Supplementary table 3. Second tertile (first and third tertiles) of daily dietary intakes of 2,473 CVD prevalent cases from NHANES 1999-2014.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Total sample N = 2,473 |  | Survivors N = 1,712 |  | All-cause deaths N = 761 |  | CVD deaths N = 199 |
| \*Energy (kcal) |  | 2361 (1608, 6140) |  | 2367 (1618, 6001) |  | 2356 (1555, 6573) |  | 2268 (1489, 5993) |
| Protein (gm) |  | 91.77 ( 61.04, 240.8) |  | 93.71 (61.78, 230.2) |  | 88.49(59.58, 254.7) |  | 85.94 (57.64, 238.5) |
| Carbohydrate (gm) |  | 265.6 (175.7, 813.3) |  | 273.6 (180.3, 813.3) |  | 250.19 (169.30, 778.7) |  | 231.6 (168.0, 656.6) |
| Dietary fiber (gm) |  | 18.90 (11.93, 52.39) |  | 19.21 (12.03, 52.39) |  | 18.29 (11.56, 51.09) |  | 17.77 (10.88, 50.89) |
| Total fat (gm) |  | 82.2 (55.45, 182.7) |  | 82.2 (56.53, 185.1) |  | 82.23 (53.04, 178.1) |  | 81.46 (49.61, 168.1) |
| SFA (gm) |  | 27.22 (17.67, 62.37) |  | 26.86 (17.73, 63.34) |  | 27.97 (17.45, 62.27) |  | 27.15 (17.21, 57.73) |
| MFA (gm) |  | 32.04 (20.3, 89.53) |  | 32.34 (20.64, 86.86) |  | 31.31 (19.8, 104.7) |  | 30.25 (17.97, 90.47) |
| PFA (gm) |  | 19.94 (12, 59.54) |  | 20.33 (12.31, 59.48) |  | 18.86 (11.25, 61.36) |  | 18.02 (10.39, 61.36) |
| Cholesterol (mg) |  | 339.2 (187.3, 1090) |  | 344.0 (189.9,1022) |  | 329.6 (182.0, 1315) |  | 315.3 (175.4, 1112) |
| Vitamin A (RE) |  | 512.3 (302.54,1999.43) |  | 509.3 (302.5,1740) |  | 520.9 (301.7, 2733) |  | 522.48(276.4,1934.83) |
| Carotene (RE) |  | 2389 (730.19, 18000) |  | 2424 (724.7, 18443) |  | 2323.8 (767.8, 13687) |  | 2418 (774.8, 13769) |
| Thiamin (mg) |  | 1.92 (1.23, 5.13) |  | 1.91 (1.24, 4.87) |  | 1.97 (1.21, 5.13) |  | 1.93 (1.15, 6.60) |
| Riboflavin (mg) |  | 2.52 (1.67, 6.85) |  | 2.51 (1.65, 6.58) |  | 2.56 (1.70, 6.90) |  | 2.46 (1.60, 6.90) |
| Niacin (mg) |  | 28.09 (17.98, 72.37) |  | 28.58 (18.49, 70.76) |  | 26.97 (17.34, 73.88) |  | 26.01 (16.21, 64.37) |
| Vitamin B6 (mg) |  | 2.30 (1.45, 6.38) |  | 2.31 (1.48, 6.35) |  | 2.26 (1.41, 6.38) |  | 2.13 (1.35, 7.57) |
| Total Folate (mcg) |  | 430.6 (283.1, 1044) |  | 425.9 (284.7, 1060) |  | 440.0 (278.9, 1023) |  | 443.6 (281.6, 1172) |
| Vitamin B12 (mcg) |  | 6.06 (3.46, 25.9) |  | 6.06 (3.43, 24.28) |  | 6.04 (3.53, 32.68) |  | 5.86 (3.24, 24.39) |
| Vitamin C (mg) |  | 106.3 (51.58, 385.9) |  | 105.3 (51.3,383) |  | 107.4 (52.53, 401.8) |  | 103.6 (51.98, 404.9) |
| Caffeine (mg) |  | 172.0 (43, 1088) |  | 176.0 (44.01, 1086) |  | 158 (35, 1118) |  | 189.0 (47.00, 1004) |
| Theobromine (mg) |  | 37.25 (4.27, 306.6) |  | 38.20 (4.72, 298.7) |  | 34.52 (3.1, 356.1) |  | 28.69 (1.41, 271.8) |
| **Notes: \***age adjusted estimate**, RE:** Retinol equivalents, **SFA:** Saturated Fats, **MFA:** Mono-unsaturated Fats, **PFA:** Poly-unsaturated Fats. Results were standardized considering 10 years age classes and deciles of energy intake | | | | | | | | |