

Supplement 1. Analysis of multiple regression between hs-CRP and food groups

Food group	log hs-CRP	
	β	<i>P</i>
Mixed coffee · sweetened drinks	0.00029	< 0.001
White rice	0.00024	< 0.001
Green vegetables	-0.00034	< 0.001
Eggs	-0.00063	0.003
Citrus	-0.00032	0.003
Legumes	-0.00027	0.002
Red fruits	-0.00015	0.002
Beef	0.00040	0.004
Bread · Wheat flour	-0.00035	0.017
Nuts · seeds	-0.00089	0.028

$R^2 = 0.068$, $F = 3.896$, $P = 0.048$