

Supplementary Table 1. Average daily dietary intake of 29 nutrients in CHNS and 4 nutrients in NHANES

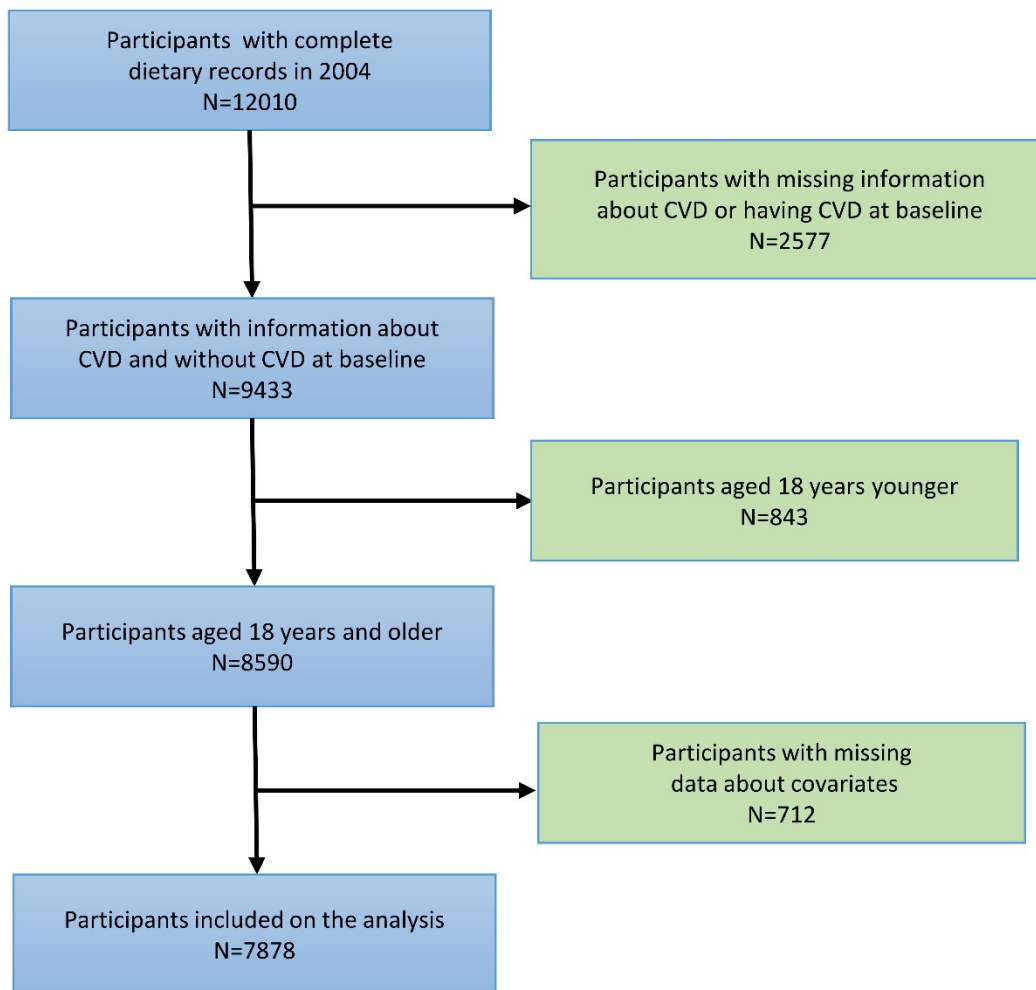
Dietary Variable	CHNS N=7878	NHANES N=3598
FDR-significant associations		
Selenium, µg/day	46.9(0.44)	126.74(1.03)
Vitamin A, µg RAE/day	320.21(4.30)	631.08(8.97)
Carotenoids, µg/day	1995.46(12.58)	2584.47(60.75)
Total Protein, g/day	67.76(0.15)	81.21(0.55)
Non-FDR-significant associations		
Retinol, µg/day	153.96(4.91)	-
Thiamine, mg/day	1.08(0.01)	-
Riboflavin, mg/day	0.85(0.01)	-
Nicotinic acid, mg/day	16.17(0.1)	-
Vitamin E, mg/day	34.21(0.36)	-
Calcium, mg/day	438.72(2.96)	-
Phosphorus, mg/day	1088.16(4.76)	-
Potassium, mg/day	1827.06(9)	-
Sodium, mg/day	6173.71(36.88)	-
Magnesium, mg/day	335.77(1.46)	-
Iron, mg/day	24.11(0.16)	-
Zinc, mg/day	12.18(0.06)	-
Copper, mg/day	2.19(0.01)	-
Manganese, mg/day	335.77(2.15)	-
Fatty acids, g/day	50.58(0.45)	-
Saturated fatty acids, g/day	10.83(0.1)	-
Monounsaturated fatty acids, g/day	20.81(0.19)	-
Polyunsaturated fatty acids, g/day	18.17(0.21)	-
Vitamin C, mg/day	99.71(0.79)	-
Cholesterol, mg/day	292.58(4.02)	-
Carbohydrates, g/day	321.77(1.23)	-
Fat, g/day	69.63(0.43)	-
Dietary fiber, g/day	12.35(0.1)	-
Plant Protein, g/day	44.32(0.10)	27.94(0.40)
Animal Protein, g/day	23.44(0.10)	53.27(0.45)

*All values are means ± SEs.

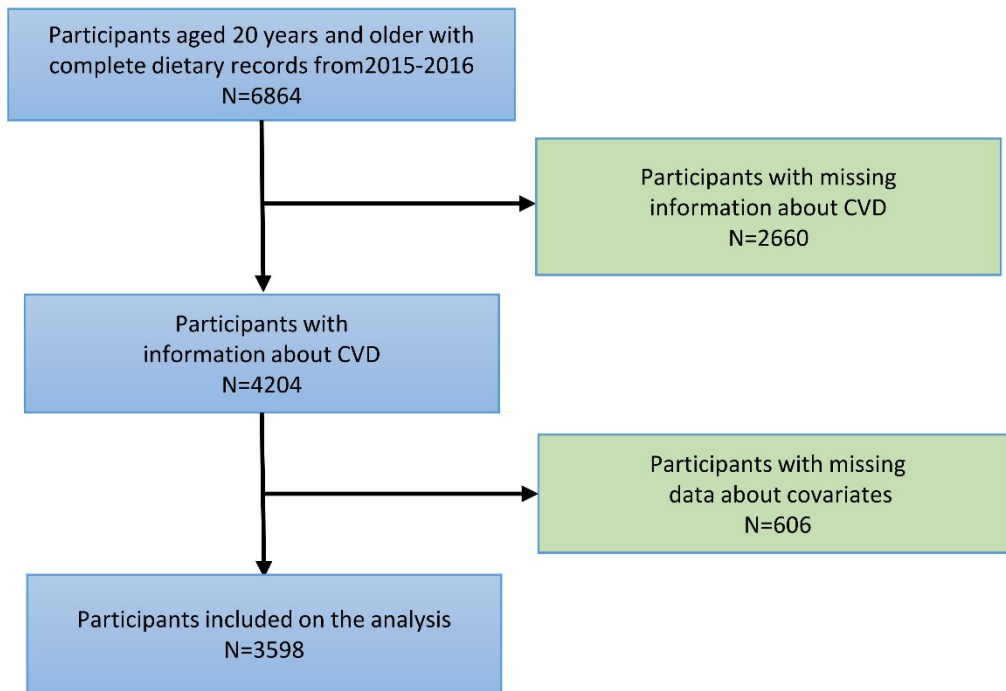
Supplementary Table 2. HRs and 95% CIs for the third tertile compared to the first tertile of 29 nutrients intakes in relation to cardiovascular disease risk in the CHNS Study

Dietary Variable	P Value*	HR(95%CI)	adjust-P Value
FDR-significant associations			
Selenium	0.007	0.68(0.51-0.90)	0.049
Vitamin A	0.007	0.70(0.54-0.91)	0.049
Carotenoids	0.001	0.64(0.50-0.83)	0.009
Total Protein	0.001	0.54(0.38-0.77)	0.009
Non-FDR-significant associations			
Retinol	0.349	1.13(0.88-1.46)	0.514
Thiamine	0.269	1.18(0.88-1.57)	0.488
Riboflavin	0.029	0.72(0.54-0.97)	0.120
Nicotinic acid	0.194	0.82(0.61-1.10)	0.453
Vitamin E	0.017	1.35(1.06-1.73)	0.096
Calcium	0.080	0.79(0.60-1.03)	0.257
Phosphorus	0.104	0.76(0.55-1.06)	0.300
Potassium	0.715	0.95(0.71-1.27)	0.797
Sodium	0.234	1.16(0.91-1.48)	0.453
Magnesium	0.774	1.04(0.78-1.40)	0.797
Iron	0.345	0.87(0.65-1.17)	0.514
Zinc	0.204	0.81(0.58-1.12)	0.453
Copper	0.441	0.89(0.65-1.21)	0.609
Manganese	0.797	0.96(0.70-1.32)	0.797
Fatty acids	0.531	0.92(0.72-1.19)	0.699
Saturated fatty acids	0.147	0.84(0.65-1.07)	0.389
Monounsaturated fatty acids	0.049	0.78(0.60-1.00)	0.178
Polyunsaturated fatty acids	0.354	1.12(0.88-1.44)	0.514
Vitamin C	0.558	0.93(0.73-1.19)	0.703
Cholesterol	0.340	0.88(0.68-1.14)	0.514
Carbohydrates	0.770	0.95(0.66-1.36)	0.797
Fat	0.642	1.07(0.80-1.45)	0.744
Dietary fiber	0.224	1.17(0.91-1.52)	0.453
Plant Protein	0.604	0.92(0.68-1.26)	0.729
Animal Protein	0.023	0.73(0.56-0.96)	0.110

*Adjusted for sex, age, BMI, place of residence, education level, alcohol consumption, history of smoking, energy intake, PA, and history of hypertension



Supplementary Figure 1. Flow chart of the China Health and Nutrition Survey



Supplementary Figure 2. Flow chart of the National Health and Nutrition Examination Survey