

Online Supporting Material

Supplemental Table 1. Hazard ratios and 95% confidence intervals¹ for the associations of intakes of food groups² with 4-year incidence of protein-energy malnutrition (PEM) and 3-year incidence of persistent PEM in the well-nourished community-dwelling older adults of the Health ABC Study cohort

	Risk of developing PEM (4-year follow-up) ³			Risk of developing persistent PEM (3-year follow-up) ⁴		
	Crude model	Model 1 ⁵	Model 2 ⁶	Crude model	Model 1 ⁵	Model 2 ⁶
	HR (95% CI)	HR (95% CI)	HR (95% CI)	HR (95% CI)	HR (95% CI)	HR (95% CI)
Dairy: milk, yogurt, cheese	1.01 (0.94, 1.08)	1.02 (0.95, 1.11)	1.02 (0.94, 1.10)	1.05 (0.93, 1.19)	1.08 (0.94, 1.24)	1.09 (0.95, 1.25)
Meat, fish, poultry, beans, eggs	0.92 (0.85, 1.00) *	0.94 (0.86, 1.04)	0.95 (0.86, 1.04)	0.96 (0.84, 1.11)	1.07 (0.90, 1.27)	1.06 (0.89, 1.26)
Grains: breads, cereals, rice, pasta	0.99 (0.97, 1.02)	1.03 (0.99, 1.07)	1.03 (0.99, 1.07)	1.01 (0.96, 1.06)	1.07 (1.00, 1.14) *	1.07 (1.00, 1.14)
Fruits and fruit juices	0.99 (0.92, 1.07)	1.02 (0.95, 1.11)	1.02 (0.94, 1.10)	0.96 (0.84, 1.09)	0.98 (0.86, 1.12)	0.98 (0.85, 1.12)
Vegetables	1.00 (0.96, 1.05)	1.00 (0.95, 1.06)	1.01 (0.96, 1.06)	0.96 (0.89, 1.04)	0.96 (0.89, 1.05)	0.97 (0.89, 1.05)
Fats, oils, sweets, sodas	0.94 (0.90, 0.98) #	0.96 (0.91, 1.02)	0.96 (0.91, 1.01)	0.90 (0.84, 0.97) #	0.93 (0.85, 1.01)	0.93 (0.85, 1.01)
Using liquid supplements (no versus yes)⁷	0.86 (0.63, 1.19)	0.96 (0.70, 1.33)	0.95 (0.69, 1.31)	0.68 (0.41, 1.13)	0.83 (0.49, 1.41)	0.80 (0.47, 1.36)

¹ Hazard ratios and 95% confidence intervals were obtained from Cox proportional hazards analysis. ² For all food groups, except for liquid supplements, the HR reflects the association for a 1 serving/d lower intake. ³ *n* cases / total *n*: 543/2166 (differs from original sample size due to missing covariates). ⁴ *n* cases / total *n*: 181/2135 (differs from original sample size due to missing covariates). ⁵ Adjusted for age, sex, race, study site, education level, income, living arrangement, physical activity, smoking status,

appetite, biting or chewing difficulty and energy intake.⁶ Additionally adjusted for history or presence of cancer, diabetes, cardiovascular disease, chronic pulmonary disease and osteoporosis, eGFR, cognitive function, depression and health status.⁷ The HRs reflect the association for non-users compared to users of liquid supplements. CI, confidence interval; eGFR, estimated Glomerular Filtration Rate; HR, hazard ratio; PEM, protein-energy malnutrition. * $p < 0.05$; # $p < 0.01$; \$ $p < 0.001$