

Table S1. The classifications of covariates.

Covariates	Classifications
Gender	Male; Female
Age (year)	18-39; 40-59; ≥60
Educational level	Below high school; High school; Above high school
Marital status	Married/living with partner; Widowed/divorced/separated/ Never married/
Poverty-income ratio	≤0.99; and ≥1
Race	Mexican American; Other Hispanic; Non-Hispanic White; Non-Hispanic Black; Other race
Body mass index (BMI)	≤25 kg/m ² ; 25 to <30 kg/m ² ; ≥30 kg/m ²
Smoked at least 100 cigarettes in life	No; Yes
Had at least 12 alcohol drinks/year	No; Yes
Occupational physical activity	Vigorous; Moderate; Other
Recreational physical activity	Vigorous; Moderate; Other
Hypertension ^a	No; Yes
Diabetes ^b	No; Yes
Stroke ^c	No; Yes
Total energy intake (kcal/d) ^d	Continuous

^a Systolic blood pressure (SBP) ≥130 mm Hg, or diastolic blood pressure (DBP) ≥80 mm Hg, or currently taking antihypertensive drugs were hypertensive patients. ^b Diabetes was defined as self-reported physician diagnosis or taking insulin, or anti-diabetic pills. ^c Stroke was defined as self-reported physician diagnosis of stroke. ^d Total energy intake of each participant was the average of two 24-hour dietary energy intake.