

**Table S1. Hazard ratios of type 2 diabetes during follow-up according to quintile of cumulative average antioxidant consumption in model 2**

	Antioxidant consumption					<i>P</i> for trend	HR for a SD increment
	Q1	Q2	Q3	Q4	Q5		
<b>Men</b>							
Total flavonoid	Ref	0.97 (0.71, 1.34)	0.89 (0.63, 1.25)	0.89 (0.64, 1.24)	0.62 (0.42, 0.92)	0.0136	0.85 (0.75, 0.97)
Anthocyanidins	Ref	0.78 (0.56, 1.10)	0.98 (0.71, 1.35)	0.85 (0.61, 1.19)	0.70 (0.49, 1.01)	0.0994	0.87 (0.76, 0.99)
Isoflavones	Ref	1.44 (1.01, 2.04)	1.10 (0.76, 1.59)	1.18 (0.81, 1.70)	1.32 (0.90, 1.95)	0.4245	1.04 (0.92, 1.17)
Proanthocyanidins	Ref	1.04 (0.76, 1.44)	0.97 (0.70, 1.36)	0.77 (0.54, 1.09)	0.72 (0.50, 1.04)	0.0226	0.87 (0.77, 0.99)
Flavanols	Ref	1.46 (1.06, 2.00)	0.88 (0.61, 1.27)	0.93 (0.64, 1.33)	0.77 (0.52, 1.14)	0.0218	0.82 (0.71, 0.95)
Flavones	Ref	1.00 (0.72, 1.38)	1.00 (0.71, 1.40)	0.82 (0.57, 1.17)	0.83 (0.57, 1.21)	0.1941	0.89 (0.79, 1.01)
Flavanones	Ref	0.83 (0.59, 1.17)	1.21 (0.88, 1.67)	0.93 (0.66, 1.30)	0.81 (0.56, 1.16)	0.2998	0.93 (0.83, 1.05)
Flavan-3-ols	Ref	0.88 (0.63, 1.23)	1.11 (0.80, 1.54)	0.78 (0.55, 1.11)	0.74 (0.51, 1.08)	0.0719	0.89 (0.79, 1.01)
TAC	Ref	1.07 (0.77, 1.47)	0.94 (0.67, 1.31)	0.85 (0.59, 1.20)	0.71 (0.48, 1.05)	0.0347	0.84 (0.74, 0.96)
<b>Women</b>							
Total flavonoid	Ref	0.92 (0.68, 1.24)	0.84 (0.62, 1.15)	0.63 (0.45, 0.89)	0.55 (0.38, 0.80)	0.0002	0.80 (0.71, 0.91)
Anthocyanidins	Ref	0.92 (0.68, 1.24)	0.64 (0.46, 0.89)	0.72 (0.52, 1.00)	0.56 (0.39, 0.80)	0.0007	0.86 (0.75, 0.97)
Isoflavones	Ref	0.99 (0.72, 1.35)	0.72 (0.51, 1.02)	0.84 (0.60, 1.17)	0.83 (0.58, 1.18)	0.2885	0.94 (0.84, 1.07)
Proanthocyanidins	Ref	0.92 (0.67, 1.25)	1.07 (0.79, 1.45)	0.67 (0.48, 0.95)	0.51 (0.35, 0.74)	<.0001	0.79 (0.70, 0.90)
Flavanols	Ref	0.85 (0.62, 1.15)	0.69 (0.50, 0.96)	0.59 (0.42, 0.83)	0.62 (0.44, 0.89)	0.0066	0.89 (0.78, 1.02)
Flavones	Ref	0.82 (0.60, 1.11)	0.75 (0.55, 1.03)	0.54 (0.38, 0.77)	0.57 (0.40, 0.81)	0.0004	0.82 (0.71, 0.93)
Flavanones	Ref	0.74 (0.55, 1.00)	0.57 (0.41, 0.79)	0.58 (0.42, 0.80)	0.55 (0.40, 0.77)	0.0008	0.84 (0.73, 0.96)
Flavan-3-ols	Ref	0.84 (0.62, 1.15)	0.81 (0.59, 1.12)	0.66 (0.47, 0.92)	0.81 (0.58, 1.13)	0.4157	0.93 (0.82, 1.06)
TAC	Ref	0.84 (0.62, 1.14)	0.89 (0.65, 1.21)	0.53 (0.37, 0.75)	0.60 (0.42, 0.86)	0.0007	0.81 (0.71, 0.93)

The multivariable Cox proportional-hazards regression model was adjusted for age, body mass index (BMI), educational level, physical activity, alcohol consumption, smoking status, total energy intake, energy percent from carbohydrate, energy percent from protein, and energy percent from fat.

Total flavonoid intake was the sum of anthocyanidins, isoflavones, proanthocyanidins, flavanols, flavones, flavanones, and flavan-3-ols.

Total antioxidant capacity (TAC) was obtained by combining the individual antioxidant capacity of each antioxidant derived from every food item.

**Table S2. Hazard ratios of type 2 diabetes during follow-up according to quintile of cumulative average antioxidant consumption in model 3**

	Antioxidant consumption					<i>P</i> for trend	HR for a SD increment
	Q1	Q2	Q3	Q4	Q5		
<b>Men</b>							
Total flavonoid	Ref	1.00 (0.72, 1.39)	0.94 (0.66, 1.34)	0.98 (0.68, 1.40)	0.71 (0.45, 1.13)	0.1553	0.89 (0.76, 1.04)
Anthocyanidins	Ref	0.82 (0.58, 1.15)	1.06 (0.76, 1.47)	0.96 (0.67, 1.37)	0.85 (0.56, 1.30)	0.6471	0.92 (0.79, 1.08)
Isoflavones	Ref	1.53 (1.08, 2.18)	1.22 (0.84, 1.76)	1.31 (0.90, 1.89)	1.61 (1.09, 2.38)	0.0731	1.12 (0.99, 1.26)
Proanthocyanidins	Ref	1.06 (0.77, 1.46)	1.02 (0.72, 1.43)	0.83 (0.58, 1.20)	0.81 (0.54, 1.22)	0.1640	0.92 (0.79, 1.06)
Flavonols	Ref	1.54 (1.12, 2.13)	0.96 (0.66, 1.39)	1.05 (0.72, 1.54)	0.97 (0.62, 1.52)	0.3271	0.88 (0.74, 1.05)
Flavones	Ref	1.06 (0.76, 1.48)	1.09 (0.77, 1.54)	0.95 (0.65, 1.38)	1.07 (0.69, 1.65)	0.9493	0.96 (0.83, 1.11)
Flavanones	Ref	0.85 (0.61, 1.21)	1.29 (0.94, 1.79)	1.03 (0.73, 1.47)	0.95 (0.64, 1.40)	0.8985	0.98 (0.87, 1.11)
Flavan-3-ols	Ref	0.93 (0.66, 1.29)	1.19 (0.86, 1.66)	0.85 (0.59, 1.23)	0.84 (0.57, 1.23)	0.2206	0.92 (0.81, 1.05)
TAC	Ref	1.13 (0.81, 1.57)	1.02 (0.71, 1.45)	0.98 (0.67, 1.44)	0.88 (0.55, 1.40)	0.3967	0.88 (0.75, 1.04)
<b>Women</b>							
Total flavonoid	Ref	0.90 (0.66, 1.23)	0.82 (0.59, 1.13)	0.62 (0.43, 0.89)	0.54 (0.35, 0.83)	0.0015	0.79 (0.68, 0.93)
Anthocyanidins	Ref	0.93 (0.69, 1.25)	0.64 (0.46, 0.90)	0.73 (0.52, 1.04)	0.58 (0.39, 0.86)	0.0054	0.88 (0.77, 1.02)
Isoflavones	Ref	1.01 (0.74, 1.39)	0.75 (0.53, 1.06)	0.88 (0.63, 1.23)	0.89 (0.62, 1.27)	0.4969	0.97 (0.86, 1.10)
Proanthocyanidins	Ref	0.91 (0.67, 1.25)	1.05 (0.78, 1.43)	0.67 (0.47, 0.96)	0.51 (0.34, 0.77)	0.0003	0.80 (0.69, 0.92)
Flavonols	Ref	0.83 (0.61, 1.14)	0.69 (0.49, 0.97)	0.58 (0.40, 0.85)	0.62 (0.41, 0.96)	0.0355	0.92 (0.78, 1.09)
Flavones	Ref	0.81 (0.60, 1.11)	0.75 (0.54, 1.03)	0.55 (0.38, 0.79)	0.57 (0.38, 0.85)	0.0029	0.82 (0.70, 0.96)
Flavanones	Ref	0.74 (0.55, 1.00)	0.57 (0.42, 0.79)	0.58 (0.42, 0.81)	0.58 (0.40, 0.82)	0.0038	0.86 (0.74, 0.99)
Flavan-3-ols	Ref	0.85 (0.62, 1.17)	0.83 (0.60, 1.15)	0.69 (0.48, 0.98)	0.87 (0.61, 1.23)	0.7719	0.96 (0.84, 1.09)
TAC	Ref	0.82 (0.60, 1.12)	0.86 (0.62, 1.19)	0.51 (0.34, 0.75)	0.57 (0.36, 0.89)	0.0039	0.80 (0.67, 0.95)

The multivariable Cox proportional-hazards regression model was adjusted for age, body mass index (BMI), educational level, physical activity, drinking status, smoking status, and dietary fiber intake.

Total flavonoid intake was the sum of anthocyanidins, isoflavones, proanthocyanidins, flavonols, flavones, flavanones, and flavan-3-ols.

Total antioxidant capacity (TAC) was obtained by combining the individual antioxidant capacity of each antioxidant derived from every food item.