

The relation between dietary phytochemical index and metabolic syndrome and its components in a large sample of Iranian adults: A population-based study

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Research

Keywords: Dietary Phytochemical Index, metabolic syndrome, phytochemical-rich foods

Posted Date: June 24th, 2020

DOI: <https://doi.org/10.21203/rs.3.rs-37118/v1>

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Abstract

Background: Phytochemicals are natural non-nutritive bioactive compounds in plant foods. There is growing agreement that plant foods-based phytochemicals have a protective role against chronic diseases. The purpose of current study was to appraise Dietary Phytochemical Index (DPI) with the risk of metabolic syndrome (MetS) and its components.

Methods: This study was conducted on 2326 participants (1097 men and 1220 women), aged 20-70 years of the recruitment phase of Yazd Health Study (YaHS), a population-based cohort study on Iranian adults. Dietary intake was prepared using a validated and reliable food frequency questionnaire. DPI is calculated based on dietary energy derived from phytochemical-rich food sources (kcal)/ total daily energy intake (kcal). The odds ratio of MetS and its components were assessed across DPI quartiles by binary logistic regression models.

Results: After adjustment for all potential confounders, the risk of MetS (OR=0.63, 95% CI=0.41-0.96, P=0.03) and elevated blood pressure (OR=0.62, 95% CI=0.40-0.96, P=0.03) in second category of DPI compared to the first significantly decreased. After full adjustment for confounders, women in the highest quartile of DPI compared with the lowest, had 59% lower risk of MetS (OR=0.41, 95% CI=0.22-0.76, P=0.005). In second quartiles of DPI, the risk of MetS decreased by 62% (OR=0.38, 95% CI=0.16-0.90, P=0.02) in participants with normal BMI and 29% in subjects with high BMI (OR=0.71, 95% CI=0.52-0.99, P=0.04), and also 57% in men (OR=0.43, 95% CI=0.23-0.83, P=0.01). Independent of variables including age, sex and total energy intake, subjects in second and fourth quartiles of DPI had 30% and 25% lower risk of abdominal obesity, respectively.

Conclusions: Greater adherence to phytochemical-rich diet could reduce odds of MetS and some components especially in women. Further studies with intervention approaches are required to discover causal relations and relevant underlying mechanisms.

Introduction

A set of cardiovascular risk factors, including abdominal obesity, hypertension, dyslipidemia, glucose intolerance, and insulin resistance indicates Metabolic Syndrome (MetS) [1, 2]. The global prevalence of MetS has been reported from lower than 10% to 85% [3]. Recent national data, showed that more than 30% of Iranian adults have MetS [4]. Various factors, including race, family history of diabetes, hypertension and heart disease, genetics, age, gender, lifestyle, diet and obesity are involved in the development of MetS [5, 6]. Identification of modifiable factors such as diet is essential to prevent the development of MetS [7].

Studies have shown increased intake of saturated fat and cholesterol [8], animal protein [9, 10] and high glycemic index foods [11] leading to risk of MetS. However higher intake of unsaturated fat [8], fruits and vegetables [12] are associated with a reduced risk of MetS.

For a long time, micronutrient deficiency was examining the role of nutrition in disease progression, but interaction of nutrients did not show full picture of link between food and chronic diseases, therefore dietary patterns was suggested [13, 14]. Recently, nutritionists have been focused on the combined effects of foods, thus the multivariate approach of food patterns was proposed [15]. Findings of studies have shown that the Mediterranean dietary pattern is high in vegetables and fruits, nuts, legumes, olive oil and low in saturated fat, moderate in fish and low to medium in dairy, low in red meat and poultry which the most health effects may be through phytochemicals compounds [16]. Phytochemicals are natural non-nutritive bioactive compounds including phenolic, isoprenoids and organosulfur compounds [17, 18]. Due to the health-boosting effects of phytochemicals, dietary phytochemical index (DPI) suggested by McCarty as a percentage of calories derived from foods rich in phytochemicals [17]. DPI calculation seems to be a simple and inexpensive method of assessing the background of dietary quality as well as clinical applications [19].

Some studies have examined relationship between DPI and health benefits including oxidative stress, Inflammation, cancer and mental health [20-22]. Prior findings have shown an affluent diet in phytochemicals via antioxidant and anti-inflammatory properties has a protective role in the development of insulin resistance, abnormal glucose, lipid disturbances and abdominal obesity [23-26]. However, there are few studies that evaluated the relation between DPI and the **occurrence** of MetS. Therefore, the purpose of this study to investigate the association between DPI and the risk of developing MetS and its components in a large population of Iranian adults.

Material And Method

Study design and participants

This cross-sectional study was carried out on data obtained from two studies; Yazd Health Study (YaHS) and Taghzieh Mardom-e-Yazd (TAMYZ). YaHS is a population-based prospective cohort study of 10000 people aged 20-70 years randomly selected from 200 clusters of Yazd Greater Area including 50 participants per cluster (25 men and 25 women) and 5 persons in each ten years age groups. The profile of both studies was published elsewhere [27]. The recruitment phase of YaHS aimed to investigate the probability occurrence of chronic diseases and associated risk factors in Yazd Greater Area during 2014 – 2016. Yazd Nutrition Survey (YNS), locally known as TAMYZ in Persian, has evaluated dietary foods and supplements intakes of all participants of YaHS according to a validated food frequency questionnaire (FFQ). In this study participants with a history of diseases such as diabetes mellitus, cardiovascular diseases, stroke and cancer or persons whose total daily energy intake was less than 800 or higher than 6500 kcal were excluded. Finally, 2326 subjects were included in this analysis. Written informed consent was obtained from all participants. Ethical approval was obtained from the Ethics Committee of Shahid Sadoughi University of Medical Sciences, No. 17/1/73941.

Dietary assessment

Dietary intakes were assessed through a validated (FFQ) consisting of 178 food items which was modified version of a previously validated 168-item FFQ. Additional 10 questions relating to consumption of Yazd-specific food items were added to the original FFQ that were collected by trained interviewer [27, 28]. Participants were asked about the frequency and usual amount consumption of food items that were converted to grams using guidelines of household scales [29].

Phytochemical index calculation

The DPI was calculated based on the method developed by McCarty in 2004; $[(DPI = (\text{daily energy derived from phytochemical-rich foods (kcal)}/\text{total daily energy intake (kcal)}) \times 100]$. Fruits, vegetables, legumes, whole grains, nuts, soy products, seeds and extra virgin olive oil were considered as phytochemical-rich foods. Coffee and tea, as free energy sources, were not contributed. Potatoes were not included as vegetables because of their low phytochemicals content. Natural fruit and vegetable juices as well as tomato sauces were included in the fruit and vegetable groups because of their high phytochemical content [16, 17, 22].

Anthropometric assessments

Weight was measured using Omron BF-511 portable digital scales to the nearest 0.1 kg with minimum clothing and in standing position on scale. Height was measured using tape measure on a straight wall to the nearest 0.1 cm, in a standing position without shoes by touching shoulders, buttocks and heels to the wall and head in Frankfurt position. Waist circumference (WC) was measured to the nearest 0.5 cm using non-stretch tape meter, while it is middle of the iliac crown and lowest rib in the standing position. Also, hip circumference was measured from the largest part of the buttocks with an accuracy 0.5 cm. Body mass index (BMI) is calculated by dividing weight (kg) to the square of height (m²).

Physical activity assessment

International Physical Activity Questionnaire (IPAQ) was used to determine physical activity level. This Questionnaire based on Metabolic Equivalent (MET) categorizes study population into three groups of sedentary, moderate and active [30].

Diagnosis of metabolic syndrome

MetS was diagnosed according to National Cholesterol Education Program Adult Treatment Panel III (NCEP ATP III). Participants who had at least three of following criteria were diagnosed as participant with MetS: Serum triglycerides ≥ 150 mg/dL, Serum high-density lipoprotein cholesterol (HDL-C) < 40 mg dL for men and HDL-C < 50 mg/dL for women, Fasting blood glucose ≥ 100 mg/dL, Blood pressure $\geq 130/85$ mmHg and Waist circumference ≥ 102 cm for men and > 88 cm for women [31].

Laboratory measurements:

Laboratory measurements included of fasting blood glucose, HDL-C and triglycerides were measured according to a standard laboratory protocol using Pars Azmoon kits (Tehran, Iran) and calibrated Ciba Corning (Switzerland) auto-analysers.

Assessment of other variables:

Blood pressure was measured in a sitting position three times with a 5-min interval between each measurement. Other data including age, gender, marital status, education, job status and history of chronic diseases were collected through self-administered questionnaire.

Statistical analysis

DPI was categorized based on quartiles ranges. Characteristics of participants were compared throughout quartiles of DPI using one-way analysis for continuous variables and Chi-squared test for non-continuous. To estimate odds ratio and 95% confidence interval (OR (95%CI)) of MetS and its components in each quartile DPI and overall trend was used binary logistic regressions in crude and multivariable-adjusted models. These analyses were also conducted in two categories for BMI (≤ 24.9 and > 24.9 kg/m²) and sex (men and women) in crude and multivariable-adjusted models. Possible confounders which were considered in models were age (y), sex (men/women) and total energy intake (kcal/day) in the first model. Marital status (married/single/divorce/widowed), physical activity level (sedentary/moderate/active), smoking status (never/former/current), family history of chronic disease (yes/no), educational level (less than high school diploma/college/ university), job status (not employed/employed), house status (owner/not owner), family size (less than 4/more than five), house in square meters (less than 100 square meters/ between 100 to 200 square meters/more than 200 square meters), ethnicity (Native or non-native) in the second model. Along with other variables of the second model, BMI (kg/m²) was considered in the third model. Statistical analyses were performed by SPSS statistical software (version 23). P values less than 0.05 was statistically considered for significant level.

Results

General characteristics of the study participants across categories of DPI are shown in **Table 1**. Mean (SD) of DPI among the first, second, third and fourth quartiles categories was 12.5 (3.15), 19.4 (1.36), 24.53 (1.79) and 36.08 (9.2), respectively. Mean score of DPI in women and men was (23.2 and

23.05), respectively. There were no significant differences in BMI, WC, marital status, education, smoking, job status and physical activity levels across quartiles of DPI but age of participants was significant throughout quartiles ($p=0.04$). The prevalence of MetS and its components was not significantly different across quartiles of DPI except for abdominal obesity ($P=0.04$).

DPI and dietary intake:

Mean dietary intakes of participants across quartiles of DPI are provided in **Table 2**. Participants

in the upper quartile of DPI have higher intakes of whole grain, vegetables, fruits, legumes, nuts, vitamins C, vitamin A, folic acid, pantothenic acid, iron and potassium to compare with those in the bottom quartile (p for trend < 0.001). Participants in the highest DPI, have lower intake of energy, total fat, monounsaturated fatty acids (MUFA), saturated fatty acids (SFA), polyunsaturated fatty acids (PUFA), cholesterol, total fiber, vitamin E, zinc, calcium, magnesium (p for trend < 0.001). No significant difference was observed across quartiles of DPI for Docosahexaenoic acid (DHA) (p for trend = 0.68) and Eicosapentaenoic acid (EPA) (p for trend = 0.74). Also, mean consumption of coffee and tea was more in women, 423.37 ml/day vs 421.13 ml/day.

DPI and MetS and its components:

The odds ratio (95% CIs) of MetS and its components across quartiles of DPI are presented in **Table 3**. In the first model, after adjustment confounders, the risk of MetS (OR= 0.72, 95% CI= 0.55-0.93, $P=0.01$) and abdominal obesity (OR= 0.70, 95% CI= 0.53-0.93, $P=0.01$) significantly decreased in the second quartiles of DPI compared to the first. Also risk of abdominal obesity in the fourth quartiles of DPI compared to the first significantly decreased (OR=0.75, 95% CI=0.58-0.99, $P=0.04$). In the second model, the risk of MetS (OR=0.58, 95% CI=0.38-0.88, $P=0.01$) and elevated blood pressure (OR=0.59, 95% CI=0.38-0.92, $P=0.02$) significantly decreased in the second quartile of DPI compared to the first. In the third model, the risk of MetS (OR=0.63, 95% CI=0.41-0.96, $P=0.03$) and elevated blood pressure (OR=0.62, 95% CI=0.40 -0.96, $P=0.03$) significantly decreased in the second quartile of DPI compared to the first.

DPI and MetS and its components stratified by BMI:

Odds ratio (95% CIs) of MetS across different categories of DPI stratified by BMI are shown in **Table 4**. In subjects with normal BMI ($BMI \leq 24.9$), the risk of MetS significantly decreased in the second quartile of DPI compared to the first (OR=0.38, 95% CI=0.16-0.90, $P=0.02$) after adjustment for possible confounder. In subjects with high BMI ($BMI \geq 24.91$), higher intake of DPI was related with reduced risk of MetS (OR=0.71, 95% CI=0.52-0.99, $P=0.04$), after adjustment for age, sex and total energy intake. There was not any significant relationship between DPI and MetS or its components stratified by BMI (data are not shown).

DPI and MetS its components stratified by gender:

Odds ratio (95% CIs) of MetS across different categories of DPI stratified by sex are shown in **Table 5**. In women, after adjustment for confounders, risk of MetS significantly decreased in the highest quartile of DPI as compared to lowest (OR=0.44, 95%CI=0.24-0.80, $P=0.008$) and (OR=0.41, 95%CI=0.22-0.76, $P=0.005$). Men in second category of DPI after adjustment for confounders based on the second model, risk of MetS significantly reduced (OR=0.43, 95%CI=0.23-0.83, $P=0.01$). There was not any significant relationship between DPI and MetS or its components stratified by sex (data are not shown).

Discussion

Findings of present study indicated a reduction risk of high blood pressure and MetS with higher adherence to DPI after adjustment the wide range of possible confounder variables. Decrease the risk of abdominal obesity was associated higher DPI follow-up independent of variables including age, sex and total energy intake. Women with most conformity of DPI had lower odds of MetS and participants with normal BMI had lower risk of MetS in a higher DPI. These findings remained significant after full adjustment for confounders. Few studies have examined relationship between DPI with MetS and its risk factors. Therefore, this study aimed to investigate the relationship between DPI with odds of MetS and its components in a large sample of Iranian adults as Middle Eastern countries.

Findings of this study showed a diet with higher DPI were associated with less risk of high blood pressure and MetS. Former publications have manifested a higher amounts of vegetables and fruits [32, 33], whole grains [34, 35], nuts [36, 37], legume [38], is inversely associated with a reduction of hypertension. Another studies have shown that consumption of phytochemical abundant foods may prevent hypertension [39, 40]. Data of Korean adults aged ≥ 19 years discover higher intakes of phytochemical-rich foods are associated with a lower prevalence of MetS. These findings may be ascribed to synergistic effects of phytochemicals, variations their types and their antioxidant and anti-inflammatory properties [39-41]. A longitudinal study on adults stated an increasing energy intake from phytochemicals-rich foods precludes weight gain and adiposity [42]. Another cross-sectional study on 54 adults 18–30 years reported that DPI score was inversely related to WC (25). Protective role of phytochemicals against WC may be mediated by inhibitory role of some polyphenols in proliferation of pre-adipocytes, reduce adipogenesis, and stimulate lipolysis [43, 44]. In this study we found a significant reverse relationship between abdominal obesity and conformity DPI which was consistent with above studies but this relevance did not last long after further adjustments for confounders.

In the present study, one of the beneficial effects of highest compliance of DPI was reduced incidence of MetS in women. A cross sectional study showed a lower risk of the MetS among women with higher intakes of fruit and vegetables [45]. Another study, found moderate and high fruit intake

could alleviate MetS in women [46]. Some studies have also reported that phytochemicals that found in food sources could improve lipid metabolism in middle-aged women especially with menopause [47, 48]. Several possible mechanisms that could explain the inverse relationship between MetS and DPI in women include decrease plasma concentrations of C-reactive protein, protection of cellular components against oxidative stress and inflammation, modulate estrogen in women, inhibits blood coagulation and increased intake of antioxidant vitamins such as vitamin A and C [49-52].

A review study presented higher doses of phenolic compounds could have a beneficial effects on the risk factors of MetS (33). Laboratory studies indicated that phytochemicals by their structural diversities, bioavailability, distribution and metabolism can have various effects on human health [53, 54]. In our study, mean score of DPI and also consumption of coffee and tea in women was somewhat higher than men which can probably be attributed to alleviate risk of MetS according to aforesaid explanation.

Current study reveals that participants with normal BMI compare to high BMI had lower risk of MetS in a higher DPI consumption after full adjustment for confounders. Obesity and insulin resistance are among the most important risk factors of MetS [55]. Evidence has shown phytochemical compounds may act through regulate insulin production and secretion and protect pancreatic β -cells from oxidative stress and induction of GLUT4 membrane activity [56-58].

There is little research on whether different adherence of phytochemical-rich diet has various interactions in subjects stratified by gender and BMI hence, this finding needs to be confirmed with well-conducted studies.

This study had several strengths and limitations. Population-based design was the most important strength of this study. Dietary intakes were assessed with a validated questionnaire. A major limitation of cross-sectional design of this study was that it could not determine the direction of relations. Probability of not considering all possible confounder factors was another. Coffee and tea are rich sources phytochemicals that have not been considered. Dietary phytochemicals quality of participants in the same DPI was not determined in term of variations of intake foods containing phytochemicals. Few studies conducted on the relationship between DPI and MetS with its risk factors.

Conclusions

More adherence to phytochemical-valuable diet is probably related to reduced risk of MetS especially in women. Follow up of bottom categories of DPI also reduced odds of MetS and some cardio-metabolic risk factors. Therefore, more interventional studies are needed to discover causal relations and relevant underlying mechanisms.

Abbreviations

DPI: Dietary Phytochemical Index; MetS: metabolic syndrome ; YaHS: Yazd Health Study; TAMYZ: Taghzieh Mardom-e-YaZd; YNS: Yazd Nutrition Survey; FFQ: food frequency questionnaire; WC: Waist circumference; IPAQ : International Physical Activity Questionnaire; MUFA: monounsaturated fatty acids; SFA: saturated fatty acids; PUFA: polyunsaturated fatty acids; HDL-C : Serum high-density lipoprotein cholesterol ; FBS: Fasting blood glucose; DHA: Docosahexaenoic acid; EPA: Eicosapentaenoic acid ; BMI: Body mass index; MET: Metabolic Equivalent; SD: Standard Deviation.

Declarations

Acknowledgement:

We thank all the people who participated in this project and committees that supported the research.

Funding :

This research was funded by Shahid Sadoughi University of Medical Sciences (SSUMS).

Conflict of interest:

The authors declare that they have no Conflict of interest.

Authors' contribution:

AA and ZD prepared the proposal, wrote the manuscript and study analysis. MH conceived the idea and supervised the study.MM and AN contributed to the study design. All authors critically reviewed the manuscript and approved the final version submitted for publication.

Availability of data and materials:

The data set produced or analyzed in this study is not available to the public due to moral and cultural constraints, but is available at the request of the responsible author.

Ethics approval and consent to participate:

Written informed consent was obtained from all participants. Ethical approval was obtained from the Ethics Committee of Shahid Sadoughi University of Medical Sciences, No. 17/1/73941.

Consent for publication:

Not applicable.

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Tables

Table 1. General characteristics of the study participants according to quartiles of DPI; n= 2326								
P ^a	Q4	Total	Q1	Q2	Q3	Variables		
DPI [range]					<16.7	16.7-21.6	21.7-27.7	27.7 <
BMI [kg/m ²]			27.11 ± 4.99	26.88 ± 4.84	26.87 ± 4.96	27.25 ± 5.05	27.43 ± 5.08	0.14
WC[cm]			93.19 ±13.11	93 ±13.19	92.5 ± 13.1	93.1 ± 13.3	94.1 ± 12.7	0.2
Age; n (%)								0.04
20-29			452(19.6)	128(22.1)	112(19.3)	99(17.2)	113(19.6)	
30-39			494(21.4)	139(24)	119(20.5)	118(20.5)	118(20.5)	
40-49			567(24.5)	121(20.9)	149(25.7)	169(29.3)	128(22.2)	
50-59			457(19.8)	106(18.3)	123(21.2)	103(17.9)	125(21.7)	
60-69			342(14.8)	85(14.7)	77(13.3)	87(15.1)	93(16.1)	
Sex; n (%)								0.93
Male			1097(47.3)	270(46.7)	273(47)	281(48.4)	273(47.2)	
Female			1220(52.7)	308(53.3)	308(53)	299(51.6)	305(52.8)	
Marital status; n (%)								0.62
Married			2004(86.6)	510(88.1)	494(85.6)	508(87.6)	492(85)	
Single			227(9.8)	48(8.3)	63(10.9)	54(9.3)	62(10.7)	
Divorced or widowed			84(3.6)	21(3.6)	20(3.5)	18(3.1)	25(4.3)	
Physical activity; n (%)								0.62
Sedentary			688(30.9)	170(30.4)	170(30.4)	181(32.1)	167(30.6)	
Moderate			809(36.3)	211(37.7)	189(33.8)	210(37.3)	199(36.4)	
Active			730(32.8)	178(31.8)	200(35.8)	172(30.6)	180(33)	
Education; n (%)								0.62
Lower than diploma			1234(53.5)	301(52.5)	304(52.7)	324(56.2)	305(52.8)	
High school diploma			700(30.4)	182(31.7)	180(31.2)	164(28.5)	174(30.2)	
Smoking; n (%)								0.75
Never and former			2074(91.6)	531(93)	519(91.7)	512(90.1)	512(91.7)	
Current			189(8.4)	40(7)	47(8.3)	56(9.9)	46(8.2)	
Job status; n (%)								0.86
Not employed			1373(59.7)	347(60)	338(59)	339(58.9)	349(61)	
Employed			926(40.3)	231(40)	235(41)	237(41.1)	223(39)	
Chronic diseases family history; n (%)								0.49
No			654(33.6)	141(44.8)	124(39.4)	124(41.1)	115(39.7)	
Yes			1292(66.4)	174(55.2)	191(60.6)	178(58.9)	175(60.3)	
Metabolic syndrome; n (%)			1005(45.2)	227(41)	255(45.5)	253(45.3)	270(49.2)	0.05
Abdominal obesity; n (%)			1025(44.5)	237(41.1)	257(44.4)	249(43.2)	282(49.2)	0.04
Elevated blood pressure; n (%)			559(26.8)	126(22.6)	154(27.4)	157(27.9)	162(29.2)	0.06
Hypertriglyceridemia; n(%)			1423(61.2)	368(63.3)	343(58.9)	349(60)	363(62.5)	0.36
Low serum HDL-C; n (%)			813(35.1)	209(36.2)	207(35.6)	207(35.7)	190(32.9)	0.63

High serum FBS; n (%)	718(30.9)	175(30.1)	178(30.6)	185(31.8)	180(31)	0.93
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Abbreviations: BMI= Body mass index, WC = waist circumference, DPI= dietary phytochemical index, Q= quartile, HDL-C= High- density lipoprotein cholesterol, SD= Standard deviation. FBS= fasting blood sugar.

Data are shown mean \pm SD for BMI, WC.

Data are shown n (%) for all categorical variables. pvalue from ANOVA for continuous variables and Chi – square test for categorical.

^aP values < 0.05 were considered significant.

Table 2. Mean dietary intake of participants by categories of DPI; n=2326											
p ^a	Q4		Q3		Q2		Q1		Total		
	SD	mean									
<0.001	9.2	36.08	1.79	24.53	1.36	19.4	3.15	12.5	9.95	23.13	Dietary PI
<0.001	1157.02	2789.73	1110.39	2495.22	1219.47	2650.68	1440.08	3520.42	1298.27	2863.76	Energy intake(kca/day)
<0.001	55.18	111.65	46.91	102.37	57.99	107.93	69.13	133.26	58.98	113.8	Protein(g/day)
<0.001	184.49	403.52	160.65	345.38	177.14	363.92	277.58	498.40	213.28	402.76	Carbohydrate(g/day)
<0.001	54.41	96.24	52.12	92.27	59.99	101.80	93.97	156.78	72.15	111.76	Total Fat(g/day)
<0.001	248.73	337.64	261.88	352.21	325.27	385.51	578.68	501.18	382.97	394.11	Cholesterol(mg/day)
<0.001	13.29	26.38	13.60	26.84	16.17	29.47	23.15	41.75	18.12	31.11	SFA (g/day)
<0.001	18.16	29.13	17.59	28.07	21.08	31.65	32.36	48.61	24.52	34.36	MUFA (g/day)
<0.001	24.98	28.85	15.67	23.20	20.29	25.40	31.02	36.71	24.21	28.54	PUFA (g/day)
<0.001	0.05	0.02	0.07	0.02	0.1	0.02	0.09	0.02	0.08	0.02	EPA(mg/day)
<0.001	0.14	0.06	0.19	0.07	0.26	0.07	0.25	0.07	0.21	0.07	DHA(mg/day)
<0.001	20.31	29.71	22.51	24.48	15.83	22.83	33.24	33.70	24.21	27.68	Total Fiber(g/day)
<0.001	10.67	10.02	10.44	10.52	11.20	11.49	12.92	12.43	11.38	11.12	Vitamin E (mg/day)
<0.001	55.62	34.57	18.52	20.07	27.55	19.77	15.64	19.11	33.91	23.38	Vitamin A (RAE/day)
<0.001	1.04	1.18	2.33	1.48	1.73	1.46	3.67	1.85	2.40	1.49	Vitamin D(µg/day)
<0.001	182.90	152.70	175.61	160.26	224.99	160.03	349.82	191.19	243.82	166.04	Vitamin K(µg/day)
<0.001	269.46	279.43	142.61	202.85	135.30	182.77	111.82	164.09	181.14	207.27	Vitamin C(mg/day)
<0.001	.96	2.35	.84	2.06	.89	2.08	1.13	2.32	0.97	2.20	VitaminB1(mg/day)
<0.001	.99	2.23	.99	2.14	1.09	2.22	1.42	2.82	1.17	2.35	VitaminB2(mg/day)
<0.001	12.62	27.99	12.40	25.2	13.39	26.56	20.24	33.71	15.35	28.36	VitaminB3(mg/day)
<0.001	1.27	2.47	1.26	2.2	1.38	2.32	1.80	2.95	1.47	2.50	VitaminB6(mg/day)
<0.001	257.21	431.26	169.03	341.72	200.11	336.60	194.99	377.25	211.10	371.68	Folic acid(µg/day)
<0.001	6.02	5.1302	4.33	5.42	5.75	6.07	7.01	7.51	5.92	6.03	VitaminB12(µg)
<0.001	4.40	7.28	2.73	6.04	2.69	5.87	3.12	6.61	3.35	6.45	Pantothenic (mg/day)
<0.001	14.73	22.73	13.02	21.07	12.63	20.88	26.04	23.70	17.52	22.09	Biotin(mg/day)
<0.001	416.80	957.90	459.49	916.33	437.01	913.69	603.06	1062.17	488.02	962.48	Calcium (mg/day)
<0.001	182.63	362.64	154.04	307.91	165.64	308.04	176.91	363.17	172.25	335.41	Magnesium(mg/day)
<0.001	2536.55	4629.36	1869.87	3810.11	1823.79	3652.56	1950.44	4197.37	2098.04	4072.06	Potassium(mg/day)
<0.001	5.67	11.98	4.71	10.77	5.63	11.17	7.05	13.66	5.93	11.90	Zinc (mg/day)
<0.001	81.72	52.29	44.42	39.77	44.58	38.99	46.98	38.28	56.92	42.33	Fe(mg/day)
<0.001	745.9	855.89	418.80	604.30	356.73	495.06	264.58	386.67	512.03	585.45	Fruits(g/day)
<0.001	267.4	253.82	297.83	215.69	158.86	196.85	235.6	198.7	246.33	216.26	Vegetables (g/day)
<0.001	83.09	58.55	36.19	44.11	38.98	40.95	59.78	45.42	58.01	47.25	Legumes (g/day)
<0.001	49.18	31.01	22.16	18.02	20.59	17.21	34.20	25.84	34.01	23.01	Nuts (g/day)
<0.001	92.54	99.11	59.27	77.01	51.01	68.66	53.29	49.41	68.49	73.55	Whole grains (g/day)

DPI= dietary phytochemical index, Q= quartile.

Data are shown mean ± SD for all dietary intakes .

^aPvalues from ANOVA and < 0.05 were considered significant.

Abbreviations: MUFA= mono-unsaturated fatty acid, PUFA= poly-unsaturated fatty acid, SFA= saturated fatty acid,

Table 3. ORs (95% CIs) for metabolic syndrome and its components according to quartiles of DPI; n= 2326					
	Q1	Q2	Q3	Q4	P for trend
Metabolic syndrome					
Crude	1(ref.)	0.71 (0.56 - 0.91) P=0.006	0.86(0.68-1.09) P=0.20	0.85(0.67-1.08) P=0.20	0.01
Model 1 ^a	1(ref.)	0.72 (0.55-0.93) P=0.01	0.88 (0.68-1.13) P=0.32	0.88(0.68-1.13) P=0.33	0.02
Model 2 ^b	1(ref.)	0.58 (0.38-0.88) P=0.01	0.9 (0.6-1.33) P=0.59	0.79(0.53-1.18) P=0.26	0.02
Model 3 ^c	1(ref.)	0.63 (0.41-0.96) P= 0.03	0.92 (0.61-1.39) P=0.72	0.78(0.51-1.17) P=0.23	0.08
Abdominal obesity					
Crude	1(ref.)	0.72(0.57-0.91) P=0.006	0.82(0.65-1.03) P=0.10	0.78(0.62-0.98) P=0.03	0.01
Model 1 ^a	1(ref.)	0.70(0.53-0.93) P=0.01	0.81(0.62-1.07) P=0.1	0.75(0.58-0.99) P=0.04	0.03
Model 2 ^b	1(ref.)	0.66(0.42-1.02) P=0.06	0.82(0.54-1.25) P=0.36	0.83(0.54-1.26) P=0.38	0.08
Model 3 ^c	1(ref.)	0.74(0.43-1.27) P=0.28	0.86(0.51-1.44) P=0.58	0.73(0.43-1.23) P=0.24	0.41
Elevated blood pressure					
Crude	1(ref.)	1.28(0.98-1.69) P=0.06	1.32(1.01-1.73) P=0.04	1.41(1.07-1.85) P=0.01	0.01
Model 1 ^a	1(ref.)	1.28(0.95-1.72) P=0.09	1.32(0.98-1.77) P=0.06	1.35(1.01-1.81) P=0.03	0.05
Model 2 ^b	1(ref.)	0.59(0.38-0.92) P=0.02	0.81(0.53-1.22) P=0.31	0.96(0.64-1.45) P=0.87	0.01
Model 3 ^c	1(ref.)	0.62(0.40-0.96) P=0.03	0.83(0.55-1.26) P=0.39	0.96(0.63-1.45) P=0.84	0.03
High serum hypertriglyceridemia					
Crude	1(ref.)	0.83(0.65-1.05) P=0.12	0.86(0.68-1.09) P=0.23	0.96(0.76-1.22) P=0.76	0.86
Model 1 ^a	1(ref.)	0.99(0.77-1.27) P=0.94	0.83(0.65-1.06) P=0.14	0.86(0.68-1.1) P=0.25	0.8
Model 2 ^b	1(ref.)	1.38(0.94-2.02) P=0.09	1.2(0.83-1.73) P=0.31	0.99(0.69-1.44) P=0.99	0.05
Model 3 ^c	1(ref.)	1.33(0.9-1.96) P=0.14	1.16(0.8-1.68) P=0.42	0.99(0.68-1.45) P=0.99	0.1
Low serum HDL-C					
Crude	1(ref.)	1.15(0.9-1.47) P=0.24	1.13(0.88-1.44) P=0.32	1.13(0.88-1.44) P=0.31	0.27
Model 1 ^a	1(ref.)	1.16(0.9-1.5) P=0.23	1.12(0.87-1.44) P=0.34	1.15(0.9-1.48) P=0.24	0.27

Model 2 ^b	1(ref.)	1.04(0.7-1.55) P=0.82	1.1(0.75-1.6) P=0.62	1.06(0.72-1.56) P=0.75	0.78
Model 3 ^c	1(ref.)	1.05(0.7-1.55) P=0.80	1.09(0.75-1.6) P=0.63	1.06(0.72-1.56) P=0.75	0.77
High serum FBS					
Crude	1(ref.)	0.96(0.74-1.23) P=0.75	0.98(0.76-1.25) P=0.88	1.03(0.81-1.33) P=0.76	0.65
Model 1 ^a	1(ref.)	1.02(0.78-1.34) P=0.84	1.02(0.79-1.33) P=0.84	1.08(0.83-1.41) P=0.53	0.94
Model 2 ^b	1(ref.)	0.91(0.6-1.37) P=0.66	0.91(0.61-1.35) P=0.65	1.09(0.73-1.62) P=0.66	0.48
Model 3 ^c	1(ref.)	0.94(0.62-1.42) P=0.77	0.92(0.62-1.38) P=0.71	1.08(0.72-1.6) P=0.70	0.59

Abbreviations: OR= odds ratio; CIs= confidence intervals; DPI= dietary phytochemical index, Q= quartile. HDL-C= High- density lipoprotein cholesterol, FBS= fasting blood sugar.

Multivariable logistic regression models were used with adjustment of potential confounders.

P for trend to evaluate general trend of odds, DPI of quartiles as ordinal variable was used in logistic regression models

^a Adjusted for age, sex and energy intake (Kcal/day), ^b Additional adjustment for marriage status (married/single/divorce or widowed), physical activity (sedentary/moderate/active), education level (less than high school diploma/college/ university), Smoking (never or former, current), job status (Not employed, employed), house status (owner, not owner), family size(less than 4, more than five), house in meters (less than 100 meters, between 100 to 200 meters, more than 200 metres), ethnicity (yazdi or not from yazd), disease history (yes/ no). ^c Additional adjustment for BMI (kg/m²).

Table 4. ORs (95% CIs) for metabolic syndrome according to quartiles of DPI stratify by BMI; n= 2326					
Stratify of BMI	Q1	Q2	Q3	Q4	P for trend
BMI≤24.9					
Crude	1(ref.)	0.79(0.49-1.27) P=0.33	1(0.63-1.59) P=0.98	0.78(0.48-1.27) P=0.33	0.56
Model 1 ^a	1(ref.)	0.79(0.48-1.29) P=0.35	0.96(0.6-1.55) P=0.88	0.79(0.48-1.3?) P=0.35	0.54
Model 2 ^b	1(ref.)	0.38(0.16-0.90) P=0.02	0.96(0.44-2.07) P=0.92	0.98(0.44 -2.17) P=0.96	0.03
BMI>24.9					
Crude	1(ref.)	0.71(0.53-0.95) P=0.02	0.85(0.63-1.14) P=0.29	0.89(0.66-1.2) P=0.46	0.02
Model 1 ^a	1(ref.)	0.71(0.52-0.99) P=0.04	0.87(0.64-1.19) P=0.4?	0.89(0.65-1.22) P=0.5	0.05
Model 2 ^b	1(ref.)	0.76(0.46-1.25) P=0.29	0.95(0.59-1.53) P=0.84	0.75(0.46-1.21) P=0.24	0.48

Abbreviations: OR= odds ratio; CIs= confidence intervals; DPI= dietary phytochemical index, Q= quartile.

Multivariable logistic regression models were used with adjustment of potential confounders.

P for trend to evaluate general trend of odds, DPI of quartiles as ordinal variable was used in logistic regression models

^a Adjusted for age, sex and energy intake (Kcal/day), ^b Additional adjustment for marriage status (married/single/divorce or widowed), physical activity (sedentary/moderate/active), education level (less than high school diploma/college/ university), Smoking (never or former, current), job status (Not employed, employed), house status (owner, not owner), family size (less than 4, more than five), house in meters (less than 100 meters, between 100 to 200 meters, more than 200 metres), ethnicity (yazdi or not from yazd), disease history (yes/ no).

Table 5. ORs (95% CIs) for metabolic syndrome according to quartiles of DPI stratify by gender; n=2326					
Stratify of sex	Q1	Q2	Q3	Q4	P for trend
Male					
Crude	1(ref.)	0.72(0.49-1.05) P=0.09	1.04(0.72-1.49) P=0.83	1.03(0.72-1.48) P=0.83	0.12
Model 1 ^a	1(ref.)	0.71(0.48-1.06) P=0.09	1(0.69-1.44) P=0.99	1.02(0.71-1.48) P=0.88	0.12
Model 2 ^b	1(ref.)	0.43(0.23-0.83) P=0.01	1.25(0.71-2.19) P=0.42	1.28(0.72-2.26) P=0.39	0.02
Model 3 ^c	1(ref.)	0.54(0.27-1.07) P=0.08	1.39(0.77-2.51) P=0.27	1.36(0.74-2.4) P=0.31	0.15
Female					
Crude	1(ref.)	0.66(0.47-0.92) P=0.01	0.72(0.51-1) P=0.05	0.73(0.52-1.02) P=0.06	0.02
Model 1 ^a	1(ref.)	0.75(0.52-1.09) P=0.13	0.82(0.58-1.17) P=0.29	0.79(0.55-1.13) P=0.19	0.18
Model 2 ^b	1(ref.)	0.76(0.41-1.04) P=0.38	0.64(0.35-1.17) P=0.15	0.44(0.24-0.80) P=0.008	0.74
Model 3 ^c	1(ref.)	0.74(0.4-1.38) P=0.35	0.62(0.34-1.14) P=0.12	0.41(0.22-0.76) P=0.005	0.70

Abbreviations: OR= odds ratio; CIs= confidence intervals; DPI= dietary phytochemical index, Q= quartile.

Multivariable logistic regression models were used with adjustment of potential confounders.

P for trend to evaluate general trend of odds, DPI of quartiles as ordinal variable was used in logistic regression models

^a Adjusted for age, sex and energy intake (Kcal/day). ^b Additional adjustment for marriage status (married/single/divorce or widowed), physical activity (sedentary/moderate/active), education level (less than high school diploma/college/ university), Smoking (never or former, current), job status (Not employed, employed), house status (owner, not owner), family size (less than 4, more than five), house in meters (less than 100 meters, between 100 to 200 meters, more than 200 metres), ethnicity (yazdi or not from yazd), disease history (yes/ no). ^c Additional adjustment for BMI (kg/m²).