ESM **Table 3.** The effect of substituting a serving of non-sugar sweetened beverages for sweet beverages on incident type 2 diabetes, without adjustment for energy intake: the EPIC-Norfolk Study (*n*=24653)

| | Hazard ratio (95% confidence interval) for the effect of substituting[a] a serving of: | | |
| --- | --- | --- | --- |
| | Artificially-sweetened beverages (336g/d) | Drinking water (280g/d) | Unsweetened tea or coffee (280g/d) |
| Adjusted model[b] | | | |
| Soft drinks (336g) | 0.95 (0.76,1.13) | 0.87 (0.74,0.99) | 0.87 (0.75,0.99) |
| Sweetened tea or coffee (280g) | 1.04 (0.90,1.18) | 1.00 (0.92,1.08) | 0.96 (0.93,1.00) |
| Sweetened milk beverages (280g) | 0.85 (0.68,1.02) | 0.82 (0.68,0.96) | 0.77 (0.65,0.88) |
| Artificially-sweetened beverage (336g) | n/a | 0.97 (0.82,1.12) | 0.90 (0.77,1.03) |
| Fruit juice (150g) | 1.02 (0.82,1.20) | 0.98 (0.83,1.14) | 0.91 (0.79,1.04) |

[a] Estimates for the effect of substitution were calculated by including both beverages (the sweet beverage and the non-caloric replacement beverage) in a model as continuous variables. The difference in the coefficients was used to calculate the hazard ratio and 95% confidence interval for the substitution effect.

[b] Adjusted for age, sex, social class (professional, managerial, skilled, semi-skilled, unskilled), education level (no qualification, O level, A level, degree, higher), family history of diabetes (no, yes), physical activity level (active, moderately active, moderately inactive, inactive), smoking status (current, former, never), alcohol consumption, season (winter, summer), body mass index, waist circumference