Supplementary Table 1. Association between dietary habits and metabolic syndrome at multivariable analysis

CHARACTERISTICS[†]	Total	% with metabolic syndrome	Odds Ratio (95% CI)[‡]
ALL	1373	27.7%	
Diet			
Fruits (daily)	407	33.5%	1.03 (0.70-1.53)
Vegetables (daily)	941	29.2%	0.95 (0.69-1.32)
Whole grain cereals (daily)	242	30.8%	0.90 (0.57-1.40)
Refined cereals (daily)	870	25.7%	0.83 (0.61-1.12)
Legumes (Yes)	1078	28.3%	1.09 (0.79-1.52)
Milk and dairy products (daily)	1001	26.7%	0.90 (0.65-1.23)
Fish and seafood (Yes)	1137	29.4%	1.22 (0.88-1.69)
Poultry and chicken (daily)	575	24.6%	0.97 (0.68-1.38)
Lamb, beef (Yes)	1136	27.3%	0.97 (0.66-1.45)
Sweets (daily)	406	22.5%	0.89 (0.60-1.31)
Sugar sweetened beverages (daily)	247	21.4%	1.15 (0.67-1.98)
Fresh fruit juices (Yes)	1190	27.1%	1.00 (0.67-1.50)
Fast foods (daily)	816	21.9%	1.00 (0.72-1.39)

[‡] Odds ratios (OR) and 95% confidence intervals (CI) obtained from multivariable logistic regression model adjusted for age, sex and education level