**Supplementary table. Sensitivity analysis excluded participants with diabetes (n=61624).**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Breakfast everydayn=52490 | 3-5 breakfast/weekn=2519 | 1-2 breakfast/weekn=1344 | No breakfastn=5271 | P for trend |
| **Adjusted means (95% Confidence Intervals) of C-reactive protein concentration** |
|  | 1 (0.93, 1.08) | 1.07(0.98, 1.16)\* | 0.95(0.87, 1.04) | 1.26 (1.16, 1.37)\* | <0.001 |
| **Odds ratios (95% Confidence intervals) for high C-reactive protein** |
| CRP ≥ 1.0 mg/L | 1.00 (ref) | 1.15(1.05, 1.25) | 0.97(0.86, 1.09) | 1.87(1.73, 2.02) | <0.001 |
| CRP ≥ 3.0 mg/L | 1.00 (ref) | 0.87(0.77, 0.99) | 0.87(0.73, 1.04) | 1.28(1.15, 1.41) | 0.001 |

Adjusted for age (y), sex, total energy intake (kJ/d), AHA diet score, body mass index (kg/m2), education level (elementary school, high school, or college or above), occupation type (coal miner, other blue-collar jobs, or other), marital status, smoking status (never, former or current), alcohol use (never, former, current <1 drink/day, and current >1 drinks/day), antihypertensive drug, sleep duration (<6, 6-7, 7-8, or ≥8 hour/day), insomnia (yes/no), snoring (never/rare, occasional, or frequent) and physical activity (inactive, moderately active, or vigorously active), systolic blood pressure (mmHg), fasting blood glucose status (“normal” (< 100 mmol/L ), “impaired fasting glucose (100 – 125 mmol/L), or “Diabetes” (>126 mmol/L or use of hypoglycemic treatment) ), low-density lipoprotein-cholesterol and high-density lipoprotein –cholesterol (mmol/L). *P* value for difference from “breakfast everyday” group is indicated as \*, <0.05.