Appendix 1 Comparison of the baseline characteristics of included versus excluded participants

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Characteristic | Included participants  (N=3787) | | Excluded participants (N=2326) | |
|  | Mean/%\* | SD/N† | Mean/%\* | SD/N† |
| Age, y | 45.2 | 9.7 | 47.2 | 10.7 |
| Sex, women | 52.1 | 1972 | 55.2 | 1283 |
| Education, low | 42.0 | 1590 | 61.0 | 1418 |
| Baseline eGFR‡, mL/min/1.73 m2 | 104.6 | 13.9 | 102.8 | 15.5 |
|  |  |  |  |  |
| Dietary intake |  |  |  |  |
| Energy, kcal/day | 2272 | 609 | 2171 | 644 |
| Total vegetables,  g/day | 114.0‡ | 51.1§ | 112.6‡ | 56.6§ |
| Total fruit, g/day | 150.2‡ | 152.8§ | 137.7‡ | 162.0§ |
| Total whole grains,  g/day | 23.9‡ | 12.1§ | 10.0‡ | 8.3§ |
| Coffee, cups/day | 5.0 | 2.6 | 5.1 | 2.8 |
| Low fat dairy, g/day | 251.5 | 204.3 | 239.6 | 220.9 |
| Nuts, g/day | 9.6 | 11.0 | 8.8 | 11.5 |
| Total protein, g/day | 85.7 | 21.7 | 82.3 | 22.5 |
| Fibre, g/day | 24.9 | 4.6 | 24.3 | 4.9 |
| Magnesium, mg/day | 365.7 | 47.7 | 358.0 | 51.5 |
| Vitamin C, mg/day | 107.9 | 42.5 | 103.4 | 42.6 |
| Vitamin E, mg/day | 13.0 | 3.2 | 12.9 | 3.5 |
| β-carotene, mg/day | 1464 | 524 | 1447 | 553 |
| Lutein, mg/day | 1764 | 524 | 1800 | 860 |
| Flavonoids, mg/day | 61.7 | 43.2 | 56.7 | 43.4 |
| Lignans, µg/day | 1019 | 253 | 972 | 258 |
| Vitamin B, mg/day | 23.1 | 3.9 | 23.1 | 4.2 |
|  |  |  |  |  |
| Systolic blood pressure, mm/Hg | 123.9 | 15.9 | 127.6 | 17.9 |
| Diastolic blood pressure, mm/Hg | 79.3 | 10.6 | 81.0 | 11.0 |
| Hypertension | 28.2 | 1068 | 38.2 | 884 |
| Total cholesterol, mmol/L | 5.4 | 1.0 | 5.6 | 1.1 |
| Hypercholesterolemia | 22.1 | 834 | 27.9 | 646 |
| Glucose, mmol/L | 5.3 | 1.2 | 5.6 | 1.1 |
| Diabetes | 1.2 | 46 | 3.6 | 83 |
| Body mass index, kg/m2 | 25.3 | 3.5 | 26.0 | 4.1 |
| Overweight | 39.9 | 1509 | 41.2 | 956 |
| Smoking, current | 26.9 | 1018 | 38.9 | 901 |
| Alcohol consumption |  |  |  |  |
| Non-drinker | 36.2 | 1369 | 42.7 | 993 |
| Moderate | 41.1 | 1555 | 35.3 | 822 |
| Physical activity |  |  |  |  |
| Moderately active | 26.8 | 846 | 23.8 | 442 |
| Active | 52.1 | 1645 | 48.5 | 901 |
| Supplement use | 10.4 | 395 | 9.6 | 223 |

\* Meanfor continuous values and % for categorical values; †SD for continuous values and % for categorical values; ‡ eGFR: estimated Glomerular Filtration Rate; § Median; ‖ IQR.