**Supplemental Table 2** Baseline nutritional factors according to the tertiles of the PANDiet, DQI-I and AHEI-2010, NutriNet-Santé study a

(Means values and standard deviation, n=26,225)

|  |  |  |  |
| --- | --- | --- | --- |
| **Nutritional factors**  | **PANDiet** | **DQI-I** | **AHEI-2010** |
|  | **Tertile 1** | **Tertile 2** | **Tertile 3** | **Tertile 1** | **Tertile 2** | **Tertile 3** | **Tertile 1** | **Tertile 2** | **Tertile 3** |
|  | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** |
| n |  8,733 | 8,737 |  8,755 |  8,741 |  8,742 |  8,742 |  8,695 |  8,757 |  8,773 |
| Range |  36.8-61.5 |  61.5-68.6 |  68.6-95.1 |  28.4-58.8 |  58.8-64.1 |  64.1-87.1 |  7.1-43.6 |  43.6-54.5 |  54.5-95.9 |
| Total energy intake (Kcal/d) | 1908 | 476 | 1943 | 453 | 1849 | 408  | 1992 | 487 | 1938 | 451  | 1770 | 368 | 1999  | 469  | 1871 | 442 | 1831 | 416 |
| Alcohol intake (g/d) | 9.2 | 12.1 | 9.4 | 11.8 | 7.2 | 9.9 | 10.6 | 13.9 | 8.6 | 10.6 | 6.6 | 8.6 | 10.5 | 15.0 | 8.2 | 9.9 | 7.0 | 7.4 |
| Energy intake without alcohol (Kcal/d) | 1844 | 454 | 1877 | 433 | 1799 | 391 | 1918 | 463 | 1878 | 432 | 1724 | 356 | 1925 | 439 | 1813 | 426 | 1782 | 406 |
| Carbohydrates (% energy) † | 41.1 | 5.5 | 42.8 | 5.7 | 45.7 | 5.5  | 41.8 | 5.6 | 43.1 | 5.4 | 44.6 | 6.2 | 43.1 | 5.7  | 43.1 | 5.8 | 43.4 | 6.1 |
| Lipids (% energy) † | 41.9 | 4.5 | 39.0 | 4.8 | 35.3 | 4.9 | 40.9 | 4.8 | 39.1 | 4.7 | 36.2 | 5.8 | 39.2 | 5.1 | 38.5 | 5.4 | 38.5 | 5.9 |
| Saturated fatty acids (g/d) ‡ | 37.7 | 5.2 | 33.3 | 4.8 | 27.7 | 5.3 | 36.4 | 5.8 | 33.0 | 5.5 | 29.3 | 6.2 | 35.0 | 6.1 | 33.3 | 6.1 | 30.5 | 6.6 |
| Monounsaturated fatty acids (g/d) ‡ | 32.4 | 5.2 | 30.6 | 5.8 | 28.4 | 6.1 | 31.5 | 5.4 | 30.6 | 5.7 | 29.1 | 6.3 | 30.3 | 5.4 | 30.1 | 5.5 | 31.0 | 6.7 |
| Polyunsaturated fatty acids (g/d) ‡ | 10.9 | 2.9 | 11.3 | 3.5 | 12.1 | 4.0 | 11.0 | 3.0 | 11.5 | 3.5 | 11.9 | 3.9 | 10.3 | 2.6 | 11.1 | 2.7 | 13.0 | 4.3 |
| Omega-3 fatty acids (g/d) ‡ | 1.2 | 0.4 | 1.4 | 0.6 | 1.7 | 0.7 | 1.2 | 0.5 | 1.4 | 0.6 | 1.6 | 0.7 | 1.1 | 0.4 | 1.4 | 0.5 | 1.8 | 0.7 |
| Protein (% energy) † | 16.8 | 3.0 | 17.9 | 3.3 | 18.6 | 3.8 | 17.1 | 3.5 | 17.5 | 3.1 | 18.8 | 3.5 | 17.4 | 3.3 | 18.1 | 3.6 | 17.8 | 3.5 |
| Beta-carotene (µg/d) ‡ | 2782 | 1549 | 3581 | 1822 | 4386 | 2252 | 2687 | 1589 | 3669 | 1847 | 4395 | 2163 | 2860 | 1662 | 3504 | 1684 | 4381 | 2305 |
| Vitamin C (mg/d) ‡ | 94.4 | 61.8 | 121 | 62.9 | 143 | 54.6 | 92.2 | 55.2 | 124 | 68.1 | 142 | 54.7 | 111 | 70.7 | 117 | 61.2 | 130 | 55.1 |
| Vitamin D (µg/d) ‡ | 2.4 | 1.1 | 2.8 | 1.6 | 3.1 | 1.9 | 2.6 | 1.4 | 2.7 | 1.6 | 2.9 | 1.8 | 2.3 | 1.3 | 2.8 | 1.5 | 3.1 | 1.8 |
| Vitamin E (mg/d) ‡ | 10.7 | 2.9 | 11.5 | 3.2 | 12.9 | 3.5 | 10.7 | 3.0 | 11.8 | 3.3 | 12.5 | 3.4 | 10.4 | 2.8 | 11.4 | 2.8 | 13.3 | 3.7 |
| Folic acid (µg/d) ‡ | 280 | 65 | 334 | 72.4 | 387 | 85.2 | 281 | 66.6 | 338 | 73.6 | 383 | 86.1 | 293 | 70.7 | 329.7 | 76.4 | 378 | 89.6 |
| Vitamin B12 (µg/d) ‡ | 4.9 | 3.7 | 5.6 | 4.2 | 5.7 | 3.6 | 5.1 | 3.7 | 5.4 | 3.9 | 5.7 | 3.9 | 5.1 | 3.7 | 5.5 | 3.8 | 5.6 | 4.0 |
| Magnesium (mg/d) ‡ | 294 | 66.3 | 341 | 76.8 | 391 | 85.2 | 300 | 71.5 | 341 | 77 | 384 | 88.2 | 299 | 67.1 | 335 | 73.5 | 391 | 89.7 |
| Fiber (g/d) ‡ | 16.3 | 3.6 | 19.8 | 4.2 | 24.3 | 5.5 | 16.1 | 3.8 | 20.3 | 4.4 | 23.9 | 5.4 | 16.4 | 3.8 | 19.7 | 4.0 | 24.3 | 5.5 |

*AHEI-2010* Alternative Healthy Eating Index-2010; *DQI-I*Diet Quality Index-International; *PANDiet* Probability of Adequate Nutrient intake Dietary score; P-trend (based on linear contrast) <0.0001 for all nutrients, except for carbohydrates according to the tertiles of the AHEI-2010 (P-trend=0.0004)

†Values are percentages of total daily energy intake without alcohol

‡ Values were adjusted for energy intake without alcohol using the residual method