

Table 2a. Descriptive statistics (mean and SD) for age, anthropometric, dietary, hormonal variables and comparison between cases and controls

Variable	Patients Mean (SD)	Controls Mean (SD)	p-value Student's t-test
Age (years)	62 (13.60)	61 (14.10)	matched variable
BMI (kg/m ²)	27.5 (3.28)	27.7 (4.37)	0.69
WHR (%)	100.0 (12.56)	93.2 (10.21)	<0.001
Weight change (kg) last 2 months	-1.0 (3.75)	0.1 (2.18)	0.02
Protein diet (monthly portions)	63.3 (25.30)	64.5 (30.40)	0.77
Vegetarian diet (monthly portions)	123.1 (56.80)	167.5 (67.20)	<0.001
Adiponectin (µg/ml)	9.50 (3.80)	10.34 (3.29)	0.06
Leptin (ng/ml)	7.85 (7.26)	9.95 (9.79)	0.04