

Supplement.

Supplemental Table 1. Dietary intake by diabetes status in non-pregnant adults 20+ years old from NHANES 2013-2016 crude and adjusted.*

	Crude			Model 1†			Model 2‡		
	No diabetes	Diabetes	P-Values	No diabetes	Diabetes	P-value	No diabetes	Diabetes	P-value
N (unweighted)	3352	947		3352	947		3284	884	
Absolute intake									
Energy (kcal/d)	2178 (2133, 2223)	2018 (1932, 2105)	0.005	2195 (2153, 2236)	2115 (2027, 2204)	0.131	2152 (2111, 2193)	2164 (2058, 2269)	0.848
Protein (g/d)	85 (83, 87)	80 (77, 83)	0.015	86 (84, 88)	84 (81, 88)	0.532	84 (82, 86)	86 (81, 90)	0.452
Total carbohydrates (g/d)	254 (248, 260)	233 (220, 246)	0.011	256 (250, 262)	244 (231, 258)	0.138	252 (246, 257)	248 (233, 263)	0.701
Sugar (g/d)	110 (106, 114)	98 (89, 107)	0.031	111 (107, 115)	103 (93, 114)	0.200	108 (105, 112)	108 (96, 120)	0.992
Fiber (g/d)	17 (17, 18)	16 (15, 17)	0.079	17 (17, 18)	16 (15, 17)	0.025	17 (17, 18)	16 (15, 17)	0.011
Fat (g/d)	86 (84, 88)	82 (78, 86)	0.070	86 (84, 88)	85 (81, 89)	0.457	85 (83, 87)	87 (82, 91)	0.458
Saturated fat (g/d)	28 (27, 29)	27 (25, 28)	0.053	28 (27, 29)	28 (27, 29)	0.688	28 (27, 28)	29 (27, 30)	0.294
Monounsaturated fat (g/d)	30 (29, 31)	29 (27, 30)	0.080	30 (29, 31)	29 (28, 31)	0.283	30 (29, 31)	30 (28, 32)	0.646
Polyunsaturated fat (g/d)	20 (19, 20)	19 (18, 20)	0.223	20 (19, 20)	19 (18, 21)	0.509	20 (19, 20)	20 (18, 21)	0.756
Cholesterol (mg/d)	297 (286, 309)	301 (279, 323)	0.784	300 (287, 312)	308 (283, 332)	0.538	296 (284, 308)	311 (283, 339)	0.319
Calcium (mg/d)	974 (937, 1011)	938 (869, 1007)	0.275	980 (950, 1011)	1003 (931, 1075)	0.503	957 (926, 988)	1024 (943, 1105)	0.113
Potassium (mg/d)	2646 (2580, 2711)	2551 (2446, 2655)	0.098	2640 (2576, 2704)	2499 (2382, 2616)	0.025	2638 (2576, 2700)	2582 (2455, 2709)	0.426
Magnesium (mg/d)	307 (299, 316)	283 (271, 294)	0.001	308 (299, 316)	281 (267, 296)	0.003	305 (297, 313)	293 (279, 307)	0.142
Sodium (mg/d)	3617 (3532, 3703)	3503 (3339, 3666)	0.218	3652 (3569, 3735)	3736 (3565, 3907)	0.371	3572 (3496, 3648)	3716 (3516, 3916)	0.188
Energy adjusted intake									
Protein (% kcal)	16.0 (15.7, 16.4)	16.2 (15.7, 16.8)	0.514	16.0 (15.7, 16.4)	16.3 (15.7, 16.9)	0.543	16.1 (15.7, 16.4)	16.0 (15.4, 16.7)	0.872
Total carbohydrates (% kcal)	47.1 (46.5, 47.6)	46.8 (45.9, 47.7)	0.625	47.1 (46.5, 47.7)	46.9 (45.9, 47.9)	0.699	47.1 (46.6, 47.7)	46.6 (45.4, 47.8)	0.397
Sugar (% kcal)	20.4 (19.8, 21.0)	19.4 (18.2, 20.6)	0.137	20.4 (19.8, 21.0)	19.5 (18.2, 20.9)	0.236	20.3 (19.8, 20.7)	20.2 (18.7, 21.8)	0.976
Fiber (g / 2000 kcal)	16 (16, 17)	17 (16, 18)	0.160	16 (16, 17)	16 (15, 17)	0.666	17 (16, 17)	16 (15, 17)	0.086
Fat (% kcal)	35.0 (34.7, 35.4)	35.8 (34.9, 36.7)	0.079	34.9 (34.6, 35.3)	35.3 (34.5, 36.2)	0.363	35.0 (34.7, 35.4)	35.4 (34.2, 36.5)	0.595
Saturated fat (% kcal)	11.4 (11.2, 11.6)	11.6 (11.3, 12.0)	0.142	11.4 (11.2, 11.5)	11.6 (11.3, 12.0)	0.150	11.4 (11.2, 11.5)	11.6 (11.1, 12.1)	0.347
Monounsaturated fat (% kcal)	12.3 (12.1, 12.4)	12.6 (12.2, 12.9)	0.105	12.2 (12.1, 12.4)	12.3 (11.9, 12.6)	0.946	12.3 (12.2, 12.5)	12.3 (11.8, 12.7)	0.871
Polyunsaturated fat (% kcal)	8.1 (7.9, 8.3)	8.3 (8.0, 8.6)	0.293	8.1 (7.9, 8.2)	8.1 (7.7, 8.5)	0.860	8.1 (7.9, 8.3)	8.1 (7.7, 8.6)	0.943
Cholesterol (mg / 2000 kcal)	280 (270, 291)	305 (285, 325)	0.035	280 (270, 290)	296 (274, 318)	0.196	283 (272, 294)	289 (268, 310)	0.621
Calcium (mg / 2000 kcal)	922 (894, 951)	969 (913, 1025)	0.122	921 (896, 946)	988 (930, 1045)	0.033	920 (894, 946)	981 (927, 1034)	0.041
Potassium (mg / 2000 kcal)	2539 (2483, 2594)	2687 (2592, 2783)	0.015	2513 (2459, 2567)	2513 (2412, 2614)	0.994	296 (289, 303)	287 (276, 298)	0.221
Magnesium (mg / 2000 kcal)	294 (286, 302)	296 (285, 308)	0.739	292 (285, 300)	284 (272, 295)	0.266	2567 (2515, 2619)	2524 (2422, 2627)	0.464
Sodium (mg / 2000 kcal)	3420 (3351, 3488)	3548 (3429, 3667)	0.102	3425 (3359, 3492)	3607 (3475, 3740)	0.026	3425 (3360, 3490)	3480 (3352, 3608)	0.485

*Values are means (95% confidence intervals), †Adjusted for age, race, and sex, Model 1 + education, duration of diabetes, and access to healthcare

Supplemental Table 2. Absolute and energy-adjusted dietary intake by glycemic level in non-pregnant adults 20+ years old from NHANES 2013-2016 (not adjusted for age, race, or sex).*

	No diabetes	Prediabetes	Diabetes			P-value (ANOVA)
	HbA1c < 5.7%	HbA1c ≥ 5.7 and < 6.5%	HbA1c < 6.5%	HbA1c ≥ 6.5 and < 9.0%	HbA1c ≥ 9.0%	
N (unweighted)	2422	928	417	405	125	
Absolute intake						
Energy (kcal/d)	2198 (2146, 2250)	2107 (2029, 2185)	1985 (1861, 2108)	2047 (1883, 2211)	2053 (1866, 2240)	0.063
Protein (g/d)	86 (83, 88)	81 (78, 84)	81 (75, 87)	78 (73, 83)	84 (76, 93)	0.072
Total carbohydrates (g/d)	255 (248, 262)	252 (242, 261)	224 (209, 239)	243 (220, 265)	234 (205, 263)	0.065
Sugar (g/d)	110 (105, 115)	111 (104, 118)	96 (88, 105)	99 (85, 113)	100 (79, 121)	0.202
Fiber (g/d)	17 (17, 18)	17 (16, 17)	16 (15, 17)	17 (15, 18)	16 (13, 18)	0.045
Fat (g/d)	87 (84, 89)	83 (79, 88)	80 (75, 85)	83 (76, 90)	87 (78, 95)	0.208
Saturated fat (g/d)	28 (27, 29)	27 (26, 29)	27 (25, 28)	27 (24, 29)	28 (24, 31)	0.390
Monounsaturated fat (g/d)	30 (29, 31)	29 (28, 31)	28 (26, 30)	29 (27, 31)	31 (28, 34)	0.276
Polyunsaturated fat (g/d)	20 (19, 21)	19 (18, 20)	18 (16, 19)	20 (18, 22)	20 (18, 22)	0.056
Cholesterol (mg/d)	295 (281, 310)	305 (282, 328)	295 (262, 328)	301 (274, 327)	326 (276, 375)	0.788
Calcium (mg/d)	994 (951, 1037)	902 (853, 951)	979 (870, 1088)	911 (825, 998)	867 (750, 984)	0.030
Potassium (mg/d)	2662 (2586, 2738)	2585 (2473, 2696)	2526 (2385, 2668)	2580 (2383, 2778)	2540 (2301, 2779)	0.261
Magnesium (mg/d)	313 (303, 323)	287 (275, 300)	281 (265, 297)	287 (266, 309)	274 (244, 303)	0.001
Sodium (mg/d)	3643 (3540, 3746)	3522 (3373, 3670)	3417 (3179, 3654)	3524 (3251, 3797)	3777 (3325, 4230)	0.366
Energy adjusted intake						
Protein (% kcal)	16.1 (15.6, 16.5)	15.9 (15.4, 16.4)	16.2 (15.4, 17.0)	16.0 (15.4, 16.5)	17.3 (16.0, 18.6)	0.383
Total carbohydrates (% kcal)	46.8 (46.1, 47.5)	47.9 (46.8, 48.9)	46.0 (45.0, 47.1)	48.0 (46.6, 49.3)	45.7 (43.4, 48.1)	0.117
Sugar (% kcal)	20.2 (19.5, 21.0)	21.0 (20.0, 21.9)	20.0 (18.9, 21.1)	18.8 (17.3, 20.3)	19.0 (16.0, 22.0)	0.166
Fiber (g / 2000 kcal)	16 (16, 17)	16 (16, 17)	17 (16, 18)	17 (16, 18)	16 (14, 19)	0.383
Fat (% kcal)	35.0 (34.5, 35.4)	35.3 (34.5, 36.2)	35.5 (34.4, 36.6)	35.9 (34.6, 37.1)	36.8 (34.8, 38.8)	0.463
Saturated fat (% kcal)	11.4 (11.1, 11.6)	11.5 (11.1, 12.0)	11.7 (11.2, 12.2)	11.5 (11.0, 12.1)	11.7 (10.9, 12.5)	0.386
Monounsaturated fat (% kcal)	12.3 (12.1, 12.4)	12.3 (12.0, 12.7)	12.4 (11.9, 12.9)	12.5 (12.0, 13.1)	13.3 (12.4, 14.2)	0.340
Polyunsaturated fat (% kcal)	8.1 (7.9, 8.3)	8.1 (7.9, 8.4)	8.0 (7.6, 8.5)	8.6 (8.1, 9.0)	8.3 (7.7, 9.0)	0.339
Cholesterol (mg / 2000 kcal)	276 (263, 288)	298 (280, 315)	303 (276, 329)	304 (275, 333)	319 (283, 356)	0.154
Calcium (mg / 2000 kcal)	935 (900, 969)	879 (843, 914)	1006 (915, 1096)	954 (872, 1036)	870 (795, 945)	0.032
Potassium (mg / 2000 kcal)	2525 (2469, 2580)	2589 (2503, 2675)	2702 (2578, 2825)	2692 (2544, 2839)	2612 (2450, 2774)	0.066
Magnesium (mg / 2000 kcal)	296 (288, 304)	286 (276, 295)	298 (283, 313)	299 (284, 313)	282 (254, 310)	0.114
Sodium (mg / 2000 kcal)	3418 (3341, 3494)	3425 (3308, 3541)	3459 (3308, 3610)	3601 (3423, 3779)	3722 (3444, 3999)	0.285
Overall HEI-2015 Diet Score[†]	44.6 (43.7, 45.6)	41.5 (40.2, 42.8)	42.1 (40.4, 43.8)	42.4 (40.4, 44.3)	39 (37.0, 41.1)	0.001

*Values are means (95% confidence intervals) †Range = 0 (worst) to 100 (best)

Supplemental Table 3. Absolute dietary intake by glycemic level in non-pregnant adults 20+ years old from NHANES 2013-2016 adjusted for age, race, and sex.*

	No diabetes	Prediabetes	Diabetes			P-value (ANOVA)
	HbA1c < 5.7%	HbA1c ≥ 5.7 and < 6.5%	HbA1c < 6.5%	HbA1c ≥ 6.5 and < 9.0%	HbA1c ≥ 9.0%	
N (unweighted)	2422	928	417	405	125	
Energy (kcal/d)	2189 (2142, 2235)	2216 (2132, 2300)	2095 (1978, 2213)	2151 (1997, 2305)	2094 (1918, 2269)	0.556
Protein (g/d)	86 (83, 88)	85 (82, 89)	86 (80, 91)	83 (78, 88)	86 (78, 93)	0.810
Total carbohydrates (g/d)	254 (248, 260)	265 (254, 276)	238 (223, 253)	256 (235, 278)	239 (211, 267)	0.143
Sugar (g/d)	109 (105, 114)	118 (110, 126)	103 (94, 112)	106 (91, 120)	105 (83, 126)	0.231
Fiber (g/d)	17 (17, 18)	16 (16, 17)	16 (14, 17)	16 (15, 18)	15 (13, 17)	0.003
Fat (g/d)	86 (84, 88)	87 (83, 91)	83 (78, 88)	86 (78, 93)	88 (80, 96)	0.663
Saturated fat (g/d)	28 (27, 29)	29 (27, 31)	28 (26, 30)	28 (25, 30)	29 (25, 32)	0.848
Monounsaturated fat (g/d)	30 (29, 31)	30 (28, 32)	29 (27, 31)	29 (27, 32)	31 (28, 34)	0.599
Polyunsaturated fat (g/d)	20 (19, 21)	20 (18, 21)	18 (17, 20)	20 (18, 22)	20 (18, 22)	0.141
Cholesterol (mg/d)	296 (281, 311)	314 (289, 339)	307 (273, 340)	310 (281, 339)	321 (272, 370)	0.815
Calcium (mg/d)	981 (945, 1017)	976 (931, 1022)	1042 (928, 1156)	979 (905, 1054)	922 (796, 1047)	0.722
Potassium (mg/d)	2652 (2583, 2721)	2591 (2463, 2720)	2477 (2354, 2600)	2509 (2310, 2708)	2495 (2237, 2752)	0.076
Magnesium (mg/d)	312 (303, 321)	290 (276, 304)	278 (263, 294)	282 (258, 307)	268 (237, 299)	0.003
Sodium (mg/d)	3622 (3527, 3717)	3764 (3589, 3940)	3680 (3459, 3901)	3791 (3517, 4065)	3899 (3474, 4324)	0.545

*Values are means (95% confidence intervals)

Supplemental Table 4. Absolute and energy-adjusted dietary intake by diabetes status in non-pregnant adults 20+ years old from NHANES 2013-2016 stratified by sex.*

	Male			Female		
	No diabetes	Diabetes	P-value	No diabetes	Diabetes	P-value
N (unweighted)	1601	496		1751	451	
Absolute intake						
Energy (kcal/d)	2508 (2447, 2569)	2293 (2157, 2430)	0.009	1872 (1818, 1926)	1724 (1638, 1810)	0.005
Protein (g/d)	98 (95, 102)	93 (88, 98)	0.063	72 (70, 75)	66 (62, 71)	0.014
Total carbohydrates (g/d)	289 (281, 298)	259 (239, 278)	0.010	221 (215, 228)	206 (193, 218)	0.025
Sugar (g/d)	123 (117, 130)	107 (94, 120)	0.041	98 (93, 103)	88 (79, 98)	0.047
Fiber (g/d)	19 (18, 20)	18 (17, 20)	0.600	16 (15, 16)	14 (13, 15)	0.001
Fat (g/d)	97 (93, 100)	93 (87, 99)	0.295	76 (73, 78)	70 (66, 73)	0.007
Saturated fat (g/d)	32 (31, 34)	31 (29, 33)	0.165	24 (23, 25)	22 (21, 24)	0.021
Monounsaturated fat (g/d)	34 (33, 35)	33 (31, 35)	0.345	26 (25, 28)	24 (23, 26)	0.012
Polyunsaturated fat (g/d)	22 (21, 23)	21 (19, 23)	0.662	18 (17, 19)	17 (15, 18)	0.026
Cholesterol (mg/d)	338 (325, 351)	344 (316, 372)	0.652	260 (245, 274)	254 (230, 279)	0.714
Calcium (mg/d)	1111 (1058, 1163)	1049 (954, 1145)	0.209	847 (811, 884)	819 (747, 891)	0.473
Potassium (mg/d)	2960 (2874, 3046)	2879 (2714, 3044)	0.387	2353 (2278, 2429)	2199 (2067, 2331)	0.017
Magnesium (mg/d)	346 (334, 358)	320 (301, 339)	0.028	272 (263, 281)	243 (229, 256)	< 0.001
Sodium (mg/d)	4160 (4035, 4285)	3996 (3744, 4247)	0.239	3114 (3004, 3224)	2975 (2786, 3163)	0.195
Energy adjusted intake						
Protein (% kcal)	16.1 (15.6, 16.6)	16.7 (15.8, 17.5)	0.247	16.0 (15.5, 16.4)	15.8 (15.2, 16.4)	0.646
Total carbohydrates (% kcal)	46.4 (45.6, 47.1)	45.7 (44.4, 46.9)	0.307	47.7 (46.9, 48.5)	48.0 (46.8, 49.3)	0.618
Sugar (% kcal)	19.7 (18.8, 20.5)	18.4 (16.9, 20.0)	0.202	21.1 (20.4, 21.8)	20.4 (18.9, 21.9)	0.387
Fiber (g / 2000 kcal)	15 (15, 16)	17 (15, 19)	0.060	17 (17, 18)	17 (16, 18)	0.927
Fat (% kcal)	34.4 (33.9, 35.0)	35.9 (34.7, 37.1)	0.027	35.6 (35.0, 36.2)	35.7 (34.8, 36.6)	0.844
Saturated fat (% kcal)	11.4 (11.1, 11.6)	11.7 (11.4, 12.1)	0.055	11.4 (11.2, 11.7)	11.5 (11.0, 12.1)	0.708
Monounsaturated fat (% kcal)	12.1 (11.9, 12.4)	12.7 (12.2, 13.2)	0.052	12.4 (12.2, 12.7)	12.4 (12.0, 12.9)	0.923
Polyunsaturated fat (% kcal)	7.7 (7.5, 7.9)	8.2 (7.7, 8.6)	0.104	8.5 (8.2, 8.8)	8.4 (8.0, 8.8)	0.871
Cholesterol (mg / 2000 kcal)	276 (266, 286)	310 (288, 332)	0.004	284 (270, 299)	300 (271, 329)	0.338
Calcium (mg / 2000 kcal)	897 (866, 928)	921 (862, 980)	0.459	946 (906, 986)	1020 (934, 1105)	0.120
Potassium (mg / 2000 kcal)	2443 (2387, 2499)	2646 (2519, 2772)	0.005	2628 (2557, 2698)	2732 (2589, 2874)	0.154
Magnesium (mg / 2000 kcal)	283 (275, 291)	293 (275, 310)	0.297	304 (294, 314)	301 (288, 313)	0.645
Sodium (mg / 2000 kcal)	3406 (3318, 3493)	3579 (3425, 3733)	0.091	3433 (3329, 3536)	3515 (3379, 3651)	0.382
Overall HEI-2015 Diet Score†	43.1 (42.2, 44.1)	43.8 (42.1, 45.5)	0.375	45.3 (44.4, 46.1)	44.4 (42.4, 46.4)	0.346

*Values are means (95% confidence intervals) †Range = 0 (worst) to 100 (best)

Supplemental Table 5. Absolute dietary intake by diabetes status in non-pregnant adults 20+ years old from NHANES 2013-2016 stratified by age.*

	20-29			30-49			50-69			70+		
	No diabetes	Diabetes	P-value	No diabetes	Diabetes	P-value	No diabetes	Diabetes	P-value	No diabetes	Diabetes	P-value
N (unweighted)	627	25		1282	161		1033	495		410	266	
Energy (kcal/d)	2222 (2133, 2310)	2417 (1883, 2950)	0.443	2279 (2202, 2357)	2299 (2085, 2513)	0.871	2142 (2072, 2211)	2029 (1914, 2144)	0.133	1765 (1682, 1849)	1688 (1591, 1786)	0.232
Protein (g/d)	88 (83, 93)	94 (71, 118)	0.565	90 (87, 93)	90 (79, 101)	0.995	82 (79, 85)	82 (77, 86)	0.937	67 (64, 71)	66 (62, 70)	0.676
Total carbohydrates (g/d)	261 (249, 272)	282 (213, 351)	0.525	266 (256, 275)	266 (238, 295)	0.956	248 (238, 258)	233 (219, 247)	0.133	212 (201, 223)	196 (182, 211)	0.120
Sugar (g/d)	114 (106, 122)	140 (91, 189)	0.302	114 (108, 120)	118 (95, 140)	0.774	107 (100, 113)	96 (87, 105)	0.096	97 (90, 103)	79 (71, 87)	0.001
Fiber (g/d)	16 (15, 17)	14 (9, 19)	0.476	18 (17, 19)	17 (14, 19)	0.281	18 (17, 19)	17 (16, 18)	0.212	16 (15, 17)	15 (14, 16)	0.372
Fat (g/d)	86 (82, 91)	90 (63, 117)	0.775	89 (85, 93)	91 (81, 101)	0.665	86 (82, 90)	83 (77, 89)	0.340	71 (67, 75)	71 (66, 75)	0.776
Saturated fat (g/d)	29 (27, 30)	32 (21, 43)	0.508	29 (28, 31)	30 (27, 33)	0.784	28 (26, 29)	27 (25, 29)	0.625	23 (22, 25)	22 (21, 24)	0.421
Monounsaturated fat (g/d)	30 (28, 31)	31 (21, 39)	0.983	31 (30, 32)	32 (28, 36)	0.792	31 (29, 32)	29 (27, 31)	0.271	25 (23, 27)	25 (23, 26)	0.753
Polyunsaturated fat (g/d)	20 (19, 21)	18 (12, 24)	0.543	20 (19, 21)	21 (18, 24)	0.610	20 (19, 21)	19 (17, 21)	0.268	17 (15, 18)	17 (16, 19)	0.540
Cholesterol (mg/d)	297 (273, 320)	302 (234, 371)	0.871	311 (294, 329)	344 (298, 390)	0.188	295 (277, 313)	299 (265, 332)	0.851	246 (222, 271)	269 (244, 293)	0.223
Calcium (mg/d)	1031 (951, 1111)	1233 (881, 1585)	0.227	1022 (967, 1077)	1017 (881, 1154)	0.951	919 (870, 967)	971 (877, 1065)	0.277	826 (761, 891)	743 (669, 817)	0.094
Potassium (mg/d)	2458 (2319, 2598)	2454 (1976, 2932)	0.985	2710 (2616, 2805)	2601 (2340, 2862)	0.461	2739 (2644, 2833)	2646 (2501, 2790)	0.265	2479 (2372, 2586)	2295 (2163, 2427)	0.021
Magnesium (mg/d)	288 (271, 305)	284 (228, 340)	0.884	319 (307, 331)	302 (274, 331)	0.331	319 (303, 334)	292 (276, 308)	0.020	265 (252, 278)	244 (233, 254)	0.009
Sodium (mg/d)	3760 (3600, 3919)	3638 (2647, 4629)	0.794	3866 (3733, 3999)	3931 (3410, 4451)	0.811	3434 (3302, 3565)	3544 (3331, 3757)	0.376	2835 (2721, 2950)	3013 (2756, 3270)	0.188
Overall HEI-2015 Diet Score†	41.5 (40.2, 42.8)	40.4 (37.0, 43.7)	0.544	43.5 (42.4, 44.7)	40.0 (37.8, 42.2)	0.009	46.3 (44.7, 47.8)	44.8 (42.7, 46.8)	0.147	46.8 (45.2, 48.4)	46.6 (44.9, 48.3)	0.850

*Values are means (95% confidence intervals) †Range = 0 (worst) to 100 (best)

Supplemental Table 6. Energy-adjusted dietary intake by diabetes status in non-pregnant adults 20+ years old from NHANES 2013-2016 stratified by age.*

	20-29			30-49			50-69			70+		
	No diabetes	Diabetes	P-value	No diabetes	Diabetes	P-value	No diabetes	Diabetes	P-value	No diabetes	Diabetes	P-value
N (unweighted)	627	25		1282	161		1033	495		410	266	
Protein (% kcal)	16.1 (15.3, 16.8)	16.4 (13.7, 19.0)	0.845	16.2 (15.8, 16.6)	15.8 (14.6, 16.9)	0.454	15.8 (15.3, 16.4)	16.4 (15.9, 17.0)	0.182	15.8 (15.3, 16.4)	16.2 (15.3, 17)	0.473
Total carbohydrates (% kcal)	47.3 (46.2, 48.4)	45.8 (39.8, 51.8)	0.594	47.1 (46.3, 48)	46.9 (44.6, 49.1)	0.828	46.5 (45.3, 47.8)	46.8 (45.3, 48.3)	0.728	47.9 (46.5, 49.2)	46.9 (45.6, 48.3)	0.349
Sugar (% kcal)	20.7 (19.4, 21.9)	21.4 (14.9, 27.9)	0.825	20.3 (19.5, 21.1)	20.6 (17.3, 23.9)	0.864	20.0 (19.1, 21.0)	19.1 (17.6, 20.6)	0.232	21.5 (20.5, 22.5)	18.8 (17.5, 20.1)	0.002
Fiber (g / 2000 kcal)	15 (14, 15)	12 (8, 17)	0.317	16 (15, 17)	15 (13, 17)	0.150	17 (16, 18)	18 (16, 19)	0.445	18 (17, 19)	18 (17, 19)	0.868
Fat (% kcal)	34.6 (33.9, 35.3)	33.2 (27.8, 38.6)	0.596	34.5 (33.7, 35.2)	35.3 (33.7, 36.9)	0.327	35.8 (34.9, 36.7)	35.7 (34.4, 37.0)	0.901	36.0 (34.8, 37.2)	36.9 (35.6, 38.1)	0.357
Saturated fat (% kcal)	11.5 (11.1, 11.8)	11.6 (9.2, 14.1)	0.882	11.3 (10.9, 11.6)	11.6 (10.8, 12.4)	0.422	11.4 (11.1, 11.7)	11.6 (11.1, 12.1)	0.476	11.8 (11.2, 12.3)	11.8 (11.1, 12.4)	0.988
Monounsaturated fat (% kcal)	11.9 (11.6, 12.2)	11.0 (9.0, 12.9)	0.363	12.1 (11.8, 12.4)	12.2 (11.5, 12.9)	0.768	12.7 (12.4, 13.1)	12.6 (12.0, 13.3)	0.776	12.6 (12.0, 13.2)	12.9 (12.4, 13.4)	0.485
Polyunsaturated fat (% kcal)	8.0 (7.6, 8.3)	6.7 (5.5, 8.0)	0.069	7.9 (7.6, 8.1)	8.1 (7.6, 8.7)	0.404	8.4 (8.0, 8.7)	8.2 (7.7, 8.7)	0.369	8.3 (7.8, 8.9)	8.9 (8.3, 9.5)	0.171
Cholesterol (mg / 2000 kcal)	272 (250, 294)	253 (200, 306)	0.461	277 (263, 290)	307 (276, 338)	0.081	285 (267, 303)	299 (266, 333)	0.490	300 (265, 335)	325 (293, 358)	0.306
Calcium (mg / 2000 kcal)	952 (897, 1006)	1074 (857, 1290)	0.288	921 (882, 960)	921 (841, 1000)	0.989	891 (853, 930)	1005 (929, 1081)	0.004	967 (906, 1029)	906 (828, 985)	0.247
Potassium (mg / 2000 kcal)	2293 (2206, 2380)	2218 (1809, 2627)	0.721	2479 (2413, 2544)	2317 (2189, 2445)	0.022	2668 (2586, 2751)	2807 (2664, 2949)	0.105	2928 (2808, 3047)	2795 (2656, 2933)	0.134
Magnesium (mg / 2000 kcal)	271 (259, 283)	258 (219, 297)	0.559	293 (285, 301)	270 (256, 284)	0.006	306 (293, 319)	308 (292, 324)	0.840	311 (299, 323)	298 (287, 310)	0.140
Sodium (mg / 2000 kcal)	3444 (3349, 3539)	3069 (2607, 3532)	0.119	3504 (3387, 3620)	3469 (3237, 3702)	0.787	3326 (3220, 3431)	3592 (3449, 3735)	0.017	3322 (3193, 3451)	3587 (3393, 3781)	0.029

*Values are means (95% confidence intervals)

Supplemental Table 7. Absolute dietary intake by diabetes status in non-pregnant adults 20+ years old from NHANES 2013-2016 stratified by race.*

	Non-Hispanic White			Non-Hispanic Black			Mexican American			Other		
	No diabetes	Diabetes	P-value	No diabetes	Diabetes	P-value	No diabetes	Diabetes	P-value	No diabetes	Diabetes	P-value
N (unweighted)	1405	344		618	210		470	170		859	223	
Energy (kcal/d)	2183 (2126, 2239)	2026 (1913, 2139)	0.037	2137 (2037, 2236)	1905 (1722, 2088)	0.005	2362 (2236, 2488)	2178 (2025, 2331)	0.075	2083 (2001, 2165)	1985 (1855, 2115)	0.216
Protein (g/d)	84 (81, 86)	80 (76, 85)	0.195	81 (77, 86)	74 (66, 81)	0.074	96 (89, 102)	86 (80, 92)	0.051	87 (83, 91)	83 (77, 88)	0.190
Total carbohydrates (g/d)	252 (244, 261)	233 (216, 250)	0.084	249 (237, 262)	217 (196, 239)	0.002	280 (266, 295)	258 (239, 276)	0.069	252 (242, 262)	232 (215, 249)	0.061
Sugar (g/d)	112 (105, 118)	101 (89, 113)	0.164	111 (104, 118)	94 (78, 109)	0.022	114 (106, 122)	102 (92, 112)	0.096	100 (95, 106)	84 (75, 94)	0.004
Fiber (g/d)	17 (16, 18)	16 (15, 18)	0.274	14 (13, 15)	14 (13, 15)	0.979	22 (20, 23)	19 (17, 22)	0.063	18 (17, 19)	17 (16, 19)	0.468
Fat (g/d)	87 (84, 90)	83 (77, 88)	0.105	84 (80, 88)	78 (69, 87)	0.181	91 (85, 97)	87 (80, 94)	0.366	77 (73, 81)	79 (72, 86)	0.673
Saturated fat (g/d)	29 (28, 30)	28 (26, 29)	0.135	26 (24, 27)	24 (21, 26)	0.127	30 (27, 32)	28 (26, 31)	0.456	24 (23, 26)	25 (22, 27)	0.872
Monounsaturated fat (g/d)	30 (29, 32)	29 (27, 31)	0.095	30 (28, 31)	28 (25, 31)	0.173	32 (30, 34)	30 (28, 33)	0.414	27 (26, 29)	29 (26, 31)	0.425
Polyunsaturated fat (g/d)	20 (19, 21)	19 (17, 20)	0.234	20 (19, 21)	20 (17, 23)	0.755	21 (19, 22)	20 (18, 22)	0.564	18 (17, 19)	18 (16, 20)	0.985
Cholesterol (mg/d)	288 (274, 303)	288 (258, 317)	0.966	311 (287, 335)	319 (282, 356)	0.685	353 (317, 389)	391 (337, 444)	0.230	296 (280, 312)	285 (250, 320)	0.564
Calcium (mg/d)	1012 (967, 1058)	983 (882, 1085)	0.576	772 (733, 811)	737 (670, 803)	0.306	1069 (1000, 1138)	1020 (937, 1104)	0.394	894 (844, 945)	856 (772, 941)	0.430
Potassium (mg/d)	2683 (2597, 2768)	2631 (2489, 2773)	0.542	2323 (2238, 2409)	2229 (2024, 2433)	0.290	2794 (2660, 2929)	2514 (2330, 2698)	0.038	2628 (2531, 2725)	2495 (2346, 2645)	0.098
Magnesium (mg/d)	310 (298, 322)	283 (267, 299)	0.012	264 (252, 275)	256 (232, 280)	0.526	335 (316, 354)	295 (276, 313)	0.005	312 (298, 326)	300 (276, 324)	0.386
Sodium (mg/d)	3605 (3495, 3714)	3497 (3273, 3722)	0.400	3480 (3301, 3659)	3221 (2910, 3533)	0.098	3915 (3707, 4123)	3595 (3277, 3912)	0.111	3603 (3445, 3762)	3752 (3410, 4094)	0.382
Overall HEI-2015 Diet Score†	44.0 (42.8, 45.2)	43.8 (42.1, 45.6)	0.800	41.7 (40.5, 42.9)	44.2 (42.2, 46.2)	0.027	44.1 (42.4, 45.8)	43.3 (41.3, 45.4)	0.567	47.2 (46.2, 48.2)	46.0 (43.2, 48.8)	0.362

*Values are means (95% confidence intervals) †Range = 0 (worst) to 100 (best)

Supplemental Table 8. Energy-adjusted dietary intake by diabetes status in non-pregnant adults 20+ years old from NHANES 2013-2016 stratified by race.*

	Non-Hispanic White			Non-Hispanic Black			Mexican American			Other		
	No diabetes	Diabetes	P-value	No diabetes	Diabetes	P-value	No diabetes	Diabetes	P-value	No diabetes	Diabetes	P-value
N (unweighted)	1405	344		618	210		470	170		859	223	
Protein (% kcal)	15.8 (15.3, 16.3)	16.2 (15.4, 16.9)	0.399	15.5 (14.9, 16.1)	15.9 (15, 16.9)	0.413	16.6 (16, 17.2)	16.2 (15.5, 17)	0.424	17.2 (16.8, 17.7)	16.9 (16, 17.8)	0.493
Total carbohydrates (% kcal)	46.4 (45.5, 47.3)	46.5 (45, 48)	0.899	47.4 (46.3, 48.4)	46 (44.5, 47.5)	0.137	48.3 (47, 49.6)	48.3 (46.9, 49.8)	0.988	49.1 (48, 50.1)	48.1 (46.2, 49.9)	0.304
Sugar (% kcal)	20.6 (19.7, 21.5)	19.9 (18.1, 21.7)	0.487	21 (20, 22.1)	19.1 (17.3, 20.9)	0.092	19.8 (18.8, 20.8)	19 (17.6, 20.4)	0.418	19.4 (18.5, 20.3)	17.3 (15.8, 18.7)	0.011
Fiber (g / 2000 kcal)	16 (15, 17)	17 (15, 18)	0.324	14 (13, 14)	16 (14, 17)	0.021	19 (18, 20)	19 (17, 21)	0.894	18 (17, 19)	19 (17, 20)	0.192
Fat (% kcal)	35.8 (35.1, 36.4)	36 (34.7, 37.3)	0.673	34.7 (33.6, 35.7)	36.6 (35.1, 38.2)	0.008	34.2 (33.6, 34.8)	35.1 (34, 36.1)	0.152	32.6 (31.8, 33.3)	34.5 (32.9, 36)	0.018
Saturated fat (% kcal)	11.8 (11.6, 12.1)	12 (11.5, 12.5)	0.553	10.7 (10.2, 11.1)	11.1 (10.6, 11.7)	0.084	11 (10.6, 11.3)	11.2 (10.7, 11.8)	0.446	10.1 (9.8, 10.5)	10.7 (9.9, 11.5)	0.095
Monounsaturated fat (% kcal)	12.5 (12.2, 12.7)	12.5 (11.9, 13)	0.981	12.4 (12, 12.8)	13.3 (12.7, 13.9)	0.005	11.9 (11.6, 12.2)	12.3 (11.8, 12.7)	0.187	11.5 (11.2, 11.8)	12.4 (11.7, 13.1)	0.035
Polyunsaturated fat (% kcal)	8.2 (7.9, 8.4)	8.2 (7.7, 8.7)	0.878	8.3 (7.9, 8.7)	9 (8.4, 9.7)	0.042	7.9 (7.6, 8.1)	8.2 (7.9, 8.4)	0.195	7.8 (7.5, 8)	8.1 (7.5, 8.6)	0.290
Cholesterol (mg / 2000 kcal)	273 (261, 286)	296 (266, 326)	0.169	293 (274, 312)	339 (316, 362)	0.002	310 (291, 328)	356 (322, 389)	0.026	286 (273, 299)	279 (253, 305)	0.627
Calcium (mg / 2000 kcal)	958 (919, 996)	1012 (930, 1094)	0.208	763 (737, 789)	818 (729, 908)	0.247	933 (899, 967)	978 (900, 1056)	0.173	874 (842, 907)	897 (830, 964)	0.551
Potassium (mg / 2000 kcal)	2568 (2495, 2640)	2760 (2636, 2885)	0.019	2272 (2185, 2360)	2466 (2253, 2678)	0.066	2480 (2379, 2581)	2488 (2312, 2663)	0.938	2639 (2587, 2690)	2685 (2523, 2847)	0.557
Magnesium (mg / 2000 kcal)	295 (285, 305)	294 (280, 309)	0.936	262 (252, 272)	286 (259, 313)	0.109	296 (284, 307)	291 (274, 309)	0.668	312 (302, 322)	322 (297, 348)	0.423
Sodium (mg / 2000 kcal)	3409 (3317, 3501)	3525 (3360, 3690)	0.260	3306 (3208, 3404)	3458 (3294, 3622)	0.122	3357 (3283, 3431)	3351 (3222, 3479)	0.931	3589 (3473, 3705)	3895 (3630, 4160)	0.036

*Values are means (95% confidence intervals)

Supplemental Table 9. Dietary intake by time of diabetes diagnosis in non-pregnant adults 20+ years old from NHANES 2013-2016 crude and adjusted.*

	Crude			Model 1†			Model 2‡		
	No prior diagnosis	Prior diagnosis	P-Values	No prior diagnosis	Prior diagnosis	P-value	No prior diagnosis	Prior diagnosis	P-value
N (unweighted)	204	743		204	743		204	743	
Absolute intake									
Energy (kcal/d)	2095 (1884, 2305)	1994 (1892, 2096)	0.412	2029 (1856, 2202)	2022 (1923, 2121)	0.948	1989 (1790, 2188)	2039 (1929, 2149)	0.674
Protein (g/d)	85 (74, 96)	79 (75, 82)	0.306	83 (73, 92)	80 (76, 84)	0.601	81 (71, 92)	80 (75, 85)	0.837
Total carbohydrates (g/d)	229 (205, 252)	234 (220, 248)	0.641	221 (201, 241)	238 (224, 251)	0.135	213 (191, 235)	240 (226, 254)	0.039
Sugar (g/d)	102 (89, 115)	97 (87, 106)	0.393	98 (87, 109)	98 (89, 108)	0.943	93 (80, 105)	100 (90, 110)	0.354
Fiber (g/d)	15 (14, 16)	17 (15, 18)	0.050	15 (14, 16)	17 (16, 18)	0.016	15 (13, 16)	17 (16, 18)	0.020
Fat (g/d)	84 (75, 92)	81 (76, 86)	0.665	81 (74, 88)	82 (77, 87)	0.816	80 (73, 88)	83 (77, 88)	0.617
Saturated fat (g/d)	29 (26, 32)	26 (24, 28)	0.174	28 (25, 31)	26 (25, 28)	0.409	28 (25, 31)	26 (25, 28)	0.476
Monounsaturated fat (g/d)	29 (26, 32)	29 (27, 30)	0.822	28 (26, 31)	29 (27, 31)	0.705	28 (25, 31)	29 (27, 31)	0.519
Polyunsaturated fat (g/d)	18 (16, 19)	19 (18, 21)	0.081	17 (16, 18)	20 (18, 21)	0.019	17 (15, 18)	20 (18, 21)	0.004
Cholesterol (mg/d)	311 (257, 365)	298 (273, 322)	0.654	307 (259, 355)	300 (274, 326)	0.794	318 (269, 367)	298 (270, 326)	0.495
Calcium (mg/d)	1080 (879, 1280)	892 (828, 957)	0.079	1039 (852, 1226)	907 (851, 963)	0.178	1014 (826, 1202)	914 (858, 970)	0.315
Potassium (mg/d)	2641 (2438, 2845)	2521 (2393, 2650)	0.337	2574 (2400, 2749)	2541 (2414, 2668)	0.763	2497 (2266, 2729)	2562 (2420, 2703)	0.652
Magnesium (mg/d)	290 (269, 312)	280 (267, 294)	0.426	284 (266, 301)	283 (270, 296)	0.928	274 (250, 298)	286 (272, 300)	0.364
Sodium (mg/d)	3504 (3076, 3932)	3502 (3294, 3710)	0.994	3403 (3038, 3768)	3548 (3329, 3766)	0.536	3355 (2940, 3769)	3552 (3311, 3792)	0.450
Energy adjusted intake									
Protein (% kcal)	16.1 (14.9, 17.2)	16.3 (15.7, 16.9)	0.660	16.1 (15.0, 17.1)	16.3 (15.7, 16.9)	0.696	16.3 (15.1, 17.4)	16.2 (15.6, 16.8)	0.943
Total carbohydrates (% kcal)	44.6 (43.2, 46.0)	47.5 (46.5, 48.5)	<0.001	44.7 (43.4, 46.0)	47.5 (46.4, 48.6)	0.001	44.0 (42.3, 45.6)	47.6 (46.4, 48.9)	0.001
Sugar (% kcal)	20.2 (18.8, 21.7)	19.1 (17.6, 20.6)	0.230	20.1 (18.7, 21.4)	19.2 (17.7, 20.7)	0.383	19.3 (17.7, 20.8)	19.4 (17.7, 21.0)	0.937
Fiber (g / 2000 kcal)	15 (14, 17)	18 (16, 19)	0.003	16 (14, 17)	18 (16, 19)	0.019	16 (14, 17)	17 (16, 19)	0.085
Fat (% kcal)	35.1 (33.6, 36.6)	36.0 (35.1, 36.9)	0.268	35.2 (33.6, 36.7)	36.0 (35.0, 36.9)	0.370	35.4 (33.3, 37.4)	35.9 (34.8, 37.0)	0.628
Saturated fat (% kcal)	12.0 (11.1, 12.8)	11.5 (11.2, 11.9)	0.339	11.9 (11.1, 12.7)	11.5 (11.2, 11.9)	0.461	12.0 (11.1, 13.0)	11.5 (11.1, 11.9)	0.295
Monounsaturated fat (% kcal)	12.1 (11.6, 12.6)	12.7 (12.3, 13.1)	0.025	12.2 (11.7, 12.7)	12.7 (12.3, 13.1)	0.106	12.3 (11.6, 12.9)	12.6 (12.2, 13.1)	0.322
Polyunsaturated fat (% kcal)	7.7 (7.2, 8.2)	8.5 (8.1, 8.8)	0.004	7.8 (7.3, 8.3)	8.4 (8.1, 8.8)	0.023	7.7 (7.0, 8.3)	8.5 (8.1, 8.9)	0.042
Cholesterol (mg / 2000 kcal)	304 (263, 345)	305 (284, 327)	0.957	309 (266, 351)	303 (281, 325)	0.815	333 (286, 380)	295 (275, 315)	0.149
Calcium (mg / 2000 kcal)	1024 (890, 1158)	951 (895, 1006)	0.293	1012 (877, 1147)	953 (897, 1010)	0.411	1018 (868, 1168)	953 (896, 1010)	0.406
Potassium (mg / 2000 kcal)	2688 (2515, 2860)	2687 (2591, 2784)	0.996	2701 (2523, 2878)	2673 (2573, 2773)	0.754	2712 (2495, 2929)	2658 (2561, 2755)	0.620
Magnesium (mg / 2000 kcal)	292 (272, 312)	298 (286, 309)	0.586	295 (276, 315)	296 (284, 309)	0.927	292 (270, 314)	297 (285, 309)	0.675
Sodium (mg / 2000 kcal)	3329 (3131, 3527)	3619 (3476, 3763)	0.022	3341 (3145, 3536)	3616 (3471, 3760)	0.034	3377 (3157, 3597)	3578 (3427, 3729)	0.156
Overall HEI-2015 Diet Score‡	43.6 (41.4, 45.8)	44.3 (43.0, 45.5)	0.489	44.1 (42.1, 46.1)	44.0 (42.8, 45.3)	0.945	43.2 (41.1, 45.3)	44.4 (43.1, 45.7)	0.266

*Values are means (95% confidence intervals), †Adjusted for age, race, and sex, Model 1 + education, duration of diabetes, and access to healthcare ‡Range = 0 (worst) to 100 (best)