

Supplementary Table 1. Multivariable¹ adjusted geometric mean and 95% confidence interval (95% CI) of absolute nondense breast volume (ANDBV) (cm³) according to quartiles of intakes of carbohydrates in early adulthood

| Quartiles of intake | Early adulthood (N = 176) | |
|--------------------------|---------------------------|------------------------|
| | Median intake | ANDBV mean (95% CI) |
| Total carbohydrates, g/d | | |
| Q1 | 176.2 | 250.1 (200.5-311.9) |
| Q2 | 204.2 | 282.7 (250.6-318.8) |
| Q3 | 228.9 | 306.9 (247.2-381.1) |
| Q4 | 249.2 | 318.3 (276.0-367.2) |
| P_{trend}^2 | | 0.01 |
| Glycemic index | | |
| Q1 | 79.0 | 285.3 (243.4-334.3) |
| Q2 | 84.7 | 296.1 (266.7-328.7) |
| Q3 | 89.1 | 302.6 (264.9-345.6) |
| Q4 | 95.0 | 270.2 (241.5-302.4) |
| P_{trend}^2 | | 0.67 |
| Glycemic load | | |
| Q1 | 142.7 | 251.5 (209.5-301.9) |
| Q2 | 164.8 | 299.7 (263.6-340.7) |
| Q3 | 183.3 | 318.6 (286.1-354.9) |
| Q4 | 209.7 | 287.5 (241.7-342.0) |
| P_{trend}^2 | | 0.30 |
| Fiber, g/d | | |
| Q1 | 9.0 | 260.4 (235.0-288.6) |
| Q2 | 12.3 | 271.5 (203.8-361.6) |
| Q3 | 15.8 | 281.8 (252.7-314.3) |
| Q4 | 22.3 | 346.6 (286.9-418.6) |
| P_{trend}^2 | | 0.04 |
| Fructose, g/d | | |
| Q1 | 8.2 | 275.2 (238.2-317.8) |
| Q2 | 14.1 | 287.5 (251.1-329.1) |
| Q3 | 19.6 | 309.0 (275.5-346.7) |
| Q4 | 30.4 | 282.5 (258.7-308.5) |
| P_{trend}^2 | | 0.73 |
| Sucrose, g/d | | |
| Q1 | 19.1 | 314.2 (258.3-382.2) |
| Q2 | 29.2 | 253.8 (229.2-281.0) |
| Q3 | 40.8 | 283.5 (245.2-327.8) |
| Q4 | 57.0 | 305.5 (250.6-372.3) |
| P_{trend}^2 | | 0.85 |

Abbreviation: NA, not available

¹ Geometric means and 95% CI are estimated from linear mixed effects models including clinic as a random effect and including treatment group (diet intervention group and usual care-control group), childhood BMI z-score, current adult percent body fat from DXA (%), continuous), number of live births (0 and >0), duration of hormone use (yrs, continuous), race (White and non-White), education (bachelor's degree, graduate school and other), status of smoking (never, former and current), alcohol consumption (never/former, <3 drinks/week, 3-<6 drinks/week, 6-<10 drinks/week, ≥10 drinks/week), and total energy intake (kcal/day, continuous) as fixed effects.

² P-test for trend was conducted by modeling the quartile medians of each dietary intake as a continuous term in linear mixed effects models and calculating the Wald test statistic.