**Supplemental Table 2.** **Crude and age-, sex-, and BMI-adjusted associationsa between E-DII and circulating inflammatory markers in a subset of 34 subjects with fasting blood**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Most anti-inflammatory diet****Tertile 1** | **Tertile 2** | **Most pro-inflammatory diet****Tertile 3** | **P valueb** | **Benjamini-Hochberg adjusted P valuesc** |
|  | **β (ref)** | **β (95% CI)** | **β (95% CI)** |  |  |
| **IL-6** |  |  |  |  |  |
| Crude model | 1.00 | -6.28 (-17.08,4.52) | -2.14 (-12.94,8.66) | 0.48 | 0.77 |
| Adjusted modela | 1.00 | -6.92 (-18.25,4.41) | -3.56 (-15.71,8.59) | 0.46 | 0.82 |
|  |  |  |  |  |  |
| **TNF-α** |  |  |  |  |  |
| Crude model | 1.00 | -0.46 (-2.17,1.25) | -0.37 (-2.08, 1.34) | 0.85 | 0.85 |
| Adjusted model | 1.00 | -0.72 (-2.09, 0.64) | -0.86 (-2.33, 0.60) | 0.44 | 0.82 |
|  |  |  |  |  |  |
| **C-peptide**  |  |  |  |  |  |
| Crude model | 1.00 | 494.61 (-613.81, 1603.02) | 874.95 (-233.47, 1983.38) | 0.29 | 0.77 |
| Adjusted model | 1.00 | 238.78 (-636.26,1113.82) | 258.94 (-679.5,1197.36) | 0.82 | 0.82 |
|  |  |  |  |  |  |
| **Leptin**  |  |  |  |  |  |
| Crude model | 1.00 | 1056.65 (-4198.93, 6312.23) | 2481.79 (-2773.79, 7737.37) | 0.63 | 0.77 |
| Adjusted model | 1.00 | -197.26 (-2959.73, 2565.21) | -964.70 (-3927.27, 1997.87) | 0.77 | 0.82 |
|  |  |  |  |  |  |
| **Lipocalin-2** |  |  |  |  |  |
| Crude model | 1.00 | -77020.3 (-337239.7, 183197.8) | 31631.98 (-228586.77, 291850.74) | 0.66 | 0.77 |
| Adjusted model | 1.00 | -92221.02 (-352583.62, 168141.57) | 14488.01 (-264734.12, 293710.14) | 0.64 | 0.82 |
|  |  |  |  |  |  |
| **MCP-1** |  |  |  |  |  |
| Crude model | 1.00 | -10.14 (-73.53, 53.25) | 44.67 (-18.72, 108.07) | 0.16 | 0.77 |
| Adjusted model | 1.00 | -12.50 (-78.10, 53.09) | 39.40 (-30.95, 109.74) | 0.26 | 0.82 |
|  |  |  |  |  |  |
| **PAI-1** |  |  |  |  |  |
| Crude model | 1.00 | 6959.97 (-27769.99, 41689.92) | 18271.97 (-16457.99, 53001.92) | 0.56 | 0.77 |
| Adjusted model | 1.00 | 3181.83 (-28452.23, 34815.90) | 12988.38 (-20937.12, 46913.87) | 0.71 | 0.82 |

1. Adjusted linear regression model includes E-DII tertile, age, sex and BMI
2. P value was calculated for the effect of E-DII tertiles on respective inflammatory biomarker
3. Benjamini-Hochberg adjusted P values of crude associations and multivariable-adjusted associations calculated separately while controlling for the expected false discovery rate at 0.05.