**Supplementary Table S1. Descriptive Characteristics of the Study Sample in US INTERMAP, Overall and by Sex**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Characteristics** | **Overall** | **Women** | **Men** | **P-value** |
| Number of persons | 2195 | 1103 | 1092 |  |
| Characteristic\* |  |  |  |  |
| Total egg intake (g/day)\*\* | 26.0 (26.0) | 21.6 (20.5) | 30.4 (29.8) | <.001 |
| Age (yr) | 49.1 (5.4) | 49.2 (5.4) | 49.1 (5.4) | 0.436 |
| Race/ethnicity,% |  |  |  | 0.093 |
|  *Non-Hispanic White* | 54.2 | 52.2 | 56.2 |  |
|  *Non-Hispanic Black* | 16.8 | 18.7 | 15.0 |  |
|  *Hispanic* | 13.1 | 13.5 | 12.8 |  |
|  *Others* | 15.9 | 15.7 | 26.1 |  |
| Education (yr) | 15.0 (3.0) | 14.5 (2.9) | 15.4 (3.1) | <.001 |
| Smoking Status, % |  |  |  | <.001 |
|  *Current* | 16.8 | 14.5 | 19.1 |  |
|  *Former* | 30.8 | 25.3 | 36.4 |  |
|  *Never* | 52.4 | 60.3 | 44.5 |  |
| BMI (kg/m2) | 28.9(5.9) | 28.7 (6.6) | 29.1 (5.1) | 0.102 |
| Obesity, % | 35.3 | 34.5 | 36.1 | 0.444 |
| Alcohol consumption (g/day) | 6.9 (13.7) | 3.3 (7.3) | 10.5 (17.2) | <.001 |
| Moderate/heavy physical activity (hrs/day) | 3.2 (3.1) | 3.0 (3.0) | 3.5 (3.3) | <.001 |
| On BP medication,% | 22.1 | 22.4 | 21.7 | 0.664 |
| Family history with hypertension,% | 67.9 | 73.5 | 62.4 | <.001 |
| History of Diabetes, % | 8.2 | 8.5 | 7.8 | 0.756 |
| History of CVD, % | 8.8 | 8.2 | 9.4 | 0.290 |
| SBP, mmHg | 118.6 (13.9) | 116.8 (14.8) | 120.4 (12.7) | <.001 |
| DBP, mmHg | 73.4 (9.7) | 71.1 (9.2) | 75.7 (9.6) | <.001 |
| Urinary sodium (mmol/day) | 162.6(59.4) | 142.3 (48.3) | 182.7 (62.4) | <.001 |
| Urinary potassium (mmol/day) | 57.7 (20.9) | 50.8 (17.9) | 64.4 (21.5) | <.001 |
| Ratio, urinary sodium to potassium | 3.1 (1.2) | 3.1 (1.3) | 3.1 (1.2) | 0.830 |
| Dietary energy (kcal/day) | 2244.2 (698.7) | 1875.8 (473.7) | 2608.9 (694.4) | <.001 |
| Dietary cholesterol, mg/day | 296.3 (159.9) | 243.7 (120.8) | 348.4 (176.0) | <.001 |
| Non-egg dietary cholesterol, mg/day | 110.1 (110.9) | 153.2 (65.7) | 219.0 (95.0) | <.001 |
| DASH score¶ | 24.0 (5.0) | 24.0 (5.2) | 23.9 (4.9) | 0.744 |
| Dietary animal protein (g/day) | 55.9 (23.6) | 46.4 (17.4) | 65.3 (25.1) | <.001 |
| Dietary total protein (g/day) | 84.9 (28.4) | 71.2 (20.0) | 98.5 (29.0) | <.001 |

BMI, body mass index; BP, blood pressure; CVD, cardiovascular disease; DASH, dietary approaches to stop hypertension.

\*Numbers are mean (standard deviation, SD) unless otherwise indicated.

\*\*50g is approximately equivalent to one large egg.

†P-values for comparisons between men and women using χ2test or F-test.

¶DASH score was calculated based on 8 food and nutrient components (fruits, vegetables, whole grains, nuts and legumes, low-fat dairy, red and processed meats, sweetened beverages, and sodium); the score ranges from 8 to 40, with a higher score corresponds to a healthier diet pattern.

**Supplementary Table S2. Pearson Partial\* Correlation between Egg Intake and Other Heath Behaviors, Urinary** **Excretion and Selected Dietary Nutrients in US INTERMAP**

|  |  |
| --- | --- |
| **Variables** | **Coefficient/Partial Rho** |
|  | **Women** | **Men** |
| Number of persons | 1103 | 1092 |
| Alcohol consumption (g/day) | -0.029/0.341 |  0.018/0.550 |
| BMI (kg/m2) |  0.119/<.001 |  0.081/0.007 |
| Moderate/heavy physical activity(hrs/day) |  0.005/0.876 |  0.088/0.003 |
| Dietary cholesterol, mg/day |  0.828/<.001 |  0.849/<.001 |
| Non-egg dietary cholesterol, mg/day | 0.223/<.001 | 0.235/<.001 |
| Urinary sodium (mmol/day) |  0.176/<.001 |  0.058/0.055 |
| Urinary potassium (mmol/day) | -0.128/<.001 | -0.170/<.001 |
| DASH score† | -0.264/<.001 | -0.166/<.001 |
| Animal protein (g/day) |  0.217/<.001 |  0.153/<.001 |
| Total protein (g/day) | 0.290/<.001 | 0.268/<.001 |
| Monounsaturated fatty acids (g/day) |  0.303/<.001 |  0.248/<.001 |
| Total saturated fatty acids (g/day) |  0.179/<.001 |  0.210/<.001 |
| Total trans-fatty acids (g/day) |  0.072/0.017 |  0.072/0.017 |
| Vitamin A (IU/day) | -0.086/0.005 | -0.059/0.049 |
| Beta-carotene (mcg/day) | -0.086/0.005 | -0.080/0.008 |
| Vitamin E (mg/day) | -0.015/0.627 |  0.001/0.968 |
| Riboflavin (mg) |  0.047/0.124 |  0.070/0.020 |
| Vitamin B6 (mg) | -0.123/<.001 | -0.118/<.001 |
| Vitamin B12 (mg) |  0.045/0.137 |  0.061/0.043 |
| Dietary calcium(mg/day) | -0.074/0.015 | -0.075/0.013 |
| Phosphorus (mg/day) |  0.002/0.949 | -0.003/0.928 |
| Selenium (mcg/day) |  0.180/<.001 |  0.050/0.098 |
| Iron (mg/day) | -0.107/<.001 | -0.124/<.001 |

BMI, body mass index; DASH, dietary approaches to stop hypertension.

\*Adjusted for age, population sample (8 samples for the US), race/ethnicity, and total energy intake;

†DASH score was calculated based on 8 food and nutrient components (fruits, vegetables, whole grains, nuts and legumes, low-fat dairy, red and processed meats, sweetened beverages, and sodium); the score ranges from 8 to 40, with a higher score corresponds to a healthier diet pattern.