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| **Supplementary Table 1.** Mean ± SD or % for comparing those who did not have fasted outcomes, and those who did have fasted outcomes

|  |
| --- |
|  |
|   | Fasted outcomesavailable | Fasted outcomesnot available |  |
|   |  |  | P-value |
| N | 4345 | 5452 |  |
| Age, y | 47.3 ± 15.6 | 46.4 ± 15.7 | 0.06 |
| Sex, % women | 46.7 | 46 | 0.60 |
| Race/Ethnicity, % |  |  | 0.20 |
| NH White | 76.8 | 76.2 |  |
| NH Black | 10.5 | 11.6 |  |
| Mexican American | 8.2 | 7.8 |  |
| Other Hispanic | 4.4 | 4.4 |  |
| Education, % |  |  | 0.59 |
| up to 12 grade | 16.5 | 17.2 |  |
| high school | 24 | 24.4 |  |
| College or above | 59.5 | 58.4 |  |
| PIR, % |  |  | 0.56 |
| ≤ 1.3 | 18.1 | 19.1 |  |
| > 1.3 to ≤ 3.5 | 35 | 34 |  |
| > 3.5 | 46.8 | 46.8 |  |
|  |  |  |  |

Abbreviations: PIR: Poverty-to-income ratio**Supplementary Table 2.** Maximum contributions of each HEI component to the total HEI-10 score

|  |  |
| --- | --- |
| **HEI component**  | **Maximum score** |
| *HEI components where a higher score indicated higher intake* |
| Total Vegetable  | 5 |
| Greens and Beans  | 5 |
| Total Fruit | 5 |
| Whole Fruit | 5 |
| Whole Grains | 10 |
| Dairy | 10 |
| Total Protein Foods | 5 |
| Seafood and Plant Proteins  | 5 |
| Fatty Acids  | 10 |
| *HEI components* *where a higher score indicates lower intake* |
| Sodium  | 10 |
| Refined Grains  | 10 |
| Empty Calories | 20 |
| *Total HEI-10 score* |
| Total Score (100) | 100 |

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**Supplementary Table 3.** Mean ± SE for HEI10- score by quartiles of covariate-adjusted CVD risk factors1 in women |
|  | 1st Quartileof residuals | 2nd Quartileof residuals | 3rd Quartileof residuals | 4th Quartileof residuals | P-value2for1st vs. 4th |
| SBP | 50.82 ± 0.94 | 50.04 ± 0.76 | 49.9 ± 0.70 | 48.5 ± 0.91 | 0.0784 |
| DBP | 48.89 ± 0.61 | 50.77 ± 0.73 | 49.63 ± 0.89 | 50.10 ± 0.98 | 0.296 |
| Fasting glucose | 49.61 ± 0.98 | 50.32 ± 1.24 | 50.88 ± 1.40 | 48.43 ± 0.95 | 0.3885 |
| Fasting insulin | 50.54 ± 0.92 | 49.74 ± 1.27 | 50.86 ± 0.99 | 48.37 ± 1.13 | 0.1378 |
| HOMA-IR | 51.02 ± 1.03 | 49.28 ± 1.13 | 51.38 ± 1.29 | 47.82 ± 1.05 | **0.0303** |
| HDL-C | 48.03 ± 1.24 | 49.48 ± 1.18 | 50.98 ± 1.11 | 51.27 ± 1.06 | **0.0468** |
| TG | 51.93 ± 1.02 | 49.18 ± 0.98 | 49.48 ± 1.00 | 49.50 ± 1.42 | 0.1645 |
| LDL-C | 51.5 ± 1.19 | 49.07 ± 0.90 | 48.98 ± 1.25 | 50.34 ± 1.46 | 0.5492 |
| CRP | 48.79 ± 0.82 | 52.78 ± 0.93 | 49.67 ± 0.84 | 47.93 ± 0.74 | 0.4312 |

**Note: nominally significant results in bold (P<.05)**

Abbreviations: CRP: C-reactive protein; DBP: diastolic blood pressure; HEI-10: Healthy eating index-2010; HDL-C: high-density lipoprotein cholesterol; HOMA-IR: homeostatic model of insulin resistance; LDL-C: low-density lipoprotein cholesterol; SBP: systolic blood pressure, TG: triglycerides

**1** CVD risk factors score adjusted for age, ethnicity, education level, poverty to income ratio, smoking, alcohol use and physical activity

2 P-values calculated without using the population ratio approach

|  |
| --- |
| **Supplementary Table 4** Mean ± SE for HEI10- score by quartiles of covariate-adjusted CVD risk factors1 in men |
|

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|   | 1st Quartileof residuals | 2nd Quartileof residuals | 3rd Quartileof residuals | 4th Quartileof residuals | P-value2for1st vs. 4th |
| SBP | 48.92 ± 0.81 | 46.53 ± 0.53 | 45.78 ± 0.66 | 47.10 ± 0.56 | 0.0633 |
| DBP | 48.04 ± 0.66 | 46.88 ± 0.54 | 47.72 ± 0.66 | 45.76 ± 0.66 | **0.0154** |
| Fasting glucose | 49.54 ± 0.91 | 46.42 ± 0.86 | 47.03 ± 0.98 | 45.92 ± 0.93  | **0.0048** |
| Fasting insulin | 50.66 ± 1.27 | 47.89 ± 0.96 | 45.79 ± 0.74 | 44.29 ± 0.89 | **< .0001** |
| HOMA-IR | 50.47 ± 1.21 | 48.55 ± 1.00 | 45.02 ± 0.78 | 44.75 ± 0.82 | **0.0001** |
| HDL-C | 45.77 ± 1.07 | 46.49 ± 0.88 | 47.06 ± 0.98 | 49.07 ± 0.95 | **0.0209** |
| TG | 48.41 ± 0.84 | 47.68 ± 0.99 | 46.97 ± 1.03 | 45.45 ± 1.13 | **0.0355** |
| LDL-C | 48.01 ± 0.78 | 47.22 ± 1.09 | 47.79 ± 1.13 | 46.14 ± 1.02 | 0.1468 |
| CRP | 48.22 ± 0.70 | 47.98 ± 0.69 | 46.94 ± 0.60 | 45.38 ± 0.70 | **0.004** |

 |

Abbreviations: CRP: C-reactive protein; DBP: diastolic blood pressure; HEI-10: Healthy eating index-2010; HDL-C: high-density lipoprotein cholesterol; HOMA-IR: homeostatic model of insulin resistance; LDL-C: low-density lipoprotein cholesterol; SBP: systolic blood pressure, TG: triglycerides

**1** CVD risk factors score adjusted for age, ethnicity, education level, poverty to income ratio, smoking, alcohol use and physical activity

2 P-values calculated without using the population ratio approach

**Supplementary Table 5**: Mean ± SE for HEI10- score by quartiles of WC- and covariate-adjusted CVD risk factors1 in men using the population ratio approach

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 1st Quartileof residuals | 2nd Quartileof residuals | 3rd Quartileof residuals | 4th Quartileof residuals | P-valuefor1st vs. 4th |
| Fasting insulin | 54.04 ± 1.96 | 53.14 ± 1.24 | 54.47 ± 2.04 | 49.77 ± 1.30 | .07 |
| HOMA-IR | 54.40 ± 1.80 | 52.41 ± 1.53 | 53.73 ± 2.11 | 51.12 ± 1.07 | .12 |
| HDL-C | 52.30 ± 1.85 | 50.47 ± 1.47 | 53.58 ± 1.25  | 54.93 ± 1.86 | .32 |
| TG | 52.27 ± 1.25 | 54.94 ± 2.26 | 53.40 ± 1.76 | 50.31 ± 1.53 | .32 |
| CRP | 51.81 ± 1.02 | 53.56 ± 0.92  | 53.85 ± 0.97 | 51.56 ± 1.36 | .88 |

Abbreviations: CRP: C-reactive protein; HEI-10: Healthy eating index-2010; HDL-C: high-density lipoprotein cholesterol; HOMA-IR: homeostatic model of insulin resistance; LDL-C: low-density lipoprotein cholesterol; SBP: systolic blood pressure, TG: triglycerides; WC: waist circumference

**1** CVD risk factors score adjusted for WC, and age, ethnicity, education level, poverty to income ratio, smoking, alcohol use and physical activity

2 P-values and Q-values calculated using the population ratio approach