

**Table 3 Association between inflammatory markers and lifestyle factors**

Lifestyle factor	C-reactive protein		Interleukin-6	
	<i>r</i>	<i>P</i>	<i>r</i>	<i>P</i>
BMI	0.18	0.011	0.02	0.659
Fat mass	0.23	0.002	0.07	0.281
Body fat	0.27	0.000	0.09	0.205
Carbohydrate	0.19	0.009	0.15	0.034
Protein	0.10	0.098	0.13	0.076
Fat	0.03	0.598	-0.01	0.822
SFA	0.20	0.005	0.15	0.034
MUFA	-0.13	0.060	-0.11	0.110
PUFA	-0.13	0.069	-0.07	0.275
Glycaemic index	0.06	0.400	0.09	0.180
Glycaemic load	0.11	0.133	0.15	0.030
Smoking	0.20	0.000	0.06	0.640
Physical activity	0.11	0.109	0.10	0.099

*BMI = body mass index; SFA = saturated fatty acid; MUFA = monounsaturated fatty acid; PUFA = polyunsaturated fatty acid.*