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| **Supplementary Table 1** Intake of dietary variables by quartiles of total cholesterol | | | | | | |
| **Variables** | **Total**  **(n=1704)** | **Quartiles of total cholesterol** | | | |  |
| **1st**  **(n=434)** | **2nd**  **(n=424)** | **3rd**  **(n=428)** | **4th**  **(n=418)** | ***P* value** |
| Total energy intake (kcal/day) | 2276 (15) | 2261 (31.2) | 2285 (31.5) | 2291 (31.3) | 2267 (31.2) | 0.891 |
| Carbohydrate (% of total energy) | 58.8 (0.1) | 59.5 (0.3) | 59.0 (0.3) | 58.5 (0.3) | 58.5 (0.3) | 0.052 |
| Protein (% of total energy) | 14.5 (0.1) | 14.4 (0.1) | 14.5 (0.1) | 14.5 (0.1) | 14.6 (0.1) | 0.462 |
| Fat (% of total energy) | 29.9 (0.1) | 30.4 (0.3) | 29.7 (0.3) | 30.2 (0.3) | 29.3 (0.3) | 0.019 |
| SFA (% of total energy) | 9.7 (0.1) | 9.9 (0.1) | 9.6 (0.1) | 9.8 (0.1) | 9.4 (0.1) | 0.011 |
| MUFA (% of total energy) | 10.1 (0.1) | 10.4 (0.1) | 10.0 (0.1) | 10.2 (0.1) | 9.9 (0.1) | 0.018 |
| PUFA (% of total energy) | 6.1 (0.04) | 6.2 (0.1) | 6.1 (0.1) | 6.2 (0.1) | 5.9 (0.1) | 0.136 |
| Total fiber (g/d) | 42.7 (0.5) | 45.4 (0.9) | 42.3 (0.9) | 41.1 (0.9) | 42.2 (0.9) | 0.009 |
| Cholesterol (g/d) | 219 (2.4) | 206 (4.8) | 208 (4.8) | 233 (4.8) | 226 (4.8) | <0.001 |
| Sodium (mg/d) | 3777 (44.4) | 3891 (87) | 3834 (89) | 3784 (88) | 3592 (89) | 0.095 |
| Potassium (mg/d) | 4267 (38.2) | 4319 (77) | 4418 (76) | 4083 (76) | 4251 (75) | 0.017 |
| Vegetables (g/d) | 306 (3.9) | 324 (7) | 307 (7) | 300 (7) | 291 (7) | 0.023 |
| Fruit (g/d) | 383 (7.2) | 402 (14) | 414 (14) | 346 (14) | 370 (14) | 0.003 |
| Meat (g/d) | 16.5 (0.3) | 14.7 (0.6) | 16.5 (0.6) | 18.1 (0.6) | 16.9 (0.6) | 0.005 |
| Whole grain (g/d) | 141 (2.2) | 146 (4) | 147 (4) | 136 (4) | 133 (4) | 0.066 |
| Refined grain (g/day) | 353 (5.4) | 349 (10) | 370 (10) | 359 (10) | 334 (10) | 0.119 |
| Nuts (g/d) | 8.9 (0.3) | 9.2 (0.6) | 9.4 (0.6) | 9.1 (0.6) | 7.9 (0.6) | 0.318 |
| Legumes (g/d) | 36.4 (0.9) | 36.4 (1.8) | 38.8 (1.8) | 36.4 (1.8) | 33.9 (1.9) | 0.357 |
| Dairy products (g/d) | 393 (5.0) | 396 (10) | 394 (10) | 392 (10) | 390 (10) | 0.980 |
| SFA, saturated fatty acids; MUFA, monounsaturated fatty acids; PUFA, polyunsaturated fatty acids  Values are presented as median [standard error of mean (SEM)] | | | | | | |