

Supplementary data

Supplemental Table 1. Sensitivity analyses for the associations of dietary MedHi food intake with KDM-BA advancement and PA advancement

	β (95% CI) by the dietary MedHi intake groups			<i>P</i> for trend
	G1	G2	G3	
KDM-BA advancement	Reference	-0.57 (-1.54, 0.40)	-1.38 (-2.17, -0.60)	0.001
PA advancement	Reference	-0.30 (-0.60, 0.00)	-0.68 (-0.97, -0.39)	< 0.001

The model was adjusted for age, gender, race, marriage, education, family monthly poverty level index category, smoking, alcohol consumption, physical activity, dietary energy intake, and history of hypertension, diabetes and cardiovascular disease.

KDM-BA, Klemera-Doubal method biological age; PA, phenotypic age; β , coefficient; CI, confidence interval.

Supplemental Table 2. Sensitivity analyses for the associations of dietary MedHi intake with KDM-BA acceleration and PA acceleration

	Odds ratio (95% CI) by the dietary MedHi intake groups			<i>P</i> for trend
	G1	G2	G3	
KDM-BA acceleration				
Adjustment for healthy eating index-2015 score	Reference	0.87 (0.74, 1.02)	0.84 (0.70, 0.99)	0.096
Excluding participants with hypertension, diabetes and CVD	Reference	0.79 (0.63, 0.99)	0.72 (0.56, 0.93)	0.014
Excluding participants aged 80 and above	Reference	0.85 (0.72, 1.01)	0.77 (0.65, 0.92)	0.010
PA acceleration				
Adjustment for healthy eating index-2015 score	Reference	0.87 (0.71, 1.06)	0.82 (0.71, 0.96)	0.023
Excluding participants with hypertension, diabetes and CVD	Reference	0.87 (0.67, 1.14)	0.76 (0.60, 0.96)	0.021
Excluding participants aged 80 and above	Reference	0.85 (0.70, 1.03)	0.71 (0.61, 0.83)	< 0.001

The model was adjusted for age, gender, race, marriage, education, family monthly poverty level index category, smoking, alcohol consumption, physical activity, dietary energy intake, and history of hypertension, diabetes and cardiovascular disease.

KDM-BA, Klemmera-Doubal method biological age; PA, phenotypic age; CI, confidence interval.