**Supplementary Table 1**. Odds ratio of high lipids profile according to quintile of beverages pattern†

|  |  |  |
| --- | --- | --- |
|  | **Alcohol-pattern** | **Coffe/Tea-pattern**  |
|  | Q1 | Q2 | Q3 | Q4 | Q5 | P value | Q1 | Q2 | Q3 | Q4 | Q5 | P value |
| **Risk of CHD (≥10 in 10 years)** |
| Model I | 1.0 | 0.80(0.61-1.05) | 0.66(0.50-0.87) | 0.69(0.53-0.91) | 0.57(0.43-0.75) | <0.001 | 1.0 | 0.87(0.66-1.14) | 0.89(0.68-1.17) | 0.95(0.73-1.23) | 0.94(0.72-1.21) | 0.856 |
| Model II | 1.0 | 0.77(0.56-1.01) | 0.67(0.51-0.88) | 0.68(0.52-0.89) | 0.59(0.45-0.78) | <0.001 | 1.0 | 0.87(0.66-1.15) | 0.92(0.70-1.21) | 0.93(0.71-1.22) | 0.95(0.73-1.24) | 0.91 |
| Model III | 1.0 | 0.78(0.59-1.03) | 0.67(0.50-0.89) | 0.67(0.51-0.89) | 0.57(0.43-0.75) | <0.001 | 1.0 | 0.97(0.74-1.28) | 0.92(0.69-1.22) | 0.88(0.66-1.18) | 0.92(0.69-1.24) | 0.473 |
| Model IV | 1.0 | 0.81(0.61-1.07) | 0.71(0.53-0.95) | 0.65(0.49-0.86) | 0.53(0.40-0.70) | <0.001 | 1.0 | 0.95(0.71-1.26) | 0.89(0.66-1.18) | 0.82(0.61-1.10) | 0.80(0.60-1.09) | 0.102 |
| Model V | 1.0 | 0.84(0.63-1.12) | 0.73(0.55-0.98) | 0.68(0.51-0.91) | 0.56(0.42-0.75) | <0.001 | 1.0 | 0.93(0.70-1.23) | 0.86(0.64-1.16) | 0.79(0.58-1.06) | 0.82(0.61-1.12) | 0.131 |
|  | **Soft drinks-pattern** | **Low fat milk-pattern** |
| Model I | 1.0 | 1.16(0.87-1.54) | 0.99(0.75-1.32) | 1.38(1.05-1.81) | 1.34(1.01-1.78) | 0.014 | 1.0 | 0.72(0.55-0.93 | 0.59(0.45-0.78) | 0.68(0.52-0.88) | 0.61(0.47-0.80) | 0.001 |
| Model II | 1.0 | 1.17(0.88-1.57) | 1.04(0.78-1.38) | 1.36(1.03-1.80) | 1.36(1.02-1.81) | 0.016 | 1.0 | 0.71(0.55-0.93) | 0.57(0.43-0.76) | 0.66(0.51-0.87) | 0.58(0.45-0.76) | <0.001 |
| Model III | 1.0 | 1.39(1.03-1.87) | 1.22(0.90-1.65) | 1.47(1.09-1.99) | 1.61(1.19-2.18) | 0.004 | 1.0 | 0.71(0.54-0.93) | 0.59(0.44-0.80) | 0.66(0.50-0.88) | 0.57(0.42-0.77) | 0.001 |
| Model IV | 1.0 | 1.37(1.01-1.86) | 1.15(0.84-1.55) | 1.45(1.07-1.97) | 1.50(1.11-2.04) | 0.014 | 1.0 | 0.76(0.58-1.00) | 0.67(0.49-0.90) | 0.72(0.54-0.97) | 0.63(0.54-0.97) | 0.012 |
| Model V | 1.0 | 1.39(1.02-1.89) | 1.13(0.83-1.54) | 1.43(1.04-1.95) | 1.40(1.03-1.90) | 0.059 | 1.0 | 0.78(0.59-1.04) | 0.70(0.52-0.95) | 0.72(0.54-0.97) | 0.66(0.48-0.91) | 0.015 |

†Sensitivity analysis with 400-3800 kcal/d in women and 500-4000 in men as energy limit criteria

Model I: Adjustment for sex; age (years). Model II: Additional adjustment for leisure time physical activity (≥30min/day); menopause; use of multivitamin supplements; medication use (treatment for diabetes, hypertension and hypercholesterolemia); and aspirin use; Model III: Additional adjustment for intakes of total energy (quintiles), prudent pattern (quintiles), meat/fish pattern (quintiles) and refined foods pattern (quintiles); Model IV: Additional adjustment for smoking; Model V: Additional adjustment for body mass index.