**Supplemental Table 1.** Classification of food items to 18 food groups in the Korea National Health and Nutrition Examination Survey 2012-2016

|  |  |  |
| --- | --- | --- |
| Food Category | Food Groups | Food Items |
| **Healthy plant**  **Foods** | Whole grains | Mixed whole grain (500ml) |
| Fruits | Strawberry (10 strawberries), tomato (1 tomato, 30 cherry tomatoes), muskmelon (1 muskmelon), watermelon (2 slices), peach (1 peach), grape (200ml), apple (1 apple), pear (half a pear), persimmon (1 persimmon), tangerine (2 tangerine), banana (1 banana), orange (1 orange), kiwi (2 kiwis) |
| Vegetables | Bean sprouts/mung-bean sprout (50ml), spinach (50ml), bellflower root (50ml), pumpkin (50ml), green vegetables or seasoned other vegetables (50ml), cucumber (50ml), radish (50ml), vegetable salad (100ml), green onion/Chinese chive (50ml), mixed vegetables (lettuce (10 lettuce), sesame (30 sesame leaves), Chinese cabbage (3 leaves), pumpkin leaf (5 leaves))/green pepper (3 peppers), broccoli/cabbage (50ml), garlic (50ml), mushrooms (50ml), corn, (1 corn) lotus root/burdock (50ml), laver (8 sheets), sea mustard stems (50ml), green laver (50ml), green laver soup (250ml), sweet potatoes (50ml) |
| Nuts | Peanut (50ml), chestnut (3 chestnuts) |
| Legumes | Soft bean curd stew (200ml), bean curd (100ml), legumes (15 ml), soymilk (200ml) |
| Tea and coffee | Coffee (10ml), green tea (200ml) |
| **Unhealthy plant foods** | Fruit juices | Fruit juice (200ml) |
| Refined grain | Grain powder (200ml), cooked rice (300ml), cooked rice with assorted mixtures/fried rice (500ml), rice rolled in laver (2 rolls), rice with curry (500ml), instant noodle (1 noodle pack), noodles (1000ml), Chinese black bean noodles/spicy seafood noodle soup (1000ml), cold noodle (1000ml), rice cake soup (1000ml), loaf of bread (2 slices), rice cake (half a slice or 1 cup), cereals (250ml), Korean pancake (half a pancake), stir-fried noodles and vegetables (100ml), snack (200ml) |
| Potatoes | Potatoes (50ml for stir-fry and 1 potato for steamed potatoes) |
| Sugar sweetened and artificially sweetened beverages | Soft drink (cola/soda/fruit juice soda) (200ml) |
| Sweets and desserts | Jam (2 teaspoon), sugar (10ml), chocolate (half of chocholate bars), Sweet red-beans buns/cream buns (1 bun), sponge cake/ cake (1 slice), cookie/cracker (6 cookies/crackers) |
| Salty food group | Bean paste sauce/red pepper paste sauce/mixed paste (10ml), Korean cabbage kimchi (50ml), other kimchi (50ml), pickled vegetable (15ml), kimchi stew (200ml), bean paste soup (250ml), bean paste/fermented bean stew (200ml) |
| **Animal foods** | Animal fat | Cream (10ml), butter/margarine (2 teaspoon) |
| Dairy | Milk (200ml), yogurt (100g), ice cream (100ml) |
| Egg | Steamed egg (1 egg), fried egg (1 egg) |
| Fish or seafood | Loach stew (250ml), dried alaska pollack soup (250ml), alaska pollack stew/spicy seafood stew (250ml), mackerel/saury (50ml), hairtail/yellow croaker (50ml), anchovy (15ml), cuttlefish (half a cup), crab (15ml), salted shrimp/squid and clam (5ml), fish cake (100ml for stir-fry, 250ml for soup) |
| Meat | Beef soup (250ml), potato and pork rib soup (250ml), pork (150g), sweet and sour pork/pork cutlet (200ml), grilled beef (150g), ham (50ml), chicken stew (800ml), chicken (2 drumsticks or 2 cups), grilled duck (150g), spicy sausage stew (200ml), hamburgers/sandwich (1 hamburger/sandwich) |
| Miscellaneous animal foods | Dumplings (6 dumplings), pizza (2 slices), Korean blood sausage (soondae) (half a cup) |

**Supplemental Table 2.** Nutritional characteristics of diets by quintiles of plant-based diet scores in the Korea National Health and Nutrition Examination Survey 2012-2016\*

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Quintile 1** | **Quintile 2** | | **Quintile 3** | | **Quintile 4** | **Quintile 5** | ***p*** |
| **Overall plant-based diet index (PDI)** | | | | | | | | |
| **Overall study population** | | | | | | | | |
| *n* (*n* of case) | 3,155 (572) | | 2,573 (533) | 2,963 (533) | 2,575 (667) | | 3,184 (883) |  |
| Total energy intake (kcal) | 2263.4±17.7 | 2212.1±18.7 | | 2109.8±17.1 | | 2041.5±17.3 | 1939.6±16.1 | <0.0001 |
| % of protein | 13.8±0.1 | 13.2±0.1 | | 13.0±0.04 | | 12.8±0.1 | 12.5±0.04 | <0.0001 |
| % of carbohydrates | 58.3±0.2 | 61.8±0.2 | | 63.8±0.2 | | 65.6±0.2 | 68.3±0.2 | <0.0001 |
| % of fat | 20.5±0.1 | 18.6±0.1 | | 17.8±0.1 | | 17.0±0.1 | 16.0±0.1 | <0.0001 |
| % saturated fat | 6.3±0.04 | 5.6±0.04 | | 5.3±0.04 | | 4.9±0.04 | 4.4±0.04 | <0.0001 |
| Potassium (mg/1000kcal) | 1228.6±6.5 | 1294.6±7.8 | | 1374.6±7.8 | | 1450.0±8.7 | 1586.0±8.4 | <0.0001 |
| Calcium (mg/1000kcal) | 235.5±1.6 | 230.8±1.8 | | 239.5±1.7 | | 239.7±1.8 | 247.8±1.5 | <0.0001 |
| Vitamin A (μgRE/1000kcal) | 271.6±2.1 | 281.5±2.5 | | 301.9±2.7 | | 324.3±3.0 | 359.8±3.0 | <0.0001 |
| Vitamin C (mg/1000kcal) | 40.2±0.6 | 48.0±0.8 | | 55.9±0.8 | | 63.2±0.9 | 76.1±0.9 | <0.0001 |
| Plant food (servings/d) | 10.6±0.1 | 12.1±0.1 | | 13.1±0.1 | | 14.0±0.1 | 15.2±0.1 | <0.0001 |
| Healthy plant food (servings/d) | 4.8±0.1 | 5.7±0.1 | | 6.3±0.1 | | 7.0±0.1 | 7.8±0.1 | <0.0001 |
| Unhealthy plant food (servings/d) | 5.8±0.1 | 6.4±0.1 | | 6.8±0.1 | | 7.0±0.1 | 7.4±0.1 | <0.0001 |
| Animal food (servings/d) | 4.1±0.04 | 3.6±0.05 | | 3.4±0.04 | | 3.1±0.04 | 2.7±0.03 | <0.0001 |
| **Men** | | | | | | | | |
| *n* (*n* of case) | 1,194 (317) | | 977 (242) | 1,080 (293) | 1,289 (367) | | 1,045 (301) | ***p*** |
| Total energy intake (kcal) | 2579.7±24.8 | 2497.6±28.3 | | 2348.5±26.3 | | 2331.5±23.9 | 2213.6±26.1 | <0.0001 |
| % of protein | 13.2±0.1 | 12.8±0.1 | | 12.6±0.1 | | 12.4±0.1 | 12.2±0.1 | <0.0001 |
| % of carbohydrates | 56.5±0.3 | 59.5±0.3 | | 62.1±0.3 | | 63.6±0.3 | 66.7±0.3 | <0.0001 |
| % of fat | 19.9±0.2 | 18.2±0.2 | | 17.4±0.3 | | 16.6±0.2 | 15.6±0.2 | <0.0001 |
| % saturated fat | 6.2±0.1 | 5.6±0.1 | | 5.2±0.1 | | 4.9±0.1 | 4.5±0.1 | <0.0001 |
| Potassium (mg/1000kcal) | 1116.7±7.5 | 1185.1±9.5 | | 1235.3±9.3 | | 1296.6±9.0 | 1409.8±10.3 | <0.0001 |
| Calcium (mg/1000kcal) | 214.7±2.1 | 215.3±2.3 | | 215.1±2.1 | | 218.6±2.1 | 228.5±2.3 | 0.001 |
| Vitamin A (μgRE/1000kcal) | 238.2±2.6 | 253.8±3.3 | | 264.4±3.3 | | 281.9±3.1 | 314.2±4.1 | <0.0001 |
| Vitamin C (mg/1000kcal) | 31.5±0.7 | 37.7±0.8 | | 43.4±1.0 | | 48.9±0.9 | 60.4±1.2 | <0.0001 |
| Plant food (servings/d) | 11.2±0.1 | 12.8±0.2 | | 13.5±0.2 | | 14.9±0.2 | 16.4±0.2 | <0.0001 |
| Healthy plant food (servings/d) | 4.5±0.1 | 5.5±0.1 | | 6.0±0.1 | | 6.9±0.1 | 7.7±0.1 | <0.0001 |
| Unhealthy plant food (servings/d) | 6.6±0.1 | 7.3±0.1 | | 7.5±0.1 | | 8.0±0.1 | 8.7 ± 0.1 | <0.0001 |
| Animal food (servings/d) | 4.3±0.1 | 3.9±0.1 | | 3.6±0.1 | | 3.4±0.1 | 3.0±0.05 | 0.02 |
| **Women** | | | | | | | | |
| *n* (*n* of case) | 1,569 (185) | | 2,014 (363) | 1,798 (399) | 1,599 (394) | | 1,885 (510) | ***p*** |
| Total energy intake (kcal) | 1937.8±21.0 | 1900.1±17.0 | | 1841.7±19.6 | | 1786.1±19.3 | 1715.8±18.1 | <0.0001 |
| % of protein | 14.5±0.1 | 13.7±0.1 | | 13.4±0.1 | | 13.1±0.1 | 12.8±0.1 | <0.0001 |
| % of carbohydrates | 59.6±0.3 | 63.8±0.2 | | 65.6±0.2 | | 67.5±0.2 | 69.7±0.2 | <0.0001 |
| % of fat | 21.7±0.2 | 19.3±0.2 | | 18.4±0.2 | | 17.2±0.2 | 16.1±0.1 | <0.0001 |
| % saturated fat | 6.6±0.1 | 5.7±0.1 | | 5.4±0.1 | | 4.9±0.1 | 4.4±0.1 | <0.0001 |
| Potassium (mg/1000kcal) | 1331.6±8.8 | 1426.6±10.3 | | 1509.2±10.2 | | 1599.2±11.4 | 1737.5±11.7 | <0.0001 |
| Calcium (mg/1000kcal) | 257.2±2.3 | 256.2±2.4 | | 258.5±2.4 | | 259.6±2.3 | 264.0±2.2 | 0.12 |
| Vitamin A (μgRE/1000kcal) | 299.6±3.0 | 321.4±3.3 | | 338.5±3.5 | | 361.7±4.2 | 401.5±4.3 | <0.0001 |
| Vitamin C (mg/1000kcal) | 48.6±0.9 | 58.6±1.0 | | 67.8±1.1 | | 77.0±1.4 | 90.5±1.3 | <0.0001 |
| Plant food (servings/d) | 9.6±0.1 | 11.3±0.1 | | 12.3±0.1 | | 13.3±0.1 | 14.4±0.1 | <0.0001 |
| Healthy plant food (servings/d) | 4.8±0.1 | 5.8±0.1 | | 6.5±0.1 | | 7.1±0.1 | 7.9±0.1 | <0.0001 |
| Unhealthy plant food (servings/d) | 4.8±0.1 | 5.5±0.1 | | 5.9±0.1 | | 6.2±0.1 | 6.5±0.1 | <0.0001 |
| Animal food (servings/d) | 3.9±0.1 | 3.4±0.1 | | 3.2±0.1 | | 2.9±0.05 | 2.5±0.04 | 0.15 |
| **Healthy plant-based diet index (hPDI)** | | | | | | | | |
| **Overall study population** | | | | | | | | |
| *n* (*n* of case) | 2,730 (456) | | 3,032 (549) | 2,760 (653) | 2,935 (789) | | 2,993 (942) | ***P*** |
| Total energy intake (kcal) | 2394.7±19.0 | 2236.6±17.8 | | 2101.5±17.7 | | 1967.9±15.4 | 1775.5±14.3 | <0.0001 |
| % of protein | 13.8±0.05 | 13.4±0.05 | | 13.0±0.05 | | 12.7±0.05 | 12.2±0.05 | <0.0001 |
| % of carbohydrates | 59.8±0.2 | 61.2±0.2 | | 63.2±0.2 | | 65.0±0.2 | 69.1±0.2 | <0.0001 |
| % of fat | 21.3±0.1 | 19.4±0.1 | | 17.8±0.1 | | 16.4±0.1 | 14.2±0.1 | <0.0001 |
| % saturated fat | 6.6±0.04 | 5.9±0.04 | | 5.3±0.04 | | 4.7±0.04 | 3.8±0.04 | <0.0001 |
| Potassium (mg/1000kcal) | 1269.8±5.1 | 1317.4±6.8 | | 1373.1±8.4 | | 1445.5±8.8 | 1542.9±10.7 | <0.0001 |
| Calcium (mg/1000kcal) | 242.0±1.5 | 237.1±1.6 | | 237.7±1.7 | | 240.0±1.9 | 235.0±2.2 | 0.03 |
| Vitamin A (μgRE/1000kcal) | 285.8±1.8 | 293.3±2.3 | | 304.0±2.8 | | 317.8±3.0 | 339.6±3.7 | <0.0001 |
| Vitamin C (mg/1000kcal) | 42.3±0.5 | 48.2±0.6 | | 54.8±0.8 | | 62.6±0.8 | 78.4±1.2 | <0.0001 |
| Plant food (servings/d) | 13.1±0.1 | 12.8±0.1 | | 12.9±0.1 | | 12.9±0.1 | 12.4±0.1 | 0.0002 |
| Healthy plant food (servings/d) | 4.8±0.1 | 5.7±0.1 | | 6.4±0.1 | | 7.0±0.1 | 7.7±0.1 | <0.0001 |
| Unhealthy plant food (servings/d) | 7.7±0.1 | 6.7±0.1 | | 6.2±0.1 | | 5.5±0.1 | 4.4±0.05 | <0.0001 |
| Animal food (servings/d) | 6.6±0.04 | 6.2±0.04 | | 6.0±0.04 | | 5.7±0.04 | 5.4±0.04 | <0.0001 |
| **Men** | | | | | | | | |
| *n* (*n* of case) | 1,102 (230) | | 1,028 (210) | 1,042 (267) | 1,255 (393) | | 1,158 (420) | ***P*** |
| Total energy intake (kcal) | 2587.0±27.0 | 2526.7±27.0 | | 2429.9±25.6 | | 2298.7±24.7 | 2116.4±24.3 | <0.0001 |
| % of protein | 13.6±0.1 | 13.0±0.1 | | 12.7±0.1 | | 12.3±0.1 | 11.6±0.1 | <0.0001 |
| % of carbohydrates | 59.3±0.2 | 60.1±0.3 | | 61.2±0.3 | | 62.2±0.3 | 65.0±0.4 | <0.0001 |
| % of fat | 20.8±0.2 | 19.0±0.2 | | 17.9±0.2 | | 16.0±0.2 | 13.9±0.2 | <0.0001 |
| % saturated fat | 6.5±0.2 | 5.8±0.1 | | 5.3±0.1 | | 4.7±0.1 | 3.9±0.1 | <0.0001 |
| Potassium (mg/1000kcal) | 1210.5±7.1 | 1215.7±8.8 | | 1230.6±9.7 | | 1269.8±11.1 | 1291.5±11.9 | <0.0001 |
| Calcium (mg/1000kcal) | 232.4±2.0 | 218.9±2.0 | | 213.4±3.3 | | 217.8±2.4 | 203.4±2.5 | <0.0001 |
| Vitamin A (μgRE/1000kcal) | 268.4±2.6 | 264.4±3.0 | | 264.4±3.3 | | 271.7±3.8 | 274.2±4.2 | 0.19 |
| Vitamin C (mg/1000kcal) | 36.9±0.6 | 40.2±0.8 | | 41.7±0.9 | | 46.8±1.1 | 55.1±1.4 | <0.0001 |
| Plant food (servings/d) | 13.7±0.2 | 13.6±0.2 | | 13.8±0.2 | | 13.7±0.2 | 13.2±0.2 | 0.11 |
| Healthy plant food (servings/d) | 4.7±0.1 | 5.5±0.1 | | 6.1±0.1 | | 6.8±0.1 | 7.5±0.1 | <0.0001 |
| Unhealthy plant food (servings/d) | 9.0±0.1 | 8.0±0.1 | | 7.7±0.1 | | 7.0±0.1 | 5.7±0.1 | <0.0001 |
| Animal food (servings/d) | 4.7±0.1 | 4.1±0.1 | | 3.6±0.1 | | 3.3±0.1 | 2.5±0.1 | <0.0001 |
| **Women** | | | | | | | | |
| *n* (*n* of case) | 1,913 (247) | | 1,872 (293) | 1,678 (342) | 1,742 (455) | | 1,660 (514) | ***P*** |
| Total energy intake (kcal) | 2045.8±21.1 | 1897.8±19.3 | | 1822.8±18.5 | | 1723.2±16.5 | 1595.3±15.1 | <0.0001 |
| % of protein | 14.3±0.1 | 13.8±0.1 | | 13.5±0.1 | | 13.1±0.1 | 12.4±0.1 | <0.0001 |
| % of carbohydrates | 60.6±0.2 | 63.2±0.2 | | 65.3±0.2 | | 67.8±0.3 | 71.6±0.2 | <0.0001 |
| % of fat | 22.1±0.1 | 19.7±0.1 | | 18.4±0.2 | | 16.5±0.2 | 14.2±0.2 | <0.0001 |
| % saturated fat | 6.8±0.05 | 5.9±0.05 | | 5.3±0.05 | | 4.6±0.05 | 3.7±0.05 | <0.0001 |
| Potassium (mg/1000kcal) | 1372.9±7.6 | 1449.6±9.5 | | 1542.4±11.5 | | 1602.1±12.4 | 1691.5±14.5 | <0.0001 |
| Calcium (mg/1000kcal) | 260.5±1.9 | 260.5±2.1 | | 262.2±2.3 | | 260.7±2.6 | 249.0±2.8 | 0.001 |
| Vitamin A (μgRE/1000kcal) | 317.4±2.6 | 329.1±3.2 | | 347.5±3.9 | | 362.4±4.4 | 374.7±5.0 | <0.0001 |
| Vitamin C (mg/1000kcal) | 50.9±0.7 | 58.9±0.9 | | 69.9±1.1 | | 77.9±1.3 | 92.5±1.7 | <0.0001 |
| Plant food (servings/d) | 12.0±0.1 | 11.9±0.1 | | 12.4±0.1 | | 12.4±0.1 | 12.1±0.1 | 0.014 |
| Healthy plant food (servings/d) | 4.9±0.1 | 5.9±0.1 | | 6.7±0.1 | | 7.3±0.1 | 7.9±0.1 | <0.0001 |
| Unhealthy plant food (servings/d) | 7.0±0.1 | 6.0±0.1 | | 5.6±0.1 | | 5.1±0.1 | 4.2±0.1 | <0.0001 |
| Animal food (servings/d) | 4.1±0.05 | 3.5±0.05 | | 3.2±0.05 | | 2.8±0.05 | 2.1±0.04 | <0.0001 |
| **Unhealthy plant-based diet index (uPDI)** | | | | | | | | |
| **Overall study population** | | | | | | | | |
| *n* (*n* of case) | 2,977 (659) | | 2,823 (649) | 3,128 (768) | 2,675 (620) | | 2,847 (675) | ***P*** |
| Total energy intake (kcal) | 1968.4±15.5 | 2073.8±17.9 | | 2168.5±17.8 | | 2210.3±19.2 | 2153.9±17.3 | <0.0001 |
| % of protein | 14.5±0.05 | 13.6±0.05 | | 13.2±0.05 | | 12.8±0.05 | 11.8±0.05 | <0.0001 |
| % of carbohydrates | 62.8±0.2 | 63.5±0.2 | | 63.2±0.2 | | 62.9±0.2 | 63.7±0.2 | <0.0001 |
| % of fat | 20.1±0.1 | 18.7±0.1 | | 18.2±0.1 | | 17.8±0.1 | 16.5±0.1 | <0.0001 |
| % saturated fat | 5.6±0.03 | 5.4±0.04 | | 5.4±0.04 | | 5.4±0.05 | 5.1±0.05 | <0.0001 |
| Potassium (mg/1000kcal) | 1684.7±8.8 | 1499.2±7.3 | | 1382.0±6.9 | | 1284.3±6.3 | 1134.6±5.6 | <0.0001 |
| Calcium (mg/1000kcal) | 291.2±1.8 | 258.8±1.7 | | 237.6±1.5 | | 222.2±1.5 | 199.1±1.4 | <0.0001 |
| Vitamin A (μgRE/1000kcal) | 393.3±3.0 | 340.2±2.7 | | 307.7±2.4 | | 277.7±2.2 | 237.0±2.0 | <0.0001 |
| Vitamin C (mg/1000kcal) | 81.5±1.0 | 65.3±0.9 | | 55.1±0.7 | | 47.1±0.7 | 37.4±0.6 | <0.0001 |
| Plant food (servings/d) | 13.9±0.1 | 13.5±0.1 | | 13.1±0.1 | | 12.7±0.1 | 11.5±0.1 | <0.0001 |
| Healthy plant food (servings/d) | 8.7±0.1 | 7.3±0.1 | | 6.5±0.1 | | 5.5±0.1 | 3.9±0.05 | <0.0001 |
| Unhealthy plant food (servings/d) | 5.3±0.1 | 6.2±0.1 | | 6.6±0.1 | | 7.2±0.1 | 7.6±0.1 | <0.0001 |
| Animal food (servings/d) | 4.2±0.04 | 3.7±0.04 | | 3.6±0.04 | | 3.3±0.04 | 2.7±0.03 | <0.0001 |
| **Men** | | | | | | | | |
| *n* (*n* of case) | 1,032 (304) | | 1,116 (318) | 1,255 (353) | 1,109 (265) | | 1,073 (280) | ***P*** |
| Total energy intake (kcal) | 2444.6±26.8 | 2457.1±27.9 | | 2464.4±26.0 | | 2405.0±25.8 | 2256.2±24.8 | <0.0001 |
| % of protein | 14.0±0.1 | 13.2±0.1 | | 12.9±0.06 | | 12.3±0.1 | 11.3±0.1 | <0.0001 |
| % of carbohydrates | 59.8±0.3 | 61.3±0.3 | | 60.1±0.3 | | 61.2±0.3 | 63.3±0.3 | <0.0001 |
| % of fat | 19.6±0.2 | 18.3±0.2 | | 18.1±0.2 | | 17.3±0.2 | 15.5±0.2 | <0.0001 |
| % saturated fat | 5.6±0.1 | 5.4±0.1 | | 5.4±0.1 | | 5.3±0.1 | 4.9±0.1 | <0.0001 |
| Potassium (mg/1000kcal) | 1442.9±10.1 | 1327.7±8.5 | | 1247.0±8.2 | | 1178.5±8.3 | 1055.8±7.6 | <0.0001 |
| Calcium (mg/1000kcal) | 252.6±2.2 | 231.0±2.2 | | 217.8±1.8 | | 210.0±2.2 | 186.8±1.9 | <0.0001 |
| Vitamin A (μgRE/1000kcal) | 327.0±3.7 | 290.6±3.2 | | 271.7±2.7 | | 251.6±3.0 | 214.8±2.9 | <0.0001 |
| Vitamin C (mg/1000kcal) | 58.3±1.1 | 50.3±1.0 | | 42.9±0.8 | | 38.4±1.0 | 31.8±0.9 | <0.0001 |
| Plant food (servings/d) | 15.3±0.2 | 14.6±0.2 | | 13.8±0.2 | | 13.0±0.2 | 11.8±0.2 | <0.0001 |
| Healthy plant food (servings/d) | 8.7±0.1 | 7.3±0.1 | | 6.1±0.1 | | 5.1±0.1 | 3.7±0.1 | <0.0001 |
| Unhealthy plant food (servings/d) | 6.6±0.1 | 7.3±0.1 | | 7.6±0.1 | | 7.9±0.1 | 8.1±0.1 | <0.0001 |
| Animal food (servings/d) | 4.6±0.1 | 4.2±0.1 | | 3.8±0.1 | | 3.5±0.1 | 2.6±0.05 | <0.0001 |
| **Women** | | | | | | | | |
| *n* (*n* of case) | 1,815 (378) | | 1,829 (377) | 1,918 (410) | 1,661 (336) | | 1,642 (350) | ***P*** |
| Total energy intake (kcal) | 1798.3±17.0 | 1834.8±17.5 | | 1849.8±18.6 | | 1889.1±21.0 | 1830.0±22.3 | 0.01 |
| % of protein | 14.6±0.1 | 13.9±0.1 | | 13.5±0.1 | | 13.2±0.1 | 12.4±0.1 | <0.0001 |
| % of carbohydrates | 63.8±0.2 | 65.0±0.2 | | 65.6±0.2 | | 65.2±0.3 | 65.8±0.3 | <0.0001 |
| % of fat | 20.2±0.1 | 18.9±0.1 | | 18.3±0.2 | | 18.4±0.2 | 17.4±0.2 | <0.0001 |
| % saturated fat | 5.5±0.05 | 5.4±0.05 | | 5.3±0.05 | | 5.5±0.1 | 5.4±0.1 | 0.002 |
| Potassium (mg/1000kcal) | 1788.9±11.3 | 1623.4±10.1 | | 1511.1±9.4 | | 1421.1±8.9 | 1243.6±8.1 | <0.0001 |
| Calcium (mg/1000kcal) | 308.5±2.3 | 276.7±2.2 | | 256.0±1.9 | | 242.5±2.1 | 214.2±2.0 | <0.0001 |
| Vitamin A (μgRE/1000kcal) | 424.8±4.1 | 369.6±3.5 | | 340.7±3.2 | | 316.1±3.2 | 266.3±2.8 | <0.0001 |
| Vitamin C (mg/1000kcal) | 93.4±1.3 | 75.8±1.2 | | 66.9±1.0 | | 57.9±1.0 | 46.4±0.8 | <0.0001 |
| Plant food (servings/d) | 15.3±0.2 | 14.6±0.2 | | 13.8±0.2 | | 13.0±0.2 | 11.8±0.2 | <0.0001 |
| Healthy plant food (servings/d) | 8.7±0.1 | 7.4±0.1 | | 6.5±0.1 | | 5.6±0.1 | 3.9±0.1 | <0.0001 |
| Unhealthy plant food (servings/d) | 4.8±0.1 | 5.4±0.1 | | 5.7±0.1 | | 6.3±0.1 | 6.4±0.1 | <0.0001 |
| Animal food (servings/d) | 4.0±0.05 | 3.4±0.05 | | 3.2±0.04 | | 3.0±0.05 | 2.4±0.05 | <0.0001 |

\* Daily intakes are reported for all nutrient data.

*P* indicates statistical differences across quintiles of plant-based diet scores.