

Table 1. Anthropometric and clinical data of the participants at baseline and one year after the intervention [mean (SD)], unless otherwise stated) (n=125)

Characteristic	Baseline	1 yr after	Difference (Baseline-1 year after)	P
Weight (kg)	89.1 (13.4)	88.1 (13.6)	1.0 (4.8)	0.025
BMI (kg/m ²)	32.1 (4.2)	31.6 (4.0)	0.5 (2.1)	0.015
Waist circumference (cm)	103.0 (11.0)	102.7 (10.6)	0.3 (6.8)	0.599
BP (mmHg)				
Systolic	129.8 (15.8)	126.7 (18.0)	3.1 (15.8)	0.029
Diastolic	78.8 (11.4)	79.9 (10.5)	-1.1 (13.6)	0.361
Glucose fasting (mg/dL)	104.7 (11.3)	103.9 (24.1)	0.8 (24.2)	0.699
Glucose 2 hrs (mg/dL)	118.4 (32.3)	122.2 (52.2)	-3.8 (48.3)	0.384
Total cholesterol (mg/dL)	228.1 (34.1)	214 (36.9)	14.1 (38.2)	<0.001
Triglycerides (mg/dL) (median)	112.0	109.5	-2.5	0.857
HDL-C (mg/dL)	49.8 (8.5)	49.8 (8.2)	0.0 (2.9)	0.925
LDL-C (mg/dL)	154.2 (30.5)	139.4 (35.4)	14.8 (35.1)	<0.001
IDS	15.8 (2.9)	16.6 (3.1)	-0.8 (3.0)	0.003
Exercise at work and leisure (min/day)	37.2 (28.3)	34.1 (25.8)	3.1 (31.4)	0.325
MS (%)	63.4 (48.4)	54.8 (50.0)	8.6 (55.4)	<0.001

BMI: Body Mass Index; BP: Blood Pressure; HDL: High Density Lipoprotein; LDL: Low Density Lipoprotein; IDS: Intervention's Dietary Score; MS: Metabolic syndrome.