**Supplementary Table S1.** Baseline characteristics by quintile (Q) of the animal-based low-carbohydrate-diet (LCD) score

(Mean values and standard deviations unless otherwise noted)

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Characteristics | Animal -based LCD score quintiles | | | | | | | | | | *P* for trend |
| Q1 | | Q2 | | Q3 | | Q4 | | Q5 | |
|  | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD |  |
| *n* | 1269 |  | 1201 |  | 1074 |  | 1018 |  | 1052 |  |  |
| Median | 4 |  | 10 |  | 14 |  | 18 |  | 23 |  |  |
| Range | 0-7 |  | 7-12 |  | 12-16 |  | 16-20 |  | 20-27 |  |  |
| Age (year) | 64.3 | 10.3 | 63.5 | 10.3 | 62.3 | 10.3 | 61.2 | 10.1 | 60.7 | 9.9 | <0.001 |
| Male (%) | 47.8 |  | 48.6 |  | 48.2 |  | 47.2 |  | 49.0 |  | 0.84 |
| Race/ethnicity (%) |  |  |  |  |  |  |  |  |  |  | <0.001 |
| White | 32.5 |  | 39.1 |  | 40.4 |  | 46.3 |  | 45.3 |  |  |
| Chinese | 16.7 |  | 14.3 |  | 11.6 |  | 9.8 |  | 5.5 |  |  |
| Black | 27.7 |  | 22.4 |  | 25.3 |  | 24.8 |  | 28.4 |  |  |
| Hispanics | 22.9 |  | 24.2 |  | 22.7 |  | 19.2 |  | 20.7 |  |  |
| Below high school (%) | 38.6 |  | 39.0 |  | 34.1 |  | 32.5 |  | 32.8 |  | <0.001 |
| Current drinker (%) | 49.6 |  | 55.2 |  | 58.3 |  | 59.5 |  | 61.3 |  | <0.001 |
| Current smoker (%) | 6.5 |  | 10.1 |  | 12.7 |  | 16.1 |  | 17.6 |  | <0.001 |
| Physical activity (MET-min/week)\* | 5205 | 3734 | 5304 | 3635 | 5295 | 3816 | 5221 | 3538 | 5056 | 3597 | 0.27 |
| BMI (kg/m2) | 27.1 | 4.8 | 27.8 | 5.1 | 28.3 | 5.3 | 28.6 | 5.5 | 29.3 | 5.8 | <0.001 |
| Systolic blood pressure (mmHg) | 128.9 | 22.5 | 127.1 | 21.0 | 127 | 21.5 | 124.9 | 20.8 | 125.3 | 21.0 | <0.001 |
| Diastolic blood pressure (mmHg) | 72.3 | 10.4 | 71.8 | 10.2 | 72.2 | 10.2 | 71.7 | 10.3 | 71.6 | 10.4 | 0.14 |
| History of hypertension (%) | 42.6 |  | 38.4 |  | 39.1 |  | 36.8 |  | 39.4 |  | 0.06 |
| Total cholesterol (mmol/l) | 4.99 | 0.90 | 5.01 | 0.88 | 5.01 | 0.95 | 5.09 | 0.96 | 4.98 | 0.91 | 0.37 |
| HDL-cholesterol (mmol/l) | 1.33 | 0.40 | 1.31 | 0.37 | 1.31 | 0.36 | 1.33 | 0.40 | 1.32 | 0.39 | 0.69 |
| LDL-cholesterol (mmol/l) | 2.99 | 0.78 | 3.01 | 0.79 | 3.03 | 0.80 | 3.08 | 0.81 | 3.00 | 0.81 | 0.22 |
| TAG (mmol/l) |  |  |  |  |  |  |  |  |  |  | 0.70 |
| Median | 1.46 |  | 1.50 |  | 1.51 |  | 1.52 |  | 1.46 |  |  |
| Interquartile range | 0.89 |  | 0.87 |  | 1.22 |  | 1.11 |  | 0.90 |  |  |
| Fasting glucose (mmol/l) | 5.23 | 1.36 | 5.34 | 1.49 | 5.42 | 1.73 | 5.43 | 1.72 | 5.62 | 2.08 | <0.001 |
| Diabetes status (%) | 8.4 |  | 9.6 |  | 10.9 |  | 11.7 |  | 15.6 |  | <0.001 |
| Energy content (kJ/d) | 6046 | 2699 | 6749 | 3125 | 7226 | 3264 | 7644 | 3577 | 7661 | 3335 | <0.001 |
| Fruit (servings/d) | 2.82 | 2.12 | 2.16 | 1.52 | 1.93 | 1.41 | 1.61 | 1.19 | 1.27 | 1.07 | <0.001 |
| Vegetables (servings/d) | 2.42 | 1.66 | 2.24 | 1.44 | 2.23 | 1.49 | 2.17 | 1.37 | 1.93 | 1.26 | <0.001 |
| Sugared beverages (servings/d) | 1.35 | 1.54 | 1.15 | 1.20 | 0.97 | 0.99 | 0.94 | 1.04 | 0.70 | 0.78 | <0.001 |
| Fish (servings/d) | 0.24 | 0.25 | 0.28 | 0.32 | 0.30 | 0.34 | 0.32 | 0.35 | 0.36 | 0.41 | <0.001 |
| Red meat (servings/d) | 0.23 | 0.23 | 0.37 | 0.32 | 0.45 | 0.37 | 0.55 | 0.42 | 0.66 | 0.53 | <0.001 |
| Total dairy (servings/d) | 1.18 | 0.96 | 1.74 | 1.43 | 2.11 | 1.68 | 2.35 | 1.84 | 2.74 | 2.10 | <0.001 |
| Whole grain (servings/d) | 1.02 | 0.86 | 0.86 | 0.76 | 0.81 | 0.67 | 0.70 | 0.61 | 0.58 | 0.58 | <0.001 |
| Nuts (servings/d) | 0.28 | 0.43 | 0.27 | 0.37 | 0.30 | 0.48 | 0.29 | 0.42 | 0.26 | 0.40 | 0.77 |
| Dietary Ca (mg) |  |  |  |  |  |  |  |  |  |  | <0.001 |
| Median | 582 |  | 741 |  | 830 |  | 896 |  | 984 |  |  |
| Interquartile range | 317 |  | 480 |  | 522 |  | 571 |  | 632 |  |  |
| Macronutrient intake, % kJ |  |  |  |  |  |  |  |  |  |  |  |
| Total carbohydrate | 64.2 | 5.3 | 56.8 | 4.9 | 52.7 | 4.3 | 49.1 | 4.2 | 43.0 | 5.7 | <0.001 |
| Total protein | 13.7 | 2.4 | 15.1 | 2.8 | 16.0 | 3.0 | 16.5 | 2.9 | 18.1 | 2.9 | <0.001 |
| Animal protein | 6.7 | 2.0 | 9.0 | 2.3 | 10.3 | 2.6 | 11.3 | 2.6 | 13.5 | 2.8 | <0.001 |
| Vegetable protein | 6.8 | 1.7 | 5.9 | 1.4 | 5.6 | 1.3 | 5.1 | 1.1 | 4.5 | 1.0 | <0.001 |
| Total fat | 23.8 | 4.6 | 28.0 | 4.6 | 31.0 | 4.7 | 33.8 | 4.6 | 38.1 | 5.1 | <0.001 |
| Saturated fat | 6.8 | 1.6 | 8.8 | 1.8 | 10.2 | 2.0 | 11.6 | 2.0 | 13.9 | 2.6 | <0.001 |
| Monounsaturated fat | 9.2 | 2.1 | 10.8 | 2.1 | 12.0 | 2.1 | 13.1 | 2.1 | 14.7 | 2.3 | <0.001 |
| Polyunsaturated fat | 5.6 | 1.7 | 5.8 | 1.7 | 6.2 | 1.8 | 6.2 | 1.6 | 6.3 | 1.6 | <0.001 |

MET, metabolic equivalent.

\* Leisure time physical activity was calculated as the sum of minutes per week of intentional exercise (walking, sports, dance and conditioning) multiplied by the activity’s individual MET value.

**Supplementary Table S2.** Baseline characteristics by quintile (Q) of the plant-based low-carbohydrate-diet (LCD) score

(Mean values and standard deviations unless otherwise noted)

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Characteristics | Plant-based LCD score quintiles | | | | | | | | | | *P* for trend |
| Q1 | | Q2 | | Q3 | | Q4 | | Q5 | |
|  | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD |  |
| *n* | 1333 |  | 1049 |  | 1138 |  | 1190 |  | 992 |  |  |
| Median | 7 |  | 11 |  | 14 |  | 17 |  | 20 |  |  |
| Range | 0-9 |  | 9-12 |  | 12-15 |  | 15-18 |  | 18-27 |  |  |
| Age (year) | 63.8 | 10.3 | 63.1 | 10.2 | 62.4 | 10.3 | 61.7 | 10.3 | 61.3 | 10.1 | <0.001 |
| Male (%) | 44.3 |  | 47.0 |  | 51.0 |  | 50.2 |  | 49.0 |  | 0.004 |
| Race/ethnicity (%) |  |  |  |  |  |  |  |  |  |  | <0.001 |
| White | 34.9 |  | 39.2 |  | 45.3 |  | 43.7 |  | 39.2 |  |  |
| Chinese | 9.6 |  | 12.0 |  | 11.7 |  | 10.0 |  | 17.4 |  |  |
| Black | 27.0 |  | 22.2 |  | 22.6 |  | 28.5 |  | 28.0 |  |  |
| Hispanics | 28.5 |  | 26.6 |  | 20.4 |  | 17.8 |  | 15.4 |  |  |
| Below high school (%) | 42.2 |  | 38.4 |  | 34.3 |  | 30.7 |  | 31.0 |  | <0.001 |
| Current drinker (%) | 51.1 |  | 56.3 |  | 60.9 |  | 59.6 |  | 55.2 |  | 0.003 |
| Current smoker (%) | 10.1 |  | 11.2 |  | 11.6 |  | 15.1 |  | 13.9 |  | <0.001 |
| Physical activity (MET-min/week)\* | 5290 | 3754 | 5097 | 3631 | 5230 | 3517 | 5253 | 3693 | 5198 | 3734 | 0.93 |
| BMI (kg/m2) | 27.9 | 5.1 | 27.8 | 5.2 | 28 | 5.4 | 28.6 | 5.3 | 28.6 | 5.8 | <0.001 |
| Systolic blood pressure (mmHg) | 128 | 22.1 | 127 | 21.3 | 126.4 | 21.4 | 126.4 | 20.9 | 125.7 | 21.4 | 0.009 |
| Diastolic blood pressure (mmHg) | 72.3 | 10.8 | 71.9 | 9.7 | 71.8 | 10.2 | 71.8 | 10.0 | 71.8 | 10.6 | 0.21 |
| History of hypertension (%) | 41.8 |  | 38.6 |  | 39.3 |  | 38.4 |  | 38.0 |  | 0.07 |
| Total cholesterol (mmol/l) | 5.05 | 0.96 | 5.07 | 0.88 | 4.98 | 0.86 | 5.01 | 0.93 | 4.97 | 0.94 | 0.009 |
| HDL-cholesterol (mmol/l) | 1.32 | 0.37 | 1.33 | 0.40 | 1.31 | 0.37 | 1.33 | 0.40 | 1.32 | 0.39 | 0.77 |
| LDL-cholesterol (mmol/l) | 3.04 | 0.80 | 3.05 | 0.79 | 3.00 | 0.75 | 3.01 | 0.82 | 2.99 | 0.83 | 0.07 |
| TAG (mmol/l) |  |  |  |  |  |  |  |  |  |  | 0.20 |
| Median | 1.51 |  | 1.50 |  | 1.47 |  | 1.50 |  | 1.45 |  |  |
| Interquartile range | 1.10 |  | 0.85 |  | 0.98 |  | 1.11 |  | 0.87 |  |  |
| Fasting glucose (mmol/l) | 5.27 | 1.51 | 5.28 | 1.39 | 5.48 | 1.82 | 5.44 | 1.77 | 5.57 | 1.88 | <0.001 |
| Diabetes status (%) | 6.9 |  | 8.4 |  | 12.1 |  | 12.8 |  | 16.4 |  | <0.001 |
| Energy content (kJ/d) | 6460 | 3008 | 6694 | 3100 | 7184 | 3100 | 7473 | 3431 | 7322 | 3523 | <0.001 |
| Fruit (servings/d) | 2.55 | 1.99 | 2.25 | 1.66 | 1.96 | 1.51 | 1.60 | 1.28 | 1.49 | 1.19 | <0.001 |
| Vegetables (servings/d) | 1.86 | 1.22 | 2.19 | 1.42 | 2.24 | 1.42 | 2.21 | 1.41 | 2.66 | 1.80 | <0.001 |
| Sugared beverages (servings/d) | 1.62 | 1.66 | 1.06 | 1.07 | 0.99 | 1.01 | 0.80 | 0.78 | 0.55 | 0.63 | <0.001 |
| Fish (servings/d) | 0.23 | 0.25 | 0.27 | 0.29 | 0.30 | 0.33 | 0.32 | 0.34 | 0.39 | 0.45 | <0.001 |
| Red meat (servings/d) | 0.27 | 0.26 | 0.36 | 0.33 | 0.46 | 0.37 | 0.55 | 0.44 | 0.61 | 0.51 | <0.001 |
| Total dairy (servings/d) | 2.15 | 1.99 | 2.01 | 1.7 | 2.05 | 1.62 | 2.01 | 1.70 | 1.59 | 1.31 | <0.001 |
| Whole grain (servings/d) | 0.79 | 0.73 | 0.87 | 0.75 | 0.85 | 0.73 | 0.77 | 0.73 | 0.74 | 0.68 | 0.002 |
| Nuts (servings/d) | 0.15 | 0.23 | 0.22 | 0.29 | 0.27 | 0.35 | 0.30 | 0.40 | 0.49 | 0.68 | <0.001 |
| Dietary Ca (mg) |  |  |  |  |  |  |  |  |  |  | <0.001 |
| Median | 865 |  | 809 |  | 810 |  | 776 |  | 694 |  |  |
| Interquartile range | 650 |  | 537 |  | 493 |  | 477 |  | 387 |  |  |
| Macronutrient intake, % kJ |  |  |  |  |  |  |  |  |  |  |  |
| Total carbohydrate | 62.2 | 7.1 | 56.8 | 6.4 | 52.9 | 5.9 | 48.3 | 7.2 | 46.2 | 5.4 | <0.001 |
| Total protein | 14.6 | 3.2 | 15.6 | 3.0 | 15.8 | 2.8 | 16.3 | 3.2 | 17.0 | 3.1 | <0.001 |
| Animal protein | 9.2 | 3.5 | 9.6 | 3.3 | 10.0 | 3.0 | 10.7 | 3.4 | 10.7 | 3.2 | <0.001 |
| Vegetable protein | 5.2 | 1.5 | 5.9 | 1.7 | 5.7 | 1.6 | 5.5 | 1.6 | 6.2 | 1.4 | <0.001 |
| Total fat | 23.9 | 4.8 | 27.6 | 4.4 | 31.0 | 4.3 | 35.0 | 5.6 | 37.1 | 4.7 | <0.001 |
| Saturated fat | 8.3 | 2.7 | 9.3 | 2.8 | 10.3 | 2.9 | 11.5 | 3.2 | 11.3 | 2.7 | <0.001 |
| Monounsaturated fat | 9.0 | 1.9 | 10.5 | 1.7 | 11.9 | 1.7 | 13.7 | 2.2 | 14.7 | 2.1 | <0.001 |
| Polyunsaturated fat | 4.4 | 1.0 | 5.3 | 1.0 | 6.0 | 1.2 | 6.8 | 1.5 | 7.9 | 1.7 | <0.001 |

MET, metabolic equivalent.

\* Leisure time physical activity was calculated as the sum of minutes per week of intentional exercise (walking, sports, dance and conditioning) multiplied by the activity’s individual MET value.