Supplementary materials

Fruit and Vegetable Intake and Body Adiposity among Populations in Eastern Canada: the Atlantic Partnership for Tomorrow's Health Study

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Supplementary Table 1. Mean intakes of fruit and vegetable and correlation between vegetable and fruit and body adiposity measurements

	n	Total fruit and vegetable		Vegetable		Fruit		100% fruit or vegetable juice	
Mean intake (SD), serving/day	26340	5.4 (2.6)		2.5 (1.5)		2.1 (1.3)		0.7 (1.0)	
				Pearson partial correlation coefficients [*]					
Correlation		**r**	***P***	**r**	***P***	**r**	***P***	**r**	***P***
Vegetable	26340	0.79	<0.001	-	-	-	-	-	-
Fruit	26340	0.77	<0.001	0.41	<0.001	-	-	-	-
100% fruit or vegetable juice	26340	0.43	<0.001	0.03	<0.001	0.08	<0.001	-	-
Body mass index	26340	-0.03	<0.001	-0.03	<0.001	-0.02	<0.001	-0.02	0.001
Waist circumference	26340	-0.04	<0.001	-0.03	<0.001	-0.04	<0.001	-0.01	0.022
Waist-to-hip ratio	26340	-0.04	<0.001	-0.03	<0.001	-0.03	<0.001	-0.01	0.348
Percentage fat mass	18316	-0.04	<0.001	-0.03	<0.001	-0.03	<0.001	-0.01	0.066
Fat mass index	18304	-0.03	<0.001	-0.02	0.005	-0.02	0.002	-0.02	0.030
Fat free mass index	18302	0.00	0.693	0.00	0.916	0.01	0.112	-0.01	0.198

[*] Adjusted for age and sex.

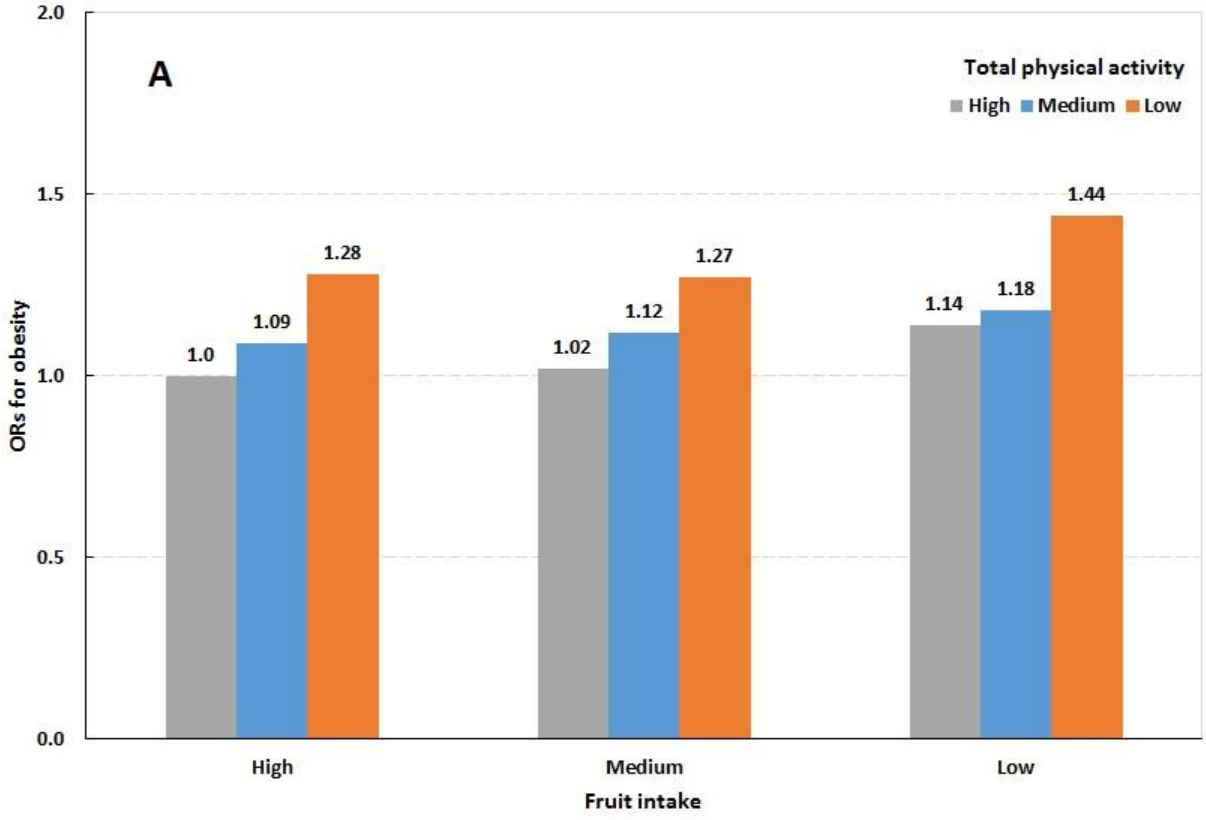
Supplementary Table 2. Odds ratios for obesity and abdominal obesity by alternatively replacing one standard deviation of intakes of vegetable, fruit, and 100% fruit or vegetable juice

Model	Obesity, OR (95% CI)		Abdominal obesity, OR (95% CI)	
Fruit for vegetable				
Simple model*	0.95	(0.91, 1.00)	0.98	(0.93, 1.03)
Multivariable model†	0.92	(0.88, 0.97)	0.95	(0.91, 1.00)
Fruit for juice				
Simple model*	0.99	(0.95, 1.03)	0.96	(0.93, 1.00)
Multivariable model†	0.99	(0.95, 1.03)	0.97	(0.93, 1.01)
Juice for vegetable				
Simple model*	0.97	(0.93, 1.00)	1.02	(0.98, 1.05)
Multivariable model†	0.93	(0.90, 0.97)	0.98	(0.94, 1.02)
Juice for fruit				
Simple model*	1.01	(0.97, 1.06)	1.04	(1.00, 1.08)
Multivariable model†	1.01	(0.97, 1.05)	1.03	(0.99, 1.07)
Vegetable for fruit				
Simple model*	1.05	(1.00, 1.10)	1.02	(0.97, 1.07)
Multivariable model†	1.08	(1.03, 1.14)	1.05	(1.00, 1.10)
Vegetable for juice				
Simple model*	1.04	(1.00, 1.08)	0.99	(0.95, 1.02)
Multivariable model†	1.07	(1.03, 1.12)	1.02	(0.98, 1.06)

CI, confidence interval; OR, odds ratio.

* Adjusted for age, sex, and province.

† Adjusted for age, sex, province, ethnicity, education, marital status, smoking, alcohol use, physical activity, and chronic disease.

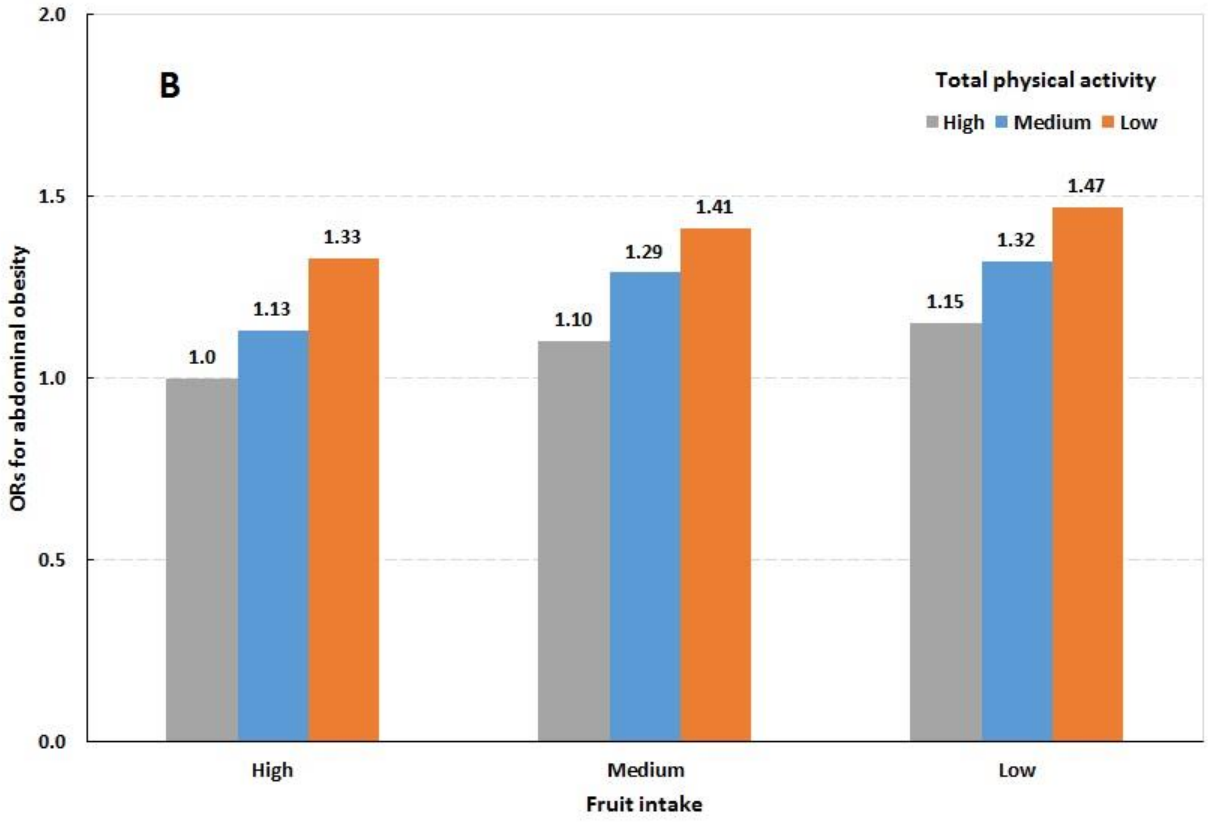


Supplementary Figure 1A. Joint associations of daily fruit intake and physical activity with risks of obesity[a,b].

[a]Adjusted for age, sex, province, ethnicity, education, marital status, smoking, alcohol use, chronic disease, and intakes of vegetable and fruit or vegetable juice.

Participants with the high levels of both fruit intake and total physical activity was the reference group.

[b]*P* for trend < 0.001 and *P* for interaction > 0.05.



Supplementary Figure 1B. Joint associations of daily fruit intake and physical activity with risks of abdominal obesity[a,b].

[a]Adjusted for age, sex, province, ethnicity, education, marital status, smoking, alcohol use, chronic disease, and intakes of vegetable and fruit or vegetable juice.

Participants with the high levels of both fruit intake and total physical activity was the reference group.

[b]*P* for trend < 0.001 and *P* for interaction > 0.05.