|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Supplementary Table 1:**  Adjusted means of cardiometabolic risk factors at 18-20 years of age associated with potato intake from ages 9-11 and 9-17 years in the NGHS study. | | | | | | | | | | | | | | | |
|  | **BMI (kg/m2)** | | | **SBP (mm Hg)** | | **DBP (mm Hg)** | | **Log Triglycerides (mg/dL)** | | | **Log of TG:HDL ratio** | | **Glucose (mg/dl)** | | |
|  | **N** | **Mean** | **SE** | **Mean** | **SE** | **Mean** | **SE** | **N** | **Mean** | **SE** | **Mean** | **SE** | **N** | **Mean** | **SE** |
| ***Total Potato intake at ages 9-11 (cup-eq/day)*** | | | | |  |  |  |  |  |  |  |  |  |  |  |
| **All subjects** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| < 0.17 | 695 | 25.2 | 0.2 | 108.7 | 0.3 | 65.4 | 0.3 | 473 | 4.31 | 0.02 | 0.92 | 0.01 | 535 | 87.7 | 1.0 |
| 0.17-<0.33 | 586 | 25.3 | 0.3 | 109.0 | 0.3 | 65.1 | 0.3 | 418 | 4.30 | 0.02 | 0.91 | 0.02 | 457 | 89.4 | 1.0 |
| 0.33 - <1 | 708 | 24.9 | 0.2 | 109.4 | 0.3 | 65.9 | 0.3 | 477 | 4.29 | 0.02 | 0.90 | 0.01 | 551 | 88.0 | 0.9 |
| *P-trend* |  | *0.42* | | *0.12* | | *0.28* | |  | *0.31* |  | *0.40* | |  | *0.84* |  |
| **White girls** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| < 0.17 | 376 | 23.7 | 0.3 | 107.6 | 0.4 | 64.6 | 0.4 | 247 | 4.46 | 0.03 | 1.02 | 0.02 | 288 | 86.8 | 1.0 |
| 0.17-<0.33 | 288 | 23.8 | 0.3 | 108.0 | 0.5 | 64.1 | 0.4 | 199 | 4.43 | 0.03 | 1.01 | 0.02 | 218 | 86.2 | 1.2 |
| 0.33 - <1 | 323 | 23.5 | 0.3 | 108.5 | 0.4 | 65.1 | 0.4 | 201 | 4.41 | 0.03 | 0.99 | 0.02 | 249 | 88.0 | 1.1 |
| *P-trend* |  | *0.66* | | *0.16* | | *0.44* | |  | *0.22* | | *0.26* | |  | *0.45* | |
| **Black girls** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| < 0.17 | 319 | 26.7 | 0.4 | 109.9 | 0.5 | 66.1 | 0.5 | 226 | 4.18 | 0.03 | 0.82 | 0.02 | 247 | 88.5 | 1.7 |
| 0.17-<0.33 | 298 | 26.7 | 0.4 | 109.9 | 0.5 | 66.1 | 0.5 | 219 | 4.17 | 0.03 | 0.83 | 0.02 | 239 | 92.4 | 1.7 |
| 0.33 - <1 | 385 | 26.3 | 0.4 | 110.3 | 0.4 | 66.6 | 0.4 | 276 | 4.17 | 0.02 | 0.82 | 0.02 | 302 | 88.2 | 1.5 |
| *P-trend* |  | *0.50* | | *0.49* | | *0.45* | |  | *0.85* | | *1.00* | |  | *0.83* | |
| ***Potato intake at ages 9-17 (cup-eq/day)*** | | | | |  |  |  |  |  |  |  |  |  |  |  |
| **All subjects** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| < 0.25 | 573 | 25.5 | 0.3 | 108.5 | 0.3 | 65.2 | 0.3 | 387 | 4.31 | 0.02 | 0.92 | 0.02 | 432 | 87.6 | 1.1 |
| 0.25-<0.50 | 870 | 24.9 | 0.2 | 108.9 | 0.3 | 65.2 | 0.3 | 610 | 4.28 | 0.02 | 0.89 | 0.01 | 691 | 88.4 | 0.8 |
| 0.5<1.0 | 648 | 25.1 | 0.2 | 109.7 | 0.3 | 66.0 | 0.3 | 431 | 4.32 | 0.02 | 0.93 | 0.02 | 491 | 88.4 | 1.0 |
| *P-trend* |  | *0.33* | | *0.01* | | *0.07* | |  | *0.68* | | *0.68* | |  | *0.61* | |
| **White girls** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| < 0.25 | 367 | 23.7 | 0.3 | 107.5 | 0.4 | 64.3 | 0.4 | 247 | 4.45 | 0.03 | 1.02 | 0.02 | 278 | 86.4 | 1.0 |
| 0.25-<0.50 | 434 | 23.5 | 0.2 | 107.9 | 0.4 | 64.5 | 0.4 | 285 | 4.41 | 0.03 | 0.99 | 0.02 | 335 | 87.3 | 0.9 |
| 0.5<1.0 | 227 | 23.9 | 0.3 | 108.9 | 0.5 | 65.5 | 0.5 | 139 | 4.48 | 0.04 | 1.04 | 0.03 | 168 | 87.5 | 1.3 |
| *P-trend* |  | *0.77* | | *0.04* | | *0.11* | |  | *0.67* | | *0.87* | |  | *0.48* | |
| **Black girls** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| < 0.25 | 206 | 27.4 | 0.5 | 109.7 | 0.6 | 66.2 | 0.6 | 140 | 4.19 | 0.03 | 0.83 | 0.02 | 154 | 89.0 | 2.1 |
| 0.25-<0.50 | 436 | 26.3 | 0.3 | 109.8 | 0.4 | 66.0 | 0.4 | 325 | 4.16 | 0.02 | 0.81 | 0.02 | 356 | 89.5 | 1.3 |
| 0.5<1.0 | 421 | 26.3 | 0.4 | 110.3 | 0.4 | 66.5 | 0.4 | 292 | 4.19 | 0.02 | 0.83 | 0.02 | 323 | 89.4 | 1.4 |
| *P-trend* |  | *0.15* | | *0.34* | | *0.53* | |  | *0.81* | | *0.66* | |  | *0.91* | |

Models adjusted for age, race (for all subjects’ analysis), hours of TV and video watched per day, percent of calories from fat and fruit and non–starchy vegetable intake

Abbreviations: NGHS, National Heart, Lung, and Blood Institute's Growth and Health Study; BMI, body mass index; SBP, Systolic blood pressure; DBP, diastolic blood pressure; SE, standard error and cup–eq, cup – equivalents;

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Supplementary Table 2.** Mean cardiometabolic risk factor levels (± standard error) at 18-20 years of age associated with independent and combined effects of potato consumption and dietary factors at 9-11 years of age. | | | | | | | | |
|  | | **Stratifying by Baseline (ages 9-11 years) Dietary Factors** | | | | | | |
|  | **HEI score a** | | | | **Fruit & Vegetables b** | | |
|  | Lower | | Higher | *P-value* | Lower | Higher | *P-value* |
| **Potato Intake c** | **BMI (kg/m2)** | | | | | | |
| Lower | 25.2 (± 0.3) | | 25.2 (± 0.4) | *0.93* | 25.5 (± 0.3) | 24.9 (± 0.4) | *0.25* |
| Higher | 25.2 (± 0.2) | | 24.8 (± 0.3) | *0.25* | 25.3 (± 0.2) | 24.8 (± 0.3) | *0.16* |
| *P-value* | *0.97* | | *0.47* |  | *0.70* | *0.82* |  |
|  | **SBP (mm Hg)** | | | | | | |
| Lower | 108.6 (± 0.4) | | 108.9 (± 0.5) | *0.64* | 108.7 (± 0.4) | 108.8 (± 0.5) | *0.94* |
| Higher | 109.2 (± 0.3) | | 109.2 (± 0.4) | *0.93* | 109.3 (± 0.3) | 109.1 (± 0.3) | *0.65* |
| *P-value* | *0.22* | | *0.69* |  | *0.26* | *0.56* |  |
|  | **DBP (mm Hg)** | | | | | | |
| Lower | 65.9 (± 0.4) | | 64.5 (± 0.5) | *0.03* | 65.6 (± 0.4) | 65.2 (± 0.5) | *0.60* |
| Higher | 65.6 (± 0.3) | | 65.4 (± 0.3) | *0.52* | 65.6 (± 0.3) | 65.4 (± 0.3) | *0.64* |
| *P-value* | *0.56* | | *0.18* |  | *0.93* | *0.78* |  |
|  | **Log Triglycerides (mg/dL)** | | | | | | |
| Lower | 4.32 (± 0.02) | | 4.31 (± 0.03) | *0.86* | 4.33 (± 0.03) | 4.30 (± 0.03) | *0.46* |
| Higher | 4.31 (± 0.02) | | 4.26 (± 0.02) | *0.08* | 4.29 (± 0.02) | 4.30 (± 0.02) | *0.76* |
| *P-value* | *0.92* | | *0.23* |  | *0.22* | *0.96* |  |
|  | **Log TG:HDL ratio** | | | | | | |
| Lower | 0.91 (± 0.02) | | 0.92 (± 0.02) | *0.74* | 0.94 (± 0.02) | 0.89 (± 0.02) | *0.14* |
| Higher | 0.92 (± 0.01) | | 0.88 (± 0.02) | *0.0363* | 0.91 (± 0.01) | 0.90 (± 0.02) | *0.90* |
| *P-value* | *0.62* | | *0.13* |  | *0.22* | *0.69* |  |
|  | **Glucose (mg/dl)** | | | | | | |
| Lower | 87.0 (± 1.2) | | 88.7 (± 1.6) | *0.40* | 87.9 (± 1.3) | 87.2 (± 1.4) | *0.72* |
| Higher | 87.1 (± 0.9) | | 90.9 (± 1.1) | *0.0075* | 87.9 (± 1.0) | 89.7 (± 1.0) | *0.19* |
| *P-value* | *0.97* | | *0.25* |  | *0.97* | *0.16* |  |
| Abbreviations: BMI: body mass index; SBP, systolic blood pressure; DBP, diastolic blood pressure; TG, triglycerides and HDL, high density lipoprotein.  a Lower category of HEI score is defined as <45 vs higher as ≥45.  b Lower category of fruit and vegetables is defined as <1.5 vs ≥1.5 cup-equivalents per day.  c Lower potato intake is defined as <0.17 vs higher as 0.17 – 1.0. | | | | | | | | |
| All models adjusted for age, race, hours of TV and video watched per day, and percent of calories from fat. | | | | | | | | |