

SUPPLEMENTARY MATERIAL

Supplemental Table S1. Breakfast and between-meal consumption and multivariable-adjusted hazard ratios of hospitalization and/or mortality from coronary artery disease (CAD)^a with 95% confidence intervals (CI)

| | Breakfast | | P-value |
|--|--------------------------|-------------------------|--------------|
| | No | Yes | |
| Adjusted for age and sex: HR (95% CI) | 1.12 (0.81-1.55) | 1.00 (Referent) | 0.489 |
| + Demographic factors ^b | 1.10 (0.79-1.52) | 1.00 (Referent) | 0.582 |
| + Lifestyle and mental health factors ^c | 0.98 (0.71-1.36) | 1.00 (Referent) | 0.918 |
| + Dietary factors^d | 0.98 (0.70-1.36) | 1.00 (Referent) | 0.886 |
| Additional adjustment for potential mediators | | | |
| + Health conditions ^e | 0.98 (0.71-1.37) | 1.00 (Referent) | 0.922 |
| + BMI ^f | 0.98 (0.71-1.37) | 1.00 (Referent) | 0.926 |
| | Between-Meal Consumption | | P-value |
| | No | Yes | |
| Adjusted for age and sex: HR (95% CI) | 1.00 (Referent) | 1.12 (0.90-1.40) | 0.326 |
| + Demographic factors ^b | 1.00 (Referent) | 1.12 (0.90-1.40) | 0.310 |
| + Lifestyle and mental health factors ^c | 1.00 (Referent) | 1.09 (0.87-1.36) | 0.453 |
| + Dietary factors^d | 1.00 (Referent) | 1.08 (0.83-1.40) | 0.570 |
| Additional adjustment for potential mediators | | | |
| + Health conditions ^e | 1.00 (Referent) | 1.08 (0.83-1.39) | 0.581 |
| + BMI ^f | 1.00 (Referent) | 1.07 (0.83-1.39) | 0.609 |

BMI, Body Mass Index; CAD, coronary heart disease; CI, confidence interval; HR, hazard ratio

^a The definition of hospitalization and/or mortality from CAD included angina (ICD-10-CA code I20).

^b In addition to age (years) and sex (male, female), this model is adjusted for baseline demographic factors: largest ethnic group (yes, no), marital status (married, not married), education (\leq secondary school graduation, $>$ secondary school graduation, missing), immigrant (yes, no, missing), food secure (yes, no, missing), and household income ($<$ \$15,000, \$15,000-\$29,999, \$30,000-\$49,999, \$50,000-\$79,999, \geq \$80,000, missing).

^c In addition to age, sex, and baseline demographic factors, this model is further adjusted for baseline lifestyle and mental health factors: smoking (never, past, current, missing), alcohol intake (none- $<$ 3 times/mo, 1-3 times/wk, 4+ times/wk, missing), physical activity index (active, moderately active, inactive, missing), and life stress (not at all stressful, not very stressful, a bit stressful, quite a bit or extremely stressful, missing).

^d In addition to age, sex, baseline demographic, lifestyle, and mental health factors, this model is further adjusted for baseline dietary factors: consumption of sugar sweetened beverages (yes, no), fruit and vegetable intake (times/day), eating frequency (times/day), sodium (mg/day), sugar (g/day), and energy intake (kcal/day). This is the main model reported for this analysis.

^e In addition to age, sex and baseline demographic, lifestyle, mental health, and dietary factors, this model is further adjusted for baseline health conditions: high blood pressure (yes, no, missing) and diabetes (yes, no, missing).

^f In addition to age, sex, baseline demographic, lifestyle, mental health, and dietary factors, and baseline health conditions, this model is further adjusted for baseline BMI (kg/m^2 , <18.5, 18.5-24.9, 25-29.9, ≥ 30).

Supplemental Table S2. Eating frequency and multivariable-adjusted hazard ratios of hospitalization and/or mortality from coronary artery disease (CAD)^a with 95% confidence intervals (CI)

| | Eating Frequency | | | | |
|--|------------------------|-------------------------|--------------|-------------------------|--------------|
| | ≤3 times/day | 4-5 times/day | P-value | ≥6 times/day | P-value |
| Adjusted for age and sex: HR (95% CI) | 1.00 (Referent) | 1.05 (0.86-1.26) | 0.652 | 1.02 (0.82-1.27) | 0.878 |
| + Demographic factors ^b | 1.00 (Referent) | 1.05 (0.87-1.27) | 0.643 | 1.05 (0.84-1.31) | 0.673 |
| + Lifestyle and mental health factors ^c | 1.00 (Referent) | 1.06 (0.87-1.28) | 0.576 | 1.03 (0.82-1.28) | 0.827 |
| + Dietary factors^d | 1.00 (Referent) | 0.95 (0.72-1.26) | 0.741 | 0.82 (0.49-1.36) | 0.437 |
| Additional adjustment for potential mediators | | | | | |
| + Health conditions ^e | 1.00 (Referent) | 0.92 (0.70-1.22) | 0.581 | 0.77 (0.46-1.29) | 0.318 |
| + BMI ^f | 1.00 (Referent) | 0.92 (0.70-1.22) | 0.563 | 0.76 (0.45-1.27) | 0.297 |

BMI, Body Mass Index; CAD, coronary heart disease; CI, confidence interval; HR, hazard ratio

^a The definition of hospitalization and/or mortality from CAD included angina (ICD-10-CA code I20).

^b In addition to age (years) and sex (male, female), this model is adjusted for baseline demographic factors: largest ethnic group (yes, no), marital status (married, not married), education (≤secondary school graduation, >secondary school graduation, missing), immigrant (yes, no, missing), food secure (yes, no, missing), and household income (<\$15,000, \$15,000-\$29,999, \$30,000-\$49,999, \$50,000-\$79,999, ≥\$80,000, missing).

^c In addition to age, sex, and baseline demographic factors, this model is further adjusted for baseline lifestyle and mental health factors: smoking (never, past, current, missing), alcohol intake (none- <3 times/mo, 1-3 times/wk, 4+ times/wk, missing), physical activity index (active, moderately active, inactive, missing), and life stress (not at all stressful, not very stressful, a bit stressful, quite a bit or extremely stressful, missing).

^d In addition to age, sex, baseline demographic, lifestyle, and mental health factors, this model is further adjusted for baseline dietary factors: consumption of sugar sweetened beverages (yes, no), fruit and vegetable intake (times/day), sodium (mg/day), sugar (g/day), energy intake (kcal/day), and breakfast consumption (yes, no). This is the main model reported for this analysis.

^e In addition to age, sex and baseline demographic, lifestyle, mental health, and dietary factors, this model is further adjusted for baseline health conditions: high blood pressure (yes, no, missing) and diabetes (yes, no, missing).

^f In addition to age, sex, baseline demographic, lifestyle, mental health, and dietary factors, and baseline health conditions, this model is further adjusted for baseline BMI (kg/m², <18.5, 18.5-24.9, 25-29.9, ≥30).