

Supplementary Table 3: Unadjusted linear regression coefficients for sugar intake from major food groups and their association with z- score HDL-C levels¹

Total sugar intake from	β-coefficient of z- score	95% CI	P-value
Milk products	0.98	(-0.18–2.14)	0.098
Fruit products	-0.51	(-1.26–0.25)	0.190
Sweetened beverages	-1.86	(-3.08–0.65)	0.003
Bread and cereals	-0.63	(-2.79–1.54)	0.570
Confectionary	-0.17	(-1.05–0.71)	0.705

Note: All values are β -coefficients (95% CIs) for an increase of 100kcal of sugar from specific food groups;
¹HDL-C concentrations were included in the analysis after laboratory specific standardization.

Abbreviation: High density lipoprotein cholesterol (HDL-C)