Supplemental Table 1. List of fruit or vegetable related food items

Fruit	**Vegetable**
Strawberry	Bean sprouts (seasoned, soup)
Melon	Seasoned mung bean sprout
Watermelon	Seasoned spinach
Peach	Seasoned bellflower (boiled or not)
Grape	Pumpkin (seasoned, pan-fried)
Apple	Other seasoned vegetables
Pear	Cucumber (seasoned, raw)
Persimmon, dried persimmon	Radish (seasoned, pickled, dried)
Tangerine	Vegetable salad
Banana	Seasoned green onion, and seasoned Chinese chives
Orange	Raw vegetables (lettuce, sesame, Chinese cabbage, and pumpkin leaf)
Kiwi	Green pepper
	Boiled broccoli, boiled cabbage
	Garlic
	Tomato, and cherry tomato

The food frequency questionnaire consists of dietary consumption using a 9-point scale (less than once per month or never, once per month, 2–3 times per month, once per week, 2–4 times per week, 5–6 times per week, once per day, twice per day, and three times per day) and three levels to represent the amount consumed by referring to a standard amount (less, standard, and more).

Supplemental Table 2. Distribution of basic characteristics by fruit intake.

	Fruit intake								p_{trend}
	< 1 time/day		1 time/day		2 times/day		3+ times/day		
	n	%	n	%	n	%	n	%	
Survey year									
2013	961	29.61	935	28.8	629	19.38	721	22.21	0.03
2014	945	31.81	825	27.77	538	18.11	663	22.32	
2015	916	32.45	810	28.69	488	17.29	609	21.57	
Sex									
Male	1519	42.73	983	27.65	551	15.5	502	14.12	<.0001
Female	1303	23.76	1587	28.93	1104	20.13	1491	27.18	
Age (years)	45.83	10.97	45.38	10.94	45.76	10.69	46.53	10.81	0.02
Region									
Urban	2280	30.62	2118	28.44	1389	18.65	1660	22.29	<.01
Rural	542	34.02	452	28.37	266	16.7	333	20.9	
Income level (quartiles)									
Q1	863	40.29	574	26.8	354	16.53	351	16.39	<.0001
Q2	827	36.38	634	27.89	359	15.79	453	19.93	
Q3	612	26.9	702	30.86	435	19.12	526	23.12	
Q4	510	22.02	649	28.02	500	21.59	657	28.37	
Current smoking									
No	1826	26.21	2030	29.14	1377	19.77	1733	24.88	<.0001
Yes	833	50.24	431	26	210	12.67	184	11.1	

Supplemental Table 3. Distribution of basic characteristics by vegetable intake.

	Vegetable intake								p_{trend}
	< 1 time/day		1 time/day		2 times/day		3+ times/day		
	n	%	n	%	n	%	n	%	
Survey year									
2013	357	11	711	21.9	674	20.76	1504	46.33	<.0001
2014	374	12.59	725	24.4	585	19.69	1287	43.32	
2015	382	13.53	724	25.65	574	20.33	1143	40.49	
Sex									
Male	428	12.04	892	25.09	709	19.94	1526	42.93	0.38
Female	685	12.49	1268	23.12	1124	20.49	2408	43.9	
Age (years)	45.54	11.70	45.11	10.93	45.49	10.93	46.49	10.55	<.0001
Region									
Urban	910	12.22	1775	23.84	1526	20.49	3236	43.45	0.73
Rural	203	12.74	385	24.17	307	19.27	698	43.82	
Income level (quartiles)									
Q1	394	18.39	550	25.68	391	18.25	807	37.68	<.0001
Q2	288	12.67	587	25.82	481	21.16	917	40.34	
Q3	239	10.51	529	23.25	485	21.32	1022	44.92	
Q4	187	8.07	486	20.98	468	20.21	1175	50.73	
Current smoker									
No	810	11.63	1668	23.94	1421	20.4	3067	44.03	<.01
Yes	248	14.96	392	23.64	325	19.6	693	41.8	

Supplemental Table 4. The effect of metabolic mediators (M) in the association between fruit intake (X) and stroke (Y).

	Fruit intake											
	X → M (a)			M → Y (b)			X → Y (c' = direct effect)			Indirect effect (a*b)		
Metabolic Factors (M)	*β*	SE	*p*	*β*	SE	*p*	*β*	SE	*p*	*β*	95% CI	
SBP[a]	−0.484	0.144	<.001	0.015	0.006	<.01	−0.242	0.100	0.02	−0.007	−0.017	−0.001
TC[a]	−0.156	0.357	0.66	-0.018	0.003	<.0001	−0.268	0.105	0.01	0.003	−0.009	0.016
FPG[a]	−0.665	0.217	<.01	0.005	0.004	0.19	−0.269	0.105	0.01	−0.003	−0.008	0.002
BMI[a]	−0.059	0.034	0.08	0.074	0.029	0.01	−0.249	0.100	0.01	−0.004	−0.013	0.001
SBP[b]	−0.420	0.139	<.01	0.013	0.006	0.03	−0.238	0.100	0.02	−0.005	−0.014	0.001
TC[b]	−0.064	0.352	0.86	-0.018	0.003	<.0001	−0.255	0.105	0.02	0.001	−0.011	0.015
FPG[b]	−0.614	0.214	<.01	0.003	0.004	0.37	−0.260	0.105	0.01	−0.002	−0.007	0.004

SBP: systolic blood pressure, TC: total cholesterol, FPG: fasting plasma glucose, BMI: body mass index, SE: standard error, 95% CI: 95% confidence interval.

[a]Adjusted for sex, age, income, region (urban/rural), current smoking, and survey year.

[b]Adjusted for sex, age, income, region (urban/rural), current smoking, survey year, and body mass index.

All analyzes were performed separately according to each metabolic mediator.

Supplemental Table 5. The effect of metabolic mediators (M) in the association between fruit intake (X) and ischemic heart disease (Y).

	Fruit intake											
	X → M (a)			M → Y (b)			X → Y (c' = direct effect)			Indirect effect (a*b)		
Metabolic Factors (M)	*β*	SE	*p*	*β*	SE	*p*	*β*	SE	*p*	*β*	95% CI	
SBP[a]	−0.484	0.144	<.001	0.011	0.006	0.06	−0.065	0.097	0.51	−0.006	−0.013	−0.0001
TC[a]	−0.156	0.357	0.66	-0.021	0.003	<.0001	−0.042	0.100	0.67	0.003	−0.012	0.019
FPG[a]	−0.665	0.217	<.01	0.002	0.004	0.65	−0.048	0.099	0.63	−0.001	−0.006	0.004
BMI[a]	−0.059	0.034	0.08	0.079	0.031	0.01	−0.069	0.097	0.48	−0.005	−0.012	0.001
SBP[b]	−0.420	0.139	<.01	0.010	0.006	0.12	−0.047	0.097	0.63	−0.004	−0.011	0.001
TC[b]	−0.064	0.352	0.86	-0.020	0.003	<.0001	−0.018	0.100	0.86	0.001	−0.013	0.016
FPG[b]	−0.614	0.214	<.01	0.001	0.004	0.88	−0.028	0.099	0.78	0.000	−0.004	0.005

SBP: systolic blood pressure, TC: total cholesterol, FPG: fasting plasma glucose, BMI: body mass index, SE: standard error, 95% CI: 95% confidence interval.

[a]Adjusted for sex, age, income, region (urban/rural), current smoking, and survey year.

[b]Adjusted for sex, age, income, region (urban/rural), current smoking, survey year, and body mass index.

All analyzes were performed separately according to each metabolic mediator.