

**Table S1.** Baseline characteristics of the participants who completed the follow-up survey versus those lost to follow-up.

|                                                                                | Completed Follow-Up ( <i>n</i> = 952) | Lost to Follow-up ( <i>n</i> = 531) | <i>P</i> trend <sup>1</sup> |
|--------------------------------------------------------------------------------|---------------------------------------|-------------------------------------|-----------------------------|
| Whole grain consumption (sometimes or always), %                               | 20.5                                  | 22.8                                | 0.30                        |
| Age (mean ± SD), years                                                         | 39.9 ± 8.6                            | 40.9 ± 10.8                         | 0.04                        |
| Females, %                                                                     | 11.7                                  | 11.7                                | 0.99                        |
| Work site (April 2012 survey), %                                               | 53.4                                  | 54.4                                | 0.69                        |
| Smoking status (current), %                                                    | 30.5                                  | 27.5                                | 0.23                        |
| Physical activity during work, housework, or commuting (≥ 20 MET-hours/day), % | 23.1                                  | 19.2                                | 0.08                        |
| Leisure-time physical activity (≥ 10 MET-hours/week), %                        | 28.2                                  | 25.1                                | 0.20                        |
| Body mass index (mean ± SD), kg/m <sup>2</sup>                                 | 22.5 ± 2.9                            | 22.7 ± 2.9                          | 0.16                        |
| Night or rotating shift work (yes), %                                          | 20.1                                  | 16.0                                | 0.05                        |
| Overtime work (≥ 30 hours/month) %                                             | 25.3                                  | 36.2                                | <0.001                      |
| Alcohol consumption (current drinker <sup>2</sup> ), %                         | 51.5                                  | 51.4                                | 0.98                        |
| Dietary nutrient and food intake (mean ± SD)                                   |                                       |                                     |                             |
| Total energy, kcal/day                                                         | 1785 ± 478                            | 1827 ± 510                          | 0.12                        |
| Carbohydrates, % energy                                                        | 55.0 ± 8.0                            | 54.9 ± 7.7                          | 0.81                        |
| Fat, % energy,                                                                 | 24.1 ± 5.5                            | 24.4 ± 5.4                          | 0.29                        |
| Protein, % energy                                                              | 13.7 ± 2.4                            | 13.9 ± 2.5                          | 0.12                        |
| Sodium, mg/1000 kcal                                                           | 2299 ± 450                            | 2310 ± 494                          | 0.66                        |
| Vegetables, g/1000 kcal                                                        | 119.5 ± 65.7                          | 118.8 ± 62.2                        | 0.84                        |
| Fruits, g/1000 kcal                                                            | 42.3 ± 47.3                           | 46.6 ± 46.4                         | 0.09                        |
| Pulses, g/1000 kcal                                                            | 25.7 ± 19.6                           | 23.3 ± 18.1                         | 0.02                        |
| Meat, g/1000 kcal                                                              | 39.6 ± 17.9                           | 40.2 ± 17.9                         | 0.52                        |

|                          |              |              |      |
|--------------------------|--------------|--------------|------|
| Dairy, g/1000 kcal       | 51.1 ± 50.6  | 55.6 ± 48.7  | 0.10 |
| Soft drinks, g/1000 kcal | 45.6 ± 69.3  | 42.2 ± 63.1  | 0.35 |
| Rice, g/1000 kcal        | 184.1 ± 65.8 | 184.3 ± 71.0 | 0.95 |
| Bread, g/1000 kcal       | 21.8 ± 17.9  | 21.3 ± 16.9  | 0.56 |
| Noodles, g/1000 kcal     | 43.4 ± 29.6  | 43.8 ± 29.2  | 0.83 |

---

Abbreviations: MET, metabolic equivalents. <sup>1</sup>The independent t test was used to compare continuous variables and the chi-square test to compare categorical variables. <sup>2</sup>Alcohol consumption at least one day per week.

**Table S2.** Odds ratios and 95% confidence intervals for developing hypertension according to the maintenance of a low/high frequency of whole grain intake over the 3-year study period.

|                                   | Maintenance of Low Intake |             | Maintenance of High Intake |             |
|-----------------------------------|---------------------------|-------------|----------------------------|-------------|
|                                   | Frequency                 |             | Frequency                  |             |
| Participants ( <i>n</i> )         | 401                       |             | 112                        |             |
| Cases ( <i>n</i> )                | 42                        |             | 4                          |             |
| OR (95% CI), Model 1 <sup>1</sup> | 1.00                      | (Reference) | 0.32                       | (0.11–0.92) |
| OR (95% CI), Model 2 <sup>2</sup> | 1.00                      | (Reference) | 0.20                       | (0.05–0.73) |

Abbreviations: CI, confidence interval; OR, odds ratio. <sup>1</sup>Model 1 adjusted for age (continuous), sex, and work site (survey conducted in April 2012 vs. May 2013). <sup>2</sup>Model 2 additionally adjusted for smoking (never-smoker, former smoker, current smoker of <20 cigarettes/day, or current smoker of ≥20 cigarettes/day), alcohol consumption (non-drinker, current drinker of 1–3 days/month, current drinker of <1, 1 to <2, or ≥2 servings (23 g ethanol)/day), physical activity during work, housework, or commuting (<3, 3 to <7, 7 to <20, or ≥20 metabolic equivalents (MET)-hours/day), physical activity during leisure time (0, >0 to <3, 3 to <10, or ≥10 MET-hours/week), body mass index (kg/m<sup>2</sup>), night or rotating shift work (yes/no), overtime work (<10, 10 to <30, or ≥30 hours/month), total energy intake (kcal/day), and nutrient/food intakes (sodium, vegetables, fruits, pulses, meats, dairy, soft drinks, rice, bread, and noodles) expressed as energy densities.