

## SUPPLEMENTAL TABLES

Supplemental Table 1. Association of final model covariates with left ventricular mass.

	Adjusted difference in left ventricular mass (grams)	P-value
Age (per year)	-0.5	<0.001
Male <sup>1</sup>	+45.0	<0.001
Race		
White	<i>reference</i>	
Black	+6.4	<0.001
Hispanic	-12.0	<0.001
Asian	-2.9	0.018
Diabetes status		
Normal	<i>reference</i>	
Impaired glucose	-2.9	0.003
Diabetes	-1.4	0.295
Education		
≤High school	<i>reference</i>	
Some college	+3.5	0.005
≥ College	+3.5	0.010
Smoking		
Never	<i>reference</i>	
Former	+1.0	0.294
Current	+8.3	<0.001

Alcohol use		
None	<i>reference</i>	
0-7 drinks per week	+0.6	0.512
>7 drinks per week	+2.0	0.107
Physical activity <sup>2</sup>	+0.04	<0.001
Body mass index (per 1 kg/m <sup>2</sup> ) <sup>3</sup>	+2.4	<0.001
Systolic blood pressure (per mmHg)	+3.0	<0.001
Hypertension medication use	+4.2	<0.001
Estimated GFR (per ml/min/1.73m <sup>2</sup> )	+0.0	0.748
Urine albumin to creatinine ratio (mg/g) <sup>4</sup>	+4.6	<0.001
C-reactive protein (mg/L) <sup>4</sup>	-1.7	<0.001
Total calories (kcal/day) <sup>4</sup>	-1.3	0.610
Dietary sodium (mg/day) <sup>4</sup>	-1.6	0.349

<sup>1</sup>Final models stratified by sex given large differences in LVM between men and women

<sup>2</sup>Metabolic equivalent task minutes per week of moderate-vigorous physical activity / 100

<sup>3</sup>Final models adjust for height and weight separately

<sup>4</sup>Per doubling (natural log transformed)

Supplemental Table 2. Association of final model covariates with left ventricular hypertrophy.

	Adjusted odds ratio for left ventricular hypertrophy	P-value
Age (per year)	1.0	0.628
Male <sup>1</sup>	0.9	0.400
Race		
White	<i>reference</i>	
Black	1.7	0.001
Hispanic	1.6	0.012
Asian	0.6	0.026
Diabetes status		
Normal	<i>reference</i>	
Impaired glucose	0.9	0.298
Diabetes	1.0	0.803
Education		
≤High school	<i>reference</i>	
Some college	1.2	0.221
≥ College	1.2	0.329
Smoking		
Never	<i>reference</i>	
Former	1.1	0.700
Current	1.8	0.001

Alcohol use		
None	<i>reference</i>	
0-7 drinks per week	1.1	0.496
>7 drinks per week	0.8	0.239
Physical activity <sup>2</sup>	1.0	0.010
Systolic blood pressure (per mmHg)	1.02	<0.001
Hypertension medication use	1.5	0.001
Estimated GFR (per ml/min/1.73m <sup>2</sup> )	1.01	0.013
Urine albumin to creatinine ratio (mg/g) <sup>3</sup>	1.5	<0.001
C-reactive protein (mg/L) <sup>3</sup>	0.9	0.092
Total calories (kcal/day) <sup>3</sup>	1.5	0.255
Dietary sodium (mg/day) <sup>3</sup>	0.6	0.022

<sup>1</sup>Final models stratified by sex given large differences in LVM between men and women

<sup>2</sup>Metabolic equivalent task minutes per week of moderate-vigorous physical activity / 100

<sup>3</sup>Per doubling (natural log transformed)

**Supplemental table 3. Classification of food frequency items by protein and processed food category.**

Type of protein	Processed food status	Food Items
Animal	Processed	Sausage, pancakes, bran muffin, biscuits, Chinese dumplings, chow mein, stir-fried shrimp, meat burritos, pasta with tomato and meat sauce, pizza, hamburger, ham hocks, ham, fried chicken, liver, gravy, fried fish, shrimp, tuna, pudding
Animal	Unprocessed	Eggs, meat enchiladas, picadillo, arrozconpollo, red or green chili with meat, meat or fish stew, chicken salad, steak, roast chicken, boiled fish, stir-fried beef
Dairy	Processed	Flavored yogurt, cream soup, pasta with cream with or without meat sauce, ice cream, frozen yogurt, sweet condensed milk
Dairy	Unprocessed	Cottage cheese, cheddar, plain yogurt, whole or 2% or skim milk, milk or cream in coffee or tea

Vegetable	Processed	Fried rice, stir-fried tofu, burritos, enchiladas, chili, refried beans, tofu dessert, instant breakfast, hot cocoa
Vegetable	Unprocessed	Oatmeal, other hot cereal, cold cereal, dark bread, nuts, sunflower seeds, peanuts, pea soup, miso soup, hominy, beans, brown rice, soy milk, pasta salad
Non-protein	Processed	Chips, crackers, salsa, tortilla, pasta with tomato sauce, white donuts, pies, soda (regular or diet), French fries, Oriental noodles, candy
Non-protein	Unprocessed	Peaches, cantaloupe, strawberries, apples, bananas, oranges, dried or other fruit, orange or other juice, white bread, margarine or butter on rolls, other soup, lettuce or spinach salad, tomatoes, avocado, carrots, broccoli, green beans, squash, other vegetables, white rice, potato, sweet potato, butter on vegetables, stir-fried vegetables, sugar on bread, coffee, herbal or black tea, sugar in coffee or tea, wine, beer, liquor