

The dietary data from FFQ were processed as follows: first, we calculated the mean nutrient content of each food item by selecting representative foods consumed by the residents to construct a food composition for our FFQ. Second, we calculated the average daily consumption of each food item by dividing the product of the food consumption frequency and the amount of food consumption by the unit of food consumption frequency. For example, if a participant consumed tomato twice a week and 210 g per time, then the average daily intake of tomato was $(210 \text{ g/time} * 2 \text{ times/week}) / (7 \text{ days/week}) = 60 \text{ g/day}$. And then we multiplied the average daily consumption of each food item by the corresponding nutrient content of each food item. Finally, we summed all nutrient intakes of each food item. The calculations were performed by using SAS version 9.4 (SAS Institute, Cary, NC, USA).