ACCSCIENCE PUBLISHING

Orthopedics and Tissue Engineering

ORIGINAL RESEARCH ARTICLE

Association between adherence to the Mediterranean diet and sarcopenia among US adults: A cross-sectional study

Supplementary File

Table S1. Relationship between the Mediterranean diet and sarcopenia after excluding BMI<15kg/m² and>50kg/m²

Model	OR (95%CI)			*p*-value
	Tertile 1	Tertile 2	Tertile 3	
1	Ref.	0.76 (0.60–0.96)	0.53 (0.39–0.73)	<0.001
2	Ref.	0.75 (0.50–0.97)	0.52 (0.38–0.70)	<0.001
3	Ref.	0.79 (0.54–1.14)	0.45 (0.28–0.91)	0.005

Notes: Model 1 was unadjusted. Model 2 was adjusted for age, data released cycle, gender, ethnicity, education, marital status, and PIR. Model 3 was adjusted for the covariates in model 2 in addition to smoking status, physical activity, hypertension, diabetes, and BMI.
Abbreviations: BMO: Body mass index; OR: Odds ratio; PIR: Ratio of family income to poverty; Ref.: Reference.

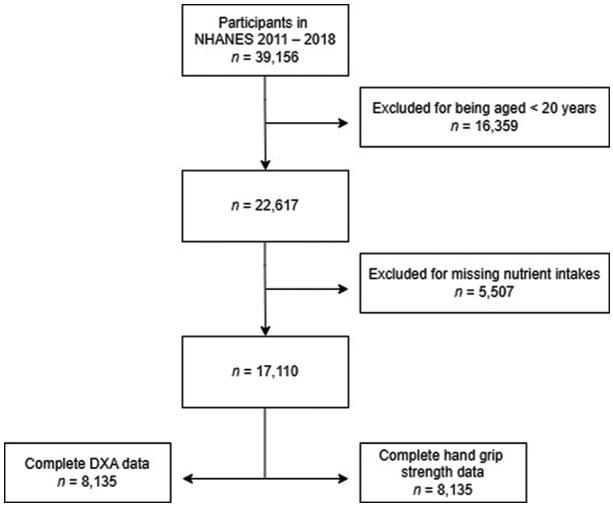

Figure S1. Study inclusion flow chart
Abbreviations: DXA: Dual-energy X-ray absorptiometry; NHANES: National health and nutrition examination survey.