

## Online Supplemental Material

**SUPPLEMENTAL TABLE 1**

Dietary intake by food groups at Year 20, overall and by race-sex subgroups

<b>Food groups (servings/d)</b>	<b>Total (N = 2632)</b>	<b>White men (n = 667)</b>	<b>Black men (n = 464)</b>	<b>White women (n = 775)</b>	<b>Black women (n = 726)</b>	<b>P value<sup>1</sup></b>
Fruits	2.65 ± 2.43 <sup>2</sup>	2.67 ± 2.56	3.00 ± 2.75	2.34 ± 1.89	2.72 ± 2.56	<0.0001
Fruits	1.66 ± 1.80	1.61 ± 1.97	1.50 ± 1.81	1.79 ± 1.58	1.67 ± 1.86	0.0503
Fruit juices	0.99 ± 1.38	1.06 ± 1.43	1.50 ± 1.77	0.55 ± 0.84	1.06 ± 1.38	<0.0001
Vegetables, excluding potatoes	3.72 ± 2.82	3.89 ± 2.55	3.35 ± 3.33	4.35 ± 2.83	3.15 ± 2.52	<0.0001
Green leafy	0.80 ± 0.98	0.79 ± 0.98	0.53 ± 0.96	1.04 ± 1.09	0.72 ± 0.81	<0.0001
Dark yellow	0.25 ± 0.42	0.24 ± 0.35	0.19 ± 0.49	0.35 ± 0.50	0.18 ± 0.30	<0.0001
Tomatoes	0.54 ± 0.53	0.64 ± 0.49	0.48 ± 0.57	0.61 ± 0.51	0.40 ± 0.55	<0.0001
Avocados/guacamole	0.15 ± 0.44	0.17 ± 0.42	0.07 ± 0.32	0.24 ± 0.60	0.08 ± 0.29	<0.0001
Other	2.00 ± 1.60	2.05 ± 1.50	2.08 ± 2.04	2.11 ± 1.51	1.77 ± 1.44	0.0002
Vegetables, potatoes	0.46 ± 0.57	0.53 ± 0.54	0.64 ± 0.90	0.35 ± 0.39	0.40 ± 0.42	<0.0001
Potatoes	0.29 ± 0.46	0.34 ± 0.45	0.35 ± 0.75	0.24 ± 0.34	0.24 ± 0.30	<0.0001
Fried potatoes	0.17 ± 0.28	0.19 ± 0.25	0.29 ± 0.45	0.11 ± 0.15	0.16 ± 0.26	<0.0001
Grains	6.59 ± 3.70	7.78 ± 3.74	8.22 ± 4.55	5.73 ± 2.79	5.36 ± 3.15	<0.0001
Whole grain foods	1.61 ± 1.50	1.91 ± 1.61	1.73 ± 1.75	1.72 ± 1.42	1.14 ± 1.17	<0.0001
Refined grains	3.42 ± 2.45	4.04 ± 2.49	4.52 ± 3.10	2.65 ± 1.67	2.99 ± 2.22	<0.0001
Sweet breads	0.73 ± 0.86	0.80 ± 0.82	1.01 ± 1.21	0.61 ± 0.77	0.60 ± 0.65	<0.0001
Salty snacks	0.23 ± 0.57	0.29 ± 0.46	0.18 ± 0.42	0.28 ± 0.79	0.16 ± 0.41	<0.0001
Grain desserts	0.59 ± 1.08	0.74 ± 1.45	0.78 ± 1.48	0.47 ± 0.52	0.48 ± 0.75	<0.0001
Meats and fish	5.31 ± 3.48	5.89 ± 3.46	7.24 ± 4.41	4.01 ± 2.42	4.94 ± 3.10	<0.0001
Red meat regular	1.37 ± 1.39	1.70 ± 1.52	2.00 ± 1.79	0.94 ± 0.89	1.11 ± 1.16	<0.0001
Red meat lean	0.42 ± 0.64	0.60 ± 0.76	0.48 ± 0.84	0.40 ± 0.54	0.25 ± 0.38	<0.0001
Processed meats	0.88 ± 0.99	1.07 ± 1.04	1.30 ± 1.36	0.59 ± 0.65	0.76 ± 0.81	<0.0001
Organ meats	0.02 ± 0.10	0.01 ± 0.08	0.05 ± 0.17	0.01 ± 0.05	0.04 ± 0.11	<0.0001
Poultry	1.43 ± 1.51	1.40 ± 1.50	1.88 ± 1.97	1.15 ± 1.18	1.49 ± 1.41	<0.0001
Fish	0.02 ± 0.13	0.03 ± 0.20	0.03 ± 0.15	0.01 ± 0.08	0.01 ± 0.09	0.0020
Fried (fish, chicken, shellfish)	0.19 ± 0.52	0.12 ± 0.41	0.37 ± 0.80	0.07 ± 0.20	0.26 ± 0.59	<0.0001
Lean fish	0.74 ± 1.07	0.72 ± 1.11	0.85 ± 1.14	0.65 ± 0.88	0.80 ± 1.14	0.0037

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Shellfish	0.23 ± 0.49	0.25 ± 0.48	0.28 ± 0.72	0.19 ± 0.30	0.22 ± 0.50	0.0174
Dairy	2.44 ± 2.71	2.95 ± 2.83	2.14 ± 2.91	2.88 ± 3.06	1.68 ± 1.64	<0.0001
Low-fat	1.32 ± 1.73	1.71 ± 2.27	1.00 ± 1.74	1.66 ± 1.53	0.79 ± 1.01	<0.0001
Whole-fat	1.12 ± 1.85	1.24 ± 1.48	1.14 ± 1.64	1.22 ± 2.59	0.89 ± 1.22	0.0007
Fats	5.43 ± 5.96	6.18 ± 6.92	6.55 ± 6.42	4.83 ± 5.42	4.68 ± 4.99	<0.0001
Margarine	0.86 ± 1.46	0.79 ± 1.29	1.21 ± 1.80	0.64 ± 1.24	0.93 ± 1.53	<0.0001
Oil	2.52 ± 4.95	3.00 ± 5.91	2.63 ± 4.82	2.54 ± 4.77	2.00 ± 4.16	0.0020
Butter	2.05 ± 2.59	2.38 ± 3.30	2.72 ± 3.04	1.65 ± 1.95	1.76 ± 1.95	<0.0001
Beans	0.25 ± 0.42	0.28 ± 0.50	0.30 ± 0.58	0.24 ± 0.33	0.20 ± 0.28	0.0001
Eggs/omelettes	0.59 ± 0.76	0.58 ± 0.57	0.89 ± 1.01	0.49 ± 0.82	0.52 ± 0.60	<0.0001
Seeds, nuts, peanut butter	1.16 ± 2.01	1.31 ± 1.79	1.11 ± 2.31	1.23 ± 1.93	0.98 ± 2.06	0.0131
Salad dressings/sauces	2.33 ± 2.08	2.42 ± 1.85	2.94 ± 2.72	1.90 ± 1.75	2.31 ± 2.03	<0.0001
Soups	0.05 ± 0.09	0.07 ± 0.11	0.05 ± 0.09	0.06 ± 0.09	0.04 ± 0.06	<0.0001
Soy/non-dairy products	0.79 ± 2.28	0.64 ± 1.66	0.66 ± 1.93	0.99 ± 2.41	0.81 ± 2.77	0.0148
Pickled foods	0.45 ± 1.17	0.49 ± 0.79	0.39 ± 0.69	0.50 ± 1.74	0.38 ± 0.92	0.1148
Chocolate	0.18 ± 0.39	0.23 ± 0.45	0.18 ± 0.40	0.19 ± 0.41	0.13 ± 0.29	<0.0001
Sweet extras	1.76 ± 3.60	1.66 ± 3.18	2.47 ± 5.39	1.25 ± 2.03	1.94 ± 3.74	<0.0001
Sugar substitutes	0.71 ± 3.06	0.68 ± 3.76	0.27 ± 1.65	1.10 ± 3.90	0.58 ± 1.66	<0.0001
Beverages	4.61 ± 3.58	6.00 ± 4.04	4.30 ± 3.73	4.98 ± 3.32	3.14 ± 2.58	<0.0001
Sugar-sweetened soft drinks	0.86 ± 1.50	0.78 ± 1.39	1.50 ± 1.89	0.37 ± 0.99	1.04 ± 1.60	<0.0001
Diet soft drinks	0.65 ± 1.67	0.95 ± 2.12	0.34 ± 1.57	0.93 ± 1.75	0.28 ± 0.86	<0.0001
Coffee	1.47 ± 2.11	2.15 ± 2.57	0.87 ± 1.76	1.85 ± 2.18	0.81 ± 1.34	<0.0001
Tea	0.69 ± 1.50	0.80 ± 1.96	0.37 ± 0.77	0.97 ± 1.69	0.50 ± 0.98	<0.0001
Meal replacement drinks	0.13 ± 0.52	0.17 ± 0.53	0.30 ± 0.86	0.05 ± 0.27	0.08 ± 0.37	<0.0001
Beer	0.30 ± 0.83	0.52 ± 1.04	0.52 ± 1.08	0.14 ± 0.40	0.15 ± 0.66	<0.0001
Liquor	0.20 ± 0.84	0.22 ± 0.59	0.29 ± 1.33	0.19 ± 0.76	0.14 ± 0.67	0.0158
Wine	0.30 ± 0.71	0.41 ± 0.86	0.11 ± 0.37	0.49 ± 0.86	0.13 ± 0.44	<0.0001

<sup>1</sup> Omnibus ANOVA *P* value for intake by race-sex subgroups.

<sup>2</sup> Mean ± standard deviation.