Supplementary Table 4. Association of dietary quality score (DQI-I) components with hand grip strength after weighting by ethnicity\*

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| --- | --- | --- | --- | --- | --- | --- |
| **DQI-I components** | **Tertile** | **N** | **HGS (kg)** | | **HGS weakness and asymmetry** | |
| **β (95% CI)** | **p value** | **OR (95% CI)** | **p value** |
| Variety | T1 | 748 | Ref | | Ref |  |
| T2 | 523 | 0.04 (-0.59, 0.66) | 0.91 | 1.08 (0.67, 1.72) | 0.76 |
| T3 | 276 | -0.48 (-1.29, 0.33) | 0.25 | 1.41 (0.77, 2.57) | 0.27 |
| p-trend |  | | | 0.25 |  | 0.27 |
| Adequacy | T1 | 580 | Ref | | Ref |  |
| T2 | 525 | 0.74 (0.10, 1.37) | 0.023 | 0.61 (0.38, 0.98) | 0.041 |
| T3 | 442 | 1.57 (0.81, 2.33) | <0.001 | 0.56 (0.31, 0.99) | 0.046 |
| p-trend |  | | | <0.001 |  | 0.046 |
| Balance | T1 | 557 | Ref | | Ref |  |
| T2 | 556 | -0.34 (-0.90, 0.22) | 0.23 | 0.91 (0.60, 1.37) | 0.65 |
| T3 | 434 | 0.36 (-0.34, 1.06) | 0.31 | 0.70 (0.41, 1.18) | 0.18 |
| p-trend |  | | | 0.31 |  | 0.18 |
| Moderation | T1 | 627 | Ref | | Ref |  |
| T2 | 421 | -0.33 (-0.97, 0.31) | 0.31 | 1.63 (1.04, 2.54) | 0.03 |
| T3 | 499 | 0.24 (-0.41, 0.89) | 0.47 | 0.94 (0.57, 1.54) | 0.81 |
| p-trend |  | | | 0.47 |  | 0.81 |

Abbreviations: DQI-I, Dietary Quality Index - International; MVPA, Moderate-to-Vigorous Physical Activity; METs, Metabolic equivalents of task.

\*Model adjusted for age (years), sex, ethnicity, total MVPA (METs-h/d), and smoking status. Hand grip strength weakness was defined as maximum hand grip strength below gender-specific cut-offs (< 28 kg for males and < 18 kg for females). Hand grip strength asymmetry was defined as the ratio of maximum hand grip strength for nondominant hand to that for dominant hand below 0.9 or over 1.1. HGS weakness and asymmetry was treated as a composite outcome if the criteria for both HGS weakness and HGS asymmetry were met.