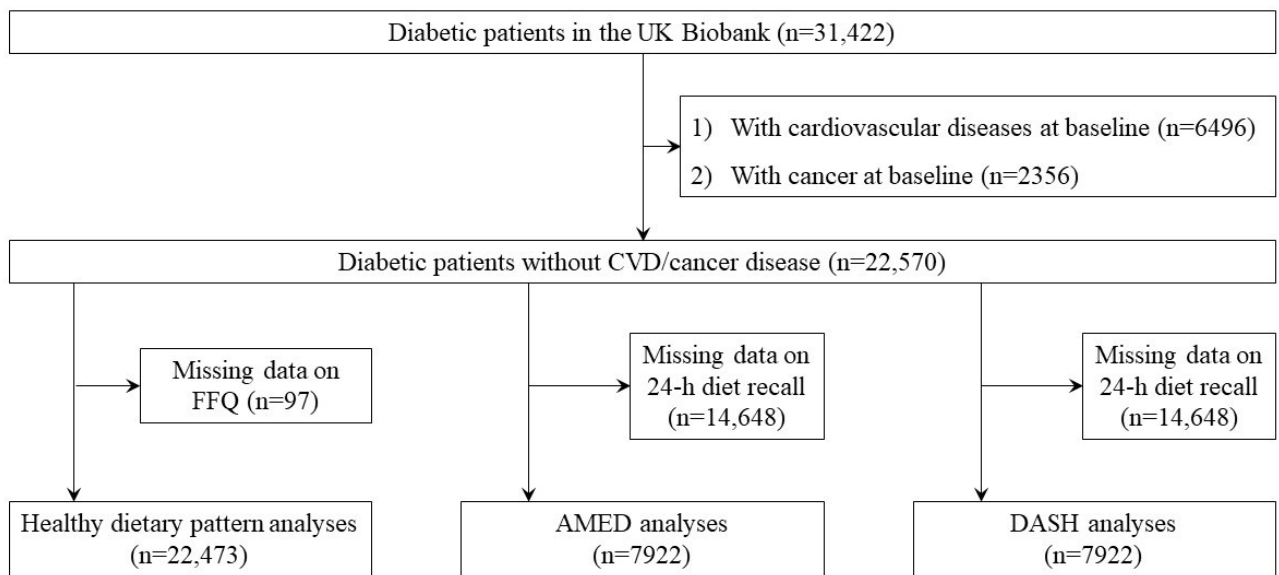
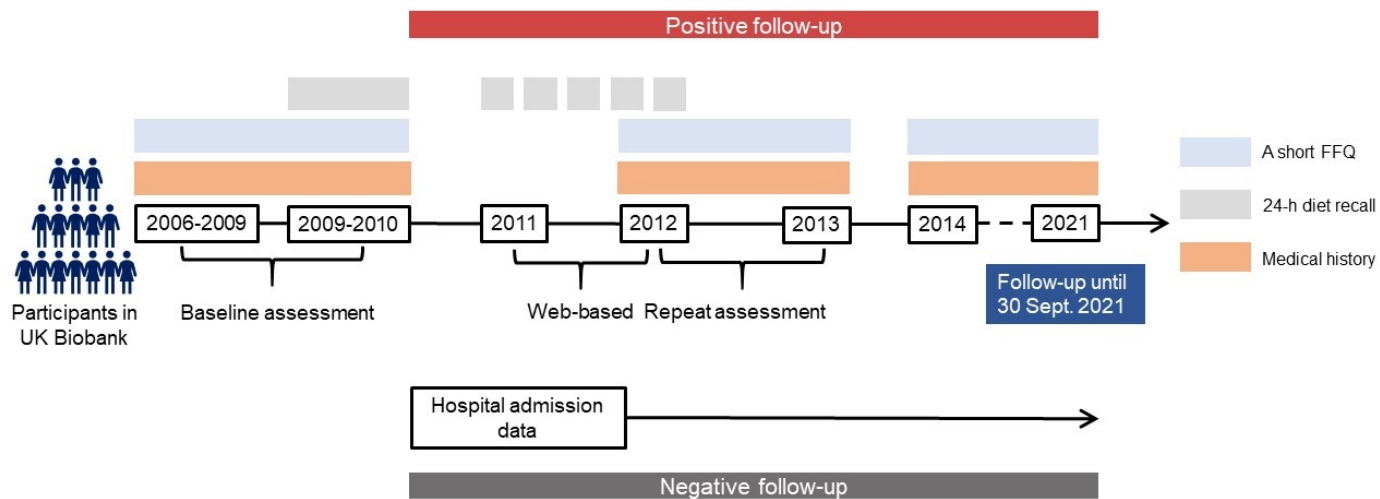


## Supplementary Material

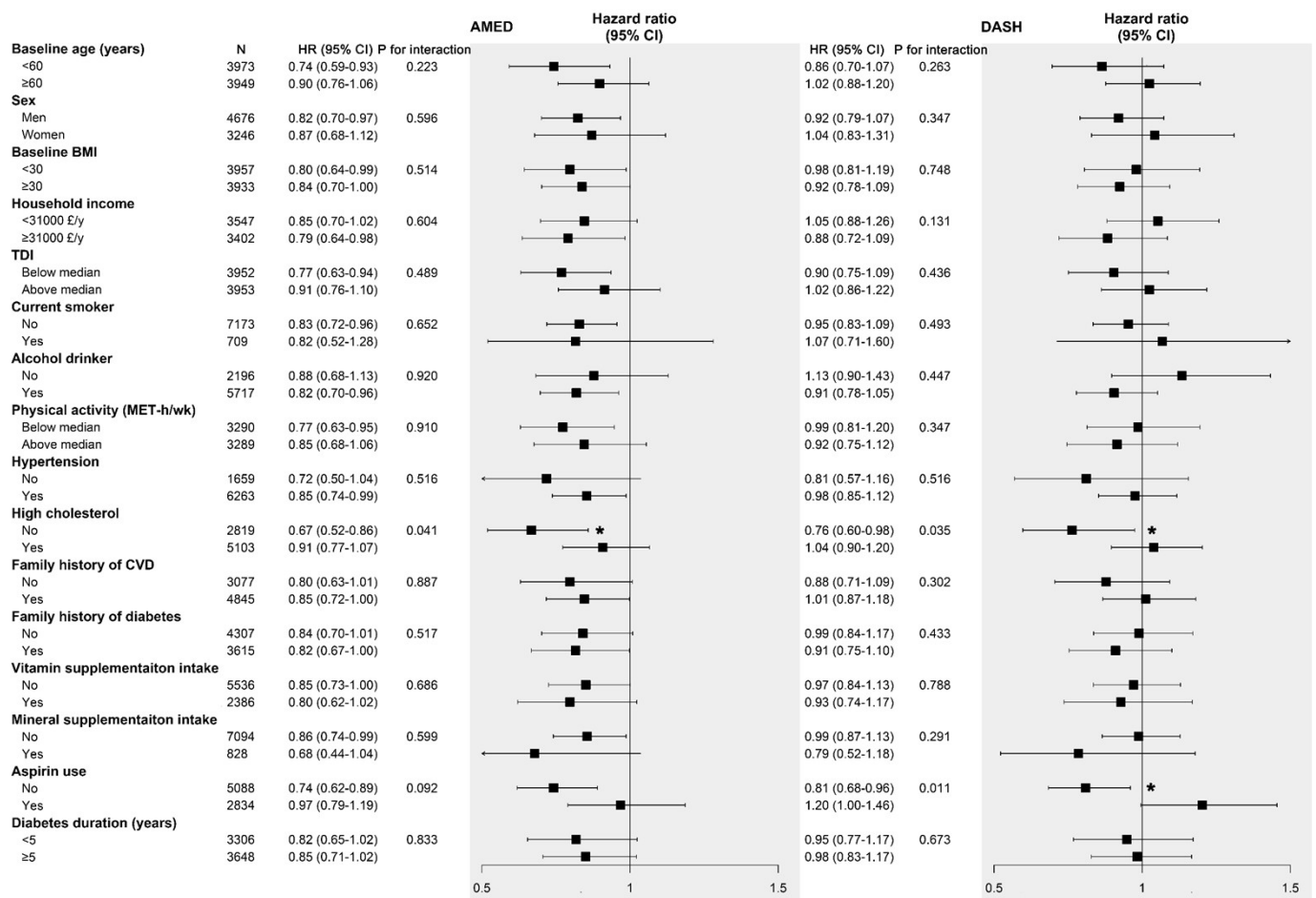
<b>Figure S1.</b> Flow chart of study participants for analysis.....	2
<b>Figure S2.</b> Association of AMED, DASH diet score and the risk of CVD stratified by potential risk factors. ....	3
<b>Table S1.</b> Diet component definitions used in the healthy diet score .....	4
<b>Table S2.</b> Diet component definitions used in the AMED score .....	5
<b>Table S3.</b> Diet component definitions used in the DASH diet score .....	6
<b>Table S4.</b> Codes used in the UK Biobank to identify dementia cases and relevant diseases.....	7
<b>Table S5.</b> Basic characteristics of diabetes participants by AMED and DASH diet score in the UK Biobank cohort .....	8
<b>Table S6.</b> Multivariable Hazard Ratios (95% CIs) of healthy diet score and stroke subgroup.....	11
<b>Table S7.</b> Multivariable Hazard Ratios (95% CIs) of healthy diet score and CVD incidence from sensitivity analyses.....	12
<b>Table S8.</b> Multivariable Hazard Ratios (95% CIs) of AMED diet score and CVD incidence from sensitivity analyses.....	14
<b>Table S9.</b> Multivariable Hazard Ratios (95% CIs) of DASH diet score and CVD incidence from sensitivity analyses.....	15



**Figure S1. Flow chart of study participants for analysis**



**Figure S2. Study design.** FFQ=food frequency questionnaire.



**Figure S3. Association of AMED, DASH diet score and the risk of CVD stratified by potential risk factors.** BMI = body mass index; MET = metabolic equivalent of task; AMED = Alternate Mediterranean Diet; DASH = the Dietary Approaches to Stop Hypertension. Forest plots show the multivariable HRs of CVD associated with AMED and DASH diet scores in subgroups. HRs were adjusted for age, sex, race, centers, BMI, household income, Townsend deprivation index, smoking, alcohol consumption, physical activity, history of hypertension, history of high cholesterol, family history of cardiovascular disease, family history of diabetes, vitamin supplement use, mineral supplement use, aspirin use, and diabetes duration. Horizontal lines represent 95% CIs. \*P for interaction<0.05.

**Table S1.** Diet component definitions used in the healthy diet score

Components	Criteria for minimum score of 0	Criteria for maximum score of 10	Field IDs	Amount per serving
Fruit	0 servings/day	≥3 servings/day	1309 (pieces fresh fruit/day) 1319 (pieces dried fruit/day)	1309 – 1 piece 1319 – 5 pieces
Vegetable	0 servings/day	≥3 servings/day	1289 (tablespoons cooked vegetables/day) 1299 (salad/raw vegetables/day)	3 heaped tablespoons
Whole grains	0 servings/day	≥3 servings/day	1438, 1448 (wholemeal/wholegrain bread slices/week) 1458, 1468 (bran/oat/muesli cereal bowls/week)	1438/1448 – 1 slice/day 1458/1468 – 1 bowl/day
Fish	0 servings/week	≥2 servings/week	1329 (oily fish/week) 1339 (non-oily fish/week)	Once/week
Dairy	0 servings/day	≥2 servings/day	1408 (cheese/week) 1418 (milk type)	1408 – 1 piece/day 1418 – 1 glass/day if consumption of any type of milk
Vegetable oils	0 servings/day	≥2 servings/day	1428 (Flora Pro-Active/Benecol spread) 2654 (Flora Pro-Active/Benecol, soft margarine -, olive oil based -, polyunsaturated/sunflower oil-based -, other low/reduced fat spread) 1438 (bread slices/week)	1 serving/day if in combination with eating at least 2 slices of bread (ID 1438)
Refined grains	>2 servings/day	0 servings/day	1438, 1448 (white, brown, other bread slices/week) 1458, 1468 (biscuit, other cereals/week)	1438/1448 – 1 slice/day 1458/1468 – 1 bowl/day
Processed meats	>1 serving/week	0 serving/week	1349 (processed meat/week or daily) 3680 (age when last ate meat)	1349 – 1 piece/day 3680 – 0 pieces/day if indicated having never eaten meat
Unprocessed meats	>2 servings/week	0 serving/week	1359 (poultry/week or day) 1369 (beef/week or day) 1379 (lamb or mutton/week or day) 1389 (pork/week or day) 3680 (age when last ate meat)	1359-1389 – once/week 3680 – 0 pieces/day if indicated having never eaten meat
Sugar-sweetened beverages	Drink	Don't drink	6144 (never consumes drinks containing sugar)	0 servings
Total score	0	100	□	□

**Table S2.** Diet component definitions used in the AMED score

Components	Criteria for minimum score of 0	Criteria for maximum score of 1	Field IDs
Fruit	Less than median intake	Greater than median intake	100190,100200 (Fruit juice) 1004410-104590 (Whole fruit and dried fruit)
Vegetable	Less than median intake	Greater than median intake	104060-104380 (All vegetables except potatoes and beans) 104000, 104010, 104110, 104120, 104280 (Beans)
Legumes	Less than median intake	Greater than median intake	103270 (Tofu) 104000, 104010, 104110, 104120, 104280 (Beans)
Whole grains	Less than median intake	Greater than median intake	100770, 100830, 100840, 100850, 102720, 102740, 102780 (Cereal) 100810, 101260 (Oat) 100950, 101020, 101090, 101160 (Bread) 20091-20094 (Type of bread)
Nuts	Less than median intake	Greater than median intake	102410-102450 (Peanut, nuts, seeds)
Fish	Less than median intake	Greater than median intake	103150-103230 (Fish and seafood)
Red and processed meats	Greater than median intake	Less than median intake	103010 (Sausage), 103070 (Bacon), 103080 (Ham)
Ratio of monounsaturated to saturated fat	Less than median intake	Greater than median intake	100004 (Fat), 100007 (Polyunsaturated fat), 100006 (Saturated fat)
Ethanol	<5 or >25 g	5–25 g/d	100022 (Alcohol)
Total score	0	9	□

AMED=Alternate Mediterranean Diet.

**Table S3.** Diet component definitions used in the DASH diet score

<b>Components</b>	<b>Criteria for minimum score of 1</b>	<b>Criteria for maximum score of 5</b>	<b>Field IDs</b>
Total fruit	First quintile	Fifth quintile	100190-100200 (Fruit juice) 104410-104590 (Whole fruit and dried fruit)
Vegetables without potatoes	First quintile	Fifth quintile	104060-104100, 104130-104380 (Vegetables) 102490 (Olives) 100770, 100830, 100840, 100850, 102720, 102740, 102770, 102780 (Cereal)
Whole grains	First quintile	Fifth quintile	100810, 101260 (Oat) 100950, 101020, 101090, 101160 (Bread) 20091-20094 (Type of bread)
Low-fat dairy products	First quintile	Fifth quintile	100015, 100520 (Milk) 102810, 102850, 102879 (Cheese) 20106, 102090 (Yogurt)
Nuts, seeds, and legumes	First quintile	Fifth quintile	102410-102440 (Nuts) 102450 (Seeds) 103270 (Tofu), 104000, 104010, 104110, 104120, 104280 (Legumes)
Red and processed meat	Fifth quintile	First quintile	103020-103040 (Red meat) 103010, 103070, 103080 (Processed meat)
Sugar-sweetened beverages	Fifth quintile	First quintile	100170, 100180
Sodium	Fifth quintile	First quintile	26052
<b>Total score</b>	8	40	□

DASH=Dietary Approaches to Stop Hypertension.

**Table S4.** Codes used in the UK Biobank to identify dementia cases and relevant diseases

<b>Outcomes</b>	<b>□</b>	<b>ICD-9</b>	<b>ICD-10</b>	<b>OPCS-4</b>	<b>Self-reported fields</b>	<b>Other</b>
Cardiovascular disease (CVD)	Coronary Heart Disease (CHD)	410, 411, 412, 413, 414	I20-25	K40-K46, K49, K50, K75	6150 (1), 3894, 20004 (1070,1095,1523)	
	Atrial Fibrillation (AF)	4273	I48	K621, K622, K623	20002 (1471, 1483)	
	Stroke	430, 431, 434, 4340, 4341, 4349, 436	I60, I61, I62, I63, I64	A052-A054, L351, L353, L343	6150 (3), 4056, 20002 (1081,1491, 1583, 1086)	
Diabetes	Type 2 Diabetes	250.00, 250.10, 250.20, 250.90	E11	—	20002 (1223)	
	Type 1 Diabetes	250.01, 250.11, 250.21, 250.91	E10	—	20002 (1222)	
	Unclarified	250.09, 250.19, 250.29, 250.3-250.7, 250.99	E12-14	—	2443 (1), 2976, 6153 (3), 6177 (3), 20002 (1220)	Randomized glucose >11.1 mmol/L or HbA1c ≥6.5% (48 mmol/mol)



**Table S5.** Basic characteristics of diabetes participants by AMED and DASH diet score in the UK Biobank cohort

Characteristics	Tertiles of Mediterranean diet score			P value	□ □	Tertiles of DASH diet score			P value
	T1	T2	T3			T1	T2	T3	
N	1841	3366	2715			2684	2562	2676	
Male (%)	62.9	59.8	55.4	<0.001		67.6	58.7	50.7	<0.001
race (%)				0.005					<0.001
White	90.7	89.4	87.2			90.8	88.8	87.1	
Non-white	8.9	10.1	12.2			8.8	10.4	12.4	
Age (yr)	57.1±7.7	57.9±7.5	58.7±7.2	<0.001		57.0±7.7	58.2±7.4	58.8±7.2	<0.001
BMI (kg/m <sup>2</sup> )	32.0±6.1	31.1±6.0	29.9±5.7	<0.001		32.0±6.0	30.7±5.9	30.0±5.9	<0.001
Physical activity (MET-h/wk)	32.8±40.8	35.3±39.5	39.2±39.7	<0.001		31.4±37.1	37.0±42.1	39.9±40.0	<0.001
SBP (mmHg)	143.3±17.9	143.6±18.1	143.8±18.1	0.733		143.6±17.8	143.5±17.9	143.7±18.4	0.942
DBP (mmHg)	83.4±10.3	82.9±10.0	82.3±10.4	0.001		83.6±10.0	82.8±10.0	82.0±10.6	<0.001
Blood glucose (mmol/L)	7.7±3.6	7.5±3.3	7.4±3.3	0.015		7.7±3.6	7.5±3.3	7.3±3.2	<0.001
Household income (£) (%)				0.003					0.432
< 18,000*	24.0	20.1	19.0			21.8	20.1	19.8	
18,000 to 30,999	24.0	24.0	24.6			23.7	24.0	24.7	
31,000 to 51,999	21.1	24.2	22.9			22.5	23.7	22.9	
52,000 to 100,000	15.5	16.2	16.8			16.5	16.2	15.9	
> 100,000	2.8	3.9	4.1			4.1	3.6	3.5	
Townsend deprivation index	-0.7±3.2	-1.0±3.1	-1.2±3.0	<0.001		-0.7±3.2	-1.1±3.1	-1.2±3.1	<0.001
Education/ n (%)				<0.001					<0.001
College or University degree	29.3	32.9	40.8			31.2	35.3	37.9	
Vocational qualifications	13.9	13.6	13.6			14.4	13.7	12.9	
Optional national exams at ages 17-18 years	10.8	12.2	13.4			12.3	11.8	12.8	
National exams at age 16 years	28.3	26.4	21.9			26.9	25.1	23.8	
Others	16.6	13.8	9.6			14.2	13.3	11.5	
Smoking (%)				<0.001					<0.001
Never	45.5	48.3	51.2			44.8	48.6	52.5	
Previous	41.1	42.0	42.3			42.6	42.0	41.1	
Current	13.0	9.0	6.2			12.1	8.8	6.0	

Alcohol drinking (%)				<0.001				<0.001
Never or special occasions only	45.2	41.1	37.7		39.3	39.2	44.2	
1 to 3 times/month	21.9	23.1	24.8		23.5	23.9	22.9	
1 or 2 times/week	16.2	17.6	20.3		18.3	18.0	18.3	
3 or 4 times/week	16.5	17.9	17.1		18.7	18.7	14.7	
History of hypertension (%)	78.2	80.7	77.6	0.008	80.2	78.8	78.2	0.182
History of high cholesterol (%)	62.9	65.8	63.7	0.064	65.2	63.3	64.7	0.330
Family history of cardiovascular disease (%)	60.8	60.6	62.1	0.455	59.9	61.8	61.9	0.264
Aspirin use (%)	34.0	36.9	35.6	0.110	35.8	36.3	35.2	0.709
Lipid-lowering drug (%)	63.7	66.2	64.2		65.9	63.9	65.0	0.311
Glucose-lowering medication (%)								
Oral	49.8	51.1	46.9	0.005	51.5	49.4	47.2	0.008
Insulin	16.7	17.9	17.8	0.134	17.0	17.1	18.7	0.173
Vitamin supplementation (%)	26.2	29.8	33.2	<0.001	26.5	30.1	33.7	<0.001
Mineral supplementation (%)	8.5	10.0	12.4	<0.001	8.1	11.0	12.3	<0.001
Dietary components								
Vegetable (servings/d)	1.1±1.5	2.2±2.1	3.5±2.9	<0.001	1.4±1.8	2.3±2.0	3.5±2.9	<0.001
Fruit (servings/d)	1.5±1.4	2.4±1.9	3.4±2.1	<0.001	1.6±1.5	2.5±1.8	3.5±2.1	<0.001
Nut, seeds (servings/d)	0.03±0.17	0.1±0.4	0.3±0.5	<0.001	0.3±0.5	0.5±0.7	0.8±0.8	<0.001
Legume (servings/d)	0.1±0.4	0.4±0.5	0.6±0.7	<0.001				
Whole grains (servings/d)	0.8±1.0	1.3±1.4	1.8±1.5	<0.001	0.9±1.1	1.3±1.3	2.0±1.5	<0.001
Red and processed meats (servings/d)	0.9±1.2	0.6±0.9	0.4±0.7	<0.001	1.5±1.2	0.9±0.9	0.5±0.7	<0.001
Fish (servings/d)	0.1±0.3	0.3±0.5	0.5±0.6	<0.001	—	—	—	
Ratio of monounsaturated to saturated fat	1.0±0.2	1.2±0.3	1.3±0.4	<0.001	—	—	—	
Alcohol (servings/d)	16.0±26.9	15.1±23.3	13.1±18.2	<0.001	—	—	—	
Low-fat dairy (servings/d)	—	—	—		0.2±0.5	0.4±0.6	0.7±0.7	<0.001
Sugar-sweetened beverage (servings/d)	—	—	—		0.5±0.8	0.3±0.6	0.1±0.4	<0.001
Sodium (mg)	—	—	—		2381.2±946.6	1976.0±791.2	1842.0±801.1	<0.001
Diet score	1.6±0.6	3.5±0.5	5.8±0.9	<0.001	19.3±2.5	24.5±1.1	29.5±2.3	<0.001
Diabetes duration (y)				<0.001				0.004
<5	39.8	41.1	43.8		40.6	41.5	43.1	
5-10	23.5	24.4	21.5		23.4	23.1	23.0	
≥10	21.7	22.8	23.8	□	23.0	21.9	23.7	

AMED=alternate Mediterranean diet, DASH=dietary approaches to stop hypertension, BMI=body mass index, SBP=systolic blood pressure, DBP=diastolic blood pressure, MET=metabolic equivalent of task.

\*Data are either percentage or mean $\pm$ SD unless indicated otherwise.

**Table S6.** Multivariable Hazard Ratios (95% CIs) of healthy diet score and stroke subgroup

□	Quintiles of healthy diet score					<i>P</i> <sub>trend</sub>
	Q1	Q2	Q3	Q4	Q5	
N	4489	4500	4494	4499	4491	
<b>Ischemic stroke case</b>	162	138	123	128	119	
Person-years	53202.3	53523.5	53364.1	53709.5	53986.8	
Adjustment for age and sex	1 (Ref.)	0.80 (0.64-1.01)	<b>0.71 (0.56-0.90)</b>	<b>0.72 (0.57-0.90)</b>	<b>0.63 (0.50-0.81)</b>	<b>&lt; 0.001</b>
Multivariable adjustment†	1 (Ref.)	0.83 (0.66-1.04)	<b>0.77 (0.61-0.98)</b>	<b>0.78 (0.61-0.99)</b>	<b>0.71 (0.55-0.91)</b>	<b>0.008</b>
<b>Hemorrhage stroke case</b>	29	43	32	34	26	
Person-years	53812.0	53915.4	53741.8	54101.7	54297.5	
Adjustment for age and sex	1 (Ref.)	1.43 (0.89-2.29)	1.06 (0.64-1.75)	1.09 (0.66-1.79)	0.81 (0.47-1.37)	0.202
Multivariable adjustment †	1 (Ref.)	1.40 (0.87-2.25)	1.04 (0.62-1.73)	1.04 (0.63-1.74)	0.80 (0.46-1.39)	0.195

†The multivariate model was adjusted for age, sex, race, centers, BMI, household income, Townsend deprivation index, smoking, alcohol consumption, physical activity, history of hypertension, history of hyper cholesterol, family history of cardiovascular disease, family history of diabetes, vitamin supplement use, mineral supplement use, aspirin use, and diabetes duration.

**Table S7.** Multivariable Hazard Ratios (95% CIs) of healthy diet score and CVD incidence from sensitivity analyses

	Quintiles of cardiovascular disease diet score					<i>P</i> <sub>trend</sub>
	Q1	Q2	Q3	Q4	Q5	
<b>Further adjusted for lipid-lowering drugs</b>						
No. of participants	4489	4500	4494	4499	4491	
CVD cases	1079	1097	1041	1020	972	
Multivariable-adjusted HR (95% CI)†	1 (Ref.)	0.99 (0.91-1.08)	0.97 (0.89-1.06)	0.93 (0.85-1.02)	<b>0.86 (0.79-0.95)</b>	<b>&lt;0.001</b>
CHD cases	757	732	721	688	654	
Multivariable-adjusted HR (95% CI)†	1 (Ref.)	0.95 (0.86-1.05)	0.97 (0.87-1.07)	<b>0.90 (0.81-0.997)</b>	<b>0.83 (0.75-0.93)</b>	<b>&lt;0.001</b>
Stroke cases	211	188	160	168	154	
Multivariable-adjusted HR (95% CI)†	1 (Ref.)	0.87 (0.71-1.06)	<b>0.77 (0.63-0.95)</b>	<b>0.79 (0.64-0.97)</b>	<b>0.71 (0.57-0.88)</b>	<b>0.002</b>
<b>Further adjusted for glucose-lowering drugs*</b>						
No. of participants	4489	4500	4494	4499	4491	
CVD cases	1079	1097	1041	1020	972	
Multivariable-adjusted HR (95% CI)†	1 (Ref.)	0.99 (0.91-1.07)	0.96 (0.88-1.05)	0.92 (0.84-1.01)	<b>0.85 (0.78-0.93)</b>	<b>&lt;0.001</b>
CHD cases	757	732	721	688	654	
Multivariable-adjusted HR (95% CI)†	1 (Ref.)	0.94 (0.85-1.04)	0.96 (0.86-1.06)	<b>0.88 (0.79-0.98)</b>	<b>0.82 (0.74-0.92)</b>	<b>&lt;0.001</b>
Stroke cases	211	188	160	168	154	
Multivariable-adjusted HR (95% CI)†	1 (Ref.)	0.86 (0.71-1.05)	<b>0.77 (0.62-0.94)</b>	<b>0.78 (0.63-0.96)</b>	<b>0.70 (0.56-0.87)</b>	<b>0.001</b>
<b>Further adjusted for sleeping pattern</b>						
No. of participants	4489	4500	4494	4499	4491	
CVD cases	1079	1097	1041	1020	972	
Multivariable-adjusted HR (95% CI)†	1 (Ref.)	1.00 (0.92-1.09)	0.98 (0.90-1.07)	0.95 (0.87-1.03)	<b>0.88 (0.80-0.96)</b>	<b>0.002</b>
CHD cases	757	732	721	688	654	
Multivariable-adjusted HR (95% CI)†	1 (Ref.)	0.96 (0.87-1.07)	0.98 (0.88-1.09)	0.92 (0.82-1.02)	<b>0.85 (0.76-0.95)</b>	<b>0.003</b>
Stroke cases	211	188	160	168	154	
Multivariable-adjusted HR (95% CI)†	1 (Ref.)	0.87 (0.72-1.07)	<b>0.78 (0.63-0.96)</b>	<b>0.79 (0.64-0.98)</b>	<b>0.72 (0.58-0.89)</b>	<b>0.002</b>
<b>Excluding incident CVD within 2 years</b>						
No. of participants	4358	4359	4362	4355	4358	
CVD cases	936	958	911	874	849	
Multivariable-adjusted HR (95% CI)†	1 (Ref.)	1.00 (0.92-1.10)	0.98 (0.89-1.07)	0.92 (0.84-1.01)	<b>0.87 (0.79-0.96)</b>	<b>&lt;0.001</b>
CHD cases	641	627	616	570	561	
Multivariable-adjusted HR (95% CI)†	1 (Ref.)	0.97 (0.86-1.08)	0.97 (0.87-1.09)	<b>0.87 (0.78-0.98)</b>	<b>0.84 (0.75-0.95)</b>	<b>0.001</b>

Stroke cases	176	162	135	146	132		
Multivariable-adjusted HR (95% CI)†	1 (Ref.)	0.90 (0.73-1.12)	0.79 (0.62-0.99)	0.83 (0.66-1.04)	<b>0.74 (0.58-0.93)</b>	<b>0.010</b>	
<b>Excluding participants with missing covariate data</b>							
No. of participants	2555	2567	2559	2563	2559		
CVD cases	654	595	589	600	543		
Multivariable-adjusted HR (95% CI)†	1 (Ref.)	0.90 (0.80-1.002)	0.88 (0.79-0.99)	0.91 (0.81-1.02)	<b>0.80 (0.71-0.90)</b>	<b>0.001</b>	
CHD cases	440	408	414	393	373		
Multivariable-adjusted HR (95% CI)†	1 (Ref.)	0.93 (0.81-1.07)	0.93 (0.82-1.07)	0.89 (0.78-1.02)	<b>0.83 (0.72-0.96)</b>	<b>0.012</b>	
Stroke cases	134	114	90	93	84		
Multivariable-adjusted HR (95% CI)†	1 (Ref.)	0.85 (0.66-1.10)	<b>0.66 (0.50-0.87)</b>	<b>0.67 (0.51-0.88)</b>	<b>0.59 (0.45-0.79)</b>	<b>&lt;0.001</b>	
<b>Excluding participants with type 1 diabetes</b>							
No. of participants	4430	4429	4437	4429	4423		
CVD cases	1063	1079	1024	1004	961		
Multivariable-adjusted HR (95% CI)†	1 (Ref.)	0.99 (0.91-1.08)	0.97 (0.89-1.06)	0.94 (0.86-1.02)	<b>0.87 (0.79-0.95)</b>	<b>0.001</b>	
CHD cases	746	715	711	675	649		
Multivariable-adjusted HR (95% CI)†	1 (Ref.)	0.95 (0.85-1.05)	0.97 (0.87-1.08)	0.90 (0.81-1.001)	<b>0.84 (0.76-0.94)</b>	<b>0.002</b>	
Stroke cases	206	189	154	166	151		
Multivariable-adjusted HR (95% CI)†	1 (Ref.)	0.90 (0.74-1.10)	<b>0.76 (0.62-0.95)</b>	<b>0.80 (0.65-0.99)</b>	<b>0.72 (0.57-0.89)</b>	<b>0.002</b>	

\*Glucose-lowering drugs including oral and insulin.

CI = confidence interval; HR = hazard ratio.

†The multivariate model was adjusted for age, sex, race, centers, BMI, Townsend deprivation index, household income, smoking, alcohol consumption, physical activity, history of hypertension, history of hyper cholesterol, family history of cardiovascular disease, family history of diabetes, vitamin supplement use, mineral supplement use, aspirin use, healthy diet score, and diabetes duration.

**Table S8.** Multivariable Hazard Ratios (95% CIs) of AMED diet score and CVD incidence from sensitivity analyses

	Tertiles of Mediterranean diet score			<i>P</i> <sub>trend</sub>
	T1	T2	T3	
<b>Further adjusted for lipid-lowering drugs</b>				
No. of participants	1841	3366	2715	
CVD cases	420	667	498	
Multivariable-adjusted HR (95% CI)‡	1 (Ref.)	<b>0.87 (0.77-0.99)</b>	<b>0.84 (0.73-0.96)</b>	<b>0.011</b>
<b>Further adjusted for glucose-lowering drugs*</b>				
No. of participants	1841	3366	2715	
CVD cases	420	667	498	
Multivariable-adjusted HR (95% CI)‡	1 (Ref.)	<b>0.87 (0.77-0.98)</b>	<b>0.84 (0.73-0.96)</b>	<b>0.012</b>
<b>Further adjusted for sleeping pattern</b>				
No. of participants	1841	3366	2715	
CVD cases	420	667	498	
Multivariable-adjusted HR (95% CI)‡	1 (Ref.)	<b>0.87 (0.77-0.98)</b>	<b>0.84 (0.73-0.96)</b>	<b>0.013</b>
<b>Excluding incident CVD within 2 years</b>				
No. of participants	1784	3282	2662	
CVD cases	363	583	445	
Multivariable-adjusted HR (95% CI)‡	1 (Ref.)	0.88 (0.77-1.004)	<b>0.86 (0.75-0.996)</b>	0.053
<b>Excluding participants with missing covariate data</b>				
No. of participants	2195	1128	1786	
CVD cases	483	234	340	
Multivariable-adjusted HR (95% CI)‡	1 (Ref.)	0.94 (0.81-1.11)	0.88 (0.77-1.02)	0.088
<b>Excluding participants with type 1 diabetes</b>				
No. of participants	1797	3304	2666	
CVD cases	409	656	486	
Multivariable-adjusted HR (95% CI)‡	1 (Ref.)	<b>0.87 (0.77-0.98)</b>	<b>0.83 (0.73-0.96)</b>	<b>0.011</b>
<b>Excluding participants with extreme energy intake†</b>				
No. of participants	1815	3327	2668	
CVD cases	413	658	487	
Multivariable-adjusted HR (95% CI) ‡	1 (Ref.)	<b>0.87 (0.77-0.99)</b>	<b>0.83 (0.73-0.96)</b>	<b>0.011</b>

\*Glucose-lowering drugs including oral and insulin.

†Extreme energy intake was <800 or >4200 kcal/d for men and <600 or >3500 kcal/d for women.

CI = confidence interval; HR = hazard ratio.

‡The multivariate model was adjusted for age, sex, race, centers, BMI, Townsend deprivation index, household income, smoking, alcohol consumption, physical activity, history of hypertension, history of hyper cholesterol, family history of cardiovascular disease, family history of diabetes, vitamin supplement use, mineral supplement use, aspirin use, healthy diet score, and diabetes duration.

**Table S9.** Multivariable Hazard Ratios (95% CIs) of DASH diet score and CVD incidence from sensitivity analyses

	Tertiles of DASH diet score			<i>P</i> <sub>trend</sub>
	T1	T2	T3	
<b>Further adjusted for lipid-lowering drugs</b>				
No. of participants	2684	2562	2676	
CVD cases	572	519	494	
Multivariable-adjusted HR (95% CI) ‡	1 (Ref.)	1.03 (0.91-1.16)	0.96 (0.85-1.09)	0.546
<b>Further adjusted for glucose-lowering drugs*</b>				
No. of participants	2684	2562	2676	
CVD cases	572	519	494	
Multivariable-adjusted HR (95% CI) ‡	1 (Ref.)	1.03 (0.91-1.16)	0.96 (0.85-1.09)	0.561
<b>Further adjusted for sleeping pattern</b>				
No. of participants	2684	2562	2676	
CVD cases	572	519	494	
Multivariable-adjusted HR (95% CI) ‡	1 (Ref.)	1.04 (0.92-1.17)	0.97 (0.85-1.10)	0.620
<b>Excluding incident CVD within 2 years</b>				
No. of participants	2602	2502	2624	
CVD cases	490	459	442	
Multivariable-adjusted HR (95% CI) ‡	1 (Ref.)	1.07 (0.94-1.22)	1.01 (0.88-1.16)	0.849
<b>Excluding participants with missing covariate data</b>				
No. of participants	1725	1622	1762	
CVD cases	365	357	335	
Multivariable-adjusted HR (95% CI) ‡	1 (Ref.)	1.10 (0.95-1.28)	0.97 (0.83-1.13)	0.726
<b>Excluding participants with type 1 diabetes</b>				
No. of participants	2620	2522	2625	
CVD cases	559	511	481	
Multivariable-adjusted HR (95% CI) ‡	1 (Ref.)	1.03 (0.91-1.16)	0.95 (0.83-1.07)	0.408
<b>Excluding participants with extreme energy intake†</b>				
No. of participants	2652	2525	2633	
CVD cases	565	506	487	
Multivariable-adjusted HR (95% CI) ‡	1 (Ref.)	1.02 (0.90-1.15)	0.96 (0.85-1.09)	0.583

\*Glucose-lowering drugs including oral and insulin.

†Extreme energy intake was <800 or >4200 kcal/d for men and <600 or >3500 kcal/d for women.

CI = confidence interval; HR = hazard ratio.

‡The multivariate model was adjusted for age, sex, race, centers, BMI, Townsend deprivation index, household income, smoking, alcohol consumption, physical activity, history of hypertension, history of hyper cholesterol, family history of cardiovascular disease, family history of diabetes, vitamin supplement use, mineral supplement use, aspirin use, healthy diet score, and diabetes duration.