Supplementary data

Supplemental Table 1. Food groups and items in the MASALA study

Food group	Food item
Alcohol	Beer, wine, spirits
Beans and legumes	All cooked dried beans and lentils
Whole grains	100% whole wheat bread, whole wheat and cooked cereals, traditional preparations such as *roti* (flatbread)*, chapatti* (flatbread)
Some whole grains	60% whole wheat bread, traditional preparations such as *naan* (leavened flatbread), *paratha* (flatbread), *puri* (fried flatbread), *mathri* (fried flatbread)
Refined grains	White bread, ready-to-eat breakfast cereals, muffins, crackers, rice: plain boiled, fried rice and *pulaos* (similar to pilaf)
Fats and oil	Butter, margarine, *ghee* (clarified butter) and oil used for tempering or on boiled rice and breads
Fruit, including 100% fruit juice	Citrus and non-citrus fruit and 100 % fruit juices
Meat, poultry and seafood	Preparations with beef, pork, goat or lamb, hot dogs and sausages, lunch meat, liver, preparations with chicken, preparations with fish and seafood
Egg	Preparations with egg
Dairy	Milk, cream and half and half, cheese, cream cheese, yoghurt and cottage cheese or *paneer*
Mixed dishes	Soup, pizza and pasta
Nuts and oilseeds	Coconut, nuts and peanut butter
Snacks	*Samosas* (generally fried pastry with filling), fritters or *pakoras*, *chaat* (savoury snack), *bhajia*, *sev* and *gathia* (types of snack foods made with chickpea flour), *tikias* (potato patties and vegetable cutlets), french fried potatoes, popcorn, potato chips and nachos
Sweets and desserts	Traditional South-Asian sweets and desserts including *barfi* (sweet confectionery made with condensed milk and sugar), *ladoo* (mostly flour-based dessert), *halwa* (dense pudding), kheer (pudding), *gulab jamun* (milk solids-based dessert), *rasgullas* (cottage cheese-based dessert), cake, doughnuts and sweet rolls, pies and tarts and cookies
Sugar, candy and jam	Sugar or honey, chocolate, candy and jam
Sugar-sweetened beverages	Fruit drinks and non-diet soft drinks
Starchy vegetables	Potato and potato preparations and green peas
Vegetables	Cauliflower, cabbage, green peppers, broccoli, okra, dark green leafy vegetables, tomato, onion, squash, pumpkin, aubergine, lettuce, cucumber, carrots, sweet potato, leeks

Supplementary data

Supplemental Table 2. Socio-demographic and health characteristics by vegetarian status among men in the MASALA cohort[1]

	Vegetarian N=142	Non-Vegetarian N=330	*P*
Age (y)	56.6±10.4	56.0±9.7	0.503
Current smoker, %	2.8	5.8	0.174
Education ≥BS[2], %	93.0	88.8	0.165
Income ≥ $75K, %	67.9	75.2	0.104
Traditional cultural beliefs, %			<0.001
-Strong	50.4	27.1	
-Intermediate	29.1	32.5	
-Weak	20.6	40.4	
Intentional exercise (MET min/week)	975 (420-1790)	1030 (315-1890)	0.878
Alternative health eating index score	67.2±5.2	70.3±7.6	<0.001
Alcohol, g/d	0 (0-1.1)	2.5 (0.3-8.0)	<0.001
Energy intake, kcal/d	1630 (1320-1970)	1750 (1430-2130)	0.012
Body Mass Index (kg/m^2)	25.3±4.0	26.1±3.9	0.031
Waist circumference (cm)	94.5±10.1	96.6±9.3	0.035
Total Cholesterol (mg/dL)	177±36.6	185±37.1	0.037
Triglycerides (mg/dL)	119 (88-167)	128 (91-172)	0.222
LDL-cholesterol (mg/dL)	105±31.5	111±32.4	0.059
HDL-cholesterol (mg/dL)	45.5±11.2	45.1±10.6	0.722
Statin use, %	26.8	32.7	0.198
Fasting plasma glucose (mg/dL)	95 (88-107)	98 (90-114)	0.062
HOMA-IR[2]	2.5 (1.7-3.5)	2.9 (1.9-4.7)	0.003
Diabetes medication use, %	21.1	18.5	0.505
Systolic blood pressure (mm Hg)	125±14.9	127±14.6	0.119
Diastolic blood pressure (mm Hg)	74.9±8.0	77.2±9.0	0.009
Antihypertensive medication use, %	32.4	35.8	0.482
Fatty liver (HU[2]<40), %	6.4	13.3	0.030
Common CIMT[2] (mm)	0.88 (0.77-0.99)	0.88 (0.78-1.02)	0.489
Internal CIMT[2] (mm)	1.11 (0.90-1.31)	1.18 (1.04-1.47)	0.002

[1] Values are percentage, mean ± SD, or median (IQR).

[2] BS: bachelor's degree, HOMA-IR: homeostatic model assessment-insulin resistance, HU: Hounsfield unit, CIMT: carotid intima-media thickness

Supplementary data

Supplemental Table 3. Socio-demographic and health characteristics by vegetarian status among women in the MASALA cohort[1]

	Vegetarian N=193	Non-Vegetarian N=227	*P*
Age (y)	54.8±8.2	54.0±9.0	0.388
Current smoker, %	0.5	1.8	0.241
Education ≥BS[2], %	84.5	85.9	0.677
Income ≥ $75K, %	73.0	75.1	0.624
Traditional cultural beliefs, %			<0.001
-Strong	40.9	25.6	
-Intermediate	29.0	27.3	
-Weak	30.1	47.1	
Intentional exercise (MET min/week)	870 (368-1740)	788 (300-1880)	0.634
Alternative health eating index score	69.0±4.8	72.6±7.0	<0.001
Alcohol, g/d	0 (0-0.1)	0 (0-1.4)	<0.001
Energy intake, kcal/d	1500 (1240-1800)	1550 (1250-1880)	0.155
Body Mass Index (kg/m^2)	25.8±4.1	26.3±4.3	0.213
Waist circumference (cm)	88.6±9.3	89.6±10.6	0.343
Total Cholesterol (mg/dL)	192±33.5	195±37.5	0.312
Triglycerides (mg/dL)	117 (90-148)	106 (80-139)	0.013
LDL-cholesterol (mg/dL)	111±29.0	116±33.4	0.094
HDL-cholesterol (mg/dL)	55.5±13.3	55.8±14.2	0.814
Statin use, %	21.8	21.6	0.965
Fasting plasma glucose (mg/dL)	92 (86-100)	91 (86-100)	0.743
HOMA-IR[2]	2.1 (1.5-3.0)	2.3 (1.5-3.6)	0.285
Diabetes medication use, %	14.0	11.0	0.356
Systolic blood pressure (mm Hg)	123±16.3	122±17.0	0.664
Diastolic blood pressure (mm Hg)	69.8±9.5	69.9±9.7	0.895
Antihypertensive medication use, %	24.9	26.0	0.793
Fatty liver (HU[2]<40), %	4.2	8.9	0.055
Common CIMT[2] (mm)	0.80 (0.67-0.90)	0.83 (0.71-0.95)	0.286
Internal CIMT[2] (mm)	1.08 (0.95-1.21)	1.05 (0.91-1.23)	0.561

[1] Values are percentage, mean ± SD, or median (IQR).
[2] BS: bachelor's degree, HOMA-IR: homeostatic model assessment-insulin resistance, HU: Hounsfield unit, CIMT: carotid intima-media thickness

Supplementary data

Supplemental Table 4. Socio-demographic and health characteristics by sex in the MASALA cohort[1]

	Men N=472	Women N=420	P
Age (y)	56.2±9.9	54.4±8.6	0.004
Current smoker, %	4.9	1.2	0.002
Education ≥BS[2], %	90.0	85.2	0.029
Income ≥ $75K, %	73.0	74.1	0.716
Traditional cultural beliefs, %			0.303
-Strong	34.0	32.6	
-Intermediate	31.5	28.1	
-Weak	34.5	39.3	
Intentional exercise (MET min/week)	1020 (344-1890)	840 (315-1840)	0.225
Alternative health eating index score	69.4±7.1	70.9±6.3	<0.001
Alcohol, g/d	1.2 (0-5.8)	0 (0-0.6)	<0.001
Energy intake, kcal/d	1720 (1390-2060)	1530 (1240-1850)	<0.001
Body Mass Index (kg/m^2)	25.9±4.0	26.1±4.2	0.395
Waist circumference (cm)	96.0±9.6	89.1±10.0	<0.001
Total Cholesterol (mg/dL)	183±37.1	194±35.8	<0.001
Triglycerides (mg/dL)	126 (91-172)	112 (84-143)	<0.001
LDL-cholesterol (mg/dL)	109±32.2	114±31.5	0.022
HDL-cholesterol (mg/dL)	45.2±10.8	55.6±13.8	<0.001
Statin use, %	21.8	21.6	
Fasting plasma glucose (mg/dL)	97 (89-112)	92 (86-100)	<0.001
HOMA-IR[2]	2.8 (1.8-4.4)	2.2 (1.5-3.4)	<0.001
Diabetes medication use, %	19.3	12.4	0.005
Systolic blood pressure (mm Hg)	126±14.7	123±16.7	<0.001
Diastolic blood pressure (mm Hg)	76.5±8.8	69.9±9.6	<0.001
Antihypertensive medication use, %	34.8	25.5	0.003
Fatty liver (HU[2]<40), %	11.2	6.8	0.022
CAC[2] Agatston score > 0, %	58.7	23.7	<0.001
Common CIMT[2] (mm)	0.88 (0.77-1.01)	0.82 (0.71-0.93)	<0.001
Internal CIMT[2] (mm)	1.16 (0.99-1.41)	1.07 (0.92-1.22)	<0.001

[1] Values are percentage, mean ± SD, or median (IQR).
[2] BS: bachelor's degree, HOMA-IR: homeostatic model assessment-insulin resistance, HU: Hounsfield unit, CAC: coronary artery calcium, CIMT: carotid intima-media thickness