Supplementary Table 1 Detailed information on all variables used in this study is derived from NHANES

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Variables** | **Code** | **Dataset** | **Year** | **Variables** | **Code** | **Dataset** | **Year** |
| Respondent sequence number | SEQN | DEMO | C | 2003-2004 | Plasma glucose | LBDGLUSI | L10AM | C | 2003-2004 |
| SEQN | DEMO | D | 2005-2006 | LBDGLUSI | GLU\_D | D | 2005-2006 |
| Masked Variance Pseudo-PSU | SDMVPSU | DEMO | C | 2003-2004 | C-reactive protein | LBXCRP | L11 | C | 2003-2004 |
| SDMVPSU | DEMO | D | 2005-2006 | LBXCRP | CRP | D | 2005-2006 |
| Masked Variance Pseudo-Stratum | SDMVSTRA | DEMO | C | 2003-2004 | Alkaline phosphatase | LBXSAPSI | L40 | C | 2003-2004 |
| SDMVSTRA | DEMO | D | 2005-2006 | LBXSAPSI | BIOPRO | D | 2005-2006 |
| Age | RIDAGEYR | DEMO | C | 2003-2004 | Mean cell volume | LBXMCVSI | L25 | C | 2003-2004 |
| RIDAGEYR | DEMO | D | 2005-2006 | LBXMCVSI | CBD | D | 2005-2006 |
| Sex | RIAGENDR | DEMO | C | 2003-2004 | Lymphocyte percent  | LBXLYPCT | L25 | C | 2003-2004 |
| RIAGENDR | DEMO | D | 2005-2006 | LBXLYPCT | CBD | D | 2005-2006 |
| Race | RIDRETH1 | DEMO | C | 2003-2004 | Body Mass Index | BMXBMI | BMX | C | 2003-2004 |
| RIDRETH1 | DEMO | D | 2005-2006 | BMXBMI | BMX | D | 2005-2006 |
| Education | DMDEDUC2 | DEMO | C | 2003-2004 | Cotinine | LBXCOT | L06COT | C | 2003-2004 |
| DMDEDUC2 | DEMO | D | 2005-2006 | LBXCOT | COT | D | 2005-2006 |
| Marital status | DMDMARTL | DEMO | C | 2003-2004 | Total Cholesterol | LBXTC | L13 | C | 2003-2004 |
| DMDMARTL | DEMO | D | 2005-2006 | LBXTC | TCHOL | D | 2005-2006 |
| Poverty income ratio | INDFMPIR | DEMO | C | 2003-2004 | LDL-cholesterol | LBDLDL | L13AM | C | 2003-2004 |
| INDFMPIR | DEMO | D | 2005-2006 | LBDLDL | TRIGLY | D | 2005-2006 |
| Yogurt intake frequency | FFQ0108 | FFQRAW | C | 2003-2004 | Alcohol consumption | ALQ120Q | ALQ | C | 2003-2004 |
| FFQ0108 | FFQRAW | D | 2005-2006 | ALQ120Q | ALQ | D | 2005-2006 |
| Dietary frequency weights | WTS\_FFQ | FFQRAW | C | 2003-2004 | Hypertension (self-reported) | BPQ020 | BPQ | C | 2003-2004 |
| WTS\_FFQ | FFQRAW | D | 2005-2006 | BPQ020 | BPQ | D | 2005-2006 |
| White blood cell count | LBXWBCSI | L25 | C | 2003-2004 | Coronary heart disease(self-reported) | MCQ160C | MCQ | C | 2003-2004 |
| LBXWBCSI | CBC | D | 2005-2006 | MCQ160C | MCQ | D | 2005-2006 |
| Red cell distribution width | LBXRDW | L25 | C | 2003-2004 | Cancer(self-reported) | MCQ220 | MCQ | C | 2003-2004 |
| LBXRDW | CBC | D | 2005-2006 | MCQ220 | MCQ | D | 2005-2006 |
| Albumin | LBXSAL | L40 | C | 2003-2004 | Diabetes (self-reported) | DIQ010 | DIQ | C | 2003-2004 |
| LBXSAL | BIOPRO | D | 2005-2006 | DIQ010 | DIQ | D | 2005-2006 |
| Creatinine  | LBDSCRSI | L40 | C | 2003-2004 |  |
| LBDSCRSI | BIOPRO | D | 2005-2006 |