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| **Table S2:** The details of DII in NHANES. |
| Food parameter | Food parameter in NHANES | code in NHANES(DAY1) | code in NHANES(DAY2) | Overall inflammatory effect score\* | Global daily mean intake (units/d)\* | sd\* |
| Alcohol (g) | Alcohol (gm) | DR1TALCO | DR2TALCO | −0.278 | 13.98  | 3.72  |
| Vitamin B12 (μg) | Vitamin B12 (mcg) | DR1TVB12 | DR2TVB12 | 0.106 | 5.15  | 2.70  |
| Vitamin B6 (mg) | Vitamin B6 (mg) | DR1TVB6 | DR2TVB6 | −0.365 | 1.47  | 0.74  |
| β-Carotene (μg) | Beta-carotene (mcg) | DR1TBCAR | DR2TBCAR | −0.584 | 3718.00  | 1720.00  |
| Caffeine (g) | Caffeine (mg) | DR1TCAFF | DR2TCAFF | −0.110 | 8.05  | 6.67  |
| Carbohydrate (g) | Carbohydrate (gm) | DR1TCARB | DR2TCARB | 0.097 | 272.20  | 40.00  |
| Cholesterol (mg) | Cholesterol (mg) | DR1TCHOL | DR2TCHOL | 0.11 | 279.40  | 51.20  |
| Energy (kcal) | Energy (kcal) | DR1TKCAL | DR2TKCAL | 0.18 | 2056.00  | 338.00  |
| Eugenol (mg) | - | - | - | −0.140 | 0.01  | 0.08  |
| Total fat (g) | Total fat (gm) | DR1TTFAT | DR2TTFAT | 0.298 | 71.40  | 19.40  |
| Fibre (g) | Dietary fiber (gm) | DR1TFIBE | DR2TFIBE | −0.663 | 18.80  | 4.90  |
| Folic acid (μg) | Folic acid (mcg) | DR1TFA | DR2TFA | −0.190 | 273.00  | 70.70  |
| Garlic (g) | - | - | - | −0.412 | 4.35  | 2.90  |
| Ginger (g) | - | - | - | −0.453 | 59.00  | 63.20  |
| Fe (mg) | Iron (mg) | DR1TIRON | DR2TIRON | 0.032 | 13.35  | 3.71  |
| Mg (mg) | Magnesium (mg) | DR1TMAGN | DR2TMAGN | −0.484 | 310.10  | 139.40  |
| MUFA (g) | Total monounsaturated fatty acids (gm) | DR1TMFAT | DR2TMFAT | −0.009 | 27.00  | 6.10  |
| Niacin (mg) | Niacin (mg) | DR1TNIAC | DR2TNIAC | −0.246 | 25.90  | 11.77  |
| n-3 Fatty acids (g) | PFA 20:5 (Eicosapentaenoic) (gm) | DR1TP205 | DR2TP205 | −0.436 | 1.06  | 1.06  |
| PFA 22:5 (Docosapentaenoic) (gm) | DR1TP225 | DR2TP225 |
| PFA 22:6 (Docosahexaenoic) (gm) | DR1TP226 | DR2TP226 |
| n-6 Fatty acids (g) | PFA 18:2 (Octadecadienoic) (gm) | DR1TP182 | DR2TP182 | −0.159 | 10.80  | 7.50  |
| PFA 18:3 (Octadecatrienoic) (gm) | DR1TP183 | DR2TP183 |
| PFA 18:4 (Octadecatetraenoic) (gm) | DR1TP184 | DR2TP184 |
| PFA 20:4 (Eicosatetraenoic) (gm) | DR1TP204 | DR2TP204 |
| Onion (g) | - | - | - | −0.301 | 35.90  | 18.40  |
| Protein (g) | Protein (gm) | DR1TPROT | DR2TPROT | 0.021 | 79.40  | 13.90  |
| PUFA (g) | Total polyunsaturated fatty acids (gm) | DR1TPFAT | DR2TPFAT | −0.337 | 13.88  | 3.76  |
| Riboflavin (mg) | Riboflavin (Vitamin B2) (mg) | DR1TVB2 | DR2TVB2 | −0.068 | 1.70  | 0.79  |
| Saffron (g) | - | - | - | −0.140 | 0.37  | 1.78  |
| Saturated fat (g) | Total saturated fatty acids (gm) | DR1TSFAT | DR2TSFAT | 0.373 | 28.60  | 8.00  |
| Se (μg) | Selenium (mcg) | DR1TSELE | DR2TSELE | −0.191 | 67.00  | 25.10  |
| Thiamin (mg) | Thiamin (Vitamin B1) (mg) | DR1TVB1 | DR2TVB1 | −0.098 | 1.70  | 0.66  |
| Trans fat (g) | - | - | - | 0.229 | 3.15  | 3.75  |
| Turmeric (mg) | - | - | - | −0.785 | 533.60  | 754.30  |
| Vitamin A (RE) | Vitamin A, RAE (mcg) | DR1TVARA | DR2TVARA | −0.401 | 983.90  | 518.60  |
| Vitamin C (mg) | Vitamin C (mg) | DR1TVC | DR2TVC | −0.424 | 118.20  | 43.46  |
| Vitamin D (μg) | Vitamin D (D2 + D3) (mcg) | DR1TVD | DR2TVD | −0.446 | 6.26  | 2.21  |
| Vitamin E (mg) | Vitamin E as alpha-tocopherol (mg) | DR1TATOC | DR2TATOC | −0.419 | 8.73  | 1.49  |
| Zn (mg) | Zinc (mg) | DR1TZINC | DR2TZINC | −0.313 | 9.84  | 2.19  |
| Green/black tea (g) | - | - | - | −0.536 | 1.69  | 1.53  |
| Flavan-3-ol (mg) | - | - | - | −0.415 | 95.80  | 85.90  |
| Flavones (mg) | - | - | - | −0.616 | 1.55  | 0.07  |
| Flavonols (mg) | - | - | - | −0.467 | 17.70  | 6.79  |
| Flavonones (mg) | - | - | - | −0.250 | 11.70  | 3.82  |
| Anthocyanidins (mg) | - | - | - | −0.131 | 18.05  | 21.14  |
| Isoflavones (mg) | - | - | - | −0.593 | 1.20  | 0.20  |
| Pepper (g) | - | - | - | −0.131 | 10.00  | 7.07  |
| Thyme/oregano (mg) | - | - | - | −0.102 | 0.33  | 0.99  |
| Rosemary (mg) | - | - | - | −0.013 | 1.00  | 15.00  |
| \*: The value of overall inflammatory effect score, global daily mean intake (units/d) and sd are derived from references(Shivappa N, Steck SE, Hurley TG, Hussey JR, Hebert JR. Designing and developing a literature-derived, population-based dietary inflammatory index. Public Health Nutr. 2014;17:1689-96.). |
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