

Figure S1 Flowchart of selection of participants in the analysis.

NHANES, National Health and Nutrition Examination Survey; DM, diabetes mellitus; BMI, body mass index

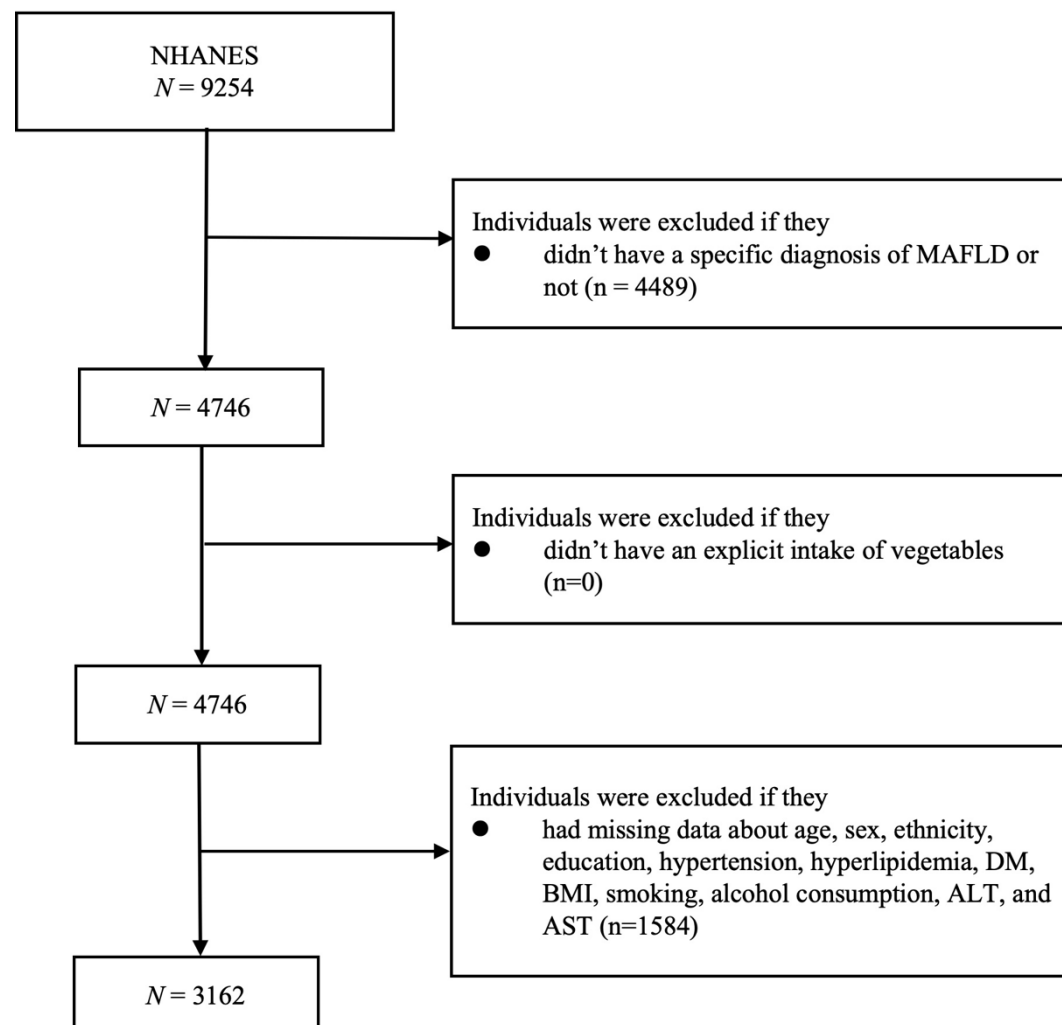


Table S1 The definitions of total vegetables and legumes

Foods or food groups	Food items
Total vegetables	
Dark green vegetables	Raw and cooked broccoli, spinach, romaine, collards, cress, dandelion greens, escarole, greens, etc.
Starchy vegetables	
Starchy potatoes	Raw and cooked white potatoes, potato chips, French fries and mixtures having potatoes as a main ingredient, such as potato salad, stuffed baked potatoes, and potato soup, etc.
Starchy other vegetables	Raw and cooked immature lima beans, corn, peas, water chestnut, pigeon peas, etc.
Red orange vegetables	
Red tomatoes	Raw and cooked tomatoes and tomato products
Red other vegetables	Raw carrots, raw and cooked pumpkin, carrots, squash, sweet potatoes, etc.
Other vegetables	Raw avocado, radicchio, cabbage, cactus, sprouts, beets, etc.
Legumes	Legumes

Table S2 The definitions of covariates

Covariates	Definition
Age	obtained from NHANES directly
Sex	obtained from NHANES directly
Ethnicity	obtained from NHANES directly
Education	obtained from NHANES directly
Hypertension	
Yes	systolic pressure ≥ 130 mmHg or diastolic pressure ≥ 85 mmHg, or the use of hypertension medication
No	systolic pressure < 130 mmHg or diastolic pressure < 85 mmHg, and without the use of hypertension medication
Hyperlipidemia	
Yes	meeting one of the following criteria: (1) triglyceride ≥ 150 mg/dL; (2) cholesterol ≥ 200 mg/dL; (3) low-density lipoprotein (LDL)-cholesterol ≥ 130 mg/dL; (4) HDL-cholesterol < 40 mg/dL (male), 50mg/dL (female); (5) use of hyperlipidemia medication
No	(1) triglyceride < 150 mg/dL; (2) cholesterol < 200 mg/dL; (3) low-density lipoprotein (LDL)-cholesterol < 130 mg/dL; (4) HDL-cholesterol ≥ 40 mg/dL (male), 50mg/dL (female); (5) without use of hyperlipidemia medication
DM	
DM	meeting one of the following criteria: (1) diagnosed with DM by doctors; (2) HbA1c $> 6.5\%$; (3) fasting glucose ≥ 7.0 mmol/L; (4) random blood glucose ≥ 11.1 mmol/L; (5) two-hour oral glucose tolerance test (OGTT) blood glucose ≥ 11.1 mmol/L; (6) use of diabetes medication or insulin
IFG	meeting one of the following criteria: (1) fasting glucose 5.6 to 6.9 mmol/L; (2) 2-hour OGTT 7.8 to 11.0 mmol/L; (3) HbA1c 5.7% to 6.4%

No	(1) fasting glucose <5.6 mmol/L; (2) 2-hour OGTT <7.8 mmol/L; (3) HbA1c <5.7%; (4) without use of diabetes medication or insulin
BMI	
$\geq 29.9 \text{ kg/m}^2$	the weight in kilograms divided by the square of height in meters $\geq 29.9 \text{ kg/m}^2$
$\geq 24.9, < 29.9 \text{ kg/m}^2$	the weight in kilograms divided by the square of height in meters $\geq 24.9, < 29.9 \text{ kg/m}^2$
$< 24.9 \text{ kg/m}^2$	the weight in kilograms divided by the square of height in meters $< 24.9 \text{ kg/m}^2$
Smoke	
Never	smoking < 100 cigarettes
Former	smoking > 100 cigarettes but quitting smoking
Current	smoking >100 cigarettes
Alcohol	
Never	no drinks
Mild	participants who were not defined as never, moderate and heavy drinkers
Moderate	≥ 2 drinks per day for females, ≥ 3 drinks per day for males, or excessive drinking ≥ 2 days per month
Heavy	≥ 3 drinks per day for females, ≥ 4 drinks per day for males, or excessive drinking (≥ 4 drinks on the same occasion for females, ≥ 5 drinks on the same occasion for males) ≥ 5 days per month
ALT	Obtained from NHANES directly
AST	Obtained from NHANES directly

Figure S2 Restricted cubic spline between dark green vegetables intake and log odds ratios for MAFLD.

Horizontal axis: dark green vegetables intake; Vertical axis: log odds ratios for MAFLD. The shade part indicated the 95% confidence interval.

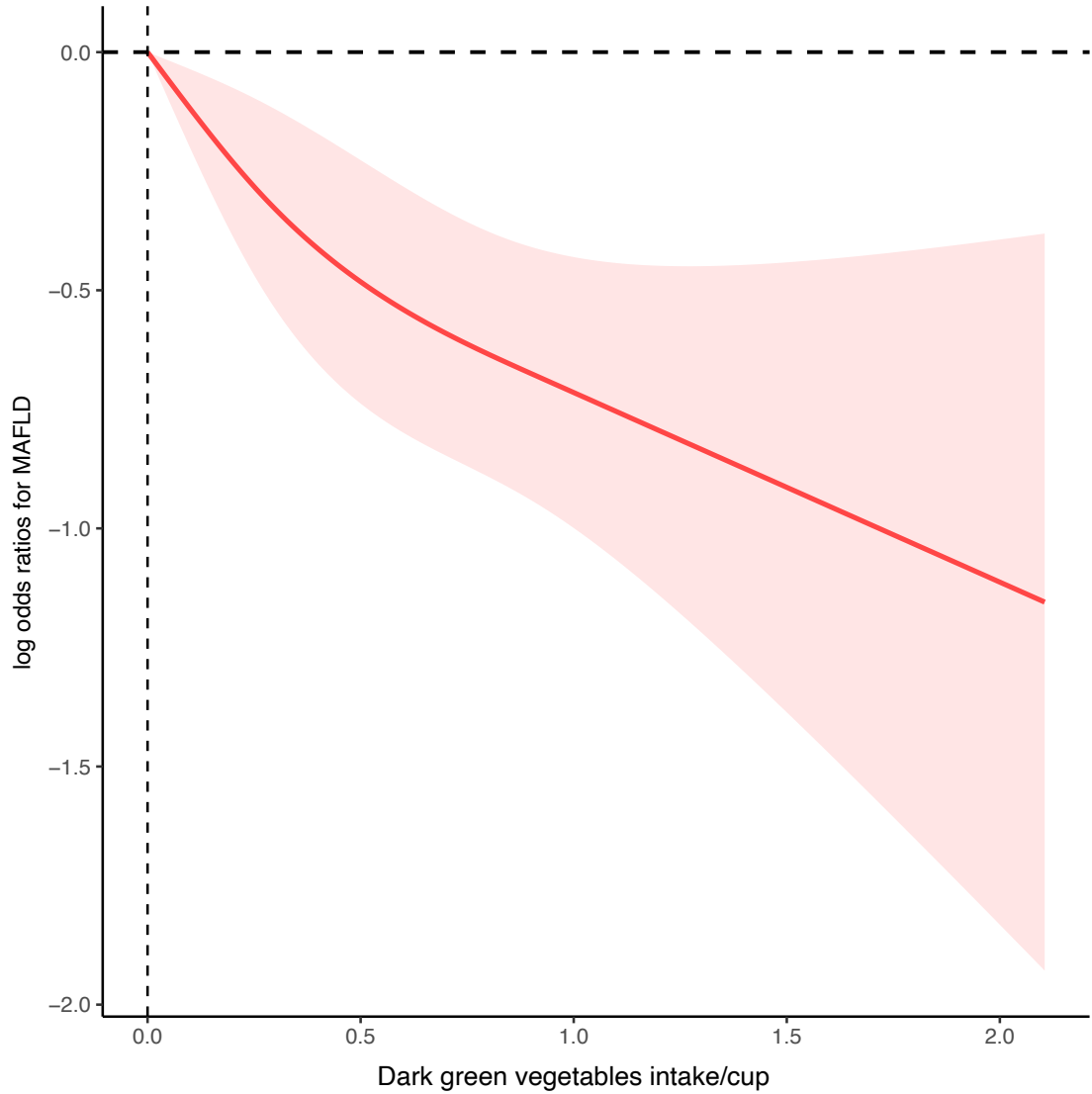


Figure S3 Restricted cubic spline between starchy vegetables intake and log odds ratios for MAFLD. Horizontal axis: starchy vegetables intake; Vertical axis: log odds ratios for MAFLD. The shade part indicated the 95% confidence interval.

