**Supplemental Table S3. Comparison of excluded and included participants (source population N=4,434)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Baseline characteristics** | **Included into our analyses** | | **Excluded from our analyses** | |  |
|  | **n** | **Median (p25, p75)** | **n** | **Median (p25, p75)** | **p\*** |
| **Age (y)** | 2329 | 51.00 (48.00, 56.00) | 2105 | 50.00 (47.00, 54.00) | <0.001 |
| **Gender** | 2329 |  | 2105 |  | 0.43 |
| Men |  | 1246 (54) |  | 1101 (52) |  |
| Women |  | 1083 (47) |  | 1004 (48) |  |
| **Educational level (%)** | 2329 |  | 2100 |  | 0.03 |
| Primary education only |  | 490 (21) |  | 508 (24) |  |
| Secondary education |  | 931 (40) |  | 829 (40) |  |
| University level |  | 908 (39) |  | 763 (36) |  |
| **Occupational status (%)** | 2303 |  | 2067 |  | 0.09 |
| Homemaker |  | 173 (8) |  | 176 (9) |  |
| Manual worker |  | 134 (6) |  | 120 (6) |  |
| Employees |  | 1260 (55) |  | 1180 (57) |  |
| Managerial staff† |  | 736 (32) |  | 591 (29) |  |
| **Smoking habits (%)** | 2279 |  | 2068 |  | <0.001 |
| Never smoker |  | 1155 (51) |  | 936 (45) |  |
| Former smoker |  | 888 (39) |  | 852 (41) |  |
| Current smoker |  | 236 (10) |  | 280 (14) |  |
| **Physical activity level (%)** | 2329 |  | 2101 |  | 0.33 |
| Irregular or none |  | 1269 (55) |  | 1158 (55) |  |
| < 1h/d |  | 538 (23) |  | 450 (21) |  |
| ≥ 1h/d |  | 522 (22) |  | 497 (24) |  |
| **Fruit and vegetable consumption (g/d)** | 2329 | 365.4 (270.8, 485.0) | 2105 | 345.3 (245.9, 465.0) | <0.001 |
| **mPNNS-GS (points)** | 2329 | 7.30 (6.05, 8.50) | 2105 | 7.25 (6.05, 8.30) | 0.28 |
| **PANDiet (points)** | 2329 | 63.05 (59.20, 67.49) | 2105 | 62.50 (58.51, 67.20) | 0.003 |
| **DQI-I (points)** | 2329 | 55.96 (51.72, 60.11) | 2105 | 55.44 (50.95, 59.56) | <0.001 |
| **Body mass index (kg/m²)** | 2329 | 23.95 (21.97, 26.08) | 2105 | 24.24 (22.06, 26.49) | 0.02 |
| **Systolic blood pressure (mmHg)** | 1996 | 80.0 (75.0, 85.0) | 1760 | 80.0 (75.0, 90.0) | 0.05 |
| **Diastolic blood pressure (mmHg)** | 1996 | 120.00 (115.0, 135.0) | 1760 | 125.0 (115.0, 135.0) | 0.05 |
| **Fasting blood glucose (g/l)** | 2318 | 5.66 (5.27, 6.00) | 2096 | 5.66 (5.33, 6.05) | 0.03 |

Values are medians (1st quartile, 3rd quartile) or n (percent), as appropriate.

Source population: SU.VI.MAX participants aged 45-60 y at baseline, without major chronic disease at baseline, and with available data for the computation of the investigated dietary scores. Excluded participants: missing data on healthy aging status.

\*Mann-Whitney U test (continuous variables) or Chi² test (categorical variables).

†Or intellectual profession.