**Supplementary Table 1.** Sample characteristics in 2009 by egg intake trajectory

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Group 1** | **Group 2** | **Group 3** | ***P*** |
|  | ***n* = 1 898** | ***n* = 4 125** | ***n* = 201** |
| Age (years) | 55.5 (SD 12.9) | 53.8 (SD 12.7) | 59.0 (SD 13.7) | <0.001 |
| Sex n (%) |  |  |  | 0.005 |
| Men | 887 (46.7) | 1955 (47.4) | 118 (58.7) |  |
| Women | 1011 (53.3) | 2170 (52.6) | 83 (41.3) |  |
| Education n (%) |  |  |  | <0.001 |
| Low | 1193 (63.0) | 1719 (41.8) | 70 (34.8) |  |
| Medium | 526 (27.8) | 1405 (34.1) | 62 (30.8) |  |
| High | 174 (9.2) | 992 (24.1) | 69 (34.3) |  |
| Urbanization n (%) |  |  |  | <0.001 |
| Low | 472 (24.9) | 492 (11.9) | 8 (4.0) |  |
| Medium | 975 (51.4) | 1383 (33.5) | 41 (20.4) |  |
| High | 451 (23.8) | 2250 (54.5) | 152 (75.6) |  |
| Smoking n (%) |  |  |  | 0.004 |
| Non-smoking | 1288 (67.9) | 2810 (68.2) | 125 (62.2) |  |
| Ex-smokers | 60 (3.2) | 149 (3.6) | 17 (8.5) |  |
| Current smokers | 550 (29.0) | 1162 (28.2) | 59 (29.4) |  |
| Alcohol drinking n (%) |  |  |  | 0.083 |
| No | 1299 (68.2) | 2 776 (67.1) | 122 (60.5) |  |
| Yes | 599 (31.8) | 1349 (32.9) | 79 (39.5) |  |
| Physical activity (MET hours/week) | 136.1 (SD 111.8) | 122.4 (SD 110.3) | 105.2 (SD 88.3) | <0.001 |
| BMI (kg/m2) | 23.0 (SD 3.5) | 23.7 (SD 3.4) | 24.6 (SD 2.9) | <0.001 |
| Energy intake (kJ/day) | 9017.8  (SD 2795.7) | 8982.6  (SD 2652.7) | 8901.0  (SD 2665.2) | 0.80 |
| Fat intake (g/day) | 68.7 (SD 34.9) | 77.0 (SD 36.5) | 79.5 (SD 36.5) | <0.001 |
| Protein intake (g/day) | 62.0 (SD 22.2) | 67.1 (SD 23.2) | 71.3 (SD 24.5) | <0.001 |
| Carbohydrate intake (g/day) | 316.7 (SD 109.0) | 290.4 (SD 98.4) | 275.9 (SD 92.0) | <0.001 |
| Fruit intake (g/day) | 31.3 (SD 90.9) | 63.5 (SD 116.4) | 91.5 (SD 124.2) | <0.001 |
| Vegetable intake (g/day) | 310.7 (SD 180.4) | 280.7 (SD 151.0) | 256.1 (SD 165.1) | <0.001 |
| Eggs (g/day) | 12.5 (SD 20.9) | 36.3 (SD 35.9) | 63.8 (SD 48.9) | <0.001 |
| Hypertension n (%) |  |  |  | 0.005 |
| No | 1378 (72.1) | 2831 (68.3) | 131 (65.0) |  |
| Yes | 520 (27.9) | 1,294 (31.7) | 70 (35.0) |  |
| Diabetes n (%) |  |  |  | <0.001 |
| No | 1710 (90.1) | 3612 (87.6) | 152 (75.6) |  |
| Yes | 188 (9.9) | 513 (12.4) | 49 (24.4) |  |

**Supplementary Table 2.** Population characteristics by diabetes in 2009 (*n* = 8 545)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **No**  ***n* = 7 598** | **Yes**  ***n* = 947** | ***P*** | **Unadjusted OR (95% CI)** |
| Age (years) | 49.9 (SD 15.1) | 59.3 (SD 12.6) | <0.001 | 1.04 (1.03, 1.05) |
| Age group n (%) |  |  |  |  |
| 18-45 | 2920 (39.5) | 128 (13.8) | <0.001 | Ref. |
| 46-65 | 3190 (43.2) | 472 (51.0) |  | 3.37 (2.76, 4.13) |
| ≥ 65 | 1276 (17.3) | 325 (35.1) |  | 5.81 (4.69, 7.21) |
| Sex n (%) |  |  | 0.024 |  |
| Male | 3524 (46.4) | 476 (50.3) |  | Ref. |
| Female | 4074 (53.6) | 471 (49.7) |  | 0.86 (0.75, 0.98) |
| Urbanization n (%) |  |  | <0.001 |  |
| Low | 1129 (14.9) | 116 (12.2) |  | Ref. |
| Medium | 2805 (36.9) | 254 (26.8) |  | 0.88 (0.70, 1.11) |
| High | 3664 (48.2) | 577 (60.9) |  | 1.53 (1.24, 1.89) |
| Income n (%) |  |  | <0.001 |  |
| Low | 2149 (28.6) | 245 (26.3) |  | Ref. |
| Medium | 2518 (33.5) | 263 (28.3) |  | 0.92 (0.76, 1.10) |
| High | 2845 (37.9) | 422 (45.4) |  | 1.30 (1.10, 1.54) |
| Education n (%) |  |  | <0.001 |  |
| Low | 3062 (40.4) | 479 (50.7) |  | Ref. |
| Medium | 2667 (35.2) | 263 (27.8) |  | 0.63 (0.54, 0.74) |
| High | 1854 (24.4) | 203 (21.5) |  | 0.70 (0.59, 0.83) |
| Overweight/obesity n (%) |  |  | <0.001 |  |
| No | 5410 (72.5) | 460 (50.3) |  | Ref. |
| Yes | 2047 (27.5) | 455 (49.7) |  | 2.61 (2.27, 3.00) |
| Hypertension n (%) |  |  | <0.001 |  |
| No | 5656 (75.2) | 476 (51.0) |  | Ref. |
| Yes | 1864 (24.8) | 457 (49.0) |  | 2.91 (2.54, 3.35) |
| Current smoker n (%) |  |  | 0.40 |  |
| No | 5488 (72.3) | 696 (73.6) |  | Ref. |
| Yes | 2106 (27.7) | 250 (26.4) |  | 0.94 (0.80, 1.09) |
| Drinking n (%) |  |  | 0.67 |  |
| No | 5104 (67.6) | 645 (68.3) |  | Ref. |
| Yes | 2443 (32.4) | 299 (31.7) |  | 0.97 (0.84, 1.12) |
| Physical activity (MET hours/week) | 121.7 (SD 108.0) | 99.9 (SD 102.4) | <0.001 | 0.998 (0.997, 0.999) |
| Traditional dietary pattern score | 0.0 (SD 0.9) | -0.1 (SD 0.8) | <0.001 | 0.81 (0.75, 0.88) |
| Modern dietary pattern score | 0.0 (SD 0.8) | 0.2 (SD 0.8) | <0.001 | 1.21 (1.12-1.30) |
| Energy intake (kJ/day) | 9425.3  (SD 2048.1) | 9247.1  (SD 2056.4) | 0.010 | 0.9998 (0.9997, 0.9999) |
| Carbohydrate intake (g/day) | 332.8 (SD 93.4) | 316.5 (SD 95.1) | <0.001 | 0.998 (0.997, 0.999) |
| Protein intake (g/day) | 68.3 (SD 16.1) | 68.3 (SD 16.2) | 0.97 | 0.999 (0.996, 1.004) |
| Fat intake (g/day) | 69.9 (SD 25.7) | 71.8 (SD 24.6) | 0.032 | 1.003 (1.000, 1.005) |
| Vegetable intake (g/day) | 289.8 (SD 113.5) | 282.4 (SD 106.6) | 0.055 | 0.999 (0.998, 1.000) |
| Fruit intake (g/day) | 40.4 (SD 76.9) | 33.1 (SD 57.1) | 0.005 | 0.998 (0.997, 0.999) |
| Serum cholesterol (mg/dl) | 186.1 (SD 37.8) | 206.1 (SD 43.3) | <0.001 | 1.012 (1.011, 1.013) |