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| **Supplementary Table 1** Number of servings recommended by food group in adults. Mexican Dietary Guidelines\* |
| **Food groups** | **Servings per 2 000 kcal/day** |
| Vegetables**†** | 3 |
| Fruit**‡** | 3 |
| Cereals**§** | 8 |
| Legumes | 2 |
| Foods of animal origin (meat products)**||** | 3.5 |
| Dairy\*\* | 2 |
| Tap water | 750–2 000 mL |
| Sugars**††** | 2 |
| Fats**§§** | 5 |
| \*Bonvecchio A et al. Guías alimentarias y de actividad física en contexto de sobrepeso y obesidad en población Mexicana. [Dietary and physical activity guidelines in the context of overweight and obesity in the Mexican population.] Mexico, 2015.33 |
| **†**Excluding vegetable juices, starchy vegetables such as potato and corn, and salted or pickled vegetables.  |
| **‡**Excluding fruit juices, which are recommended to be consumed in moderation (< 125 mL/day). |
| **§**Whole grains shall consist of the intact, ground, cracked, or flaked caryopsis whose principal components, the starchy endosperm, germ, and bran, are present in the same relative proportions as they exist in the intact grain. Some examples of whole grains are oats, amaranth, corn, brown rice, wheat germ, and bran. Corn tortilla is also considered a whole-grain cereal. |
| **||**Less than half of servings should be from meat products with high saturated fat or sodium content, including red and processed meats. |
| \*\* Only low-fat dairy is recommended. |
| **††**The consumption of sugars should not exceed 10% of total energy intake. |
| **§§**Consumption of saturated fat should not exceed 7% of total energy intake, whereas the consumption of polyunsaturated fat should be between 6% and 10% of total energy intake. |

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| **Supplementary Table 2** Multivariable logistic regression models of the association between the dietary quality score (10-unit increment) and cardiometabolic risks in men and women. Models further adjusted for physical activity. ENSANUT 2012 (*n* 1 464) |
|   | Men (*n* 613) |   | Women (*n* 851) |
|   | OR | 95% CI | *P*-value |   | OR | 95% CI | *P*-value |
|   |   |   |   |   |   |   |   |
| Diabetes risk\* |   |   |   |   |   |   |   |
| High versus normal glucose | 0.87 | 0.75, 1.03 | 0.11 |   | 1.10 | 0.94, 1.29 | 0.22 |
| Atherogenic dyslipidemia risk† |   |   |   |   |   |   |   |
| One versus none lipid biomarker beyond risk threshold | 1.03 | 0.82, 1.28 | 0.82 |   | 1.10 | 0.88, 1.38 | 0.40 |
| Two versus none lipid biomarker beyond risk threshold | 1.13 | 0.91, 1.40 | 0.26 |   | 1.11 | 0.88, 1.39 | 0.39 |
| All versus none lipid biomarker beyond risk threshold | 1.06 | 0.74, 1.51 | 0.74 |   | 1.25 | 0.95, 1.64 | 0.12 |
| Inflammatory risk‡ |   |   |   |   |   |   |   |
| CRP levels related versus not-related with inflammatory risk | 0.97 | 0.77, 1.23 | 0.82 |   | 0.97 | 0.83, 1.14 | 0.74 |
|   |   |   |   |   |   |   |   |
| CRP, C-reactive protein; ENSANUT, Mexican National Health and Nutrition Survey.\*High glucose: ≥100 mg/dl.†Lipid biomarkers: high triglycerides (>150 mg/dl), low high-density lipoprotein cholesterol levels (<40 mg/dl for men, <50 mg/dl for women) and high low-density lipoprotein cholesterol levels (>130 mg/dl).‡ CRP levels related with inflammatory risk: >3 mg/l but <10 mg/l. |

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| **Supplementary Table 3** Multivariable logistic regression models of the association between diet quality (for each 10-unit increase) and cardiometabolic risks in Mexican men by education level. Models further adjusted for physical activity. ENSANUT 2012 (*n* 613) |
|   | OR | 95% CI | *P*-value | *P*-interaction |
|  |  |  |  |  |
| Diabetes risk\* |  |  |  |  |
| High versus normal glucose |  |  |  |  |
| No reading/writing skills | 1.49 | 0.82, 2.73 | 0.19 | 0.17 |
| Reading/writing skills or 3-9 y of school | 1.52 | 0.98, 2.34 | 0.06 |
| ≥ 10 y of school | Ref |
| Atherogenic dyslipidemia risk† |  |  |  |  |
| One versus none lipid biomarker beyond risk threshold |  |  |  |  |
| No reading/writing skills | 0.97 | 0.47, 2.00 | 0.93 | 0.69 |
| Reading/writing skills or 3-9 y of school | 1.11 | 0.65, 1.91 | 0.70 |
| ≥ 10 y of school | Ref |
| Two versus none lipid biomarker beyond e risk threshold |  |  |  |
| No reading/writing skills | 0.90 | 0.47, 1.72 | 0.76 |
| Reading/writing skills or 3-9 y of school | 1.31 | 0.79, 2.16 | 0.30 |
| ≥ 10 y of school | Ref |
| All versus none lipid biomarker beyond risk threshold |  |  |  |
| No reading/writing skills | 0.68 | 0.32, 1.42 | 0.30 |
| Reading/writing skills or 3-9 y of school | 1.22 | 0.59, 2.53 | 0.59 |
| ≥ 10 y of school | Ref |
| Inflammatory risk‡ |  |  |  |  |
| CRP levels related versus not-related with inflammatory risk |  |  |  |  |
| No reading/writing skills | 0.62 | 0.35, 1.12 | 0.12 | 0.26 |
| Reading/writing skills or 3-9 y of school | 0.85 | 0.51, 1.41 | 0.53 |
| ≥ 10 y of school | Ref |
|   |   |   |  |  |
| CRP, C-reactive protein; ENSANUT, Mexican National Health and Nutrition Survey; MxDQI, Mexican Diet Quality Index.\*High glucose: ≥100 mg/dl.†Lipid biomarkers: high triglycerides (>150 mg/dl), low high-density lipoprotein cholesterol levels (<40 mg/dl for men, <50 mg/dl for women) and high low-density lipoprotein cholesterol levels (>130 mg/dl).‡ CRP levels related with inflammatory risk: >3 mg/l but <10 mg/l. |

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| **Supplementary Table 4** Multivariable logistic regression models of the association between diet quality (for each 10-unit increase) and cardiometabolic risks in Mexican women by education level. Models further adjusted for physical activity. ENSANUT 2012 (*n* 851) |
|   | OR | 95% CI | P-value | P-interaction |
|  |  |  |  |  |
| Diabetes risk\* |  |  |  |  |
| High versus normal glucose |  |  |  |  |
| No reading/writing skills | 0.46 | 0.25, 0.84 | **0.01** | **0.03** |
| Reading/writing skills or 3-9 y of school | 0.86 | 0.58, 1.28 | 0.47 |
| ≥ 10 y of school | Ref |
| Atherogenic dyslipidemia risk† |  |  |  |  |
| One versus none lipid biomarker beyond risk threshold |  |  |  |  |
| No reading/writing skills | 0.28 | 0.12, 0.65 | **< 0.01** |  **0.01** |
| Reading/writing skills or 3-9 y of school | 0.80 | 0.44, 1.46 | 0.47 |
| ≥ 10 y of school | Ref |
| Two versus none lipid biomarker beyond risk threshold |  |  |  |
| No reading/writing skills | 0.44 | 0.18, 1.06 | 0.07 |
| Reading/writing skills or 3-9 y of school | 1.21 | 0.63, 2.29 | 0.57 |
| ≥ 10 y of school | Ref |
| All versus none lipid biomarker beyond risk threshold |  |  |  |
| No reading/writing skills | 0.28 | 0.11, 0.73 | 0.01 |
| Reading/writing skills or 3-9 y of school | 0.69 | 0.32, 1.47 | 0.33 |
| ≥ 10 y of school | Ref |
| Inflammatory risk‡ |  |  |  |  |
| CRP levels related versus not-related with inflammatory risk |  |  |  |  |
| No reading/writing skills | 0.76 | 0.46, 1.24 | 0.26 | 0.34 |
| Reading/writing skills or 3-9 y of school | 0.77 | 0.54, 1.11 | 0.16 |
| ≥ 10 y of school | Ref |
|   |   |   |  |  |
| CRP, C-reactive protein; ENSANUT, Mexican National Health and Nutrition Survey; MxDQI, Mexican Diet Quality Index.\*High glucose: ≥100 mg/dl.†Lipid biomarkers: high triglycerides (>150 mg/dl), low high-density lipoprotein cholesterol levels (<40 mg/dl for men, <50 mg/dl for women) and high low-density lipoprotein cholesterol levels (>130 mg/dl).‡ CRP levels related with inflammatory risk: >3 mg/l but <10 mg/l. |

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| **Supplementary Table 5** Multivariable logistic regression models of the association between the dietary quality score (10-unit increment) and cardiometabolic risks in men and women. Models without considering corn tortilla as whole-grain cereal. ENSANUT 2012 (*n =* 1 509) |
|   | Men (*n* 634) |   | Women (*n* 875) |
|   | OR | 95% CI | *P*-value |   | OR | 95% CI | *P*-value |
|   |   |   |   |   |   |   |   |
| MxDQI |   |   |   |   |   |   |   |
| Diabetes risk\* |   |   |   |   |   |   |   |
| High versus normal glucose | 0.90 | 0.75, 1.08 | 0.25 |   | 1.06 | 0.90, 1.25 | 0.47 |
| Atherogenic dyslipidemia risk† |   |   |   |   |   |   |   |
| One versus none lipid biomarker beyond risk threshold | 1.02 | 0.80, 1.29 | 0.89 |   | 1.06 | 0.84, 1.33 | 0.63 |
| Two versus none lipid biomarker beyond risk threshold | 1.14 | 0.92, 1.42 | 0.24 |   | 1.06 | 0.84, 1.34 | 0.60 |
| All versus none lipid biomarker beyond risk threshold | 1.04 | 0.74, 1.47 | 0.82 |   | 1.13 | 0.85, 1.49 | 0.41 |
| Inflammatory risk‡ |   |   |   |   |   |   |   |
| CRP levels related versus not-related with inflammatory risk | 0.95 | 0.75, 1.21 | 0.69 |   | 0.97 | 0.82, 1.15 | 0.72 |
|   |   |   |   |   |   |   |   |
| CRP, C-reactive protein; ENSANUT, Mexican National Health and Nutrition Survey.\*High glucose: ≥100 mg/dl.†Lipid biomarkers: high triglycerides (>150 mg/dl), low high-density lipoprotein cholesterol levels (<40 mg/dl for men, <50 mg/dl for women) and high low-density lipoprotein cholesterol levels (>130 mg/dl).‡ CRP levels related with inflammatory risk: >3 mg/l but <10 mg/l. |

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| **Supplementary Table 6** Multivariable logistic regression models of the association between diet quality (for each 10-unit increase) and cardiometabolic risks in Mexican men by education level. Models without considering corn tortilla as whole-grain cereal. ENSANUT 2012 (*n* 634) |
|   | OR | 95% CI | *P*-value | *P*-interaction |
|  |  |  |  |  |
| Diabetes risk\* |  |  |  |  |
| High versus normal glucose |  |  |  |  |
| No reading/writing skills | 1.17 | 0.60, 2.29 | 0.64 | 0.85 |
| Reading/writing skills or 3-9 y of school | 1.14 | 0.71, 1.84 | 0.58 |
| ≥ 10 y of school | Ref |
| Atherogenic dyslipidemia risk† |  |  |  |  |
| One versus none lipid biomarker beyond risk threshold |  |  |  |  |
| No reading/writing skills | 0.89 | 0.40, 1.98 | 0.77 | 0.69 |
| Reading/writing skills or 3-9 y of school | 0.99 | 0.55, 1.77 | 0.97 |
| ≥ 10 y of school | Ref |
| Two versus none lipid biomarker beyond risk threshold |  |  |  |
| No reading/writing skills | 0.83 | 0.42, 1.63 | 0.59 |
| Reading/writing skills or 3-9 y of school | 1.19 | 0.71, 2.01 | 0.50 |
| ≥ 10 y of school | Ref |
| All versus none lipid biomarker beyond risk threshold |  |  |  |
| No reading/writing skills | 0.66 | 0.29, 1.47 | 0.31 |
| Reading/writing skills or 3-9 y of school | 1.22 | 0.55, 2.71 | 0.62 |
| ≥ 10 y of school | Ref |
| Inflammatory risk‡ |  |  |  |  |
| CRP levels related versus not-related with inflammatory risk |  |  |  |  |
| No reading/writing skills | 0.59 | 0.32, 1.09 | 0.09 | 0.23 |
| Reading/writing skills or 3-9 y of school | 0.84 | 0.50, 1.40 | 0.50 |
| ≥ 10 y of school | Ref |
|   |  |  |  |  |
| CRP, C-reactive protein; ENSANUT, Mexican National Health and Nutrition Survey.\*High glucose: ≥100 mg/dl.†Lipid biomarkers: high triglycerides (>150 mg/dl), low high-density lipoprotein cholesterol levels (<40 mg/dl for men, <50 mg/dl for women) and high low-density lipoprotein cholesterol levels (>130 mg/dl).‡ CRP levels related with inflammatory risk: >3 mg/l but <10 mg/l. |

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| **Supplementary Table 7** Multivariable logistic regression models of the association between diet quality (for each 10-unit increase) and cardiometabolic risks in Mexican women by education level. Models without considering corn tortilla as whole-grain cereal. ENSANUT 2012 (*n* 875) |
|   | OR | 95% CI | *P*-value | *P*-interaction |
|  |  |  |  |  |
| Diabetes risk\* |  |  |  |  |
| High versus normal glucose |  |  |  |  |
| No reading/writing skills | 0.47 | 0.25, 0.91 | 0.03 | 0.08 |
| Reading/writing skills or 3-9 y of school | 0.83 | 0.55, 1.26 | 0.39 |
| ≥ 10 y of school | Ref |
| Atherogenic dyslipidemia risk† |  |  |  |  |
| One versus none lipid biomarker beyond risk threshold |  |  |  |  |
| No reading/writing skills | 0.26 | 0.10, 0.65 | **< 0.01** | **0.02** |
| Reading/writing skills or 3-9 y of school | 0.72 | 0.39, 1.34 | 0.31 |
| ≥ 10 y of school | Ref |
| Two versus none lipid biomarker beyond risk threshold |  |  |  |
| No reading/writing skills | 0.46 | 0.17, 1.20 | 0.10 |
| Reading/writing skills or 3-9 y of school | 1.25 | 0.61, 2.56 | 0.53 |
| ≥ 10 y of school | Ref |
| All versus none lipid biomarker beyond risk threshold |  |  |  |
| No reading/writing skills | 0.30 | 0.11, 0.82 | **0.02** |
| Reading/writing skills or 3-9 y of school | 0.72 | 0.33, 1.57 | 0.41 |
| ≥ 10 y of school | Ref |
| Inflammatory risk‡ |  |  |  |  |
| CRP levels related versus not-related with inflammatory risk |  |  |  |  |
| No reading/writing skills | 0.74 | 0.44, 1.23 | 0.25 | 0.25 |
| Reading/writing skills or 3-9 y of school | 0.74 | 0.51, 1.06 | 0.11 |
| ≥ 10 y of school | Ref |
|   |   |   |  |  |
| CRP, C-reactive protein; ENSANUT, Mexican National Health and Nutrition Survey\*High glucose: ≥100 mg/dl.†Lipid biomarkers: high triglycerides (>150 mg/dl), low high-density lipoprotein cholesterol levels (<40 mg/dl for men, <50 mg/dl for women) and high low-density lipoprotein cholesterol levels (>130 mg/dl).‡ CRP levels related with inflammatory risk: >3 mg/l but <10 mg/l. |