

## Carotenoid pattern intake and relation to metabolic status, risk and syndrome, and its components – divergent findings from the ORISCAV-LUX-2 survey

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**Running title:** Intakes of carotenoids, fruits/vegetables and metabolic syndrome

**Abbreviations:** ORISCAV-LUX= Observation des Risques et de la Santé Cardio-Vasculaire au Luxembourg; MetS= Metabolic Syndrome; BMI= Body Mass Index; HDL-c= High-Density Lipoprotein-cholesterol; LDL-C= Low-Density Lipoprotein-cholesterol ; NCD= Non-Communicable Diseases; T2D= Type 2 Diabetes; CVD= Cardiovascular Diseases; FBG= Fasting Blood Glucose; CRP= C-Reactive Protein; WHR= Waist-Hip Ratio; FFQ= Food Frequency Questionnaire; TG= Triglyceride; SBP= Systolic Blood Pressure; DBP= Diastolic Blood Pressure



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**Abstract:**

Carotenoids are generally associated with health-beneficial effects; however, their intake patterns related to metabolic syndrome (MetS) and its components remains controversial. This cross-sectional study investigated associations between dietary intakes of individual carotenoids, fruits and vegetables, and the MetS and its components. Dietary intakes of 1346 participants of the ORISCAV-LUX-2 study were investigated by a 174 item-food frequency questionnaire, and carotenoid intake was determined by linking findings using mainly the USDA food databases. Components of MetS and complementary variables, including anthropometric (BMI, waist-circumferences, waist-hip ratio) and biological parameters (triglycerides, HDL-c, fasting blood glucose, blood pressure), were measured. Logistic (for MetS) and linear multivariable regression models (including assessing MetS as scores) adjusted for various confounders were created.  $\alpha$ - and  $\beta$ -Carotene, as well as lutein+zeaxanthin, were inversely associated with MetS (also when it was measured on a continuous scale), reducing the odds for MetS by up to 48%. However, lycopene, phytoene and phytofluene were rather positively associated with MetS scores and its components, though these adverse effects disappeared, at least for lycopene, when controlling for intakes of tomato-based convenience foods, in line with indicating a rather unhealthy/Westernized diet. All these associations remained significant when including fruits and vegetables as confounders, suggesting that carotenoids were related to MetS independently from effects within fruits and vegetables. Thus, a high intake of carotenoids was bidirectionally associated with MetS, its severity, risk, and its components, depending on the type of carotenoid. Future investigations are warranted to explore the inverse role that tomato-based carotenoids appear to suggest in relation to the MetS.

**Keywords:** Central obesity, dietary patterns, hyperglycemia, hypertension, dyslipidemia, cardiometabolic health.

## 1. Introduction

Almost 2400 years ago, Hippocrates, the father of modern medicine, led the way by his famous aphorism “Let food be thy medicine and medicine by thy food”. Epidemiological evidence has shown that healthy dietary habits aid in maintaining good health; however, unhealthy habits have been related to several multifactorial non-communicable diseases (NCDs) <sup>(1; 2; 3; 4)</sup>. Metabolic syndrome (MetS) corresponds to an early pathological condition that increases the risk of developing a plethora of chronic NCDs such as type 2 diabetes (T2D), cardiovascular diseases (CVDs) including stroke <sup>(5; 6; 7)</sup>, and Alzheimer's disease <sup>(8)</sup> and cancer <sup>(9)</sup>. It affects approximately a quarter of the adult population worldwide <sup>(10)</sup>, and not only in developed countries. In Luxembourg, the prevalence is around 25% <sup>(11)</sup>.

MetS is a constellation of several cardiometabolic risk factors and is diagnosed when 3 out of the 5 following conditions are met: (i) abdominal obesity, (ii) elevated blood pressure, (iii) elevated fasting blood glucose (FBG), (iv) reduced level of “good” cholesterol (HDL-c) and (v) high levels of triglycerides <sup>(6; 7; 9; 12)</sup>. It is estimated that the coexistence of all these factors increases the risk of T2D by 5 times <sup>(13)</sup>, a disease that affects 500 million people worldwide, including 60 million in Europe <sup>(14)</sup>. In addition, it is estimated that the clustering of the set of MetS components increases by 1.7 the risk of CVDs <sup>(13)</sup>, leading to an annual death toll worldwide of around 18 million individuals <sup>(14)</sup>. It is important to emphasize that other metabolic abnormalities characterize MetS, such as oxidative stress and chronic low-grade inflammation, even if they are not necessarily part of the traditional diagnostic criteria of this syndrome <sup>(8; 14)</sup>. Many researchers have though recommend the introduction of CRP (C-reactive protein), a marker of inflammation, into the diagnostic criteria for MetS, and oxidative stress markers, such as measured by F2-isoprostanes, are also frequently recommended <sup>(14; 15)</sup>.

The prevalence of MetS and its cardiometabolic risk factors can be reduced by fostering a healthy life-style with increased physical activity and healthy dietary practices <sup>(1; 2; 7)</sup>. For instance, two meta-analyses found an inverse association between fruit and/or vegetable consumption and MetS risk <sup>(16; 17)</sup>. Health beneficial effects of diets rich in fruits and vegetables on MetS are attributed to their low energy content, low total carbohydrate to fiber ratios, and also due to their bioactive constituents, including dietary fiber, vitamins, minerals, polyphenols, and also carotenoids <sup>(1; 2; 13)</sup>.

Carotenoids are the most abundant secondary plant metabolites in the human body<sup>(18;</sup>  
<sup>19)</sup>. Though the consumption of carotenoids is relatively low, e.g., it is 100 times lower than that of polyphenols, the total concentration of native carotenoids in plasma is around 0.9 to 2.5  $\mu\text{M}$ , much higher than that of native polyphenols, which is typically in the nanomolar range<sup>(19)</sup>. Total blood carotenoids have been proposed as a cardiometabolic health index, with concentrations  $< 1 \mu\text{M}$  highly increasing the risk for cardiometabolic diseases<sup>(20)</sup>. The optimum recommended concentrations of  $\beta$ -carotene to reduce the risk of ischemic heart disease were set at  $> 0.4 \mu\text{M}$ <sup>(21)</sup>. In a recent cross-sectional study, it has been shown that plasma  $\beta$ -carotene levels decreased with increasing MetS severity in adult Polish with MetS<sup>(22)</sup>. Total carotenoid concentrations were also found significantly lower in adults with 5 MetS components<sup>(22)</sup>. In this regard, a recent meta-analysis related low circulating carotenoid levels to MetS with lipid disturbances<sup>(23)</sup>. In another recent meta-analysis, it was demonstrated that people with high levels of circulating carotenoids were significantly more protected from MetS compared to those with low levels<sup>(13)</sup>. In addition to the inverse association between serum total carotenoids and MetS, the meta-analysis also revealed an inverse association between several individual carotenoids and MetS. For instance, this association was stronger for  $\beta$ -carotene than for  $\alpha$ -carotene, followed by  $\beta$ -cryptoxanthin<sup>(13)</sup>.

Evidence suggests that regarding MetS risk factors, carotenoids may play critical but differential roles in adipose tissue biology, including the control of adipogenesis, oxidative stress, and the production of adipokines and inflammatory mediators that affect central adiposity distribution and the occurrence of insulin resistance<sup>(13)</sup>. Indeed, this is exactly what has been proposed in previous reviews<sup>(24; 25)</sup> due to the involvement of especially PPAR receptors and adipogenesis, with PPARs being targeted by carotenoids and their apo-carotenoid metabolites<sup>(26)</sup>. Other mechanistic pathways via which carotenoids may be implicated in the etiology of MetS and its components include direct antioxidant effects<sup>(18;</sup>  
<sup>27)</sup>, their possible positive effects on the gut microbiota<sup>(20; 28)</sup>, and their interactions with transcription factors such as NF- $\kappa$ B and Nrf2 as well as additional nuclear receptors, namely RAR/RXR<sup>(29)</sup>.

Carotenoids have been, in several epidemiological studies, considered as valuable indicators of a diet rich in fruits and vegetables<sup>(30; 31; 32; 33)</sup>, being a characteristic of, e.g., traditional Mediterranean diets, supplying also secondary plant metabolites at physiological ranges<sup>(27; 34)</sup>. For example, elevated levels of serum lycopene or intake including lycopene-rich tomatoes have been regarded as protective against MetS risk<sup>(23; 35; 36; 37)</sup>. On the contrary,

a high intake of lycopene from processed tomato-based products has also been regarded as an indicator of a Westernized diet <sup>(20)</sup>, which has been positively associated with MetS <sup>(38; 39)</sup>. Therefore, the role of especially lycopene in the diet and its association with MetS remains somewhat unclear.

In this study, we aimed to assess the possible associations of carotenoid dietary intake as well as their profiles with the MetS, its scores, its cardiometabolic components, and anthropometric characteristics by using data from Luxembourg adults participating in the ORISCAV-LUX-2 study. More specifically, we hypothesized that the intake of lycopene and possibly other tomato-based carotenoids, due to their further association with Westernized dietary patterns, may be differentially related to MetS compared to the intake of other carotenoids that rather characterize a healthy diet rich in fruits and vegetables.

## 2. Materials and Methods

### 2.1. ORISCAV-LUX-2 study

In 2016-2017, an observational study, termed “Observation of Cardiovascular Risk Factors” (ORISCAV-LUX-2), was carried out in Luxembourg <sup>(40)</sup> as a second wave to the previously conducted ORISCAV-LUX study in 2006/2007 <sup>(41)</sup>. A detailed description of the ORISCAV-LUX-2 study has been reported previously <sup>(40; 42; 43)</sup>. The flow chart of the participants' sample progression is shown in Figure 1. From all participants (N = 1558) selected following sociodemographic criteria, including the district of residence, age, and sex, 212 individuals with incomplete data, including food frequency questionnaire (FFQ) and metabolic data, were removed from the present study (Figure 1). Thus, 1346 participants (25-79 years) were retained in this cross-sectional study. Volunteers self-reported their lifestyle habits, including diet, drinking, physical activity, and smoking, as well as sociodemographic aspects and health conditions such as job, income, marital status, and medical history. Anthropometric measurements, including body mass index (BMI) and waist and hip circumference, were collected by trained nurses. BMI was estimated as weight in kg divided by the square of height in meters ( $\text{kg}/\text{m}^2$ ). Waist-hip ratio (WHR) was calculated by dividing the circumference of the waist by the circumference of the hip. Biological samples, including blood, were stored under appropriate conditions in the integrated BioBank of Luxembourg. Fasting blood tests were carried out to analyze the following markers: triglycerides, high-

density lipoprotein cholesterol (HDL-c), and fasting blood glucose (FBG). The commercial accredited company Ketterthill (Esch-Sur-Alzette, Luxembourg) conducted medical analyses. The National Research Ethics Committee (CNER, No 201-505/12) and the National Commission for Private Data Protection (CNPD) approved the study's design and the information collected.

## 2.2. Food frequency questionnaire (FFQ)

The long-term habitual dietary intake of adult residents in Luxembourg was assessed employing a validated semi-quantitative 174-items-FFQ, capturing food intake over the preceding 3 months<sup>(42)</sup>. The FFQ was translated into the 4 frequently used languages in Luxembourg, namely French, English, German, and Portuguese; self-reported food intake by adult residents was then back-translated into French to ensure linguistic validity. The FFQ consisted of 9 food categories, namely vegetables (cooked and raw), fruits (including canned fruits, compotes, salted and unsalted dried fruits, fresh fruit juices, and fruit juices), meat-poultry-fish-egg, prepared dishes, dairy products, fats, starchy foods, miscellaneous and drinks, including in total 174 food and beverage items. Trained nurses guided the respondents to fill out the auto-administered questionnaires and reviewed the correctness of their responses. Weekly and monthly frequency intakes were transformed into daily equivalent frequency intakes. The daily intake of each food (g/day) and drink (mL/day) item for each participant was obtained by multiplying the intake frequency (daily equivalents) by the portion size.

## 2.3. Carotenoid intake assessment

The carotenoids most frequently consumed within the Luxembourgish diet, including  $\beta$ -carotene,  $\alpha$ -carotene and  $\beta$ -cryptoxanthin (provitamin A species), and lycopene, lutein+zeaxanthin, astaxanthin, phytoene, phtofluene, neoxanthin and violaxanthin (non-provitamin A species), were assessed, by linking the FFQ data to several carotenoid databases. The concentrations ( $\mu\text{g}/100\text{ g}$  food item) of provitamin A species, lycopene, and lutein+zeaxanthin in food and drink items contained in the FFQ were extracted using the US Department of Agriculture (USDA) database (website: <https://fdc.nal.usda.gov/>, accessed in [2023](#)) and the USDA-NCC Carotenoid Database<sup>(44)</sup>. As the other carotenoids were not

included in the USDA database, additional sources were employed to estimate their intake: Concentrations of phytoene, phytofluene, neoxanthin, and violaxanthin were estimated using a local database <sup>(19)</sup>. Concentration of astaxanthin in fish and seafood items was estimated using the EFSA database <sup>(45)</sup>. Carotenoid intake ( $\mu\text{g}/\text{day}$ ) was then computed by multiplying food intake ( $\text{g}/\text{day}$ ) by carotenoid concentration ( $\mu\text{g}/100\text{ g}$ ). Afterward, the participant's total daily intake for each individual carotenoid, provitamin A and non-provitamin A carotenoids, colorless carotenoids (phytoene+phytofluene), epoxy-carotenoids (neoxanthin+violaxanthin), and the sum of all carotenoids consumed by each participant was obtained.

#### **2.4. Metabolic syndrome (MetS) criteria and calculation of its continuous scores (siMetS)**

The dichotomous diagnosis of MetS in participants was established following the definition of the National Cholesterol Education Program – Adult Treatment Panel III (NCEP-ATP III) <sup>(7; 11)</sup>. Thus, the occurrence of three or more of the following cardiometabolic components were required for MetS diagnosis: (i) waist circumference:  $\geq 102\text{ cm}$  for men and  $\geq 89\text{ cm}$  for women; (ii) high triglyceride (TG) level:  $\geq 150\text{ mg/dL}$  ( $1.7\text{ mmol/L}$ ); (iii) reduced HDL-c:  $< 40\text{ mg/dl}$  ( $1.04\text{ mmol/L}$ ) in men and  $< 50\text{ mg/dL}$  ( $1.3\text{ mmol/L}$ ) in women; (iv) increased blood pressure (SBP or DBP):  $\geq 130$  or  $85\text{ mmHg}$ , respectively; (v) impaired fasting blood glucose (FBG):  $\geq 100\text{ mg/dL}$  ( $5.6\text{ mmol/L}$ ), or components were considered positive if any of them were treated by drugs (except for waist circumference).

A validated continuous score of MetS (siMetS), reflecting the metabolic status of all participants score, was computed employing the following formula <sup>(46; 47)</sup> that includes the cut-off values from the diagnosis of MetS:

$$\text{siMetS score} = [(2 * \text{WC}/\text{height}) + (\text{FBG}/5.6) + (\text{TG}/1.7) + (\text{SBP}/130) - (\text{HDL-C}/1.02 \text{ (men) or } 1.28 \text{ (women)})].$$

In addition, a validated continuous score of MetS, derived from the siMetS score, was used to quantify metabolic risk (siMetS risk score), i.e., the risk of cardio/cerebrovascular events, in all ORISCAV-LUX-2 participants <sup>(48)</sup>. The calculation of the siMetS risk score relies on the age of participants, with an age of 45 (for men) or 50 (the average age of menopause) as a threshold for increased incidence of cardio/cerebrovascular events <sup>(47)</sup>. In

addition, the presence of family antecedents of cardiovascular events heightens the risk score of MetS by 20%<sup>(47)</sup>. siMetS risk score was computed employing the following formula<sup>(47)</sup>:

siMetS risk score = [siMetS score \* (Age /45 (men) or 50 (women)) \* 1.2 or 1 (if the presence or not of the family antecedent of a cardiovascular event, respectively)].

The units of continuous variables used to calculate siMetS score were mmHg for SBP and DBP, centimeter (cm) for WC (waist circumference) and height, and mmol/L for FBG, TG, and HDL-c. The siMetS and siMetS risk scores were calculated separately for women and men using different coefficients in the formulas.

## 2.5. Statistical analysis

The normality of the data distribution and homogeneity of variance was estimated by using Q-Q normality plots and box plots. All variables (unless otherwise noted) were transformed to a logarithmic scale to obtain a normal distribution. Bivariate correlations between intakes of carotenoids were analyzed with Spearman's rho.

For the descriptive analyses, two independent group comparisons were made to study log-transformed continuous data using the independent samples' t-tests. The chi-square test was employed for comparing categorical variables.

Four regression models were set up in our study to investigate the association of carotenoids, fruits, and vegetables with MetS and its related variables. Linearity between independent and dependent continuous variables was verified by plotting dependent variables vs. standardized residuals using regression scatter plots and correlation coefficients. The first model was an unadjusted one (crude model). The second model was adjusted for age and sex (model 2, except for the risk score of siMetS). In addition, a set of the identified confounders was retained based on the literature. In model 3, fruits and vegetables were considered as independent variables in addition to carotenoids, and thus the retained confounders included age, sex (men/women), marital status (4 categories), current smoking status (4 categories), job status (4 categories), income (8 categories), birth country (4 categories) and total energy intake. Participants with missing income and job status values were included in the category "did not answer". The fourth model was the fully adjusted one used to investigate the role of carotenoids independently from fruit and vegetable intake on MetS (model 4 = model 3 plus adjusted for fruit and vegetable intake).



Multivariable logistic regression was carried out to investigate the association between MetS (as a categorical dependent variable) and the consumption of carotenoids, fruits, and vegetables (log-transformed explanatory variables) using the 4 models. Multivariable linear regression was further carried out to seek the associations between dietary intake of carotenoids, fruits, and vegetables (log-transformed predictor variables) and continuous dependent variables, including the scores of MetS as well as its components and the different measured anthropometric characteristics, using the 4 models. Finally, sensitivity analyses were carried out for lycopene, phytoene, and phytofluene, in which tomato-based convenience food items rich in these carotenoids (ketchup, lasagna with meat and tomato sauce, pizzas, and burgers) were included as confounding factors.

For all statistical analyses, a  $p$ -value below 0.05 (2-sided) was considered significant, and a non-significant  $p$ -value above this value but below 0.1 was considered tendency. The raw data were reported as median and interquartile ranges, and the categorical variables were reported as numbers and percentages. All statistical analyses were performed using SPSS 25.0 (SPSS Inc., IBM, Chicago, IL, USA).

### 3. Results

#### 3.1. Descriptive analysis (non-adjusted findings)

In the ORISCAV-LUX-2 survey, the overall percentage of MetS within the included individuals was 27.1 %. However, a significantly higher percentage was found for men (32.8 %) in comparison to women (22.1 %) ( $p < 0.001$ ) (Table 1). Moreover, both continuous scores related to MetS (siMetS and siMetS risk scores) were significantly higher in men than women ( $p < 0.001$ ). While the level of HDL-c was significantly higher in women compared to men ( $p < 0.001$ ), all other MetS components, which were rather positively associated with MetS, were significantly elevated in men vs. women (all  $p < 0.001$ ). The same pattern was found when comparing MetS components between both men and women having MetS (all  $p < 0.001$ ), except for FBG concentration ( $p = 0.109$ ). Similarly, all MetS components were further found to be significantly different between both men and women without MetS (all  $p < 0.001$ ). In this study, the number of women participants that had relatives (father, mother, brother, or sister) having at least one cardiovascular event (myocardial infarction or stroke) was higher than men (Table 1).

Daily intake of individual provitamin A species and the total sum of provitamin A species were significantly higher in women than men (all  $p < 0.05$ , Table 2). The same pattern was found for phytoene, phytofluene, phytoene+phytofluene, violaxanthin, and epoxycarotenoids (all  $p < 0.05$ ). However, daily intake of lycopene ( $p < 0.001$ ) and astaxanthin ( $p < 0.05$ ) were significantly higher in men compared to women. Regarding the daily intake of neoxanthin, lutein+zeaxanthin, total non-provitamin A species, and total carotenoids, no significant sex differences were found (all  $p > 0.05$ , Table 2).

With respect to the consumption of fruits, data showed that participants with MetS ate significantly more fruit items than those without MetS ( $p < 0.01$ ). Such a difference was also observed in men with MetS relative to those without MetS, though results were only marginally significant ( $p = 0.050$ ). However, data showed that vegetables ( $p < 0.001$ ) and fruits+vegetables ( $p < 0.01$ ) were significantly more consumed by women than men (Table 2).

Regarding the intake of carotenoids in persons with vs. without MetS, no markable differences were observed, even though intakes of neoxanthin and lycopene in persons with MetS were slightly but significantly higher (Table 2).

As for correlations between individual carotenoids (Figure 2), the matrix showed that the intakes of all individual carotenoids were significantly correlated (all  $p < 0.001$ ). However, the highest correlations were observed between phytoene and phytofluene ( $\rho = 0.997$ ) and  $\alpha$ - and  $\beta$ -carotene ( $\rho = 0.940$ ), and the lowest correlation was between lycopene and  $\alpha$ -carotene ( $\rho = 0.100$ ) (Figure. 2).

## 3.2. Multivariable linear regression analyses

### 3.2.1. Metabolic syndrome and metabolic syndrome scores (fully adjusted)

A marginal significant inverse association was found ( $p = 0.05$ ) after full adjustment for the defined confounders (model 4), for total carotenoid intake and lower odds of MetS (dichotomous outcome, with participants without MetS as the reference group) (Figure 3 A). Besides, the fully adjusted binary logistic regression showed significant inverse associations between MetS and the dietary intake of  $\alpha$ -carotene,  $\beta$ -carotene, and total provitamin A carotenoids, i.e., a protective effect (Figure 3 A).

Similarly, the fully adjusted multiple linear regression model indicated significant inverse associations between continuous MetS status (siMetS score) and the intake of these carotenoids ( $\alpha$ -carotene;  $\beta$ -carotene; total provitamin A species) and also that of lutein+zeaxanthin, i.e., a protective effect (Figure 3 B). The robustness of the fully adjusted regression model was acceptable, with  $R^2$  ranging from 0.158 to 0.162.

In contrast, a higher lycopene intake was rather predictive of a higher siMetS score ( $p = 0.049$ ,  $R^2 = 0.156$ ) (Figure 3 B). A tendency towards a positive association between metabolic status (siMetS score) and the intake of phytoene was also found, suggesting that a higher intake of this carotenoid may increase the risk of having severe MetS (Figure 3 B). Among all carotenoid species, only a high intake of  $\alpha$ -carotene,  $\beta$ -carotene, and total provitamin A carotenoid intakes was significantly associated with lower continuous MetS risk score (Figure 3 C). Nevertheless, a tendency toward protective effects against metabolic risk score was also found for violaxanthin, lutein+zeaxanthin, and total carotenoid intakes (Figure 3 C).

### **3.2.2. Components of MetS and additional anthropometric characteristics (fully adjusted)**

The fully adjusted multiple linear regression model indicated an inverse association between FBG levels and the intake of total carotenoids, phytoene+phytofluene, and  $\alpha$ -carotene (Table 3). Furthermore, a tendency towards a negative association between FBG levels and either the intake of  $\beta$ -carotene, total provitamin A species, phytoene, or phytofluene was also found, i.e., a protective effect (Table 3).

A significant association was found between higher intake of phytofluene and lower DBP, though not for any other carotenoid intake and blood pressure. However, a marginally significant association was found for astaxanthin (inverse association with SBP), neoxanthin (positive association with SBP), phytoene, and phytoene+phytofluene (negative associations with DBP), (Table 3).

As for HDL-c, the fully adjusted multivariable regression model indicated inverse associations between its blood levels and the intakes of lycopene, phytoene, phytofluene, phytoene+phytofluene and total non-provitamin A carotenoids, suggesting potential negative health effects regarding MetS. However, a positive association between HDL-c levels and

carotenoid intake was found only for  $\alpha$ -carotene, suggesting potential protective health effects regarding MetS.

Regarding triglycerides, high intakes of  $\alpha$ -carotene,  $\beta$ -carotene, total provitamin A carotenoids, and lutein+zeaxanthin were associated with decreased levels of triglycerides. In contrast, high lycopene intake was positively associated with increased levels of triglycerides, suggesting potential negative health effects regarding MetS (Table 3).

While high intake of  $\alpha$ -carotene showed a tendency to protect from central obesity, intakes of phytoene, phytofluene, and phytoene+phytofluene had, however, a tendency to be positively associated with waist circumference. As for BMI, not strictly a component of MetS, after full adjustment for confounders, multiple linear regression models indicated significant inverse associations between this anthropometric characteristic and the intake of the  $\alpha$ -carotene,  $\beta$ -carotene, and total provitamin A carotenoids, i.e., a protective effect. However, positive associations were found between BMI and intake of phytoene, phytofluene, and tendency for phytoene+phytofluene (Table 3).

A high intake of the same carotenoids, i.e., phytoene, in tendency phytofluene and phytoene+phytofluene, was further associated with higher WHR (Table 3). However, high intake of  $\alpha$ -carotene was associated with lower WHR.

$\alpha$ - and  $\beta$ -Carotene and the total sum of provitamin A species were the carotenoids most strongly and inversely associated with a high number of components of MetS, with  $\alpha$  carotene being ranked the first, as it was associated with 4 components in the 4 models of regression analyses used in this study (Figure 4). Phytoene, phytofluene, and phytoene+phytofluene were also among the carotenoids associated with a high number of MetS components, up to 4 components in certain regression models (Figure 4); however, their higher intake was predictive for lower FBG and DBP but also lower HDL-c and higher waist circumference (Table 3). Lycopene was adversely associated with MetS, significantly associated with 2 components (Figure 4), including lower HDL-c and higher triglycerides (Table 3).

### **3.2.3. Additional sensitivity analyses - multivariable regression models for lycopene, phytoene, and phytofluene containing as confounders tomato-based convenience foods**

While analyses showed that higher intake of lycopene predicted severe MetS (siMetS scores), higher triglycerides, and lower HDL-c (Table 3 for the final adjusted model, and supplementary tables 1-3 for non or partially-adjusted models), regression analyses considering processed tomato-based food items (pizzas, burgers, ketchup, and lasagna with meat and tomato sauce) as additional confounders demonstrated the absence of any remaining association between lycopene intake and MetS components, in the 4 models (Table 4 for final adjusted model, and supplementary table 4 for non or partially adjusted models). In addition, this adjustment for processed tomato-based items revealed a stronger inverse association of the intake of the colorless carotenoids with FBG and hypertension, particularly in model 3 (Table 4), i.e., a protective effect. However, even when adjusting for processed tomato-based items, adverse health associations remained with waist circumference (positive association) and HDL-c (inverse association), and additional positive associations appeared for BMI and WHR (Table 4).

### **3.2.4. Multivariable regression models with fruits and vegetables as independent variables and not confounders**

When fruits and vegetables were considered as independent variables (models 1-3, supplementary tables 1-3), associations between the intake of individual carotenoids and total carotenoids, including total provitamin A carotenoids and total non-provitamin A carotenoids, and MetS, its scores, as well as its components, were significantly found. These associations remained significantly associated when fruits and vegetables were considered as confounders (model 4, Table 3).

Adjusted multiple linear regression model without fruits and vegetables as confounders (model 3, fruits and vegetables were considered as independent variables) indicated that fruit consumption was not significantly associated with MetS, its scores, its components, and different anthropometric measurements (Table 5). However, high vegetable consumption was inversely associated with lower MetS scores, DBP, and BMI, i.e., a protective effect. In addition, high vegetable or fruit+vegetable consumption displayed an inverse tendency with FBG, SBP, triglycerides, and waist circumference. Consumption of fruits+vegetables was also negatively associated with metabolic status and metabolic risk (both  $p < 0.05$ ), and in tendency with BMI (Table 5), i.e., a protective effect.

#### 4. Discussion

The results of our study highlight that carotenoid intake was bidirectionally associated with MetS and its components. A high intake of total carotenoids, in particular of provitamin A species  $\alpha$ - and  $\beta$ -carotene, as well as the non provitamin A carotenoids lutein+zeaxanthin predicted reduced odds of MetS and its cardiometabolic components, decreased MetS scores (siMetS status score) and metabolic risk (siMetS risk score), as well as anthropometric indicators such as waist circumference, BMI and WHR. By contrast, higher consumptions of the tomato-based carotenoids lycopene, phytoene, and phytofluene were rather predictive of lower HDL-c as well as higher MetS status (siMetS), triglyceride levels, and anthropometric characteristics, possibly due to their relation to a more Westernized diet. Moreover, linear regression models showed that these effects persisted, even when considering fruit and vegetable consumption as confounders. To our knowledge, this bidirectional relation has thus far not yet been clearly demonstrated.

Carotenoids are lipophilic pigments occurring in the human diet <sup>(27)</sup> and may exert several beneficial effects, including improving cardiovascular health <sup>(31)</sup> and thus reducing the risk of NCDs <sup>(49; 50; 51)</sup>, including MetS <sup>(13; 23; 52)</sup>. The majority of diet-derived carotenoids originate from vegetables and fruits, even though other sources such as fish, eggs, and milk may contribute to a lesser extent to their dietary intakes <sup>(31; 44; 45)</sup>. Researchers have reported significant positive associations between their intake and blood concentrations, and  $\beta$ -carotene and lycopene are among the most frequently consumed dietary carotenoids and display the highest circulating concentrations of carotenoids <sup>(20; 53)</sup>.

The present findings showed that  $\beta$ -carotene was the most frequently consumed carotenoid (6.5 mg/d), followed by lycopene (3.6 mg/d) and  $\alpha$ -carotene (2.5 mg/d) (Table 2). A high correlation was found between  $\alpha$ - and  $\beta$ -carotene ( $\rho=0.94$ ), indicating that  $\beta$ -carotene-rich foods are also a good source of  $\alpha$ -carotene (Figure. 2). However, the correlation between lycopene and  $\alpha$ - and  $\beta$ -carotene was rather weak ( $\rho=0.10$  and  $\rho=0.14$ , respectively), indicating different food sources of these carotenoids. Compared to men, women's median daily intakes of  $\beta$ -carotene (6.9 vs. 6.1 mg) and  $\alpha$ -carotene (2.6 vs. 2.4 mg) were significantly higher; while lycopene consumption was significantly lower (3.2 vs. 4.2 mg) (Table 2). Consistent with the literature, it has been reported that women consume higher amounts of provitamin A species than men, resulting in higher blood concentrations <sup>(20)</sup>, and this correlation could likely be stronger when considering the higher daily energy intake in men

than in women<sup>(54)</sup>. Regarding lycopene, both higher and lower concentrations in blood have been reported in men *vs.* women<sup>(20)</sup>.

Carotenoids may reflect a diet rich in fruits and vegetables<sup>(31; 32; 33)</sup>, which would at least contribute to the observed health benefits, following additive or synergist actions of complex mixtures of non-nutrients and nutrients<sup>(27; 34)</sup>. However, independently from fruit and vegetable intake, the fully adjusted logistic regression model indicated that total carotenoids and total and individual provitamin A species decreased the odds of MetS. A higher dietary intake of these carotenoids, including  $\alpha$ - and  $\beta$ -carotene, reduced 31% to 48% of the odds of the MetS, respectively (Figure 3A). This is in agreement with the results of Beydoun et al.<sup>(13)</sup>, indicating an inverse correlation between MetS and serum total carotenoids, with the strongest one observed for  $\beta$ -carotene, followed by  $\alpha$ -carotene. In another recent meta-analysis of observational studies, MetS with disturbances in lipid metabolism was linked to reduced serum levels of carotenoids, with the strongest reduction for  $\beta$ -carotene<sup>(23)</sup>. However, the lowest relation was found for  $\alpha$ -carotene and  $\beta$ -cryptoxanthin<sup>(23)</sup>. In a cross-sectional study, it has been reported that low levels of serum carotenoids were associated with higher odds of MetS as well as with an increasing number of any of the five MetS components being present<sup>(55)</sup>. In this cross-sectional study,  $\alpha$ - and  $\beta$ -carotene and the total sum of provitamin A species were the carotenoids most strongly and inversely associated with the number of components of MetS (Figure 4). In light of the above, it can be suggested that carotenoids individually (e.g.,  $\beta$ -carotene) and collectively (e.g., total provitamin A carotenoids) appeared to be protective against the incidence of MetS.

However, most often, the diagnosis of MetS is based on a dichotomous decision (presence or not), which may result in the loss of valuable information on the metabolic status of participants, such as those with borderline values or with  $< 3$  positive cardiometabolic risk factors, conditions that impede the clinical diagnosis of MetS. Thus, a validated continuous score of MetS (siMetS score) was calculated to quantify metabolic status, as well as the degree and severity of cardiometabolic affliction in all participants, including those not diagnosed with MetS<sup>(46; 47)</sup>. Findings indicated that the intake of total and individual provitamin A carotenoids ( $\alpha$ - and  $\beta$ -carotene) were inversely related to metabolic status (siMetS score) (Figure 3B). In accordance with these findings, daily high consumption of these carotenoids were related to a higher protection of participants from developing high BMI and higher levels of cardiometabolic components of MetS, including FBG and triglycerides (Table 3). Furthermore, the metabolic risk (siMetS risk score) was quantified for

participants, considering both age and heredity (family background of cardiovascular events). The findings indicated that daily intake of total and individual provitamin A carotenoids ( $\alpha$ - and  $\beta$ -carotene) significantly reduced the severity of MetS (Figure 3B) and also its risk (Figure 3C), while a low intake enhanced severity and risk.

MetS (dichotomous outcome) was not significantly related to  $\beta$ -cryptoxanthin or any non-provitamin A carotenoids, as well as total carotenoids, despite an existing tendency for the latter. However, as for continuous dependent variables, marginal, even significant beneficial effects of the combined intakes of lutein and zeaxanthin on MetS status score (siMetS), siMetS risk score, and triglycerides were found. Lutein and zeaxanthin can be considered as indicators of a healthier diet, as the major sources of these carotenoids are leafy green vegetables such as broccoli, peas, and green beans <sup>(44)</sup>. Several health benefits have been attributed to lutein and zeaxanthin, including effects on eye health and cardiometabolic health <sup>(23; 52; 56)</sup>. For example, a meta-analysis of observational studies <sup>(23)</sup> showed that low blood concentrations of lutein+zeaxanthin were associated with developing MetS, concomitantly with disturbances in lipid metabolism. Another meta-analysis of trials, cohort, case control, and cross-sectional studies showed that higher lutein intake or blood concentrations were related to a reduced likelihood of developing stroke, coronary heart disease, and MetS <sup>(52)</sup>. Interestingly, there is some evidence <sup>(52)</sup> that the combined dietary intake of lutein/zeaxanthin, circulating concentrations of lutein/zeaxanthin, or lutein alone were related to high levels of physical activity and inversely with sedentary behavior <sup>(57; 58; 59; 60)</sup>. The relationship with physical activity was thought to be causative, which would warrant further investigation of the action of lutein-rich vegetables, possibly related to positive changes in lifestyle factors, following its direct action on the brain, though this remains speculative <sup>(57; 58; 59)</sup>.

Astaxanthin is a red pigment mostly consumed via aquatic species such as salmon, trout, shrimp, and crustaceans <sup>(45; 61)</sup>. In the ORISCAV-LUX-2 study, astaxanthin was the lowest-consumed carotenoid by participants (median of 47  $\mu\text{g}/\text{d}$ ). Several health benefits have been attributed to this carotenoid, including its protective role on the cardiovascular system <sup>(61; 62)</sup>. Leung et al. <sup>(61)</sup> pointed out in a meta-analysis of randomized controlled trials its protective effect on individuals at risk of MetS, reducing in tendency total cholesterol, SBP, and at a significant level, low-density lipoprotein cholesterol (LDL-c). The fully adjusted linear regression model also indicated a marginal significant and, thus protective effect of astaxanthin on SBP ( $p = 0.06$ ) (Table 3). However, when fruits and vegetables were



not considered as confounders, a significant inverse association between astaxanthin intake and SBP, as well as marginal on DBP, was found (Supplementary Table 3). Due to the very low intake of astaxanthin, likely, this component acted primarily as an indicator for the intake of certain types of fish and seafood, such as trout and shrimp, which have been inversely associated with MetS<sup>(63; 64; 65)</sup>.

In this study, women consumed significantly more fruits, vegetables, and fruits+vegetables than men. Linear regression models showed that either vegetable or fruit+vegetable consumption were inversely associated with MetS scores and its components, i.e., suggesting a protective effect (Table 5). However, fruits alone failed to demonstrate an inverse relation with MetS and its components in the adjusted models. The unadjusted model even indicated a positive relation to MetS in the participants (Supplementary Table 1), which could be related to the high sugar content in all fruit items or be due to inverse causality, i.e., that persons with MetS made sure to consume sufficient fruits per day.

Most importantly, findings from the present study suggested that lycopene, phytoene, and phytofluene were positively associated with MetS severity (continuous scale) (Figure 3B). These carotenoids have been especially associated with convenient, processed, and fast food containing processed tomato products such as pizza, ketchup, sauces, and burgers. Thus, unlike  $\alpha$ - and  $\beta$ -carotene, lutein and zeaxanthin; lycopene, and to a lesser degree, due to lack of data, phytoene and phytofluene, have been associated with rather Westernized dietary patterns<sup>(20)</sup>. For example, 5 g of ketchup may contain 439  $\mu\text{g}$  of lycopene, which is at least 3 times higher than that of raw tomato<sup>(19)</sup>, not yet considering also its much higher bioavailability<sup>(66)</sup>. The fully adjusted linear regression model showed that higher intake of lycopene was predictive of higher metabolic severity (siMetS) score and triglycerides, as well as lower levels of HDL-c. It is worth noting that the consumption of lycopene-rich tomatoes in some studies was related to reduced likelihood of several chronic diseases, including CVD, for which the risk may diminish due to, e.g., cholesterol-lowering effects<sup>(35; 67)</sup>. Likewise, elevated serum lycopene levels or intake were associated with a reduced risk of MetS<sup>(23; 37)</sup>. In addition, a meta-analysis of human interventional trials revealed that lycopene intake significantly ameliorated HDL-c levels<sup>(36)</sup>. Therefore, adverse effects of lycopene on the metabolic health of participants of the ORISCAV-LUX-2 study may be attributed to its indicator properties for high consumption of processed tomato-based foods and thus as a marker of a rather Westernized diet. However, when pizzas, burgers, ketchup, and lasagna with meat and tomato sauce were included as confounders in the model, no physiologically

adverse associations remained between lycopene consumption and the severity of MetS and its components (Table 4). This suggests that lycopene by itself is not a “bad” carotenoid but it is rather a valuable indicator for unhealthy/Westernized diets. In general, it has been pointed out that dietary patterns in Luxembourg, as in other Westernized countries, have been developing toward more Westernized patterns, marked by lower fruit and vegetable intake and increased intake of meat, sauces, drinks, and fast-, processed-, and convenient foods<sup>(42)</sup> rich in salt, sugar, fat, and additives, and characterized by low quantities of micronutrients<sup>(3; 68)</sup>. These aspects may have suppressed any beneficial direct effects that lycopene may have had on the subjects in this study.

Phytoene and phytofluene are typically not included in food carotenoid databases despite their large presence in plant-based foods such as oranges, prunes, apricots, peaches, watermelon, and especially tomatoes, and tomato products<sup>(35; 69)</sup>. These precursors of other carotenoids are found in human samples, including plasma, milk, and tissues<sup>(69)</sup>. However, epidemiological evidence is missing to confirm their putative health advantages observed in *in vitro* and animal studies<sup>(69)</sup>. In the present study, the median daily intake of the colorless phytoene and phytofluene in participants (3.2 mg) was only slightly lower than that of lycopene (3.6 mg) (Table 2). Even though the fully adjusted logistic regression models did not confirm any significant association with MetS, higher intake of phytoene and/or phytofluene was positively associated with metabolic severity score and anthropometric measures, including waist circumference, BMI, and WHR. In addition, significant inverse associations were found between phytoene and/or phytofluene consumption and HDL-c. These results suggest that phytoene and phytofluene may be, similarly as to lycopene, associated with Westernized dietary patterns, as they also occur in lycopene-rich foods such as ketchup/pizza. However, consumption of these colorless carotenoids was found to be inversely associated with FBG and DBP, i.e., a protective effect. The fact that these colorless carotenoids still presented adverse associations with MetS components even after adjusting for processed tomato products containing foods (Table 4) may suggest a differential action of phytoene/phytofluene or merely reflect a broader dietary origin compared to lycopene. This is in line with the modest correlation found between lycopene and both phytoene ( $\rho= 0.38$ ) and phytofluene ( $\rho= 0.36$ ) (Figure 2), suggesting that lycopene-rich foods are only a part of food items that supplied these colorless carotenoids for participants of ORISCAV-LUX-2 survey.

The main strength of this study is the combination of various databases for completing carotenoid containing food items, with the most frequently consumed carotenoids being

included. Several potential confounders were considered, including fruit and vegetable intake. The number of participants in this study is fairly high, especially given that Luxembourg is a small country. In addition, the FFQ was applied by trained nurses. However, the main limitation of this investigation is capturing food intakes by FFQ, as this technique – as other dietary recalls, is prone to recall bias<sup>(70)</sup>. In addition, the cross-sectional nature of this study does not allow for drawing causative conclusions. Another limitation of our study is the lack of data regarding the study participants' use of carotenoid supplements, as well as the lack of serum measurements related to the intake of carotenoids. It is essential to consider these factors in future studies to investigate the effects of carotenoids comprehensively.

In conclusion, this study showed divergent effects of carotenoid intake on metabolic status, risk and syndrome, and its cardiometabolic components in ORISCAV-LUX-2 participants, depending on the carotenoid type. While  $\alpha$ - and  $\beta$ -carotene, total provitamin A carotenoids, and lutein+zeaxanthin were associated with improved MetS-related health outcomes, high intake of lycopene, phytoene and phytofluene were associated with worse outcomes. As lycopene and uncolored carotenoids dietary sources in a Westernized diet (same as our study) are mainly from processed tomato-containing foods, including pizza, burgers, puree, sauces, and ketchup, they may be considered as new indicators of an unhealthy and Westernized dietary pattern. Future investigations are warranted to explore the role of lycopene and the uncolored carotenoids phytoene and phytofluene as markers of dietary patterns or their direct impact on components of the MetS.

### **Statements and Declarations:**

#### **Author contributions**

J.B. conducted statistical analyses and wrote the manuscript. F.V. supported the statistical analyses and reviewed the paper. All authors have read and agreed to the published version of the manuscript.

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### **Conflicts of Interest**

The authors declare no conflict of interest.

### **Informed Consent Statement**

All participants were informed and consented to take part in the study.

### **Data Availability Statement**

Available on request from the corresponding authors. Due to our institute's rules and laws, the data are not publicly available.

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**Table 1.** Distribution of metabolic syndrome (MetS), metabolic outcomes, and anthropometric characteristics in Luxembourgish participants (n=1346) of the ORISCAV-2 study. Scores of MetS and MetS components are reported as median and interquartile ranges.

Health outcomes	All participants		Men		Women	
	MetS [+]	MetS [-]	MetS [+]	MetS [-]	MetS [+]	MetS [-]
MetS (Number and %)	364.0 (27.0 %)	982.0 (73.0 %)	206.0 (32.7 %)	424.0 (67.3 %)	158.0 (22.1 %)	558.0 (77.9 %)
	1346.0 (100 %)		630.0 (46.8 %)		716.0 (53.2 %)	
siMetS score (metabolic status)	2.2 (0.9)		2.4 (0.9)		2.0 (0.8)	
	2.9 (0.9)	2.0 (0.7)	3.0 (1.0)	2.2 (0.7)	2.7 (0.7)	1.9 (0.6)
siMetS risk score (metabolic risk)	2.2 (1.5)		2.7 (1.7)		1.8 (1.1)	
	3.3 (1.8)	1.9 (1.2)	3.9 (1.4)	2.4 (1.2)	2.4 (1.4)*	1.7 (0.9)*
Waist circumference (cm)	88.5 (17.2)		94.0 (17.2)		83.5 (15.5)	
	100.1 (17.7)	85.2 (14.9)	105.2 (16.1)	91.0 (12.8)	94.2 (16.1)	81.1 (13.8)
Fasting blood glucose (FBG) (mg/dL)	89.0 (13.0)		92.0 (12.0)		87.0 (12.0)	
	98.0 (15.0)	87.0 (10.0)	99.0 (15.5)*	89.0 (9.0)	95.0 (14.0)*	85.0 (10.0)
HDL-cholesterol (mg/dL)	57.0 (19.0)		50.0 (15.0)		63.0 (17.0)	
	48.0 (18.5)	59.0 (18.0)	43.0 (16.0)	51.5 (14.0)	56.0 (20.2)	64.0 (16.0)
Triglycerides (mg/dL)	88.0 (56.0)		101.0 (67.5)		79.0 (44.0)	
	116.0 (82.0)	80.0 (45.0)	142.0 (95.0)	93.0 (50.7)	99.5 (63.7)	73.0 (39.0)
Systolic blood pressure (SBP) (mmHg)	123.5 (22.5)		129.0 (20.0)		117.5 (22.5)	
	133.5 (20.0)	120.0 (19.5)	136.0 (17.5)	126.0 (16.5)	131.0 (19.6)	114.0 (19.5)
Diastolic blood pressure (DBP) (mmHg)	78.0 (14.0)		81.0 (13.5)		76.0 (14.5)	
	84.0 (14.0)	76.5 (13.5)	85.0 (12.5)	79.5 (13.0)	83.2 (15.5)	74.5 (13.0)
Number of participants with family history of cardio/cerebrovascular events	172.0 (100 %)		69.0 (40.1 %)		103.0 (59.9 %)	
	67.0 (39.0 %)	105.0 (6.0 %)	39.0 (56.5 %)	30.0 (43.5 %)	28.0 (27.2 %)	75.0 (72.8 %)

ORISCAV: Observation of Cardiovascular Risk Factors.

Metabolic syndrome (MetS) was diagnosed with the NCEP-ATP III criteria.

MetS [+] and MetS [-] account for the presence and absence of metabolic syndrome (MetS), respectively.

Distribution of MetS is reported as number and percentage (%).

siMetS score and siMetS risk score are continuous metabolic syndrome (MetS) scores used to quantify metabolic status and metabolic risk of cardio/cerebrovascular events, respectively.

Chi-square test was used to compare MetS numbers between groups.

Independent samples t-tests were used to compare between the metabolic outcomes of participants (log-transformed data).

All two group comparisons (in the same row) are significant (all  $p < 0.01$ ), except for the 2 comparisons highlighted in the table with \*  $p > 0.05$ .

Two group comparisons included: all participants MetS [+] vs. all participants MetS [-]; men vs. women; men MetS [+] vs. women MetS [+]; men MetS [+] vs. women MetS [+].

No statistical comparison was carried out for the number of participants with a history family of cardio/cerebrovascular events.

Family history of cardio/cerebrovascular events included father, mother, brother, or sister having a cardiovascular event (myocardial infarction or stroke).

**Table 2.** Daily intake of carotenoids (µg), fruits (g), and vegetables (g) reported as the median (interquartile range) of Luxembourgish participants (n=1346) of the ORISCAV-2 study.

Dietary intakes	All participants (N = 1346)			Men (N = 630)			Women (N = 716)			Men vs. women	Men MetS [+] vs. women MetS [+]	Men MetS [-] vs. women MetS [-]
	MetS [+] (N = 364)	MetS [-] (N = 982)	<i>P</i> -value	MetS [+] (N = 206)	MetS [-] (N = 424)	<i>P</i> -value	MetS [+] (N = 158)	MetS [-] (N = 558)	<i>P</i> -value	<i>P</i> -value	<i>P</i> -value	<i>P</i> -value
<b>α-Carotene (µg /day)</b>	2510 (3082)			2448 (3069)			2561 (3277)			<i>p</i> = 0.027	-	-
	2403 (2966)	2579 (3130)	<i>p</i> = 0.072	2358 (2946)	2584 (3132)	<i>p</i> = 0.232	2498 (3088)	2579 (3321)	<i>p</i> = 0.340	-	<i>p</i> = 0.237	<i>p</i> = 0.103
<b>β-Carotene (µg /day)</b>	6530 (6532)			6132 (6341)			6925 (7082)			<i>p</i> = 0.008	-	-
	6062 (6429)	6748 (6563)	<i>p</i> = 0.115	5741 (6265)	6360 (6325)	<i>p</i> = 0.175	6777 (6805)	6965 (7122)	<i>p</i> = 0.722	-	<i>p</i> = 0.064	<i>p</i> = 0.080
<b>β-Cryptoxanthin (µg /day)</b>	246 (273)			222 (263)			265 (289)			<i>p</i> = 0.007	-	-
	253 (318)	243 (269)	<i>p</i> = 0.384	239 (291)	210 (269)	<i>p</i> = 0.190	273 (349)	262 (275)	<i>p</i> = 0.720	-	<i>p</i> = 0.346	<i>p</i> = 0.007
<b>Total provitamin A (µg /day)</b>	9478 (9834)			8834 (9516)			9886 (10131)			<i>p</i> = 0.010	-	-
	8755 (9635)	9750 (9881)	<i>p</i> = 0.105	8238 (9603)	9299 (9436)	<i>p</i> = 0.174	9589 (9939)	9988 (10611)	<i>p</i> = 0.663	-	<i>p</i> = 0.077	<i>p</i> = 0.086
<b>Lycopene (µg /day)</b>	3565 (3543)			4220 (4337)			3197 (3218)			<i>p</i> < 0.001	-	-
	3568 (3716)	3563 (3531)	<i>p</i> = 0.039	3872 (4357)	4437 (4369)	<i>p</i> = 0.010	3197 (3315)	3197 (3196)	<i>p</i> = 0.189	-	<i>p</i> = 0.065	<i>p</i> < 0.001
<b>Lutein + zeaxanthin (µg /day)</b>	1632 (1890)			1628 (1778)			1635 (1946)			<i>p</i> = 0.463	-	-
	1612 (1883)	1641 (1891)	<i>p</i> = 0.929	1556 (1658)	1656 (1810)	<i>p</i> = 0.724	1666 (2043)	1632 (1932)	<i>p</i> = 0.922	-	<i>p</i> = 0.898	<i>p</i> = 0.425
<b>Astaxanthin (µg /day)</b>	47 (50)			50 (56)			45 (47)			<i>p</i> = 0.048	-	-
	47 (50)	48 (51)	<i>p</i> = 0.362	48 (53)	51 (58)	<i>p</i> = 0.525	43 (46)	45 (47)	<i>p</i> = 0.738	-	<i>p</i> = 0.235	<i>p</i> = 0.138
<b>Phytoene (µg /day)</b>	2377 (2206)			2185 (1916)			2561 (2329)			<i>p</i> = 0.003	-	-
	2455 (2228)	2351 (2226)	<i>p</i> = 0.324	2242 (1894)	2141 (1917)	<i>p</i> = 0.839	2903 (2096)	2522 (2351)	<i>p</i> = 0.032	-	<i>p</i> = 0.002	<i>p</i> = 0.086
<b>Phytofluene (µg /day)</b>	796 (741)			739 (631)			859 (768)			<i>p</i> = 0.001	-	-
	824 (730)	789 (740)	<i>p</i> = 0.519	739 (672)	739 (630)	<i>p</i> = 0.688	954 (711)	842 (782)	<i>p</i> = 0.046	-	<i>p</i> = 0.002	<i>p</i> = 0.044
<b>Neoxanthin (µg /day)</b>	458 (354)			460 (334)			456 (369)			<i>p</i> = 0.391	-	-
	471 (378)	453 (339)	<i>p</i> = 0.046	465.8 (379)	455 (318)	<i>p</i> = 0.157	471 (361)	450 (369)	<i>p</i> = 0.114	-	<i>p</i> = 0.463	<i>p</i> = 0.395
<b>Violaxanthin (µg /day)</b>	1314 (1172)			1242 (1062)			1364 (1267)			<i>p</i> = 0.008	-	-

	1277 (1206)	1326 (1172)	$p = 0.952$	1256 (1175)	1241 (1032)	$p = 0.541$	1414 (1283)	1364 (1275)	$p = 0.801$	-	$p = 0.377$	$p = 0.009$
<b>Phytoene+ phytofluene (µg /day)</b>	3165 (2958)		-	2919 (2535)		-	3428 (3081)		-	$p = 0.004$	-	-
	3297 (2962)	3144 (2949)	$p = 0.348$	2938 (2511)	2885 (2538)	$p = 0.800$	3865 (2790)	3373 (3312)	$p = 0.034$	-	$p = 0.002$	$p = 0.092$
<b>Epoxy-carotenoids (µg /day)</b>	1779 (1506)		-	1703 (1387)		-	1846 (1590)		-	$p = 0.022$	-	-
	1746 (1515)	1799 (1504)	$p = 0.633$	1688 (1517)	1712 (1357)	$p = 0.393$	1875 (15628)	1842 (1585)	$p = 0.836$	-	$p = 0.385$	$p = 0.026$
<b>Total non-provitamin A (µg /day)</b>	11452 (8162)		-	11832 (8309)		-	11252 (7945)		-	$p = 0.205$	-	-
	11466 (8151)	11427 (8157)	$p = 0.680$	11440 (8285)	12090 (8278)	$p = 0.189$	11720 (8272)	11172 (8084)	$p = 0.558$	-	$p = 0.670$	$p = 0.063$
<b>Total carotenoids (µg /day)</b>	21773 (16785)		-	21198 (16538)		-	22297 (17418)		-	$p = 0.635$	-	-
	20820 (17195)	22279 (17303)	$p = 0.237$	20096 (13700)	22072 (16757)	$p = 0.097$	21636 (17967)	22519 (17493)	$p = 0.898$	-	$p = 0.230$	$p = 0.716$
<b>Fruits (g/day)</b>	295 (274)		-	286 (273)		-	303 (273)		-	$p = 0.238$	-	-
	321 (304)	281 (264)	$p = 0.003$	310 (261)	274 (257)	$p = 0.050$	339 (302)	287 (261)	$p = 0.014$	-	$p = 0.232$	$p = 0.236$
<b>Vegetables (g/day)</b>	218 (172)		-	209 (162)		-	227 (187)		-	$p < 0.001$	-	-
	214 (171)	218 (176)	$p = 0.332$	199 (159)	211 (161)	$p = 0.605$	229 (197)	226 (179)	$p = 0.889$	-	$p = 0.020$	$p = 0.001$
<b>Fruits+vegetables (g/day)</b>	530 (374)		-	495 (365)		-	559 (376)		-	$p = 0.003$	-	-
	547 (396)	526 (371)	$p = 0.113$	503 (370)	491 (366)	$p = 0.235$	606 (428)	552 (361)	$p = 0.108$	-	$p = 0.049$	$p = 0.012$

ORISCAV: Observation of Cardiovascular Risk Factors.

Metabolic syndrome (MetS) was diagnosed with the NCEP-ATP III criteria.

MetS [+] and MetS [-] account for the presence and absence of metabolic syndrome (MetS), respectively.

Total pro-vitamin A corresponds to the sum of  $\alpha$ -carotene,  $\beta$ -carotene and  $\beta$ -cryptoxanthin.

Epoxy-carotenoids is the sum of neoxanthin and violaxanthin.

Phytoene+ phtofluene: the sum of these 2 carotenoids represents colorless carotenoids.

Total non-provitamin A species corresponds to the sum of lycopene, lutein + zeaxanthin, astaxanthin, phytoene, phytofluene, neoxanthin, and violaxanthin.

Total carotenoids correspond to the sum of the total pro-vitamin A carotenoids and total non-provitamin A carotenoids.

Carotenoid intakes were estimated by linking a validated 174-item FFQ to several databases, such as the USDA one.

N = number of participants.

Independent samples t-tests were performed on log-transformed data.

Significant ( $p < 0.05$ ) and tendency ( $p < 0.1$ )  $p$ -values are given in bold.  $P$ -values in blue ink indicate a tendency, i.e.,  $p$ -value  $> 0.05$  but  $< 0.1$ .

**Table 3.** Fully adjusted logistic and linear regression models associating carotenoid intake with components of metabolic syndrome (MetS) and additional anthropometric measurements of Luxembourgish participants (n=1346) of the ORISCAV-2 study.

Carotenoid intake (µg /day)	Fasting blood glucose (FBG) (mmol /L)	Systolic blood pressure (SBP) (mmHg)	Diastolic blood pressure (DBP) (mmHg)	HDL-cholesterol (mmol /L)	Triglycerides (mmol /L)	Waist circumference (cm)	BMI (kg/m <sup>2</sup> )	WHR
<b>α-Carotene</b>	β = -0.119 (-0.217 ; -0.022) <i>p</i> = <b>0.017</b>	β = 0.957 (-0.618 ; 2.533) <i>p</i> = 0.233	β = -0.217 (-1.303 ; 0.869) <i>p</i> = 0.695	β = 0.044 (0.009 ; 0.078) <i>p</i> = <b>0.014</b>	β = -0.115 (-0.196 ; 0.035) <i>p</i> = <b>0.005</b>	β = -1.182 (-2.427 ; 0.063) <i>p</i> = <b>0.063</b>	β = -0.552 (-1.039 ; -0.064) <i>p</i> = <b>0.027</b>	β = -0.008 (-0.015 ; 0.000) <i>p</i> = <b>0.039</b>
<b>β-Carotene</b>	β = -0.157 (-0.318 ; 0.004) <i>p</i> = <b>0.056</b>	β = 1.108 (-1.494 ; 3.710) <i>p</i> = 0.404	β = -0.555 (-2.348 ; 1.237) <i>p</i> = 0.544	β = 0.043 (-0.015 ; 0.100) <i>p</i> = 0.146	β = -0.146 (-0.279 ; 0.013) <i>p</i> = <b>0.032</b>	β = -1.274 (-3.332 ; 0.785) <i>p</i> = 0.225	β = -0.892 (-1.697 ; -0.087) <i>p</i> = <b>0.030</b>	β = -0.006 (-0.018 ; 0.006) <i>p</i> = 0.343
<b>β-Cryptoxanthin</b>	β = 0.024 (-0.124 ; 0.171) <i>p</i> = 0.753	β = 0.027 (-2.354 ; 2.408) <i>p</i> = 0.982	β = 0.300 (-0.340 ; 1.941) <i>p</i> = 0.720	β = -0.002 (-0.054 ; 0.051) <i>p</i> = 0.951	β = 0.075 (-0.047 ; 0.196) <i>p</i> = 0.230	β = 0.886 (-1.007 ; 2.778) <i>p</i> = 0.359	β = 0.446 (-0.292 ; 1.183) <i>p</i> = 0.236	β = 0.001 (-0.010 ; 0.012) <i>p</i> = 0.876
<b>Total provitamin A</b>	β = -0.150 (-0.304 ; 0.004) <i>p</i> = <b>0.056</b>	β = 1.262 (-1.226 ; 3.751) <i>p</i> = 0.320	β = -0.452 (-2.168 ; 1.263) <i>p</i> = 0.605	β = 0.046 (-0.009 ; 0.101) <i>p</i> = 0.101	β = -0.145 (-0.272 ; 0.018) <i>p</i> = <b>0.026</b>	β = -1.318 (-3.287 ; 0.651) <i>p</i> = 0.189	β = -0.856 (-1.626 ; -0.086) <i>p</i> = <b>0.029</b>	β = -0.006 (-0.018 ; 0.005) <i>p</i> = 0.290
<b>Lycopene</b>	β = -0.041 (-0.156 ; 0.074) <i>p</i> = 0.486	β = -1.112 (-1.960 ; 1.737) <i>p</i> = 0.906	β = -0.689 (-1.968 ; 0.589) <i>p</i> = 0.290	β = -0.035 (-0.076 ; 0.006) <i>p</i> = <b>0.099</b>	β = 0.126 (0.032 ; 0.221) <i>p</i> = <b>0.009</b>	β = 0.190 (-1.276 ; 1.657) <i>p</i> = 0.799	β = 0.200 (-0.374 ; 0.775) <i>p</i> = 0.494	β = -0.004 (-0.012 ; 0.005) <i>p</i> = 0.415
<b>Lutein + zeaxanthin</b>	β = 0.005 (-0.160 ; 0.169) <i>p</i> = 0.956	β = -0.484 (-3.135 ; 2.167) <i>p</i> = 0.720	β = -0.482 (-2.308 ; 1.344) <i>p</i> = 0.605	β = 0.046 (-0.012 ; 0.105) <i>p</i> = 0.122	β = -0.165 (-0.300 ; 0.029) <i>p</i> = <b>0.017</b>	β = -0.522 (-2.619 ; 1.575) <i>p</i> = 0.626	β = -0.281 (-1.103 ; 0.540) <i>p</i> = 0.502	β = -0.004 (-0.016 ; 0.009) <i>p</i> = 0.563
<b>Astaxanthin</b>	β = 0.038 (-0.117 ; 0.192) <i>p</i> = 0.630	β = -2.317 (-4.776 ; 0.143) <i>p</i> = <b>0.065</b>	β = -1.305 (-2.997 ; 0.386) <i>p</i> = 0.130	β = 0.022 (-0.032 ; 0.076) <i>p</i> = 0.426	β = -0.050 (-0.165 ; 0.065) <i>p</i> = 0.396	β = 0.038 (-1.919 ; 1.995) <i>p</i> = 0.970	β = 0.144 (-0.618 ; 0.905) <i>p</i> = 0.712	β = 0.002 (-0.009 ; 0.014) <i>p</i> = 0.697
<b>Phytoene</b>	β = -0.173 (-0.379 ; 0.033) <i>p</i> = <b>0.099</b>	β = -1.929 (-5.260 ; 1.402) <i>p</i> = 0.256	β = -2.045 (-4.339 ; 0.248) <i>p</i> = <b>0.080</b>	β = -0.131 (-0.204 ; 0.058) <i>p</i> < <b>0.001</b>	β = 0.110 (-0.061 ; 0.281) <i>p</i> = 0.206	β = 2.302 (-0.332 ; 4.936) <i>p</i> = <b>0.087</b>	β = 1.043 (0.011 ; 2.074) <i>p</i> = <b>0.048</b>	β = 0.016 (0.000 ; 0.032) <i>p</i> = <b>0.045</b>
<b>Phytofluene</b>	β = -0.205 (-0.420 ; 0.010) <i>p</i> = <b>0.061</b>	β = -2.842 (-6.311 ; -0.627) <i>p</i> = 0.108	β = -2.598 (-4.988 ; 0.207) <i>p</i> = <b>0.033</b>	β = -0.121 (-0.198 ; 0.045) <i>p</i> = <b>0.002</b>	β = 0.083 (-0.095 ; 0.261) <i>p</i> = 0.359	β = 2.334 (-0.414 ; 5.083) <i>p</i> = <b>0.096</b>	β = 1.084 (0.008 ; 2.159) <i>p</i> = <b>0.048</b>	β = 0.016 (-0.001 ; 0.032) <i>p</i> = <b>0.059</b>
<b>Neoxanthin</b>	β = 0.060 (-0.180 ; 0.300) <i>p</i> = 0.626	β = 3.309 (-0.562 ; 7.179) <i>p</i> = <b>0.094</b>	β = 0.368 (-2.301 ; 3.038) <i>p</i> = 0.787	β = 0.000 (-0.086 ; 0.085) <i>p</i> = 0.996	β = -0.097 (-0.295 ; 0.102) <i>p</i> = 0.339	β = -1.337 (-4.401 ; 1.726) <i>p</i> = 0.392	β = -0.727 (-1.927 ; 0.472) <i>p</i> = 0.235	β = -0.003 (-0.021 ; 0.015) <i>p</i> = 0.731
<b>Violaxanthin</b>	β = 0.037 (-0.168 ; 0.242) <i>p</i> = 0.723	β = 1.060 (-2.251 ; 4.370) <i>p</i> = 0.530	β = -0.944 (-3.225 ; 1.336) <i>p</i> = 0.417	β = -0.017 (-0.091 ; 0.056) <i>p</i> = 0.641	β = -0.065 (-0.234 ; 0.105) <i>p</i> = 0.454	β = -0.911 (-3.531 ; 1.708) <i>p</i> = 0.495	β = -0.775 (-1.800 ; 0.250) <i>p</i> = 0.138	β = -0.004 (-0.020 ; 0.011) <i>p</i> = 0.588

<b>Phytoene+ Phtofluene</b>	$\beta = -0.173$ (-0.378 ; 0.033) $p = \mathbf{0.009}$	$\beta = -1.797$ (-5.118 ; 1.525) $p = 0.289$	$\beta = -1.997$ (-4.284 ; 0.290) $p = \mathbf{0.087}$	$\beta = -0.127$ (-0.200 ; 0.054) $p = \mathbf{0.001}$	$\beta = 0.106$ (-0.064 ; 0.276) $p = 0.223$	$\beta = 2.236$ (-0.390 ; 4.863) $p = \mathbf{0.095}$	$\beta = 1.001$ (-0.028 ; 2.029) $p = \mathbf{0.056}$	$\beta = 0.016$ (0.000 ; 0.031) $p = \mathbf{0.048}$
<b>Epoxy-carotenoids</b>	$\beta = 0.049$ (-0.171 ; 0.268) $p = 0.664$	$\beta = 1.658$ (-1.887 ; 5.203) $p = 0.359$	$\beta = -0.699$ (-3.142 ; 1.744) $p = 0.575$	$\beta = -0.015$ (-0.093 ; 0.064) $p = 0.712$	$\beta = -0.075$ (-0.257 ; 0.106) $p = 0.416$	$\beta = -1.059$ (-3.865 ; 1.746) $p = 0.459$	$\beta = -0.819$ (-1.917 ; 0.279) $p = 0.144$	$\beta = -0.004$ (-0.021 ; 0.012) $p = 0.605$
<b>Total non-provitamin A</b>	$\beta = -0.157$ (-0.429 ; 0.115) $p = 0.259$	$\beta = -1.565$ (-5.960 ; 2.831) $p = 0.485$	$\beta = -2.364$ (-5.390 ; 0.662) $p = 0.126$	$\beta = -0.117$ (-0.214 ; 0.020) $p = \mathbf{0.018}$	$\beta = 0.134$ (-0.091 ; 0.359) $p = 0.242$	$\beta = 1.278$ (-2.199 ; 4.755) $p = 0.471$	$\beta = 0.686$ (-0.676 ; 2.048) $p = 0.323$	$\beta = 0.000$ (-0.020 ; 0.021) $p = 0.966$
<b>Total carotenoids</b>	$\beta = -0.212$ (-0.464 ; 0.041) $p = \mathbf{0.009}$	$\beta = 0.900$ (-3.182 ; 4.982) $p = 0.665$	$\beta = -1.429$ (-4.240 ; 1.383) $p = 0.319$	$\beta = -0.008$ (-0.099 ; 0.082) $p = 0.857$	$\beta = -0.003$ (-0.213 ; 0.206) $p = 0.974$	$\beta = -0.755$ (-3.986 ; 2.476) $p = 0.647$	$\beta = -0.550$ (-1.815 ; 0.714) $p = 0.394$	$\beta = -0.006$ (-0.025 ; 0.013) $p = 0.546$

ORISCAV: Observation of Cardiovascular Risk Factors.

The fully adjusted model (model 4) was used to study the effect of carotenoids independently from fruit and vegetable intake while considering the effects of age, sex, marital status, current smoking status, job status, income, total energy intake, birth country, and fruit+vegetable intake.

All predictor variables were log-transformed before multivariable regression models.

BMI: Body mass index ( $\text{kg}/\text{m}^2$ ).

WHR: Waist-hip ratio.

Among anthropometric measurements, including BMI and WHR, only waist circumference is considered to be a component of MetS.

Data for logistic regression are expressed as odds ratio (OR) with its 95% confidence interval (95% CI).

Data for linear regression are expressed as beta ( $\beta$ ) regression coefficient with its 95% confidence interval (95% CI).

Total pro-vitamin A species corresponds to the sum of  $\alpha$ -carotene,  $\beta$ -carotene and  $\beta$ -cryptoxanthin.

Epoxy-carotenoids is the sum of neoxanthin and violaxanthin.

Phytoene+ phtofluene: the sum of phytoene and phtofluene represents colorless carotenoids.

Total non-provitamin A species corresponds to the sum of lycopene, lutein + zeaxanthin, astaxanthin, phytoene, phytofluene, neoxanthin, and violaxanthin.

Total carotenoids correspond to the sum of the total pro-vitamin A carotenoids and total non-provitamin A carotenoids.

Significant ( $p < 0.05$ ) and tendency ( $p < 0.1$ )  $p$ -values are given in bold.  $P$ -values in blue ink indicate a tendency, i.e.,  $p$ -value  $> 0.05$  but  $< 0.1$ .

**Table 4.** Additional sensitivity analysis for fully adjusted models of logistic and linear regression for tomato-based carotenoids (lycopene, phytoene, phytofluene), taking into account potential confounding factors, i.e., processed tomato-based food items, associating them with metabolic syndrome (MetS), its scores, components and additional anthropometric measurements of Luxembourgish participants (n=1346) of the ORISCAV-2 study.

Carotenoid intake (µg /day)	MetS (APT III)	siMetS score (metabolic status)	siMetS risk score (metabolic risk) *	Fasting blood glucose (FBG) (mmol /L)	Systolic blood pressure (SBP) (mmHg)	Diastolic blood pressure (DBP) (mmHg)	HDL-cholesterol (mmol /L)	Triglycerides (mmol /L)	Waist circumference (cm)	BMI (kg/m <sup>2</sup> )	WHR
<b>Lycopene</b>	OR: 0.877 (0.618 – 1.244) <i>p</i> = 0.462	β = 0.091 (-0.023 ; 0.204) <i>p</i> = 0.118	β = 0.004 (-0.176 ; 0.184) <i>p</i> = 0.964	β = -0.016 (-0.155 ; 0.122) <i>p</i> = 0.817	β = -0.170 (-2.408 ; 2.068) <i>p</i> = 0.882	β = -0.699 (-2.248 ; 0.850) <i>p</i> = 0.376	β = -0.034 (-0.084 ; 0.015) <i>p</i> = 0.173	β = 0.101 (-0.013 ; 0.216) <b><i>p</i> = 0.084</b>	β = 0.635 (-1.134 ; 2.404) <i>p</i> = 0.482	β = 0.160 (-0.534 ; 0.854) <i>p</i> = 0.651	β = 0.002 (-0.009 ; 0.012) <i>p</i> = 0.715
<b>Phytoene</b>	OR: 1.342 (0.742 – 2.426) <i>p</i> = 0.330	β = 0.135 (-0.038 ; 0.309) <i>p</i> = 0.126	β = -0.095 (-0.370 ; 0.180) <i>p</i> = 0.498	β = -0.184 (-0.395 ; 0.026) <b><i>p</i> = 0.086</b>	β = -2.160 (-5.582 ; 1.262) <i>p</i> = 0.216	β = -2.066 (-4.425 ; 0.292) <b><i>p</i> = 0.086</b>	β = -0.126 (-0.201 ; -0.050) <b><i>p</i> = 0.001</b>	β = 0.086 (-0.107 ; 0.243) <i>p</i> = 0.447	β = 2.390 (-0.306 ; 5.087) <b><i>p</i> = 0.082</b>	β = 0.970 (-0.087 ; 2.028) <b><i>p</i> = 0.072</b>	β = 0.019 (0.003 ; 0.035) <b><i>p</i> = 0.018</b>
<b>Phytofluene</b>	OR: 1.165 (0.631 – 2.149) <i>p</i> = 0.626	β = 0.095 (-0.086 ; 0.276) <i>p</i> = 0.304	β = -0.149 (-0.436 ; 0.137) <i>p</i> = 0.307	β = -0.222 (-0.442 ; -0.003) <b><i>p</i> = 0.047</b>	β = -3.191 (-6.753 ; 0.372) <b><i>p</i> = 0.079</b>	β = -2.669 (-5.126 ; -0.211) <b><i>p</i> = 0.033</b>	β = -0.115 (-0.194 ; -0.037) <b><i>p</i> = 0.004</b>	β = 0.039 (-0.143 ; 0.222) <i>p</i> = 0.673	β = 2.384 (-0.430 ; 5.197) <b><i>p</i> = 0.097</b>	β = 1.002 (-0.101 ; 2.105) <b><i>p</i> = 0.075</b>	β = 0.019 (0.002 ; 0.036) <b><i>p</i> = 0.026</b>
<b>Phytoene+Phytofluene</b>	OR: 1.311 (0.727 – 2.365) <i>p</i> = 0.368	β = 0.130 (-0.043 ; 0.303) <i>p</i> = 0.141	β = -0.100 (-0.374 ; 0.174) <i>p</i> = 0.475	β = -0.185 (-0.394 ; 0.025) <b><i>p</i> = 0.084</b>	β = -2.036 (-5.447 ; 1.374) <i>p</i> = 0.242	β = -2.021 (-4.372 ; 0.329) <b><i>p</i> = 0.092</b>	β = -0.122 (-0.197 ; -0.047) <b><i>p</i> = 0.001</b>	β = 0.064 (-0.110 ; 0.239) <i>p</i> = 0.471	β = 2.309 (-0.378 ; 4.997) <b><i>p</i> = 0.092</b>	β = 0.925 (-0.129 ; 1.979) <b><i>p</i> = 0.085</b>	β = 0.019 (0.003 ; 0.035) <b><i>p</i> = 0.020</b>

ORISCAV: Observation of Cardiovascular Risk Factors.

Metabolic syndrome (MetS) was diagnosed with the NCEP-ATP III criteria.

siMetS score and siMetS risk score are continuous metabolic syndrome (MetS) scores used to quantify metabolic status and metabolic risk of cardio/cerebrovascular events, respectively.

Model 4: adjusted for age, sex, marital status, current smoking status, job status, income, total energy intake, birth country, and fruit+vegetable intake. This model was used to study the effect of carotenoids independently from fruit and vegetable intake.

\*Regression analyses for the siMetS risk score did not include sex and age as confounders, as they were included in the formula of this score.

Sensitivity of the model 4 was increased, considering the following processed tomato-based food items as confounders: pizza, burger, ketchup, and lasagna with meat and tomato sauce.

All predictor variables were log-transformed before multivariable regression models.

BMI: Body mass index (kg/m<sup>2</sup>).

WHR: Waist-hip ratio.

Among anthropometric measurements, including BMI and WHR, only waist circumference is considered to be a component of MetS.

Data for logistic regression are expressed as odds ratio (OR) with its 95% confidence interval (95% CI).

Data for linear regression are expressed as beta (β) regression coefficient with its 95% confidence interval (95% CI).

Total pro-vitamin A species corresponds to the sum of α-carotene, β-carotene and β-cryptoxanthin.

Epoxy-carotenoids is the sum of neoxanthin and violaxanthin.

Phytoene+ phtofluene: the sum of phytoene and phtofluene represents colorless carotenoids.

Total non-provitamin A species corresponds to the sum of lycopene, lutein + zeaxanthin, astaxanthin, phytoene, phytofluene, neoxanthin, and violaxanthin.

Total carotenoids correspond to the sum of the total pro-vitamin A carotenoids and total non-provitamin A carotenoids.

Significant (*p* < 0.05) and tendency (*p* < 0.1) *p*-values are given in bold. *P*-values in blue ink indicate a tendency, i.e., *p*-value > 0.05 but < 0.1.



**Table 5.** Adjusted models of logistic and linear regression associating fruit and vegetable intake with metabolic syndrome (MetS), its scores, components, and additional anthropometric measurements of Luxembourgish participants (n=1346) of the ORISCAV-2 study.

Dietary intakes (g/day)	MetS (APT III)	siMetS score (metabolic status)	siMetS risk score (metabolic risk) *	Fasting blood glucose (FBG) (mmol /L)	Systolic blood pressure (SBP) (mmHg)	Diastolic blood pressure (DBP) (mmHg)	HDL-cholesterol (mmol /L)	Triglycerides (mmol /L)	Waist circumference (cm)	BMI (kg/m <sup>2</sup> )	WHR
<b>Fruits</b>	OR: 1.244 (0.804 – 1.925) <i>p</i> = 0.326	$\beta$ = -0.076 (-0.201 ; 0.049) <i>p</i> = 0.233	B = -0.054 (-0.249 ; 0.140) <i>p</i> = 0.584	$\beta$ = -0.096 (-0.248 ; 0.055) <i>p</i> = 0.212	$\beta$ = -1.054 (-3.496 ; 1.388) <i>p</i> = 0.397	$\beta$ = -0.823 (-2.508 ; -0.862) <i>p</i> = 0.338	$\beta$ = -0.008 (-0.062 ; -0.046) <i>p</i> = 0.763	$\beta$ = -0.083 (-0.209 ; 0.042) <i>p</i> = 0.192	$\beta$ = -0.703 (-2.636 ; 1.229) <i>p</i> = 0.475	$\beta$ = -0.159 (-0.917 ; 0.599) <i>p</i> = 0.682	$\beta$ = -0.004 (-0.016 ; 0.007) <i>p</i> = 0.442
<b>Vegetables</b>	OR: 0.672 (0.402 – 1.124) <i>p</i> = 0.130	$\beta$ = -0.155 (-0.304 ; -0.007) <b><i>p</i> = 0.041</b>	$\beta$ = -0.423 (-0.653 ; -0.193) <b><i>p</i> &lt; 0.001</b>	$\beta$ = -0.172 (-0.352 ; 0.009) <i>p</i> = <b>0.063</b>	$\beta$ = -2.677 (-5.593 ; 0.238) <i>p</i> = <b>0.072</b>	$\beta$ = -3.802 (-5.805 ; -1.798) <b><i>p</i> &lt; 0.001</b>	$\beta$ = -0.006 (-0.070 ; 0.059) <i>p</i> = 0.856	$\beta$ = -0.131 (-0.280 ; 0.018) <i>p</i> = <b>0.084</b>	$\beta$ = -2.172 (-4.478 ; 0.135) <i>p</i> = <b>0.065</b>	$\beta$ = -1.100 (-2.002 ; -0.197) <b><i>p</i> = 0.017</b>	$\beta$ = -0.009 (-0.023 ; 0.005) <i>p</i> = 0.189
<b>Fruits+Vegetables</b>	OR: 0.957 (0.525 – 1.742) <i>p</i> = 0.885	$\beta$ = -0.195 (-0.367 ; -0.023) <b><i>p</i> = 0.027</b>	$\beta$ = -0.322 (-0.589 ; -0.056) <b><i>p</i> = 0.018</b>	$\beta$ = -0.207 (-0.416 ; 0.002) <i>p</i> = <b>0.053</b>	$\beta$ = -2.933 (-6.311 ; 0.445) <i>p</i> = <b>0.089</b>	$\beta$ = -3.313 (-5.640 ; -0.986) <b><i>p</i> = 0.005</b>	$\beta$ = 0.002 (-0.073 ; -0.076) <i>p</i> = 0.963	$\beta$ = -0.171 (-0.344 ; 0.002) <i>p</i> = <b>0.053</b>	$\beta$ = -2.334 (-5.005 ; 0.337) <i>p</i> = <b>0.087</b>	$\beta$ = -0.897 (-1.943 ; 0.150) <i>p</i> = <b>0.093</b>	$\beta$ = -0.013 (-0.029 ; 0.003) <i>p</i> = 0.110

ORISCAV: Observation of Cardiovascular Risk Factors.

Metabolic syndrome (MetS) was diagnosed with the NCEP-ATP III criteria.

siMetS score and siMetS risk score are continuous metabolic syndrome (MetS) scores used to quantify metabolic status and metabolic risk of cardio/cerebrovascular events, respectively.

Regression model (model 3) was adjusted for age, sex, marital status, current smoking status, job status, income, total energy intake, and birth country.

\*Regression analyses for the siMetS risk score did not include sex and age as confounders, as they were included in the formula of this score.

All predictor variables were log-transformed before multivariable regression models.

BMI: Body mass index (kg/m<sup>2</sup>).

WHR: Waist-hip ratio.

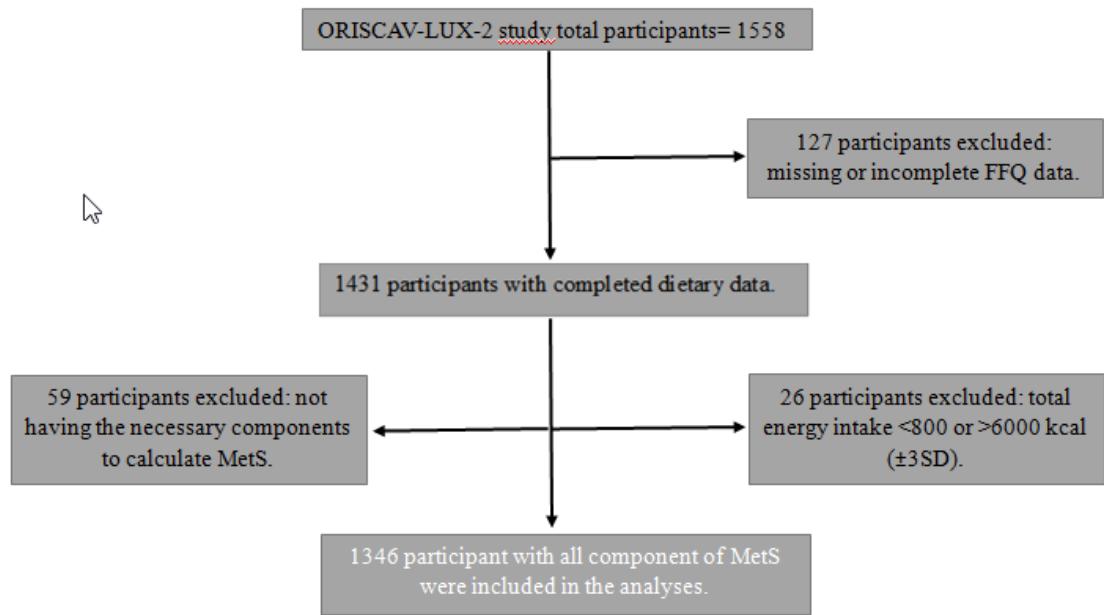
Fruits+Vegetables correspond to the combined intake of fruits and vegetables.

Among anthropometric measurements, including BMI and WHR, only waist circumference is considered to be a component of MetS.

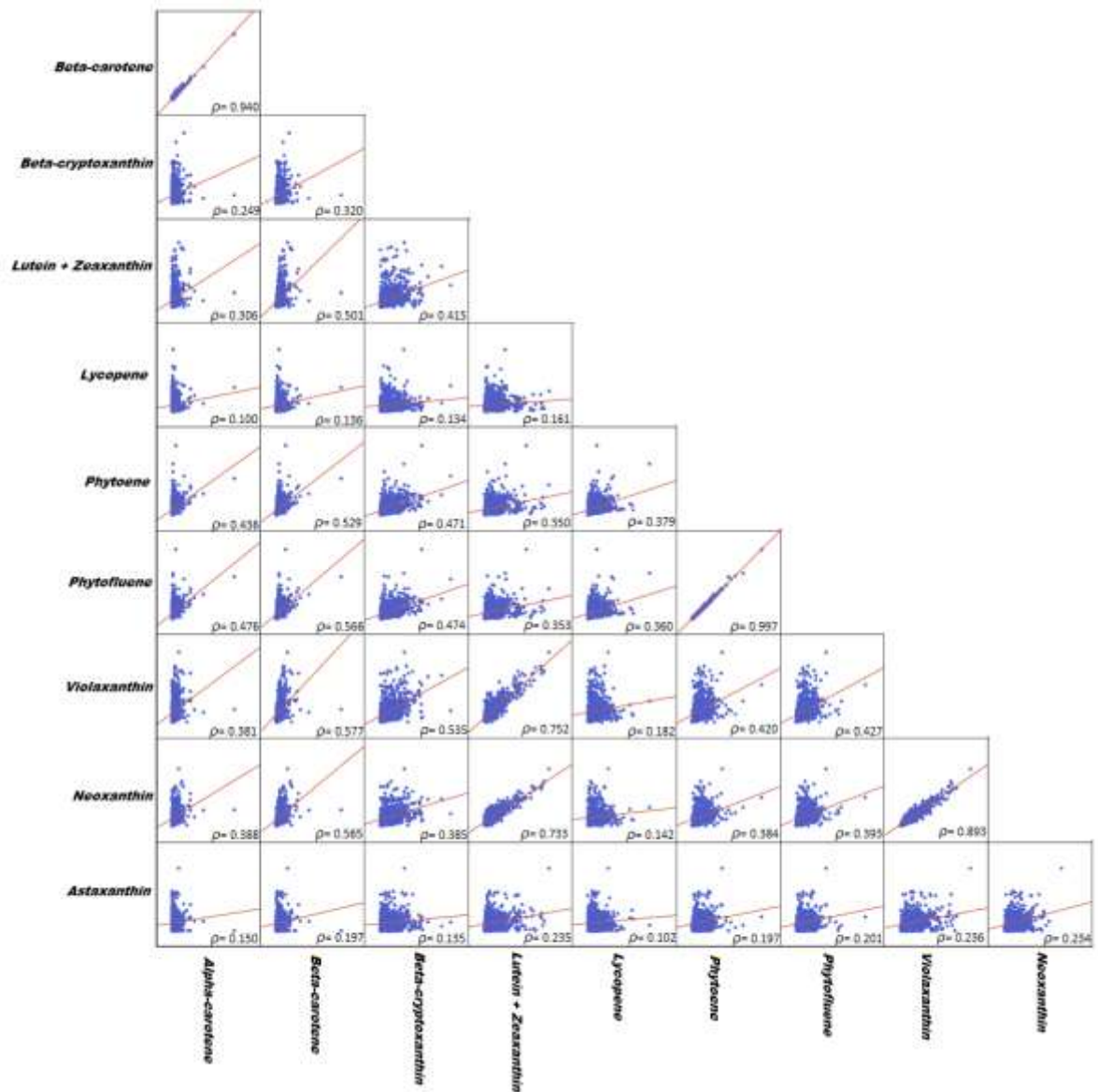
Data for logistic regression (only for MetS ATP III) are expressed as odds ratio (OR) with its 95% confidence interval (95% CI).

Data for linear regression are expressed as beta ( $\beta$ ) regression coefficient with its 95% confidence interval (95% CI).

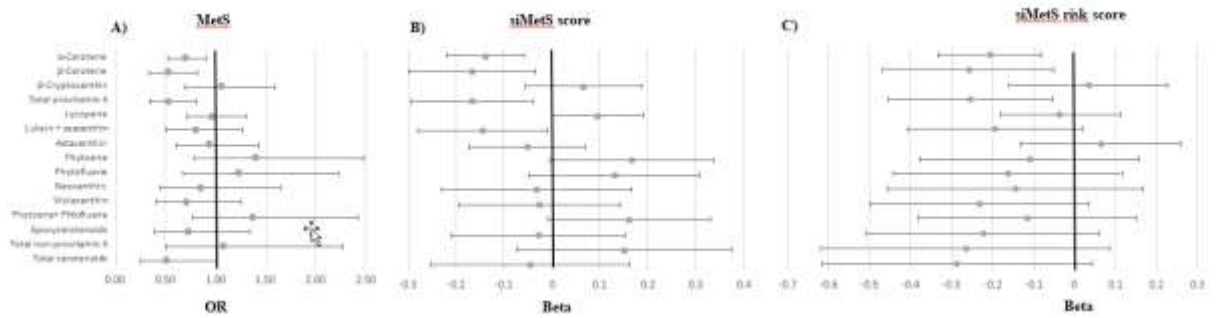
Significant ( $p < 0.05$ ) and tendency ( $p < 0.1$ ) *p*-values are given in bold. *P*-values in blue ink indicate a tendency, i.e.,  $p$ -value > 0.05 but < 0.1.



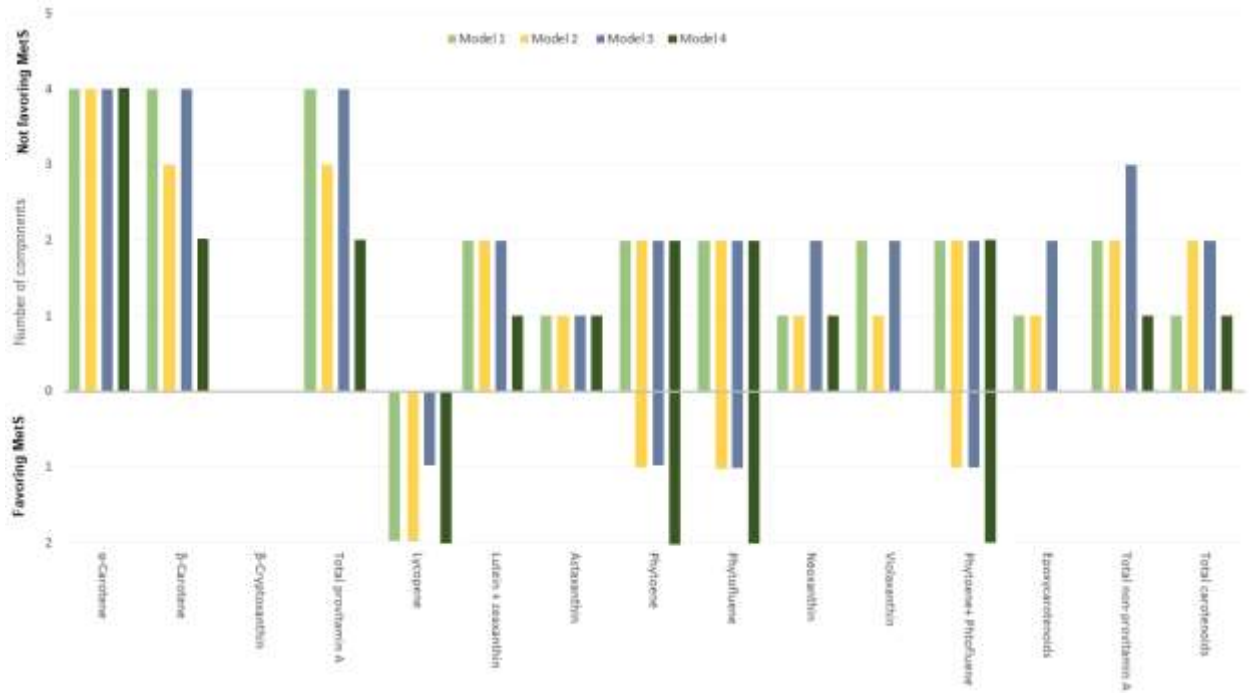
**Figure 1.** Flow chart of participants' sample progression.



**Figure 2.** Correlation matrix showing Spearman correlation coefficients ( $\rho$ ) between the intake of individual dietary carotenoids.



**Figure 3.** Forest plots showing the association of carotenoid intake on the odds ratio (OR) of metabolic syndrome (MetS) (A) and on the  $\beta$  coefficients and its confidence intervals of continuous MetS scores, reflecting metabolic status (siMetS score) (B) and metabolic risk (siMetS risk score) (C). Metabolic syndrome (MetS) was diagnosed with the NCEP-ATP III criteria. The fully adjusted model (model 4) was employed, adjusting for age, sex, marital status, current smoking status, job status, income, total energy intake, birth country, and fruit+vegetable intake. This model was used to study the effect of carotenoids independently from fruit and vegetable intake. Regression analyses for the siMetS risk score did not include sex and age as confounders, as they were included in the formula of this score. Data for logistic regression are expressed as odds ratio (OR) with its 95% confidence interval (95% CI). Data for linear regression are expressed as beta ( $\beta$ ) regression coefficient with its 95% confidence interval (95% CI).



**Figure. 4.** Number of significant associations (and those with a tendency, i.e.,  $p$ -value  $> 0.05$  but  $< 0.1$ ), both inversely related to MetS (bottom part) and those with a positive health impact on MetS (upper part) with the 5 components of MetS and carotenoid intake, with unadjusted and adjusted linear multivariable regression models. Model 1 was unadjusted; model 2 was adjusted for age and sex; model 3 was further adjusted for marital status, current smoking status, job status, income, total energy intake, and birth country; model 4 was further adjusted for fruit+vegetable intake. The 5 MetS components were: central obesity (waist circumference), hypertension (SBP and/or DBP), hyperglycemia (FBG), triglycerides, and HDL-c. The number of both associations, either favoring or not favoring MetS, were reported