**Table S4**. Likelihood of having the MetS according to adherence to nutritional guidelines (PNNS-GS), sensitivity analyses on subsamples.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | TOTAL |  | MEN |  | WOMEN |  |
| **Total sample** | n=7902 |  | n=2264 |  | n=5638 |  |
| MetS (n, %) | 963 | 12.2 | 427 | 18.9 | 536 | 9.5 |
| Age (mean, SD) | 50.8 | 13.6 | 54.5 | 13.6 | 49.3 | 13.3 |
| On a weight loss diet (n, %) | 3584 | 45.4 | 567 | 25 | 3017 | 53.5 |
| Taking medication (n, %) | 1294 | 16.4 | 573 | 25.3 | 721 | 12.8 |
| Having chronic condition (n, %) | 305 | 3.9 | 183 | 8.1 | 122 | 2.2 |
| OR continuous (OR, 95%CI) a | | |  |  |  |  |
| Model 1b | 0.91 | 0.87 - 0.94 | 0.86 | 0.80 - 0.91 | 0.94 | 0.89 - 0.99 |
| Model 2 c | 0.94 | 0.90 - 0.98 | 0.90 | 0.84 - 0.97 | 0.97 | 0.91 - 1.03 |
| **Sample 1 : exclusion of participants on a weight loss diet** | n=4318 | | n=1697 |  | n=2621 | |
| MetS (n, %) | 372 | 8.62 | 240 | 14.14 | 132 | 5.04 |
| Age (mean, SD) | 50.7 | 14.4 | 54.3 | 14.0 | 48.3 | 14.2 |
| PNNS-GS (mean, SD) | 9.2 | 2.0 | 9.3 | 1.9 | 9.2 | 2.0 |
| OR continuous (95%CI) a | | |  |  |  |  |
| Model 1b | 0.89 | 0.83 - 0.94 | 0.84 | 0.78 - 0.91 | 0.94 | 0.85 - 1.04 |
| Model 2 c | 0.93 | 0.87 - 1.00 | 0.90 | 0.82 - 0.99 | 0.97 | 0.86 - 1.09 |
| **Sample 2 : exclusion of participants on medication or chronic CVD** | n=6465 | | n=1624 |  | n=4841 | |
| MetS (n, %) | 483 | 7.47 | 197 | 12.13 | 286 | 5.91 |
| PNNS-GS (mean, SD) | 9.3 | 2.0 | 9.2 | 1.9 | 9.4 | 2.0 |
| Age (mean, SD) | 48.6 | 13.6 | 51.3 | 14.1 | 47.6 | 13.3 |
| OR continuous (95%CI) a | | |  |  |  |  |
| Model 1b | 0.91 | 0.86 - 0.96 | 0.88 | 0.80 - 0.96 | 0.92 | 0.86 - 0.99 |
| Model 2 c | 0.95 | 0.90 - 1.01 | 0.97 | 0.88 - 1.07 | 0.95 | 0.88 - 1.02 |

a OR for a 1-point increase in PNNS-GS

b Model 1: Adjusted for gender (except for gender specific models), age, energy intake, time lag between dietary data collection and clinical visit, tobacco smoking, current diet practice, season of completion of 24h dietary record, educational level, occupational status.

c Model 2: Model 1 + BMI