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Table S1. Scoring of plant-based diet indices.

| Types | Food | Frequency | PDI | hPDI | uPDI |
|------------------------------------|-----------------------------|-----------------|-----|------|------|
| Healthful plant-based food | Whole grain | Yes | 5 | 5 | 1 |
| | | No | 1 | 1 | 5 |
| | Vegetable oil | Yes | 5 | 5 | 1 |
| | | No | 1 | 1 | 5 |
| | Fresh fruit | Almost everyday | 5 | 5 | 1 |
| | | Except winter | 4 | 4 | 2 |
| | | Occasionally | 2 | 2 | 4 |
| | | Rarely or never | 1 | 1 | 5 |
| | Vegetable | Almost everyday | 5 | 5 | 1 |
| | | Except winter | 4 | 4 | 2 |
| | | Occasionally | 2 | 2 | 4 |
| | | Rarely or never | 1 | 1 | 5 |
| | Legume | Almost everyday | 5 | 5 | 1 |
| | | ≥1 time/week | 4 | 4 | 2 |
| | | ≥1 time/month | 3 | 3 | 3 |
| | | Occasionally | 2 | 2 | 4 |
| | | Rarely or never | 1 | 1 | 5 |
| | Garlic | Almost everyday | 5 | 5 | 1 |
| | | ≥1 time/week | 4 | 4 | 2 |
| | | ≥1 time/month | 3 | 3 | 3 |
| | | Occasionally | 2 | 2 | 4 |
| | | Rarely or never | 1 | 1 | 5 |
| | Nut products | Almost everyday | 5 | 5 | 1 |
| | | ≥1 time/week | 4 | 4 | 2 |
| | | ≥1 time/month | 3 | 3 | 3 |
| | | Occasionally | 2 | 2 | 4 |
| | | Rarely or never | 1 | 1 | 5 |
| | Tea | Almost everyday | 5 | 5 | 1 |
| | | ≥1 time/week | 4 | 4 | 2 |
| | | ≥1 time/month | 3 | 3 | 3 |
| | | Occasionally | 2 | 2 | 4 |
| | | Rarely or never | 1 | 1 | 5 |
| Unhealthful plant-based food | Refined grain | Yes | 5 | 1 | 5 |
| | | No | 1 | 5 | 1 |
| | Salt-preserved vegetable | Almost everyday | 5 | 1 | 5 |
| | | ≥1 time/week | 4 | 2 | 4 |
| | | ≥1 time/month | 3 | 3 | 3 |
| | | Occasionally | 2 | 4 | 2 |
| | | Rarely or never | 1 | 5 | 1 |
| | Sugar | Almost everyday | 5 | 1 | 5 |
| | | ≥1 time/week | 4 | 2 | 4 |
| | | ≥1 time/month | 3 | 3 | 3 |
| | | Occasionally | 2 | 4 | 2 |
| | | Rarely or never | 1 | 5 | 1 |

| | | | |
|-------------------|---------------|-----------------|---|
| Animal-based food | Animal fat | Yes | 1 |
| | | No | 5 |
| | Meat | Almost everyday | 1 |
| | | ≥1 time/week | 2 |
| | | ≥1 time/month | 3 |
| | | Occasionally | 4 |
| | | Rarely or never | 5 |
| | Fish | Almost everyday | 1 |
| | | ≥1 time/week | 2 |
| | | ≥1 time/month | 3 |
| | | Occasionally | 4 |
| | | Rarely or never | 5 |
| | Egg | Almost everyday | 1 |
| | | ≥1 time/week | 2 |
| | | ≥1 time/month | 3 |
| | | Occasionally | 4 |
| | | Rarely or never | 5 |
| | Milk products | Almost everyday | 1 |
| | | ≥1 time/week | 2 |
| | | ≥1 time/month | 3 |
| | | Occasionally | 4 |
| | | Rarely or never | 5 |

Table S2. Scoring of frailty index.

| | Variables | Values |
|------------------------|---|--|
| Basic situation | 1. self-reported health | very good=0; good=0.25; so so=0.5; bad=0.75; very bad=1 |
| | 2. feel fearful or anxious | never=0; seldom=0.25; sometimes=0.5; often=0.75; always=1; |
| | 3. feel useless with age | never=0; seldom=0.25; sometimes=0.5; often=0.75; always=1; |
| | 4. look on the bright side of things | always=0; often=0.25; sometimes=0.5; seldom=0.75; never=1; |
| | 5. keep my belongings neat and clean | always=0; often=0.25; sometimes=0.5; seldom=0.75; never=1; |
| | 6. make own decision | always=0; often=0.25; sometimes=0.5; seldom=0.75; never=1; |
| | 7. the health of interviewee rated by interviewer | surprisingly healthy=0; relatively healthy=0.33; moderately ill=0.67; very ill=1 |
| Basic ability | 8. bathing | without assistance=0; one part assistance=0.5; more than one part assistance=1 |
| | 9. dressing | without assistance=0; one part assistance=0.5; more than one part assistance=1 |
| | 10. toileting | without assistance=0; some assistance=0.5; don't use toilet=1 |
| | 11. indoor transferring | without assistance=0; with assistance=0.5; bedridden=1 |
| | 12. continence | without assistance=0; occasional accidents=0.5; incontinent=1 |
| | 13. feeding | without assistance=0; with some help=0.5; need feeding=1 |
| | 14. do you do house work at present? | almost everyday=0; ≥ 1 / week=0.25; ≥ 1 /month & < 1 /week=0.5; < 1 /month=0.75; never=1 |
| | 15. visual function | can see and distinguish=0; can see only=0.33; can't see=0.67; blind=1 |
| | 16. was interviewee able to hear? | yes, without hearing aid=0; yes, but needs hearing aid=0.33; partly, despite hearing aid=0.67; no=1 |
| | 17. heart rate | < 80 =0; ≥ 80 =1 |
| | 18. hand behind neck | both hands=0; right hand=0.5; left hand=0.5; neither hand=1 |
| | 19. hand behind lower back | both hands=0; right hand=0.5; left |

| | | |
|-----------------|--|--|
| | | hand=0.5; neither hand=1 |
| | 20. able to stand up from sitting in a chair? | yes, without using hands=0; yes, using hands=0.5; no=1 |
| | 21. able to pick up a book from the floor? | yes, standing=0; yes, sitting=0.5; no=1 |
| | 22. able to use chopsticks to eat? | yes=0; no=1 |
| | 23. steps used to turn around 360 with help? | ≤4=0; >4=0.5; cannot turn around=1 |
| Medical history | 24. Number of times suffering from serious illness within the past two years | 0=0; 1=1; >1=2 |
| | 25. suffering from hypertension? | no=0; yes=1 |
| | 26. suffering from diabetes? | no=0; yes=1 |
| | 27. suffering from diabetes? | no=0; yes=1 |
| | 28. suffering from stroke or cvd? | no=0; yes=1 |
| | 29. suffering from bronchitis, emphysema, pneumonia, asthma? | no=0; yes=1 |
| | 30. suffering from tuberculosis? | no=0; yes=1 |
| | 31. suffering from cancer? | no=0; yes=1 |
| | 32. suffering from gastric or duodenal ulcer? | no=0; yes=1 |
| | 33. suffering from parkinson's disease? | no=0; yes=1 |
| | 34. suffering from bedsore? | no=0; yes=1 |
| | 35. suffering from dementia? | no=0; yes=1 |

Table S3. Baseline characteristics of participants by sex.

| Characteristics | N | Sex | | χ^2 | P |
|----------------------|------------|------------|------------|----------|---------|
| | | Male | Female | | |
| Age(years) | 2883(100) | 80(10) | 82(11) | 24.30 | < 0.001 |
| Resdic | | | | 0.89 | 0.35 |
| Urban | 361(12.5) | 186(51.5) | 175(48.5) | | |
| Town | 2522(87.5) | 1366(54.2) | 1156(45.8) | | |
| Economic situation | | | | 1.96 | 0.18 |
| Wealthy | 483(16.8) | 274(56.7) | 209(43.3) | | |
| Not wealthy | 2400(83.2) | 1278(53.2) | 1122(46.8) | | |
| Cohabitation status | | | | 15.97 | < 0.001 |
| Solitude | 544(18.9) | 251(46.1) | 293(53.9) | | |
| Not living alone | 2339(81.1) | 1301(55.6) | 1038(44.4) | | |
| Marital status | | | | 222.92 | < 0.001 |
| Married/cohabitating | 1306(45.3) | 902(69.1) | 404(30.9) | | |
| Others | 1577(54.7) | 650(41.2) | 927(58.8) | | |
| Smoking status | | | | 899.56 | < 0.001 |
| never | 1718(59.6) | 531(30.9) | 1187(69.1) | | |
| former | 429(14.9) | 370(86.2) | 59(13.8) | | |
| now | 736(25.5) | 651(88.5) | 85(11.5) | | |
| Alcohol consumption | | | | 518.61 | < 0.001 |
| never | 1813(62.9) | 682(37.6) | 1131(62.4) | | |
| former | 357(12.4) | 280(78.4) | 77(21.6) | | |
| now | 713(24.7) | 590(82.7) | 123(17.3) | | |
| Physical exercise | | | | 37.84 | < 0.001 |
| never | 1611(55.9) | 787(48.9) | 824(51.1) | | |
| former | 255(8.8) | 145(56.9) | 110(43.1) | | |
| now | 1017(35.3) | 620(61.0) | 397(39.0) | | |
| BMI(kg/m2) | | | | 37.61 | < 0.001 |
| low | 696(24.1) | 313(45.0) | 383(55.0) | | |
| nomal | 1749(60.7) | 1004(57.4) | 745(42.6) | | |
| overweight | 355(12.3) | 201(56.6) | 154(43.4) | | |
| Obesity | 83(2.9) | 34(41.0) | 49(59.0) | | |