

Supplemental Figure 1—Flow chart showing selection of study participants from TMCHC study.

Supplemental Figure 2—Scree plot for identification of dietary patterns by principal component analysis.

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| Supplemental Table 3—Distributions of maternal characteristics by dietary pattern score quartiles in 2,755 pregnant women in Tongji Maternal and Child Health Cohort study\*. | | | | | | | | | | | | | | | | |
|  | All participants |  | Beans-vegetables | |  | Nuts-whole grains | |  | Organ-poultry-seafood | |  | Fish-meat-eggs | |  | Rice-wheat-fruits | |
| Characteristics | n (%) |  | Q1 | Q4 |  | Q1 | Q4 |  | Q1 | Q4 |  | Q1 | Q4 |  | Q1 | Q4 |
| n | 2,755 |  | 689 | 688 |  | 688 | 689 |  | 688 | 688 |  | 689 | 689 |  | 689 | 689 |
| Age at enrollment (y) | 28.2±3.5 |  | 28.0±3.7 | 28.6±3.3 |  | 28.0±3.5 | 28.8±3.7 |  | 28.1±3.6 | 28.4±3.2 |  | 27.8±3.3 | 28.2±3.7 |  | 28.6±3.5 | 27.5±3.5 |
| *P* for trend |  |  | 0.001 |  |  | <0.001 |  |  | 0.025 |  |  | 0.010 |  |  | <0.001 |  |
| Pre-pregnancy BMI (kg/m²) | 20.8±2.6 |  | 20.8±2.7 | 20.8±2.6 |  | 21.0±2.6 | 20.8±2.7 |  | 21.0±2.7 | 20.6±2.6 |  | 21.0±2.8 | 20.8±2.6 |  | 21.2±2.8 | 20.5±2.5 |
| *P* for trend |  |  | 0.738 |  |  | 0.274 |  |  | 0.005 |  |  | 0.161 |  |  | <0.001 |  |
| GWGO (kg) | 7.4±3.8 |  | 7.5±4.0 | 7.4±3.7 |  | 7.1±3.8 | 7.8±3.8 |  | 7.4±3.8 | 7.6±3.6 |  | 6.9±3.9 | 7.8±3.8 |  | 7.3±3.8 | 7.3±3.7 |
| *P* for trend |  |  | 0.663 |  |  | 0.001 |  |  | 0.426 |  |  | <0.001 |  |  | 0.734 |  |
| Physical activity (MET-h/wk)\*\* | 30.4±21.2 |  | 30.4±22.2 | 31.1±20.7 |  | 31.2±21.1 | 30.7±20.1 |  | 29.9±21.9 | 30.8±21.2 |  | 30.3±21.4 | 30.1±21.5 |  | 30.8±21.1 | 31.3±22.7 |
| *P* for trend |  |  | 0.387 |  |  | 0.203 |  |  | 0.120 |  |  | 0.919 |  |  | 0.164 |  |
| Age at enrollment (y) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 17-24 | 311 (11.3) |  | 96 (13.9) | 54 (7.9) |  | 89 (13.0) | 55 (8.0) |  | 87 (12.7) | 50 (7.3) |  | 93 (13.5) | 90 (13.1) |  | 56 (8.1) | 119 (17.3) |
| 25-29 | 1641 (59.6) |  | 402 (58.3) | 409 (59.4) |  | 409 (59.4) | 408 (59.2) |  | 401 (58.3) | 426 (61.9) |  | 428 (62.1) | 398 (57.7) |  | 397 (57.6) | 428 (62.1) |
| 30-35 | 691 (25.1) |  | 156 (22.6) | 200 (29.1) |  | 165 (24.0) | 185 (26.8) |  | 173 (25.1) | 188 (27.3) |  | 147 (21.3) | 171 (24.8) |  | 204 (29.6) | 121 (17.6) |
| 36-45 | 112 (4.0) |  | 35 (5.2) | 25 (3.6) |  | 25 (3.6) | 41 (6.0) |  | 27 (3.9) | 24 (3.5) |  | 21 (3.0) | 30 (4.4) |  | 32 (4.6) | 21 (3.0) |
| *P* for trend | — |  | 0.011 |  |  | <0.001 |  |  | 0.018 |  |  | 0.034 |  |  | <0.001 |  |
| Ethnicity |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Han Chinese | 2682 (97.4) |  | 676 (98.1) | 665 (96.7) |  | 672 (97.7) | 675 (98.0) |  | 664 (96.5) | 674 (98.0) |  | 672 (97.5) | 669 (97.1) |  | 673 (97.7) | 675 (98.0) |
| Others | 73 (2.6) |  | 13 (1.9) | 23 (3.3) |  | 16 (2.3) | 14 (2.0) |  | 24 (3.5) | 14 (2.0) |  | 17 (2.5) | 20 (2.9) |  | 16 (2.3) | 14 (2.0) |
| *P* for trend | — |  | 0.063 |  |  | 0.630 |  |  | 0.152 |  |  | 0.561 |  |  | 0.632 |  |
| Education level (schooling years) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ≤9 | 79 (2.9) |  | 36 (5.2) | 14 (2.0) |  | 36 (5.2) | 12 (1.7) |  | 25 (3.6) | 5 (0.7) |  | 22 (3.2) | 23 (3.3) |  | 17 (2.5) | 22 (3.2) |
| 10-12 | 317 (11.5) |  | 100 (14.5) | 62 (9.0) |  | 116 (16.9) | 53 (7.7) |  | 106 (15.4) | 54 (7.8) |  | 88 (12.8) | 91 (13.2) |  | 86 (12.5) | 103 (15.0) |
| 13-15 | 710 (25.7) |  | 189 (27.4) | 160 (23.3) |  | 193 (28.1) | 143 (20.8) |  | 179 (26.0) | 171 (24.9) |  | 204 (29.6) | 160 (23.2) |  | 153 (22.2) | 216 (31.3) |
| ≥16 | 1589 (57.7) |  | 341 (49.5) | 444 (64.5) |  | 334 (48.5) | 463 (67.2) |  | 365 (53.1) | 445 (64.7) |  | 358 (52.0) | 400 (58.1) |  | 423 (61.4) | 332 (48.2) |
| Missing | 60 (2.2) |  | 23 (3.4) | 8 (1.2) |  | 9 (1.3) | 18 (2.6) |  | 13 (1.9) | 13 (1.9) |  | 17 (2.5) | 15 (2.2) |  | 10 (1.4) | 16 (2.3) |
| *P* for trend | — |  | <0.001 |  |  | <0.001 |  |  | <0.001 |  |  | 0.360 |  |  | 0.004 |  |
| Average personal income (CNY†) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ≤1000 | 10 (0.4) |  | 2 (0.3) | 4 (0.6) |  | 3 (0.4) | 2 (0.3) |  | 3 (0.4) | 4 (0.6) |  | 5 (0.7) | 1 (0.1) |  | 2 (0.3) | 4 (0.6) |
| 1001-2999 | 174 (6.3) |  | 50 (7.3) | 34 (4.9) |  | 59 (8.6) | 37 (5.4) |  | 49 (7.1) | 42 (6.1) |  | 51 (7.4) | 41 (6.0) |  | 41 (6.0) | 43 (6.2) |
| 3000-4999 | 853 (31.0) |  | 239 (34.7) | 179 (26.0) |  | 223 (32.4) | 196 (28.4) |  | 224 (32.6) | 209 (30.4) |  | 222 (32.2) | 214 (31.1) |  | 202 (29.3) | 240 (34.8) |
| 5000-9999 | 1155 (41.9) |  | 282 (40.9) | 306 (44.5) |  | 269 (39.1) | 306 (44.4) |  | 291 (42.3) | 263 (38.2) |  | 290 (42.1) | 292 (42.4) |  | 310 (45.0) | 269 (39.0) |
| ≥10000 | 512 (18.6) |  | 98 (14.2) | 158 (23.0) |  | 121 (17.6) | 133 (19.3) |  | 105 (15.3) | 159 (23.1) |  | 109 (15.8) | 130 (18.9) |  | 124 (18.0) | 120 (17.4) |
| Missing | 51 (1.8) |  | 18 (2.6) | 7 (1.0) |  | 13 (1.9) | 15 (2.2) |  | 16 (2.3) | 11 (1.6) |  | 12 (1.7) | 11 (1.6) |  | 10 (1.5) | 13 (1.9) |
| *P* for trend | — |  | <0.001 |  |  | 0.003 |  |  | 0.072 |  |  | 0.082 |  |  | 0.244 |  |
| Family history of diabetes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yes | 236 (8.6) |  | 64 (9.3) | 57 (8.3) |  | 51 (7.4) | 70 (10.2) |  | 73 (10.6) | 68 (9.9) |  | 62 (9.0) | 75 (10.9) |  | 80 (11.6) | 40 (5.8) |
| No | 2467 (89.5) |  | 607 (88.1) | 621 (90.2) |  | 624 (90.7) | 608 (88.2) |  | 601 (87.4) | 609 (88.5) |  | 609 (88.4) | 604 (87.6) |  | 597 (86.7) | 633 (91.9) |
| Missing | 52 (1.9) |  | 18 (2.6) | 10 (1.5) |  | 13 (1.9) | 11 (1.6) |  | 14 (2.0) | 11 (1.6) |  | 18 (2.6) | 10 (1.5) |  | 12 (1.7) | 16 (2.3) |
| *P* for trend | — |  | 0.999 |  |  | 0.047 |  |  | 0.748 |  |  | 0.076 |  |  | <0.001 |  |
| Family history of obesity |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yes | 47 (1.7) |  | 8 (1.2) | 15 (2.2) |  | 15 (2.2) | 12 (1.7) |  | 12 (1.7) | 8 (1.2) |  | 12 (1.7) | 8 (1.2) |  | 17 (2.5) | 9 (1.3) |
| No | 2641 (95.9) |  | 654 (94.9) | 663 (96.3) |  | 656 (95.3) | 663 (96.3) |  | 653 (94.9) | 668 (97.1) |  | 659 (95.6) | 664 (96.4) |  | 654 (94.9) | 658 (95.5) |
| Missing | 67 (2.4) |  | 27 (3.9) | 10 (1.5) |  | 17 (2.5) | 14 (2.0) |  | 23 (3.3) | 12 (1.7) |  | 18 (2.6) | 17 (2.5) |  | 18 (2.6) | 22 (3.2) |
| *P* for trend | — |  | 0.001 |  |  | 0.801 |  |  | 0.180 |  |  | 0.738 |  |  | 0.132 |  |
| History of hypertension |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yes | 3 (0.1) |  | 0 (0) | 2 (0.3) |  | 0 (0) | 2 (0.3) |  | 0 (0) | 1 (0.1) |  | 0 (0) | 0 (0) |  | 0 (0) | 0 (0) |
| No | 2752 (99.9) |  | 689 (100) | 686 (99.7) |  | 688 (100) | 687 (99.7) |  | 688 (100) | 687 (99.9) |  | 689 (100) | 689 (100) |  | 689 (100) | 689 (100) |
| *P* for trend | — |  | 0.196 |  |  | 0.071 |  |  | 0.438 |  |  | 0.796 |  |  | 0.796 |  |
| Smoking |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yes | 449 (16.3) |  | 139 (20.2) | 94 (13.7) |  | 134 (19.5) | 94 (13.6) |  | 117 (17.0) | 114 (16.6) |  | 132 (19.2) | 109 (15.8) |  | 118 (17.1) | 122 (17.7) |
| No | 2306 (83.7) |  | 550 (79.8) | 594 (86.3) |  | 554 (80.5) | 595 (86.4) |  | 571 (83.0) | 574 (83.4) |  | 557 (80.8) | 580 (84.2) |  | 571 (82.9) | 567 (82.3) |
| *P* for trend | — |  | 0.014 |  |  | 0.006 |  |  | 0.875 |  |  | 0.101 |  |  | 0.536 |  |
| Alcohol |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yes | 409 (14.8) |  | 96 (13.9) | 96 (14.0) |  | 112 (16.3) | 79 (11.5) |  | 85 (12.4) | 112 (16.3) |  | 119 (17.3) | 94 (13.6) |  | 104 (15.1) | 94 (13.6) |
| No | 2346 (85.2) |  | 593 (86.1) | 592 (86.0) |  | 576 (83.7) | 610 (88.5) |  | 603 (87.6) | 576 (83.7) |  | 570 (82.7) | 595 (86.4) |  | 585 (84.9) | 595 (86.4) |
| *P* for trend | — |  | 0.547 |  |  | 0.007 |  |  | 0.029 |  |  | 0.052 |  |  | 0.612 |  |
| Parity‡ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 0 | 2331 (84.6) |  | 596 (86.5) | 561 (81.5) |  | 549 (79.8) | 605 (87.8) |  | 582 (84.6) | 577 (83.9) |  | 594 (86.2) | 574 (83.3) |  | 574 (83.3) | 602 (87.4) |
| ≥1 | 424 (15.4) |  | 93 (13.5) | 127 (18.5) |  | 139 (20.2) | 84 (12.2) |  | 106 (15.4) | 111 (16.1) |  | 95 (13.8) | 115 (16.7) |  | 115 (16.7) | 87 (12.6) |
| *P* for trend | — |  | 0.009 |  |  | <0.001 |  |  | 0.323 |  |  | 0.053 |  |  | 0.042 |  |
| Pre-pregnancy BMI (kg/m²) | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <18.5 | 523 (19.0) |  | 139 (20.2) | 121 (17.6) |  | 118 (17.2) | 135 (19.6) |  | 118 (17.2) | 145 (21.1) |  | 128 (18.6) | 127 (18.4) |  | 106 (15.4) | 169 (24.5) |
| 18.5-23.9 | 1920 (69.7) |  | 468 (67.9) | 493 (71.6) |  | 490 (71.2) | 464 (67.3) |  | 475 (69.0) | 483 (70.2) |  | 469 (68.1) | 481 (69.8) |  | 484 (70.2) | 450 (65.3) |
| 24.0-27.9 | 271 (9.8) |  | 69 (10.0) | 63 (9.2) |  | 69 (10.0) | 81 (11.8) |  | 87 (12.6) | 53 (7.7) |  | 81 (11.8) | 69 (10.0) |  | 81 (11.8) | 67 (9.7) |
| ≥28.0 | 41 (1.5) |  | 13 (1.9) | 11 (1.6) |  | 11 (1.6) | 9 (1.3) |  | 8 (1.2) | 7 (1.0) |  | 11 (1.6) | 12 (1.7) |  | 18 (2.6) | 3 (0.4) |
| *P* for trend | — |  | 0.433 |  |  | 0.452 |  |  | 0.008 |  |  | 0.772 |  |  | <0.001 |  |
| GWGO, gestational weight gain before GDM diagnosis. Q, quartile. | | | | | | | | | | | | | | | | |
| \*Values are means ± SDs unless otherwise indicated. *P* for trend was assessed by modeling the median value of the quartiles in the linear regression analysis (continuous) or with the use of the Mantel-Haenszel chi-square | | | | | | | | | | | | | | | | |
| test for linear trends (categorical). | | | | | | | | | | | | | | | | |
| \*\*MET hours/week was calculated using the duration per week of various forms of exercise , weighting each activity by its intensity level.  duration per week of various forms of exercise, weighting each activity by its intensity level. | | | | | | | | | | | | | | | | |
| †Chinese Yuan, 1 CNY ≈ 0.16 US Dollars. | | | | | | | | | | | | | | | | |
| ‡Value 0 means never given birth before, etc. | | | | | | | | | | | | | | | | |

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| Supplemental Table 4—Adjusted ORs (95% CI) for two dietary pattern scoresassociated with GDM in subgroups\*. | | | | | | | | | |
| Groups | GDM |  | Quartiles of dietary pattern scores | | | | *P* for trend | Per SD increase | *P* value |
| n (%) |  | Q1 | Q2 | Q3 | Q4 |
| Fish-meat-eggs |  |  |  |  |  |  |  |  |  |
| All participants | 248 (9.0) |  | 1 | 1.22 (0.80, 1.88) | 1.25 (0.81, 1.92) | 1.83 (1.21, 2.79) | 0.007 | 1.32 (1.12, 1.54) | 0.001 |
| Pre-pregnancy BMI |  |  |  |  |  |  |  |  |  |
| <18.5 | 31 (5.9) |  | 1 | 0.99 (0.34, 2.89) | 0.58 (0.17, 2.01) | 0.95 (0.29, 3.14) | 0.727 | 1.04 (0.68, 1.61) | 0.850 |
| 18.5-23.9 | 159 (8.3) |  | 1 | 1.26 (0.73, 2.16) | 1.27 (0.74, 2.17) | 2.02 (1.19, 3.42) | 0.012 | 1.33 (1.09, 1.62) | 0.005 |
| ≥24.0 | 58 (18.6) |  | 1 | 1.18 (0.41, 3.43) | 2.22 (0.79, 6.21) | 2.84 (1.03, 7.80) | 0.021 | 1.62 (1.12, 2.34) | 0.010 |
| Family history of diabetes |  |  |  |  |  |  |  |  |  |
| Yes | 39 (16.5) |  | 1 | 1.97 (0.55, 7.10) | 0.72 (0.17, 3.10) | 3.38 (1.05, 10.90) | 0.068 | 1.73 (1.11, 2.69) | 0.015 |
| No | 201 (8.1) |  | 1 | 1.16 (0.73, 1.84) | 1.34 (0.85, 2.12) | 1.68 (1.06, 2.66) | 0.023 | 1.27 (1.07, 1.51) | 0.005 |
| Rice-wheat-fruits |  |  |  |  |  |  |  |  |  |
| All participants | 248 (9.0) |  | 1 | 0.87 (0.60, 1.26) | 0.54 (0.36, 0.83) | 0.72 (0.48, 1.08) | 0.010 | 0.78 (0.68, 0.88) | <0.001 |
| Pre-pregnancy BMI |  |  |  |  |  |  |  |  |  |
| <18.5 | 31 (5.9) |  | 1 | 0.90 (0.30, 2.66) | 0.75 (0.23, 2.47) | 0.35 (0.10, 1.20) | 0.114 | 0.49 (0.30, 0.82) | 0.007 |
| 18.5-23.9 | 159 (8.3) |  | 1 | 0.94 (0.60, 1.49) | 0.47 (0.27, 0.80) | 0.77 (0.46, 1.27) | 0.039 | 0.79 (0.68 0.91) | 0.002 |
| ≥24.0 | 58 (18.6) |  | 1 | 0.49 (0.18, 1.35) | 0.73 (0.29, 1.87) | 0.95 (0.36 2.53) | 0.636 | 0.88 (0.64 1.22) | 0.447 |
| Family history of diabetes |  |  |  |  |  |  |  |  |  |
| Yes | 39 (16.5) |  | 1 | 0.85 (0.27, 2.62) | 1.43 (0.49, 4.18) | 1.23 (0.37, 4.08) | 0.573 | 0.82 (0.67, 1.02) | 0.070 |
| No | 201 (8.1) |  | 1 | 0.85 (0.57, 1.27) | 0.47 (0.29, 0.75) | 0.65 (0.42, 1.00) | 0.005 | 0.74 (0.65, 0.85) | <0.001 |
| GDM, gestational diabetes mellitus. | | | | | | | | | |
| \*Logistic regression was adjusted for maternal age, ethnology, maternal education, average personal income, family history of diabetes, family history of obesity, | | | | | | | | | |
| smoking, alcohol, parity, pre-pregnancy BMI, gestational weight gain before GDM diagnosis, other dietary patterns and total energy intake. | | | | | | | | | |

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| Supplemental Table 5—Participants’ nutrient intakes according to the quartiles of two dietary pattern scores (n = 2,755). | | | | | | | | | | | |
|  |  | Fish-meat-eggs | | | |  | Rice-wheat-fruits | | | |  |
| Characteristic | Cohort | Quartile 1 | Quartile 2 | Quartile 3 | Quartile 4 | *P*-trend | Quartile 1 | Quartile 2 | Quartile 3 | Quartile 4 | *P*-trend |
| n | 2755 | 689 | 688 | 689 | 689 |  | 689 | 688 | 689 | 689 |  |
| Total energy intake (kcal) | 2021.0±546.8 | 1832.6±480.0 | 1987.9±508.4 | 2054.5±514.3 | 2208.8±608.9 | <0.001 | 1856.1±520.7 | 2064.9±559.3 | 2125.9±560.7 | 2037.1±508.4 | <0.001 |
| Carbohydrate (g/day) | 281.6±89.9 | 274.3±84.1 | 282.8±90.5 | 280.0±86.2 | 289.1±97.9 | 0.007 | 251.8±85.6 | 289.2±91.3 | 297.8±90.4 | 287.5±85.5 | <0.001 |
| Total fat (g/day) | 75.4±23.6 | 62.3±18.2 | 72.1±18.4 | 78.9±20.8 | 88.4±27.8 | <0.001 | 71.4±21.8 | 76.0±23.3 | 78.7±25.9 | 75.7±22.8 | <0.001 |
| Animal fat (g/day) | 31.5±18.5 | 19.6±13.1 | 28.1±13.8 | 34.6±15.6 | 43.5±21.5 | <0.001 | 29.2±16.9 | 31.7±18.4 | 33.4±20.3 | 31.5±18.1 | 0.006 |
| Vegetable fat (g/day) | 42.1±8.6 | 41.2±8.9 | 42.2±8.4 | 42.4±8.9 | 42.4±8.1 | 0.006 | 40.6±8.4 | 42.3±8.4 | 43.1±8.6 | 42.3±8.8 | <0.001 |
| Protein (g/day) | 61.5±21.6 | 50.7±16.9 | 59.5±19.1 | 63.8±20.6 | 72.1±23.6 | <0.001 | 57.0±21.3 | 65.9±22.9 | 64.2±21.3 | 59.1±19.8 | 0.276 |
| Animal protein (g/day) | 25.8±13.8 | 16.6±9.6 | 23.5±10.9 | 27.8±11.5 | 35.1±15.4 | <0.001 | 24.3±13.8 | 28.0±14.7 | 27.1±13.7 | 23.7±12.5 | 0.210 |
| Vegetable protein (g/day) | 35.7±12.8 | 34.1±12.1 | 35.9±12.5 | 36.0±13.4 | 36.9±13.1 | <0.001 | 32.7±12.1 | 37.9±13.1 | 37.0±13.1 | 35.4±12.4 | 0.002 |
| Calories from carbohydrate (%) | 55.5±7.4 | 59.5±6.5 | 56.3±6.8 | 54.1±6.7 | 52.0±7.6 | <0.001 | 54.0±8.0 | 55.8±7.0 | 55.9±7.2 | 56.3±7.3 | <0.001 |
| Calories from total fat (%) | 33.9±6.7 | 31.1±6.1 | 33.3±6.4 | 35.0±6.3 | 36.4±6.9 | <0.001 | 35.1±7.1 | 33.5±6.4 | 33.5±6.6 | 33.7±6.8 | 0.001 |
| Calories from animal fat (%) | 13.7±6.0 | 9.4±4.7 | 12.7±5.0 | 15.1±5.2 | 17.5±6.0 | <0.001 | 13.8±6.2 | 13.5±5.8 | 13.7±6.0 | 13.6±6.2 | 0.755 |
| Calories from vegetable fat (%) | 19.5±4.2 | 20.9±4.4 | 19.8±4.2 | 19.2±3.9 | 18.0±3.9 | <0.001 | 20.5±4.6 | 19.1±4.1 | 18.9±4.0 | 19.3±4.1 | <0.001 |
| Calories from protein (%) | 12.0±2.0 | 11.0±1.7 | 11.9±1.8 | 12.3±1.9 | 13.0±2.1 | <0.001 | 12.3±2.3 | 12.3±2.0 | 12.1±1.9 | 11.5±1.7 | <0.001 |
| Calories from animal protein (%) | 5.0±2.1 | 3.6±1.7 | 4.7±1.7 | 5.4±1.8 | 6.3±2.1 | <0.001 | 5.2±2.3 | 5.2±2.1 | 5.1±2.0 | 4.6±1.8 | <0.001 |
| Calories from vegetable protein (%) | 7.0±1.4 | 7.4±1.5 | 7.1±1.3 | 6.9±1.3 | 6.6±1.3 | <0.001 | 7.1±1.4 | 7.1±1.3 | 7.0±1.3 | 6.9±1.3 | 0.001 |
| (Total protein)/(Total carbohydrate) (%) | 22.3±6.0 | 18.8±4.3 | 21.5±5.0 | 23.3±5.3 | 25.8±6.9 | <0.001 | 23.7±7.4 | 22.6±5.6 | 22.2±5.5 | 20.9±5.1 | <0.001 |
| Total dietary fiber (g/day)\* | 14.1±4.6 | 14.8±5.2 | 14.4±4.6 | 13.8±4.4 | 13.3±4.2 | <0.001 | 13.1±5.2 | 14.6±4.6 | 14.6±4.5 | 14.1±4.1 | <0.001 |
| Dietary cholesterol (mg/day)\* | 367.8±157.6 | 267.9±151.3 | 355.4±142.5 | 405.1±132.5 | 442.6±146.8 | <0.001 | 391.0±169.7 | 371.2±149.8 | 370.6±138.9 | 338.3±165.7 | <0.001 |
| Dietary vitamin C (mg/day)\* | 164.8±83.1 | 172.9±87.0 | 167.4±89.2 | 159.4±79.1 | 159.7±75.8 | 0.001 | 139.4±80.0 | 164.1±82.8 | 171.9±83.5 | 184.0±79.8 | <0.001 |
| Dietary vitamin E (mg/day)\* | 48.5±8.3 | 51.0±8.8 | 49.2±8.2 | 48.0±7.5 | 46.1±7.6 | <0.001 | 49.8±9.2 | 48.3±8.0 | 47.9±7.8 | 48.2±7.9 | <0.001 |
| Dietary magnesium (mg/day)\* | 314.1±61.2 | 317.2±67.7 | 316.1±60.5 | 311.8±59.2 | 311.4±56.6 | 0.035 | 305.6±65.7 | 320.0±59.9 | 319.9±59.9 | 310.9±57.7 | 0.133 |
| Dietary potassium (mg/day)\* | 986.4±159.0 | 925.9±157.1 | 977.1±147.9 | 1003.6±151.0 | 1038.8±158.3 | <0.001 | 995.2±181.4 | 1003.9±154.8 | 992.5±148.7 | 953.9±144.0 | <0.001 |
| Dietary calcium (mg/day)\* | 607.9±214.3 | 574.0±223.2 | 601.9±213.0 | 620.7±206.1 | 635.1±210.3 | <0.001 | 590.9±236.0 | 610.0±208.0 | 613.7±208.8 | 617.1±202.4 | 0.024 |
| Dietary total iron (mg/day)\* | 18.1±3.4 | 18.0±3.6 | 18.2±3.6 | 18.1±3.4 | 18.1±3.1 | 0.561 | 17.9±3.8 | 18.1±3.3 | 18.1±3.3 | 18.2±3.3 | 0.120 |
| Heme (mg/day)\* | 3.3±1.5 | 2.5±1.5 | 3.2±1.6 | 3.6±1.3 | 3.9±1.4 | <0.001 | 3.4±1.7 | 3.3±1.3 | 3.4±1.5 | 3.2±1.6 | 0.060 |
| Nonheme (mg/day)\* | 14.7±3.4 | 15.4±3.6 | 14.9±3.4 | 14.5±3.2 | 14.1±3.1 | <0.001 | 14.5±3.6 | 14.8±3.3 | 14.7±3.3 | 14.9±3.2 | 0.015 |
| Rice and wheat products (g/day) | 209.0±83.1 | 203.6±80.8 | 211.7±88.3 | 207.4±76.1 | 213.3±86.4 | 0.080 | 199.1±81.5 | 208.2±83.6 | 214.0±84.3 | 214.8±82.0 | <0.001 |
| Whole grains (g/day) | 28.3±41.8 | 28.6±49.7 | 30.2±42.8 | 28.0±34.8 | 26.4±38.4 | 0.203 | 36.3±54.6 | 39.7±48.1 | 26.9±31.3 | 10.3±14.2 | <0.001 |
| Poultry meat (g/day) | 6.7±13.3 | 4.7±10.2 | 6.0±12.1 | 7.4±12.6 | 8.8±17.2 | <0.001 | 6.6±13.2 | 8.0±15.4 | 6.7±11.6 | 5.5±12.8 | 0.046 |
| Red meat (g/day) | 49.5±43.9 | 26.4±33.5 | 43.0±36.6 | 55.8±39.0 | 72.9±50.7 | <0.001 | 46.0±40.2 | 49.1±46.3 | 52.6±46.2 | 50.5±42.4 | 0.023 |
| Animal organ and blood (g/day) | 1.4±5.3 | 1.3±4.3 | 1.6±5.6 | 1.5±4.4 | 1.4±6.7 | 0.693 | 1.0±4.8 | 1.1±3.5 | 1.6±6.9 | 1.9±5.6 | <0.001 |
| Freshwater fishes(g/day) | 27.9±33.6 | 12.6±19.6 | 23.0±23.5 | 27.5±27.9 | 48.6±46.0 | <0.001 | 28.6±35.8 | 31.2±34.8 | 31.2±35.5 | 20.7±26.3 | <0.001 |
| Seafood (g/day) | 7.9±16.7 | 7.9±17.3 | 7.7±15.3 | 8.2±18.1 | 7.8±15.9 | 0.913 | 7.6±16.0 | 10.1±20.0 | 8.6±17.3 | 5.3±12.3 | 0.003 |
| Eggs (g/day) | 41.3±24.3 | 26.7±22.5 | 40.1±23.1 | 46.1±19.3 | 52.2±24.6 | <0.001 | 41.4±24.1 | 41.9±22.8 | 43.3±22.0 | 38.5±27.9 | 0.082 |
| Beans and bean products(g/day)† | 14.4±18.1 | 12.5±15.4 | 14.2±15.4 | 15.6±20.6 | 15.3±20.2 | 0.001 | 15.3±19.8 | 16.6±18.5 | 15.0±17.5 | 10.8±16.0 | <0.001 |
| Leafy and cruciferous vegetables (g/day) | 181.9±145.2 | 154.7±136.3 | 181.6±154.4 | 186.6±144.1 | 204.5±141.2 | <0.001 | 158.6±132.8 | 181.4±146.0 | 189.7±152.5 | 197.8±145.9 | <0.001 |
| Root vegetables (g/day) | 58.0±66.6 | 61.5±70.2 | 58.2±64.3 | 54.5±63.0 | 58.0±68.7 | 0.212 | 46.3±60.3 | 59.6±68.8 | 64.3±67.2 | 62.0±68.5 | <0.001 |
| Melon and solanaceous vegetables (g/day) | 109.3±125.4 | 100.5±133.0 | 104.6±115.7 | 107.7±122.9 | 124.5±128.4 | <0.001 | 96.3±121.8 | 107.9±118.4 | 113.7±125.7 | 119.5±134.3 | <0.001 |
| Mushrooms and algae (g/day) | 7.8±18.2 | 8.2±20.0 | 8.4±18.4 | 8.1±18.4 | 6.4±15.4 | 0.069 | 7.2±18.6 | 9.5±20.6 | 7.8±15.6 | 6.7±17.4 | 0.301 |
| Total vegetables (g/day) | 357.0±241.6 | 324.9±238.5 | 352.9±237.9 | 356.9±246.6 | 393.5±238.8 | <0.001 | 308.4±223.3 | 358.3±241.8 | 375.5±248.3 | 386.0±245.3 | <0.001 |
| Fruits (g/day) | 412.1±278.5 | 423.9±274.2 | 409.8±264.6 | 397.3±237.9 | 417.4±329.2 | 0.497 | 263.2±213.8 | 424.0±292.0 | 478.1±289.3 | 483.2±253.2 | <0.001 |
| Nuts (g/day) | 13.9±17.5 | 14.3±19.5 | 13.6±19.0 | 14.3±16.7 | 13.5±14.3 | 0.577 | 11.0±15.0 | 13.7±15.6 | 15.6±18.6 | 15.5±19.9 | <0.001 |
| Dairy products(g/day)‡ | 199.1±156.8 | 163.3±149.1 | 189.3±148.5 | 213.8±152.9 | 229.8±168.0 | <0.001 | 182.9±164.8 | 203.3±156.2 | 210.0±160.9 | 200.1±143.6 | 0.029 |
| \*Indicates values are energy-adjusted (2,000 kcal/day). | | | | | | | | | | | |
| †Denotes soybean, mung bean, soybean milk, bean curd, and so on. | | | | | | | | | | | |
| ‡Denotes milk, milk powder and yogurt. | | | | | | | | | | | |