**Supplemental Table S1.** Results of the regression models for the mediator and for the outcomes.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Model for the mediatora |  | Models for the outcomeb | | |
|  | Dependent variable:  Income |  | Dependent variable:  DASH score | Dependent variable:  Fruit intake | Dependent variable:  Vegetable intake |
| Predictors | ß (SE) |  | ß (SE) | ß (SE) | ß (SE) |
| Intercept | 1.483 (0.221) \*\*\* |  | 12.997 (0.779) \*\*\* | -40.377 (15.144) \*\*\* | 38.290 (15.409) \*\*\* |
| Education |  |  |  |  |  |
| Degree or equivalent | Ref. |  | Ref. | Ref. | Ref. |
| Higher education, below degree level | 0.548 (0.058) \*\*\* |  | -1.703 (0.199) \*\*\* | -31.138 (4.577) \*\*\* | -30.987 (4.425) \*\*\* |
| GCSE | 0.042 (0.062) \*\*\* |  | -2.576 (0.213) \*\*\* | -46.649 (4.565) \*\*\* | -40.841 (4.495) \*\*\* |
| No qualification | 1.201 (0.069) \*\*\* |  | -3.266 (0.228) \*\*\* | -67.951 (4.680) \*\*\* | -57.797 (4.909) \*\*\* |
| Income |  |  |  |  |  |
| High | - |  | Ref. | Ref. | Ref. |
| Low | - |  | -0.996 (0.179) \*\*\* | -20.964 (3.288) \*\*\* | -20.729 (3.581) \*\*\* |
| Sex |  |  |  |  |  |
| Male | Ref. |  | Ref. | Ref. | Ref. |
| Female | 0.192 (0.043)\*\*\* |  | 0.452 (0.147) \*\* | 15.236 (3.107) \*\*\* | -0.926 (3.143) |
| Ethnic group |  |  |  |  |  |
| White | Ref. |  | Ref. | Ref. | Ref. |
| Non-white | 0.600 (0.084) \*\*\* |  | 2.111 (0.305) \*\*\* | 16.704 (7.971) \* | 43.248 (6.396) \*\*\* |
| Area of residence |  |  |  |  |  |
| England: North | Ref. |  | Ref. | Ref. |  |
| England: Central/Midlands | 0.083 (0.078) |  | -0.077 (0.271) | 6.177 (5.614) | 4.254 (5.778) |
| England: South (incl. London) | -0.170 (0.065) \*\* |  | 0.607 (0.222) \*\* | 19.355 (4.847) \*\*\* | 9.238 (5.029) |
| Scotland | 0.071 (0.072) |  | -0.409 (0.252) | 9.472 (5.199) | -13.003 (5.214) \* |
| Wales | -0.029 (0.074) |  | 0.319 (0.262) | 10.007 (5.165) | -1.088 (5.890) |
| Northern Ireland | 0.191 (0.0735) \*\* |  | -0.068 (0.267) | 10.344 (5.133) \* | -16.045 (4.686) \*\*\* |
| Age | -0.031 (0.007) \*\*\* |  | 0.299 (0.025) \*\*\* | 2.983 (0.436) \*\*\* | 4.410 (0.475) \*\*\* |
| Age2 | 0.0025 (0.00006) \*\*\* |  | -0.0018 (0.0002) \*\*\* | -0.015 (0.004) \*\*\* | -0.037 (0.005) \*\*\* |

DASH: Dietary approach to stop hypertension; GCSE: General Certificate of Secondary Education; SE: standard error.

aA binomial regression model with probit link function was used to estimate the mediator. Income was categorized as low (<15,850 £ per year) and high (≥15,850 £ per year).

bA linear regression model was used to estimate the DASH score, while quantile regression models were used to estimate fruit and vegetables intake.

\* <0.05 \*\*<0.01 \*\*\*<0.001