

Adherence to a Mediterranean diet and plasma fatty acids: data from the Bordeaux sample of the Three-City study.

C. Féart et al.

### **Online Supplemental Material**

#### **e-Results**

The energy intake of not included subjects (n=366) in the present study was slightly lower than that of included subjects (n=1050) (6392 vs. 6856 kJ/d,  $P=.05$ ). Moreover, not included subjects had higher mean plasma MUFA and oleic acid proportions and significant higher AA-to-EPA, AA-to-(EPA+DHA) and total *n*-6-to-*n*-3 PUFA ratios than included subjects (**e-Table 1**). Participants not included in the study had lower mean plasma total *n*-3 PUFA, EPA and EPA+DHA index than included participants. There were no significant differences for the other plasma fatty acids or ratios ( $P >.05$ ) (**e-Table 1**).

**e-Table 1.** Comparison of the 1050 participants included and the 366 not included in the study across plasma fatty acids and fatty acid ratios, The Three-City study (2001-2002)

	Included (n=1050)	Not included (n=366)	
Fatty acids (% of total fatty acids)	Mean (SD)		<i>P</i>
SFA	41.1 (8.6)	40.7 (7.8)	.43
14 : 0	1.3 (0.5)	1.2 (0.4)	.89
16 : 0	28.2 (5.8)	28.1 (5.4)	.74
18 : 0	11.6 (3.3)	11.3 (3.1)	.19
MUFA	22.6 (4.4)	23.2 (4.2)	.04
16 : 1 <i>n</i> -7	2.3 (0.9)	2.4 (1.0)	.69
18 : 1 <i>n</i> -9	20.3 (3.8)	20.8 (3.6)	.87
PUFA	36.3 (7.0)	36.1 (6.9)	.69
n-6 PUFA	32.0 (6.5)	32.1 (6.5)	.82
18 : 2 <i>n</i> -6	24.8 (5.4)	24.9 (5.4)	.75
18 : 3 <i>n</i> -6	0.4 (0.2)	0.4 (0.2)	.48
20 : 4 <i>n</i> -6	6.7 (1.8)	6.7 (2.0)	.85
n-3 PUFA	4.3 (1.4)	4.0 (1.2)	.0006
18 : 3 <i>n</i> -3	0.4 (0.2)	0.4 (0.1)	.86
20 : 5 <i>n</i> -3	1.0 (0.6)	0.9 (0.5)	<.0001
22 : 5 <i>n</i> -3	0.5 (0.2)	0.5 (0.2)	.93

22 : 6n-3	2.4 (0.8)	2.3 (0.8)	.06
EPA + DHA index	3.4 (1.3)	3.2 (1.1)	.0002
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Fatty acid ratios			
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MUFA-to-SFA	0.6 (0.1)	0.6 (0.1)	.10
n-6-to-n-3 PUFA	8.0 (2.6)	8.4 (2.5)	.008
LA-to-ALA	70.1 (32.2)	70.1 (32.8)	.98
AA-to-EPA	8.3 (4.7)	9.6 (5.9)	.0002
AA-to-DHA	3.0 (1.4)	3.1 (1.2)	.28
AA-to-(EPA+DHA)	2.1 (0.8)	2.3 (0.9)	.01
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Abbreviations: SFA saturated fatty acid; MUFA monounsaturated fatty acid; PUFA polyunsaturated fatty acid; LA linolenic acid; ALA alpha-linolenic acid; AA arachidonic acid; EPA eicosapentaenoic acid; DHA docosahexaenoic acid

*P* value for the Student's t-test

**e-Table 2.** Median of servings per week for individual food categories, proportion of mild-to-moderate alcohol consumers and median of daily intake of MUFA-to-SFA ratio, by gender, among older persons living in Bordeaux, The Three-City study (2001-2002) (N=1050)

	All	Men	Women
		(n=413)	(n=637)
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Median of weekly consumption of 8 food components of the MeDi score			
Dairy products	14.0	14.0	14.5
Red meat	5.0	5.0	4.5
Vegetables	19.0	19.0	19.0
Fruits	14.0	14.0	14.0
Legumes	0.5	0.5	0.5
Cereal <sup>a</sup>	23.0	24.0	23.0
Fish	2.5	2.8	2.5
MUFA-to-SFA ratio	0.8	0.8	0.8
Mild-to-moderate alcohol consumers <sup>b</sup> (%)	26.7	28.3	25.6

Abbreviations: MUFA monounsaturated fatty acid; SFA saturated fatty acids

<sup>a</sup> Cereals included consumption of cereals, bread and pasta and rice (whole and refined grains)

<sup>b</sup> For alcohol intake, we attributed a value of 1 for people whose consumption was mild-to-moderate, corresponding to the second quartile of distribution of total alcohol intake. One point was given to men if their consumption was within 6-to-14 glasses per week (8.6-to-20g/d) and to women if consumption was within 1-to-4 (1.4-to-5.7g/d) glasses per week.