Supplementary Table 1 Flavonoids in selected fruits

|  |  |
| --- | --- |
| Fruits | Total flavonoid, mg/100g |
| Apples | 39.9 |
| Oranges | 44.9 |
| Grapefruits | 55.1 |
| Pears | 5.2 |
| Strawberries | 89.0 |
| Grapes | 99.0 |
| Watermelons | 1.8 |
| Melons | 0 |
| Papayas | 0 |
| Peaches | 2.3 |
| Kiwi | 1.4 |
| Pineapples | 0 |
| Bananas | 1.5 |
| Japanese persimmons | 1.2 |

Supplemental Table 2. Flavonoid-rich fruit intake and risk of stroke subtypes in men and women (Model 3)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Q1 | Q2 | Q3 | Q4 | Q5 | ***p* trend** |
| **Men** |  |  |  |  |  |  |
| Cerebral infarctions |  |  |  |  |  |  |
| FRF | 1.00 | 1.07 (0.91, 1.26) | 1.12 (0.95, 1.33) | 1.06 (0.89, 1.27) | 0.99 (0.82, 1.20) | 0.95 |
| Apples/pears | 1.00 | 1.01 (0.87, 1.17) | 1.07 (0.91, 1.26) | 1.07 (0.90, 1.28) | 1.00 (0.82, 1.22) | 0.81 |
| Citrus fruits | 1.00 | 1.09 (0.95, 1.26) | 1.00 (0.85, 1.17) | 0.95 (0.80, 1.13) | 0.88 (0.73, 1.06) | 0.09 |
| Strawberries | 1.00 | 0.97 (0.85, 1.11) | 0.94 (0.80, 1.10) | 0.91 (0.76, 1.09) |  | 0.31 |
| Grapes | 1.00 | 1.03 (0.90, 1.18) | 1.02 (0.87, 1.20) | 1.03 (0.87, 1.23) |  | 0.67 |
|  |  |  |  |  |  |  |
| Hemorrhagic stroke |  |  |  |  |  |  |
| FRF | 1.00 | 0.72 (0.57, 0.91) | 0.80 (0.63, 1.01) | 0.78 (0.61, 1.00) | 0.82 (0.63, 1.08) | 0.58 |
| Apples/pears | 1.00 | 0.83 (0.67, 1.03) | 0.83 (0.66, 1.04) | 0.89 (0.69, 1.14) | 0.89 (0.67, 1.17) | 0.83 |
| Citrus fruits | 1.00 | 0.83 (0.67, 1.02) | 0.84 (0.68, 1.05) | 0.84 (0.65, 1.07) | 0.90 (0.69, 1.17) | 0.73 |
| Strawberries | 1.00 | 0.78 (0.64, 0.95) | 0.83 (0.66, 1.05) | 0.82 (0.63, 1.06) |  | 0.37 |
| Grapes | 1.00 | 0.73 (0.60, 0.89) | 0.81 (0.64, 1.02) | 0.87 (0.68, 1.11) |  | 0.72 |
|  |  |  |  |  |  |  |
| **Women** |  |  |  |  |  |  |
| Cerebral infarctions |  |  |  |  |  |  |
| FRF | 1.00 | 0.89 (0.72, 1.08) | 0.86 (0.69, 1.06) | 0.81 (0.64, 1.02) | 0.83 (0.65, 1.05) | 0.14 |
| Apples/pears | 1.00 | 0.97 (0.78, 1.20) | 0.88 (0.71, 1.11) | 0.93 (0.74, 1.17) | 0.96 (0.75, 1.23) | 0.98 |
| Citrus fruits | 1.00 | 1.01 (0.81, 1.27) | 0.96 (0.76, 1.20) | 0.79 (0.63, 1.00) | 0.88 (0.69, 1.12) | 0.11 |
| Strawberries | 1.00 | 0.88 (0.74, 1.05) | 0.80 (0.66, 0.96) | 0.71 (0.57, 0.88) |  | 0.001 |
| Grapes | 1.00 | 0.98 (0.82, 1.16) | 0.86 (0.71, 1.04) | 0.85 (0.69, 1.05) |  | 0.08 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Hemorrhagic stroke |  |  |  |  |  |  |
| FRF | 1.00 | 0.78 (0.62, 0.98) | 0.72 (0.56, 0.91) | 0.65 (0.5, 0.84) | 0.56 (0.42, 0.74) | <0.001 |
| Apples/pears | 1.00 | 1.08 (0.84, 1.38) | 0.79 (0.61, 1.04) | 0.93 (0.71, 1.21) | 0.87 (0.66, 1.16) | 0.24 |
| Citrus fruits | 1.00 | 1.02 (0.79, 1.30) | 0.74 (0.57, 0.97) | 0.81 (0.63, 1.05) | 0.67 (0.51, 0.88) | <0.001 |
| Strawberries | 1.00 | 1.00 (0.82, 1.22) | 0.77 (0.62, 0.96) | 0.79 (0.61, 1.01) |  | 0.01 |
| Grapes | 1.00 | 0.95 (0.78, 1.15) | 0.79 (0.64, 0.98) | 0.67 (0.53, 0.86) |  | <0.001 |

Adjusted for age, study area, BMI, occupation, medication use for hypertension and hypercholesterolemia, diabetes history, drinking status, smoking status, sports, and dietary intakes of seafood, red meat, processed meat, soy food, green tea, coffee, vegetables, other fruits, and total energy