1. Assessment of Risk Factors

Food Frequency Questionnaire

In the Food Frequency Questionnaire participants were asked once at baseline, how often they had consumed various food items per day, week, or month in the last 12 months. The food items were *meat/poultry; fish; eggs; whole grains; refined/milled grains; dairy products; deep fried food/snacks/fast food; soy sauce, fish sauce; salt added to food/snacks; pickled vegetables; desserts/sweet snacks; sugar/sweeteners; tofu/soybean curd; legumes; nuts/seeds; fruits; fruit juices; leafy green vegetables; other raw vegetables, and other cooked vegetables.* Examples for these food items are given in eTable 1.

eTable 1. Description of food items in the Food Frequency Questionnaire. These examples are not exhaustive.

Food item	Food item includes
Meat/poultry	Beef, pork, lamb, mutton, goat, veal, rabbit, chicken, turkey, duck, pheasant; their curries; Mexican meat soups/stews (menudo), liver, kidney, brain, spleen, heart and sausages
Fish	Fresh-water and sea-water fish; preserved fish such as salted fish, canned fish, dried fish; shellfish and crustaceans (clams, squid, prawns, mollusks); caviar
Eggs	Preserved eggs, duck eggs, thousand year old eggs
Whole grains	Whole wheat flour; whole wheat chappati, cracked wheat; brown/wild rice; corn/hominy/masa harina/corn flour/maize, oats - old fashioned & Scotch/cracked groats; couscous; pot barley, brown rusk; whole wheat pasta, semolina
Refined/milled grains	White flour; white flour chapati; white/polished/instant/ parboiled rice; jook or rice congee; pasta; noodles/ramen/somen; bulgur; pearl barley, sago; plain rusk; sheermal; taftan
Dairy products	Milk, yogurt, cheese, curd, raita, lassi, custard, khoya, firni, kheer, milk puddings, and ice cream. Does not milk/cream in coffee, tea.
Deep fried foods/snacks/fast food	French fries, potato chips, onion rings, samosas, papad, pakoras; sev; fried won ton, egg roll
Soy sauce, fish sauces	Fish sauce, oyster sauce, tamari; fermented bean pastes (hoi sin); other salty sauces
Salt added to food/salty snacks	Salt added in cooking and to food at the table and salty snacks such as chips, crackers etc.
Pickled vegetables	Pickled brine such as dill pickles, relishes; olives; salted cabbage or leafy greens (mui choi); mango pickle, lemon pickle; salted root vegetables (choi po); pickled eggs, pickled meat
Desserts/sweet snacks	Jam; cakes; pies; chocolate; candy; burfi/ladoo; rasgulla/gulab jamun; halwa; shameia, mohalabeia, Chinese sweet buns; nor mei; sweet bean desserts, Coke and other soft drinks
Sugar/sweetener	use of white sugar, brown sugar, corn syrup, honey, molasses, maple syrup, treacle
Tofu/soybean curd	Textured vegetable protein, soy milk
Legumes	Dried beans, lentils, peas, daals; soups (split pea)
Nuts/seeds	Peanuts, almonds, sunflower seeds, cashews, walnuts
Fruits	All fruits
Fruit juices	All fruits juices
Leafy green vegetables	All fresh leafy green vegetables: spinach, bok choi; choi sum, collards, mustard or turnip greens; asparagus
Other raw vegetables	Any raw vegetables not included in the preceding category
Other cooked vegetables	Any cooked vegetables not included in the preceding categories

Consumption of food items was recorded per day, week, or month. Before analysis, frequencies of consumption were converted to servings per week. All food items were truncated at the 95% percentile. Aggregate food variables were defined as the sum of various food items. Additionally, to the aggregate food variables described in the manuscript, we calculated:

- Salty foods = soy sauce/fish sauce + salt added to food/snacks + pickled vegetables
- Sweet foods = desserts/sweet snacks + sugar/sweeteners
- High fat content foods = meat/poultry + fish + eggs + dairy products + deep fried food/snacks/fast food + desserts/sweet snacks

To estimate daily protein intake, we assigned a medium serving size to each food item and estimated protein intake from animal and plant sources. We defined animal proteins as an aggregate of meat/poultry + fish + eggs + dairy products and plant protein as an aggregate of tofu/soybean curd + legumes + whole grains +