

Table S1. Univariate linear and logistic regression of AGE in KTRs.

	Univariate logistic regression (severe vs mild to moderate CV risk based on AGE)			Univariate linear regression with AGE		
	OR	95% CI	P	Beta	SE	P
Age	1.09	1.05-1.14	0.000	0.033	0.006	0.000
Sex (men)	1.34	0.53-3.41	0.536	0.217	0.200	0.282
Transplantation yrs	1.07	0.98-1.16	0.140	0.011	0.017	0.524
Dialysis type (HD)	5.47	1.86-16.1	0.002	0.438	0.220	0.050
Dialysis type (PD+HD)	5.00	1.14-21.86	0.033	0.416	0.289	0.153
Dialysis yrs	1.17	0.98-1.41	0.085	0.068	0.025	0.007
Smoking status	1.1	0.57-2.14	0.778	-0.071	0.159	0.654
COMORBIDITIES						
AH (yes)	1.56	0.24-9.91	0.640	0.445	0.419	0.291
DM (yes)	2.05	0.61-6.86	0.246	0.342	0.231	0.143
CVD (yes)	2.15	0.71-6.56	0.177	0.648	0.206	0.002
CVA (yes)	1.20	0.29-4.95	0.798	0.001	0.296	0.996
eGFR cat (yes)	5.09	1.85-14	0.002	0.837	0.197	0.000
LABORATORY PARAMETERS						
Alb	0.93	0.79-1.1	0.416	-0.043	0.035	0.221
Ca	0.15	0.01-2.43	0.180	-0.355	0.483	0.464
CRP	1.11	0.96-1.28	0.146	0.069	0.021	0.002
E	0.99	0.5-1.97	0.987	0.034	0.146	0.815
GUP	1.01	0.67-1.5	0.979	0.014	0.086	0.867
Hb	1.00	0.97-1.03	0.991	0.000	0.006	0.941
K	1.21	0.43-3.4	0.721	-0.003	0.220	0.989
Cholesterol	1.00	0.61-1.62	0.992	-0.161	0.105	0.131
Creatinin	1.01	1-1.02	0.103	0.003	0.002	0.099
LDL	1.13	0.65-1.95	0.667	-0.112	0.117	0.344
MCV	1.01	0.94-1.1	0.747	0.006	0.017	0.724
Na	1.10	0.9-1.34	0.351	0.005	0.043	0.910
P	0.47	0.05-4.41	0.505	-0.780	0.484	0.111
Tgl	0.73	0.44-1.19	0.207	-0.085	0.108	0.430
Urate	1.00	1-1.01	0.385	0.003	0.001	0.023
Urea	1.20	1.04-1.38	0.010	0.062	0.020	0.003
eGF	0.97	0.94-0.99	0.006	-0.015	0.004	0.001
ANTHROPOMETRIC PARAMETERS						
Height	0.99	0.94-1.04	0.673	-0.008	0.010	0.420
Weight	0.98	0.95-1.01	0.255	-0.011	0.006	0.084
BMI	0.93	0.83-1.05	0.235	-0.041	0.025	0.103
Overweight	1.45	0.47-4.5	0.521	-0.042	0.230	0.854
Obese	0.40	0.11-1.44	0.160	-0.346	0.288	0.233
UpperArm circ.	1.01	0.95-1.07	0.729	-0.007	0.008	0.427
Waist circ.	1.00	0.96-1.04	0.849	-0.005	0.007	0.504
WHtR	1.51	0-2935.04	0.915	-0.274	1.268	0.829
BODY COMPOSITION PARAMETERS						

Fat mass (kg)	0.95	0.89-1	0.059	-0.020	0.012	0.086
Fat mass (%)	0.95	0.9-1.01	0.089	-0.018	0.012	0.135
Fat free mass (kg)	1.00	0.96-1.04	1.000	-0.003	0.009	0.715
Visceral fat	1.09	0.95-1.24	0.204	0.030	0.027	0.286
Metabolic age	1.04	1-1.08	0.040	0.013	0.008	0.112
Muscle mass (kg)	1.00	0.96-1.04	0.998	-0.003	0.009	0.715
Skeletal muscle mass (kg)	1.00	0.94-1.06	0.908	-0.004	0.013	0.747
Skeletal muscle mass (%)	1.06	0.97-1.14	0.182	0.019	0.016	0.257
Phase angle	0.50	0.26-0.97	0.041	-0.290	0.134	0.034
Trunk visceral fat	0.90	0.82-0.99	0.035	-0.059	0.019	0.003

MEDITERRANEAN DIET

MDSS	1.00	0.88-1.14	0.999	0.005	0.028	0.849
MDSS cat (yes)	1.88	0.37-9.55	0.445	0.285	0.306	0.355
Fruits (yes)	1.24	0.46-3.34	0.666	0.180	0.208	0.391
Vegetables (yes)	1.55	0.45-5.32	0.482	0.090	0.248	0.718
Cereals (yes)	0.43	0.17-1.1	0.079	-0.196	0.198	0.324
Potato (yes)	0.58	0.17-1.98	0.389	-0.424	0.238	0.079
Olive oil (yes)	0.70	0.26-1.89	0.486	-0.106	0.217	0.627
Nuts (yes)	2.75	0.56-13.41	0.211	0.655	0.266	0.016
Dairy (yes)	1.42	0.54-3.74	0.473	0.083	0.211	0.693
Beans (yes)	0.70	0.27-1.84	0.473	0.082	0.211	0.700
Eggs (yes)	0.70	0.27-1.84	0.473	-0.052	0.211	0.808
Fish (yes)	0.94	0.37-2.38	0.888	-0.115	0.201	0.571
White meat (yes)	0.60	0.22-1.58	0.298	-0.192	0.214	0.372
Red meat (yes)	2.14	0.78-5.86	0.139	-0.048	0.203	0.816
Sweets (yes)	3.68	1.39-9.73	0.009	0.223	0.199	0.265
Alcohol (yes)	1.12	0.32-3.97	0.858	-0.007	0.267	0.979
Fruits freq	1.26	0.71-2.25	0.431	-0.049	0.119	0.681
Vegetables freq	1.06	0.66-1.7	0.817	0.025	0.102	0.807
Cereals freq	1.03	0.61-1.73	0.912	-0.083	0.111	0.453
Potato freq	0.99	0.7-1.4	0.953	-0.066	0.074	0.379
Olive oil freq	1.04	0.78-1.4	0.780	-0.030	0.062	0.626
Nuts freq	1.09	0.85-1.41	0.487	-0.052	0.055	0.347
Dairy freq	0.96	0.72-1.28	0.769	-0.046	0.063	0.467
Beans freq	1.26	0.88-1.81	0.211	0.035	0.078	0.657
Eggs freq	1.18	0.82-1.68	0.370	-0.006	0.077	0.937
Fish freq	0.97	0.65-1.44	0.865	-0.038	0.085	0.661
White meat freq	1.12	0.77-1.64	0.546	-0.030	0.081	0.715
Red meat freq	1.28	0.89-1.85	0.181	0.042	0.076	0.580
Sweets freq	1.36	1.05-1.75	0.018	0.025	0.050	0.616
Alcohol freq	1.09	0.86-1.38	0.478	0.013	0.052	0.804

Abbreviations: CV—cardiovascular, PD—peritoneal dialysis, HD—hemodialysis, AGE—advanced glycation end products, AH—arterial hypertension, DM—diabetes mellitus, CVD—cardiovascular disease, CVA—cerebrovascular disease, eGFR—estimated glomerular filtration rate using CKD-EPI (mL/min/1.73m²), Alb—serum albumin (g/L), Ca—calcium (mmol/L), CRP—C-reactive protein (mg/L), E—erythrocyte count, GUP—glucose (mmol/L), Hb—haemoglobin (g/L), K—potassium (mmol/l), LDL—low-density lipoprotein cholesterol (mmol/L),

MCV—mean cellular volume (fL), Na—sodium (mmol/L), P—phosphates (mmol/L), Tgl—triglycerides (mmol/L), BMI—body mass index, circ—circumference, WHtR—waist to height ratio, MDSS—Mediterranean Diet Serving Score, freq- frequency ranged from 1 to 7 where 1 denotes “consumed with every meal”, while 7 denotes “consumed rarely or never”, CI—confidence interval, SE—standard error, OR—odds ratio.