

**Supplemental Table 1.** Nutrient intakes according to the quartile of the skeletal muscle mass index (SMI)

SMI, kg/m <sup>2</sup> Median, interquartile range	Men					Women				
	Q1 6.6, 6.4-6.9	Q2 7.4, 7.3-7.6	Q3 8.0, 7.9-8.1	Q4 8.7, 8.5-9.1	<i>P</i> for trend	Q1 5.8, 5.6-6.0	Q2 6.3, 6.2-6.4	Q3 6.6, 6.5-6.7	Q4 7.1, 6.9-7.3	<i>P</i> for trend
Energy, kcal	2011 (39)	2086 (36)	2249 (36) ‡	2281 (38) ‡	<0.001	1657 (30)	1777 (28) *	1829 (28) ‡	1814 (29) †	<0.001
Protein, g	72.9 (1.8)	78.2 (1.6)	81.9 (1.6) ‡	83.6 (1.7) ‡	<0.001	64.1 (1.3)	69.8 (1.3) †	70.6 (1.3) †	70.2 (1.3) †	0.002
, % of energy	14.7 (0.2)	15.0 (0.2)	14.6 (0.2)	14.7 (0.2)	0.60	15.4 (0.2)	15.8 (0.2)	15.5 (0.2)	15.6 (0.2)	0.58
Fat, g	56.8 (1.8)	59.1 (1.7)	65.4 (1.7) †	65.6 (1.8) †	0.001	50.0 (1.5)	53.4 (1.4)	56.4 (1.4) †	56.1 (1.4) *	0.009
, % of energy	25.0 (0.5)	25.4 (0.5)	25.8 (0.5)	25.5 (0.5)	0.75	26.7 (0.5)	26.8 (0.4)	27.1 (0.4)	27.6 (0.5)	0.61
Carbohydrate, g	269.2 (6.1)	280.2 (5.6)	301.2 (5.6) ‡	305.8 (5.9) ‡	<0.001	231.0 (4.6)	246.5 (4.4) *	253.2 (4.4) †	251.5 (4.5) †	0.003
, % of energy	60.3 (0.6)	59.6 (0.6)	59.5 (0.6)	59.8 (0.6)	0.77	57.8 (0.5)	57.4 (0.5)	57.4 (0.5)	56.8 (0.5)	0.61
Total dietary fiber, g	15.2 (0.5)	17.6 (0.5) †	18.4 (0.5) ‡	19.0 (0.5) ‡	<0.001	15.8 (0.5)	16.6 (0.4)	17.9 (0.4) †	18.3 (0.5) †	<0.001
Soluble, g	3.5 (0.1)	4.1 (0.1) †	4.2 (0.1) †	4.4 (0.1) ‡	<0.001	3.7 (0.1)	3.9 (0.1)	4.0 (0.1)	4.2 (0.1) *	0.034
Insoluble, g	11.0 (0.4)	12.9 (0.4) ‡	13.5 (0.4) ‡	14.0 (0.4) ‡	<0.001	11.6 (0.3)	12.2 (0.3)	13.1 (0.3) †	13.3 (0.3) †	0.002
Vitamin A, µg	509 (69)	493 (63)	778 (63) *	606 (67)	0.009	521 (51)	648 (49)	558 (49)	627 (50)	0.25
Vitamin D, µg	8.6 (0.7)	8.5 (0.6)	9.7 (0.6)	9.4 (0.7)	0.53	8.0 (0.6)	9.4 (0.5)	8.3 (0.5)	7.7 (0.5)	0.12
Vitamin E, mg	6.8 (0.3)	7.5 (0.3)	7.8 (0.3) *	8.1 (0.3) †	0.016	6.6 (0.3)	7.0 (0.2)	7.4 (0.2) *	7.8 (0.3) †	0.009
Vitamin K	251 (14)	284 (13)	264 (13)	292 (14)	0.14	268 (12)	252 (12)	258 (12)	289 (12)	0.15
Vitamin B1, mg	0.91 (0.03)	0.99 (0.03)	1.01 (0.03)	1.03 (0.03) *	0.08	0.77 (0.02)	0.87 (0.02) †	0.91 (0.02) ‡	0.90 (0.02) ‡	<0.001
Vitamin B2, mg	1.24 (0.04)	1.31 (0.04)	1.40 (0.04) *	1.40 (0.04) *	0.015	1.20 (0.03)	1.23 (0.03)	1.28 (0.03)	1.29 (0.03)	0.17
Niacin, mg	15.3 (0.6)	17.2 (0.5) *	17.9 (0.5) †	18.3 (0.5) †	0.002	13.6 (0.4)	14.6 (0.4)	15.4 (0.4) †	15.0 (0.4)	0.015
Vitamin B6, mg	1.20 (0.04)	1.38 (0.03) ‡	1.42 (0.04) ‡	1.45 (0.04) ‡	<0.001	1.14 (0.03)	1.20 (0.03)	1.24 (0.03) *	1.24 (0.03)	0.09
Vitamin B12, µg	5.6 (0.5)	6.5 (0.5)	8.2 (0.5) †	7.7 (0.5) *	0.004	6.3 (0.4)	6.7 (0.4)	6.4 (0.4)	6.0 (0.4)	0.73
Folate, µg	304.8 (12.3)	338.0 (11.3) *	377.4 (11.4) ‡	371.3 (12.0) †	<0.001	320.2 (10.4)	338.1 (9.9)	344.8 (9.9)	362.6 (10.3) *	0.050
Pantothenic acid, mg	5.76 (0.16)	6.26 (0.14) *	6.58 (0.14) ‡	6.82 (0.15) ‡	<0.001	5.36 (0.12)	5.68 (0.12)	5.79 (0.12) *	5.83 (0.12) *	0.046
Vitamin C, mg	105 (7)	128 (6) *	132 (6) *	145 (7) ‡	0.001	125 (6)	127 (6)	143 (6)	147 (6) *	0.020
Sodium, mg	4090 (125)	4450 (114)	4454 (115)	4735 (122) †	0.008	3532 (101)	3815 (95)	3923 (95) *	4044 (99) †	0.005
Salt equivalents, g	10.4 (0.3)	11.3 (0.3)	11.3 (0.3)	12.0 (0.3) †	0.008	9.0 (0.3)	9.7 (0.2)	10.0 (0.2) *	10.3 (0.3) †	0.005
Potassium, mg	2388 (74)	2765 (68) ‡	2867 (68) ‡	2878 (72) ‡	<0.001	2440 (62)	2549 (58)	2710 (58) †	2713 (60) †	0.004
Calcium, mg	547 (21)	588 (19)	610 (19)	604 (20)	0.17	561 (19)	566 (18)	612 (18)	599 (19)	0.17
Magnesium, mg	264 (7)	292 (7) *	303 (7) ‡	307 (7) ‡	<0.001	252 (6)	263 (6)	276 (6) *	275 (6) *	0.016
Phosphorus, mg	1056 (26)	1133 (24)	1163 (24) *	1191 (26) †	0.005	954 (21)	1023 (20)	1057 (20) †	1043 (21) *	0.005
Iron, mg	7.9 (0.2)	8.8 (0.2) *	9.2 (0.2) ‡	9.6 (0.2) ‡	<0.001	8.1 (0.2)	8.3 (0.2)	8.4 (0.2)	8.7 (0.2)	0.28
Zinc, mg	8.3 (0.2)	8.9 (0.2)	9.2 (0.2) †	9.6 (0.2) ‡	0.002	7.2 (0.2)	7.7 (0.2)	8.1 (0.2) ‡	8.0 (0.2) †	0.001
Copper, mg	1.20 (0.03)	1.33 (0.03) †	1.34 (0.03) †	1.37 (0.03) †	0.002	1.12 (0.03)	1.17 (0.02)	1.20 (0.02)	1.21 (0.03) *	0.07

The Values were means (standard errors) adjusted for age, drinking, smoking, sleep duration, exercise habit, and occupation.

Statistical significance were compared from the lowest quartile (\*, <0.05; †, <0.01, ‡, <0.001).

**Supplemental Table 2.** Intakes of food group according to the quartile of the skeletal muscle mass index (SMI)

SMI, kg/m <sup>2</sup> Median, interquartile range	Men					Women				
	Q1 6.6, 6.4-6.9	Q2 7.4, 7.3-7.6	Q3 8.0, 7.9-8.1	Q4 8.7, 8.5-9.1	<i>P</i> for trend	Q1 5.8, 5.6-6.0	Q2 6.3, 6.2-6.4	Q3 6.6, 6.5-6.7	Q4 7.1, 6.9-7.3	<i>P</i> for trend
Cereals, g	453.9 (12.7)	448.7 (11.6)	481.7 (11.8)	497.3 (12.4)	0.027	335.3 (8.8)	355.3 (8.3)	359.1 (8.3)	345.7 (8.7)	0.20
Potatoes and starches, g	52.5 (6.2)	66.9 (5.6)	62.1 (5.7)	63.0 (6.0)	0.37	56.4 (4.8)	55.9 (4.5)	58.4 (4.5)	57.7 (4.7)	0.98
Sugars and sweeteners, g	7.1 (0.8)	8.0 (0.7)	8.9 (0.7)	8.9 (0.7)	0.37	7.3 (0.6)	7.4 (0.6)	8.4 (0.6)	8.1 (0.6)	0.50
Pulses, g	74.9 (6.9)	92.2 (6.3)	81.9 (6.4)	78.3 (6.7)	0.23	74.3 (5.9)	84.2 (5.5)	70.5 (5.5)	84.0 (5.8)	0.21
Nuts and seeds, g	3.9 (1.0)	3.1 (0.9)	4.3 (0.9)	4.6 (1.0)	0.70	3.6 (0.7)	3.1 (0.7)	4.2 (0.7)	4.8 (0.7)	0.39
Vegetables, g	277.5 (14.6)	340.8 (13.3) <sup>†</sup>	345.4 (13.4) <sup>†</sup>	362.8 (14.2) <sup>‡</sup>	<0.001	302.2 (12.4)	317.5 (11.7)	331.3 (11.7)	357.0 (12.1) <sup>†</sup>	0.019
Fruits, g	114.7 (12.2)	153.3 (11.1) <sup>*</sup>	172.8 (11.2) <sup>†</sup>	168.2 (11.8) <sup>†</sup>	0.005	155.4 (10.0)	161.9 (9.5)	180.7 (9.5)	171.9 (9.8)	0.29
Mushrooms, g	15.5 (2.4)	19.6 (2.2)	21.1 (2.2)	23.3 (2.4)	0.19	16.5 (2.0)	22.1 (1.9)	21.4 (1.9)	17.8 (2.0)	0.12
Algae, g	12.9 (2.1)	13.2 (1.9)	15.8 (1.9)	13.3 (2.0)	0.71	11.7 (1.6)	11.8 (1.5)	14.2 (1.5)	15.0 (1.6)	0.36
Fish, mollusks and crustaceans, g	79.6 (6.0)	91.4 (5.5)	89.4 (5.5)	94.6 (5.8)	0.35	71.7 (4.6)	82.7 (4.3)	79.6 (4.3)	72.9 (4.5)	0.23
Meats, g	80.8 (5.9)	89.3 (5.4)	100.4 (5.4) <sup>*</sup>	100.6 (5.7)	0.08	58.5 (4.1)	71.3 (3.8)	77.0 (3.8) <sup>†</sup>	75.6 (4.0) <sup>*</sup>	0.007
Eggs, g	39.8 (2.9)	40.9 (2.7)	38.3 (2.7)	47.5 (2.8)	0.10	36.4 (2.3)	37.4 (2.2)	33.5 (2.2)	39.7 (2.3)	0.24
Milk and dairy products, g	125.7 (11.8)	128.2 (10.7)	149.7 (10.9)	140.7 (11.5)	0.44	137.2 (9.4)	137.0 (8.9)	158.4 (8.9)	136.8 (9.2)	0.23
Fats and oils, g	10.1 (0.8)	10.8 (0.7)	12.3 (0.7)	11.4 (0.8)	0.23	9.0 (0.6)	9.5 (0.6)	9.8 (0.6)	9.8 (0.6)	0.78
Confectionaries, g	24.0 (3.4)	16.4 (3.1)	27.8 (3.1)	25.9 (3.3)	0.06	24.1 (3.0)	30.9 (2.8)	29.4 (2.8)	29.8 (2.9)	0.39
Beverages, g	748.6 (34.4)	786.2 (31.4)	859.1 (31.7)	816.2 (33.5)	0.14	675.8 (28.5)	653.7 (26.9)	689.6 (26.9)	677.1 (28.0)	0.82
Seasonings and spices, g	86.9 (7.4)	93.1 (6.7)	102.3 (6.8)	125.9 (7.2) <sup>†</sup>	0.002	71.2 (5.9)	91.1 (5.6) <sup>*</sup>	88.9 (5.6)	88.1 (5.8)	0.07

The Values were means (standard errors) adjusted for age, drinking, smoking, sleep duration, exercise habit, and occupation.

Statistical significance were compared from the lowest quartile ( \*, <0.05; †, <0.01, ‡, <0.001).

**Supplemental Table 3.** Nutrient intakes according to the quartile of the appendicular skeletal muscle (ASM)

ASM, wt% Median, interquartile range	Men					<i>P</i> for trend	Women				
	Q1 28, 27-29	Q2 31, 31-32	Q3 34, 33-35	Q4 37, 36-39	<i>P</i> for trend		Q1 24, 23-25	Q2 27, 26-28	Q3 29, 29-30	Q4 33, 32-34	<i>P</i> for trend
Protein, g	78.6 (1.2)	79.8 (1.1)	80.1 (1.1)	78.0 (1.1)	0.48	68.9 (0.8)	69.7 (0.8)	67.4 (0.8)	68.7 (0.8)	0.27	
, % of energy	14.6 (0.2)	14.9 (0.2)	14.9 (0.2)	14.6 (0.2)	0.52	15.6 (0.2)	15.8 (0.2)	15.3 (0.2)	15.6 (0.2)	0.35	
Fat, g	63.9 (1.2)	61.1 (1.2)	61.5 (1.1)	60.3 (1.2)	0.19	56.0 (0.9)	54.3 (0.9)	53.2 (0.9)	52.6 (0.9)	* 0.047	
, % of energy	26.2 (0.5)	25.2 (0.5)	25.6 (0.5)	24.9 (0.5)	0.30	28.1 (0.4)	27.1 (0.4)	26.7 (0.4)	26.3 (0.4)	* 0.035	
Carbohydrate, g	282.3 (3.4)	289.3 (3.2)	293.4 (3.2)	* 291.5 (3.3)	0.11	239.9 (2.4)	244.4 (2.3)	247.6 (2.3)	250.3 (2.3)	† 0.015	
, % of energy	59.3 (0.6)	59.9 (0.5)	59.5 (0.5)	60.5 (0.6)	0.45	56.3 (0.5)	57.1 (0.5)	58.0 (0.5)	* 58.1 (0.5)	* 0.046	
Total dietary fiber, g	16.3 (0.4)	17.7 (0.4)	18.1 (0.4)	* 18.2 (0.4)	† 0.011	15.8 (0.4)	17.4 (0.4)	† 17.1 (0.4)	* 18.4 (0.4)	‡ <0.001	
Soluble, g	3.9 (0.1)	4.1 (0.1)	4.2 (0.1)	4.0 (0.1)	0.32	3.7 (0.1)	4.0 (0.1)	3.9 (0.1)	4.2 (0.1)	† 0.011	
Insoluble, g	11.8 (0.3)	13.0 (0.3)	* 13.2 (0.3)	† 13.5 (0.3)	‡ 0.001	11.6 (0.3)	12.6 (0.3)	* 12.5 (0.3)	13.5 (0.3)	‡ <0.001	
Vitamin A, µg	542 (66)	612 (63)	679 (62)	553 (65)	0.39	567 (49)	619 (48)	568 (48)	601 (48)	0.83	
Vitamin D, µg	8.8 (0.7)	8.9 (0.6)	9.2 (0.6)	9.3 (0.6)	0.95	8.6 (0.5)	8.3 (0.5)	8.1 (0.5)	8.5 (0.5)	0.89	
Vitamin E, mg	7.5 (0.2)	7.6 (0.2)	7.6 (0.2)	7.4 (0.2)	0.93	7.0 (0.2)	7.4 (0.2)	7.1 (0.2)	7.4 (0.2)	0.34	
Vitamin K	271 (13)	255 (12)	280 (12)	286 (13)	0.35	251 (12)	273 (11)	247 (11)	297 (11)	* 0.007	
Vitamin B1, mg	0.99 (0.03)	0.97 (0.03)	1.02 (0.02)	0.96 (0.03)	0.37	0.86 (0.02)	0.87 (0.02)	0.86 (0.02)	0.86 (0.02)	0.93	
Vitamin B2, mg	1.32 (0.03)	1.35 (0.03)	1.38 (0.03)	1.31 (0.03)	0.40	1.21 (0.03)	1.29 (0.03)	1.27 (0.03)	1.24 (0.03)	0.17	
Niacin, mg	17.0 (0.5)	16.9 (0.4)	17.6 (0.4)	17.2 (0.5)	0.64	14.5 (0.3)	14.7 (0.3)	14.6 (0.3)	14.7 (0.3)	0.97	
Vitamin B6, mg	1.33 (0.03)	1.36 (0.03)	1.41 (0.03)	1.35 (0.03)	0.19	1.16 (0.02)	1.19 (0.02)	1.23 (0.02)	1.23 (0.02)	0.10	
Vitamin B12, µg	7.2 (0.5)	7.2 (0.5)	6.9 (0.5)	6.7 (0.5)	0.87	6.8 (0.4)	6.6 (0.4)	5.9 (0.4)	6.2 (0.4)	0.40	
Folate, µg	328.0 (10.9)	354.0 (10.4)	360.5 (10.4)	349.1 (10.7)	0.18	317.9 (9.0)	351.6 (8.9)	* 337.8 (8.9)	358.4 (8.9)	† 0.008	
Pantothenic acid, mg	6.11 (0.11)	6.36 (0.10)	6.59 (0.10)	† 6.36 (0.11)	0.021	5.54 (0.09)	5.68 (0.09)	5.63 (0.09)	5.82 (0.09)	0.16	
Vitamin C, mg	123 (6)	137 (6)	132 (6)	120 (6)	0.18	121 (5)	139 (5)	* 137 (5)	146 (5)	† 0.010	
Sodium, mg	4427 (104)	4563 (99)	4401 (99)	4340 (102)	0.45	4004 (83)	3973 (82)	3681 (82)	* 3658 (82)	† 0.002	
Salt equivalents, g	11.2 (0.3)	11.6 (0.3)	11.2 (0.3)	11.0 (0.3)	0.45	10.2 (0.2)	10.1 (0.2)	9.3 (0.2)	* 9.3 (0.2)	† 0.002	
, g/1000kcal	5.3 (0.1)	5.4 (0.1)	5.2 (0.1)	5.2 (0.1)	0.57	5.8 (0.1)	5.8 (0.1)	5.4 (0.1)	* 5.3 (0.1)	* 0.003	
Potassium, mg	2622 (57)	2713 (54)	2835 (54)	* 2728 (56)	0.07	2449 (46)	2639 (45)	† 2618 (45)	* 2705 (45)	‡ <0.001	
Calcium, mg	556 (18)	586 (17)	623 (17)	* 583 (17)	0.06	539 (16)	603 (16)	* 589 (16)	606 (16)	* 0.013	
Magnesium, mg	280 (5)	292 (5)	298 (5)	* 297 (5)	0.09	250 (4)	274 (4)	‡ 265 (4)	* 277 (4)	‡ <0.001	
Phosphorus, mg	1107 (18)	1139 (17)	1164 (17)	1133 (18)	0.16	1001 (14)	1038 (14)	1011 (14)	1027 (14)	0.25	
Iron, mg	8.6 (0.2)	8.9 (0.2)	9.0 (0.2)	9.0 (0.2)	0.48	8.1 (0.2)	8.7 (0.2)	* 8.3 (0.2)	8.5 (0.2)	0.06	
Zinc, mg	8.8 (0.1)	9.2 (0.1)	9.2 (0.1)	8.8 (0.1)	0.041	7.7 (0.1)	7.9 (0.1)	7.6 (0.1)	7.8 (0.1)	0.37	
Copper, mg	1.28 (0.02)	1.33 (0.02)	1.32 (0.02)	1.31 (0.02)	0.26	1.14 (0.02)	1.19 (0.02)	1.15 (0.02)	1.22 (0.02)	* 0.010	

The Values were means adjusted for age, drinking, smoking, sleep duration, exercise habit, occupation, and energy intake.

Statistical significance were compared from the lowest quartile (\*, <0.05; †, <0.01, ‡, <0.001).

**Supplemental Table 4.** Intakes of food group according to the quartile of the appendicular skeletal muscle (ASM)

ASM, wt% Median, interquartile	Men					Women				
	Q1 28, 27-29	Q2 31, 31-32	Q3 34, 33-35	Q4 37, 36-39	<i>P</i> for trend	Q1 24, 23-25	Q2 27, 26-28	Q3 29, 29-30	Q4 33, 32-34	<i>P</i> for trend
Cereals, g	462.3 (10.6)	477.1 (10.1)	468.5 (10.1)	473.7 (10.4)	0.77	354.6 (7.6)	338.6 (7.5)	348.0 (7.5)	354.3 (7.5)	0.39
Potatoes and starches, g	57.8 (5.8)	62.7 (5.6)	64.1 (5.5)	59.9 (5.7)	0.87	54.8 (4.5)	53.1 (4.4)	58.3 (4.4)	62.1 (4.4)	0.50
Sugars and sweeteners, g	7.6 (0.7)	8.2 (0.7)	8.0 (0.7)	9.1 (0.7)	0.55	7.9 (0.6)	8.1 (0.5)	8.0 (0.5)	7.2 (0.5)	0.64
Pulses, g	81.8 (6.5)	80.4 (6.2)	84.8 (6.2)	80.2 (6.4)	0.95	71.4 (5.5)	85.0 (5.5)	68.7 (5.5)	88.0 (5.5)	0.025
Nuts and seeds, g	2.2 (0.9)	4.1 (0.9)	3.8 (0.9)	5.8 (0.9)	0.07	3.1 (0.7)	4.5 (0.7)	3.5 (0.7)	4.6 (0.7)	0.30
Vegetables, g	322.6 (13.4)	323.5 (12.8)	346.8 (12.7)	333.5 (13.2)	0.53	307.5 (11.2)	335.7 (11.1)	329.5 (11.1)	335.3 (11.1)	0.24
Fruits, g	148.5 (11.2)	168.7 (10.7)	158.4 (10.6)	133.5 (11.0)	0.13	149.3 (9.0)	164.4 (8.9)	169.4 (8.9)	186.7 (8.9)	0.035
Mushrooms, g	16.1 (2.3)	19.4 (2.2)	21.1 (2.2)	22.9 (2.3)	0.22	18.8 (2.0)	18.3 (1.9)	18.0 (1.9)	22.8 (1.9)	0.26
Algae, g	13.3 (2.0)	14.7 (1.9)	15.9 (1.9)	11.4 (1.9)	0.38	10.9 (1.5)	14.4 (1.5)	12.9 (1.5)	14.6 (1.5)	0.29
Fish, mollusks and crustaceans, g	92.2 (5.6)	89.1 (5.4)	85.6 (5.3)	88.1 (5.5)	0.87	83.7 (4.3)	77.9 (4.2)	72.2 (4.2)	73.1 (4.2)	0.22
Meats, g	97.3 (5.3)	94.2 (5.0)	94.6 (5.0)	85.1 (5.2)	0.39	73.5 (3.7)	69.7 (3.7)	71.1 (3.7)	68.1 (3.7)	0.77
Eggs, g	41.6 (2.8)	42.9 (2.7)	43.3 (2.7)	38.6 (2.7)	0.61	37.8 (2.2)	37.8 (2.1)	37.3 (2.1)	34.1 (2.1)	0.56
Milk and dairy products, g	120.5 (11.0)	131.6 (10.5)	162.6 (10.4)	129.5 (10.8)	0.030	133.0 (8.7)	147.0 (8.6)	149.3 (8.6)	140.2 (8.6)	0.54
Fats and oils, g	12.3 (0.7)	11.3 (0.7)	10.7 (0.7)	10.4 (0.7)	0.24	10.0 (0.6)	10.0 (0.5)	8.7 (0.5)	9.3 (0.5)	0.30
Confectionaries, g	22.4 (3.2)	20.9 (3.0)	22.8 (3.0)	28.0 (3.1)	0.41	26.3 (2.7)	32.0 (2.7)	28.2 (2.7)	27.8 (2.7)	0.48
Beverages, g	767.2 (32.7)	829.6 (31.1)	823.5 (31.0)	790.0 (32.1)	0.47	635.1 (26.6)	698.1 (26.3)	715.1 (26.3)	647.9 (26.3)	0.09
Seasonings and spices, g	89.7 (7.0)	109.5 (6.7)	100.6 (6.7)	108.4 (6.9)	0.17	86.4 (5.5)	87.8 (5.4)	79.8 (5.4)	85.3 (5.4)	0.75

The Values were means adjusted for age, drinking, smoking, sleep duration, exercise habit, occupation, and energy intake.

Statistical significance were compared from the lowest quartile (\*, <0.05; †, <0.01, ‡, <0.001).