

Table 1: Comparisons of waist-to-hip ratio, results of 24hr recall, KIDMED score, and hs-CRP serum levels i) between the adolescents of excess weight (including the overweight and the obese subgroups) and controls (Ex vs C), ii) between obese adolescents and controls (Ob vs C), iii) between overweight adolescents and controls (Ov vs C), iv) between obese and overweight adolescents (Ob vs Ov), and among all three groups, obese, overweight adolescents and controls (among Ob, Ov, C).

	Controls (n =71)	Excess weight (n =71)	p (Ex vs C)	Obese (n =43)	p (Ob vs C)	Overweight (n =28)	p (Ov vs C)	P (Ob vs Ov)	P (among Ob, Ov, C)
Waist-to-hip ratio (W/H)	0.77 (0.64-1.32)	0.85 (0.68-1.08)	0.001*	0.87 (0.68-1.71)	0.001*	0.84 (0.74-0.93)	0.001*	0.007*	0.001*
Food weight (g)	1235 (602-3040)	1220 (408-3196)	0.562	1314 (704-3196)	0.512	1019 (569-2818)	0.047*	0.012*	0.040*
Energy (calories)	1778 (603-5072)	2161 (788-5326)	0.154	2296 (1444-5326)	0.018*	1740 (788-4674)	0.692	0.019*	0.024*
Protein (%)	14.5 (6.7-22)	18 (11-31)	0.001*	18 (11-25)	0.001*	17 (14-31)	0.001*	0.682	0.001*
Carbohydrates (%)	44.3 (32-65)	42 (19-56)	0.035*	42 (30-55)	0.05*	43 (19-56)	0.138	0.792	0.105
Fat (%)	40.3 (27-58)	40 (17-59)	0.730	41 (24-52)	0.958	40 (17-59)	0.551	0.660	0.841
Fiber (g)	14.3 (3.1-69.4)	10 (2.4-36.7)	0.006*	11 (4-27)	0.045*	10.1 (2.4-23.4)	0.009*	0.462	0.017*
Total sugars (g)	52.2 (5.6-122)	29.5 (0-106)	0.001*	31 (2-106)	0.001*	22 (2-65)	0.001*	0.969	0.001*
KIDMED score	6 (1-11)	5 (0-11)	0.407	5 (0-9)	0.036*	7 (0-11)	0.221	0.002*	0.008*
hs-CRP serum levels (mg/dl)	0.2 (0.06-2.1)	0.43 (0.04-2.9)	0.001*	0.38 (0.02-2.51)	0.001*	0.46 (0.01-2.78)	0.227	0.563	0.368

Values are expressed as medians (minimum-maximum in brackets) while in bold are marked statistically significance differences; KIDMED: the Mediterranean Diet Quality Index for children and adolescents, hs-CRP: high sensitivity C-reactive protein, Ex: adolescents of excess weight, C: controls, Ob: obese adolescents, Ov: overweight adolescents.