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|  | 1st Quartile  of residuals | 2nd Quartile  of residuals | 3rd Quartile  of residuals | 4th Quartile  of residuals | P-value2  for  1st vs. 4th |
| SBP | 50.82 ± 0.94 | 50.04 ± 0.76 | 49.9 ± 0.70 | 48.5 ± 0.91 | 0.0784 |
| DBP | 48.89 ± 0.61 | 50.77 ± 0.73 | 49.63 ± 0.89 | 50.10 ± 0.98 | 0.296 |
| Fasting glucose | 49.61 ± 0.98 | 50.32 ± 1.24 | 50.88 ± 1.40 | 48.43 ± 0.95 | 0.3885 |
| Fasting insulin | 50.54 ± 0.92 | 49.74 ± 1.27 | 50.86 ± 0.99 | 48.37 ± 1.13 | 0.1378 |
| HOMA-IR | 51.02 ± 1.03 | 49.28 ± 1.13 | 51.38 ± 1.29 | 47.82 ± 1.05 | **0.0303** |
| HDL-C | 48.03 ± 1.24 | 49.48 ± 1.18 | 50.98 ± 1.11 | 51.27 ± 1.06 | **0.0468** |
| TG | 51.93 ± 1.02 | 49.18 ± 0.98 | 49.48 ± 1.00 | 49.50 ± 1.42 | 0.1645 |
| LDL-C | 51.5 ± 1.19 | 49.07 ± 0.90 | 48.98 ± 1.25 | 50.34 ± 1.46 | 0.5492 |
| CRP | 48.79 ± 0.82 | 52.78 ± 0.93 | 49.67 ± 0.84 | 47.93 ± 0.74 | 0.4312 |

**Note: nominally significant results in bold (P<.05)**

Abbreviations: CRP: C-reactive protein; DBP: diastolic blood pressure; HEI-10: Healthy eating index-2010; HDL-C: high-density lipoprotein cholesterol; HOMA-IR: homeostatic model of insulin resistance; LDL-C: low-density lipoprotein cholesterol; SBP: systolic blood pressure, TG: triglycerides

**1** CVD risk factors score adjusted for age, ethnicity, education level, poverty to income ratio, smoking, alcohol use and physical activity

2 P-values calculated without using the population ratio approach

|  |
| --- |
| **Supplementary Table 4** Mean ± SE for HEI10- score by quartiles of covariate-adjusted CVD risk factors1 in men |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | |  | 1st Quartile  of residuals | 2nd Quartile  of residuals | 3rd Quartile  of residuals | 4th Quartile  of residuals | P-value2  for  1st vs. 4th | | SBP | 48.92 ± 0.81 | 46.53 ± 0.53 | 45.78 ± 0.66 | 47.10 ± 0.56 | 0.0633 | | DBP | 48.04 ± 0.66 | 46.88 ± 0.54 | 47.72 ± 0.66 | 45.76 ± 0.66 | **0.0154** | | Fasting glucose | 49.54 ± 0.91 | 46.42 ± 0.86 | 47.03 ± 0.98 | 45.92 ± 0.93 | **0.0048** | | Fasting insulin | 50.66 ± 1.27 | 47.89 ± 0.96 | 45.79 ± 0.74 | 44.29 ± 0.89 | **< .0001** | | HOMA-IR | 50.47 ± 1.21 | 48.55 ± 1.00 | 45.02 ± 0.78 | 44.75 ± 0.82 | **0.0001** | | HDL-C | 45.77 ± 1.07 | 46.49 ± 0.88 | 47.06 ± 0.98 | 49.07 ± 0.95 | **0.0209** | | TG | 48.41 ± 0.84 | 47.68 ± 0.99 | 46.97 ± 1.03 | 45.45 ± 1.13 | **0.0355** | | LDL-C | 48.01 ± 0.78 | 47.22 ± 1.09 | 47.79 ± 1.13 | 46.14 ± 1.02 | 0.1468 | | CRP | 48.22 ± 0.70 | 47.98 ± 0.69 | 46.94 ± 0.60 | 45.38 ± 0.70 | **0.004** | |

Abbreviations: CRP: C-reactive protein; DBP: diastolic blood pressure; HEI-10: Healthy eating index-2010; HDL-C: high-density lipoprotein cholesterol; HOMA-IR: homeostatic model of insulin resistance; LDL-C: low-density lipoprotein cholesterol; SBP: systolic blood pressure, TG: triglycerides

**1** CVD risk factors score adjusted for age, ethnicity, education level, poverty to income ratio, smoking, alcohol use and physical activity

2 P-values calculated without using the population ratio approach

**Supplementary Table 5**: Mean ± SE for HEI10- score by quartiles of WC- and covariate-adjusted CVD risk factors1 in men using the population ratio approach

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 1st Quartile  of residuals | 2nd Quartile  of residuals | 3rd Quartile  of residuals | 4th Quartile  of residuals | P-value  for  1st vs. 4th |
| Fasting insulin | 54.04 ± 1.96 | 53.14 ± 1.24 | 54.47 ± 2.04 | 49.77 ± 1.30 | .07 |
| HOMA-IR | 54.40 ± 1.80 | 52.41 ± 1.53 | 53.73 ± 2.11 | 51.12 ± 1.07 | .12 |
| HDL-C | 52.30 ± 1.85 | 50.47 ± 1.47 | 53.58 ± 1.25 | 54.93 ± 1.86 | .32 |
| TG | 52.27 ± 1.25 | 54.94 ± 2.26 | 53.40 ± 1.76 | 50.31 ± 1.53 | .32 |
| CRP | 51.81 ± 1.02 | 53.56 ± 0.92 | 53.85 ± 0.97 | 51.56 ± 1.36 | .88 |

Abbreviations: CRP: C-reactive protein; HEI-10: Healthy eating index-2010; HDL-C: high-density lipoprotein cholesterol; HOMA-IR: homeostatic model of insulin resistance; LDL-C: low-density lipoprotein cholesterol; SBP: systolic blood pressure, TG: triglycerides; WC: waist circumference

**1** CVD risk factors score adjusted for WC, and age, ethnicity, education level, poverty to income ratio, smoking, alcohol use and physical activity

2 P-values and Q-values calculated using the population ratio approach