

Supplementary Information

Table S1. Hazard ratios (95% confidence interval) of the relation between food group intake and risk of developing hypertension, ARIC, $n = 9913$.

	Quintiles of food group intake (servings/day)					<i>p</i> _{for trend}
	Q1 (low)	Q2	Q3	Q4	Q5 (high)	
HFScore	1	0.96 (0.86–1.08)	0.89 (0.79–1.02)	0.92 (0.82–1.03)	0.84 (0.73–0.96)	0.01
<i>Food group</i>						
Vegetables	1	0.97 (0.86–1.09)	0.94 (0.83–1.06)	0.97 (0.85–1.09)	0.96 (0.84–1.09)	0.59
Fruit	1	1.06 (0.94–1.19)	0.98 (0.87–1.10)	1.08 (0.96–1.22)	1.06 (0.93–1.20)	0.37
Legumes ¹	1	1.01 (0.85–1.21)	1.00 (0.73–1.35)			0.94
Whole grain	1	1.04 (0.93–1.17)	1.03 (0.91–1.16)	1.00 (0.89–1.13)	0.99 (0.87–1.12)	0.61
Refined grain	1	1.04 (0.92–1.16)	0.99 (0.88–1.12)	1.03 (0.91–1.17)	1.00 (0.87–1.15)	0.92
Nuts	1	1.11 (0.98–1.26)	0.96 (0.87–1.07)	0.91 (0.81–1.03)	0.86 (0.77–0.97)	0.001
Dairy	1	0.95 (0.85–1.07)	0.94 (0.84–1.06)	0.91 (0.81–1.03)	0.85 (0.74–0.96)	0.009
Fish	1	1.01 (0.90–1.14)	1.04 (0.92–1.18)	1.06 (0.94–1.19)	1.09 (0.97–1.23)	0.11
Meat ²	1	1.01 (0.90–1.13)	0.90 (0.79–1.02)	0.87 (0.76–1.00)	0.82 (0.71–0.94)	0.002
Coffee, tea ³	1	1.02 (0.88–1.17)	1.01 (0.87–1.17)	0.91 (0.77–1.08)	0.83 (0.68–1.02)	0.01
Alcohol ⁴	1	1.07 (0.98–1.18)				0.72
Sugar sweetened beverages ⁵	1	0.90 (0.81–0.99)	0.98 (0.86–1.11)			0.17
Diet beverages ⁵	1	0.89 (0.80–0.98)	0.83 (0.75–0.92)			<0.001

¹ Legumes are categorized as Q1 = 0, $0 \leq Q2 < 1$, $Q3 \geq 1$ servings/day; ² Meat intake is reverse scoring: Q1 = high and Q5 = low intake; ³ Coffee, tea categories: Q1 = 0; $0 \leq Q2 < 2$; $2 \leq Q3 < 4$; $4 \leq Q4 < 6$; $Q5 \geq 6$ cups per day; ⁴ Alcohol categories defined by gender: Q2—for male: 10–50 g; for female: 5–30 g; Q1—other; ⁵ Sugar sweetened beverages and diet beverage categories defined as $Q1 \geq 1$, $Q2 < 1$, $Q3 = 0$.