Supplementary Information (SI) for Food & Function.
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Supplementary Material

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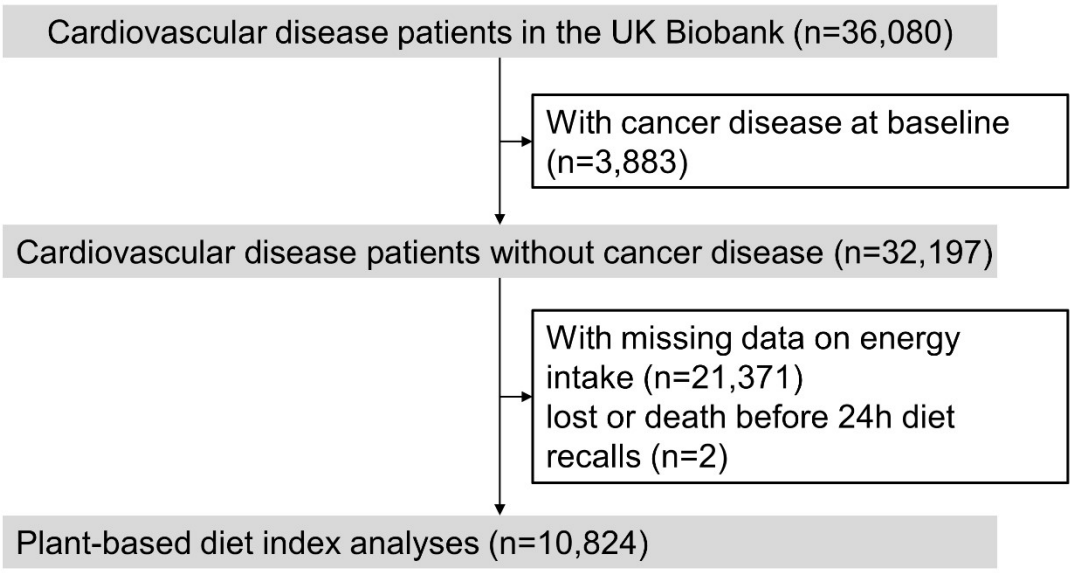

Figure S1. Flow Chart of Study Participants for Analysis.

Plant Food Groups	Items	Standard	Score	PDI	hPDI	uPDI
Whole grains	Porridge, muesli, oat crunch, bran cereal, non-white bread (flour types, brown, wholemeal, other type), whole-wheat cereal, whole meal pasta, brown rice, couscous, other cooked grains (such as bulgur)	quintiles	5	↑	↑	↓
Fruits	Mixed fruit, apple, banana, berries, cherries, grapefruit, grapes, mango ,melon, orange, orange-like small fruits, peach/nectarine, pear, pineapple, plum, other fruits, stewed/cooked fruit, prunes, other dried fruit	quintiles	5	↑	↑	↓
Vegetables	Mixed vegetables, vegetable pieces, coleslaw, side salad, beetroot, broccoli, butternut squash, cabbage/kale, carrots, cauliflower, celery, courgette, cucumber, garlic, leeks, lettuce, mushrooms, onion, parsnip, sweet peppers, spinach, sprouts, sweetcorn, sweet potato, fresh tomatoes, cooked or tinned tomatoes, turnip/swede, watercress, other vegetable intake	quintiles	5	↑	↑	↓
Nuts	Salted peanuts, unsalted peanuts, salted nuts, unsalted nuts, seeds	quintiles	5	↑	↑	↓
Legumes	Beans (baked beans), other beans or lentils, broad beans, green beans, peas, tofu	quintiles	5	↑	↑	↓
Vegetable oils	Olive spread on bread/crackers (very low fat, low fat, normal fat, cholesterol-lowering,unknown)	quintiles	5	↑	↑	↓
Tea and coffee	Instant coffee, filtered coffee, cappuccino, latte, espresso, other coffee drinks, standard tea, rooibos tea, green tea, herbal tea, other tea	quintiles	5	↑	↑	↓
Fruit juices	Orange juice, grapefruit juice	quintiles	5	↑	↓	↑
Refined grains	Sweetened cereal, white bread, naan bread, garlic bread, white pasta, white rice	quintiles	5	↑	↓	↑
Potatoes	Fried potatoes, boiled/baked potatoes, mashed potatoes, crisps	quintiles	5	↑	↓	↑
Sugar sweetened beverages	Carbonated (fizzy) drinks, squash or cordial	quintiles	5	↑	↓	↑
Sweets and desserts	Double crust pie, single crust pie/flan, Yorkshire pudding, Danish pastry, fruitcake, cake, doughnuts, sponge pudding, other dessert, chocolate bar, white chocolate, milk chocolate, dark chocolate, chocolate sweet, diet sweets, chocolate-covered biscuits, chocolate biscuits, sweet biscuits, other sweets	quintiles	5	↑	↓	↑
Animal fat	Butter on bread/crackers (spreadable, low fat, normal fat, or unknown type)	quintiles	5	↓	↓	↓
Dairy	Milk, yogurt, ice-cream, low fat hard cheese, hard cheese, soft cheese, blue cheese, low fat cheese spread, cheese spread, cottage cheese, feta cheese, mozzarella cheese, goat's cheese, other cheese	quintiles	5	↓	↓	↓
Egg	Whole eggs, omelettes or scrambled egg, eggs in sandwiches, scotch egg, other egg dishes	quintiles	5	↓	↓	↓
Fish or Seafood	Tinned tuna, oily fish, breaded fish, battered fish, white fish, prawns, lobster/crab, shellfish, other fish intake	quintiles	5	↓	↓	↓
Meat	Sausage, beef, pork, lamb, crumbed or deep-fried poultry, poultry, bacon, ham, liver, other meat intake	quintiles	5	↓	↓	↓
Miscellaneous animal-based foods	Pizza	quintiles	5	↓	↓	↓

Figure S2. Diet Component Definitions Used in the Plant-based Diet Indices.

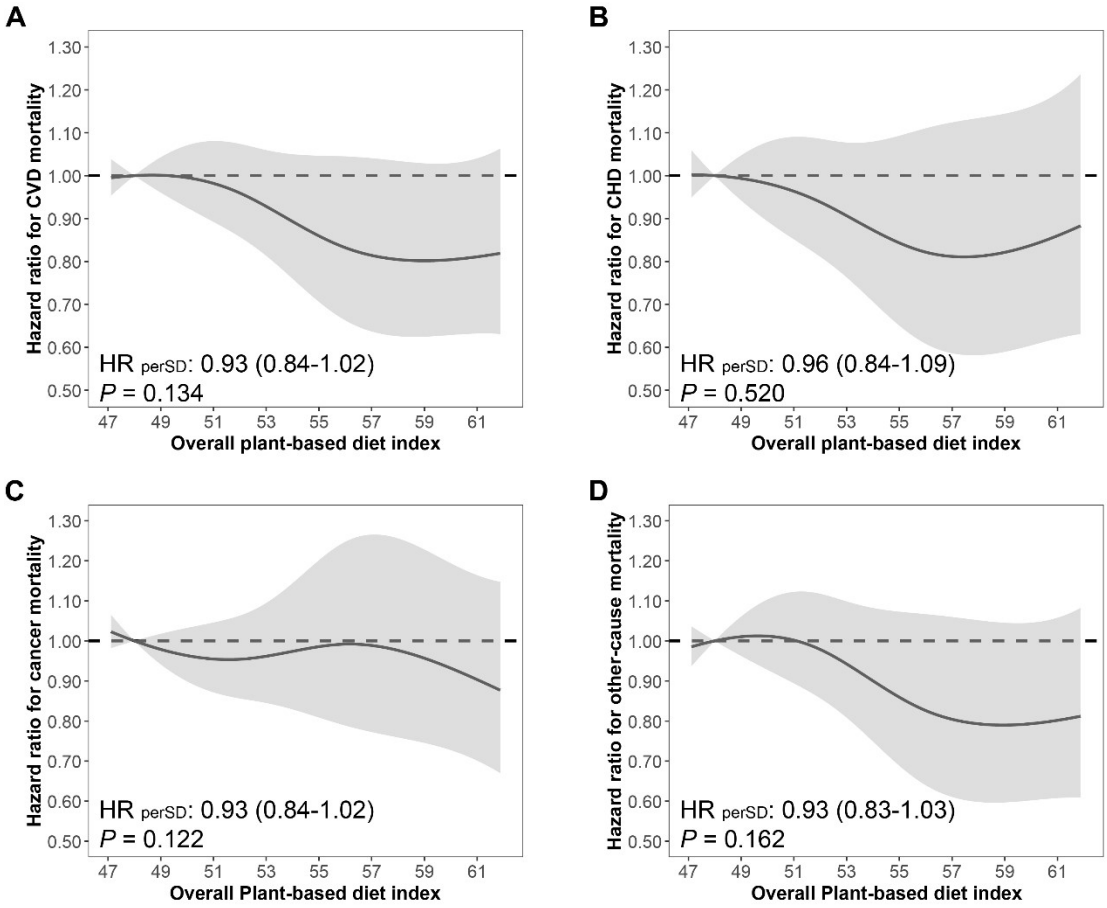

Figure S3. Dose-Response Relationships between PDI and Cause-Specific Mortality. Hazard ratios of CVD mortality (**A**), CHD mortality (**B**), cancer mortality (**C**), and other-cause mortality (**D**) according to PDI were estimated by restricted cubic spline regressions. The multivariable model was adjusted for age, sex, race, centers, BMI, household income, Townsend deprivation index, total energy intake, smoking status, alcohol consumption, physical activity, history of hypertension, history of hypercholesterolemia, history of diabetes, family history of cardiovascular disease, vitamin supplement use, mineral supplement use, aspirin use, lipid-lowering drug use, and CVD duration. Shaded areas represent 95% confidence intervals.

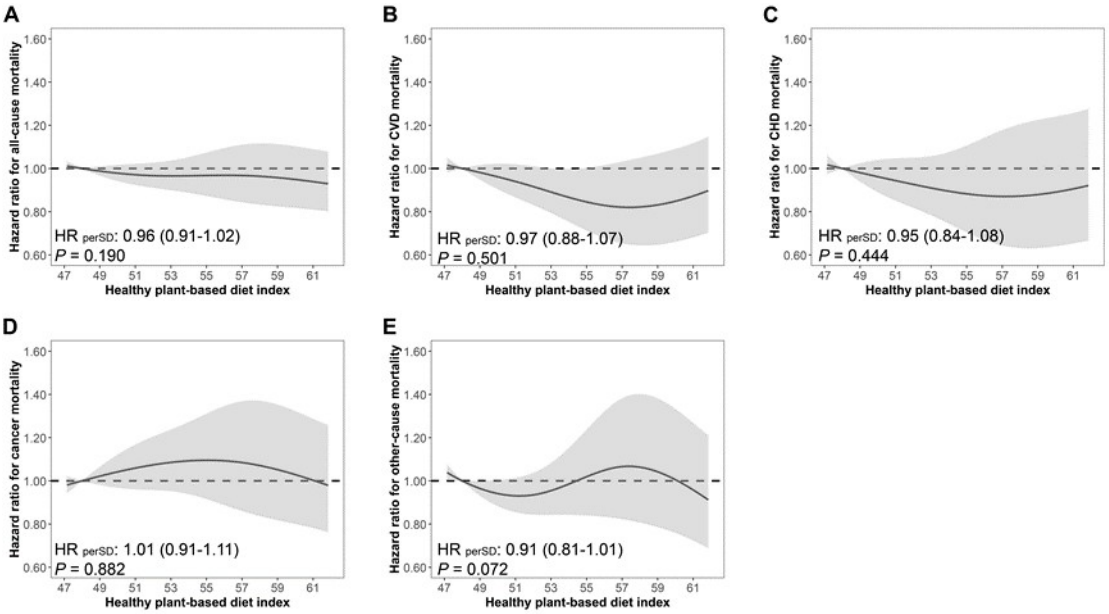

Figure S4. Dose-Response Relationships between hPDI and All-Cause and Cause-Specific Mortality. Hazard ratios of total mortality (**A**), CVD mortality (**B**), CHD mortality (**C**), cancer mortality (**D**), and other-cause mortality (**E**) according to hPDI were estimated by restricted cubic spline regressions. The multivariable model was adjusted for age, sex, race, centers, BMI, household income, Townsend deprivation index, total energy intake, smoking status, alcohol consumption, physical activity, history of hypertension, history of hypercholesterolemia, history of diabetes, family history of cardiovascular disease, vitamin supplement use, mineral supplement use, aspirin use, lipid-lowering drug use, and CVD duration. Shaded areas represent 95% confidence intervals.

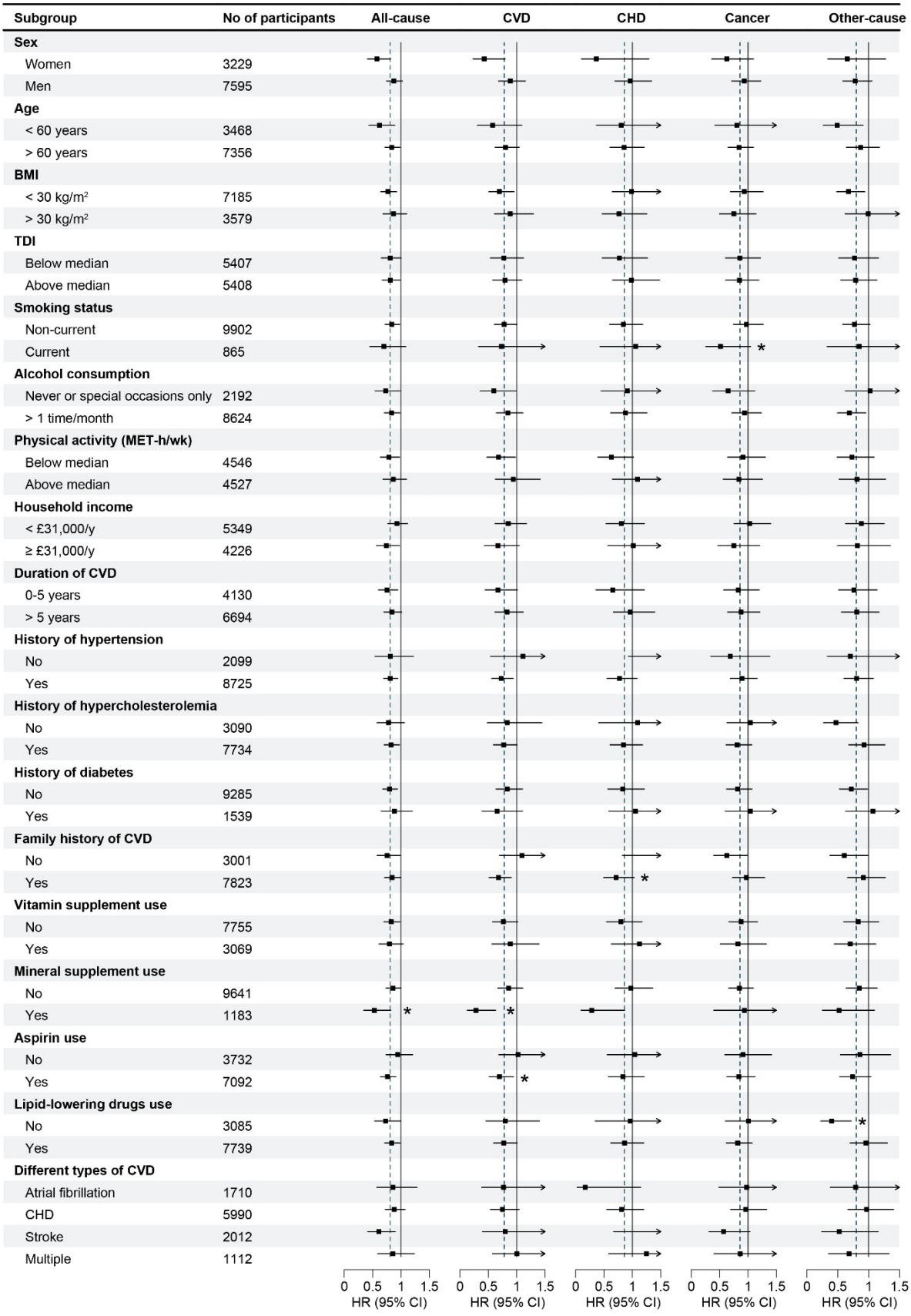

Figure S5. Associations of PDI with All-Cause and Cause-Specific Mortality Stratified by Potential Risk Factors. BMI = body mass index; MET = metabolic equivalent of

task; TDI = Townsend deprivation index. HRs were adjusted for age, sex, race, centers, BMI, household income, Townsend deprivation index, total energy intake, smoking status, alcohol consumption, physical activity, history of hypertension, history of hypercholesterolemia, history of diabetes, family history of cardiovascular disease, vitamin supplement use, mineral supplement use, aspirin use, lipid-lowering drug use and CVD duration. *P for interaction<0.05.

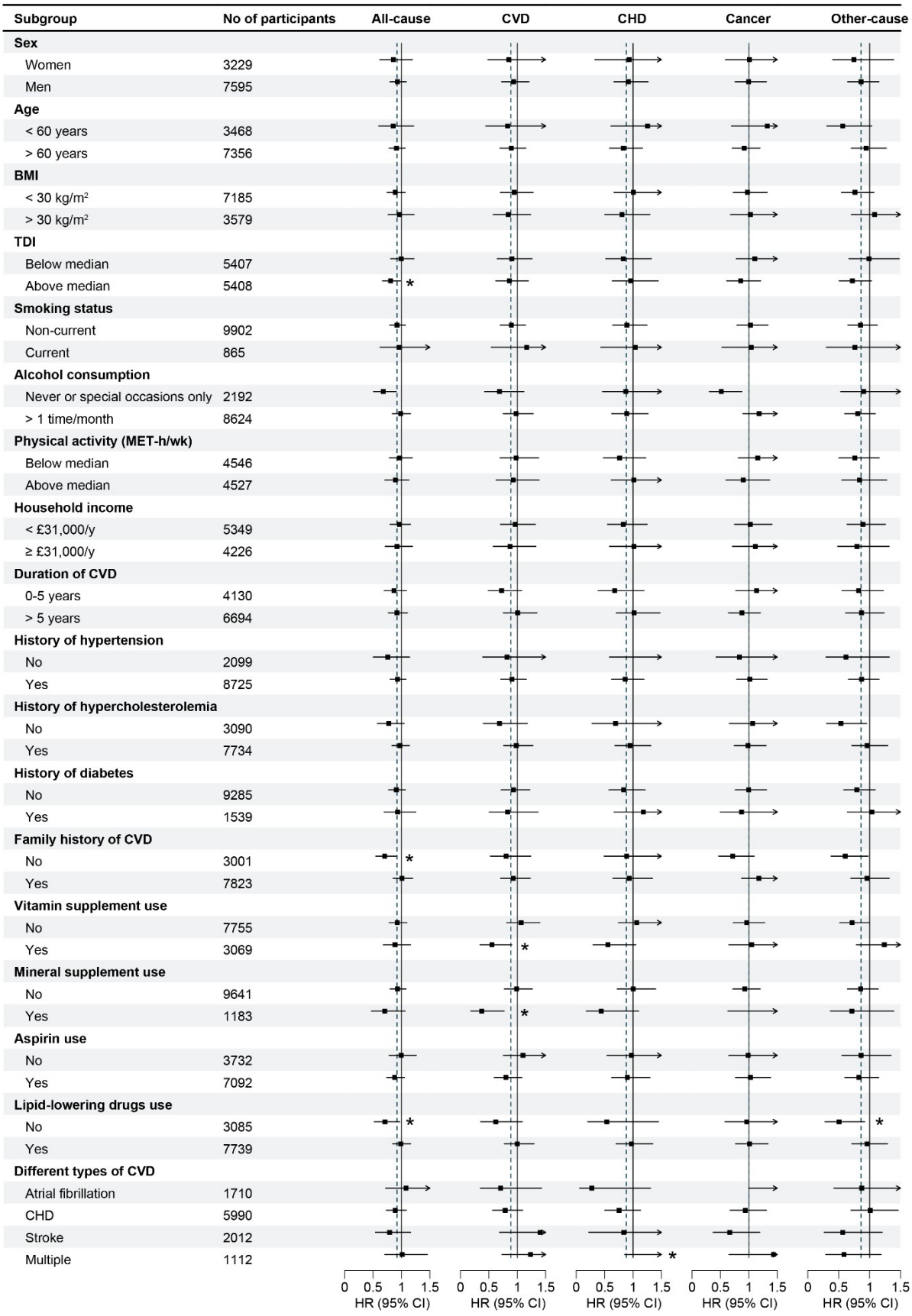

Figure S6. Associations of hPDI with All-Cause and Cause-Specific Mortality Stratified by Potential Risk Factors. BMI = body mass index; MET = metabolic

equivalent of task; TDI = Townsend deprivation index. HRs were adjusted for age, sex, race, centers, BMI, household income, Townsend deprivation index, total energy intake, smoking status, alcohol consumption, physical activity, history of hypertension, history of hypercholesterolemia, history of diabetes, family history of cardiovascular disease, vitamin supplement use, mineral supplement use, aspirin use, lipid-lowering drug use and CVD duration. *P for interaction<0.05.

Table S1. Codes Used in the UK Biobank to Identify Death and Relevant Diseases.

		ICD-9	ICD-10	OPCS-4	Self-reported fields
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, I63, I64	A052-A054, L351, L353, L343	6150 (3), 4056, 20002 (1081,1491, 1583, 1086)
CVD death		-	I00-I99	-	-
CHD death			I20-25		
Cancer death		-	C00-C969，D00-D489	-	-

Table S2. The original names of covariates in UK Biobank

Covariates	Filed ID	Source
Age	21003	Age when attended assessment centre
Sex	31	Sex
Race	21000	Ethnic background
Assessment centers	54	UK Biobank assessment centre
BMI	21001	Body mass index (BMI)
Household income	738	Average total household income before tax
TDI	22189	Townsend deprivation index at recruitment
Smoking	20116	Smoking status
Alcohol drinking	1558	Alcohol intake frequency
Physical activity	22037	MET minutes per week for walking;
	22038	MET minutes per week for moderate
	22039	activity;
		MET minutes per week for vigorous
		activity
History of hypertension	41271	Diagnoses - ICD9;
	41270	Diagnoses - ICD10;
	2966	Age high blood pressure diagnosed;
	6150	Vascular/heart problems diagnosed by
	4080	doctor;
	4079	Systolic blood pressure, automated
	6153	reading;
	6177	Diastolic blood pressure, automated
	20002	reading;
		Medication for cholesterol, blood pressure,
		diabetes, or take exogenous hormones;
		Medication for cholesterol, blood pressure
		or diabetes;
		Non-cancer illness code, self-reported
History of hypercholesterolemia	20002	Non-cancer illness code, self-reported;
	6153	Medication for cholesterol, blood pressure,
	6177	diabetes, or take exogenous hormones;
		Medication for cholesterol, blood pressure
		or diabetes;
Family history of CVD	20107	Illnesses of father;
	20110	Illnesses of mother;
	20111	Illnesses of siblings

History of diabetes	41271	Diagnoses - ICD9;
	41270	Diagnoses - ICD10;
	2443	Diabetes diagnosed by doctor;
	2976	Age diabetes diagnosed;
	20003	Treatment/medication code;
	6153	Medication for cholesterol, blood pressure,
	6177	diabetes, or take exogenous hormones;
	20002	Medication for cholesterol, blood pressure or diabetes;
		Non-cancer illness code, self-reported
Vitamin supplementation	6155	Vitamin and mineral supplements
Mineral supplementation	6179	Mineral and other dietary supplements
Aspirin use	6154	Medication for pain relief, constipation, heartburn
Lipid-lowering drugs	20003	Treatment/medication code
Energy intake	26002	Energy
CVD duration	53	Date of attending assessment centre;
	41281	Date of first in-patient diagnosis - ICD9;
	41280	Date of first in-patient diagnosis - ICD10;
	41282	Date of first operative procedure - OPCS4;
	3894	Age heart attack diagnosed;
	4056	Age stroke diagnosed;
	42000	Date of myocardial infarction;
	42006	Date of stroke

Table S3. The percentages of participants with missing covariates.

Covariates	N	%
Ethnicity	46	0.42
BMI	60	0.55
Townsend deprivation index	9	0.08
Household income	1249	11.54
Smoking status	57	0.53
Alcohol consumption	8	0.07
Physical activity (MET-h/wk)	1751	16.18

BMI=body mass index; MET=metabolic equivalent task.

Table S4. Basic Characteristics of Participants According to Tertiles of healthy Plant-Based Diet Index (hPDI) in the UK Biobank Cohort.

Characteristics	Tertiles of hPDI			P value
	T1	T2	T3	
N	3343	3939	3542	
Age (yr)	60.2 ± 6.7	61.1 ± 6.2	61.5 ± 6.0	<0.001
Male (%)	2563 (76.7)	2783 (70.7)	2249 (63.5)	<0.001
Race (%)				0.002
White	3230 (96.6)	3783 (96.0)	3364 (95.0)	
Non-white	95 (2.8)	142 (3.6)	164 (4.6)	
BMI (kg/m^2)	29.3 ± 5.1	28.7 ± 4.9	28.2 ± 4.7	<0.001
Physical activity (MET-h/wk)	36.3 ± 39.9	39.5 ± 40.6	44.1 ± 42.0	<0.001
Household income (£) (%)				0.319
< 18,000*	789 (23.6)	917 (23.3)	866 (24.5)	
18,000 to 30,999	813 (24.3)	1031 (26.2)	933 (26.3)	
31,000 to 51,999	745 (22.3)	845 (21.5)	723 (20.4)	
52,000 to 100,000	471 (14.1)	553 (14.0)	475 (13.4)	
> 100,000	143 (4.3)	147 (3.7)	124 (3.5)	
Townsend deprivation index	-1.2 ± 3.0	-1.4 ± 3.0	-1.5 ± 3.0	<0.001
Smoking (%)				<0.001
Never	1351 (40.4)	1668 (42.4)	1570 (44.3)	
Previous	1637 (49.0)	1913 (48.6)	1763 (49.8)	
Current	337 (10.1)	327 (8.3)	201 (5.7)	
Alcohol drinking (%)				0.095
less than 1- 3 times/month	996 (29.8)	1195 (30.3)	1131 (31.9)	
1-2 times/week	746 (22.3)	894 (22.7)	834 (23.6)	
3-4 times/week	742 (22.2)	893 (22.7)	773 (21.8)	
daily or almost daily	857 (25.6)	952 (24.2)	803 (22.7)	
History of hypertension (%)	2724 (81.5)	3178 (80.7)	2823 (79.7)	0.172
History of hypercholesterolemia (%)	2399 (71.8)	2836 (72.0)	2499 (70.6)	0.345
History of diabetes (%)	491 (14.7)	558 (14.2)	490 (13.8)	0.595
Family history of CVD (%)	29 (30.2)	27 (36.9)	28 (32.8)	0.048
Aspirin use (%)	2139 (64.0)	2622 (66.6)	2331 (65.8)	0.064
Lipid-lowering drugs (%)	2394 (71.6)	2836 (72.0)	2509 (70.8)	0.531
Vitamin supplementation (%)	899 (26.9)	1084 (27.5)	1086 (30.7)	<0.001
Mineral supplementation (%)	309 (9.2)	382 (9.7)	492 (13.9)	<0.001
Diet components (servings/d)				
Whole grains	2.3 ± 1.3	3.0 ± 1.4	3.6 ± 1.3	<0.001
Fruits	2.4 ± 1.3	3.0 ± 1.4	3.7 ± 1.3	<0.001
Vegetables	2.5 ± 1.3	2.9 ± 1.4	3.5 ± 1.4	<0.001
Nuts	2.3 ± 0.9	2.6 ± 1.2	2.9 ± 1.4	<0.001
Legumes, Vegetarian protein alternatives	3.0 ± 1.1	3.1 ± 1.2	3.4 ± 1.3	<0.001

Refined grains	3.7 ± 1.3	2.9 ± 1.4	2.2 ± 1.3	<0.001
Vegetable oils	3.2 ± 0.6	3.4 ± 0.8	3.5 ± 0.9	<0.001
Potatoes	3.0 ± 1.3	2.8 ± 1.3	2.5 ± 1.4	<0.001
Sugary drink	3.4 ± 1.3	2.8 ± 1.2	2.4 ± 0.9	<0.001
Fruit juice	3.3 ± 1.3	3.0 ± 1.3	2.6 ± 1.1	<0.001
Tea and coffee	3.3 ± 1.4	2.9 ± 1.4	2.5 ± 1.3	<0.001
Sweets and desserts	3.5 ± 1.3	3.1 ± 1.4	2.5 ± 1.4	<0.001
Animal fat	2.6 ± 1.4	3.3 ± 1.2	3.6 ± 0.9	<0.001
Dairy	2.8 ± 1.4	3.0 ± 1.4	3.2 ± 1.4	<0.001
Eggs	2.7 ± 1.3	3.1 ± 1.2	3.4 ± 1.1	<0.001
Fish or seafood	2.8 ± 1.3	2.9 ± 1.3	3.1 ± 1.3	<0.001
Meat	2.4 ± 1.3	2.9 ± 1.4	3.4 ± 1.4	<0.001
Miscellaneous animal-based foods	2.7 ± 0.7	2.8 ± 0.5	2.9 ± 0.4	<0.001
Plant-based diet index (PDI)	51.5 ± 5.2	53.8 ± 5.3	56.1 ± 5.0	<0.001
Healthy plant-based diet index (hPDI)	47.6 ± 3.1	54.5 ± 1.7	61.5 ± 3.2	<0.001
Unhealthy plant-based diet index (uPDI)	56.6 ± 5.5	53.7 ± 5.3	49.7 ± 5.3	<0.001
Total energy intake (kcal/d)	2327.0 ± 756.0	2090.2 ± 662.8	1975.9 ± 628.4	<0.001
Cardiovascular disease duration (yr)	8.0 ± 6.1	7.7 ± 6.0	7.6 ± 6.1	0.004

Data are expressed as either number (percentage) for categorical variables or mean (SD) for continuous variables unless indicated otherwise. P values for continuous and categorical variables were calculated by the analysis of variance and chi-squared tests separately.

*£1.00=$1.30, €1.20.

Table S5. Basic Characteristics of Participants According to Tertiles of unhealthy Plant-Based Diet Index (uPDI) in the UK Biobank Cohort.

Characteristics	Tertiles of uPDI			P value
	T1	T2	T3	
N	3493	3397	3934	
Age (yr)	61.7 ± 5.7	61.0 ± 6.3	60.3 ± 6.7	<0.001
Male (%)	2234 (64.0)	2436 (71.7)	2925 (74.4)	0.040
Race (%)				0.052
White	3368 (96.4)	3267 (96.2)	3742 (95.1)	
Non-white	113 (3.2)	119 (3.5)	169 (4.3)	
BMI (kg/m^2)	28.5 ± 5.0	28.6 ± 4.9	28.9 ± 4.9	<0.001
Physical activity (MET-h/wk)	43.4 ± 41.8	39.9 ± 40.4	37.0 ± 40.6	<0.001
Household income (£) (%)				<0.001
< 18,000*	778 (22.3)	748 (22.0)	1046 (26.6)	
18,000 to 30,999	927 (26.5)	890 (26.2)	960 (24.4)	
31,000 to 51,999	780 (22.3)	722 (21.3)	811 (20.6)	
52,000 to 100,000	489 (14.0)	499 (14.7)	511 (13.0)	
> 100,000	137 (3.9)	144 (4.2)	133 (3.4)	
Townsend deprivation index	-1.6 ± 2.9	-1.5 ± 2.9	-1.1 ± 3.1	<0.001
Smoking (%)				<0.001
Never	1497 (42.9)	1419 (41.8)	1673 (42.5)	
Previous	1790 (51.3)	1701 (50.1)	1822 (46.3)	
Current	192 (5.5)	260 (7.7)	413 (10.5)	
Alcohol drinking (%)				<0.001
less than 1- 3 times/month	1015 (29.1)	1009 (29.7)	1298 (33.0)	
1-2 times/week	781 (22.4)	777 (22.9)	916 (23.3)	
3-4 times/week	813 (23.3)	797 (23.5)	798 (20.3)	
daily or almost daily	882 (25.3)	813 (23.9)	917 (23.3)	
History of hypertension (%)	2776 (79.5)	2741 (80.7)	3208 (81.6)	0.079
History of hypercholesterolemia (%)	2414 (69.1)	2442 (71.9)	2878 (73.2)	<0.001
History of diabetes (%)	499 (14.3)	482 (14.2)	558 (14.2)	0.991
Family history of CVD (%)	2584 (74.0)	2462 (72.5)	2777 (70.6)	0.005
Aspirin use (%)	2292 (65.6)	2265 (66.7)	2535 (64.4)	0.131
Lipid-lowering drugs (%)	2411 (69.0)	2440 (71.8)	2888 (73.4)	<0.001
Vitamin supplementation (%)	1054 (30.2)	989 (29.1)	1026 (26.1)	<0.001
Mineral supplementation (%)	477 (13.7)	353 (10.4)	353 (9.0)	<0.001
Diet components (servings/d)				
Whole grains	3.7 ± 1.3	3.1 ± 1.4	2.3 ± 1.3	<0.001
Fruits	3.7 ± 1.3	3.0 ± 1.4	2.3 ± 1.3	<0.001
Vegetables	3.7 ± 1.3	3.0 ± 1.4	2.3 ± 1.3	<0.001
Nuts	3.1 ± 1.4	2.6 ± 1.2	2.3 ± 0.8	<0.001
Legumes, Vegetarian protein alternatives	3.5 ± 1.2	3.2 ± 1.2	2.8 ± 1.1	<0.001
Refined grains	2.3 ± 1.3	2.9 ± 1.4	3.5 ± 1.4	<0.001
Vegetable oils	3.5 ± 0.9	3.4 ± 0.8	3.3 ± 0.7	<0.001

Potatoes	2.7 ± 1.3	2.8 ± 1.4	2.9 ± 1.4	<0.001
Sugary drink	2.5 ± 1.0	2.8 ± 1.2	3.2 ± 1.3	<0.001
Fruit juice	2.8 ± 1.2	3.0 ± 1.3	3.1 ± 1.3	<0.001
Tea and coffee	2.4 ± 1.3	2.8 ± 1.4	3.3 ± 1.4	<0.001
Sweets and desserts	2.7 ± 1.3	3.0 ± 1.4	3.4 ± 1.4	<0.001
Animal fat	3.0 ± 1.4	3.2 ± 1.3	3.4 ± 1.1	<0.001
Dairy	2.5 ± 1.3	3.0 ± 1.4	3.5 ± 1.3	<0.001
Eggs	2.7 ± 1.3	3.1 ± 1.2	3.4 ± 1.1	<0.001
Fish or seafood	2.6 ± 1.3	2.9 ± 1.3	3.3 ± 1.2	<0.001
Meat	2.7 ± 1.4	2.9 ± 1.4	3.1 ± 1.4	<0.001
Miscellaneous animal-based foods	2.8 ± 0.6	2.8 ± 0.6	2.9 ± 0.5	0.765
Plant-based diet index (PDI)	54.0 ± 5.6	53.8 ± 5.7	53.6 ± 5.3	<0.001
Healthy plant-based diet index (hPDI)	58.2 ± 5.7	54.7 ± 5.5	51.4 ± 5.3	<0.001
Unhealthy plant-based diet index (uPDI)	46.5 ± 3.2	53.0 ± 1.4	59.6 ± 3.1	<0.001
Total energy intake (kcal/d)	2233.4 ± 757.3	2124.1 ± 637.6	2032.1 ± 676.5	<0.001
Cardiovascular disease duration (yr)	7.8 ± 6.4	7.7 ± 5.9	7.8 ± 6.0	0.977

Data are expressed as either number (percentage) for categorical variables or mean (SD) for continuous variables unless indicated otherwise. P values for continuous and categorical variables were calculated by the analysis of variance and chi-squared tests separately.

*£1.00=$1.30, €1.20.

Table S6. Basic Characteristics of CVD Patients Included and Excluded in the Study.

Characteristics	Included	Excluded	P value
N	10,824	25,256	
Age (yr)	61.0±6.3	61.7±6.3	<0.001
Male (%)	7595 (70.2)	16,634 (65.9)	<0.001
Race (%)			<0.001
White	10,377 (95.9)	23,641 (93.6)	
Non-white	401 (3.7)	1416 (5.6)	
BMI (kg/m^2)	28.7±4.9	29.3±5.1	<0.001
Physical activity (MET-h/wk)	40.0±41.0	42.0±46.4	<0.001
Household income (£) (%)			<0.001
< 18,000*	2572 (23.8)	9053 (35.8)	
18,000 to 30,999	2777 (25.7)	5411 (21.4)	
31,000 to 51,999	2313 (21.4)	3270 (13.0)	
52,000 to 100,000	1499 (13.9)	1704 (6.8)	
> 100,000	414 (3.8)	402 (1.6)	
Townsend deprivation index	-1.4±3.0	-0.5±3.4	<0.001
Smoking (%)			<0.001
Never	4589 (42.4)	9825 (38.9)	
Previous	5313 (49.1)	11,602 (45.9)	
Current	865 (8.0)	3538 (14.0)	
Alcohol drinking (%)			<0.001
less than 1- 3 times/month	3322 (30.7)	9647 (38.2)	
1-2 times/week	2474 (22.9)	6104 (24.2)	
3-4 times/week	2408 (22.3)	4694 (18.6)	
daily or almost daily	2612 (24.1)	4679 (18.5)	
History of hypertension (%)	8725 (80.6)	20,965 (83.0)	<0.001
History of hypercholesterolemia (%)	7734 (71.5)	18,223 (72.2)	0.179
History of diabetes (%)	1539 (14.2)	4490 (17.8)	<0.001
Family history of CVD (%)	7823 (72.3)	17,706 (70.1)	<0.001
Aspirin use (%)	7092 (65.5)	16,597 (65.7)	0.729
Lipid-lowering drugs (%)	7739 (71.5)	18,446 (73.0)	0.003
Vitamin supplementation (%)	3069 (28.4)	6819 (27.0)	0.008
Mineral supplementation (%)	1183 (10.9)	2711 (10.7)	0.583
Diet components (servings/d) †			
Whole grains	1.6±1.6	1.5±1.4	0.212
Fruits	2.2±1.8	2.3±2.0	0.687
Vegetables	2.4±2.3	2.5±2.2	0.275
Nuts	0.1±0.4	0.1±0.4	0.496
Legumes, Vegetarian protein alternatives	0.4±0.5	0.4±0.5	0.477
Refined grains	1.3±1.4	1.2±1.2	0.159
Vegetable oils	0.4±0.9	0.3±0.9	0.208
Potatoes	0.6±0.6	0.6±0.6	0.846
Sugary drink	0.3±0.7	0.3±0.7	0.875

Fruit juice	0.3±0.5	0.3±0.5	0.665
Tea and coffee	4.3±1.8	4.3±1.8	0.127
Sweets and desserts	2.3±12.2	2.3±13.0	0.180
Animal fat	0.5±1.1	0.6±1.1	<0.001
Dairy	1.1±3.4	1.1±2.3	0.048
Eggs	0.3±0.5	0.3±0.6	0.719
Fish or seafood	0.3±0.5	0.3±0.5	0.724
Meat	1.2±1.0	1.2±1.0	0.776
Miscellaneous animal-based foods	0.08±0.35	0.09±0.39	0.819
Plant-based diet index (PDI)	53.8±5.5	53.4±5.8	0.007
Healthy plant-based diet index (hPDI)	54.7±6.2	54.4±6.1	0.180
Unhealthy plant-based diet index (uPDI)	53.3±6.1	53.0±5.9	0.125
Total energy intake (kcal/d)	2125.5±696.9	2137.1±689.4	0.635
Cardiovascular disease duration (yr)	7.8±6.1	7.7±6.2	0.593

Data are expressed as either number (percentage) for categorical variables or mean (SD) for continuous variables unless indicated otherwise. P values for continuous and categorical variables were calculated by the analysis of variance and chi-squared tests separately.

*£1.00=$1.30, €1.20.

†For CVD patients that excluded in the study, only 1242 participants with data of 24h dietary Assessments.

Table S7. Basic Characteristics of CVD Patients according to Death in the Study.

Characteristics	The living	Decedent	P value
N	9551	1273	
Age (yr)	60.6±6.4	63.3±5.1	<0.001
Male (%)	6565 (68.7)	1030 (80.9)	<0.001
Race (%)			0.044
White	9148 (95.8)	1229 (96.5)	
Non-white	366 (3.8)	35 (2.8)	
BMI (kg/m^2)	28.6±4.9	29.2±5.3	<0.001
Physical activity (MET-h/wk)	40.4±40.8	37.2±42.2	0.017
Household income (£) (%)			<0.001
< 18,000*	2155 (22.6)	417 (32.8)	
18,000 to 30,999	2433 (25.5)	344 (27.0)	
31,000 to 51,999	2079 (21.8)	234 (18.4)	
52,000 to 100,000	1390 (14.6)	109 (8.6)	
> 100,000	396 (4.2)	18 (1.4)	
Townsend deprivation index	-1.4±3.0	-1.0±3.2	
Smoking (%)			<0.001
Never	4209 (44.1)	380 (29.9)	
Previous	4595 (48.1)	718 (56.4)	
Current	699 (7.3)	166 (13.0)	
Alcohol drinking (%)			0.006
less than 1- 3 times/month	2883 (30.2)	439 (34.5)	
1-2 times/week	2193 (23.0)	281 (22.1)	
3-4 times/week	2161 (22.6)	247 (19.4)	
daily or almost daily	2306 (24.1)	306 (24.0)	
History of hypertension (%)	7608 (79.7)	1117 (87.8)	<0.001
History of hypercholesterolemia (%)	6745 (70.6)	989 (77.7)	<0.001
History of diabetes (%)	1223 (12.8)	316 (24.8)	<0.001
Family history of CVD (%)	6934 (72.6)	889 (69.8)	0.040
Aspirin use (%)	6251 (65.5)	841 (66.1)	0.663
Lipid-lowering drugs (%)	6735 (70.5)	1004 (78.9)	<0.001
Vitamin supplementation (%)	2714 (28.4)	355 (27.9)	0.694
Mineral supplementation (%)	1030 (10.8)	153 (12.0)	0.190
Diet components (servings/d)			
Whole grains	1.6±1.6	1.6±1.7	0.983
Fruits	2.3±1.8	2.2±2.0	0.225
Vegetables	2.4±2.3	2.3±2.4	0.038
Nuts	0.1±0.4	0.1±0.4	0.410
Legumes, Vegetarian protein alternatives	0.4±0.5	0.4±0.6	0.093
Refined grains	1.3±1.4	1.4±1.5	<0.001
Vegetable oils	0.4±0.9	0.3±0.9	0.212
Potatoes	0.6±0.6	0.6±0.6	0.218
Sugary drink	0.3±0.7	0.3±0.7	0.396

Fruit juice	0.3±0.5	0.3±0.6	0.695
Tea and coffee	4.4±1.8	4.2±1.8	0.003
Sweets and desserts	2.3±11.6	2.7±16.2	0.251
Animal fat	0.5±1.1	0.6±1.2	0.019
Dairy	1.1±3.3	1.2±4.3	0.283
Eggs	0.3±0.5	0.3±0.5	0.810
Fish or seafood	0.3±0.5	0.3±0.6	0.269
Meat	1.2±1.0	1.3±1.1	0.156
Miscellaneous animal-based foods	0.1±0.3	0.1±0.3	0.600
Plant-based diet index (PDI)	53.9±5.5	53.5±5.5	0.032
Healthy plant-based diet index (hPDI)	54.7±6.2	54.3±6.2	0.012
Unhealthy plant-based diet index (uPDI)	53.2±6.0	54.1±6.1	<0.001
Total energy intake (kcal/d)	2122.2±674.4	2149.9±846.9	0.183
Cardiovascular disease duration (yr)	7.6±6.0	9.3±6.8	<0.001

Data are expressed as either number (percentage) for categorical variables or mean (SD) for continuous variables unless indicated otherwise. P values for continuous and categorical variables were calculated by the analysis of variance and chi-squared tests separately.

*£1.00=$1.30, €1.20.

Table S8. Results of Mediation Analyses between Overall PDI and Blood Biomarkers for All-Cause Mortality

Mediator	*N*	Total effect	Direct effect	Indirect effect	Proportion (%) of effect due to mediation (95% CI)	P value
Blood glucose	9,273	0.92 (0.85–0.99)	0.91 (0.84–0.99)	1.06 (1.03–1.09)	-	-
HbA1c	10,095	0.90 (0.84–0.97)	0.90 (0.84–0.97)	1.01 (1.01–1.02)	-	-
TG	10,159	0.89 (0.83–0.96)	0.89 (0.83–0.96)	0.96 (0.91–1.02)	-	-
TC	10,165	0.90 (0.83–0.96)	0.89 (0.83–0.96)	0.93 (0.87–1.00)	-	-
LDL-C	10,149	0.90 (0.83–0.97)	0.90 (0.83–0.97)	0.92 (0.85–1.01)	-	-
HDL-C	9,279	0.92 (0.85–0.99)	0.92 (0.85–0.99)	0.99 (0.79–1.24)	-	-
apo A	9,266	0.92 (0.85–0.99)	0.91 (0.85–0.99)	0.89 (0.67–1.19)	-	-
apo B	10,114	0.89 (0.83–0.96)	0.89 (0.83–0.96)	0.88 (0.65–1.19)	-	-
Lp(a)	7,829	0.88 (0.81–0.96)	0.88 (0.81–0.96)	0.95 (0.90–1.01)	3.1% (0.8%-11.8%)	0.052
CRP	10,148	0.90 (0.83–0.96)	0.90 (0.83–0.97)	1.29 (1.20–1.40)	2.5% (0.2%-25.6%)	0.212
Albumin	9,287	0.91 (0.84–0.99)	0.91 (0.84–0.98)	0.94 (0.92–0.96	-	-

CI, confidence interval; HbA1c, Hemoglobin A1c; TG, triglyceride; TC, total cholesterol; LDL-c, low density lipoprotein-cholesterol; HDL-c, high density lipoprotein-cholesterol; apo A, Apolipoprotein A; apo B, Apolipoprotein B; Lp(a), Lipoprotein A; CRP, C-reactive protein.

Table S9. Results of Mediation Analyses between healthy Plant-Based Diet and Blood Biomarkers for All-Cause Mortality.

Mediator	*N*	Total effect	Direct effect	Indirect effect	Proportion (%) of effect due to mediation (95% CI)	P value
Blood glucose	9,273	0.98 (0.91–1.06)	0.98 (0.91–1.06)	1.06 (1.02–1.09)	6.6% (0.0%-94.8%)	0.277
HbA1c	10,095	0.97 (0.90–1.04)	0.97 (0.90–1.05)	1.01 (1.01–1.02)	5.8% (0.3%-56.1%)	0.164
TG	10,159	0.97 (0.90–1.05)	0.97 (0.90–1.04)	0.96 (0.91–1.02)	-	-
TC	10,165	0.97 (0.90–1.04)	0.97 (0.90–1.04)	0.93 (0.87–1.00)	-	-
LDL-c	10,149	0.97 (0.90–1.05)	0.97 (0.90–1.04)	0.92 (0.85–1.01)	-	-
HDL-c	9,279	0.98 (0.91–1.06)	0.98 (0.91–1.06)	1.00 (0.80–1.25)	-	-
apo A	9,266	0.98 (0.91–1.06)	0.98 (0.91–1.06)	0.90 (0.67–1.20)	-	-
apo B	10,114	0.97 (0.90–1.05)	0.97 (0.90–1.05)	0.88 (0.65–1.19)	-	-
Lp(a)	7,829	0.96 (0.88–1.05)	0.96 (0.88–1.05)	0.95 (0.89–1.01)	3.0% (0.2%-32.3%)	0.162
CRP	10,148	0.97 (0.90–1.04)	0.98 (0.91–1.06)	1.30 (1.20–1.40)	42.8% (1.4%-97.5%)	<0.001
Albumin	9,287	0.98 (0.90–1.06)	0.98 (0.91–1.06)	0.94 (0.92–0.96)	11.6% (0.1%-94.6%)	0.212

CI, confidence interval; HbA1c, Hemoglobin A1c; TG, triglyceride; TC, total cholesterol; LDL-c, low density lipoprotein-cholesterol; HDL-c, high density lipoprotein-cholesterol; apo A, Apolipoprotein A; apo B, Apolipoprotein B; Lp(a), Lipoprotein A; CRP, C-reactive protein.

Table S10. Results of Mediation Analyses between Unhealthy Plant-Based Diet and Blood Biomarkers for All-Cause and Cause-Specific Mortality

Mediator	*N*	Total effect	Direct effect	Indirect effect	Proportion (%) of effect due to mediation (95% CI)	P value
Blood glucose						
all-cause death	9,273	1.16 (1.07–1.25)	1.16 (1.07–1.25)	1.06 (1.02–1.09)	-	-
CVD death	9,273	1.21 (1.06–1.38)	1.21 (1.06–1.38)	1.07 (1.02–1.13)	-	-
CHD death	9,273	1.35 (1.13–1.60)	1.35 (1.13–1.60)	1.08 (1.02–1.15)	-	-
cancer death	9,273	1.12 (1.00–1.27)	1.13 (1.00–1.27)	1.06 (1.00–1.12)	-	-
HbA1c						
all-cause death	10,095	1.15 (1.07–1.24)	1.15 (1.07–1.24)	1.01 (1.01–1.02)	-	-
CVD death	10,095	1.20 (1.06–1.36)	1.21 (1.07–1.36)	1.02 (1.00–1.03)	-	-
CHD death	10,095	1.29 (1.09–1.52)	1.29 (1.10–1.52)	1.02 (1.00–1.03)	-	-
cancer death	10,095	1.12 (1.00–1.26)	1.12 (1.00–1.26)	1.01 (1.00–1.03)	-	-
TG						
all-cause death	10,159	1.15 (1.07–1.23)	1.15 (1.07–1.23)	0.96 (0.90–1.01)	-	-
CVD death	10,159	1.20 (1.06–1.36)	1.20 (1.06–1.36)	1.02 (0.93–1.11)	-	-
CHD death	10,159	1.29 (1.09–1.52)	1.28 (1.09–1.51)	1.08 (0.97–1.20)	1.7% (0.3%-8.1%)	0.104
cancer death	10,159	1.11 (0.99–1.25)	1.11 (0.99–1.25)	0.95 (0.86–1.05)	-	-
TC						
all-cause death	10,165	1.15 (1.07–1.23)	1.15 (1.07–1.23)	0.94 (0.88–1.00)	-	-

CVD death	10,165	1.20 (1.06–1.36)	1.20 (1.06–1.36)	1.04 (0.94–1.16)	-	-
CHD death	10,165	1.29 (1.09–1.52)	1.29 (1.09–1.52)	1.17 (1.02–1.34)	-	-
cancer death	10,165	1.11 (0.99–1.25)	1.11 (0.99–1.25)	0.88 (0.78–0.98)	-	-
LDL-c						
all-cause death	10,149	1.15 (1.07–1.23)	1.15 (1.07–1.23)	0.93 (0.85–1.01)	-	-
CVD death	10,149	1.21 (1.07–1.36)	1.21 (1.07–1.36)	1.10 (0.95–1.26)	-	-
CHD death	10,149	1.29 (1.10–1.52)	1.29 (1.10–1.52)	1.29 (1.07–1.55)	-	-
cancer death	10,149	1.11 (0.99–1.25)	1.11 (0.99–1.25)	0.87 (0.75–1.02)	-	-
HDL-c						
all-cause death	9,279	1.16 (1.07–1.25)	1.16 (1.07–1.25)	1.02 (0.82–1.27)	-	-
CVD death	9,279	1.21 (1.06–1.38)	1.21 (1.06–1.38)	0.93 (0.64–1.36)	-	-
CHD death	9,279	1.35 (1.13–1.61)	1.34 (1.12–1.60)	0.73 (0.43–1.24)	1.8% (0.3%-9.7%)	0.117
cancer death	9,279	1.12 (1.00–1.27)	1.12 (0.99–1.26)	0.74 (0.51–1.09)	4.0% (0.6%-21.7%)	0.087
apo A						
all-cause death	9,266	1.16 (1.07–1.25)	1.15 (1.07–1.25)	0.92 (0.68–1.23)	-	-
CVD death	9,266	1.21 (1.06–1.38)	1.21 (1.06–1.37)	0.84 (0.51–1.37)	-	-
CHD death	9,266	1.34 (1.12–1.60)	1.33 (1.12–1.59)	0.70 (0.36–1.37)	1.2% (0.1%-9.6%)	0.169
cancer death	9,266	1.12 (1.00–1.27)	1.12 (0.99–1.26)	0.65 (0.40–1.07)	2.7% (0.4%-16.4%)	0.105
apo B						
all-cause death	10,114	1.15 (1.07–1.23)	1.15 (1.07–1.23)	0.88 (0.65–1.19)	-	-
CVD death	10,114	1.21 (1.07–1.37)	1.21 (1.07–1.37)	1.52 (0.93–2.48)	-	-

CHD death	10,114	1.28 (1.09–1.51)	1.28 (1.09–1.51)	2.72 (1.45–5.10)	-	-
cancer death	10,114	1.11 (0.99–1.24)	1.11 (0.99–1.24)	0.80 (0.48–1.34)	-	-
Lp(a)						
all-cause death	7,829	1.14 (1.05–1.23)	1.14 (1.05–1.23)	0.95 (0.89–1.00)	-	-
CVD death	7,829	1.21 (1.05–1.40)	1.21 (1.05–1.40)	0.99 (0.90–1.10)	-	-
CHD death	7,829	1.26 (1.04–1.53)	1.26 (1.04–1.54)	0.96 (0.84–1.10)	-	-
cancer death	7,829	1.09 (0.96–1.24)	1.09 (0.96–1.24)	0.95 (0.86–1.05)	-	-
CRP						
all-cause death	10,148	1.15 (1.07–1.23)	1.14 (1.06–1.22)	1.29 (1.19–1.40)	6.1% (2.3%-15.1%)	0.009
CVD death	10,148	1.20 (1.06–1.36)	1.19 (1.06–1.35)	1.27 (1.11–1.45)	4.0% (1.2%-12.1%)	0.025
CHD death	10,148	1.29 (1.10–1.53)	1.28 (1.09–1.51)	1.28 (1.08–1.52)	3.3% (0.9%-11.4%)	0.047
cancer death	10,148	1.11 (0.99–1.25)	1.11 (0.99–1.24)	1.20 (1.04–1.37)	5.2% (1.1%-22.2%)	0.040
Albumin						
all-cause death	9,287	1.15 (1.07–1.25)	1.15 (1.06–1.24)	0.94 (0.92–0.96)	3.8% (1.3%-11.6%)	0.023
CVD death	9,287	1.21 (1.06–1.38)	1.20 (1.06–1.37)	0.95 (0.91–0.98)	2.4% (0.6%-9.5%)	0.065
CHD death	9,287	1.33 (1.12–1.59)	1.33 (1.12–1.58)	0.97 (0.92–1.01)	1.0% (0.1%-7.5%)	0.155
cancer death	9,287	1.12 (1.00–1.27)	1.12 (0.99–1.26)	0.96 (0.93–1.00)	2.7% (0.4%-16.1%)	0.103

CI, confidence interval; HbA1c, Hemoglobin A1c; TG, triglyceride; TC, total cholesterol; LDL-c, low density lipoprotein-cholesterol; HDL-c, high density lipoprotein-cholesterol; apo A, Apolipoprotein A; apo B, Apolipoprotein B; Lp(a), Lipoprotein A; CRP, C-reactive protein.

Table S11. Sensitivity Analyses for Multivariable Hazard Ratios (95% CIs) of Mortality According to PDI.

	Tertile of plant-based diet index			P for trend
	T1	T2	T3	
Excluding participants with extreme BMI				
No. of participants	3440	3678	3294	
All-cause mortality				
No. of cases	428	429	349	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.91 (0.79–1.04)	0.80 (0.69–0.93)	**0.003**
CVD mortality				
No. of cases	157	145	123	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.85 (0.67–1.06)	0.79 (0.62–1.01)	0.060
CHD mortality				
No. of cases	90	81	73	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.83 (0.61–1.13)	0.88 (0.64–1.22)	0.423
Cancer mortality				
No. of cases	152	161	126	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.97 (0.77–1.21)	0.83 (0.65–1.06)	0.134
Other-cause mortality				
No. of cases	119	123	100	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.91 (0.71–1.18)	0.77 (0.59–1.02)	0.073
Excluding participants with extreme total energy intake				
No. of participants	3581	3764	3348	
All-cause mortality				

No. of cases	447	444	361	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.92 (0.81–1.06)	0.82 (0.71–0.94)	**0.007**
CVD mortality				
No. of cases	167	156	125	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.89 (0.71–1.11)	0.79 (0.62–1.01)	0.055
CHD mortality				
No. of cases	95	88	73	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.88 (0.66–1.19)	0.88 (0.64–1.21)	0.421
Cancer mortality				
No. of cases	153	160	130	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.97 (0.78–1.22)	0.86 (0.68–1.10)	0.247
Other-cause mortality				
No. of cases	127	128	106	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.91 (0.71–1.17)	0.79 (0.60–1.04)	0.091
Excluding participants with death within 2 years				
No. of participants	3580	3750	3358	
All-cause mortality				
No. of cases	407	397	333	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.92 (0.81–1.06)	0.82 (0.71–0.95)	**0.009**
CVD mortality				
No. of cases	144	136	108	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.89 (0.71–1.12)	0.81 (0.63–1.04)	0.090
CHD mortality				

No. of cases	82	77	64	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.89 (0.66–1.20)	0.90 (0.65–1.24)	0.494
Cancer mortality				
No. of cases	142	146	119	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.96 (0.77–1.21)	0.84 (0.66–1.08)	0.177
Other-cause mortality				
No. of cases	121	115	106	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.91 (0.71–1.17)	0.81 (0.62–1.07)	0.135
Excluding the South Asian				
No. of participants	3577	3741	3337	
All-cause mortality				
No. of cases	450	444	361	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.92 (0.81–1.05)	0.81 (0.70–0.94)	**0.005**
CVD mortality				
No. of cases	169	157	125	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.89 (0.71–1.11)	0.79 (0.62–1.01)	0.055
CHD mortality				
No. of cases	96	88	73	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.89 (0.66–1.19)	0.89 (0.64–1.22)	0.437
Cancer mortality				
No. of cases	156	161	130	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.96 (0.77–1.20)	0.84 (0.66–1.08)	0.176
Other-cause mortality				

No. of cases	125	126	106	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.91 (0.71–1.18)	0.79 (0.60–1.04)	0.097
Energy-adjusted PDI				
No. of participants	3523	3774	3527	
All-cause mortality				
No. of cases	449	453	371	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.91 (0.80–1.04)	0.81 (0.70–0.93)	**0.004**
CVD mortality				
No. of cases	172	155	130	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.82 (0.66–1.02)	0.77 (0.61–0.97)	**0.024**
CHD mortality				
No. of cases	97	91	74	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.88 (0.66–1.18)	0.81 (0.60–1.11)	0.187
Cancer mortality				
No. of cases	151	168	133	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.01 (0.81–1.26)	0.87 (0.69–1.11)	0.277
Other-cause mortality				
No. of cases	126	130	108	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.92 (0.72–1.18)	0.79 (0.61–1.03)	0.087
Excluding participants with only one dietary recall				
No. of participants	1886	2181	2046	
All-cause mortality				
No. of cases	208	245	187	

Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.99 (0.82–1.20)	0.78 (0.63–0.96)	**0.018**
CVD mortality				
No. of cases	70	83	57	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.05 (0.76–1.46)	0.76 (0.52–1.10)	0.149
CHD mortality				
No. of cases	38	52	27	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.20 (0.78–1.85)	0.73 (0.44–1.21)	0.254
Cancer mortality				
No. of cases	74	93	80	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.06 (0.78–1.44)	0.95 (0.68–1.33)	0.770
Other-cause mortality				
No. of cases	64	69	50	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.87 (0.61–1.23)	0.59 (0.40–0.88)	**0.009**
Further adjusting for glucose-lowering drugs				
No. of participants	3631	3803	3390	
All-cause mortality				
No. of cases	458	450	365	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.92 (0.81–1.05)	0.81 (0.70–0.94)	**0.005**
CVD mortality				
No. of cases	173	158	126	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.88 (0.70–1.09)	0.78 (0.61–0.99)	**0.040**
CHD mortality				
No. of cases	99	89	74	

Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.87 (0.65–1.17)	0.87 (0.64–1.19)	0.367
Cancer mortality				
No. of cases	157	163	132	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.97 (0.78–1.21)	0.86 (0.67–1.09)	0.219
Other-cause mortality				
No. of cases	128	129	107	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.92 (0.72–1.18)	0.79 (0.61–1.04)	0.095

*Glucose-lowering drugs including oral and insulin.

CI = confidence interval; HR = hazard ratio.

The multivariate model was adjusted for age, sex, race, centers, BMI, household income, Townsend deprivation index, total energy intake, smoking status, alcohol consumption, physical activity, history of hypertension, history of hypercholesterolemia, history of diabetes, family history of cardiovascular disease, vitamin supplement use, mineral supplement use, aspirin use, lipid-lowering drug use and CVD duration.

Table S12. Sensitivity Analyses for Multivariable Hazard Ratios (95% CIs) of Mortality According to hPDI.

	Tertile of healthful plant-based diet index			P for trend
	T1	T2	T3	
Excluding participants with extreme BMI				
No. of participants	3195	3785	3432	
All-cause mortality				
No. of cases	390	453	363	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.01 (0.88–1.16)	0.93 (0.80–1.08)	0.350
CVD mortality				
No. of cases	146	150	129	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.92 (0.73–1.16)	0.92 (0.72–1.18)	0.481
CHD mortality				
No. of cases	87	86	71	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.91 (0.67–1.24)	0.91 (0.65–1.26)	0.524
Cancer mortality				
No. of cases	130	179	130	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.20 (0.95–1.51)	1.02 (0.79–1.31)	0.887
Other-cause mortality				
No. of cases	114	124	104	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.92 (0.71–1.19)	0.86 (0.65–1.13)	0.295
Excluding participants with extreme total energy intake				
No. of participants	3300	3897	3496	

All-cause mortality				
No. of cases	415	463	374	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.97 (0.85–1.11)	0.92 (0.79–1.06)	0.250
CVD mortality				
No. of cases	158	156	134	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.89 (0.71–1.11)	0.90 (0.71–1.14)	0.358
CHD mortality				
No. of cases	94	88	74	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.87 (0.64–1.16)	0.88 (0.64–1.22)	0.429
Cancer mortality				
No. of cases	134	178	131	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.16 (0.92–1.45)	1.01 (0.78–1.29)	0.950
Other-cause mortality				
No. of cases	123	129	109	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.89 (0.69–1.14)	0.86 (0.66–1.12)	0.258
Excluding participants with death within 2 years				
No. of participants	3301	3884	3503	
All-cause mortality				
No. of cases	377	418	342	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.00 (0.87–1.14)	0.93 (0.80–1.07)	0.312
CVD mortality				
No. of cases	139	136	113	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.90 (0.72–1.13)	0.89 (0.70–1.14)	0.357

CHD mortality				
No. of cases	81	78	64	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.88 (0.65–1.19)	0.90 (0.65–1.24)	0.491
Cancer mortality				
No. of cases	122	163	122	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.18 (0.94–1.48)	1.03 (0.80–1.32)	0.849
Other-cause mortality				
No. of cases	116	119	107	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.91 (0.71–1.18)	0.87 (0.66–1.14)	0.311
Excluding the South Asian				
No. of participants	3312	3872	3471	
All-cause mortality				
No. of cases	414	468	373	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.99 (0.87–1.14)	0.92 (0.80–1.07)	0.287
CVD mortality				
No. of cases	159	157	135	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.89 (0.71–1.11)	0.90 (0.71–1.14)	0.373
CHD mortality				
No. of cases	94	89	74	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.87 (0.65–1.17)	0.88 (0.64–1.21)	0.418
Cancer mortality				
No. of cases	134	181	132	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.19 (0.95–1.49)	1.02 (0.80–1.32)	0.846

Other-cause mortality				
No. of cases	121	130	106	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.92 (0.71–1.18)	0.85 (0.65–1.12)	0.254
Energy-adjusted hPDI				
No. of participants	3472	3947	3405	
All-cause mortality				
No. of cases	433	477	363	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.01 (0.89–1.16)	0.93 (0.80–1.08)	0.350
CVD mortality				
No. of cases	173	152	132	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.84 (0.68–1.05)	0.89 (0.70–1.13)	0.298
CHD mortality				
No. of cases	102	87	73	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.88 (0.66–1.18)	0.89 (0.65–1.22)	0.449
Cancer mortality				
No. of cases	140	185	127	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.21 (0.97–1.51)	1.01 (0.79–1.30)	0.891
Other-cause mortality				
No. of cases	120	140	104	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.04 (0.81–1.33)	0.91 (0.69–1.19)	0.497
Excluding participants with only one dietary recall				
No. of participants	2207	2261	1645	
All-cause mortality				

No. of cases	260	235	145	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.86 (0.71–1.04)	0.83 (0.68–1.01)	0.051
CVD mortality				
No. of cases	102	70	38	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.63 (0.45–0.88)	0.63 (0.44–0.89)	**0.005**
CHD mortality				
No. of cases	63	33	21	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.52 (0.33–0.82)	0.56 (0.35–0.91)	**0.007**
Cancer mortality				
No. of cases	81	99	67	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.16 (0.85–1.59)	1.25 (0.91–1.72)	0.172
Other-cause mortality				
No. of cases	77	66	40	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.87 (0.62–1.24)	0.67 (0.46–0.97)	**0.037**
Further adjusting for glucose-lowering drugs				
No. of participants	3343	3939	3542	
All-cause mortality				
No. of cases	419	473	381	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.98 (0.86–1.12)	0.92 (0.80–1.06)	0.265
CVD mortality				
No. of cases	161	159	137	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.88 (0.70–1.10)	0.89 (0.70–1.13)	0.340
CHD mortality				

No. of cases	96	90	76	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.86 (0.64–1.15)	0.88 (0.64–1.21)	0.407
Cancer mortality				
No. of cases	135	183	134	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.19 (0.95–1.49)	1.02 (0.79–1.30)	0.891
Other-cause mortality				
No. of cases	123	131	110	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.90 (0.70–1.15)	0.86 (0.66–1.12)	0.260

*Glucose-lowering drugs including oral and insulin.

CI = confidence interval; HR = hazard ratio.

The multivariate model was adjusted for age, sex, race, centers, BMI, household income, Townsend deprivation index, total energy intake, smoking status, alcohol consumption, physical activity, history of hypertension, history of hypercholesterolemia, history of diabetes, family history of cardiovascular disease, vitamin supplement use, mineral supplement use, aspirin use, lipid-lowering drug use and CVD duration.

Table S13. Sensitivity Analyses for Multivariable Hazard Ratios (95% CIs) of Mortality According to uPDI.

	Tertile of unhealthful plant-based diet index			P for trend
	T1	T2	T3	
Excluding participants with extreme BMI				
No. of participants	3364	3268	3780	
All-cause mortality				
No. of cases	341	365	500	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.14 (0.99–1.33)	1.32 (1.15–1.52)	**<0.001**
CVD mortality				
No. of cases	111	130	184	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.27 (0.99–1.64)	1.46 (1.14–1.86)	**0.003**
CHD mortality				
No. of cases	57	74	113	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.36 (0.96–1.92)	1.68 (1.21–2.34)	**0.002**
Cancer mortality				
No. of cases	118	152	169	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.38 (1.08–1.75)	1.32 (1.03–1.68)	**0.034**
Other-cause mortality				
No. of cases	112	83	147	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.78 (0.58–1.03)	1.18 (0.92–1.53)	0.157
Excluding participants with extreme total energy intake				
No. of participants	3451	3361	3881	

All-cause mortality				
No. of cases	354	383	515	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.15 (0.99–1.33)	1.31 (1.14–1.51)	**<0.001**
CVD mortality				
No. of cases	117	137	194	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.25 (0.98–1.61)	1.44 (1.14–1.83)	**0.003**
CHD mortality				
No. of cases	60	78	118	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.34 (0.96–1.88)	1.66 (1.20–2.28)	**0.002**
Cancer mortality				
No. of cases	119	155	169	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.38 (1.09–1.76)	1.30 (1.02–1.66)	**0.040**
Other-cause mortality				
No. of cases	118	91	152	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.81 (0.61–1.06)	1.19 (0.93–1.52)	0.147
Excluding participants with death within 2 years				
No. of participants	3464	3362	3862	
All-cause mortality				
No. of cases	329	353	455	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.15 (0.99–1.33)	1.29 (1.12–1.49)	**<0.001**
CVD mortality				
No. of cases	102	119	167	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.25 (0.97–1.60)	1.41 (1.11–1.79)	**0.006**

CHD mortality				
No. of cases	53	69	101	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.31 (0.93–1.85)	1.63 (1.17–2.25)	**0.003**
Cancer mortality				
No. of cases	113	144	150	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.39 (1.09–1.76)	1.27 (1.00–1.62)	0.068
Other-cause mortality				
No. of cases	114	90	138	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.82 (0.62–1.08)	1.20 (0.93–1.54)	0.133
Excluding the South Asian				
No. of participants	3454	3345	3856	
All-cause mortality				
No. of cases	355	385	515	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.16 (1.01–1.35)	1.33 (1.15–1.53)	**<0.001**
CVD mortality				
No. of cases	119	137	195	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.25 (0.97–1.59)	1.44 (1.13–1.82)	**0.003**
CHD mortality				
No. of cases	61	78	118	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.34 (0.95–1.87)	1.65 (1.20–2.28)	**0.002**
Cancer mortality				
No. of cases	119	157	171	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.42 (1.11–1.80)	1.34 (1.05–1.70)	**0.024**

Other-cause mortality				
No. of cases	117	91	149	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.83 (0.63–1.09)	1.20 (0.93–1.54)	0.138
Energy-adjusted uPDI				
No. of participants	3346	3953	3525	
All-cause mortality				
No. of cases	339	466	468	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.16 (1.00–1.33)	1.28 (1.10–1.47)	**0.001**
CVD mortality				
No. of cases	114	167	176	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.23 (0.96–1.56)	1.38 (1.08–1.76)	**0.010**
CHD mortality				
No. of cases	59	87	116	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.19 (0.85–1.66)	1.70 (1.23–2.35)	**0.001**
Cancer mortality				
No. of cases	119	178	155	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.26 (0.99–1.59)	1.22 (0.95–1.56)	0.132
Other-cause mortality				
No. of cases	106	121	137	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.97 (0.74–1.26)	1.22 (0.94–1.58)	0.127
Excluding participants with only one dietary recall				
No. of participants	2196	1977	1940	
All-cause mortality				

No. of cases	205	209	226	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.18 (0.97–1.43)	1.31 (1.08–1.59)	**0.007**
CVD mortality				
No. of cases	56	70	84	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.48 (1.04–2.10)	1.71 (1.20–2.43)	**0.003**
CHD mortality				
No. of cases	31	41	45	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.50 (0.94–2.41)	1.63 (1.01–2.63)	**0.048**
Cancer mortality				
No. of cases	78	93	76	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.34 (0.99–1.81)	1.14 (0.82–1.58)	0.402
Other-cause mortality				
No. of cases	71	46	66	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.74 (0.51–1.08)	1.17 (0.83–1.67)	0.435
Further adjusting for glucose-lowering drugs				
No. of participants	3493	3397	3934	
All-cause mortality				
No. of cases	358	388	527	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.15 (1.00–1.33)	1.33 (1.16–1.53)	**<0.001**
CVD mortality				
No. of cases	120	138	199	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.23 (0.97–1.58)	1.44 (1.14–1.82)	**0.002**
CHD mortality				

No. of cases	62	79	121	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.31 (0.94–1.84)	1.64 (1.19–2.25)	**0.002**
Cancer mortality				
No. of cases	120	158	174	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	1.40 (1.10–1.78)	1.34 (1.05–1.70)	**0.023**
Other-cause mortality				
No. of cases	118	92	154	
Multivariable-adjusted HR (95% CI)	1 (Ref.)	0.82 (0.62–1.08)	1.21 (0.94–1.55)	0.115

*Glucose-lowering drugs including oral and insulin.

CI = confidence interval; HR = hazard ratio.

The multivariate model was adjusted for age, sex, race, centers, BMI, household income, Townsend deprivation index, total energy intake, smoking status, alcohol consumption, physical activity, history of hypertension, history of hypercholesterolemia, history of diabetes, family history of cardiovascular disease, vitamin supplement use, mineral supplement use, aspirin use, lipid-lowering drug use and CVD duration.

Table S14. Sensitivity Analyses for Hazard Ratios (95% CIs) of All-Cause Mortality and Cause-Specific Mortality According to Tertiles of PDI, hPDI, or uPDI based on food intake in "g/d" rather than "serving/d" among Patients with CVD.

	Tertiles of PDI			P for trend
	T1	T2	T3	
PDI				
No. of participants	3330	3745	3748	
All-cause mortality				
No. of cases	428	444	401	
Model 1	1 (Ref.)	0.87 (0.77–1.00)	0.76 (0.66–0.87)	**<0.001**
Model 2	1 (Ref.)	0.94 (0.82–1.08)	0.84 (0.73–0.97)	**0.016**
Model 3	1 (Ref.)	0.95 (0.83–1.08)	0.84 (0.73–0.97)	**0.018**
CVD mortality				
No. of cases	150	160	147	
Model 1	1 (Ref.)	0.92 (0.73–1.14)	0.80 (0.63–1.00)	0.051
Model 2	1 (Ref.)	0.95 (0.83–1.08)	0.84 (0.73–0.97)	0.328
Model 3	1 (Ref.)	0.99 (0.79–1.24)	0.91 (0.72–1.15)	0.436
CHD mortality				
No. of cases	81	90	91	
Model 1	1 (Ref.)	0.97 (0.72–1.31)	0.95 (0.70–1.28)	0.726
Model 2	1 (Ref.)	1.07 (0.79–1.45)	1.08 (0.79–1.46)	0.652
Model 3	1 (Ref.)	1.09 (0.80–1.48)	1.13 (0.83–1.53)	0.458
Cancer mortality				
No. of cases	150	161	141	
Model 1	1 (Ref.)	0.89 (0.72–1.12)	0.75 (0.59–0.94)	**0.013**
Model 2	1 (Ref.)	0.97 (0.78–1.22)	0.87 (0.69–1.10)	0.247
Model 3	1 (Ref.)	0.97 (0.78–1.22)	0.87 (0.69–1.10)	0.249
Other-cause mortality				
No. of cases	128	123	113	
Model 1	1 (Ref.)	0.81 (0.63–1.03)	0.72 (0.56–0.93)	**0.011**
Model 2	1 (Ref.)	0.87 (0.68–1.12)	0.76 (0.59–0.99)	**0.042**
Model 3	1 (Ref.)	0.87 (0.67–1.11)	0.75 (0.58–0.97)	**0.029**
hPDI				
No. of participants	3787	3351	3685	
All-cause mortality				
No. of cases	475	403	395	
Model 1	1 (Ref.)	0.91 (0.80–1.04)	0.81 (0.71–0.92)	**0.002**
Model 2	1 (Ref.)	0.97 (0.85–1.11)	0.90 (0.79–1.04)	0.144
Model 3	1 (Ref.)	0.97 (0.85–1.11)	0.91 (0.79–1.04)	0.163
CVD mortality				

No. of cases	176	127	154	
Model 1	1 (Ref.)	0.78 (0.62–0.98)	0.86 (0.69–1.07)	0.167
Model 2	1 (Ref.)	0.83 (0.66–1.05)	0.98 (0.78–1.22)	0.778
Model 3	1 (Ref.)	0.84 (0.67–1.06)	1.01 (0.80–1.26)	0.993
CHD mortality				
No. of cases	97	72	93	
Model 1	1 (Ref.)	0.82 (0.61–1.11)	0.98 (0.73–1.30)	0.861
Model 2	1 (Ref.)	0.87 (0.64–1.18)	1.11 (0.82–1.49)	0.519
Model 3	1 (Ref.)	0.89 (0.65–1.21)	1.18 (0.88–1.60)	0.288
Cancer mortality				
No. of cases	163	155	134	
Model 1	1 (Ref.)	1.02 (0.82–1.27)	0.79 (0.63–0.99)	**0.046**
Model 2	1 (Ref.)	1.07 (0.86–1.34)	0.90 (0.71–1.14)	0.409
Model 3	1 (Ref.)	1.07 (0.86–1.34)	0.90 (0.71–1.14)	0.403
Other-cause mortality				
No. of cases	136	121	107	
Model 1	1 (Ref.)	0.95 (0.75–1.22)	0.77 (0.60–0.99)	**0.041**
Model 2	1 (Ref.)	1.03 (0.81–1.32)	0.82 (0.63–1.07)	0.147
Model 3	1 (Ref.)	1.03 (0.80–1.32)	0.80 (0.62–1.04)	0.111
uPDI				
No. of participants	3865	3381	3577	
All-cause mortality				
No. of cases	401	388	484	
Model 1	1 (Ref.)	1.12 (0.97–1.29)	1.38 (1.21–1.58)	**<0.001**
Model 2	1 (Ref.)	1.13 (0.98–1.30)	1.29 (1.12–1.48)	**<0.001**
Model 3	1 (Ref.)	1.13 (0.98–1.30)	1.28 (1.12–1.47)	**<0.001**
CVD mortality				
No. of cases	142	139	176	
Model 1	1 (Ref.)	1.13 (0.90–1.43)	1.40 (1.12–1.75)	**0.003**
Model 2	1 (Ref.)	1.17 (0.92–1.48)	1.31 (1.04–1.64)	**0.021**
Model 3	1 (Ref.)	1.15 (0.91–1.46)	1.28 (1.02–1.61)	**0.032**
CHD mortality				
No. of cases	73	82	107	
Model 1	1 (Ref.)	1.27 (0.93–1.74)	1.57 (1.16–2.12)	**0.003**
Model 2	1 (Ref.)	1.32 (0.96–1.81)	1.54 (1.13–2.09)	**0.006**
Model 3	1 (Ref.)	1.28 (0.93–1.77)	1.49 (1.10–2.02)	**0.011**
Cancer mortality				
No. of cases	147	137	168	
Model 1	1 (Ref.)	1.08 (0.85–1.36)	1.33 (1.07–1.67)	**0.011**
Model 2	1 (Ref.)	1.06 (0.84–1.35)	1.22 (0.97–1.53)	0.085
Model 3	1 (Ref.)	1.06 (0.84–1.35)	1.22 (0.97–1.54)	0.084

Other-cause mortality				
No. of cases	112	112	140	
Model 1	1 (Ref.)	1.15 (0.89–1.50)	1.41 (1.10–1.81)	**0.007**
Model 2	1 (Ref.)	1.18 (0.90–1.53)	1.35 (1.04–1.74)	**0.022**
Model 3	1 (Ref.)	1.18 (0.91–1.54)	1.36 (1.05–1.75)	**0.020**

Model 1: adjusted for age (continues) and sex (male, female).

Model 2: Model 1 + further adjusted race (white or non-white), assessment centers (22 categories), household income (<£18,000, £18,000-£30,999, £31,000-£51,999, £52,000-£100,000, >£100,000, or missing), total energy intake (tertile), TDI (tertile), smoking status (never, previous, or current), alcohol consumption (never or special occasions only, 1 or 2 times/week, 3 or 4 times/week, ≥5 times/week, or missing), physical activity (tertile), history of hypertension (yes or no), history of hypercholesterolemia (yes or no), history of diabetes (yes or no), family history of CVD (yes or no), vitamin supplement use (yes or no), mineral supplement use (yes or no), aspirin use (yes or no), lipid-lowering drug use (yes or no) and CVD duration (years; <5, 5 to 10, ≥10, or missing).

Model 3: Model 2 + further adjusted for BMI (in kg/m^2; <18.5, 18.5 to 25, 25 to 30, 30 to 35 ≥35, or missing).