Supplemental Table A: Prevalence Ratio (95% CIs) for Thelarche at Baseline (Yes vs. No) According to Mediterranean-like Diet Adherence by Component

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|  | **Prevalence Ratio (95% CI)** | | |
| **Mediterranean-like dietary component** | **Age-adjusted models** | **Fully adjusted models (for covariates but not mutually adjusted for other components)\*** | **Fully and mutually adjusted model (adjusted for all other components)\*** |
| Red meat (low vs. high consumption) | 0.92  (0.74-1.15) | 1.07  (0.86-1.32) | 1.14  (0.92-1.40) |
| Fish (consumers vs. nonconsumers) | 0.81  (0.61-1.08) | 0.79  (0.62-1.01) | **0.77**  **(0.61-0.97) ǂ** |
| Fruit (high vs. low consumption) | 1.08  (0.87-1.35) | 0.96  (0.78-1.18) | 0.93  (0.75-1.16) |
| Fiber-rich whole grains  (high vs. low consumption) | 0.96  (0.76-1.19) | 0.89  (0.73-1.10) | 0.89  (0.73-1.10) |
| Unsaturated:saturated fat ratio  (high vs. low consumption) | 1.18  (0.95-1.48) | 0.95  (0.77-1.18) | 0.93  (0.74-1.15) |
| Nonfat/low-fat dairy  (high vs. low consumption) | 0.86  (0.69-1.08) | **0.76**  **(0.63-0.93) §** | **0.75**  **(0.60-0.93) §** |
| Nuts (consumers vs. nonconsumers) | 0.90  (0.72-1.12) | 0.85  (0.69-1.05) | 0.90  (0.73-1.13) |
| Legumes  (consumers vs. nonconsumers) | 1.01  (0.81-1.27) | 1.06  (0.86-1.31) | 1.12  (0.92-1.38) |
| Vegetables (high vs. low consumption) | 1.12  (0.90-1.40) | 1.02  (0.83-1.26) | 1.09  (0.88-1.34) |
| \*The multivariable adjusted Poisson regression model controlled for age at baseline, girl’s total energy intake, girl’s BMI z-score at baseline, and mother’s age at thelarche  **§** p<0.01, **ǂ** p<0.05  Cutpoints for consumption (based on medians): 40.41 g/day for red meat, 177 g/day for fruits, 16.5 g/day for fiber-rich whole grains, 1.53 for fat ratio, 214.4 g/day for low- and no-fat dairy, & 90.58 g/day for vegetables. Fish, nut, & legume consumption were categorized as consumers vs. nonconsumers due to a median average daily consumption of 0 g in our sample. | | | |

Supplemental Table B: Hazard Ratios (95% CIs) for Time to Menarche According to Mediterranean-like diet Adherence by Component

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|  | **Hazard Ratio (95% CI)** | | |
| **Mediterranean-like dietary component** | **Age-adjusted models** | **Fully adjusted models (for covariates but not mutually adjusted for other components)\*** | **Fully and mutually adjusted model (adjusted for all other components)\*** |
| Red meat (low vs. high consumption) | 1.01  (0.74-1.36) | 1.15  (0.83-1.60) | 1.21  (0.86-1.71) |
| Fish (consumers vs. nonconsumers) | 0.89  (0.63-1.25) | 0.71  (0.49-1.03) | 0.79  (0.53-1.18) |
| Fruit (high vs. low consumption) | 0.93  (0.69-1.26) | 0.80  (0.57-1.13) | 0.80  (0.56-1.15) |
| Fiber-rich whole grains  (high vs. low consumption) | 1.09  (0.81-1.48) | 1.02  (0.74-1.41) | 1.08  (0.77-1.52) |
| Unsaturated:saturated fat ratio  (high vs. low consumption) | 1.18  (0.86-1.61) | 0.92  (0.65-1.31) | 0.93  (0.64-1.36) |
| Nonfat/low-fat dairy  (high vs. low consumption) | 0.87  (0.65-1.19) | **0.65**  **(0.46-0.92) ǂ** | **0.63**  **(0.43-0.91) ǂ** |
| Nuts (consumers vs. nonconsumers) | 1.09  (0.80-1.48) | 0.94  (0.68-1.31) | 1.02  (0.72-1.44) |
| Legumes  (consumers vs. nonconsumers) | 1.00  (0.73-1.37) | 0.88  (0.62-1.23) | 1.04  (0.72-1.51) |
| Vegetables  (high vs. low consumption) | **0.72**  **(0.53-0.98) ǂ** | **0.57**  **(0.41-0.79) §** | **0.66**  **(0.46-0.95) ǂ** |
| \*The multivariable adjusted Cox model controlled for age at baseline, race, total energy intake, physical activity, girl’s BMI z-score at baseline, and mother’s age at menarche  **§** p<0.01, **ǂ** p<0.05  Cutpoints for consumption (based on medians): 40.41 g/day for red meat, 177 g/day for fruits, 16.5 g/day for fiber-rich whole grains, 1.53 for fat ratio, 214.4 g/day for low- and no-fat dairy, & 90.58 g/day for vegetables. Fish, nut, & legume consumption were categorized as consumers vs. nonconsumers due to a median average daily consumption of 0 g in our sample. | | | |