

Supplemental Table S4. Basic characteristics according to quartile of dietary pattern scores.

	Vegetable rich					Varied staple food					Animal foods rich					Seafood rich				
	Q1	Q2	Q3	Q4	β coefficient (95% CI) per 1 quartile increment	Q1	Q2	Q3	Q4	β coefficient (95% CI) per 1 quartile increment	Q1	Q2	Q3	Q4	β coefficient (95% CI) per 1 quartile increment	Q1	Q2	Q3	Q4	β coefficient (95% CI) per 1 quartile increment
Number	858	858	859	858		858	858	859	858		858	858	859	858		858	858	859	858	
Men, %	72.7	46.9	36.0	26.3		60.0	47.7	40.9	33.3		28.1	46.6	50.5	56.6		29.5	45.2	54.0	53.1	
Age, yo	60.0 (8.2)	61.3 (8.1)	62.7 (7.3)	64.3 (6.7)	1.46 (1.23, 1.69)	63.0 (7.3)	62.3 (7.5)	61.6 (8.0)	61.4 (8.1)	-0.55 (-0.78, -0.32)	65.1 (6.1)	63.2 (6.6)	61.1 (8.0)	58.9 (8.7)	-2.06 (-2.28, -1.83)	59.9 (8.2)	61.3 (7.7)	62.7 (7.6)	64.4 (6.7)	1.50 (1.28, 1.73)
Body mass index, kg/m ²	23.4 (3.3)	23.3 (3.3)	23.3 (3.3)	23.2 (3.1)	-0.08 (-0.18, 0.02)	23.4 (3.3)	23.4 (3.3)	23.3 (3.2)	23.1 (3.1)	-0.12 (-0.22, -0.02)	23.2 (3.3)	23.4 (3.2)	23.2 (3.2)	23.4 (3.3)	0.03 (-0.07, 0.12)	23.2 (3.3)	23.2 (3.3)	23.4 (3.3)	23.4 (3.2)	0.09 (0.00, 0.19)
Systolic BP, mmHg	131.3 (19.3)	129.3 (19.2)	130.3 (19.4)	130.4 (19.6)	-0.15 (-0.73, 0.43)	131.1 (18.8)	130.8 (19.2)	130.3 (20.0)	129.1 (19.6)	-0.65 (-1.23, -0.08)	131.1 (19.8)	130.5 (19.3)	129.6 (19.4)	130.1 (19.1)	-0.35 (-0.93, 0.23)	128.3 (19.1)	129.7 (19.5)	131.3 (19.8)	132 (18.9)	1.26 (0.68, 1.83)
Diastolic BP, mmHg	78.1 (11.5)	75.8 (11.5)	76.1 (11.8)	74.6 (11.1)	-1.02 (-1.36, -0.68)	76.8 (11.2)	76.2 (11.4)	76.5 (11.9)	75.1 (11.5)	-0.50 (-0.85, -0.16)	75.3 (11.2)	75.8 (11.5)	76.4 (11.2)	77.2 (12.1)	0.62 (0.28, 0.96)	75.0 (11.4)	76.1 (11.6)	76.7 (11.9)	76.9 (11.1)	0.64 (0.30, 0.99)
Fasting plasma glucose, mg/dL	103.4 (19.6)	102.2 (18.3)	101.5 (16.3)	100.3 (13.6)	-1.00 (-1.51, -0.49)	102.1 (16.5)	102.7 (19.6)	101.5 (16.5)	101.2 (15.8)	-0.39 (-0.90, 0.12)	101.2 (15.5)	102.5 (17.3)	101.9 (17.2)	101.8 (18.5)	0.14 (-0.37, 0.66)	99.4 (15.7)	100.7 (16.1)	103.4 (18.8)	104 (17.3)	1.65 (1.14, 2.16)
HemoglobinA1c, %	5.7 (0.6)	5.7 (0.6)	5.7 (0.6)	5.7 (0.5)	0.00 (-0.02, 0.02)	5.7 (0.6)	5.7 (0.7)	5.7 (0.6)	5.7 (0.5)	-0.01 (-0.03, 0.00)	5.7 (0.5)	5.7 (0.6)	5.7 (0.6)	5.7 (0.6)	-0.02 (-0.04, -0.01)	5.7 (0.6)	5.7 (0.6)	5.7 (0.6)	5.7 (0.6)	0.03 (0.01, 0.05)
Total cholesterol, mg/dL	208.6 (34.3)	209.9 (33.5)	210.8 (32.6)	210.7 (33.5)	0.71 (-0.29, 1.71)	205 (33.9)	210.2 (33)	209.6 (32.3)	215.3 (33.9)	3.04 (2.04, 4.04)	211.5 (33.3)	209.2 (33.8)	210.4 (32.8)	209 (34.0)	-0.64 (-1.64, 0.36)	212.2 (33.8)	211.4 (32.6)	209 (34.5)	207.5 (32.8)	-1.68 (-2.68, -0.68)
HDL cholesterol, mg/dL	65.5 (17.1)	68.0 (17.1)	68.6 (16.6)	70.2 (16.9)	1.46 (0.96, 1.97)	66.9 (16.7)	68.5 (17.6)	67.5 (16.5)	69.5 (17.1)	0.67 (0.16, 1.18)	69.5 (17.1)	67.2 (16.4)	68.1 (16.9)	67.5 (17.5)	-0.51 (-1.02, 0.00)	69.6 (16.3)	68.7 (17.7)	67.3 (17.1)	66.7 (16.8)	-1.00 (-1.51, -0.50)
LDL cholesterol, mg/dL	117.6 (32.1)	120.2 (31.0)	120.9 (29.9)	120.6 (29.5)	0.97 (0.05, 1.89)	115.9 (30.2)	119.5 (30.1)	119.3 (31.1)	124.5 (30.7)	2.55 (1.64, 3.46)	121.0 (29.8)	119.4 (31.8)	120.3 (30.6)	118.6 (30.3)	-0.61 (-1.53, 0.30)	121.8 (30.9)	120.8 (29.4)	118.9 (31.5)	117.8 (30.7)	-1.42 (-2.33, -0.50)
Triglycerides, mg/dL	127.6 (101.2)	108.5 (65.2)	106.6 (68.7)	99.5 (54.8)	-8.63 (-10.86, -6.39)	110.7 (68.9)	110.9 (74.2)	114 (94.8)	106.6 (58.2)	-0.91 (-3.16, 1.34)	105.1 (62.1)	113.2 (86.1)	109.5 (67.9)	114.4 (82)	2.42 (0.17, 4.67)	103.8 (62.2)	109.8 (66.3)	113.8 (74.5)	114.9 (93.6)	3.73 (1.48, 5.98)
Hypertension, %	49.7	47.4	49.0	46.3		47.7	48.8	49.9	45.9		51.2	49.9	46.6	44.8		42.7	46.2	50.3	53.3	
Diabetes, %	13.2	11.0	10.5	10.5		10.5	12.1	12.1	10.4		12.0	12.4	11.2	9.6		7.8	9.2	13.5	14.6	
Dyslipidemia, %	52.4	51.3	53.7	52.9		46.3	52.6	54.1	57.3		60.0	53.5	49.4	47.4		51.4	52.3	53.0	53.6	
Obesity, %	28.6	27.6	28.2	26.3		27.2	30.4	27.5	25.6		26.0	28.6	28.2	28.0		25.3	28.6	29.1	27.7	
History of CVD, %	3.5	4.9	3.5	3.5		3.1	3.8	4.5	3.8		4.3	4.4	2.7	4.0		2.7	3.3	4.0	5.5	
Smoking status, %																				
Never	35.1	55.7	64.6	74.4		51.2	56.9	59.8	61.9		74.0	58.7	52.0	45.0		66.2	58.7	51.7	53.1	
Past	39.3	29.8	25.3	16.3		30.0	27.7	26.8	26.2		20.0	27.5	29.6	33.6		21.4	26.5	31.8	31.0	
Current	25.6	14.5	10.1	9.3		18.9	15.4	13.4	11.9		5.9	13.8	18.4	21.4		12.4	14.8	16.5	15.9	
Current drinker, %	62.5	49.5	43.7	35.9		55.8	48.6	45.6	41.5		33.0	46.4	54.0	58.2		38.6	47.3	53.3	52.3	
Alcohol consumption, g/day	23.3 (29.6)	15.9 (26.5)	12.9 (26.9)	8.5 (18.1)	-4.74 (-5.50, -3.97)	19.4 (26.7)	15.0 (25.3)	15.5 (30.1)	10.7 (21.2)	-2.54 (-3.32, -1.76)	7.7 (18.1)	14.5 (24.5)	17.6 (26.5)	20.9 (32.0)	4.3 (3.53, 5.07)	10.5 (22.0)	14.0 (23.7)	17.9 (27.9)	18.2 (29.8)	2.69 (1.91, 3.46)

The characteristics according to each quartile of each dietary pattern are expressed as mean values (standard deviation).

BP blood pressure, HDL high-density lipoprotein, LDL low-density lipoprotein, CI confidence interval.