Supplementary Table 1. Distribution of food or food group intake (g/day) across tertiles of Energy-adjusted Dietary Inflammatory Index (E-DII)

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| **Food groups (g/day)** | **E-DII** | ***p* valuea** |
| **Tertile 1**< -0.12n = 400 | **Tertile 2** -0.12/1.27n = 397 | **Tertile 3**≥1.28n = 391 |
| Mean | SD | Mean | SD | Mean | SD |
| **Milk** | 104.9 | 121.0 | 113.2 | 125.5 | 125.4 | 145.4 | 0.09 |
| **Cheeses** | 53.1 | 59.4 | 48.7 | 67.7 | 39.3 | 49.7 | 0.005 |
| **Legumes and seedsb** | 130.7 | 93.5 | 114.8 | 73.1 | 107.3 | 71.3 | <0.001 |
| **Fruits** | 332.4 | 226.2 | 243.2 | 156.5 | 184.1 | 126.4 | <0.001 |
| **Onion** | 11.5 | 5.4 | 11.2 | 5.3 | 11.3 | 4.9 | 0.87 |
| **Chili pepper** | 8.7 | 7.6 | 9.1 | 7.5 | 11.4 | 9.0 | <0.001 |
| **Leafy green vegetablesc** | 46.8 | 33.3 | 25.7 | 17.4 | 18.6 | 13.5 | <0.001 |
| **Colored vegetablesd**  | 39.5 | 24.1 | 25.3 | 17.0 | 17.0 | 13.3 | <0.001 |
| **Other vegetablese** | 46.8 | 34.3 | 28.0 | 17.9 | 17.6 | 12.9 | <0.001 |
| **Potatoes** | 52.6 | 36.0 | 37.3 | 27.3 | 26.3 | 22.9 | <0.001 |
| **Eggs** | 24.4 | 20.6 | 26.0 | 22.6 | 32.7 | 29.6 | <0.001 |
| **Beef** | 21.6 | 14.7 | 19.8 | 13.4 | 17.8 | 14.4 | 0.001 |
| **Pork** | 12.3 | 12.4 | 12.7 | 12.0 | 13.8 | 12.6 | 0.27 |
| **Sun-dried meat (*Cecina*)** | 2.3 | 4.3 | 2.2 | 4.0 | 2.0 | 3.5 | 0.46 |
| **Lamb (*Barbacoa*)** | 2.6 | 4.4 | 2.9 | 4.5 | 3.6 | 4.5 | 0.008 |
| **Pulled pork (*Carnitas*)** | 2.7 | 4.1 | 3.6 | 4.9 | 4.9 | 6.2 | <0.001 |
| **Chicken** | 40.5 | 22.3 | 37.0 | 16.9 | 37.0 | 21.4 | 0.05 |
| **Processed meat** | 10.0 | 10.7 | 10.8 | 9.7 | 13.6 | 12.9 | <0.001 |
| **Fish**  | 39.4 | 31.5 | 25.6 | 22.0 | 18.5 | 15.5 | <0.001 |
| **Seafood** | 2.9 | 5.1 | 2.5 | 3.4 | 2.6 | 4.5 | 0.54 |
| **Corn tortilla** | 103.6 | 64.5 | 155.2 | 92.3 | 261.2 | 166.9 | <0.001 |
| **Corn** | 12.7 | 12.9 | 7.9 | 7.8 | 5.0 | 5.8 | <0.001 |
| **Rice and pasta** | 128.0 | 82.1 | 120.8 | 64.4 | 126.1 | 70.0 | 0.93 |
| **Salty refined cereals** | 59.3 | 43.0 | 70.9 | 46.4 | 80.5 | 61.6 | <0.001 |
| **Pastries** | 37.8 | 33.4 | 41.4 | 29.2 | 53.2 | 43.2 | <0.001 |
| **Sugars** | 4.1 | 7.8 | 4.3 | 8.3 | 4.5 | 7.1 | 0.74 |
| **Coffee** | 142.8 | 163.4 | 164.5 | 160.5 | 202.0 | 183.9 | <0.001 |
| **Sugared beverages** | 158.5 | 210.3 | 248.4 | 278.6 | 469.3 | 394.5 | <0.001 |
| **Typical Mexican food** | 31.8 | 31.7 | 37.1 | 38.3 | 49.0 | 43.7 | <0.001 |
| **Fast food** | 4.5 | 9.5 | 4.0 | 6.7 | 6.6 | 14.6 | 0.02 |
| **Lycopenef** | 189.5 | 100.3 | 141.1 | 72.5 | 124.0 | 62.4 | <0.001 |
| **Saturated fatsg** | 3.9 | 3.3 | 4.5 | 3.7 | 5.2 | 3.9 | <0.001 |
| **Un-saturated fatsh** | 18.5 | 13.4 | 14.0 | 10.2 | 11.7 | 8.3 | <0.001 |

a Difference between T1 vs. T3

b Beans, lentils, green and dried fava beans, peanuts, nuts, pistachios and almonds

c Purslane, nopales (cactus paddles), spinach and lettuce

d Peas, carrots, beetroots and squash flowers

e Cauliflower, broccoli, zucchini squash and squash

f Tomato sauce and fresh tomatoes, and watermelons

g Pork cracklings (chicharrones), butter, mayonnaise, sour cream, margarine and lard

h Vegetable oil, soybean oil, olive oil and avocado