Table S1. Foods and ingredients included in the PHDI components.

Components	Food items
Nuts and peanuts	Nuts, pistachios, almonds, peanuts, and coconut pulp and milk
Legumes¢	Beans, pulses, lentils, chickpeas, peas, and soybeans.
Fruits	All fruits, including fruits used in juices, nectars and punces.
Vegetables	All vegetables
Whole cereals	Brown rice, whole breads, and oat flakes
Eggs	Chicken eggs and other poultry
Fish and seafood	Fish and seafood, such as mussels and shrimp
Tubers and potatoes	All types of potatoes and cassava as well as their derivatives flours
Dairy§	Cow, goat, buffalo milk, yogurt, and cheese
Vegetable oilsº	Vegetable oils used in recipes, such as soybean oil, sunflower oil and olive oil.
DGV/total ratio≠	Broccoli, arugula, cabbage, chicory, and watercress
ReV/total ratio≡	Tomatoes, beetroots, carrots, and pumpkins
Red meat£	Beef, lamb, pork, and processed meats
Chicken and substitutes	Chicken, poultry and excess substitutes (ie eggs, fish and seafood)
Animal fatsǂ	Butter and creams (e.g., sour cream and cheese cream)
Added sugars	All sweetener intake, including the sugars used as ingredients in processed or culinary products and the table sugar added to foods and beverages

Table 2. Multiple linear regression of the association between the Planetary Health Diet Index and obesity indicators without under and overreporting of energy intake. ELSA-Brasil, 2008-2010.

	Planetary Health Diet Index						Continuous (10 points increase in the total score)
	Quintilesº						
	1st	**2th**	3th	4th	5th	p for trend	
		β (95% CI)	β (95% CI)	β (95% CI)	β (95% CI)		β (95% CI)
BMI (kg/m²)							
Model age-adjusted£	ref	-0.08 (-0.33:0.17)	-0.22 (-0.46:0.03)	0.05 (-0.20:0.30)	-0.38 (-0.63:-0.13)	0.026	-0.11 (-0.18:-0.04)
Model fully adjusted§	ref	-0.13 (-0.36:0.10)	-0.25 (-0.48:-0.02)	-0.07 (-0.30:0.17)	-0.50 (-0.74:-0.27)	<0.001	-0.14 (-0.21:-0.08)
WC (cm)							
Model age-adjusted£	ref	-0.36 (-1.01:0.30)	-1.08 (-1.73:-0.42)	-0.50 (-1.15:0.16)	-1.54 (-2.19:-0.88)	<0.001	-0.48 (-0.66:-0.30)
Model fully adjusted§	ref	-0.44 (-1.02:0.14)	-1.04 (-1.62:-.046)	-0.81 (-1.39:-0.23)	-1.66 (-2.25:-1.08)	<0.001	-0.48 (-0.66:-0.30)

£Model adjusted for age. §Model adjusted for age, sex, self-reported race, income, smoking, alcohol intake, physical activity, diabetes, hypertension, dyslipidemia, energy intake and dietary changes in the last six months.

Table S3. Multiple multinomial logistic regression between Planetary Health Diet Index and overweight and obesity without under and overreporting of energy intake. ELSA-Brasil, 2008-2010.

	Overweight*		Obesity*	
	OR	95% CI	OR	95% CI
Model age-adjusted£				
PHDI quintiles				
1st quintile		ref		ref
2th quintile	0.86	0.76:0.96	0.99	0.86:1.14
3th quintile	0.83	0.74:0.94	0.97	0.84:1.11
4th quintile	0.93	0.83:1.05	1.02	0.89:1.17
5th quintile	0.76	0.68:0.86	0.83	0.72:0.96
p for trend	<0.001		<0.05	
Continuous (10 points increase in the total score)	0.93	0.90:0.96	0.92	0.88:0.96
Model fully adjusted§				
PHDI quintiles				
1st quintile		ref		ref
2th quintile	0.85	0.76:0.96	0.96	0.83:1.11
3th quintile	0.84	0.74:0.95	0.95	0.82:1.10
4th quintile	0.92	0.80:1.03	0.96	0.83:1.12
5th quintile	0.75	0.66:0.85	0.76	0.65:0.88
p for trend	<0.001		<0.001	
Continuous (10 points increase in the total score)	0.93	0.90:0.96	0.92	0.88:0.96

OR: odds ratio. 95% CI: 95% confidence interval. *ref = WC<80cm for women and <90cm for men. £Model adjusted for age. §Model adjusted for age, sex, self-reported race, income, smoking, alcohol intake, physical activity, diabetes, hypertension, dyslipidemia, energy intake and dietary changes in the last six months.

Table S4. Multiple multinomial logistic regression between Planetary Health Diet Index and abdominal obesity without under and overreporting of energy intake. ELSA-Brasil, 2008-2010.

	Increased abdominal obesity*		Substantially increased abdominal obesity*	
	OR	95% CI	OR	95% CI
Model age-adjusted£				
PHDI quintiles				
1st quintile	ref		ref	
2th quintile	0.87	0.76:0.99	0.99	0.88:1.12
3th quintile	0.87	0.76:0.99	0.91	0.80:1.03
4th quintile	0.89	0.78:1.02	0.94	0.83:1.06
5th quintile	0.90	0.79:1.03	0.82	0.72:0.93
p for trend	0.138		<0.001	
Continuous (10 points increase in the total score)	0.97	0.93:1.00	0.94	0.90:0.97
Model fully adjusted§				
PHDI quintiles				
1st quintile	ref		ref	
2th quintile	0.86	0.75:0.99	0.97	0.85:1.11
3th quintile	0.85	0.75:0.98	0.87	0.76:0.99
4th quintile	0.88	0.77:1.00	0.88	0.77:1.01
5th quintile	0.87	0.76:0.99	0.73	0.64:0.84
p for trend	0.098		<0.001	
Continuous (10 points increase in the total score)	0.95	0.92:0.99	0.91	0.88:0.94

OR: odds ratio. 95% CI: 95% confidence interval. *ref = WC<80cm for women and <90cm for men. £Model adjusted for age. §Model adjusted for age, sex, self-reported race, income, smoking, alcohol intake, physical activity, diabetes, hypertension, dyslipidemia, energy intake and dietary changes in the last six months.