**Supplementary materials**

**Supplementary table 1**. Five-year body mass index change for eating and drinking habits

**Supplementary table 2**. Five-year waist circumference change for eating and drinking habits

**Supplementary table 1**. Five-year body mass index change for eating and drinking habits

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Age and sex adjusted | P value | Multivariable a | P value |
| Eating speed |  |  |  |  |
| Normal | Reference |  | Reference |  |
| Fast | 0.02 (0 to 0.04) | 0.01 | 0.01 (-0.01 to 0.03) | 0.19 |
| Slow | 0.01 (-0.02 to 0.04) | 0.37 | -0.02 (-0.05 to 0.01) | 0.08 |
| Late dinner | 0.03 (0.01 to 0.05) | **<0.001** | 0.01 (-0.01 to 0.03) | 0.12 |
| Late snacking | 0.02 (0 to 0.05) | 0.01 | -0.01 (-0.04 to 0.01) | 0.26 |
| Skipping breakfast | 0.10 (0.08 to 0.12) | **<0.001** | 0.07 (0.04 to 0.09) | **<0.001** |
| Frequency of drinking |  |  |  |  |
| None or rarely | Reference |  | Reference |  |
| Occasional | -0.05 (-0.07 to -0.03) | **<0.001** | -0.03 (-0.06 to -0.01) | **<0.001** |
| Daily | -0.12 (-0.15 to -0.10) | **<0.001** | -0.11 (-0.14 to -0.08) | **<0.001** |
| Amount of alcohol |  |  |  |  |
| < 20g | Reference |  | Reference |  |
| 20 – 40g | -0.06 (-0.08 to -0.04) | **<0.001** | -0.03 (-0.05 to -0.01) | **<0.001** |
| 40 - 60g | -0.07 (-0.10 to -0.04) | **<0.001** | -0.03 (-0.06 to 0) | 0.03 |
| > 60g | -0.06 (-0.11 to -0.02) | **<0.001** | -0.04 (-0.09 to 0.01) | 0.05 |

a adjusted for age, sex; eating speed, late dinner, late snacking, skipping breakfast, frequency of drinking, amount of alcohol; current smoking, regular exercise, physical activity, walking fast, insufficient sleep; baseline anthropometric measures (BMI and WC); laboratory values (systolic BP, diastolic BP, LDL-C, HDL-C, TG, AST, ALT, and γ-GTP); weight gain ≥10 kg from 20 years, weight change ≥3 kg in the preceding year; drug use for hypertension, dyslipidemia, and diabetes; and calendar year.

Abbreviations: OR, odds ratio; CI, confidence interval.

**Supplementary table 2**. Five-year waist circumference change for eating and drinking habits

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Age and sex adjusted | P value | Multivariable a | P value |
| Eating speed |  |  |  |  |
| Normal | Reference |  | Reference |  |
| Fast | 0.08 (0.01 to 0.16) | **0.004** | 0.08 (0 to 0.15) | **0.007** |
| Slow | -0.03 (-0.14 to 0.08) | 0.52 | -0.12 (-0.22 to -0.01) | **0.005** |
| Late dinner | 0.17 (0.10 to 0.24) | **<0.001** | 0.07 (0 to 0.14) | **0.007** |
| Late snacking | 0.13 (0.04 to 0.22) | **<0.001** | 0 (-0.09 to 0.09) | 0.96 |
| Skipping breakfast | 0.40 (0.31 to 0.48) | **<0.001** | 0.26 (0.17 to 0.34) | **<0.001** |
| Frequency of drinking |  |  |  |  |
| None or rarely | Reference |  | Reference |  |
| Occasional | -0.13 (-0.21 to -0.05) | **<0.001** | -0.06 (-0.14 to 0.03) | 0.08 |
| Daily | -0.23 (-0.32 to -0.14) | **<0.001** | -0.11 (-0.21 to -0.02) | **0.003** |
| Amount of alcohol |  |  |  |  |
| < 20g | Reference |  | Reference |  |
| 20 – 40g | -0.08 (-0.15 to 0) | **0.01** | 0.02 (-0.06 to 0.11) | 0.44 |
| 40 - 60g | -0.07 (-0.17 to 0.04) | 0.09 | 0.09 (-0.02 to 0.20) | 0.03 |
| > 60g | 0 (-0.17 to 0.18) | 0.94 | 0.13 (-0.04 to 0.31) | 0.06 |

a adjusted for age, sex; eating speed, late dinner, late snacking, skipping breakfast, frequency of drinking, amount of alcohol; current smoking, regular exercise, physical activity, walking fast, insufficient sleep; baseline anthropometric measures (BMI and WC); laboratory values (systolic BP, diastolic BP, LDL-C, HDL-C, TG, AST, ALT, and γ-GTP); weight gain ≥10 kg from 20 years, weight change ≥3 kg in the preceding year; drug use for hypertension, dyslipidemia, and diabetes; and calendar year.

Abbreviations: OR, odds ratio; CI, confidence interval.