

Table S1. Variables by quartiles of ratio of evening/morning energy intake, United States and United Kingdom INTERMAP participants, n=2385 ^a

Variable	Ratio of evening/morning energy intake								<i>P</i> for trend
	<1.0		≥1.0 to <1.5		≥1.5 to <2.0		≥2.0		
	mean	95% CI ^b	mean	95% CI	mean	95% CI	mean	95% CI	
<i>n</i>	594		595		595		595		
Men (%)	47		51		49		59		
Body mass index (kg/m ²)	27.5	27.1-27.9	27.9	27.5-28.4	28.1	27.7-28.6	28.7	28.3-29.2	0.08
Dietary energy density (kcal/g)	1.7	1.7-1.8	1.8	1.8-1.9	1.8	1.8-1.9	1.9	1.9-2.0	0.02
Nutrient Rich Food index 9.3	31.6	30.5-32.5	31.6	30.6-32.6	31.5	30.5-32.6	28.5	27.4-29.5	<0.0001
Total energy (kcal/24 h)	2,199	2,165-2,250	2,325	2,288-2,373	2,332	2,292-2,370	2,360	2,310-2,399	0.04
Alcohol (g/24 h)	7.0	5.8-8.2	8.1	6.9-9.3	8.8	7.7-10.0	11.0	10.0-12.1	<0.0001

^a Adjusted for gender, age, educational level, hours engaged in moderate and heavy physical activity, smoking, on a special diet, dietary supplement use, (total energy intake, kcal/24 h) and population sample.

^b 95% CI indicates 95 % confidence interval.

A Bonferroni threshold of *P* <0.01 denoted statistical significance.

Table S2. Estimated mean body mass index differences per 2 standard deviations higher differences of eating occasions, ratio of evening/morning energy intake, dietary energy density, and Nutrient Rich Food index score 9.3 in sub-cohorts, United States and United Kingdom INTERMAP participants

Variable	Number of participants	Body mass index		
		Difference, kg/m ²	95% CI ^a	<i>P</i>
Excluding participants on weight loss diet^b	2,243			
Eating occasions per 24 h ^{c,d} (2 standard deviations=2.6)		-1.2	-1.6 to -0.7	<0.0001
Ratio of evening/morning energy intake ^{c,d} (2 standard deviations=3.6)		0.04	0.01 to 0.1	0.07
Dietary energy density (kcal/g) ^c (2 standard deviations=0.8)		1.9	1.4 to 2.4	<0.0001
Nutrient Rich Food index 9.3 ^{c,d} (2 standard deviations=28.2)		-1.6	-2.0 to -1.1	<0.0001
Excluding participants with DM/CVD^e	2,054			
Eating occasions per 24 h ^{c,d} (2 standard deviations=2.6)		-0.8	-1.3 to -0.4	0.0008

Ratio of evening/morning energy intake ^{c,d} (2 standard deviations=3.6)	0.04	-0.03 to 0.1	0.8
Dietary energy density (kcal/g) ^c (2 standard deviations=0.8)	1.8	1.4 to 2.3	<0.0001
Nutrient Rich Food index 9.3 ^{c,d} (2 standard deviations=28.2)	-1.4	-1.8 to -0.9	<0.0001

^a 95% CI indicates 95 % confidence interval.

^b Participants reporting following a weight-loss diet were excluded.

^c Adjusted for gender, age, and population sample.

^d Additionally adjusted for total energy intake (kcal/24 h).

^e Participants diagnosed with diabetes mellitus or cardiovascular diseases were excluded.

9.3 index in sub-cohorts