

Table S1. Mean and standard deviations (SDs) of transformed Energy and main nutrients intake

	non/low consumption group (n=949)	medium consumption group (n=945)	high consumption group (n=948)	F	p
Energy, kcal/d	-0.079(1.041)	0.007(1.011)	0.071(0.939)	10.650	0.001
Protein, g/d	-0.074(1.058)	0.021(1.014)	0.052(0.918)	7.595	0.006
Fat, g/d	-0.078(1.049)	0.048(1.016)	0.030(0.926)	5.540	0.019
Carbohydrate, g/d	-0.066(1.055)	0.063(0.995)	0.002(0.942)	2.283	0.131
Cholesterol, mg/d	-0.063(1.066)	-0.033(0.975)	0.096(0.947)	12.005	0.001
Dietary fiber, g/d	-0.006(1.048)	0.017(0.976)	-0.011(0.973)	0.013	0.911
Calcium, mg/d	-0.128(1.023)	0.061(0.982)	0.067(0.982)	18.141	<0.001
Iron, mg/d	0.067(0.971)	0.026(0.996)	-0.094(1.024)	12.434	<0.001
Phosphorus, mg/d	-0.052(1.048)	0.047(0.991)	0.005(0.955)	1.571	0.210
Potassium, mg/d	-0.044(1.034)	0.033(0.997)	0.012(0.966)	1.494	0.222
Sodium, mg/d	-0.012(1.041)	0.035(0.969)	-0.023(0.987)	0.051	0.821
Vitamin A, mg/d	0.004(1.051)	0.037(0.954)	-0.042(0.990)	1.057	0.304
Carotene, mg/d	0.134(1.019)	-0.003(0.965)	-0.131(0.997)	33.609	<0.001
Thiamine, mg/d	0.046(1.061)	-0.001(0.980)	-0.046(0.954)	4.087	0.053
Riboflavin, mg/d	-0.089(1.039)	0.068(0.984)	0.020(0.969)	5.636	0.018
Niacin, mg/d	0.026(1.010)	0.016(0.983)	-0.043(1.006)	2.317	0.128
Vitamin C, mg/d	0.050(1.041)	0.035(0.958)	-0.085(0.993)	8.701	0.003
Vitamin E, mg/d	0.055(1.040)	0.055(0.982)	-0.111(0.967)	13.174	0.001
Folic acid, mg/d	0.071(1.051)	-0.004(0.962)	-0.036(0.901)	5.844	0.016
Overall				16.423	<0.001

One-way multivariate analysis of variance revealed significant differences between the groups (Wilks' Lambda=0.8998, F=16.422, $p<0.001$) in table S1. These differences were statistically significant in energy(F=10.650, $p=0.001$), protein(F=7.594, $p=0.006$), fat(F=5.540, $p=0.018$), cholesterol(F=12.004, $p=0.001$), calcium(F=18.141, $p<0.001$), iron(F=12.434, $p=0.001$), carotene(F=33.608, $p<0.001$), thiamine(F=4.087, $p=0.043$), riboflavin(F=5.635, $p=0.018$), vitamin C(F=8.701, $p=0.003$), vitamin E(F=13.174, $p=0.001$) and Folic acid(F=5.844, $p=0.016$).