

Table S1: Adjusted odds ratio (AOR) for tertile 3 (T3) vs tertile 1 (T1) DP comparisons for selected variables

Variables	Home Meal*		Chinese Traditional*		Plant Food*		Sugar Sweetened Beverages*	
	AOR (95% CI)	P	AOR (95% CI)	P	AOR (95% CI)	P	AOR (95% CI)	P
BMI \geq 25 kg/m ²	0.83 (0.53,1.31)	0.424	0.82 (0.53,1.26)	0.358	0.70 (0.45,1.07)	0.101	2.01 (1.28,3.17)	0.003
WC \geq 90 cm (men) or \geq 80 cm (women)	1.03 (0.65,1.63)	0.906	0.66 (0.42,1.03)	0.066	0.80 (0.51,1.24)	0.311	1.81 (1.14,2.87)	0.013
TC \geq 5.18 mmol/l	0.73 (0.46,1.15)	0.172	1.10 (0.71,1.71)	0.660	1.10 (0.72,1.69)	0.657	1.14 (0.72,1.78)	0.579
LDL-C \geq 4.9 mmol/l	0.23 (0.05,1.15)	0.071	1.57 (0.36,6.89)	0.551	0.86 (0.20,3.70)	0.839	2.23 (0.56,8.88)	0.603
Small LDL-C particle \geq 600 nmol/l	1.06 (0.65,1.72)	0.830	1.04 (0.65,1.67)	0.866	1.12 (0.69,1.80)	0.652	1.69 (1.02,2.79)	0.043
Large LDL-C < 450 nmol/l	0.85 (0.55,1.32)	0.476	0.84 (0.55,1.29)	0.436	0.82 (0.54,1.25)	0.355	1.22 (0.79,1.88)	0.380
HDL-C < 1.0 mmol/l (men) or < 1.3 mmol/l (women)	1.19 (0.63,2.23)	0.600	0.76 (0.42,1.38)	0.369	0.71 (0.38,1.30)	0.264	1.64 (0.84,3.18)	0.144
TG \geq 1.7 mmol/l	0.73 (0.38,1.38)	0.327	0.92 (0.50,1.70)	0.794	0.80 (0.44,1.47)	0.477	1.94 (1.00,3.77)	0.050
TC:HDL-C > 4.5	0.69 (0.40,1.19)	0.184	0.67 (0.39,1.14)	0.141	0.82 (0.48,1.38)	0.449	1.58 (0.89,2.80)	0.119
FPG \geq 5.6 mmol/l	1.11 (0.61,2.00)	0.736	0.99 (0.55,1.78)	0.963	0.95 (0.53,1.69)	0.850	1.46 (0.79,2.68)	0.224
HOMA2-IR > 1.4	0.99 (0.51, 1.92)	0.972	1.31 (0.67, 2.58)	0.431	0.47 (0.25, 0.91)	0.025	2.63 (1.25, 5.57)	0.011
hsCRP \geq 1.0 mg/L	1.57 (1.00,2.45)	0.049	0.44 (0.28,0.70)	<0.001	0.70 (0.46,1.08)	0.111	2.21 (1.40,3.50)	0.001
SBP > 130 mmHg	1.25 (0.74,2.12)	0.396	1.08 (0.64,1.82)	0.774	1.10 (0.66,1.82)	0.717	1.68 (0.96,2.93)	0.069
DBP > 85 mmHg	0.72 (0.40,1.32)	0.289	1.25 (0.69,2.27)	0.467	0.90 (0.51,1.60)	0.728	1.42 (0.74,2.74)	0.297
MetS (Yes)	1.23 (0.68,2.23)	0.494	0.88 (0.49,1.57)	0.657	0.70 (0.40,1.23)	0.218	2.78 (1.49,5.22)	0.001

Footnotes: Data are expressed as odds ratio (95% CI) of T3 against odd ratio of T1 set as 1.0; †Multiple logistic regression test for comparison between tertiles (T3 vs T1) adjusted for age, gender, physical activity level, income, and education level. Abbreviations: AOR, adjusted odds ratio; BMI, body mass index; CI, confidence interval; DBP, diastolic blood pressure; FPG, fasting plasma glucose; HDL, high density lipoprotein; HOMA2-IR, homeostatic model assessment of insulin

resistance; hsCRP, high-sensitivity C-reactive protein; LDL-C, low density lipoprotein; SBP, systolic blood pressure; TC, total cholesterol; TC:HDL-C, total cholesterol high density lipoprotein ratio; TG, triglyceride; WC, waist circumference