

Supplementary Table 1 Dietary intake of study participants by quartile score of dietary phytochemical index

	Q1	Q2	Q3	Q4	<i>P</i> value ²
Energy (kcal) ¹	4674.9 (3535.4 - 5766.7)	3611.7 (2815.2 - 4541.6)	2934.6 (2311.5 - 3792.5)	2913.7 (2085.0 - 3340.1)	<0.001
Carbohydrate (g)	791.1 (577.0 - 996.8)	582.3 (439.5 - 759.7)	461.7 (344.4 - 601.7)	395.3 (308.0 - 516.7)	<0.001
Protein (g)	169.1 (123.4 - 209.1)	124.3 (95.5 - 161.7)	98.7 (76.7 - 127.8)	88.0 (67.2 - 112.1)	<0.001
Fat (g)	111.5 (89.3 - 133.7)	97.8 (79.5 - 121.5)	89.5 (69.5 - 114.4)	84.4 (64.7 - 106.8)	<0.001
Carbohydrate (%)	68.4 (65.2 - 70.5)	65.3 (62.1 - 68.1)	62.7 (59.0 - 65.9)	61.2 (57.8 - 64.8)	<0.01
Protein (%)	14.5 (13.8 - 15.1)	14.0 (13.0 - 14.7)	13.6 (12.5 - 14.5)	13.2 (12.3 - 14.4)	<0.01
Fat (%)	21.4 (19.7 - 24.1)	24.3 (22.0 - 27.2)	27.0 (24.2 - 30.2)	28.7 (25.8 - 31.8)	<0.01
PUFA (%)	4.5 (4.0 - 5.3)	5.0 (4.4 - 5.8)	5.5 (4.7 - 6.6)	5.8 (4.7 - 6.9)	<0.01
MUFA (%)	8.0 (7.3 - 8.9)	8.6 (7.8 - 9.7)	9.5 (8.4 - 10.7)	9.9 (8.8 - 11.4)	<0.01
SFA (%)	6.0 (5.3 - 7.3)	7.2 (6.3 - 8.5)	8.1 (7.1 - 9.5)	8.8 (7.7 - 10.1)	<0.01
Soluble fiber (g)	0.5 (0.3 - 0.7)	0.7 (0.5 - 1.0)	0.7 (0.5 - 1.1)	1.0 (0.6 - 1.4)	<0.01
Insoluble fiber (g)	3.8 (2.6 - 5.4)	5.5 (3.9 - 7.8)	6.1 (4.1 - 8.7)	7.5 (5.3 - 10.8)	<0.01
Cholesterol (mg)	231.8 (169.6 - 312.1)	256.8 (190.8 - 340.3)	254.8 (184.6 - 336.7)	245.8 (177.4 - 333.5)	<0.001
Saturated fatty acid (g)	31.0 (26.0 - 36.9)	29.5 (23.6 - 36.0)	27.6 (21.2 - 33.5)	25.8 (20.4 - 32.8)	<0.001

Monounsaturated					
fatty acid (g)	41.5 (32.7 - 50.1)	25.1 (28.4 - 44.1)	31.6 (24.4 - 40.6)	29.4 (22.5 - 37.5)	<0.001
Polyunsaturated fatty					
acid (g)	24.0 (18.2 - 29.3)	20.3 (16.1 - 26.1)	18.4 (13.7 - 24.45)	16.9 (12.5 - 22.8)	<0.001
Fruits (g)	248.8 (157.4 - 373.7)	348.2 (237.0 - 503.4)	398.4 (258.5 - 595.9)	501.0 (339.6 - 739.0)	<0.001
Vegetable (g)	146.1 (108.8 - 207.2)	2189.4 (138.7 - 250.8)	212.1 (153.7 - 284.9)	243.6 (173.0 - 341.8)	<0.001
Cereal (g)	1241.7 (759.6 - 1695-7)	825.0 (552.0 - 1132.0)	565.4 (404.0 - 775.3)	364.0 (245.7 - 532.6)	<0.001
Dairy (g)	131.4 (74.7 - 237.6)	163.8 (98.3 - 262.8)	180.5 (98.3 - 262.8)	165.1 (98.3 - 262.8)	<0.001
Nut (g)	6.8 (2.9 - 13.3)	11.4 (4.9 - 22.4)	13.6 (6.1 - 28.5)	17.9 (7.6 - 39.0)	<0.001
Legumes (g)	25.0 (15.7 - 38.4)	28.3 (18.3 - 43.9)	27.4 (16.8 - 43.2)	27.6 (16.8 - 45.8)	<0.001
Olive oils and olive (g)	0.1 (0.0 - 0.9)	0.4 (0.0 - 2.3)	0.5 (0.0 - 3.1)	0.8 (0.0 - 4.3)	<0.001
Red meat (g)	25.8 (15.9 - 43.8)	32.1 (17.1 - 51.3)	34.2 (17.5 - 51.3)	30.4 (17.1 - 51.3)	<0.01
Poultry (g)	8.5 (4.3 - 17.1)	8.5 (4.3 - 17.1)	8.5 (4.3 - 17.1)	8.5 (4.3 - 17.1)	<0.001
Egg (g)	25.6 (17.1 - 34.2)	25.6 (17.1 - 34.2)	25.6 (17.1 - 34.1)	25.6 (11.8 - 34.2)	0.097
Soft drink (g)	18.9 (7.6 - 65.5)	30.2 (8.2 - 73.1)	30.3 (7.6 - 80.7)	16.4 (4.4 - 63.0)	<0.001
Calcium (mg)	1501.2 (1133.5 - 1849.9)	1248.5 (944.9 - 1614.6)	1054.7 (790.2 - 1379.6)	981.8 (732.4 - 1298.3)	<0.001
Sodium (mg)	8751.1 (6453.0 - 8751.1)	6266.6 (4739.6 - 8190.1)	4825.7 (3680.4 - 6417.3)	4105.3 (3207.2 - 5311.8)	<0.01

Iron (mg)	47.5 (32.6 - 60.8)	31.4 (22.2 - 42.6)	22.6 (16.4 - 30.5)	18.5 (14.0 - 24.5)	<0.001
	1228.2 (818.7 -				
Magnesium (mg)	1579.6)	805.6 (552.1 - 1117.2)	573.8 (409.7 - 801.1)	488.8 (374.1 - 674.1)	<0.001
Thiamine (mg)	5.8 (4.0 - 7.4)	3.8 (2.7 - 5.1)	2.7 (1.9 - 3.6)	2.1 (1.6 - 2.7)	<0.001
Riboflavin (mg)	3.6 (2.6 - 4.5)	2.7 (2.1 - 3.5)	2.1 (1.7 - 2.1)	1.9 (1.5 - 2.5)	<0.001
Niacin (mg)	56.5 (39.1 - 71.7)	38.1 (27.5 - 50.6)	2.1 (20.7 - 36.8)	1.9 (17.4 - 29.4)	<0.001
Vitamin B6 (mg)	3.5 (2.6 - 4.4)	2.5 (2.0 - 3.5)	2.1 (1.7 - 2.8)	1.9 (17.4 - 29.4)	<0.001
Folate (µg)	960.7 (730.3 - 1182.8)	755.5 (600.6 - 940.7)	610.8 (483.8 - 775.7)	539.2 (434.6 - 689.8)	<0.001
Vitamin B12 (µg)	3.6 (2.5 - 5.0)	4.1 (3.0 - 5.7)	4.1 (3.0 - 5.9)	4.3 (3.0 - 5.7)	<0.001
Vitamin C (mg)	71.8 (50.9 - 103.0)	99.1 (72.4 - 135.1)	110.9 (77.8 - 156.8)	134.9 (98.0 - 192.1)	<0.001
Vitamin A (IU)	367.2 (264.7 - 500.2)	454.8 (348.9 - 615.9)	486.4 (350.3 - 660.1)	531.7 (531.7 - 733.7)	<0.001

Values are median (25th, 75th quartile).

²Obtained from one way Anova.

DPI: Dietary phytochemical index, PUFA: Polyunsaturated fatty acids, MUFA: Monounsaturated fatty acids, SFA: Saturated fatty acids.