

S3 Table. Baseline characteristics of participants by frequencies of fresh fruit consumption at baseline (n=512,891)

| | Consumption frequency of fresh fruit | | | | |
|---|--------------------------------------|----------------------|--------------------------|-------------------------|-------------------|
| | Never/rarely (32,775) | Monthly (174,195) | 1-3 days/wk (161,353) | 4-6 days/wk (47,982) | Daily (96,586) |
| Mean age (SD), years | 54.7 (10.7) | 52.7 (11.2) | 50.9 (10.6) | 49.9 (10.6) | 50.3 (11.9) |
| Women, % | 48.0 | 55.8 | 56.7 | 61.9 | 71.0 |
| Urban resident, % | 31.1 | 22.2 | 43.2 | 54.6 | 84.3 |
| Highest education, % | | | | | |
| No formal education | 29.0 | 23.4 | 18.1 | 14.3 | 9.2 |
| Primary school | 34.2 | 35.1 | 33.1 | 29.9 | 26.1 |
| Middle school or higher | 36.8 | 41.5 | 48.8 | 55.8 | 64.7 |
| Household income, % | | | | | |
| Low | 44.5 | 36.0 | 27.3 | 18.2 | 15.3 |
| Moderate | 26.7 | 28.9 | 31.3 | 30.6 | 25.6 |
| High | 28.8 | 35.1 | 41.4 | 51.2 | 59.1 |
| Smoking, % | | | | | |
| Non smokers | 55.5 | 63.1 | 68.9 | 73.5 | 74.8 |
| Ex-smokers | 4.8 | 5.2 | 6.1 | 6.7 | 7.1 |
| Current smokers | 39.7 | 31.7 | 25.0 | 19.8 | 18.1 |
| Alcohol drinking, % | | | | | |
| Non drinkers | 76.9 | 81.9 | 84.1 | 86.0 | 85.7 |
| Ex-drinkers | 2.1 | 1.7 | 1.7 | 1.9 | 2.0 |
| Current drinkers | 21.0 | 16.4 | 14.2 | 12.1 | 12.3 |
| Physical activity (SD), MET-hr/day | 20.8 (12.7) | 21.6 (12.7) | 21.2 (12.0) | 20.6 (12.0) | 20.3 (13.4) |
| BMI (SD), kg/m²† | 23.3 (3.3) | 23.5 (3.5) | 23.8 (3.3) | 23.9 (3.3) | 23.9 (3.7) |
| SBP (SD), mmHg | 133.2 (20.0) | 131.7 (21.0) | 131.3 (19.8) | 130.4 (19.9) | 129.3 (22.2) |
| Regular food consumption*, % | | | | | |
| Meat | 39.0 | 39.1 | 47.2 | 57.9 | 59.0 |
| Dairy products | 7.8 | 6.1 | 9.3 | 16.6 | 25.8 |
| Preserved vegetables | 27.4 | 21.8 | 21.7 | 24.2 | 23.1 |
| Fresh vegetables | 93.0 | 91.2 | 95.9 | 97.6 | 98.5 |
| Random blood glucose (SD), mmol/L† | 6.5 (2.3) | 6.1 (2.4) | 6.0 (2.3) | 6.0 (2.3) | 5.9 (2.6) |
| Baseline diabetes status | | | | | |
| Previously diagnosed diabetes | 9.4 | 3.4 | 2.7 | 2.1 | 1.9 |
| Screen-detected diabetes | 2.8 | 2.9 | 2.8 | 2.8 | 2.5 |

Values were adjusted for age, sex, and study area where appropriate.

*Regular consumption means consuming food products for at least 4 days per week, except for fresh vegetables, which means daily consumption;

† Level of random blood glucose was missing for 8341 participants. BMI was missing for 2 participants.