

Online Supporting Material

Supplemental Table 2. Sex-stratified association between **diet soda** consumption and abdominal adiposity in 1,036 men and 1,290 women ¹

	Non-consumers 0 - <1/mo	Consumers			P-trend
		≥1/mo - <1/wk	≥1/wk - <1/d	≥1 /d	
Men					
Median intake, <i>servings/wk</i>	0	1	4	12	
n=1,036	794	288	122	102	
BMI, <i>kg/m²</i>					
Model 1	27.7 (27.4, 28.0)	28.5 (28.0, 29.0)	28.4 (27.7, 29.1)	30.1 (29.3, 30.9)	<0.001
Waist circumference, ³ <i>cm</i>					
Model 1	98.4 (97.7, 99.1)	100.0 (98.9, 101.2)	100.2 (98.4, 102.0)	104.2 (102.2, 106.3)	<0.001
VAT ⁴ , <i>cm³</i>					
Model 1	2090 (2030, 2150)	2160 (2060, 2260)	2280 (2130, 2430)	2460 (2300, 2630)	<0.001
Model 1 + SAT ⁵	2130 (2080, 2180)	2140 (2060, 2220)	2270 (2140, 2390)	2250 (2110, 2390)	0.05
SAT ⁵ , <i>cm³</i>					
Model 1	2500 (2420, 2580)	2640 (2510, 2770)	2620 (2410, 2820)	3100 (2870, 3320)	<0.001
Model 1 + VAT ⁴	2540 (2480, 2610)	2640 (2530, 2750)	2520 (2350, 2690)	2870 (2680, 3060)	0.004
VAT:SAT ratio ³					
Model 1	0.84 (0.81, 0.86)	0.81 (0.77, 0.84)	0.84 (0.78, 0.90)	0.80 (0.75, 0.86)	0.40
Women					
Median intake, <i>servings/wk</i>	0	1	4	10	
n=1,290	726	311	140	113	
BMI, <i>kg/m²</i>					
Model 1	25.8 (25.4, 26.2)	27.6 (27.1, 28.2)	27.1 (26.2, 27.9)	29.3 (28.3, 30.2)	<0.001
Waist circumference, ³ <i>cm</i>					
Model 1	88.9 (88.0, 89.9)	92.5 (91.0, 94.1)	92.9 (90.7, 95.2)	95.9 (93.3, 98.5)	<0.001
VAT ⁴ , <i>cm³</i>					
Model 1	1190 (1140, 1240)	1350 (1270, 1430)	1360 (1250, 1480)	1530 (1400, 1660)	<0.001
Model 1 + SAT ⁵	1260 (1230, 1300)	1280 (1230, 1340)	1320 (1240, 1400)	1270 (1180, 1360)	0.74
SAT ⁵ , <i>cm³</i>					
Model 1	2870 (2760, 2970)	3290 (3130, 3450)	3210 (2970, 3440)	3820 (3560, 4090)	<0.001
Model 1 + VAT ⁴	2990 (2920, 3070)	3180 (3070, 3290)	3080 (2910, 3250)	3460 (3270, 3650)	<0.001
VAT:SAT ratio ³					
Model 1	0.39 (0.38, 0.40)	0.38 (0.37, 0.40)	0.40 (0.37, 0.42)	0.38 (0.35, 0.40)	0.42

¹ Data presented as means or geometric means and 95% CI.

² Model 1 was adjusted for age, energy intake, alcohol intake, sugar-sweetened beverage intake, modified DGAI, educational level, physical activity level, smoking status, and Framingham cohort.

³ Geometric means.

⁴ VAT: visceral adipose tissue.

⁵ SAT: abdominal subcutaneous adipose tissue