

Table S1. Baseline characteristics of nulliparous and parous women ($n = 7621$).

Variables		Nulliparous $n = 597$	Parous $n = 7024$	p
Age (years), X (SD)		55.88 (3.15)	55.36 (5.32)	0.023
Years of education, X (SD)		14.55 (3.04)	13.15 (3.15)	<0.001
Place of living, N (%)	City	465 (77.89)	4319 (61.49)	<0.001
	Village	132 (22.11)	2705 (38.51)	
Marital status, N (%)	Single	398 (66.67)	1529 (21.77)	<0.001
	Married	199 (33.33)	5495 (78.23)	
Menopausal status, N (%)	Premenopausal	154 (25.80)	1987 (28.29)	0.193
	Postmenopausal	443 (74.20)	5037 (71.71)	
Hormone therapy, N (%)	No	547 (91.62)	6119 (87.12)	0.001
	Yes	50 (8.38)	905 (12.88)	
Smoking, N (%)	No	309 (51.76)	3703 (52.72)	0.652
	Yes	288 (48.24)	3321 (47.28)	
Traditional-carbohydrate DP, N (%)	T1 – the lowest	183 (30.65)	2355 (33.53)	0.245
	T2	215 (36.01)	2322 (33.06)	
	T3 – the highest	199 (33.33)	2347 (33.41)	
Healthy DP, N (%)	T1 – the lowest	249 (41.71)	2289 (32.59)	<0.001
	T2	171 (28.64)	2367 (33.70)	
	T3 – the highest	177 (29.65)	2368 (33.71)	
Westernized, DP N (%)	T1 – the lowest	239 (40.03)	2299 (32.73)	<0.001
	T2	202 (33.84)	2299 (32.73)	
	T3 – the highest	156 (26.13)	2390 (34.03)	
Physical activity (MET/day/min ⁻¹), X (SD)		516.51 (426.44)	608.71 (481.58)	<0.001
Sitting time (min/day), X (SD)		321.68 (142.67)	292.55 (133.63)	<0.001
BMI [kg/m ²], X (SD)		27.08 (5.02)	28.03 (4.93)	<0.001
Metabolic syndrome, N (%)	No	347 (58.12)	4058 (57.77)	0.868
	Yes	250 (41.88)	2966 (42.23)	
Abdominal obesity, N (%)	No	187 (31.32)	1699 (24.19)	<0.001
	Yes	410 (68.68)	5325 (75.81)	
Increased glucose concentration, N (%)	No	430 (72.03)	5117 (72.85)	0.664
	Yes	167 (27.97)	1907 (27.15)	
Elevated blood pressure, N (%)	No	173 (28.98)	2130 (30.32)	0.492
	Yes	424 (71.02)	4894 (69.68)	
Increased triglyceride concentration, N (%)	No	404 (67.67)	4872 (69.36)	0.390
	Yes	193 (32.33)	2152 (30.64)	
Decreased HDL-cholesterol concentration, N (%)	No	406 (68.01)	4881 (69.49)	0.450

	Yes	191 (31.99)	2143 (30.51)
--	-----	-------------	--------------

T – tertile; – numbers in bold indicate statistically significant results.

Table S2. Baseline characteristics of parous women in relation to breastfeeding status ($n = 7024$).

Variables		Never breastfed $n = 767$ (0)	Breastfed 1–6 months $n = 2284$ (1)	Breastfed 7–12 months $n = 1626$ (2)	Breastfed 13–18 months $n = 817$ (3)	Breastfed >18 months $n = 1530$ (4)	p
Age (years), X (SD)		55.95 (4.93)	55.55 (5.12)	55.54 (5.40)	55.37 (5.36)	54.61 (5.64)	<0.001
Years of education, X (SD)		13.45 (3.01)	13.53 (2.97)	13.00 (3.09)	13.13 (3.24)	12.59 (3.40)	<0.001
Place of living, N (%)	City	542 (70.66)	1587 (69.48)	990 (60.89)	464 (56.79)	736 (48.10)	<0.001
	Village	225 (29.34)	697 (30.52)	636 (39.11)	353 (43.21)	794 (51.90)	
Marital status, N (%)	Single	205 (26.73)	550 (24.08)	326 (20.05)	169 (20.69)	279 (18.24)	<0.001
	Married	562 (73.27)	1734 (75.92)	1300 (79.95)	648 (79.31)	1251 (81.76)	
Menopausal status, N (%)	Premenopausal	189 (24.64)	581 (25.44)	452 (27.80)	226 (27.66)	539 (35.23)	<0.001
	Postmenopausal	578 (75.36)	1703 (74.56)	1174 (72.20)	591 (72.34)	991 (64.77)	
Parity, N (%)	1	277 (36.11)	649 (28.42)	162 (9.96)	40 (4.90)	49 (3.20)	<0.001
	2	372 (48.50)	1321 (57.84)	973 (59.84)	375 (45.20)	493 (32.22)	
	3 and more	118 (15.38)	314 (13.75)	491 (30.20)	402 (49.20)	988 (64.58)	
Hormone therapy, N (%)	No	109 (14.21)	333 (14.58)	202 (12.42)	107 (13.10)	154 (10.07)	0.001
	Yes	658 (85.79)	1951 (85.42)	1424 (87.58)	710 (86.90)	1376 (89.93)	
Smoking, N (%)	No	361 (47.07)	1076 (47.11)	869 (53.44)	464 (56.79)	933 (60.98)	<0.001
	Yes	406 (52.93)	1208 (52.89)	757 (46.56)	353 (43.21)	597 (39.02)	
Traditional-carbohydrate DP, N (%)	T1 – the lowest	238 (31.03)	814 (35.64)	538 (33.09)	266 (32.56)	499 (32.61)	0.076
	T2	287 (37.42)	735 (32.18)	528 (32.47)	277 (33.90)	495 (32.35)	
	T3 – the highest	242 (31.55)	735 (32.18)	560 (34.44)	274 (33.54)	536 (35.03)	
Healthy DP, N (%)	T1 – the lowest	257 (33.51)	735 (32.18)	533 (32.78)	268 (32.80)	496 (32.42)	0.554
	T2	279 (36.38)	750 (32.84)	542 (33.33)	280 (34.27)	516 (33.73)	
	T3 – the highest	231 (30.12)	799 (34.98)	551 (33.89)	269 (32.93)	518 (33.86)	
Westernized DP, N (%)	T1 – the lowest	289 (37.68)	842 (36.87)	502 (30.87)	244 (29.87)	422 (27.58)	<0.001
	T2	254 (33.12)	741 (32.44)	548 (33.70)	287 (35.13)	505 (33.01)	
	T3 – the highest	224 (29.20)	701 (30.69)	576 (35.42)	286 (35.01)	603 (39.41)	
Physical activity (MET/day/min ⁻¹), X (SD)		523.37 (416.31)	557.74 (443.25)	621.65 (489.71)	618.53 (459.69)	708.58 (547.43)	<0.001
Sitting time (min/day), X (SD)		297.13 (135.21)	298.66 (134.05)	291.65 (132.97)	293.70 (135.32)	282.16 (131.46)	0.008
BMI [kg/m ²], X (SD)		28.08 (5.15)	27.43 (4.63)	28.02 (4.76)	28.27 (5.11)	28.78 (5.20)	<0.001
Metabolic syndrome, N (%)	No	408 (53.19)	1349 (59.06)	927 (57.01)	486 (59.49)	888 (58.04)	0.049

	Yes	359 (46.81)	935 (40.94)	699 (42.99)	331 (40.51)	642 (41.96)	
Abdominal obesity, N (%)	No	181 (23.60)	649 (28.42)	360 (22.14)	185 (22.64)	324 (21.18)	<0.001
	Yes	586 (76.40)	1635 (71.58)	1266 (77.86)	632 (77.36)	1206 (78.82)	
Increased glucose concentration, N (%)	No	531 (69.23)	1680 (73.56)	1211 (74.48)	587 (71.85)	1108 (72.42)	0.078
	Yes	236 (30.77)	604 (26.44)	415 (25.52)	230 (28.15)	422 (27.58)	
Elevated blood pressure, N (%)	No	224 (29.20)	663 (29.03)	511 (31.43)	255 (31.21)	477 (31.18)	0.401
	Yes	543 (70.80)	1621 (70.97)	1115 (68.57)	562 (68.79)	1053 (68.82)	
Increased triglyceride concentration, N (%)	No	505 (65.84)	1604 (70.23)	1102 (67.77)	583 (71.36)	1078 (70.46)	0.048
	Yes	262 (34.16)	680 (29.77)	524 (32.23)	234 (28.64)	452 (29.54)	
Decreased HDL-cholesterol concentration, N (%)	No	518 (67.54)	1600 (70.05)	1122 (69.00)	580 (70.99)	1061 (69.35)	0.594
	Yes	249 (32.46)	684 (29.95)	504 (31.00)	237 (29.01)	469 (30.65)	

T – tertile; – numbers in bold indicate statistically significant results.

Table S3. Comparisons between categories of total breastfeeding duration - the results of post-hoc tests.

	0 vs. 1	0 vs. 2	0 vs. 3	0 vs. 4	1 vs. 2	1 vs. 3	1 vs. 4	2 vs. 3	2 vs. 4	3 vs. 4
Age	$p < 0.05$	$p < 0.05$	$p < 0.05$	$p < 0.05$	-	-	-	-	-	-
Education	-	$p < 0.05$	-	$p < 0.05$	$p < 0.05$	$p < 0.05$	$p < 0.05$	-	$p < 0.05$	$p < 0.05$
Physical activity	-	$p < 0.05$	$p < 0.05$	$p < 0.05$	$p < 0.05$	$p < 0.05$	$p < 0.05$	-	-	$p < 0.05$
Sitting time	-	-	-	$p < 0.05$	-	-	-	-	-	-
BMI	-	-	-	$p < 0.05$	$p < 0.05$	$p < 0.05$	$p < 0.05$	-	$p < 0.05$	-

Table S4. Multivariable logistic regression analysis for MetS and its components in relation to breastfeeding duration (unadjusted).

Breastfeeding status	Metabolic Syndrome		Abdominal obesity		Increased glucose concentration		Elevated blood pressure		Increased triglyceride concentration		Decreased HDL-cholesterol concentration	
	OR (95% CI)	<i>p</i>	OR (95% CI)	<i>p</i>	OR (95% CI)	<i>p</i>	OR (95% CI)	<i>p</i>	OR (95% CI)	<i>p</i>	OR (95% CI)	<i>p</i>
Never	1.00		1.00		1.00		1.00		1.00		1.00	
Ever breastfed	0.81 (0.70–0.94)	0.006	0.96 (0.81–1.15)	0.686	0.82 (0.70–0.97)	0.017	0.94 (0.80–1.11)	0.475	0.83 (0.71–0.98)	0.025	0.90 (0.77–1.06)	0.213
Breastfed 1–6 months	0.79 (0.67–0.93)	0.005	0.78 (0.64–0.94)	0.010	0.81 (0.68–0.97)	0.021	1.01 (0.84–1.21)	0.926	0.82 (0.69–0.97)	0.023	0.89 (0.75–1.06)	0.493
7–12 months	0.86 (0.72–1.02)	0.080	1.09 (0.89–1.33)	0.426	0.77 (0.63–0.93)	0.007	0.90 (0.75–1.09)	0.272	0.92 (0.76–1.10)	0.348	0.93 (0.78–1.12)	0.713
13–18 months	0.77 (0.63–0.94)	0.012	1.06 (0.83–1.33)	0.652	0.88 (0.71–1.09)	0.253	0.91 (0.73–1.13)	0.385	0.77 (0.62–0.96)	0.018	0.85 (0.69–1.05)	0.249
>18 months	0.82 (0.69–0.98)	0.027	1.15 (0.93–1.41)	0.186	0.86 (0.71–1.04)	0.111	0.91 (0.75–1.10)	0.333	0.81 (0.67–0.97)	0.024	0.92 (0.76–1.11)	0.962

Numbers in bold indicate statistically significant results.

Table S5. Multivariable logistic regression analysis for MetS and its components in relation to parity and breastfeeding duration (unadjusted).

Parity	Breastfeeding status	Metabolic Syndrome		Abdominal obesity		Increased glucose concentration		Elevated blood pressure		Increased triglyceride concentration		Decreased HDL-cholesterol concentration	
		OR (95% CI)	<i>p</i>	OR (95% CI)	<i>p</i>	OR (95% CI)	<i>p</i>	OR (95% CI)	<i>p</i>	OR (95% CI)	<i>p</i>	OR (95% CI)	<i>p</i>
Nulliparous	-	1.00		1.00		1.00		1.00		1.00		1.00	
Parous	-	1.01 (0.86–1.2)	0.868	1.43 (1.19–1.71)	<0.001	0.93 (0.78–1.12)	0.450	0.94 (0.78–1.13)	0.492	0.92 (0.77–1.11)	0.390	0.93 (0.78–1.12)	0.450
One child	Never	1.00		1.00		1.00		1.00		1.00		1.00	
	1–6 months	0.98 (0.74–1.31)	0.893	0.94 (0.70–1.27)	0.699	0.80 (0.58–1.10)	0.161	1.26 (0.93–1.70)	0.130	0.95 (0.70–1.29)	0.726	1.10 (0.81–1.50)	0.545
	7–12 months	0.98 (0.66–1.45)	0.907	1.12 (0.74–1.71)	0.585	0.73 (0.46–1.15)	0.176	0.89 (0.59–1.33)	0.562	1.05 (0.69–1.59)	0.819	1.06 (0.69–1.62)	0.805
	13–18 months	0.81 (0.40–1.61)	0.540	0.71 (0.36–1.40)	0.324	1.42 (0.71–2.87)	0.323	1.08 (0.53–2.20)	0.823	0.39 (0.16–0.97)	0.042	0.53 (0.23–1.25)	0.148
	>18 months	0.48 (0.24–0.97)	0.041	0.75 (0.40–1.40)	0.363	0.59 (0.28–1.28)	0.186	0.82 (0.44–1.54)	0.545	0.64 (0.31–1.32)	0.228	0.73 (0.35–1.49)	0.382
Two children	Never	1.00		1.00		1.00		1.00		1.00		1.00	
	1–6 months	1.01 (0.75–1.37)	0.935	0.97 (0.71–1.32)	0.839	0.79 (0.57–1.11)	0.176	1.32 (0.97–1.80)	0.078	1.00 (0.73–1.38)	0.976	1.13 (0.82–1.56)	0.456
	7–12 months	1.00 (0.66–1.52)	0.996	1.17 (0.75–1.81)	0.483	0.73 (0.45–1.17)	0.191	0.90 (0.59–1.37)	0.631	1.07 (0.70–1.66)	0.748	1.03 (0.66–1.61)	0.884
	13–18 months	1.07 (0.51–2.27)	0.850	0.93 (0.45–1.89)	0.835	1.85 (0.88–3.88)	0.104	1.43 (0.68–3.01)	0.345	0.45 (0.18–1.16)	0.098	0.62 (0.25–1.51)	0.288
	>18 months	0.65 (0.31–1.35)	0.246	0.94 (0.49–1.82)	0.863	0.80 (0.36–1.79)	0.593	0.98 (0.51–1.14)	0.944	0.88 (0.42–1.87)	0.744	0.92 (0.43–1.96)	0.834
Three or more children	Never	1.00		1.00		1.00		1.00		1.00		1.00	
	1–6 months	0.59 (0.38–0.90)	0.015	0.40(0.21–0.76)	0.005	0.77 (0.50–1.21)	0.258	0.84 (0.51–1.36)	0.473	0.63 (0.40–0.97)	0.038	0.87 (0.55–1.36)	0.532
	7–12 months	0.76 (0.51–1.14)	0.186	0.60 (0.32–1.12)	0.108	0.66 (0.44–1.01)	0.057	0.71 (0.45–1.12)	0.139	0.81 (0.54–1.23)	0.330	1.00 (0.65–1.53)	0.991
	13–18 months	0.62 (0.41–0.93)	0.022	0.62 (0.33–1.17)	0.138	0.69 (0.45–1.06)	0.092	0.72 (0.45–1.15)	0.174	0.59 (0.39–0.91)	0.016	0.80 (0.52–1.25)	0.326
	>18 months	0.66 (0.45–0.96)	0.031	0.56 (0.31–1.02)	0.057	0.67 (0.45–0.99)	0.050	0.73 (0.47–1.13)	0.161	0.65 (0.44–0.97)	0.033	0.94 (0.63–1.41)	0.763

Numbers in bold indicate statistically significant results.