

SUPPLEMENTAL DATA

Supplemental Table 1: Characteristics of Participants with and without MRI Data

Characteristics	No MRI (N = 4222)	MRI (N = 893)	Total (N = 5115)	P Value
Demographic Characteristics				
Age at Year 0				
Mean (SD)	24.76 (3.68)	25.25 (3.51)	24.85 (3.66)	<0.001
Sex				
Male, N (%)	1905 (45.13)	422 (47.26)	2327 (45.50)	0.25
Female, N (%)	2316 (54.87)	471 (52.74)	2787 (54.50)	
Race				
Black, N (%)	2266 (53.68)	371 (41.55)	2637 (51.56)	<0.001
White, N (%)	1955 (46.32)	522 (58.45)	2477 (48.44)	
Education (Cumulative)				
High School ≥, N (%)	2093 (49.62)	327 (36.62)	2420 (47.35)	<0.001
>High School, N (%)	2125 (50.38)	566 (63.38)	2691 (52.65)	
Clinical Measures				
Hypertension (Year 25)				
Yes, N (%)	810 (30.89)	220 (25.17)	1030 (29.46)	0.001
Cardiovascular Disease (Year 25)				
Yes, N (%)	170 (4.03)	14 (1.57)	184 (3.60)	<0.001
Diabetes (Year 25)				
Yes, N (%)	483 (11.44)	93 (10.41)	576 (11.26)	0.38
BMI (Cumulative)				
Mean (SD)	26.45 (5.86)	25.86 (4.67)	26.35 (5.68)	0.002
Behavior				
Physical Activity Intensity (Cumulative)				
Mean (SD)	377.29 (252.82)	368.25 (223.05)	375.71 (247.88)	0.28
Smoking Status (Cumulative)				
Never, N (%)	2364 (56.11)	525 (58.79)	2889 (56.58)	<0.001
Past, N (%)	713 (16.92)	183 (20.49)	896 (17.55)	
Current, N (%)	1136 (26.96)	185 (20.72)	1321 (25.87)	
Cumulative Average mMedDiet Score				
Mean (SD)	27.78 (5.21)	28.37 (4.97)	27.88 (5.17)	0.001

Supplemental Table 2: Dietary Patterns by Tertile of Cumulative Average mMedDiet Scores (N=618)

	Low (N = 202)	Middle (N = 193)	High (N = 223)	Total (N = 618)	P Value
Energy Intake (Kcal/day)					
Mean (SD)	2523 (1008)	2427 (883)	2591 (888)	2518 (928)	0.20
Alcohol Consumption (0= None or >25 gm for females or >50 gm for males, 5= 5-25 gm for females, 10-50 gm for males)					
Mean (SD)	2.01 (1.35)	2.83 (1.37)	3.38 (1.29)	2.76 (1.45)	<0.001
Fish Consumption (0=None, 5=Highest)					
Mean (SD)	2.30 (1.18)	2.83 (1.08)	3.45 (1.04)	2.88 (1.20)	<0.001
Fruit Consumption (0=None, 5=Highest)					
Mean (SD)	2.18 (1.08)	2.92 (1.00)	3.71 (0.86)	2.96 (1.17)	<0.001
Legume Consumption (0=None, 5=Highest)					
Mean (SD)	1.96 (1.21)	2.64 (1.18)	3.13 (1.11)	2.59 (1.26)	<0.001
MUFA/SAFA (0=Lowest, 5= Highest)					
Mean (SD)	1.75 (0.96)	1.98 (0.98)	2.38 (0.88)	2.05 (0.97)	<0.001
Potato Consumption (0=None, 5=Highest)					
Mean (SD)	2.60 (1.19)	3.00 (0.97)	3.07 (1.03)	2.90 (1.09)	<0.001
Vegetable Consumption (0=None, 5=Highest)					
Mean (SD)	2.32 (0.93)	2.87 (0.94)	3.74 (0.87)	3.00 (1.09)	<0.001
Whole Grain Consumption (0=None, 5=Highest)					
Mean (SD)	2.26 (1.07)	2.85 (0.94)	3.61 (0.87)	2.93 (1.11)	<0.001
Dairy Consumption (0=Highest, 5= None)					
Mean (SD)	1.92 (1.05)	2.14 (1.00)	2.19 (1.03)	2.09 (1.03)	0.021
Poultry Consumption (0=Highest, 5= None)					
Mean (SD)	2.07 (1.05)	2.08 (1.04)	2.08 (1.09)	2.07 (1.06)	1.00
Red Meat Consumption (0=Highest, 5= None)					
Mean (SD)	1.76 (1.09)	2.01 (1.07)	2.36 (1.17)	2.06 (1.14)	<0.001