Supplementary Table S1. Odd ratios and confidence interval for the association between adherence to Mediterranean diet (high vs low) and incident T2DM in overall population and stratified by sex considering weight increment at follow-up as a continuous variable.

	OR[95%CI]	p-value
- Overall population		
M1	0.51(0.31-0.85)	0.01
M2	0.52(0.31-0.87)	0.01
M3	0.48(0.28-0.81)	<0.01
- Male		
M1	0.46(0.23-0.93)	0.03
M2	0.48(0.24-0.96)	0.04
M3	0.44(0.21-0.91)	0.03
- Women		
M1	0.59(0.28-1.24)	0.16
M2	0.61(0.29-1.30)	0.20
M3	0.56(0.26-1.23)	0.15

M1: Logistic regression model for the risk of T2DM incidence adjusted by sex (except in the sex-based analysis), age (18-30, 31-45, 46-60, 61-75, >75), abdominal obesity, fasting serum glucose levels, family history of T2DM and weight gain (as continuous variable).

M2: M1 + insulin resistance index, hypertension, dyslipidemia and steatogenic medication.

M3: M2 + lifestyle variables (smoking habits, alcohol consumption and physical activity).