

SUPPLEMENTARY DATA

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Table 1 of the supplementary data. Association between polyphenol intake and cardiovascular risk scores

|                   |            |                       |                       |                       |                        |      |                    |                       |                       |                       |                       |      |
|-------------------|------------|-----------------------|-----------------------|-----------------------|------------------------|------|--------------------|-----------------------|-----------------------|-----------------------|-----------------------|------|
| Polyphenol intake | Framingham |                       |                       |                       |                        |      | Framingham-REGICOR |                       |                       |                       |                       |      |
|                   | Q1         | Q2 vsQ1               | Q3 vsQ1               | Q4 vsQ1               | Q5 vsQ1                | P    | Q1                 | Q2 vsQ1               | Q3 vsQ1               | Q4 vsQ1               | Q5 vsQ1               | P    |
| FLAVONOIDS        | Ref.       | 0.27 (−0.87 to 1.42)  | −0.41 (−1.56 to 0.74) | 0.00 (−1.14 to 1.15)  | −0.71 (−1.86 to 0.43)  | .194 | Ref.               | −0.08 (−0.35 to 0.18) | −0.18 (−0.45 to 0.08) | 0.00 (−0.27 to 0.27)  | −0.13 (−0.39 to 0.14) | .570 |
| LIGNANS           | Ref.       | 0.37 (−0.78 to 1.52)  | −0.22 (−1.37 to 0.92) | 0.69 (−0.46 to 1.84)  | 0.56 (−0.59 to 1.71)   | .273 | Ref.               | −0.02 (−0.29 to 0.24) | −0.11 (−0.37 to 0.16) | 0.11 (−0.16 to 0.38)  | 0.04 (−0.23 to 0.31)  | .490 |
| STILBENES         | Ref.       | 0.57 (−0.57 to 1.72)  | −0.24 (−1.39 to 0.90) | 0.05 (−1.10 to 1.20)  | 0.15 (−1.00 to 1.30)   | .859 | Ref.               | 0.01 (−0.26 to 0.27)  | −0.06 (−0.33 to 0.20) | −0.02 (−0.29 to 0.24) | −0.10 (−0.36 to 0.17) | .461 |
| PHENOLIC ACIDS    | Ref.       | 0.33 (−0.81 to 1.48)  | 0.06 (−1.09 to 1.21)  | 0.47 (−0.68 to 1.61)  | 1.91 (0.76 to 3.06)    | .003 | Ref.               | 0.04 (−0.23 to 0.30)  | −0.01 (−0.28 to 0.26) | 0.04 (−0.23 to 0.31)  | 0.27 (0.00 to 0.54)   | .074 |
| OTHER POLYPHENOLS | Ref.       | −0.27 (−1.41 to 0.88) | −0.32 (−1.47 to 0.83) | −0.54 (−1.69 to 0.60) | −1.22 (−2.37 to −0.07) | .039 | Ref.               | 0.03 (−0.24 to 0.29)  | 0.02 (−0.25 to 0.29)  | −0.02 (−0.29 to 0.24) | −0.17 (−0.44 to 0.09) | .194 |
| TOTAL             | Ref.       | 0.77 (−0.38 to 1.92)  | 0.12 (−1.03 to 1.27)  | 0.12 (−1.03 to 1.27)  | −0.13 (−1.28 to 1.02)  | .485 | Ref.               | 0.04 (−0.22 to 0.31)  | −0.03 (−0.30 to 0.23) | −0.04 (−0.31 to 0.22) | −0.02 (−0.29 to 0.25) | .680 |
| Polyphenol intake | SCORE      |                       |                       |                       |                        |      | Life's Simple 7    |                       |                       |                       |                       |      |
|                   | Q1         | Q2 vsQ1               | Q3 vsQ1               | Q4 vsQ1               | Q5 vsQ1                | P    | Q1                 | Q2 vsQ1               | Q3 vsQ1               | Q4 vsQ1               | Q5 vsQ1               | P    |
| FLAVONOIDS        | Ref.       | 0.02 (−0.22 to 0.25)  | 0.02 (−0.21 to 0.25)  | 0.16 (−0.07 to 0.40)  | 0.12 (−0.12 to 0.35)   | .152 | Ref.               | 0.10 (0.03 to 0.17)   | 0.14 (0.07 to 0.20)   | 0.11 (0.04 to 0.17)   | 0.17 (0.10 to 0.24)   | .000 |
| LIGNANS           | Ref.       | 0.22 (−0.01 to 0.45)  | 0.12 (−0.12 to 0.35)  | 0.32 (0.09 to 0.55)   | 0.48 (0.25 to 0.71)    | .000 | Ref.               | 0.12 (0.06 to 0.19)   | 0.17 (0.10 to 0.24)   | 0.18 (0.11 to 0.25)   | 0.23 (0.16 to 0.30)   | .000 |
| STILBENES         | Ref.       | −0.02 (−0.25 to 0.21) | −0.05 (−0.28 to 0.18) | 0.15 (−0.08 to 0.39)  | 0.38 (0.15 to 0.62)    | .000 | Ref.               | 0.02 (−0.05 to 0.08)  | 0.04 (−0.03 to 0.10)  | 0.04 (−0.03 to 0.10)  | 0.03 (−0.04 to 0.10)  | .124 |
| PHENOLIC ACIDS    | Ref.       | −0.04 (−0.27 to 0.19) | −0.12 (−0.36 to 0.11) | −0.17 (−0.41 to 0.06) | 0.02 (−0.22 to 0.25)   | .693 | Ref.               | 0.05 (−0.02 to 0.12)  | 0.04 (−0.02 to 0.11)  | −0.03 (−0.10 to 0.04) | −0.03 (−0.10 to 0.03) | .015 |
| OTHER POLYPHENOLS | Ref.       | −0.22 (−0.45 to 0.02) | −0.18 (−0.41 to 0.05) | −0.23 (−0.46 to 0.01) | −0.32 (−0.55 to −0.08) | .016 | Ref.               | −0.03 (−0.10 to 0.04) | 0.04 (−0.02 to 0.11)  | 0.02 (−0.05 to 0.08)  | 0.06 (−0.01 to 0.12)  | .000 |
| TOTAL             | Ref.       | 0.11 (−0.13 to 0.34)  | 0.01 (−0.22 to 0.24)  | 0.11 (−0.12 to 0.34)  | 0.10 (−0.13 to 0.34)   | .433 | Ref.               | 0.05 (−0.02 to 0.11)  | 0.07 (0.00 to 0.13)   | 0.09 (0.02 to 0.16)   | 0.10 (0.04 to 0.17)   | .000 |

The table shows the adjusted difference in the cardiovascular risk scores of polyphenol intake and the *P* for trend.

Results from multivariable linear regression models adjusted for recruiting center, intervention group, and cluster.

Table 2 of the supplementary data. Association between polyphenol intake and cardiovascular risk scores in men

|                   |            |                       |                       |                      |                       |      |                    |                       |                       |                      |                       |      |
|-------------------|------------|-----------------------|-----------------------|----------------------|-----------------------|------|--------------------|-----------------------|-----------------------|----------------------|-----------------------|------|
| Polyphenol intake | Framingham |                       |                       |                      |                       |      | Framingham-REGICOR |                       |                       |                      |                       |      |
|                   | Q1         | Q2 vsQ1               | Q3 vsQ1               | Q4 vsQ1              | Q5 vsQ1               | P    | Q1                 | Q2 vsQ1               | Q3 vsQ1               | Q4 vsQ1              | Q5 vsQ1               | P    |
| FLAVONOIDS        | Ref.       | 0.12 (−1.47 to 1.71)  | −0.50 (−2.08 to 1.09) | 0.32 (−1.27 to 1.91) | −0.02 (−1.61 to 1.57) | .932 | Ref.               | −0.16 (−0.56 to 0.25) | −0.17 (−0.58 to 0.23) | 0.19 (−0.21 to 0.60) | 0.17 (−0.24 to 0.57)  | .138 |
| LIGNANS           | Ref.       | −0.07 (−1.66 to 1.51) | −0.08 (−1.67 to 1.51) | 1.29 (−0.30 to 2.88) | 1.41 (−0.18 to 3.00)  | .022 | Ref.               | 0.00 (−0.40 to 0.41)  | 0.04 (−0.37 to 0.44)  | 0.34 (−0.06 to0 .75) | 0.40 (−0.01 to 0.80)  | .014 |
| STILBENES         | Ref.       | 1.39 (−0.20 to 2.97)  | −0.35 (−1.94 to 1.24) | 0.53 (−1.06 to 2.11) | 0.97 (−0.62 to 2.56)  | .553 | Ref.               | 0.17 (−0.24 to 0.57)  | −0.04 (−0.44 to 0.37) | 0.19 (−0.22 to 0.59) | 0.25 (−0.15 to 0.66)  | .253 |
| PHENOLIC ACIDS    | Ref.       | 1.14 (−0.44 to 2.73)  | 0.40 (−1.19 to 1.99)  | 1.42 (−0.17 to 3.01) | 2.79 (1.20 to 4.37)   | .001 | Ref.               | 0.25 (−0.16 to 0.65)  | 0.06 (−0.35 to 0.47)  | 0.25 (−0.15 to 0.66) | 0.38 (−0.02 to 0.79)  | .094 |
| OTHER POLYPHENOLS | Ref.       | −0.32 (−1.91 to 1.28) | 0.28 (−1.31 to 1.87)  | 0.03 (−1.55 to 1.62) | −0.75 (−2.34 to 0.84) | .524 | Ref.               | 0.05 (−0.35 to 0.46)  | 0.21 (−0.19 to 0.62)  | 0.17 (−0.23 to 0.58) | 0.08 (−0.32 to 0.49)  | .538 |
| TOTAL             | Ref.       | 1.01 (−0.58 to 2.59)  | 0.59 (−1.00 to 2.18)  | 0.92 (−0.67 to 2.51) | 0.97 (−0.61 to 2.56)  | .304 | Ref.               | 0.17 (−0.24 to 0.57)  | 0.22 (−0.18 to 0.63)  | 0.23 (−0.17 to 0.64) | 0.42 (0.01 to 0.82)   | .051 |
| Polyphenol intake | SCORE      |                       |                       |                      |                       |      | Life's Simple 7    |                       |                       |                      |                       |      |
| FLAVONOIDS        | Ref.       | −0.06 (−0.42 to 0.31) | 0.01 (−0.35 to 0.37)  | 0.28 (−0.08 to 0.64) | 0.31 (−0.05 to 0.68)  | .020 | Ref.               | 0.12 (0.02 to 0.21)   | 0.16 (0.07 to 0.26)   | 0.14 (0.05 to 0.24)  | 0.16 (0.07 to 0.26)   | .000 |
| LIGNANS           | Ref.       | 0.16 (−0.20 to 0.52)  | 0.13 (−0.23 to 0.49)  | 0.45 (0.09 to 0.81)  | 0.73 (0.37 to 1.09)   | .000 | Ref.               | 0.18 (0.08 to 0.27)   | 0.17 (0.07 to 0.26)   | 0.22 (0.12 to 0.31)  | 0.27 (0.18 to 0.36)   | .000 |
| STILBENES         | Ref.       | 0.00 (−0.36 to 0.36)  | 0.00 (−0.36 to 0.36)  | 0.34 (−0.02 to 0.70) | 0.64 (0.28 to 1.00)   | .000 | Ref.               | −0.01 (−0.10 to 0.09) | 0.01 (−0.08 to 0.11)  | 0.04 (−0.05 to 0.13) | −0.02 (−0.11 to 0.07) | .654 |

|                   |      |                       |                       |                       |                       |      |      |                       |                       |                       |                       |      |
|-------------------|------|-----------------------|-----------------------|-----------------------|-----------------------|------|------|-----------------------|-----------------------|-----------------------|-----------------------|------|
| PHENOLIC ACIDS    | Ref. | 0.06 (−0.30 to 0.43)  | −0.15 (−0.51 to 0.21) | −0.13 (−0.49 to 0.23) | −0.01 (−0.37 to 0.35) | .594 | Ref. | 0.01 (−0.08 to 0.10)  | −0.02 (−0.12 to 0.07) | −0.09 (−0.18 to 0.01) | −0.07 (−0.16 to 0.03) | .008 |
| OTHER POLYPHENOLS | Ref. | −0.28 (−0.65 to 0.08) | −0.12 (−0.48 to 0.24) | −0.17 (−0.53 to 0.19) | −0.30 (−0.66 to 0.06) | .237 | Ref. | −0.04 (−0.13 to 0.05) | 0.03 (−0.06 to 0.12)  | 0.01 (−0.09 to 0.10)  | 0.06 (−0.04 to 0.15)  | .002 |
| TOTAL             | Ref. | 0.10 (−0.27 to 0.46)  | −0.05 (−0.41 to 0.31) | 0.25 (−0.11 to 0.62)  | 0.29 (−0.07 to 0.65)  | .072 | Ref. | 0.01 (−0.08 to 0.11)  | 0.09 (0.00 to 0.19)   | 0.07 (−0.02 to 0.16)  | 0.08 (−0.01 to 0.18)  | .007 |

The table shows the adjusted difference in the cardiovascular risk scores of polyphenol intake and the *P* for trend in men.  
Results from multivariable linear regression models adjusted for recruiting centre, intervention group, and cluster.

Table 3 of the supplementary data. Association between polyphenol intake and cardiovascular risk scores in women

| Polyphenol intake | Framingha<br>m |                       |                        |                        |                        |          | Framingham–REGICO<br>R |                       |                        |                        |                        |          |
|-------------------|----------------|-----------------------|------------------------|------------------------|------------------------|----------|------------------------|-----------------------|------------------------|------------------------|------------------------|----------|
|                   | Q1             | Q2 vsQ1               | Q3 vsQ1                | Q4 vsQ1                | Q5 vsQ1                | <i>P</i> | Q1                     | Q2 vsQ1               | Q3 vsQ1                | Q4 vsQ1                | Q5 vsQ1                | <i>P</i> |
| FLAVONOIDS        | Ref.           | 0.45 (−0.60 to 1.50)  | −0.42 (−1.47 to 0.63)  | −0.43 (−1.48 to 0.62)  | −1.52 (−2.56 to −0.47) | .001     | Ref.                   | 0.00 (−0.26 to 0.26)  | −0.21 (−0.47 to 0.05)  | −0.23 (−0.48 to 0.03)  | −0.45 (−0.71 to −0.19) | .000     |
| LIGNANS           | Ref.           | 0.74 (−0.32 to 1.79)  | −0.39 (−1.43 to 0.66)  | 0.06 (−0.99 to 1.11)   | −0.31 (−1.37 to 0.74)  | .279     | Ref.                   | −0.07 (−0.33 to 0.19) | −0.27 (−0.53 to −0.01) | −0.14 (−0.40 to 0.11)  | −0.34 (−0.60 to −0.08) | .010     |
| STILBENES         | Ref.           | −0.16 (−1.22 to 0.89) | 0.12 (−0.93 to 1.17)   | −0.38 (−1.43 to 0.67)  | −0.65 (−1.70 to 0.41)  | .209     | Ref.                   | −0.15 (−0.41 to 0.11) | −0.05 (−0.31 to 0.21)  | −0.22 (−0.48 to 0.04)  | −0.47 (−0.73 to −0.21) | .001     |
| PHENOLIC ACIDS    | Ref.           | −0.54 (−1.59 to 0.52) | −0.28 (−1.33 to 0.77)  | −0.44 (−1.48 to 0.61)  | 0.85 (−0.20 to 1.90)   | .137     | Ref.                   | −0.19 (−0.45 to 0.07) | −0.08 (−0.34 to 0.18)  | −0.17 (−0.43 to 0.08)  | 0.13 (−0.13 to 0.39)   | .375     |
| OTHER POLYPHENOLS | Ref.           | −0.22 (−1.27 to 0.83) | −0.92 (−1.97 to 0.12)  | −1.13 (−2.17 to −0.08) | −1.79 (−2.84 to −0.73) | .000     | Ref.                   | 0.00 (−0.26 to 0.26)  | −0.19 (−0.45 to 0.07)  | −0.22 (−0.48 to 0.04)  | −0.46 (−0.72 to −0.20) | .000     |
| TOTAL             | Ref.           | 0.49 (−0.56 to 1.54)  | −0.40 (−1.45 to 0.65)  | −0.79 (−1.84 to 0.26)  | −1.40 (−2.45 to −0.35) | .001     | Ref.                   | −0.10 (−0.36 to 0.16) | −0.31 (−0.57 to −0.05) | −0.35 (−0.61 to −0.09) | −0.50 (−0.76 to −0.24) | .000     |
| Polyphenol intake | SCORE          |                       |                        |                        |                        |          | Life's Simple 7        |                       |                        |                        |                        |          |
|                   | Q1             | Q2 vsQ1               | Q3 vsQ1                | Q4 vsQ1                | Q5 vsQ1                | <i>P</i> | Q1                     | Q2 vsQ1               | Q3 vsQ1                | Q4 vsQ1                | Q5 vsQ1                | <i>P</i> |
| FLAVONOIDS        | Ref.           | 0.10 (−0.14 to 0.35)  | −0.01 (−0.25 to 0.24)  | 0.01 (−0.23 to 0.26)   | −0.12 (−0.36 to 0.12)  | .232     | Ref.                   | 0.08 (−0.02 to 0.18)  | 0.11 (0.01 to 0.21)    | 0.06 (−0.04 to 0.16)   | 0.17 (0.08 to 0.27)    | .000     |
| LIGNANS           | Ref.           | 0.28 (0.03 to 0.52)   | 0.08 (−0.16 to 0.32)   | 0.15 (−0.09 to 0.39)   | 0.19 (−0.05 to 0.43)   | .366     | Ref.                   | 0.06 (−0.03 to 0.16)  | 0.17 (0.07 to 0.27)    | 0.14 (0.04 to 0.24)    | 0.18 (0.08 to 0.28)    | .000     |
| STILBENES         | Ref.           | −0.04 (−0.28 to 0.21) | −0.08 (−0.32 to 0.17)  | −0.04 (−0.28 to 0.21)  | 0.13 (−0.12 to 0.37)   | .368     | Ref.                   | 0.04 (−0.06 to 0.14)  | 0.06 (−0.04 to 0.16)   | 0.04 (−0.06 to 0.14)   | 0.08 (−0.02 to 0.18)   | .008     |
| PHENOLIC ACIDS    | Ref.           | −0.14 (−0.39 to 0.10) | −0.09 (−0.34 to 0.15)  | −0.22 (−0.46 to 0.03)  | 0.03 (−0.21 to 0.27)   | .960     | Ref.                   | 0.09 (−0.01 to 0.19)  | 0.12 (0.02 to 0.22)    | 0.02 (−0.07 to 0.12)   | 0.00 (−0.10 to 0.10)   | .396     |
| OTHER POLYPHENOLS | Ref.           | −0.13 (−0.38 to 0.11) | −0.25 (−0.50 to −0.01) | −0.29 (−0.53 to −0.05) | −0.32 (−0.56 to −0.08) | .004     | Ref.                   | −0.02 (−0.12 to 0.08) | 0.05 (−.040 to 0.15)   | 0.03 (−0.07 to 0.13)   | 0.06 (−0.04 to 0.16)   | .000     |
| TOTAL             | Ref.           | 0.11 (−0.13 to 0.36)  | 0.06 (−0.19 to 0.30)   | −0.07 (−0.31 to 0.18)  | −0.13 (−0.37 to 0.12)  | .116     | Ref.                   | 0.08 (−0.02 to 0.18)  | 0.04 (−0.06 to 0.13)   | 0.11 (0.01 to 0.20)    | 0.13 (0.03 to 0.23)    | .000     |

The table shows the adjusted difference in the cardiovascular risk scores of polyphenol intake and the *P* for trend in women.  
Results from multivariable linear regression models adjusted for recruiting centre, intervention group, and cluster.