

Table 1 Distribution of demographic and dietary characteristics among cases with incident type 2 diabetes and their matched controls (2006–2008 and 2009–2011 Tehran Lipid and Glucose Study surveys)

Characteristic	Cases (n = 187)		Controls (n = 374)		P-value
	Mean	SD	Mean	SD	
Age (years)	51.0	13.0	50.8	12.7	0.871
Body mass index (kg/m ²)	30.8	5.7	28.4	4.9	< 0.001
Waist circumference (cm)	101.2	12.4	94.7	11.9	< 0.001
Total fibre (g)	46.5	32.5	44.0	21.6	0.343
Glycaemic load	158.0	68.1	158.0	8.4	0.997
TFA (% of energy)	0.69	0.66	0.73	0.62	0.526
MUFA (% of energy)	25.5	11.5	25.2	10.3	0.219
PUFA (% of energy)	16.1	9.8	15.3	7.0	0.061
MDS score	4.04	1.53	4.02	1.49	0.874
Vegetables (g/day)	312	186	318	184	0.535
Legumes (g/day)	34	32	36	38	0.130
Fruits and nuts (g/day)	423	346	448	376	0.531
Cereals (g/day)	431	204	415	186	0.213
Fish (g/day)	10	12	11	15	0.196
Meat and poultry (g/day)	48	35	48	43	0.880
Dairy (g/day)	399	251	418	257	0.658
MUFA to SFA ratio	1.1	0.29	1.0	0.25	0.013
		%		%	
Male (%)		42.8		42.2	0.904
Smoking (%)					
Non-smoker		81.8		79.1	0.560
Past smoker		7.5		7.0	
Smoker		10.7		13.9	
Education (%)					
Primary and under		21.9		24.9	0.558
Guidance school		13.9		15.5	
High school		50.3		43.9	
University		13.9		15.8	
Hypertension (%)		44.9		29.1	< 0.001
Hypercholesterolaemia (%)		57.2		42.8	0.002

SD = standard deviation; TFA = trans-fatty acid; MUFA = monounsaturated fatty acid; PUFA = polyunsaturated fatty acid; MDS = Mediterranean Diet Scale; SFA = saturated fatty acid.