Supplemental Table 1. Age-standardized nutrient distribution by categories of avocado consumption frequency in 67,383 women from the Mexican Teachers’ Cohort.1

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|  | Avocado consumption (servings/week), frequency categories |
| Never or ≤1/month(n=16992) | 2-3 month (n=16294) | 1 week (n=17275) | 2-4 week (n=12700) | 5+ week (n=4122) |
| Total energy, kcal/day | 1593(603) | 1680(581) | 1870(580) | 2056(588) | 2324(609) |
| Protein, g/day | 64.9(24.9) | 67.7(23.6) | 74.7(23.6) | 81.6(24.2) | 89.9(25.1) |
| Fat, g/day | 49.3(21.2) | 52.8(20.6) | 58.6(21.2) | 65.7(21.6) | 75.0(23.6) |
| Carbohydrate, g/day | 230.8(100.2) | 242.4(96.6) | 271.6(96.5) | 297.6(98.7) | 339.1(106.8) |
| Fiber, g/day | 24.9(13.3) | 26.5(12.5) | 31.1(13.0) | 36.4(13.9) | 45.7(17.3) |
| Saturated fat, g/day | 16.6(8.1) | 17.6(7.9) | 19.4(8.0) | 21.2(8.3) | 23.1(9.2) |
| Monounsaturated fat, g/day | 17.0(7.5) | 18.3(7.3) | 20.5(7.6) | 23.6(7.8) | 28.2(8.9) |
| Polyunsaturated fat, g/day | 7.8(3.9) | 8.4(3.7) | 9.5(4.1) | 10.7(4.3) | 12.3(5.0) |
| Mg, mg/day | 316(138) | 333(131) | 380(135) | 428(143) | 510(169) |
| K, mg/day | 2629(1240) | 2768(1170) | 3229(1196) | 3712(1261) | 4532(1511) |
| Protein, %kcal/day | 16.6(3.0) | 16.4(2.7) | 16.2(2.5) | 16.0(2.4) | 15.6(2.5) |
| Fat, %kcal/day | 28.1(6.0) | 28.5(5.5) | 28.3(5.3) | 28.9(5.2) | 29.2(5.6) |
| Carbohydrate, %kcal/day | 57.4(8.6) | 57.2(7.9) | 57.8(7.5) | 57.6(7.3) | 58.0(7.8) |
| Fiber, 1000kcal/day | 15.5(4.9) | 15.7(4.4) | 16.7(4.3) | 17.7(4.3) | 19.6(5.0) |
| Saturated fat, %kcal/day | 9.5(2.8) | 9.5(2.6) | 9.3(2.5) | 9.3(2.4) | 9.0(2.6) |
| Monounsaturated fat, %kcal/day | 9.7(2.3) | 9.9(2.1) | 9.9(2.1) | 10.5(2.1) | 11.1(2.4) |
| Polyunsaturated fat, %kcal/day | 4.4(1.4) | 4.5(1.3) | 4.6(1.3) | 4.7(1.2) | 4.8(1.4) |

1 Values are mean ± SD for continuous variables. Values are age standardized to the age distribution of the study population. One serving = ½ avocado.

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| Model | Never or ≤1/month | 2-3 month | 1 week | 2-4 week | 5+ week | *P*-Trend |
| Cases | 1528 | 1382 | 1408 | 986 | 316 |  |
| Person-years | 38246 | 37101 | 39251 | 29255 | 9525 |  |
| Age adjusted | Reference | 0.94(0.87,1.01) | 0.88(0.82,0.95) | 0.81(0.75,0.88) | 0.79(0.70,0.89) | <0.0001 |
| Multivariable2 | Reference | 0.96(0.89,1.03) | 0.89(0.83,0.96) | 0.83(0.76,0.90) | 0.81(0.71,0.92) | <0.0001 |

Supplemental Table 2. Multivariable adjusted incidence rate ratios (95% confidence interval) of incident hypertension by categories of avocado consumption frequency in 65,993 women from the Mexican Teachers’ Cohort study using a broader definition for hypertension 1

1 We assessed as servings per week, and defined one serving as ½ an avocado. As a sensitivity analysis, we used a broader definition of hypertension: participants who answered any one of three questions on hypertension (diagnosis, treatment, and/or year of diagnosis).

2 Multivariable model: age (continuous), smoking (never, ever, current, missing), indigenous (yes/no), internet at home (yes/no), insurance (private, public, other), family history of hypertension (yes/no), menopause (pre, post, unknown), physical activity (continuous), body mass index (continuous), total energy intake (continuous), Healthy Eating Index score (continuous) and multivitamin intake (yes/no).

Supplemental Table 3. Multivariable adjusted incidence rate ratios (95% confidence interval) of incident hypertension by categories of avocado consumption frequency in 67,383 women from the Mexican Teachers’ Cohort study: sensitivity analyses in participants without type 2 diabetes; unhealthy lifestyle groups: low physical activity, low diet quality score, overweight or obese, current smokers; and stratified by healthy diet. 1,3

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| Model | Never or ≤1/month | 2-3 month | 1 week | 2-4 week | 5+ week | *P*-Trend |
|  |  |  |  |  |  |  |
| Without Type 2 Diabetics |  |  |  |  |  |  |
| Cases | 1027 | 918 | 969 | 712 | 224 |  |
| Person years | 39240 | 37754 | 39866 | 29568 | 9627 |  |
| Multivariable2 | Reference | 0.96(0.85,1.10) | 0.91(0.80,1.04) | 0.88(0.77,1.02) | 0.83(0.70,1.00) | 0.01 |
|  |  |  |  |  |  |  |
| Unhealthy lifestyle  |  |  |  |  |  |  |
| Cases | 948 | 816 | 864 | 592 | 175 |  |
| Person years | 33480 | 30779 | 31287 | 21926 | 6794 |  |
| Multivariable2 | Reference | 0.95(0.87,1.05) | 0.93(0.85,1.02) | 0.88(0.79,0.98) | 0.81(0.68,0.96) | 0.004 |
|  |  |  |  |  |  |  |
| Unhealthy diet |  |  |  |  |  |  |
| Cases | 802 | 660 | 689 | 440 | 108 |  |
| Person years | 30216 | 27257 | 26910 | 18083 | 5021 |  |
| Multivariable2 | Reference | 0.94(0.85,1.05) | 0.94(0.85,1.05) | 0.87(0.77,0.98) | 0.75(0.61,0.92) | 0.002 |
|  |  |  |  |  |  |  |
| Healthy diet |  |  |  |  |  |  |
| Cases | 276 | 297 | 324 | 297 | 131 |  |
| Person years | 10208 | 11530 | 14137 | 12314 | 4910 |  |
| Multivariable2 | Reference | 0.97(0.82,1.14) | 0.83(0.71,0.98) | 0.87(0.73,1.03) | 0.92(0.74,1.15) | 0.60 |
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1Multivariable adjusted rate ratios (95% confidence interval) of incident hypertension by avocado consumption (categories of frequency of consumption). We assessed avocado consumption as servings per week, and defined one serving as ½ an avocado. We show three different sensitivity analyses: 1) excluding participants with type 2 diabetes since it can be both a confounder or a mediator in the analysis; 2) stratification by unhealthy lifestyle to exclude potential confusion by a healthy lifestyle (excluding the highest tertile of a healthy lifestyle score: normal weight, highest tertile of physical activity, highest tertile of diet quality (HEI-2015), non-smokers); and 3) stratification by healthy diet measured by HEI-2015 score (unhealthy diet = tertile 1 and 2, healthy diet = tertile 3)

2 Multivariable: age (continuous) + smoking (never, ever, current, missing), indigenous (yes/no), internet at home (yes/no), insurance (private, public, other), family history of hypertension (yes/no), menopause (pre, post, unknown), physical activity (tertiles) + BMI (normal weight, overweight, obese, missing) + total energy intake (continuous) + HEI-2015 score (continuous) and multivitamin intake (yes/no).

3 Abbreviations. BMI: body mass index; HEI: Healthy Eating Index

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| Supplemental Table 4. Characteristics of 80,926 Mexican women from the Mexican Teachers’ Cohort at baseline: comparison between our study population and non-responders to the follow-up questionnaire.1 |
|   | Answered follow-up questionnaire |
| No (n=13543) | Yes (n=67383) |
| Avocado consumption, servings | 1.4(1.8) | 1.4(1.8) |
| Age, years | 43.3(7.8) | 41.9(7.1) |
| Body mass index, categories |  |  |
| - Normal weight, % | 33.1 | 33.9 |
| - Overweight, % | 37.9 | 38.1 |
| - Obese, % | 19.7 | 19.3 |
| - Unknown, % | 9.2 | 8.7 |
| Insurance - serious condition |  |  |
| - Social Security, % | 74.2 | 72.4 |
| - Private, % | 20.1 | 18.6 |
| - Other, % | 5.7 | 9.0 |
| Internet use, % | 46.0 | 52.8 |
| Family history of hypertension, % | 43.8 | 53.9 |
| Diabetes mellitus, % | 3.5 | 2.8 |
| Hypercholesterolemia, % | 9.8 | 9.5 |
| Menopausal status |  |  |
| - Premenopausal, % | 70.1 | 77.9 |
| - Postmenopausal, % | 19.8 | 13.3 |
| - Unknown, % | 10.0 | 8.8 |
| Multivitamin supplementation % | 26.7 | 31.1 |
| Smoking, categories |  |  |
| - Current smoker, % | 10.4 | 9.3 |
| - Past smoker, % | 13.0 | 11.5 |
| - Never smoker, % | 72.9 | 76.3 |
| - Unknown, % | 3.7 | 3 |
| Total energy, kcal/day | 1819(645) | 1817(626) |

1 Values are mean ± SD for continuous variables and percent for categorical variables. Values are age standardized to the age distribution of the study population. Values of categorical variables may not add up to 100% due to rounding. One serving = ½ avocado.

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| Supplemental Table 5. Characteristics of 82,115 Mexican women from the Mexican Teachers’ Cohort at baseline: comparison between our study population and participants excluded because of an invalid food-frequency questionnaire.1 |
|  | Exclusion to food frequency questionnaire |
|  | Not excluded (n=68315) | Excluded (n=13800) |
| Age, years | 41.8(7.2) | 41.5(7.9) |
| Ethnicity, % | 7.6 | 8.7 |
| Internet use, % | 49.1 | 44.0 |
| Insurance - serious condition |   |   |
| - Social Security, % | 70.0 | 71.5 |
| - Private, % | 18.3 | 17.3 |
| - Other, % | 11.8 | 11.2 |
| Smoking, categories |   |   |
| - Current smoker, % | 9.1 | 8.0 |
| - Past smoker, % | 11.5 | 9.9 |
| - Never smoker, % | 76.3 | 73.0 |
| - Unknown, % | 3.0 | 9.1 |
| Physical Activity, tertiles |   |   |
| - Tertile 1, % | 32.0 | 38.6 |
| - Tertile 2, % | 34.1 | 29.6 |
| - Tertile 3, % | 33.9 | 31.8 |
| Menopausal status |   |   |
| - Premenopausal, % | 78.1 | 73.6 |
| - Postmenopausal, % | 13.3 | 12.9 |
| - Unknown, % | 8.6 | 13.5 |
| Body mass index, kg/m² | 26.9(4.4) | 26.9(4.6) |
| Body mass index, categories |   |   |
| - Normal weight, % | 33.9 | 33.2 |
| - Overweight, % | 38.1 | 35.4 |
| - Obese, % | 19.3 | 19.1 |
| - Unknown, % | 8.7 | 12.3 |
| Family history of hypertension, % | 53.8 | 46.1 |
| Type 2 Diabetes, % | 2.8 | 2.7 |
| Hypercholesterolemia, % | 9.5 | 7.1 |
| Intake of multivitamins, % | 31.4 | 27.6 |

1 Values are mean ± SD for continuous variables and percent for categorical variables. Values are age standardized to the age distribution of the study population. Values of categorical variables may not add up to 100% due to rounding.