Supporting Information

S2 Table. Characteristics of the subjects across quintiles (Q) of vegi-fruit dietary pattern.[1]

	Vegi-fruit dietary pattern					
	Q1	**Q2**	**Q3**	**Q4**	**Q5**	***P* for trend**
n	13 803	13 160	13 212	13 215	9575	-
Dietary pattern score, range	9 to 14	15 to 16	17 to 18	19 to 21	22 to 42	-
Sex, % male	53.8	51.1	52.4	51.5	50.7	< 0.001
Age, years (SD)	52.0 (9.9)	51.5 (9.6)	51.7 (9.7)	51.8 (9.8)	52.9 (10.1)	< 0.001
Education						< 0.001
< High school, %	32.5	27.1	24.7	23.0	23.2	
High school, %	34.0	32.8	31.5	30.9	29.5	
> High school, %	33.5	40.1	43.8	46.1	47.3	
Marital status						< 0.001
Never married, %	3.4	2.8	2.6	2.9	2.4	
Married, %	84.0	86.3	87.1	87.0	87.3	
Widows/divorced, %	12.6	10.9	10.3	10.1	10.3	
Smoking, %	28.1	20.3	18.1	15.7	13.6	< 0.001
Drinking, %	21.7	18.8	18.1	17.3	16.5	< 0.001
Physical activity, %	46.1	59.5	67.5	72.4	79.1	< 0.001
Cardiovascular disease, %	4.1	4.2	4.3	4.4	4.6	0.544
Body mass index, kg/m^2 (SD)	23.9 (3.3)	23.8 (3.2)	23.8 (3.2)	23.7 (3.1)	23.7 (3.1)	< 0.001
Waist circumference, cm	80.1 (10.0)	79.5 (9.6)	79.4 (9.5)	79.0 (9.4)	78.9 (9.4)	< 0.001
Systolic blood pressure, mm Hg (SD)	123.9 (19.7)	122.9 (19.4)	122.7 (18.9)	122.7 (18.9)	123.4 (19.4)	0.002
Diastolic blood pressure, mm Hg (SD)	74.2 (12.0)	73.9 (11.6)	73.8 (11.6)	73.5 (11.6)	73.8 (11.7)	< 0.001
Blood lipids						
Triacylglycerol, mmol/L (SD)	1.4 (0.8)	1.3 (0.7)	1.4 (0.7)	1.3 (0.7)	1.3(0.7)	< 0.001
Total cholesterol, mmol/L (SD)	5.2 (0.9)	5.2 (0.9)	5.3 (0.9)	5.2 (0.9)	5.1(0.9)	< 0.001
LDL-C, mmol/L (SD)	3.1 (0.8)	3.1 (0.9)	3.1 (0.8)	3.1 (0.8)	3.1(0.8)	< 0.001
HDL-C, mmol/L (SD)	1.4 (0.4)	1.4 (0.4)	1.4 (0.4)	1.5 (0.4)	1.5 (0.4)	< 0.001
C-reactive protein, nmol/L (SD)	25.9 (50.8)	23.0 (44.6)	24.1 (54.8)	22.5 (41.6)	21.8 (38.5)	< 0.001
Fasting glucose, mmol/L (SD)	3.9 (1.2)	3.8 (1.2)	3.8 (1.1)	3.8 (1.1)	3.7 (1.1)	< 0.001

[1]Data are expressed as range, %, or mean (SD). General linear regression was used to test for trend with dietary pattern treated as continuous explanatory variable, while χ^2 test was employed for categorical variables across all quintile levels of dietary patterns. Q1: the lowest dietary pattern score of vegi-fruit dietary pattern; Q5: the highest dietary score of vegi-fruit dietary pattern; smoking: ≥ 1-3 times/week; drinking: ≥ 1-2 times/week; physical activity: ≥ 1-2 hours/week.