**Supplemental Methods.** Summary of the methodology of the UK National Diet and Nutrition Survey (NDNS) rolling programme.

The NDNS has two main stages, an interviewer stage and a nurse stage. The interviewer stage involved a computer-assisted personal interview, obtaining basic subject characteristics, data on shopping, food preparation and usual consumption, and information on activity limitations and self-assessed health(1). Height and weight measurements were taken, from which BMI was calculated, and smoking, drinking and physical activity questionnaires were completed. Each participant was asked to keep a 4-day diet diary, using portion size estimation based on household measures and food labels. Four consecutive days were assessed, with the first day selected such that all days, including weekends, were evenly represented. A check-up visit was undertaken halfway through to encourage adherence. Diaries were coded by trained coders entering intakes into the *Diet In Nutrients Out* dietary assessment system, splitting composite items and estimating weights from portion size descriptors. Foods were disaggregated into components to provide total intakes for a number of food groups such as fruit, vegetables, meat and fish. The dietary data collection process has been explained previously in detail(2).

Those completing the food diary for at least 3 days were invited to have a nurse visit(3). Physical measurements, including waist circumference and blood pressure, and information on medication used were obtained. Fasted blood and 24-hour urine samples were also collected. Blood samples were analysed for biomarkers including serum total cholesterol, high-density lipoprotein cholesterol, low-density lipoprotein cholesterol, triacylglycerol and C-reactive protein, plasma 25-hydroxyvitamin D, α-tocopherol and β-carotene, and glycated haemoglobin, haemoglobin concentration, plasma total homocysteine and serum vitamin B12. Details of assays used are provided elsewhere(4).