

Supplementary Table 1. The comparison of anthropometric measures, blood pressure, lipid profile, dietary intake, physical activity and leptin between men and women

	Men (n=252)	Women (n=251)	p
Age (years)	41.1 ± 10.8	42.1 ± 9.6	0.500 [^]
Anthropometric measures			
Body weight (kg)	65.4 ± 13.2	59.7 ± 12.3	<0.001 [^]
Height (cm)	164.9 ± 6.4	152.0 ± 6.2	<0.001 [*]
Body mass index (kg/m ²)	24.0 ± 4.4	25.9 ± 5.4	<0.001 [^]
Body fat (%)	21.1 ± 6.0	33.9 ± 5.9	<0.001 [^]
Waist circumference (cm)	84.4 ± 11.8	88.1 ± 13.4	0.003 [^]
Hip circumference (cm)	91.4 ± 9.8	96.5 ± 11.9	<0.001 [^]
Waist-to-hip ratio	0.92 ± 0.06	0.91 ± 0.07	0.094 [^]
Blood pressure			
Systolic (mmHg)	131.0 ± 26.5	126.3 ± 23.7	0.020 [^]
Diastolic (mmHg)	81.2 ± 15.8	78.2 ± 13.6	0.043 [^]
Metabolic profile			
Triglycerides (mmol/L)	1.71 ± 0.91	1.42 ± 0.67	0.003 [^]
HDL cholesterol (mmol/L)	1.07 ± 0.36	1.30 ± 0.54	<0.001 [^]
Leptin (ng/mL)	2.7 ± 4.8	11.4 ± 9.6	<0.001 [^]
Physical activity (METS-min/week)	6815 ± 6532	4747 ± 5071	<0.001 [^]
Dietary intake			
Energy (kJ/day)	11 394 ± 4 621	10 277 ± 4 898	0.002 [^]
Protein (energy%)	12.5 ± 3.3	12.6 ± 3.5	0.664 [^]
Fat (energy%)	21.3 ± 9.8	25.0 ± 11.1	<0.001 [^]
Carbohydrate (energy%)	66.1 ± 9.9	62.5 ± 11.4	<0.001 [^]
Dietary Inflammatory Index score	1.07 ± 7.19	0.95 ± 7.4	0.898 [^]
% overweight ^a	19.7	26.2	0.003 [#]
% obese ^b	3.6	11.3	<0.001 [#]

Values are presented as mean ± standard deviation, p value of difference between men and women, ^abody mass index ≥ 25 kg/m² or higher, ^bbody mass index ≥ 30 kg/m² or higher, ^{a,b}percent of total study participants, * independent t-test, [^]Mann-Whitney test, [#]Chi-square test

Supplementary Table 2. Linear regression analysis with the DII score as independent variable for men and women.

	Men (n=252)						Women (n=251)					
	Model 0		Model I		Model II		Model 0		Model I		Model II	
	B	p	B	p	B	p	B	p	B	p	B	p
Body weight (kg)	-0.157	0.180	-0.082 ^a	0.194	-0.037 ^b	0.643	0.121	0.249	0.062 ^a	0.323	-0.020 ^b	0.787
BMI (kg/m ²)	-0.049	0.204	-0.076 ^a	0.224	-0.049 ^b	0.535	0.025	0.593	0.022 ^a	0.720	-0.084 ^b	0.257
Body fat (%)	-0.040	0.446	-0.042 ^a	0.487	-0.026 ^b	0.731	0.023	0.650	0.015 ^a	0.804	-0.075 ^b	0.295
Waist circumference (cm)	-0.127	0.227	-0.071 ^a	0.245	-0.011 ^b	0.891	-0.031	0.789	-0.033 ^a	0.578	-0.058 ^b	0.414
Hip circumference (cm)	-0.082	0.345	-0.054 ^a	0.379	-0.036 ^b	0.638	0.107	0.294	0.053 ^a	0.381	-0.039 ^b	0.596
Systolic BP (mmHg)	0.173	0.460	0.049 ^a	0.424	0.056 ^c	0.440	0.261	0.196	0.066 ^a	0.244	0.005 ^c	0.938
Diastolic BP (mmHg)	0.069	0.622	0.034 ^a	0.589	0.052 ^c	0.485	0.181	0.120	0.086 ^a	0.156	0.039 ^c	0.574
Triglycerides (mmol/L)	-0.009	0.263	-0.067 ^a	0.300	-0.059 ^c	0.448	-0.0002	0.973	-0.008 ^a	0.896	-0.044 ^c	0.573
HDL cholesterol (mmol/L)	-0.005	0.160	-0.096 ^a	0.136	-0.131 ^c	0.102	0.006	0.230	0.084 ^a	0.198	0.003 ^c	0.971
Leptin (ng/mL)	0.055	0.281	0.081 ^a	0.263	0.157 ^c	0.019	0.160	0.070	0.120 ^a	0.078	0.110 ^c	0.089

Model 0, linear regression analysis without adjustment; Model I and Model II, linear regression analysis with adjustment; ^alinear regression analysis with adjustment for age; ^blinear regression analysis with adjustment for age, energy intake and physical activity; ^clinear regression analysis with adjustment for age, sex, body mass index, energy intake and physical activity. BP: blood pressure.