

1 **Supplementary Table S1** Food group composition
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Food group	Source	Serving size (g)
Vegetables	Tomato sauce	75
	Onion	
	Garlic	
	Potatoes	
	Tomatoes	
	Capsicum	
	Lettuce	
	Cucumber	
	Celery	
	Beetroot	
	Carrots	
	Cabbage	
	Cauliflower	
	Broccoli	
	Spinach	
	Peas	
	Green Beans	
	Bean sprouts	
	Baked beans	
	Tofu	
	Other beans	
	Pumpkin	
	Mushroom	
	Zucchini	
Fruit	Tinned fruit	150
	Orange	
	Apple	
	Pear	
	Banana	
	Melon	
	Pineapple	
	Strawberry	
	Apricot	
	Peach/nectarine	
	Mango	
	Avocado	
Cereal	Hi fibre white bread	80
	White bread	
	Wholemeal bread	
	Rye bread	
	Multigrain bread	
	All bran	30
	Bran flakes	
	Weet-bix	
	Corn flakes	
	Muesli	
	Porridge	120
	Rice	150
	Pasta	
	Crackers	35
Protein	Egg	120
	Nuts	30
	Beef	65
	Veal	
	Lamb	
	Pork	
	Chicken	80
	Fish	100
	Fried fish	

	Tinned fish	95
Dairy		
	Full cream milk	250
	Reduced fat milk	
	Skim milk	
	Soy milk	
	Hard cheese	40
	Soft cheese	
	Cream cheese	
	Ricotta cheese	120
	Cottage cheese	
	Yoghurt	200

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Supplementary Table S2 Difference in adjusted median (95% CI) in food group consumption (serves/day) at follow up among lipid-lowering users and participants who commenced lipid-lowering therapy, compared to non- lipid-lowering users.

Explanatory Variable	Quantile Coefficient. (95 % CI)														
	Q25	Vegetable Q50	Q75	Q25	Fruit Q50	Q75	Q25	Cereal Q50	Q75	Q25	Protein Q50	Q75	Q25	Dairy Q50	Q75
Age	0.003 (0.001, 0.006)*	0.002 (-0.0003, 0.005)	0.001202 (-0.002, 0.006)	0.004 (0.002, 0.006)**	0.006 (0.004, 0.008)**	0.005 (0.001, 0.008)**	0.003 (0.002, 0.006)*	0.003 (-0.001, 0.007)	0.001 (-0.003, 0.006)	-0.005 (-0.008, -0.003)**	-0.006 (-0.009, -0.004)**	-0.008 (-0.012, -0.004)**	0.001 (0.00002, 0.002)*	0.003 (0.001, 0.004)**	0.002 (-0.00002, 0.005)
Sex															
Male (Ref.)															
Female	0.093 (0.043, 0.141)**	0.046 (-0.009, 0.101)	0.015 (-0.065, 0.95)	0.021 (-0.018, 0.061)	0.049 (0.006, 0.091)*	0.012 (-0.057, 0.082)	-0.277 (-0.353, -0.200)**	-0.355 (-0.450, -0.261)**	-0.389 (-0.494, -0.285)**	-0.146 (-0.207, -0.087)**	-0.213 (-0.278, -0.148)**	-0.256 (-0.357, -0.156)**	0.016 (-0.005, 0.036)	0.061 (0.018, 0.104)**	0.059 (0.009, 0.110)*
BMI kg/m²	0.003 (-0.002, 0.009)	0.004 (-0.001, 0.010)	0.006 (-0.002, 0.015)	0.001 (-0.003, 0.006)	0.005 (0.001, 0.010)*	0.009 (0.001, 0.017)*	-0.008 (-0.016, -0.00004)*	-0.003 (-0.011, 0.005)	-0.009 (-0.021, 0.003)	0.009 (0.003, 0.016)**	0.010 (0.004, 0.017)**	0.015 (0.004, 0.025)**	0.001 (-0.002, 0.003)	-0.001 (-0.005, 0.004)	0.005 (-0.0004, 0.011)
Education															
Secondary level or lower (Ref.)															
Higher than secondary level	0.011 (-0.043, 0.065)	0.021 (-0.034, 0.076)	-0.025 (-0.096, 0.047)	0.029 (-0.007, 0.065)	0.040 (-0.007, 0.086)	0.015 (-0.058, 0.089)	0.029 (-0.052, 0.109)	0.011 (-0.069, 0.090)	0.009 (-0.096, 0.113)	0.009 (-0.047, 0.065)	-0.020 (-0.077, 0.038)	-0.095 (-0.189, -0.001)*	0.017 (-0.004, 0.037)	0.027 (-0.014, 0.067)	0.006 (-0.049, 0.061)
Diabetes															
Yes	0.039 (-0.043, 0.065)	0.030 (-0.042, 0.102)	-0.020 (-0.115, 0.075)	-0.010 (-0.057, 0.038)	0.0003 (-0.063, 0.063)	0.42 (-0.044, 0.129)	0.043 (-0.048, 0.134)	0.033 (-0.074, 0.141)	0.148 (0.019, 0.277)	-0.027 (-0.096, 0.043)	-0.031 (-0.097, 0.034)	0.007 (-0.122, 0.137)	-0.005 (-0.027, 0.016)	-0.012 (-0.061, 0.036)	0.001 (-0.068, 0.070)
No (Ref.)															
Prior CVD															
Yes	-0.059 (-0.043, 0.065)	-0.052 (-0.179, 0.075)	-0.124 (-0.302, 0.055)	-0.066 (-0.169, 0.036)	-0.0121 (-0.207, -0.035)**	-0.195 (-0.241, -0.049)**	-0.096 (-0.267, 0.074)	-0.084 (-0.267, 0.100)	-0.077 (-0.307, 0.152)	-0.214 (-0.329, -0.098)**	-0.136 (-0.269, -0.004)*	-0.144 (-0.352, 0.063)	-0.008 (-0.059, 0.043)	-0.003 (-0.077, 0.071)	0.062 (-0.030, 0.154)
No (Ref.)															
Hypertension mmHg															
Hypertensive	-0.003 (-0.043, 0.058)	0.029 (-0.043, 0.102)	0.041 (-0.055, 0.136)	0.015 (-0.038, 0.067)	0.044 (-0.008, 0.097)	0.079 (-0.006, 0.164)	0.001 (-0.090, 0.092)	-0.064 (-0.162, 0.034)	-0.014 (-0.136, 0.108)	-0.011 (-0.084, 0.062)	-0.005 (-0.081, 0.071)	-0.005 (-0.135, 0.124)	-0.003 (-0.025, 0.020)	0.040 (-0.007, 0.086)	0.014 (-0.051, 0.079)
Normal BP (Ref.)															
Smoking status															
Never smoker (Ref.)															
Former smoker	-0.060 (-0.114, -0.006)*	-0.081 (-0.138, -0.023)**	-0.064 (-0.146, 0.018)	-0.069 (-0.112, -0.025)**	-0.055 (-0.104, -0.006)*	-0.065 (-0.144, 0.014)	-0.008 (-0.094, 0.078)	-0.048 (-0.134, 0.038)	-0.023 (-0.141, 0.095)	-0.009 (-0.061, 0.042)	-0.001 (-0.061, 0.058)	0.006 (-0.095, 0.107)	-0.011 (-0.034, 0.012)	-0.017 (-0.060, 0.027)	-0.012 (-0.067, 0.043)
Current smoker	-0.119 (-0.226, -0.011)*	-0.004 (-0.105, 0.097)	0.027 (-0.097, 0.151)	-0.120 (-0.166, -0.075)**	-0.145 (-0.206, -0.084)**	-0.229 (-0.339, -0.119)**	-0.201 (-0.316, -0.085)**	-0.223 (-0.365, -0.081)**	-0.076 (-0.259, 0.106)	0.023 (-0.096, 0.142)	0.108 (-0.005, 0.221)	0.201 (0.050, 0.353)**	-0.053 (- 0.129, 0.023)	-0.084 (-0.161, -0.007)*	-0.024 (-0.135, 0.188)
Physical activity															
Sedentary	-0.062 (-0.147, 0.022)	-0.057 (-0.127, 0.12)	0.085 (-0.016, 0.185)	-0.092 (-0.142, -0.042)**	-0.142 (-0.193, -0.090)**	-0.291 (-0.387, -0.195)**	-0.050 (-0.142, 0.043)	-0.038 (-0.151, 0.076)	0.093 (0.065, 0.251)*	-0.048 (-0.126, 0.030)	-0.077 (-0.157, 0.003)	-0.071 (-0.189, 0.047)	-0.016 (-0.045, 0.013)	-0.054 (-0.111, 0.004)	-0.007 (-0.081, 0.068)

Explanatory Variable	Quantile Coefficient. (95 % CI)														
	Q25	Vegetable Q50	Q75	Q25	Fruit Q50	Q75	Q25	Cereal Q50	Q75	Q25	Protein Q50	Q75	Q25	Dairy Q50	Q75
Insufficient	0.011	-0.004	0.051	-0.010	-0.029	-0.068	0.036	0.033	0.094	0.017	-0.049	-0.039	0.006	0.021	-0.157
	(-0.043, 0.064)	(-0.072, 0.063)	(-0.026, 0.128)	(-0.053, 0.033)	(-0.078, 0.021)	(-0.152, 0.015)	(-0.043, 0.116)	(-0.051, 0.117)	(-0.016, 0.204)	(-0.039, 0.074)	(-0.111, 0.013)	(-0.134, 0.057)	(-0.014, 0.027)	(-0.020, 0.060)	(-0.073, 0.041)
Sufficient (Ref.)															
LLT															
Yes	-0.090	-0.090	-0.040	0.074	-0.039	-0.040	-0.088	-0.133	-0.099	-0.026	-0.091	-0.043	-0.012	-0.033	-0.029
	(-0.178, -0.001)*	(-0.198, 0.018)	(-0.201, 0.120)	(-0.005, 0.153)	(-0.118, 0.040)	(-0.164, 0.084)	(-0.205, 0.029)	(-0.284, 0.018)	(-0.293, 0.095)	(-0.124, 0.072)	(-0.210, 0.029)	(-0.237, 0.152)	(-0.049, 0.025)	(-0.110, 0.044)	(-0.113, 0.064)
No (Ref.)															

BMI, body mass index; BP, blood pressure; CVD, cardiovascular disease; LLT, lipid lowering therapy

LLT categories: LLT users, i.e. who were on LLT at baseline and follow up; commenced LLT, i.e. participants who initiated LLT within the study period; ceased LLT, i.e. participants who ceased LLT within the study period and non-users, participants not on LLT at baseline or follow up.

Hypertension: hypertensive >140/90 BP or on tablets for hypertension, normal blood pressure ≤ 140/90 mmHg.

Physical activity: sedentary; 0 minutes of physical activity per week, insufficient; 0 – 150 minutes physical activity per week, sufficient; over 150 minutes physical activity per week.

* Significance at p <0.05, ** significance at p <0.01

Supplementary Table S3 Difference in adjusted median (95% CI) intake in food group consumption (serves/day) at follow up among lipid-lowering users, compared to non-users, stratified by participants aged <62.5 and ≥62.5 years

Food group	Quantile	Quantile Coefficient. (95 % CI)			
		Age <62.5 (n= 211)	Non-users (n= 4034) (Ref.)	Age ≥62.5 (n= 235)	Non-users (n= 779) (Ref.)
Vegetable	Q25	-0.08 (-0.20, 0.03)		-0.08 (-0.22, 0.07)	
	Q50	-0.14 (-0.31, 0.02)		0.02 (-0.13, 0.17)	
	Q75	0.01 (-0.17, 0.20)		-0.16 (-0.38, 0.06)	
Fruit	Q25	0.05 (-0.06, 0.15)		0.05 (-0.07, 0.18)	
	Q50	-0.01 (-0.13, 0.11)		-0.05 (-0.16, 0.05)	
	Q75	-0.04 (-0.20, 0.12)		0.03 (-0.15, 0.22)	
Cereal	Q25	-0.02 (-0.19, 0.14)		-0.09 (-0.28, 0.11)	
	Q50	-0.01 (-0.23, 0.21)		-0.22 (-0.42, -0.02)*	
	Q75	-0.08 (-0.34, 0.18)		-0.20 (-0.53, 0.12)	
Protein	Q25	-0.08 (-0.24, 0.08)		0.03 (-0.09, 0.15)	
	Q50	-0.14 (-0.27, 0.002)		-0.05 (-0.25, 0.15)	
	Q75	-0.17 (-0.41, 0.07)		0.15 (-0.09, 0.38)	
Dairy	Q25	-0.04 (-0.11, 0.03)		-0.01 (-0.11, 0.08)	
	Q50	-0.09 (-0.18, 0.002)		0.01 (-0.10, 0.12)	
	Q75	-0.11 (-0.27, 0.05)		0.03 (-0.12, 0.18)	

Adjusted for gender, body mass index (kg/m²), smoking status, exercise status, education status, diabetes status, prior cardiovascular disease, hypertension and baseline dietary serves per day.

* Significance at p <0.05, ** significance at p <0.01

Supplementary Table S4 Difference in adjusted median (95% CI) intake in food group consumption (serves/day) at follow up among users who commenced lipid-lowering, compared to non-users, stratified by participants aged <58 and ≥58 years

Food group	Quantile	Quantile Coefficient. (95 % CI)			
		Age <58 (n= 281)	Non-users (n= 3631) (Ref.)	Age ≥58 (n= 284)	Non-users (n= 1182) (Ref.)
Vegetable	Q25	0.07 (-0.06, 0.19)		0.04 (-0.08, 0.16)	
	Q50	0.05 (-0.06, 0.16)		-0.001 (-0.12, 0.11)	
	Q75	0.06 (-0.11, 0.23)		-0.04 (-0.24, 0.15)	
Fruit	Q25	0.003 (-0.07, 0.08)		-0.06 (-0.17, 0.05)	
	Q50	-0.02 (-0.13, 0.08)		-0.13 (-0.24, -0.02)*	
	Q75	0.01 (-0.19, 0.21)		-0.15 (-0.30, 0.0001)	
Cereal	Q25	0.06 (-0.06, 0.18)		-0.09 (-0.30, 0.13)	
	Q50	-0.04 (-.21, 0.13)		-0.06 (-0.22, 0.11)	
	Q75	-0.10 (-0.29, 0.09)		-0.14 (-0.38, 0.09)	
Protein	Q25	-0.16 (-0.29, -0.02)*		-0.04 (-0.15, 0.06)	
	Q50	-0.05 (-0.18, 0.08)		-0.04 (-0.17, 0.10)	
	Q75	0.001 (-0.24, 0.25)		0.08 (-0.12, 0.27)	
Dairy					

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Q25	-0.02 (-0.06, 0.03)	-0.05 (-0.14, 0.04)
Q50	-0.03 (-0.11, 0.05)	-0.02 (-0.10, 0.07)
Q75	-0.01 (-0.13, 0.12)	-0.01 (-0.11, 0.10)

Adjusted for gender, body mass index (kg/m²), smoking status, exercise status, education status, diabetes status, prior cardiovascular disease, hypertension and baseline dietary serves per day.
* Significance at p <0.05, ** significance at p <0.01