

Supplementary Table 1: Sociodemographic characteristics and health behaviors by categories of sugar-sweetened beverage consumption among healthy adults (n=2,706), NHANES 2017-18

	Total	Sugar-sweetened beverage consumption				P
		0 servings (n=985)	>0-1 serving (n=560)	>1-2 servings (n=531)	>2 servings (n=630)	
Age, mean (SE)	37.9 (0.6)	41.9 (1.2)	38.3 (1.3)	32.9 (1.1)	34.7 (0.8)	<0.0001
Family income to needs ratio, mean (SE)	3.0 (0.1)	3.5 (0.1)	3.0 (0.2)	2.8 (0.1)	2.5 (0.1)	<0.0001
Healthy Eating Index-2015 score, mean (SE)	50.8 (0.8)	55.0 (0.7)	53.7 (1.2)	47.6 (0.8)	43.4 (0.8)	<0.0001
Female	1353 (47.4)	530 (54.7)	336 (55.0)	253 (42.4)	234 (32.0)	<0.0001
Race/ethnicity						0.01
Non-Hispanic White	898 (60.0)	343 (63.2)	169 (58.5)	156 (58.8)	230 (56.9)	
Non-Hispanic Black	656 (11.5)	170 (8.1)	142 (10.4)	161 (14.9)	183 (15.7)	
Hispanic	608 (17.3)	188 (14.7)	134 (19.5)	137 (18.3)	149 (18.8)	
Other	544 (11.2)	284 (13.9)	115 (11.6)	77 (8.1)	68 (8.5)	
Education						<0.0001
<12 years	289 (6.4)	99 (4.9)	44 (4.4)	56 (8.1)	90 (9.7)	
High school diploma or equivalent	458 (21.7)	146 (18.1)	87 (21.8)	98 (23.4)	127 (26.5)	
Some college	694 (26.4)	259 (27.6)	138 (21.9)	126 (30.0)	171 (25.1)	
College graduate or higher	562 (28.4)	320 (40.1)	116 (31.4)	66 (13.8)	60 (17.5)	
Missing	703 (17.1)	161 (9.3)	175 (20.5)	185 (24.7)	182 (21.2)	
Smoking status						<0.0001
Never smoker	1384 (55.5)	574 (59.7)	285 (57.0)	250 (54.1)	275 (48.0)	
Former smoker	402 (18.2)	191 (23.8)	67 (14.6)	72 (16.3)	72 (13.4)	
Current smoker	373 (13.2)	104 (9.9)	70 (13.3)	55 (9.1)	144 (22.6)	
Missing	547 (13.0)	116 (6.6)	138 (15.1)	154 (20.6)	139 (16.0)	
Vigorous activity in past week						<0.0001
No	1460 (54.1)	536 (50.7)	290 (56.8)	266 (49.8)	368 (61.1)	
Yes	699 (32.9)	333 (42.7)	132 (28.1)	111 (29.6)	123 (22.9)	

Missing	547 (13.0)	116 (6.6)	138 (15.1)	154 (20.6)	139 (16.0)	
Moderate activity in past week						<0.0001
No	1205 (44.4)	408 (39.8)	230 (39.9)	243 (47.0)	324 (54.6)	
Yes	954 (42.5)	461 (53.6)	192 (45.0)	134 (32.5)	167 (29.4)	
Missing	547 (13.0)	116 (6.6)	138 (15.1)	154 (20.6)	139 (16.0)	
Alcohol intake frequency						<0.0001
Non-drinker (no intake in past year)	522 (16.0)	197 (14.8)	105 (16.1)	101 (19.7)	119 (15.0)	
Less than once a week	1006 (40.4)	388 (39.6)	193 (39.5)	177 (38.8)	248 (44.1)	
Once a week or more frequent	587 (29.1)	262 (36.9)	115 (28.4)	90 (19.1)	120 (24.5)	
Missing	591 (14.5)	138 (8.7)	147 (16.1)	163 (22.4)	143 (16.5)	

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