**Supplementary Table S1.** Multivariable adjusted linear regression assessing the association between cumulative consumption of legumes and the score on the deficit accumulation index (DAI). Values are non-standardized coefficients (95% confidence interval).

|  |  |
| --- | --- |
| Cumulative consumption of legumes (2010-2013) |  |
|  | 1st tertile (lowest) | 2nd tertile | 3rd tertile (highest) | Coef. (95% CI) for trend | p-trend |
| 5-year follow-up |  |
|  *n* | 553 | 652 | 563 | - | - |
|  Model 1 | Ref. | -0.53 (-1.43, 0.37) | -0.24 (-1.18, 0.70) | -0.12(-0.59, 0.35) | 0.62 |
|  Model 2 | Ref. | -0.56 (-1.46, 0.34) | -0.18 (-1.12, 0.77) | -0.08(-0.56, 0.39) | 0.73 |
|  Model 3 | Ref. | -0.55 (-1.45, 0.36) | -0.16 (-1.11, 0.78) | -0.08(-0.55, 0.40) | 0.75 |
| 7-year follow-up |  |
|  *n* | 348 | 408 | 342 | - | - |
|  Model 1 | Ref. | 0.99 (-0.25, 2.23) | 0.28 (-1.02, 1.59) | 0.14(-0.51, 0.80) | 0.67 |
|  Model 2 | Ref. | 0.84 (-0.40, 2.08) | 0.29 (-1.03, 1.61) | 0.14(-0.52, 0.80) | 0.67 |
|  Model 3 | Ref. | 0.88 (-0.37, 2.12) | 0.33 (-0.99, 1.65) | 0.16(-0.50, 0.82) | 0.63 |

Note: Coefficients for trend and *p*-trend associated were calculated after considering the three-category variable for legume consumption as a continuous one in the model.

Model 1 was adjusted for age, sex, level of education (primary education or less, secondary school, university), population centre size (<10,000; 10,000 – 100,000; 100,000 – 500,000; >500,000 inhabitants in the population centre where the participant lives) and DAI at baseline, with DAI scores ranging from 0 (best) to 100.

Model 2 was adjusted also for tobacco consumption (current smoker, never smoker, former smoker), time watching TV (continuous hours/week), BMI (continuous kg/m2), MEDAS score (without the legume consumption item), energy (kcal/d) and alcohol intake (g/day) at baseline.

Model 3 was adjusted also for processed meat consumption (g/day). In the MEDAS score used in this model, the item about red and processed meat consumption was also excluded from the overall score.