**Supplemental Table S5. Baseline nutrition-related participant characteristics according to quartiles of the PANDiet**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Baseline characteristics** | **n** | **Q1\*** | **Q2\*** | **Q3\*** | **Q4\*** | **p†** |
| **Dietary scores** |  |  |  |  |  |  |
| PANDIET (points) | 2329 | 56.91 (55.08, 58.03) | 60.98 (60.01, 61.94) | 65.25 (64.14, 66.30) | 70.73 (68.89, 72.93) | <0.001 |
| MPNNS-GS (points) | 2329 | 6.65 (5.55, 7.75) | 7.05 (6.05, 8.05) | 7.30 (6.23, 8.30) | 8.30 (7.06, 9.32) | <0.001 |
| DQI (points) | 2329 | 51.58 (47.64, 55.28) | 54.82 (51.57, 57.89) | 56.74 (53.02, 59.67) | 61.11 (58.10, 64.88) | <0.001 |
| PNNS-GS (points) | 2329 | 7.05 (6.02, 8.30) | 7.75 (6.50, 8.80) | 7.80 (6.55, 9.00) | 9.00 (7.55, 10.05) | <0.001 |
| **Alcohol consumption (g/d)** | 2329 | 18.10 (0.00, 28.27) | 18.10 (0.00, 28.27) | 13.60 (0.00, 28.27) | 7.76 (0.00, 20.99) | <0.001 |
| **Fruit/ vegetable intake (g/d)** | 2329 | 340.8 (255.3, 439.7) | 384.2 (287.5, 487.6) | 410.1 (309.6, 529.6) | 462.1 (355.7, 603.0) | <0.001 |
| **Total energy intake (kcal/d)** | 2329 | 2191 (1820, 2582) | 2205 (1766, 2637) | 2214 (1790, 2644) | 2026 (1640, 2539) | 0.02 |
| %Total fat | 2329 | 41.46 (39.17, 43.95) | 39.27 (36.83, 41.54) | 36.17 (33.78, 38.27) | 34.00 (31.53, 36.28) | <0.001 |
| %Saturated fatty acids | 2329 | 17.33 (15.81, 18.78) | 16.26 (14.86, 17.57) | 15.01 (13.54, 16.34) | 13.47 (11.95, 14.72) | <0.001 |
| %Mono-unsaturated fatty acids | 2329 | 15.70 (14.47, 16.70) | 14.75 (13.52, 15.92) | 13.35 (12.32, 14.48) | 12.77 (11.61, 13.86) | <0.001 |
| %Poly-unsaturated fatty acids | 2329 | 5.77 (4.94, 6.92) | 5.61 (4.76, 6.59) | 5.13 (4.37, 6.16) | 5.28 (4.55, 6.34) | <0.001 |
| %Carbohydrates | 2329 | 35.16 (31.38, 38.10) | 38.03 (34.34, 40.84) | 41.87 (38.66, 44.99) | 44.65 (41.27, 48.25) | <0.001 |
| %Added sugars | 2329 | 6.30 (4.69, 8.42) | 7.03 (5.18, 9.27) | 7.93 (5.61, 10.20) | 7.85 (5.69, 10.15) | <0.001 |
| %Protein | 2329 | 16.65 (15.28, 18.18) | 16.46 (15.16, 18.09) | 16.01 (14.78, 17.74) | 16.11 (14.60, 17.88) | <0.001 |
| %Animal protein | 2329 | 12.60 (11.12, 14.46) | 12.32 (10.67, 13.86) | 11.49 (9.93, 13.17) | 11.11 (9.43, 13.16) | <0.001 |
| %Vegetal protein | 2329 | 4.02 (3.63, 4.48) | 4.29 (3.85, 4.77) | 4.60 (4.16, 5.10) | 4.95 (4.45, 5.50) | <0.001 |
| **Dietary fiber intake (g/1000 kcal)** | 2329 | 7.80 (6.62, 9.12) | 8.51 (7.40, 9.96) | 9.10 (7.98, 10.53) | 10.88 (9.20, 12.91) | <0.001 |
| **Sodium (g/d)** | 2329 | 3.57 (2.99, 4.20) | 3.55 (2.81, 4.35) | 3.58 (2.85, 4.43) | 3.15 (2.38, 4.24) | <0.001 |
| **Vitamin C (μmol/L)ǂ** | 1804 | 51.56 (37.26, 65.81) | 54.26 (41.54, 64.96) | 54.98 (42.96, 66.33) | 60.00 (49.45, 70.64) | <0.001 |
| **Vitamin E (μmol/L)ǂ** | 1991 | 30.80 (26.10, 36.07) | 31.60 (26.75, 36.48) | 30.80 (26.56, 35.70) | 31.50 (26.70, 36.34) | 0.74 |
| **Beta-carotene (μmol/L)ǂ** | 1991 | 0.43 (0.28, 0.68) | 0.49 (0.32, 0.77) | 0.51 (0.32, 0.76) | 0.60 (0.40, 0.92) | <0.001 |
| **Selenium (μmol/L)ǂ** | 2260 | 1.11 (0.99, 1.23) | 1.11 (1.00, 1.24) | 1.10 (0.98, 1.22) | 1.08 (0.96, 1.22) | 0.03 |
| **Zinc (μmol/L)ǂ** | 2264 | 13.30 (12.00, 14.40) | 13.30 (12.10, 14.35) | 13.10 (11.90, 14.30) | 13.10 (11.90, 14.50) | 0.71 |

Abbreviations: DQI-I, Dietary Quality Index- International; PANDiet, Probability of Adequate Nutrient Intake Dietary Score; mPNNS-GS, modified Programme National Nutrition Santé- Guideline Score ; PNNS-GS, Programme National Nutrition Santé- Guideline Score ; Q: quartile.

Values are medians (1st quartile, 3rd quartile).

\*Quartile cut-offs (maximal values per quartile): Q1, 59.19; Q2, 63.04; Q3: 67.49.

†Linear contrast tests.

ǂBlood serum concentrations.