

Single and Multivariable Models Adjusted with the Extended Set 2 of Confounders

eTable 11. Single variable models adjusted with the extended set of confounders 2.

Continuous independent variables	OR _{renal2vs1}	OR _{renal3vs1}	OR _{death2vs1}	OR _{death3vs1}	Median of tertile			P
					1	2	3	
mAHEI score	0.894 (0.833-0.960)	0.777 (0.675-0.894)	0.921 (0.803-1.055)	0.630 (0.492-0.807)	17.91	24.65	33.23	<0.0001
24-hour urinary sodium (g)	0.948 (0.887-1.012)	0.927 (0.830-1.036)	0.918 (0.828-1.018)	0.983 (0.823-1.173)	3.46	4.89	6.4	0.0374
24-hour urinary potassium (g)	0.895 (0.850-0.941)	0.771 (0.684-0.869)	0.929 (0.85-1.014)	0.841 (0.685-1.034)	1.7	2.13	2.71	0.0004
Alcohol (drinks/week)		0.729 (0.627-0.847)		0.660 (0.510-0.853)	0	0	5	0.0001
Animal proteins (g/kg/d)	0.965 (0.927-1.005)	0.908 (0.814-1.012)	1.001 (0.937-1.070)	1.003 (0.838-1.200)	0.27	0.47	0.81	0.1542
Plant proteins (g/kg/d)	0.972 (0.935-1.011)	0.925 (0.829-1.032)	0.979 (0.916-1.048)	0.944 (0.782-1.139)	0.04	0.1	0.2	0.1358
Total proteins (g/kg/d)	0.958 (0.918-0.999)	0.89 (0.795-0.996)	0.996 (0.929-1.067)	0.988 (0.821-1.191)	0.36	0.58	0.96	0.1029
Animal proteins (servings/week)	0.126 (0.017-0.922)	0.010 (0.000-0.835)	0.206 (0.007-5.857)	0.030 (0.00-50.902)	8.46	15	23	0.2223
Plant proteins (servings/week)	0.981 (0.967-0.995)	0.927 (0.876-0.981)	0.987 (0.964-1.011)	0.950 (0.864-1.046)	4.69	14	22	0.0457
Total proteins (servings/week)	0.94 (0.895-0.989)	0.868 (0.774-0.974)	0.973 (0.894-1.059)	0.939 (0.774-1.140)	17.23	28	42	0.0407
Salty foods	1.168 (0.786-1.736)	2.107 (0.315-14.091)	1.029 (0.523-2.025)	1.147 (0.045-29.467)	0	1.46	7	0.7048
Sweet foods	0.892 (0.46-1.727)	0.581 (0.025-13.37)	1.074 (0.356-3.236)	1.403 (0.007-262.437)	0	3	14.23	0.5362
High-carbohydrate foods	1.031 (1.006-1.056)	1.141 (1.001-1.301)	1.029 (0.989-1.07)	1.162 (0.936-1.444)	2	9	21.46	0.0395
High-fat content foods	0.942 (0.895-0.991)	0.876 (0.783-0.981)	0.965 (0.886-1.052)	0.925 (0.765-1.118)	9.61	17	26	0.1099
Fruits & fruit juices	0.926 (0.88-0.973)	0.849 (0.763-0.944)	0.864 (0.794-0.940)	0.733 (0.613-0.877)	4	9	17	0.0006
Vegetables	0.976 (0.932-1.022)	0.938 (0.829-1.061)	0.912 (0.841-0.989)	0.782 (0.630-0.970)	5	11	21	0.0357
Meat/poultry	0.879 (0.568-1.36)	0.725 (0.244-2.157)	1.048 (0.506-2.173)	1.125 (0.182-6.959)	2	4	7	0.1668
Fish	0.949 (0.92-0.979)	0.762 (0.651-0.892)	0.974 (0.924-1.027)	0.865 (0.662-1.131)	0.46	1	3	0.0172
Eggs	1.108 (0.926-1.324)	1.444 (0.759-2.747)	1.209 (0.901-1.623)	1.980 (0.687-5.709)	0.23	1	3	0.2177
Whole grains	0.362 (0.136-0.964)	0.058 (0.004-0.902)	0.519 (0.099-2.739)	0.160 (0.002-16.801)	0	5	14	0.2877
Refined/milled grains	0.966 (0.839-1.112)	0.994 (0.858-1.152)	1.171 (0.912-1.503)	1.311 (1.013-1.698)	0	2	14	0.0420
Dairy products	0.882 (0.812-0.957)	0.77 (0.647-0.915)	0.992 (0.864-1.140)	0.907 (0.680-1.21)	1	7	14	0.0172

Deep fried food/snacks/fast food		1.088 (0.833-1.421)		1.375 (0.889-2.125)		0	1	0.5985
Soy sauce/fish sauce		0.906 (0.819-1.002)		0.840 (0.701-1.007)		0	1	0.0514
Salt added to food/salty snacks		1.279 (0.696-2.350)		1.479 (0.539-4.063)		0	3	0.3470
Pickled vegetables		0.933 (0.570-1.526)		0.468 (0.187-1.170)		0	2	0.2889
Tofu/soybean curd		0.976 (0.853-1.116)		0.848 (0.660-1.09)		0	0.46	0.4217
Nuts/seeds		0.910 (0.852-0.971)		0.828 (0.731-0.937)		0	2	0.0027
Fruits	0.953 (0.916-0.99)	0.875 (0.786-0.973)	0.886 (0.828-0.949)	0.717 (0.594-0.865)	3	7	14	0.0007
Fruit juices	0.977 (0.94-1.015)	0.494 (0.154-1.578)	0.993 (0.932-1.058)	0.802 (0.116-5.521)	0	0.23	7	0.2460
Leafy green vegetables	0.982 (0.943-1.022)	0.964 (0.890-1.044)	0.94 (0.877-1.007)	0.883 (0.768-1.014)	1	4	7	0.0904
Other raw vegetables	1.025 (0.895-1.175)	0.908 (0.783-1.053)	0.85 (0.682-1.059)	0.733 (0.573-0.938)	0	2	7	0.0099
Other cooked vegetables	1.111 (0.712-1.734)	1.372 (0.361-5.211)	0.741 (0.344-1.597)	0.407 (0.041-4.076)	1	3	7	0.5214
Binary independent variables	OR_{renal} YESvsNO		OR_{death} YESvsNO		Categories			
Salty foods	0.989 (0.867-1.129)		1.000 (0.800-1.250)		0	1	74.96	0.9868
Sweet foods	0.984 (0.861-1.123)		0.966 (0.771-1.209)		0	1	74.73	0.9396
High-carbohydrate foods	1.126 (0.882-1.437)		1.459 (0.922-2.308)		0	1	94.15	0.2012
Fruits & fruit juices	0.793 (0.541-1.161)		0.732 (0.400-1.342)		0	1	97.74	0.3846
Vegetables	0.794 (0.478-1.317)		0.967 (0.416-2.244)		0	1	98.76	0.6659
Meat/poultry	0.999 (0.675-1.478)		1.918 (0.81-4.541)		0	1	97.94	0.2569
Fish	0.899 (0.732-1.103)		0.860 (0.613-1.205)		0	1	91.75	0.4881
Eggs	1.018 (0.863-1.201)		1.022 (0.772-1.353)		0	1	86.04	0.9724
Whole grains	0.898 (0.787-1.026)		0.927 (0.740-1.160)		0	1	75.66	0.2741
Refined/milled grains	0.968 (0.841-1.113)		1.179 (0.920-1.512)		0	1	79.46	0.3093
Dairy products	0.891 (0.751-1.059)		0.933 (0.695-1.253)		0	1	87.47	0.4212
Deep fried food/snacks/fast food	1.038 (0.925-1.165)		1.079 (0.887-1.312)		0	1	46.88	0.6711
Soy sauce/fish sauce	0.992 (0.877-1.122)		0.869 (0.702-1.077)		0	1	33.17	0.4316
Salt added to food/salty snacks	1.074 (0.957-1.206)		1.033 (0.849-1.257)		0	1	46.26	0.4794
Pickled vegetables	1.003 (0.895-1.125)		0.826 (0.679-1.004)		0	1	49.08	0.1379
Tofu/soybean curd	0.992 (0.854-1.152)		0.793 (0.604-1.041)		0	1	19.91	0.2281
Nuts/seeds	0.893 (0.795-1.003)		0.818 (0.671-0.997)		0	1	47.67	0.0444

Fruits	0.789 (0.560-1.111)	0.677 (0.399-1.147)	0	1	97.16	0.2192
Fruit juices	0.915 (0.815-1.026)	0.962 (0.791-1.169)	0	1	51.74	0.3163
Leafy green vegetables	0.843 (0.663-1.072)	0.746 (0.515-1.080)	0	1	94.09	0.1880
Other raw vegetables	1.004 (0.879-1.146)	0.839 (0.676-1.04)	0	1	74.21	0.2544
Other cooked vegetables	1.089 (0.892-1.331)	1.107 (0.786-1.558)	0	1	90.9	0.6463

Food items are given in servings per week or as binary variables indicating the food item was typically consumed or not. OR_{renal} compares participants alive and with incidence or progression of CKD to participants alive but with no incidence or progression of CKD; OR_{death} compares participants, who died within the follow-up period, to participants alive with no incidence or progression of CKD. For continuous independent variables the ORs for the median of the 2nd and 3rd tertile (50.0th and 83.3rd percentiles) compared to the median of the 1st tertile (16.7th percentile) as reference are given. For binary independent variables ‘no’ is the reference category. Independent variables highlighted with **bold** letters have a significant association with incidence or progression of CKD. A p-value of inclusion of the respective variable into the model is given. Confounders are (at study entry) age, duration of diabetes, GFR, albuminuria status, sex, ONTARGET randomization arms, physical activity (mainly sedentary, <once a week, 2-6 times a week and every day), use of tobacco (never, formerly and current), school education (years of formal education: none, 1-8 years, 9-12 years, trade/technical school, college/university) and ‘delta-UACR to progression’, which was defined as the difference between the participant-specific cutpoint of developing a new micro-, or macro-albuminuria and UACR at baseline on the log-scale, body mass index, mean arterial blood pressure, glucose and previous ACEI/ARBs.