|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 　 | Q1 | Q2 | Q3 | Q4 | Q5 | *P-value* |
| Women |
| Components of DASH diet |  |  |  |  |  |  |
|  Vegetables, g | 258.0±120.0 | 293.6±111.6 | 323.6±149.4 | 355.2±126.1 | 412.8±139.2 | **<0.001** |
|  Fruits, g | 100.8±70.6 | 120.9±76.2 | 139.3±91.0 | 172.5±111.3 | 204.2±98.1 | **<0.001** |
|  Nuts and legumes, g | 16.1±12.9 | 23.1±19.4 | 28.5±22.5 | 31.0±22.6 | 40.3±27.1 | **<0.001** |
|  Dairy products, g | 9.7±9.7 | 14.0±15.3 | 17.1±13.9 | 18.1±13.7 | 24.5±15.4 | **<0.001** |
|  Grains and grains products, g | 160.0±40.3 | 172.3±39.7 | 171.6±40.6 | 175.0±40.7 | 171.1±41.8 | **<0.001** |
|  Red and processed meat, g | 309.1±180.3 | 179.8±112.2 | 128.3±74.9 | 90.9±60.0 | 52.3±41.7 | **<0.001** |
|  Sweetened beverage, mL | 2.6±2.3 | 1.6±2.1 | 1.4±2.0 | 0.9±1.6 | 0.5±1.1 | **<0.001** |
| Age, y | 61.6±5.6 | 62.0±5.3 | 62.7±5.7 | 62.8±4.9 | 63.2±5.2 | **<0.001** |
| BMI, kg/m2 | 23.8±3.2 | 23.6±3.4 | 23.4±3.1 | 23.0±3.1 | 23.3±3.1 | **0.006**  |
| Waist circumference, cm | 84.9±8.8 | 84.6±9.3 | 84.2±8.5 | 83.6±8.7 | 84.1±8.9 | 0.239  |
| PA, MET-h/day f | 16.8±6.7 | 17.3±6.2 | 17.4±6.4 | 18.3±6.6 | 17.9±7.1 | **0.009**  |
| Smoker, n (%)a | 1 (0.2) | 3 (0.7) | 5 (1.4) | 1 (0.2) | 0 (0.0) | **0.049**  |
| Tea drinker, n (%)b | 194 (48.0) | 200 (44.8) | 179 (49.3) | 232 (48.4) | 206 (52.7) | 0.261  |
| Alcohol drinker, n (%)c | 13 (3.2) | 16 (3.6) | 11 (3.0) | 21 (4.4) | 17 (4.3) | 0.774  |
| Multivitamin user, n (%)e | 68 (16.8) | 88 (19.7) | 71 (19.6) | 115 (24.0) | 106 (27.1) | **0.003**  |
| Household income, yuan/month/person, n (%) |  |  |  |  | 0.089  |
|  <4000 | 356 (88.1) | 398 (89.2) | 325 (89.5) | 409 (85.4) | 332 (84.9) |  |
|  4000-6000 | 34 (8.4) | 28 (6.3) | 23 (6.3) | 40 (8.4) | 44 (11.3) |  |
|  >6000 | 14 (3.5) | 20 (4.5) | 15 (4.1) | 30 (6.3) | 15 (3.8) |  |
| Men |
| Components of DASH diet |  |  |  |  |  |  |
|  Vegetables, g | 195.0±81.3 | 253.1±129.5 | 287.7±117.6 | 309.4±167.2 | 360.3±129.6 | **<0.001** |
|  Fruit, g | 76.2±65.8 | 96.1±67.8 | 111.5±77.3 | 127.8±83.2 | 181.5±90.5 | **<0.001** |
|  Nuts and legumes, g | 21.7±26.6 | 24.4±20.6 | 26.1±19.7 | 32.3±23.9 | 36.8±25.3 | **<0.001** |
|  Dairy products, g | 7.1±12.5 | 10.5±11.2 | 11.6±12.5 | 16.5±13.9 | 22.0±15.9 | **<0.001** |
|  Grains and grains products, g | 217.6±55.6 | 225.8±58.2 | 236.0±52.6 | 240.0±54.2 | 229.8±56.6 | **0.001**  |
|  Red and processed meat, g | 332.6±178.0 | 230.6±145.4 | 173.4±94.0 | 127.8±84.9 | 79.2±51.2 | **<0.001** |
|  Sweetened beverage, mL | 2.6±2.3 | 2.0±2.2 | 1.2±1.8 | 1.0±1.6 | 0.5±1.4 | **<0.001** |
| Age, y | 63.8±6.6 | 64.6±6.4 | 65.6±6.3 | 66.1±6.1 | 66.3±5.7 | **<0.001** |
| BMI, kg/m2 | 24.1±3.6 | 23.7±2.8 | 23.9±2.8 | 24.0±2.8 | 24.0±2.9 | 0.745  |
| Waist circumference, cm | 86.6±9.9 | 85.4±8.2 | 86.0±8.1 | 86.7±8.3 | 86.0±8.2 | 0.553  |
| PA, MET-h/day f | 14.7±6.6 | 15.1±6.8 | 16.0±7.6 | 15.9±7.0 | 17.1±7.8 | **0.016**  |
| Smoker, n (%)a | 92 (44.0) | 77 (37.7） | 62 （33.9） | 73 （37.4） | 37 （20.9） | **<0.001** |
| Tea drinker, n (%)b | 155 (74.2) | 145 (71.1) | 128 (69.9) | 148 (75.9) | 134 (75.7） | 0.584  |
| Alcohol drinker, n (%)c | 40 (19.1) | 32 (15.7) | 26 (14.2) | 29 (14.9) | 29 (16.4) | 0.705  |
| Multivitamin user, n (%)e | 24 (11.5) | 23 (11.3) | 34 (18.6) | 25 (12.8) | 24 (13.6) | 0.220  |
| Household income, yuan/month/person, n (%) |  |  |  |  | 0.545  |
|  <4000 | 178 (85.2) | 172 (84.3) | 158 (86.3) | 162 (83.1) | 155 (87.6) |  |
|  4000-6000 | 19 (9.1) | 19 (9.3) | 17 (9.3) | 24 (12.3) | 19 (10.7) |  |
|  >6000 | 12 (5.7) | 13 (6.4) | 8 (4.4) | 9 (4.6) | 3 (1.7) | 　 |

Supplemental Table 1. Characteristics and diet intakes of participants in 5 quintiles of the DASH diet score