

Supplemental Table 1: Dietary phytosterol intake assessment.

Corresponding Codes for Foods in the UKB	Description	Estimated PS (mg)/100g
26062	Animal fat spread lower fat	0
26063	Animal fat spread normal	0
26064	Added sugars and preserves	0
26065	Allium vegetables	2.5
26066	Beef	0
26067	Beer and cider	0
26068	Biscuits	0
26069	Breaded/battered chicken	0
26070	Breaded/battered fish	0
26071	Mixed bread (50/50), brown and seeded	28.4
26072	Other bread	20
26073	White bread	0
26074	Wholemeal bread	36.3
26075	Biscuit cereal	6.1
26076	Bran cereal	34.05
26077	Oat cereal (non sugar)	3
26078	Oat cereal (sugar)	3
26079	Other cereal (sugar)	26.5
26080	Chocolate confectionery	0
26081	Coffee, caffeinated	0
26082	Coffee, decaffeinated	0
26083	Savoury crackers	0
26084	Milk-dairy desserts	0
26085	Other desserts and cakes and pastries	0
26086	Soy desserts and yogurt	0
26087	Milk-based and powdered drinks	0
26088	Egg and egg dishes	0
26089	Apples and pears	0
26090	Berries	0
26091	Citrus	0
26092	Dried fruit	0
26093	Other fruit	0
26094	Stewed fruit	0
26095	Fruit juice	0
26096	Full fat yogurt	0
26097	Grain dishes - added fat	20
26098	Green leafy/cabbages	0
26099	High fat cheese	0

26100	Lamb	0
26101	Legumes and pulses	35
26102	Low fat yogurt	0
26103	Medium and low fat cheese	0
26104	Other meat, offal	0
26105	Muesli	29.7
26106	Nut-based spreads	30.4
26107	Unsalted nuts and seeds	0
26108	Salted nuts and seeds	0
26109	Oily fish	0
26110	Olive oil (drizzling/dunking)	113.8
26111	Plant-based spread lower fat	0
26112	Plant-based spread normal	0
26113	White pasta and rice	11.9
26114	Wholemeal pasta, brown rice and other wholegrains	53.8
26115	Peas and sweetcorn	0
26116	Pizza	0
26117	Pork	0
26118	Potatoes and sweet potatoes (baked/boiled)	3
26119	Fried/roast potatoes	0
26120	Mashed potatoes	0
26121	Poultry	0
26122	Processed meat	0
26123	Raw salad	0
26124	Rice/oat milk	5.4
26125	Root vegetables	12
26126	Low/non sugar sugar- sweetened beverages	0
26127	Sugar-sweetened beverages and other sugary drinks	0
26128	Samosa, pakora	0
26129	Sauces and condiments (high fat)	10.2
26130	Sauces and condiments (low fat)	4.6
26131	Semi skimmed milk	0.2
26132	Shellfish	0
26133	Skimmed milk and cholesterol-lowering milk	0
26134	Savoury snacks	0
26135	Soups	0
26136	Soy milk	10

26137	Meat substitutes - soy	84.5
26138	Spirits	0
26139	Sushi	4.5
26140	Other sweets	0
26141	Tea	0
26142	Tea, decaffeinated	0
26143	Tomatoes	0
26144	Vegetable dips	0
26145	Meat substitutes - vegetarian	0
	Other vegetables, including	
26146	mushrooms, fruiting and mixed vegetables	0
26147	Vegetable side dishes	0
26148	Water (still and sparkling)	0
26149	White fish and tinned tuna	0
26150	Whole milk	0
26151	Fortified wine	0
26152	Red wine	0
26153	White wine	0
26154	Cream	0

Supplemental Table 2: Proportional hazards assumption testing.

Covariate	P-value				
	Model 1	Model 2	Model 3	Model 4	Model 5
PS quintiles	0.3854	0.3510	0.3912	0.3998	0.3485
age		0.0584	0.0621	0.0655	0.0828
sex		0.2868	0.2576	0.2057	0.0574
ethnicity			0.4342	0.4218	0.6399
TDI			0.9942	0.6788	0.3105
education			0.2372	0.4184	0.4447
BMI				0.2556	0.3330
smoking					0.2906
alcohol					0.9205
physical					0.0701
Antihypertensive drug					0.7814
Anticholesteremic agents					0.1121
Energy intake					0.6834
Global	0.3854	0.0936	0.5031	0.0858	0.0654

Supplemental Table 3: Statistical characteristics of PS intake estimation per quantile.

PS Estimation (mg/d)	Quintile of PS intake				
	1st quintile (N=33442)	2rd quintile (N=33442)	3nd quintile (N=33441)	4th quintile (N=33442)	5th quintile (N=33442)
Mean (SD)	14.5 (7.16)	31.4 (3.73)	44.2 (3.79)	59.4 (5.34)	98.2 (31.6)
Median	15.8	31.5	44.1	58.9	87.9
[Min, Max]	[0, 24.7]	[24.7, 37.7]	[37.7, 50.9]	[50.9, 69.7]	[69.7, 456]