

Table 4 Association between adherence to a Mediterranean diet and functional constipation: conditional logistic regression analysis

| Adherence | OR (95% CI)^a | OR (95% CI)^b |
|----------------------------|--------------------------------|--------------------------------|
| Low (≤ 3) | Ref | Ref |
| Moderate (4–7) | 0.74 (0.54–1.05) | 0.71 (0.51–1.00) |
| High (≥ 8) | 0.38 (0.23–0.65) | 0.35 (0.22–0.59) |
| Continuous OR ^c | 0.86 (0.81–0.86) | 0.84 (0.78–0.91) |

OR= odds ratio; CI= confidence interval; Ref= reference category.

^aAdjusted for age and sex.

^bAdjusted for age, sex, body mass index, maternal and paternal educational level and socioeconomic status of family.

^cFor an increase of 1 point in the KIDMED score.