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| Supplementary Table 3. Baseline Characteristics and Dietary Factors of the Participants by Baltic Sea Diet (BSD) Score median. (Numbers are means and SDs if not otherwise stated) |
|  | BSD<13, n=271 | BSD≥13, n=236 | *P* |
|  | Mean (SD) | Mean (SD) |  |
| BSD score range | 9·5-10·2 | 16·2-16·8 | 0·001 |
| Age (years) | 67·9 (1·8) | 67·7 (1·8) | 0·435 |
| Body mass index (kg/m2) | 27·4 (4·2) | 27·3 (4·0) | 0·850 |
| Life satisfaction score | 10·2 (3·1) | 9·8 (2·8) | 0·432 |
| Time since menopause (years) | 18·7 (5·7) | 18·1 (5·1) | 0·281 |
| Income (euros/month) | 861 (311) | 881 (294) | 0·854 |
| Number of multimorbidity | 1·4 (1·2) | 1·5 (1·1) | 0·447 |
| Restricted mobility *n* (%) | 23 (8·6) | 12 (5·2) | 0·090 |
| Physical activity (hours/week) | 3·6 (3·1) | 4·4 (3·9) | 0·008 |
| Current smoker *n* (%) | 17 (6·4) | 6 (2·6) | 0·048 |
| Current hormone therapy *n* (%) | 60 (22·1) | 57 (24·2) | 0·333 |
| Currently married *n* (%) | 14 (5·3) | 10 (4·3) | 0·582 |
|  **Dietary factors**  |  |  |  |
| Energy intake (Kcal) | 1536 (377) | 1585 (359) | 0·142 |
| Alcohol (g/d) a | 11·3 (1·9) | 8·7 (1·4) | 0·085 |
| Protein (g/d) a | 62·9 (16·4) | 73·7 (17·8) | <0·001 |
| Carbohydrate (g/d) a | 184·8 (46·9) | 201·9 (49·0) | <0·001 |
| Fat (g/d) a | 56·9 (18·8) | 49·9 (16·2) | <0·001 |
| Independent sample t-test and chi-square tests were used to evaluate the differences in the characteristics of participants and dietary factors by Baltic Sea diet score median Data are presented as means (SD) or *n* (%).Independent sample t-test and chi-square tests were used to evaluate the differences in participant characteristics and dietary factors among Baltic Sea diet score quartiles. a Adjusted for age and energy intake. |