



Adjusted for: sex, age (years), energy (kcal/day), waist circumference (cm) ($p < 0.001$; $\text{Exp}(B) = 1.046$), education level (medium-high, low), intervention group (control-0, olive oil-1, nut-2) and smoking (yes, no). (Model significant: $R^2 = 56.257$; $p < 0.001$)