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| Supplementary Table 1 Food intake and energy percent according to the low carbohydrate diet (LCD) scores (Mean values with their standard errors) 1 |
|  | Total LCD score | Animal-based LCD score | Plant-based LCD score |
|  | Q1 | Q3 | Q5 | *P* | Q1 | Q3 | Q5 | *P* | Q1 | Q3 | Q5 | *P* |
| Refined grains (g/d) | 326.35±4.79 | 277.31±4.26 | 172.85±3.15 | <0.0001 | 339.97±5.03 | 277.08±4.18 | 172.68±3.21 | <0.0001 | 288.26±4.75 | 282.31±4.6 | 245.69±4.32 | 0.001  |
| Energy (%) | 76.22±0.40 | 56.82±0.51 | 37.67±0.47 | <0.0001 | 75.49±0.44 | 55.92±0.53 | 39.28±0.48 | <0.0001 | 69.48±0.54 | 59.05±0.60 | 46.34±0.55 | <0.0001 |
| Whole grains | 25.39±1.40 | 29.00±1.47 | 22.63±1.00 | 0.110  | 27.09±1.42 | 30.36±1.55 | 23.18±1.11 | 0.059  | 23.70±1.33 | 30.03±1.53 | 27.31±1.34 | 0.739  |
| Energy (%) | 6.04±0.27 | 5.72±0.24 | 4.51±0.19 | <0.0001 | 6.19±0.27 | 5.73±0.25 | 4.83±0.21 | 0.0001  | 5.38±0.24 | 6.20±0.26 | 4.91±0.21 | <0.0001 |
| Tubers, Starches, and Products (g/d) | 18.01±0.86 | 30.81±1.17 | 33.89±1.11 | <0.0001 | 23.83±1.09 | 35.01±1.37 | 31.69±1.15 | <0.0001 | 19.10±0.96 | 30.81±1.30 | 38.23±1.27 | <0.0001 |
| Energy (%) | 1.15±0.05 | 1.75±0.06 | 2.00±0.06 | <0.0001 | 1.40±0.06 | 1.89±0.07 | 1.93±0.07 | <0.0001 | 1.25±0.06 | 1.75±0.07 | 2.01±0.06 | <0.0001 |
| Legumes | 23.42±1.53 | 48.96±2.69 | 70.54±2.82 | <0.0001 | 27.48±1.64 | 53.58±2.97 | 63.09±2.68 | <0.0001 | 28.66±1.67 | 39.6±2.15 | 80.79±3.50 | <0.0001 |
| Energy (%) | 2.01±0.08 | 4.10±0.14 | 6.71±0.18 | <0.0001 | 2.46±0.10 | 4.37±0.15 | 5.48±0.15 | <0.0001 | 2.08±0.08 | 3.55±0.13 | 8.15±0.20 | <0.0001 |
| Vegetables and Vegetable Products (g/d) | 116.43±3.82 | 231.58±5.93 | 263.28±6.16 | <0.0001 | 135.65±4.34 | 233.08±6.28 | 252.92±5.82 | <0.0001 | 132.2±4.13 | 215.12±5.84 | 261.2±6.50 | <0.0001 |
| Energy (%) | 2.64±0.10 | 6.46±0.20 | 6.65±0.18 | <0.0001 | 3.72±0.14 | 6.00±0.19 | 6.29±0.17 | <0.0001 | 2.78±0.08 | 5.84±0.19 | 6.43±0.18 | <0.0001 |
| Fruits and Fruit Products (g/d) | 57.21±2.64 | 98.50±3.40 | 102.48±3.19 | <0.0001 | 60.95±2.57 | 106.45±4.76 | 95.49±3.07 | <0.0001 | 65.68±2.64 | 87.76±3.31 | 103.41±3.88 | <0.0001 |
| Energy (%) | 2.40±0.10 | 4.46±0.16 | 6.29±0.20 | <0.0001 | 2.73±0.12 | 4.75±0.20 | 5.53±0.18 | <0.0001 | 2.86±0.12 | 3.86±0.15 | 5.82±0.21 | <0.0001 |
| Milk and Milk Products | 12.76±1.44 | 62.08±3.48 | 123.66±5.89 | <0.0001 | 7.43±0.97 | 64.03±3.55 | 129.96±5.84 | <0.0001 | 42.67±3.26 | 52.6±3.42 | 69.11±4.05 | <0.0001 |
| Energy (%) | 0.53±0.06 | 2.61±0.14 | 5.56±0.27 | <0.0001 | 0.28±0.03 | 2.38±0.12 | 6.24±0.28 | <0.0001 | 2.00±0.16 | 2.28±0.16 | 2.62±0.15 | 0.093  |
| Meat and Meat Products (g/d) | 23.62±0.98 | 36.49±1.25 | 69.45±2.19 | <0.0001 | 17.84±0.56 | 39.63±1.22 | 74.35±2.2 | <0.0001 | 37.82±1.64 | 35.69±1.3 | 48.85±1.42 | <0.0001 |
| Energy (%) | 2.72±0.08 | 5.00±0.14 | 10.11±0.27 | <0.0001 | 2.09±0.05 | 5.22±0.14 | 11.28±0.31 | <0.0001 | 4.48±0.14 | 5.13±0.21 | 6.76±0.20 | <0.0001 |
| Poultry and Poultry Products(g/d) | 4.72±0.23 | 9.12±0.50 | 19.83±0.97 | <0.0001 | 3.94±0.18 | 9.04±0.44 | 21.22±1.02 | <0.0001 | 8.98±0.49 | 8.01±0.52 | 13.75±0.59 | <0.0001 |
| Energy (%) | 0.80±0.04 | 1.24±0.06 | 2.80±0.12 | <0.0001 | 0.69±0.03 | 1.15±0.05 | 3.01±0.13 | <0.0001 | 1.42±0.07 | 1.12±0.07 | 1.80±0.07 | 0.003  |
| Fish and sea Products(g/d) | 4.02±0.25 | 10.71±0.53 | 18.47±0.77 | <0.0001 | 3.71±0.21 | 10.4±0.56 | 17.75±0.77 | <0.0001 | 7.51±0.51 | 8.72±0.52 | 15.78±0.66 | <0.0001 |
| Energy (%) | 0.36±0.02 | 0.85±0.04 | 1.52±0.06 | <0.0001 | 0.33±0.02 | 0.80±0.05 | 1.49±0.06 | <0.0001 | 0.67±0.04 | 0.72±0.04 | 1.15±0.05 | <0.0001 |
| Eggs and Egg Products (g/d) | 28.32±0.77 | 55.65±0.97 | 64.89±1.28 | <0.0001 | 24.4±0.68 | 56.30±0.94 | 70.12±1.38 | <0.0001 | 37.96±1.05 | 56.15±1.12 | 53.61±0.93 | <0.0001 |
| Energy (%) | 3.73±0.10 | 7.33±0.14 | 9.05±0.21 | <0.0001 | 3.02±0.08 | 7.07±0.13 | 10.11±0.22 | <0.0001 | 5.11±0.15 | 7.70±0.17 | 6.27±0.11 | 0.878  |
| Nuts and Seeds (g/d) | 0.79±0.10 | 3.15±0.21 | 10.53±0.60 | <0.0001 | 1.15±0.15 | 5.41±0.35 | 5.44±0.45 | <0.0001 | 0.82±0.10 | 2.07±0.18 | 15.59±0.66 | <0.0001 |
| Energy (%) | 0.34±0.03 | 1.24±0.07 | 4.17±0.23 | <0.0001 | 0.45±0.05 | 1.98±0.12 | 2.15±0.17 | <0.0001 | 0.31±0.03 | 0.78±0.06 | 5.91±0.23 | <0.0001 |
| Fast Food (g/d) | 2.23±0.20 | 6.83±0.60 | 8.08±0.65 | <0.0001 | 3.00±0.29 | 8.26±0.69 | 6.76±0.56 | <0.0001 | 5.16±0.53 | 6.35±0.55 | 5.46±0.43 | 0.855  |
| Energy (%) | 0.81±0.07 | 1.96±0.15 | 2.40±0.17 | <0.0001 | 1.03±0.09 | 2.28±0.16 | 2.01±0.15 | <0.0001 | 1.65±0.15 | 1.81±0.13 | 1.57±0.12 | 0.254  |
| Beverages (mL/d) | 9.57±1.90 | 22.26±2.85 | 56.65±8.00 | <0.0001 | 11.06±3.00 | 33.07±5.76 | 52.00±9.28 | <0.0001 | 17.81±3.05 | 22.05±4.31 | 40.19±5.77 | 0.0001  |
| Energy (%) | 0.24±0.06 | 0.47±0.09 | 0.57±0.10 | 0.001  | 0.13±0.03 | 0.45±0.09 | 0.37±0.07 | 0.001  | 0.52±0.11 | 0.20±0.03 | 0.28±0.04 | 0.008  |
| 1 Values are presented as the mean ± standard error. *P* values were calculated by the “contrast” option for linear regression analysis. |

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| **Supplementary Table 2** Risk of cardiovascular disease indicators according to the quintiles of the total low carbohydrate diet (LCD) score after stratification for gender (Odds ratios and 95 % confidence intervals) 1, 2 |  |
|  | Male | Female |
|  | Q1 | Q2 | Q3 | Q4 | Q5 | *P* trend | Q1 | Q2 | Q3 | Q4 | Q5 | *P* trend |
|  |  | OR (95% CI) |  | OR (95% CI) |
| Low HDL-cholesterol | 1.00  | 0.72 (0.52,0.99) | 0.70 (0.50,0.97) | 0.54 (0.38,0.77) | 0.57 (0.39,0.82) | 0.001  | 1.00  | 1.06 (0.77,1.46) | 0.93 (0.67,1.28) | 0.86 (0.62,1.18) | 0.75 (0.53,1.05) | 0.044  |
| High LDL-cholesterol | 1.00  | 1.63 (0.87,3.12) | 0.79 (0.37,1.65) | 1.21 (0.62,2.41) | 0.41 (0.15,1.02) | 0.043  | 1.00  | 1.75 (1.04,3.01) | 1.69 (1.01,2.90) | 1.45 (0.86,2.49) | 2.13 (1.27,3.65) | 0.026  |
| Hypercholesterolemia | 1.00  | 1.86 (0.85,4.23) | 0.74 (0.28,1.92) | 0.86 (0.34,2.14) | 0.72 (0.26,1.91) | 0.197  | 1.00  | 1.05 (0.62,1.77) | 1.19 (0.72,1.97) | 1.08 (0.66,1.8) | 1.28 (0.77,2.13) | 0.370  |
| Hypertriglyceridemia | 1.00  | 1.11 (0.75,1.66) | 1.03 (0.68,1.55) | 0.89 (0.58,1.36) | 1.16 (0.74,1.79) | 0.896  | 1.00  | 0.81 (0.58,1.13) | 0.74 (0.53,1.03) | 0.89 (0.65,1.23) | 0.85 (0.61,1.20) | 0.562  |
| IFG | 1.00  | 0.73 (0.54,0.99) | 0.72 (0.53,0.99) | 0.75 (0.55,1.03) | 0.79 (0.56,1.11) | 0.257  | 1.00  | 0.72 (0.54,0.96) | 0.61 (0.46,0.82) | 0.70 (0.53,0.93) | 0.55 (0.40,0.74) | 0.001  |
| High blood pressure | 1.00  | 0.90 (0.65,1.24) | 0.80 (0.58,1.12) | 1.12 (0.79,1.58) | 0.81 (0.56,1.16) | 0.611  | 1.00  | 0.86 (0.64,1.16) | 0.76 (0.57,1.02) | 0.77 (0.58,1.02) | 0.84 (0.62,1.14) | 0.185  |
| Hyperuricemia | 1.00  | 1.06 (0.72,1.56) | 0.98 (0.66,1.46) | 1.19 (0.81,1.76) | 0.86 (0.56,1.32) | 0.708  | 1.00  | 0.93 (0.64,1.33) | 0.86 (0.6,1.24) | 0.97 (0.68,1.37) | 1.12 (0.78,1.60) | 0.519  |
| 1 IFG, impaired fasting glucose; Q, quintile.2 Values are presented as OR (95%CI). Tests for linear trend for ORs were performed using the median value for each quintile as a continuous variable. *P* < 0.05 was considered significant. Model adjusted age, area of residence, monthly income per family, weight status, smoking, alcohol, education level, physical activity, history of diabetes and hypertension, salt, soy sauce, monosodium glutamate, and sugar.  |