

Supplementary Table 1. Principal component analysis varimax-rotated 42 food groups factor loading scores.

Food groups	Fruit and sweet pattern	Traditional oriental pattern	Animal food pattern
Refined grains	-0.09	0.61	-0.17
Noodles	0.16	0.22	0.17
Bread	0.19	0.06	0.04
Rice	0.25	0.17	0.07
Whole grains	-0.11	0.63	-0.09
Dairy products	0.20	0.04	0.03
Poultry	0.10	0.04	0.64
Red meats	-0.05	0.06	0.60
Organ meats	0.42	-0.04	0.19
Sausage	0.26	0.22	0.08
Chicken egg	-0.02	0.24	0.30
Preserved egg	0.28	-0.07	0.26
Seafood (Squid, octopus, lobster, shellfish)	0.42	0.02	0.33
Fish (fish bone and all, dried fish, fatty fish, and less-fat fish)	0.30	0.13	0.29
Dark green and leafy vegetables	0.28	0.53	0.22
Solanaceous vegetables	0.19	0.38	0.24
Carotenoid vegetables	0.47	0.14	0.12
Starchy vegetables	0.28	0.50	-0.04
Mushroom and fungi	0.42	0.24	0.35
Hot and sweet peppers	0.11	0.32	0.19
Tomato	-0.17	0.51	0.27
Bulb vegetable	0.10	0.45	0.33
Ginger	0.03	0.25	0.50
Seaweed	0.41	0.09	0.06
Legumes and soy products	0.23	0.36	0.28
Preserved vegetables	0.14	0.40	0.16
Salted eggs	0.09	0.33	0.14
Fruits (citrus fruits)	0.58	0.04	-0.09
Fruits (all kinds except for citrus fruits, persimmon, strawberry, and kiwi fruit)	0.63	0.17	-0.12
Fruits (persimmon, strawberry, kiwi fruit)	0.62	0.05	-0.13
Dim sum (Cakes, cookies, and biscuits)	0.32	0.10	0.01
Sweets and desserts	0.15	0.10	0.01
Honey	0.11	0.07	0.00

Nuts	0.21	0.37	0.10
Tea	0.08	0.21	0.08
Coffee	0.16	-0.02	-0.03
Soda and sweetened beverages	0.18	-0.07	0.06
Fruits or vegetables juice	0.05	-0.06	0.02
Alcohol consumption	-0.06	0.12	0.26
Fried foods	0.33	0.22	0.27
Bean vermicelli	0.08	0.09	0.57
Sesame and sesame products	0.05	0.02	0.51

Loadings with an absolute value more than 0.20 are shown in bold.

Supplementary Table 2. Adjusted association between inflammatory markers and incident sarcopenia (n=1,913).

Cox proportional hazard regression models	Q1	Q2	Q3	Q4	<i>P</i> for trend ^a
Plt (10 ⁹ /L)	(0.27, 206.0)	(206.0, 241.0)	(241.0, 282.0)	(282.0, 3271.0)	-
Participants, n	500	471	467	475	-
Cases, n	77	65	79	81	-
Person-years	1,400	1,289	1,341	1,357	-
Incidence per 1000 person-years	55	50.4	58.9	59.7	-
Model 1 ^b	1.00 (Ref)	0.94 (0.68, 1.31) ^c	1.06 (0.78, 1.45)	1.07 (0.78, 1.46)	0.53
Model 2 ^d	1.00 (Ref)	0.96 (0.69, 1.34)	1.15 (0.84, 1.58)	1.08 (0.79, 1.48)	0.44
Model 3 ^e	1.00 (Ref)	0.94 (0.67, 1.32)	1.17 (0.85, 1.62)	1.09 (0.79, 1.51)	0.39
Model 4 ^f	1.00 (Ref)	0.90 (0.64, 1.27)	1.19 (0.86, 1.65)	1.07 (0.77, 1.48)	0.38
WBC (10 ⁹ /L)	(1.00, 4.40)	(4.40, 5.10)	(5.10, 6.10)	(6.10, 308.0)	-
Participants, n	516	463	441	493	-
Cases, n	103	60	63	76	-
Person-years	1,450	1,291	1,286	1,360	-
Incidence per 1000 person-years	71	46.5	49	55.9	-
Model 1 ^b	1.00 (Ref)	0.65 (0.48, 0.90) ^c	0.68 (0.50, 0.93)	0.79 (0.59, 1.06)	0.11
Model 2 ^d	1.00 (Ref)	0.76 (0.55, 1.04)	0.82 (0.60, 1.12)	0.93 (0.69, 1.26)	0.64
Model 3 ^e	1.00 (Ref)	0.74 (0.54, 1.03)	0.73 (0.53, 1.01)	0.79 (0.57, 1.08)	0.12
Model 4 ^f	1.00 (Ref)	0.74 (0.53, 1.03)	0.74 (0.53, 1.02)	0.79 (0.58, 1.09)	0.14
NEUT (10 ⁹ /L)	(1.70, 51.9)	(51.9, 57.5)	(57.5, 62.9)	(62.9, 732.0)	-
Participants, n	506	464	466	477	-
Cases, n	75	81	73	73	-
Person-years	1,457	1,316	1,316	1,298	-

Incidence per 1000 person-years	51.5	61.6	55.5	56.2	-
Model 1 ^b	1.00 (Ref)	1.24 (0.91, 1.70) ^c	1.12 (0.81, 1.54)	1.15 (0.83, 1.59)	0.53
Model 2 ^d	1.00 (Ref)	1.31 (0.95, 1.79)	1.15 (0.83, 1.59)	1.14 (0.82, 1.58)	0.58
Model 3 ^e	1.00 (Ref)	1.25 (0.90, 1.72)	1.10 (0.79, 1.52)	1.14 (0.82, 1.59)	0.61
Model 4 ^f	1.00 (Ref)	1.25 (0.91, 1.73)	1.13 (0.81, 1.57)	1.13 (0.81, 1.58)	0.6
LY (10 ⁹ /L)	(1.20, 29.2)	(29.2, 33.8)	(33.8, 39.2)	(39.2, 2538.0)	-
Participants, n	494	477	463	479	-
Cases, n	71	79	77	75	-
Person-years	1,321	1,369	1,315	1,382	-
Incidence per 1000 person-years	53.7	57.7	58.6	54.3	-
Model 1 ^b	1.00 (Ref)	1.03 (0.75, 1.42) ^c	1.06 (0.77, 1.46)	0.96 (0.70, 1.33)	0.85
Model 2 ^d	1.00 (Ref)	0.99 (0.72, 1.37)	1.16 (0.84, 1.62)	0.96 (0.69, 1.33)	0.98
Model 3 ^e	1.00 (Ref)	0.96 (0.69, 1.34)	1.10 (0.79, 1.54)	0.94 (0.67, 1.32)	0.92
Model 4 ^f	1.00 (Ref)	0.99 (0.71, 1.38)	1.11 (0.80, 1.56)	0.95 (0.68, 1.33)	0.92
NLR	(0.03, 1.32)	(1.32, 1.70)	(1.70, 2.15)	(2.15, 35.0)	-
Participants, n	494	473	473	473	-
Cases, n	75	82	70	75	-
Person-years	1,413	1,346	1,355	1,273	-
Incidence per 1000 person-years	53.1	60.9	51.7	58.9	-
Model 1 ^b	1.00 (Ref)	1.17 (0.86, 1.60) ^c	0.99 (0.72, 1.38)	1.17 (0.85, 1.61)	0.56
Model 2 ^d	1.00 (Ref)	1.36 (0.99, 1.86)	0.99 (0.72, 1.38)	1.20 (0.87, 1.66)	0.63
Model 3 ^e	1.00 (Ref)	1.26 (0.91, 1.74)	0.95 (0.68, 1.33)	1.19 (0.85, 1.65)	0.67
Model 4 ^f	1.00 (Ref)	1.27 (0.92, 1.75)	0.97 (0.69, 1.36)	1.18 (0.85, 1.64)	0.67

PLR	(0.01, 5.74)	(5.74, 7.19)	(7.19, 8.83)	(8.83, 348.7)	-
Participants, n	494	473	473	473	-
Cases, n	75	71	76	80	-
Person-years	1,404	1,369	1,272	1,342	-
Incidence per 1000 person-years	53.4	51.9	59.7	59.6	-
Model 1 ^b	1.00 (Ref)	0.96 (0.70, 1.33) ^c	1.17 (0.85, 1.61)	1.13 (0.82, 1.54)	0.29
Model 2 ^d	1.00 (Ref)	0.99 (0.72, 1.38)	1.23 (0.90, 1.70)	1.09 (0.79, 1.49)	0.38
Model 3 ^e	1.00 (Ref)	0.98 (0.70, 1.36)	1.26 (0.91, 1.74)	1.10 (0.80, 1.51)	0.34
Model 4 ^f	1.00 (Ref)	0.98 (0.70, 1.36)	1.27 (0.91, 1.76)	1.09 (0.79, 1.51)	0.34

Abbreviation: Plt, platelet; WBC, white blood cell; NEUT, neutrophil; LY, lymphocyte; NLR, neutrophil-to-lymphocyte ratio; PLR, platelet-to-lymphocyte ratio.

^a Obtained by using multivariable Cox regression models.

^b Model 1 was crude model.

^c Hazard ratio (95% confidence interval) (all such values).

^d Model 2 was adjusted for age (continuous: years), sex (males or females), and body mass index (continuous: kg/m²).

^e Model 3 was additionally adjusted for smoking status (current smoker, nonsmoker or ex-smoker), drinking status (everyday, sometime, ex-drinker or nondrinker), physical activity (continuous: MET-hour/week), education level (< or ≥ senior), household income (< or ≥ 3000 yuan/m), diabetes (yes or no), hypertension (yes or no), hyperlipidemia (yes or no), coronary heart disease (yes or no), depressive symptoms score (< or ≥ 45) and total energy intake (quartiles).

^f Model 4 was further adjusted for dietary patterns (quartiles).