

Supplementary table 1: Energy-adjusted sub-classes of dietary polyphenol intake by metabolic syndrome criterias

	Waist circumference, <i>cm</i>		Systolic blood pressure, <i>mmHg</i>		Diastolic blood pressure, <i>mmHg</i>		Fasting plasma glucose, <i>mg/dL</i>		HDL-cholesterol, <i>mg/dL</i>		Triglycerides, <i>mg/dL</i>	
	β	p-value	β	p-value	β	p-value	β	p-value	β	p-value	β	p-value
Flavonoids¹												
Model 1*	-0.44	<0.001	-0.07	0.71	0.31	0.01	-1.00	0.002	0.33	0.01	-1.59	0.06
Model 2**	-0.32	0.001	-0.03	0.86	0.32	0.01	-0.44	0.11	0.27	0.03	-1.11	0.20
Model 3***	-0.23	0.02	-0.15	0.43	0.22	0.06	-0.49	0.08	0.25	0.04	-1.23	0.17
Phenolic acids												
Model 1	0.32	0.001	-0.11	0.54	-0.21	0.06	1.55	<0.001	0.10	0.46	-0.87	0.31
Model 2	0.32	0.001	-0.15	0.43	-0.20	0.08	0.53	0.06	0.14	0.26	-1.27	0.14
Model 3	0.36	<0.001	-0.10	0.60	-0.23	0.05	0.77	0.007	0.15	0.23	-1.37	0.11
Stilbenes												
Model 1	-0.37	<0.001	0.31	0.09	0.12	0.29	-0.08	0.81	1.11	<0.001	-2.46	0.005
Model 2	-0.22	0.03	0.35	0.06	0.15	0.20	-0.04	0.90	1.10	<0.001	-2.11	0.01
Model 3	-0.17	0.11	0.39	0.06	0.25	0.05	0.03	0.90	1.42	<0.001	-2.63	0.006
Lignans												
Model 1	-0.02	0.83	0.45	0.01	0.63	<0.001	-1.03	0.001	0.38	0.002	-2.25	0.01
Model 2	0.08	0.43	0.43	0.02	0.63	<0.001	-0.52	0.06	0.34	0.005	-1.85	0.03
Model 3	0.18	0.09	0.32	0.11	0.46	<0.001	-0.63	0.04	0.24	0.07	-2.76	0.004
Other polyphenols												
Model 1	-0.08	0.44	-0.82	<0.001	-0.41	<0.001	0.24	0.46	0.40	0.001	-0.04	0.96
Model 2	-0.03	0.75	-0.80	<0.001	-0.40	<0.001	-0.08	0.78	0.39	0.001	0.05	0.95
Model 3	-0.03	0.76	-0.65	0.001	-0.37	0.002	-0.17	0.53	0.38	0.001	0.18	0.83
Total polyphenols												
Model 1	-0.03	0.77	0.01	0.96	0.23	0.05	-0.34	0.29	0.48	<0.001	-1.19	0.17
Model 2	0.04	0.69	0.04	0.81	0.24	0.04	0.08	0.78	0.47	<0.001	-1.08	0.21

Model 3	0.02	0.85	-0.03	0.90	0.07	0.63	0.07	0.83	0.37	0.007	-1.91	0.05
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Lineal regression model: Differences among MetS criteria were evaluated using lineal models based on mean differences. We used robust variance estimators to account for intraclass correlation in all lineal models, considering members of the same household as a clusters.

¹ Polyphenol and polyphenol subclasses are expressed as quartiles of energy-adjusted dietary intake. Therefore, the β coefficient is compared to the Q1 of intake.

***Model 1:** adjusted for sex, age (three categories; >70 years; 65-70 years or <65 years), recruiting center, and robust variance estimators.

****Model 2:** Model 1 + physical activity level (three categories; low, moderate, high), BMI (three categories; <30, 30-35, >35 kg/m², except for waist circumference criteria), smoking status (three categories; never smoker, smoker and current smoker) and educational level (three categories; primary, secondary school and University). For the analysis of glycemia we adjusted for anti-diabetic drugs and systolic and diastolic blood pressure was adjusted for anti-hypertensive drug treatments.

*****Model 3:** Model 2 + energy intake (continuous, kcal/d), saturated fatty acids (g/d), and alcohol intake from distilled drinks (g/d). For the analysis of glycemia we adjusted for dietary simple sugars intake (g/d) and for the analysis of systolic and diastolic blood pressure was adjusted for dietary sodium intake (mg/d).