$	$r_s = 0.016$; $p = 0.885$	$r_s = -0.317$; $p = 0.003$	$r_s = -0.187$; $p = 0.081$	$r_s = 0.275$; $p = 0.241$	$r_s = -0.215$; $p = 0.044$	$r_s = 0.164$; $p = 0.127$	$r_s = -0.062$; $p = 0.567$	$r_s = -0.067$; $p = 0.533$	$r_s = -0.147$; $p = 0.171$
Visceral tissue	$r_s = -0.200$; $p = 0.062$	$r_s = -0.221$; $p = 0.040$	$r_s = -0.352$; $p < .001$	$r_s = 0.271$; $p = 0.011$	$r_s = -0.091$; $p = 0.703$	$r_s = 0.263$; $p = 0.013$	$r_s = -0.185$; $p = 0.084$	$r_s = -0.282$; $p = 0.008$	$r_s = -0.253$; $p = 0.017$	$r_s = -0.096$; $p = 0.375$
Muscle Area Arm	$r_s = 0.044$; $p = 0.683$	$r_s = -0.121$; $p = 0.267$	$r_s = 0.046$; $p = 0.670$	$r_s = 0.206$; $p = 0.055$	$r_s = -0.209$; $p = 0.377$	$r_s = 0.381$; $p < .001$	$r_s = -0.028$; $p = 0.800$	$r_s = 0.060$; $p = 0.580$	$r_s = 0.102$; $p = 0.349$	$r_s = 0.103$; $p = 0.341$
PREDIMED SCORE	$r_s = 0.139$; $p = 0.197$	$r_s = 0.243$; $p = 0.023$	$r_s = 0.125$; $p = 0.247$	$r_s = -0.142$; $p = 0.188$	$r_s = -0.011$; $p = 0.963$	$r_s = -0.255$; $p = 0.017$	-	-	-	-
Atingiu objetivos	$r_s = 0.172$; $p = 0.109$	$r_s = 0.198$; $p = 0.065$	$r_s = 0.171$; $p = 0.111$	$r_s = -0.165$; $p = 0.125$	$r_s = -0.261$; $p = 0.267$	$r_s = -0.186$; $p = 0.084$	-	-	-	-
Nº legumes per week	$r_s = 0.124$; $p = 0.248$	$r_s = 0.136$; $p = 0.209$	$r_s = 0.095$; $p = 0.381$	$r_s = -0.248$; $p = 0.020$	$r_s = -0.020$; $p = 0.933$	$r_s = -0.127$; $p = 0.240$	-	-	-	-
12-hour fast	$r_s = 0.005$; $p = 0.963$	$r_s = -0.013$; $p = 0.902$	$r_s = 0.072$; $p = 0.507$	$r_s = 0.062$; $p = 0.568$	$r_s = -0.131$; $p = 0.582$	$r_s = -0.010$; $p = 0.930$	-	-	-	-

Table S8 - Presentation of significant results for participants who achieved all dietary goals

Attained the dietary objectives?		Triceps skinfold thickness	Muscle mass
No	N (%)	74 (84.1)	76 (86.4)
	Mean, sd	-9.53 (11.6)	+ 1.7 (4.3)
	Mediana	-8.51	+ 1.8
Yes	N (%)	12 (13.6)	12 (13.6)
	Mean, sd	-21.4 (13.3)	+ 4.5 (4.0)
	Mediana	-27.0	+ 3.8

SD: standard deviation; IQR: interquartile range
*The rate of change was considered [see statistical analysis at methodology]