

## 4. Results

### 4.1. Combined Renal Outcome

#### Single and Multivariable Models Adjusted with Known Confounders.

eTable 7. Single variable models adjusted with known confounders.

Continuous independent variables	OR <sub>renal2vs1</sub>	OR <sub>renal3vs1</sub>	OR <sub>death2vs1</sub>	OR <sub>death3vs1</sub>	Median of tertile			p
					1	2	3	
<b>mAHEI score</b>	<b>0.875 (0.816-0.938)</b>	<b>0.735 (0.642-0.843)</b>	0.906 (0.793-1.035)	<b>0.612 (0.482-0.778)</b>	17.92	24.65	33.26	<b>&lt;0.0001</b>
24-hour urinary sodium (g)	0.949 (0.890-1.012)	0.929 (0.834-1.034)	0.907 (0.821-1.003)	0.949 (0.800-1.127)	3.46	4.89	6.41	0.0540
<b>24-hour urinary potassium (g)</b>	<b>0.902 (0.859-0.947)</b>	<b>0.786 (0.701-0.881)</b>	0.931 (0.856-1.012)	0.846 (0.695-1.029)	1.7	2.13	2.71	<b>0.0007</b>
Alcohol (drinks/week)		<b>0.731 (0.630-0.847)</b>		<b>0.683 (0.531-0.879)</b>		0	5	<b>0.0001</b>
Animal proteins (g/kg/d)	<b>0.951 (0.916-0.987)</b>	<b>0.871 (0.788-0.964)</b>	0.993 (0.935-1.054)	0.980 (0.831-1.156)	0.27	0.47	0.81	<b>0.0396</b>
Plant proteins (g/ kg/d)	<b>0.961 (0.926-0.997)</b>	<b>0.896 (0.809-0.992)</b>	0.968 (0.908-1.032)	0.914 (0.766-1.090)	0.04	0.1	0.2	0.0909
Total proteins (g/kg/d)	<b>0.944 (0.909-0.981)</b>	<b>0.856 (0.773-0.949)</b>	0.986 (0.927-1.048)	0.961 (0.814-1.136)	0.36	0.58	0.96	<b>0.0161</b>
Animal proteins (servings/week)	<b>0.936 (0.892-0.983)</b>	<b>0.863 (0.775-0.962)</b>	0.968 (0.893-1.050)	0.930 (0.777-1.114)	8.46	15	23	0.0759
Plant proteins (servings/week)	<b>0.977 (0.963-0.991)</b>	<b>0.912 (0.862-0.964)</b>	0.984 (0.961-1.007)	0.937 (0.853-1.029)	4.69	14	22	<b>0.0105</b>
Total proteins (servings/week)	<b>0.965 (0.946-0.983)</b>	<b>0.863 (0.798-0.933)</b>	0.978 (0.947-1.009)	0.912 (0.801-1.037)	17.23	28	42	<b>0.0028</b>
Salty foods	0.926 (0.630-1.361)	0.692 (0.109-4.379)	0.859 (0.446-1.654)	0.484 (0.021-11.169)	0	1.46	7	0.8116
Sweet foods	0.977 (0.511-1.868)	0.895 (0.041-19.399)	1.175 (0.397-3.479)	2.153 (0.013-369.869)	0	3	14.23	0.7761
<b>High-carbohydrate foods</b>	<b>1.031 (1.007-1.056)</b>	<b>1.142 (1.004-1.300)</b>	1.027 (0.988-1.068)	1.155 (0.932-1.431)	2	9	21.46	<b>0.0325</b>
<b>High-fat content foods</b>	<b>0.931 (0.886-0.978)</b>	<b>0.852 (0.764-0.951)</b>	0.973 (0.897-1.057)	0.942 (0.784-1.131)	9.69	17	26	<b>0.0348</b>
<b>Fruits &amp; fruit juices</b>	<b>0.927 (0.882-0.974)</b>	<b>0.843 (0.755-0.942)</b>	<b>0.858 (0.790-0.932)</b>	<b>0.709 (0.588-0.854)</b>	4	9	18	<b>0.0003</b>
Vegetables	<b>0.943 (0.898-0.991)</b>	<b>0.899 (0.822-0.983)</b>	<b>0.882 (0.819-0.951)</b>	<b>0.796 (0.694-0.913)</b>	5	11	21	<b>0.0052</b>
Meat/poultry	<b>0.987 (0.958-1.018)</b>	<b>0.984 (0.946-1.023)</b>	1.049 (0.986-1.116)	1.063 (0.983-1.150)	2	5	7	0.1436

<b>Fish</b>	<b>0.931 (0.896-0.967)</b>	<b>0.75 (0.646-0.870)</b>	0.960 (0.901-1.024)	0.846 (0.658-1.088)	0.46	1	3	<b>0.0036</b>
Eggs	1.044 (0.876-1.243)	1.166 (0.621-2.188)	1.196 (0.898-1.593)	1.905 (0.679-5.344)	0.23	1	3	0.3274
<b>Whole grains</b>	<b>0.943 (0.903-0.986)</b>	<b>0.850 (0.752-0.960)</b>	0.962 (0.893-1.036)	0.897 (0.729-1.104)	0	5	14	0.0747
Refined/milled grains	0.950 (0.826-1.092)	0.975 (0.844-1.128)	1.150 (0.899-1.470)	1.270 (0.985-1.638)	0	2	14	0.0737
<b>Dairy products</b>	<b>0.874 (0.805-0.948)</b>	<b>0.754 (0.635-0.894)</b>	0.985 (0.860-1.128)	0.910 (0.686-1.208)	1	7	14	<b>0.0131</b>
Deep fried food/snacks/fast food		1.073 (0.825-1.395)		1.378 (0.899-2.111)		0	1	0.6174
<b>Soy sauce/fish sauce</b>		<b>0.857 (0.764-0.961)</b>		0.788 (0.641-0.970)		0	1	<b>0.0300</b>
Salt added to food/salty snacks		1.034 (0.569-1.881)		1.268 (0.470-3.418)		0	3	0.3935
Pickled vegetables		0.905 (0.556-1.470)		0.473 (0.193-1.156)		0	2	0.2916
Tofu/soybean curd		0.975 (0.944-1.006)		0.943 (0.888-1.002)		0	0.46	0.1156
<b>Nuts/seeds</b>		<b>0.893 (0.838-0.952)</b>		<b>0.821 (0.728-0.927)</b>		0	2	<b>0.0003</b>
<b>Fruits</b>	<b>0.951 (0.916-0.988)</b>	<b>0.871 (0.784-0.968)</b>	0.875 (0.818-0.936)	0.693 (0.576-0.834)	3	7	14	<b>0.0001</b>
Fruit juices	0.979 (0.943-1.016)	0.521 (0.167-1.628)	1.002 (0.942-1.066)	1.053 (0.160-6.913)	0	0.23	7	0.2327
<b>Leafy green vegetables</b>	<b>0.928 (0.875-0.984)</b>	<b>0.899 (0.827-0.978)</b>	<b>0.875 (0.796-0.962)</b>	<b>0.828 (0.723-0.947)</b>	1	4	7	<b>0.0147</b>
Other raw vegetables	1.011 (0.885-1.154)	0.892 (0.772-1.032)	0.826 (0.668-1.022)	<b>0.700 (0.551-0.890)</b>	0	2	7	<b>0.0029</b>
Other cooked vegetables	0.979 (0.632-1.514)	0.937 (0.253-3.472)	0.696 (0.329-1.472)	0.337 (0.036-3.190)	1	3	7	0.5051
<b>Binary independent variables</b>	<b>OR<sub>renal</sub>YESvsNO</b>		<b>OR<sub>death</sub>YESvsNO</b>		<b>Categories</b>			<b>p</b>
Salty foods	0.946 (0.830-1.077)		0.979 (0.788-1.217)		no yes (75.01%)			0.7001
Sweet foods	1.007 (0.885-1.147)		0.988 (0.793-1.229)		no yes (74.81%)			0.9842
High carbohydrates food	1.109 (0.872-1.410)		1.403 (0.897-2.193)		no yes (94.12%)			0.2641
Fruits & fruit juices	0.858 (0.591-1.246)		0.761 (0.420-1.380)		no yes (97.71%)			0.5655
Vegetables	0.722 (0.439-1.187)		0.713 (0.326-1.560)		no yes (98.76%)			0.3886
Meat/poultry	1.002 (0.681-1.476)		1.906 (0.813-4.472)		no yes (97.96%)			0.2568
Fish	0.854 (0.697-1.045)		0.819 (0.588-1.142)		no yes (91.81%)			0.2252
Eggs	1.009 (0.858-1.187)		0.999 (0.759-1.315)		no yes (86.02%)			0.9937
<b>Whole grains</b>	<b>0.869 (0.763-0.991)</b>		0.876 (0.704-1.089)		no yes (75.7%)			0.0859
Refined/milled grains	0.952 (0.829-1.093)		1.157 (0.906-1.478)		no yes (79.47%)			0.3057
<b>Dairy products</b>	0.892 (0.754-1.056)		0.954 (0.714-1.275)		no yes (87.5%)			0.4184
Deep fried food/snacks/fast food	1.025 (0.915-1.148)		1.084 (0.896-1.312)		no yes (46.89%)			0.6875

Soy sauce/fish sauce	0.921 (0.816-1.038)	0.834 (0.678-1.027)	no	yes (33.28%)	0.1386
Salt added to food/salty snacks	1.047 (0.935-1.173)	1.048 (0.865-1.269)	no	yes (46.35%)	0.6945
Pickled vegetables	0.996 (0.89-1.115)	0.832 (0.687-1.008)	no	yes (49.1%)	0.1590
Tofu/soybean curd	0.907 (0.787-1.045)	<b>0.737 (0.568-0.955)</b>	no	yes (19.84%)	0.0419
<b>Nuts/seeds</b>	<b>0.864 (0.772-0.967)</b>	<b>0.813 (0.671-0.984)</b>	no	yes (47.65%)	<b>0.0112</b>
Fruits	0.843 (0.603-1.178)	0.693 (0.413-1.163)	no	yes (97.14%)	0.3201
Fruit juices	0.923 (0.825-1.033)	0.977 (0.808-1.182)	no	yes (51.82%)	0.3765
Leafy green vegetables	0.800 (0.632-1.014)	<b>0.682 (0.475-0.979)</b>	no	yes (94.12%)	0.0523
Other raw vegetables	0.989 (0.869-1.125)	0.814 (0.661-1.002)	no	yes (74.25%)	0.1511
Other cooked vegetables	1.040 (0.854-1.265)	1.052 (0.754-1.467)	no	yes (90.9%)	0.9049

Food items are given in servings per week or as binary variables indicating the food item was typically consumed or not. OR<sub>renal</sub> compares participants alive and with incidence or progression of CKD to participants alive but with no incidence or progression of CKD; OR<sub>death</sub> 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 2<sup>nd</sup> and 3<sup>rd</sup> tertile (50.0<sup>th</sup> and 83.3<sup>rd</sup> percentiles) compared to the median of the 1<sup>st</sup> tertile (16.7<sup>th</sup> 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, status of albuminuria, sex, ONTARGET randomization arms 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.