|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Table S2**. Regression estimates of BA-CA biological age differences by dietary food and substance intake variables | | | | | | |
|  | Mean difference (95% | | CI) | p (overall)† | p (pairwise) |
| Dairy food product |  |  |  |  |  |
| Never or rarely | 0 |  |  | 0.012 |  |
| More than once a month but Less than once a week | -0.038 | -0.871 | 0.796 |  | 1.00 |
| 1-3 times a week | -0.572 | -1.288 | 0.145 |  | 0.196 |
| 4-6 times a week | -0.687 | -2.096 | 0.722 |  | 0.688 |
| Daily | -0.466 | -1.038 | 0.105 |  | 0.177 |
| Soy food product |  |  |  |  |  |
| Never or rarely | 0 |  |  | <0.001 |  |
| More than once a month but Less than once a week | -0.102 | -0.856 | 0.653 |  | 1.000 |
| 1-3 times a week | -0.788 | -1.436 | -0.139 |  | 0.007 |
| 4-6 times a week | -1.271 | -2.189 | -0.354 |  | 0.001 |
| Daily | -2.056 | -3.236 | -0.876 |  | <0.001 |
| Deep-sea fish |  |  |  |  |  |
| Never or rarely | 0 |  |  | 0.002 |  |
| More than once a month but Less than once a week | -0.644 | -1.266 | -0.021 |  | 0.047 |
| 1-3 times a week | -0.774 | -1.328 | -0.220 |  | 0.001 |
| 4-6 times a week | -0.994 | -1.886 | -0.103 |  | 0.017 |
| Daily | -1.044 | -2.072 | -0.016 |  | 0.044 |
| Coastal-water fish |  |  |  |  |  |
| Never or rarely | 0 |  |  | 0.240 |  |
| More than once a month but Less than once a week | 0.323 | -0.476 | 1.122 |  | 1.000 |
| 1-3 times a week | -0.147 | -0.803 | 0.509 |  | 1.000 |
| 4-6 times a week | -0.150 | -1.022 | 0.723 |  | 1.000 |
| Daily | -0.311 | -1.316 | 0.695 |  | 1.000 |
| Freshwater fish |  |  |  |  |  |
| Never or rarely | 0 |  |  | 0.138 |  |
| More than once a month but Less than once a week | -0.157 | -0.753 | 0.438 |  | 1.000 |
| 1-3 times a week | -0.166 | -0.697 | 0.364 |  | 1.000 |
| 4-6 times a week | -0.937 | -1.968 | 0.093 |  | 0.107 |
| Daily | -0.342 | -1.751 | 1.067 |  | 1.000 |
| Seafood other than fish |  |  |  |  |  |
| Never or rarely | 0 |  |  | 0.274 |  |
| More than once a month but Less than once a week | -0.424 | -0.931 | 4.351 |  | 0.191 |
| 1-3 times a week | -0.578 | -1.165 | 0.009 |  | 0.057 |
| 4-6 times a week | -0.767 | -2.416 | 0.882 |  | 1.000 |
| Daily | -1.126 | -4.351 | 2.098 |  | 1.000 |
|  |  |  |  |  |  |
| Fruit servings per day |  |  |  |  |  |
| 0 | 0 |  |  |  |  |
| 1 | -1.249 | -1.656 | -0.843 | <0.001 | <0.001 |
| 2 | -1.817 | -2.264 | -1.371 |  | <0.001 |
| Vegetable servings per day |  |  |  |  |  |
| 0 | 0 |  |  | <0.001 |  |
| 1 | -1.424 | -2.480 | -0.367 |  | 0.004 |
| 2 | -1.702 | -2.734 | -0.670 |  | <0.001 |
| Coffee |  |  |  |  |  |
| Never or rarely | 0 |  |  | 0.853 |  |
| More than 1 cup a month but Less than 1 cup a week | 0.609 | -0.787 | 2.005 |  | 1.000 |
| More than 1 cup a week but less than 1 cup a day | -0.089 | -1.159 | 0.980 |  | 1.000 |
| 1-2 cups a day | 0.124 | -0.420 | 0.667 |  | 1.000 |
| 3 or more cups a day | 0.321 | -0.651 | 1.293 |  | 1.000 |
| Tea (all types) |  |  |  |  |  |
| Never or rarely | 0 |  |  | <0.001 |  |
| More than 1 cup a month but Less than 1 cup a week | -0.340 | -1.027 | 0.347 |  | 1.000 |
| More than 1 cup a week but less than 1 cup a day | -0.721 | -1.430 | -0.011 |  | 0.044 |
| 1-2 cups a day | -1.491 | -2.625 | -0.357 |  | 0.002 |
| 3 or more cups a day | -1.749 | -3.187 | -0.311 |  | 0.006 |
| Western tea |  |  |  |  |  |
| Never or rarely | 0 |  |  | 0.029 |  |
| More than 1 cup a month but Less than 1 cup a week | -0.141 | -0.999 | 0.718 |  | 1.000 |
| More than 1 cup a week but less than 1 cup a day | -0.403 | -1.310 | 0.504 |  | 1.000 |
| 1-2 cups a day | -0.631 | -1.721 | 0.459 |  | 1.000 |
| 3 or more cups a day | -0.947 | -2.340 | 0.445 |  | 0.559 |
| Chinese tea |  |  |  |  |  |
| Never or rarely | 0 |  |  | 0.001 |  |
| More than 1 cup a month but Less than 1 cup a week | -0.384 | -1.202 | 0.435 |  | 1.000 |
| More than 1 cup a week but less than 1 cup a day | -1.039 | -1.895 | -0.183 |  | 0.007 |
| 1-2 cups a day | -0.889 | -1.912 | 0.134 |  | 0.147 |
| 3 or more cups a day | -1.492 | -2.774 | -0.209 |  | 0.011 |
| Green tea |  |  |  |  |  |
| Never or rarely | 0 |  |  | 0.200 |  |
| More than 1 cup a month but Less than 1 cup a week | 0.738 | -1.837 | 0.360 |  | 0.590 |
| More than 1 cup a week but less than 1 cup a day | -1.215 | -2.482 | 0.052 |  | 0.071 |
| 1-2 cups a day | -0.602 | -2.547 | 1.343 |  | 1.000 |
| 3 or more cups a day | -1.186 | -3.378 | 1.006 |  | 1.000 |
|  |  |  |  |  |  |
| † p-value for linear trend across ordinal categories or interval values | | | | | | |