

## Electronic supplementary material

**ESM Table 2** Baseline characteristics of type 1 diabetic patients in the EURODIAB PCS according to tertiles of SFA intake ( $n=2,108$ )

| Characteristic  | Tertiles of SFA intake <sup>a</sup> |                            |                            | <i>p</i> -value for trend |
|---|-------------------------------------|----------------------------|----------------------------|---------------------------|
|   | 1                                   | 2                          | 3                          |                           |
| <i>n</i>  | 702                                 | 703                        | 703                        |                           |
| Mean follow-up, years                                 | 7.3 ± 1.1                           | 7.2 ± 1.1                  | 7.3 ± 0.9                  | 0.81                      |
| Age, years  | 32.7 ± 9.8                          | 31.7 ± 9.9                 | 31.9 ± 9.5                 | 0.13                      |
| Sex, <i>n</i> (%) male                                | 438 (62.4)                          | 314 (44.7)                 | 329 (46.8)                 | <0.0001                   |
| Diabetes duration, years                              | 12.6 (6.6-19.4)                     | 12.9 (7.4-18.6)            | 13.6 (8.0-19.9)            | <0.0001                   |
| HbA <sub>1c</sub> , % (mmol/mol)                      | 8.0 ± 2.0 (63.9)                    | 8.1 ± 2.0 (65.0)           | 8.1 ± 1.8 (65.0)           | 0.44                      |
| Daily insulin dose, units/kg                          | 0.7 (0.5-0.8)                       | 0.7 (0.5-0.8)              | 0.7 (0.6-0.8)              | 0.92                      |
| Daily insulin frequency, injections/day               | 3.0 (2.0-3.0)                       | 2.0 (2.0-3.0)              | 2.0 (2.0-3.0)              | 0.02                      |
| Systolic blood pressure, mmHg                         | 120.8 ± 17.0                        | 119.3 ± 16.9               | 119.9 ± 16.3               | 0.31                      |
| Diastolic blood pressure, mmHg                        | 74.7 ± 11.6                         | 75.2 ± 11.3                | 75.3 ± 10.7                | 0.27                      |
| Antihypertensive use, <i>n</i> (%)                    | 57 (8.2)                            | 58 (8.3)                   | 44 (6.3)                   | 0.17                      |
| BMI, kg/m <sup>2</sup>                                | 23.4 ± 2.7                          | 23.6 ± 2.8                 | 23.5 ± 2.8                 | 0.38                      |
| Triacylglycerol, mmol/l                               | 0.9 (0.7-1.2)                       | 0.9 (0.7-1.3)              | 0.9 (0.7-1.2)              | 0.57                      |
| Total cholesterol, mmol/l                             | 5.3 ± 1.2                           | 5.3 ± 1.1                  | 5.3 ± 1.1                  | 0.27                      |
| HDL-cholesterol, mmol/l                               | 1.5 ± 0.4                           | 1.5 ± 0.4                  | 1.5 ± 0.4                  | 0.77                      |
| LDL-cholesterol, mmol/l                               | 3.3 ± 1.0                           | 3.4 ± 1.0                  | 3.3 ± 1.0                  | 0.92                      |
| Total:HDL-cholesterol ratio, mmol/l                   | 3.4 ± 1.4                           | 3.4 ± 1.1                  | 3.3 ± 1.2                  | 0.15                      |
| Physical inactivity, <i>n</i> (%)                     | 27 (3.9)                            | 17 (3.4)                   | 16 (2.3)                   | <0.0001                   |
| Mild physical activity ≥1 time/week, <i>n</i> (%)     | 222 (32.2)                          | 234 (33.6)                 | 210 (30.3)                 | <0.0001                   |
| Moderate physical activity ≥1 time/week, <i>n</i> (%) | 202 (29.3)                          | 237 (34.1)                 | 253 (36.5)                 | <0.0001                   |
| Vigorous physical activity ≥1 time/week, <i>n</i> (%) | 239 (34.6)                          | 208 (29.9)                 | 214 (30.9)                 | <0.0001                   |
| Ever smoker, <i>n</i> (%)                             | 342 (48.7)                          | 326 (46.4)                 | 350 (49.8)                 | 0.11                      |
| Alcohol intake, g/day                                 | 2.5 (0.0-16.1)                      | 0.0 (0.0-7.3)              | 0.0 (0.0-7.0)              | <0.0001                   |
| None, <i>n</i> (%)                                    | 289 (41.2)                          | 374 (53.2)                 | 360 (51.2)                 | <0.0001                   |
| ≤ 20 g/day, <i>n</i> (%)                              | 281 (40.0)                          | 261 (37.1)                 | 287 (40.8)                 | 0.19                      |
| >20 g/day, <i>n</i> (%)                               | 132 (18.8)                          | 68 (9.7)                   | 56 (8.0)                   | <0.0001                   |
| Total energy intake, kJ/day                           | 10,247.0 (8,513.9-12,327.4)         | 8,814.4 (7,360.0-10,989.2) | 9,934.1 (8,331.8-12,139.4) | 0.09                      |
| Total fat, g/day <sup>a</sup>                         | 83.9 (73.0-92.7)                    | 96.8 (89.0-104.8)          | 110.5 (102.5-121.1)        | <0.0001                   |
| SFA, g/day <sup>a</sup>                               | 28.6 (24.8-31.0)                    | 36.6 (34.9-38.5)           | 45.4 (42.7-49.5)           | <0.0001                   |
| SFA, en%  | 10.6 (9.3-11.5)                     | 13.6 (12.9-14.4)           | 17.2 (16.2-18.3)           | <0.0001                   |
| MUFA, g/day <sup>a</sup>                              | 35.1 (28.8-42.4)                    | 37.2 (32.2-44.4)           | 41.2 (36.2-47.9)           | <0.0001                   |
| PUFA, g/day <sup>a</sup>                              | 12.2 (9.3-17.8)                     | 15.1 (12.0-19.4)           | 15.3 (12.2-19.6)           | <0.0001                   |
| Total fibre, g/day <sup>a</sup>                       | 21.8 (17.1-26.2)                    | 18.8 (15.1-22.0)           | 16.1 (12.9-19.3)           | <0.0001                   |
| Total fibre, g/1000kcal                               | 9.2 (7.4-11.0)                      | 8.0 (6.3-9.6)              | 6.8 (5.5-8.2)              | <0.0001                   |
| Soluble fibre, g/day <sup>a</sup>                     | 6.8 (5.4-8.3)                       | 5.8 (4.7-7.1)              | 5.1 (4.0-6.2)              | <0.0001                   |
| Insoluble fibre, g/day <sup>a</sup>                   | 14.9 (11.8-18.1)                    | 12.6 (10.2-15.1)           | 10.8 (8.8-13.2)            | <0.0001                   |

Values are mean ± SD, median (IQR) or *n* (%)

<sup>a</sup> Nutrient intakes were adjusted for total energy intake by using the nutrient residual method (31).