

Online Supplemental Material

Supplemental Table 1. Multivariable relation of protein intake with BMI, 1730 men, Chicago Western Electric Study *

Protein Type*	β (95%CI)	p-value
Total protein	0.35 (0.26, 0.44)	<0.01
Animal protein	0.33 (0.25, 0.42)	<0.01
Vegetable protein	-0.25 (-0.55, 0.06)	0.11
Animal and vegetable protein		
Animal	0.35 (0.25, 0.44)	<0.01
Vegetable	0.12 (-0.20, 0.45)	0.46

All models were constructed using generalized estimating equations (GEEs).

* Protein expressed as a % kcal; model adjusted for age, energy intake, education, cigarette smoking (yes/no), heavy alcohol intake (yes/no), history of chronic disease or diabetes (yes/no), and carbohydrate and saturated fat intake.

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Supplemental Table 2. Multivariable adjusted odds ratios (95% CIs) of overweight and obesity, model including both animal and vegetable protein, 1730 men, Chicago Western Electric Study

Protein Type	Median Intake (% kcal)	Overweight		Obesity	
		Model 1*	Model 2**	Model 1*	Model 2**
Animal					
Q 1	9.3	1.00	1.00	1.00	1.00
Q 2	10.7	1.41 (1.13, 1.78)	1.42 (1.12, 1.80)	1.71 (1.05, 2.79)	1.90 (1.14, 3.17)
Q 3	12.0	1.61 (1.27, 2.03)	1.58 (1.23, 2.03)	2.43 (1.51, 3.91)	2.81 (1.68, 4.71)
Q 4	13.8	2.52 (1.95, 3.25)	2.31 (1.73, 3.09)	4.23 (2.67, 6.70)	4.48 (2.64, 7.59)
<i>P</i> _{trend}		<0.01	<0.01	<0.01	<0.01
Vegetable					

Q 1	2.9	1.00	1.00	1.00	1.00
Q 2	3.3	1.29 (1.03, 1.63)	1.16 (0.91, 1.47)	1.13 (0.75, 1.69)	0.89 (0.59, 1.34)
Q 3	3.6	1.55 (1.22, 1.97)	1.23 (0.96, 1.59)	1.47 (0.92, 2.22)	0.98 (0.64, 1.49)
Q 4	4.1	1.69 (1.32, 2.16)	1.20 (0.92, 1.58)	1.47 (0.97, 2.24)	0.76 (0.47, 1.25)
<i>P</i> _{trend}		<0.01	0.08	<0.01	0.51

All models were constructed using generalized estimating equations (GEEs).

* Model 1 adjusted for age and energy intake.

** Model 2 adjusted for covariates in model one plus education, cigarette smoking (yes/no), heavy alcohol intake (yes/no), history of chronic disease or diabetes (yes/no), and carbohydrate and saturated fat intake.