

Supplemental Table 1. Characteristics of the study subjects at entry into the trial^a.

Variable	NU Group	CT Group	<i>p</i> ^c
n	22	20	
Age (years)	54 ± 7.3	50 ± 9.1	0.135
Sex [n (%) men]	13 (59)	10 (50)	0.554
BMI (kg/m ²)	31 ± 2.9	31 ± 3.1	0.429
Metabolic syndrome components [n (%)] ^b			
Abdominal obesity	19 (86)	17 (85)	0.900
High blood pressure	22 (100)	17 (85)	0.059
Low HDL cholesterol	8 (36)	7 (35)	0.927
High triglycerides	15 (68)	14 (70)	0.899
Elevated fasting glucose	17 (77)	13 (65)	0.379

NU = mixed nuts intervention; CT = control. ^aValues are means ± SD or mean changes (95% CI) unless indicated otherwise. ^b Defined by updated ATP III criteria: waist circumference >102 cm in men or >88 cm in women; blood pressure >130/85 mmHg and/or antihypertensive drug treatment; HDL-cholesterol concentration <0.9 mmol/L in men or <1.1 mmol/L in women; fasting triglyceride level 1.7 mmol/L and/or drug treatment for elevated triglycerides; and fasting glucose level >5 mmol/L. ^c Unpaired t-test.