

1 **Effect of kimchi intake on body weight of general community dwellers: a prospective cohort study**

2

3 **Supplementary Table 1.** BMI information according to total kimchi intake or intake of different types of kimchi  
4 on risk assessment study (N = 20,066).

	Men			women		
	Baseline BMI	Follow-up BMI	BMI change	Baseline BMI	Follow-up BMI	BMI change
<b>Total kimchi intake</b>						
Q1	26.91 ± 1.68	26.62 ± 2.01	-0.29 ± 1.28	27.12 ± 1.97	26.87 ± 2.42	-0.24 ± 1.52
Q2	26.96 ± 1.79	26.68 ± 2.10	-0.28 ± 1.23	27.20 ± 2.11	26.93 ± 2.48	-0.28 ± 1.54
Q3	26.95 ± 1.78	26.68 ± 2.12	-0.27 ± 1.25	27.25 ± 2.04	27.04 ± 2.45	-0.21 ± 1.51
Q4	27.00 ± 1.74	26.73 ± 2.10	-0.27 ± 1.26	27.20 ± 2.04	26.98 ± 2.41	-0.22 ± 1.53
Q5	27.05 ± 1.79	26.76 ± 2.11	-0.29 ± 1.30	27.33 ± 2.16	27.11 ± 2.51	-0.22 ± 1.48
<b>Baechu kimchi</b>						
Q1	26.95 ± 1.73	26.64 ± 2.06	-0.31 ± 1.31	27.08 ± 1.96	26.80 ± 2.41	-0.28 ± 1.51
Q2	26.99 ± 1.80	26.73 ± 2.10	-0.26 ± 1.21	27.22 ± 2.02	27.00 ± 2.42	-0.22 ± 1.53
Q3	26.89 ± 1.69	26.63 ± 2.03	-0.26 ± 1.24	27.26 ± 2.08	27.00 ± 2.44	-0.25 ± 1.53
Q4	26.95 ± 1.72	26.64 ± 2.06	-0.31 ± 1.28	27.23 ± 2.05	27.00 ± 2.43	-0.23 ± 1.51
Q5	27.09 ± 1.82	26.83 ± 2.18	-0.26 ± 1.27	27.32 ± 2.19	27.12 ± 2.56	-0.20 ± 1.50
<b>Kkakdugi kimchi</b>						
Q1	26.93 ± 1.73	26.60 ± 2.09	-0.33 ± 1.29	27.23 ± 2.08	27.01 ± 2.43	-0.22 ± 1.48
Q2	26.91 ± 1.72	26.62 ± 2.02	-0.30 ± 1.26	27.17 ± 1.98	26.91 ± 2.40	-0.26 ± 1.54
Q3	26.99 ± 1.75	26.75 ± 2.11	-0.24 ± 1.24	27.24 ± 2.10	27.01 ± 2.52	-0.22 ± 1.56
Q4	27.00 ± 1.78	26.78 ± 2.09	-0.22 ± 1.19	27.21 ± 2.06	26.94 ± 2.45	-0.27 ± 1.52
Q5	27.04 ± 1.80	26.73 ± 2.12	-0.31 ± 1.33	27.25 ± 2.11	27.05 ± 2.47	-0.20 ± 1.48
<b>Nabak kimchi</b>						
Q1	26.98 ± 1.75	26.71 ± 2.11	-0.28 ± 1.27	27.22 ± 2.03	27.03 ± 2.41	-0.19 ± 1.54
Q2	26.96 ± 1.76	26.69 ± 2.17	-0.26 ± 1.25	27.21 ± 2.07	26.95 ± 2.48	-0.26 ± 1.53
Q3	26.98 ± 1.75	26.73 ± 2.06	-0.25 ± 1.22	27.14 ± 2.03	26.94 ± 2.45	-0.20 ± 1.54
Q4	26.94 ± 1.73	26.64 ± 2.01	-0.30 ± 1.24	27.28 ± 2.15	27.06 ± 2.52	-0.22 ± 1.48
Q5	27.02 ± 1.79	26.70 ± 2.10	-0.32 ± 1.34	27.24 ± 2.03	26.93 ± 2.41	-0.31 ± 1.49

5 BMI change was calculated by subtracting follow-up BMI from baseline BMI.

6