Supplementary material

Supplementary material Table 1S. Dietary intake of vegetables, fruits and whole grains according to sex in the PREDIMED-Plus study (n=267)

	Total (n= 267)	Men (n= 153)	Women (n= 114)	*p*-value¶
Vegetables and greens (g/d)				
Chard, spinach	19.3 (19.3)	17.6 (18.5)	21.6 (20.2)	0.091
Cabbage, caouliflower, broccoli	13.8 (10.5)	14.2 (10.4)	13.4 (10.5)	0.579
Lettuce, endives	46.9 (29.1)	44.7 (27.3)	50.0 (31.1)	0.137
Tomato	57.2 (40.8)	54.8 (40.0)	60.3 (41.7)	0.274
Carrot, pumpkin	18.2 (18.0)	15.8 (15.7)	21.5 (20.3)	0.011
Green bean	26.4 (18.6)	25.3 (18.3)	27.9 (18.9)	0.249
Zucchini, eggplant, cucumber	29.0 (34.1)	27.2 (32.8)	31.5 (35.7)	0.311
Pepper	31.0 (23.4)	28.6 (22.6)	34.3 (24.2)	0.052
Asparagus	11.6 (13.0)	11.4 (11.7)	11.7 (14.7)	0.883
Gaspacho	9.4 (36.9)	11.0 (44.5)	7.1 (23.3)	0.395
Other vegetables	29.5 (24.9)	27.4 (22.1)	32.2 (28.1)	0.123
Onion	29.7 (13.7)	28.3 (14.5)	31.6 (12.5)	0.051
Garlic	1.8 (0.8)	1.7 (0.9)	1.9 (0.7)	0.179
Mushroom, chantelleres	11.5 (13.8)	11.9 (14.3)	11.0 (13.1)	0.603
Fruits (g/d)				
Banana	21.7 (35.8)	23.2 (39.1)	19.8 (30.7)	0.443
Apple or pear	109.3 (88.9)	102.9 (84.8)	117.8 (93.9)	0.176
Strawberries	5.3 (7.2)	5.4 (7.7)	5.1 (6.4)	0.727
Cherry, plum	14.4 (19.4)	14.9 (19.8)	13.6 (18.8)	0.589
Peach, apricot, nectarine	25.7 (29.5)	24.7 (29.3)	26.9 (29.8)	0.550
Watermelon	30.7 (38.4)	29.3 (34.0)	32.5 (43.7)	0.500
Kiwi	20.2 (33.5)	14.6 (27.6)	27.6 (39.1)	0.002
Grape	9.8 (21.8)	12.6 (26.4)	6.0 (12.4)	0.013
Olives	6.8 (10.8)	8.7 (12.4)	4.3 (7.5)	0.001
Raisins, dates, prune, dried figs	2.1 (8.1)	1.5 (5.7)	2.9 (10.4)	0.192
Almonds	3.1 (6.8)	3.3 (6.9)	2.9 (6.8)	0.592
Pistachios	1.3 (4.0)	1.4 (4.4)	1.1 (3.3)	0.616
Walnuts	8.5 (10.6)	8.8 (10.7)	8.2 (10.6)	0.646
Other nuts	2.1 (5.7)	2.1 (5.5)	2.1 (6.1)	0.957
Whole grains (g/d)				
Muesli, oat flakes, all bran	2.3 (8.4)	1.6 (6.5)	3.3 (10.4)	0.114
Integral rice	0.4 (2.1)	0.3 (1.5)	0.5 (2.7)	0.473
Whole wheat pasta	0.3 (1.8)	0.1 (0.8)	0.5 (2.7)	0.109

Data were calculated by student's t-test. Results are expressed as mean (standard deviation). p¶ for differences between sexes.