

Supplementary Tables Legends

Supplementary Table 1. Food components included in dietary inflammatory index calculations, inflammatory effect scores, and intake values from the global composite data set reported by Shivappa et al (10).

Supplementary Table 2. Food groups included in Empirical Dietary Inflammatory Pattern calculations, and inflammatory effect scores, reported by Tabung et al (11).

Supplementary Table 3. Food items included in the Inflammatory Score of the Diet, and mean intake and standard deviation values from the EPIC population reported by Agudo et al (13).

Supplementary Table 4. Food groups included in Dietary Inflammation Score calculations, and inflammatory effect scores, reported by Byrd et al (12).

Supplementary Table 1. Food components included in dietary inflammatory index calculations, inflammatory effect scores, and intake values from the global composite data set reported by Shivappa et al (10).

Food parameter	Overall inflammatory effect score	Global daily mean intake (units/d)	SD
Vitamin B ₁₂ (µg)	0.106	5.15	2.7
Vitamin B ₆ (mg)	-0.365	1.47	0.74
β-Carotene (µg)	-0.584	3718	1720
Caffeine (g)	-0.11	8.05	6.67
Carbohydrate (g)	0.097	272.2	40
Cholesterol (mg)	0.11	279.4	51.2
Energy (kcal)	0.18	2056	338
Total fat (g)	0.298	71.4	19.4
Fiber (g)	-0.263	18.8	4.9
Folic acid (µg)	-0.19	273	70.7
Garlic (g)	-0.453	2.9	2.9
Fe (mg)	-0.319	13.35	3.71
Mg (mg)	-0.484	310.1	139.4
MUFA (g) ¹	0.032	27	6.4
Niacin (mg)	-0.246	25.9	11.77
n-3 Fatty acids (g)	-0.159	1.06	1.06
n-6 Fatty acids (g)	-0.159	10.8	7.5
Onion (g)	-0.318	35.9	18.4
Protein (g)	-0.021	79.4	13.9
PUFA (g) ²	-0.337	13.88	3.76
Riboflavin (mg)	-0.707	1.7	0.79
Saturated fat (g)	0.373	28.6	8
Se (µg)	-0.191	67	25.1
Thiamin (mg)	-0.098	1.7	0.66
Vitamin A (RE) ³	-0.484	983.9	518.6
Vitamin C (mg)	-0.731	118.2	43.46
Vitamin D (µg)	-0.446	6.26	2.21
Vitamin E (mg)	-0.419	8.73	1.49
Zn (mg)	-0.316	9.84	2.19
Green/black tea (g)	-0.513	1.69	1.53
Flavan-3-ol (mg)	-0.615	95.8	85.9
Flavones (mg)	-0.536	1.55	0.07
Flavonols (mg)	-0.467	17.7	6.79
Flavonones (mg)	-0.498	41.7	3.82
Anthocyanidins (mg)	-0.499	18.05	21.14
Isoflavones (mg)	-0.493	1.2	0.2

¹ Monounsaturated fatty acids.

² Polyunsaturated fatty acids.

³ Retinol Equivalents: retinol + 1/6 β-carotene + 1/12 α-carotene.

Supplementary Table 2. Food groups included in empirical dietary inflammatory pattern calculations, and inflammatory effect scores, reported by Tabung et al (11).

Food groups*	Weight
Processed meat	165.03
Red meat	140.19
Organ meat	144.61
Other fish	252.45
Other vegetables	136.14
Refined grains	81.21
High-energy beverages	156.85
Tomatoes	167.92
Tea	-42.25
Coffee	-83.18
Dark yellow vegetables	-165.37
Leafy green vegetables	-190.29
Snacks	-45.08
Fruit juice	-58.95
Pizza	-1175.21

*Components of each food group have been previously described by Tabung et al.

Supplementary Table 3. Food items included in the Inflammatory Score of the Diet (ISD), and mean intake and standard deviation values from the EPIC population reported by Agudo et al (13).

Food items	Inflammatory effect score	Daily mean intake	Standard deviation
Energy (kcal)	0.180	2063.7	430.5
Carbohydrate (g)	0.097	221.6	48.5
Protein (g)	0.021	81.8	18.4
Fiber (g)	-0.663	21.0	5.32
Saturated fat (g)	0.373	32.5	10.1
MUFA (g)	-0.009	30.9	9.37
PUFA (g)	-0.337	13.1	4.19
Cholesterol (mg)	0.110	308.2	106.6
Vitamin A (RE) ¹	-0.401	749.4	484.9
β-carotene (μg)	-0.584	2945.0	1526.0
Thiamin (mg)	-0.098	1.29	0.373
Riboflavin (mg)	-0.068	1.71	0.43
Vitamin B6 (mg)	-0.365	1.76	0.44
Folic acid (μg)	-0.190	273.7	64.8
Vitamin B12 (μg)	0.106	5.93	2.58
Vitamin C (mg)	-0.424	113.5	39.7
Vitamin D (μg)	-0.446	3.86	2.06
Vitamin E (mg)	-0.419	11.5	3.85
Fe (mg)	0.032	12.5	3.03

Mg (mg)	-0.484	351.0	72.0
Flavan-3-ol (mg)	-0.415	148.2	168.7
Flavones (mg)	-0.616	12.6	5.60
Flavonols (mg)	-0.467	44.1	32.8
Flavanones (mg)	-0.250	40.7	32.2
Anthocyanidins (mg)	-0.131	44.0	37.2
Isoflavonoids (mg)	-0.593	2.40	8.07
Onion (g)	-0.301	10.6	8.55

¹ Retinol Equivalents: retinol + 1/6 β -carotene + 1/12 α -carotene.

Supplementary Table 4. Food groups included in the dietary inflammation score calculations, and inflammatory effect scores, reported by Byrd et al (12).

Food groups	DIS scores
Leafy greens and cruciferous vegetables	-0.14
Tomatoes	-0.78
Apples and berries	-0.65
Deep yellow or orange vegetables and fruit	-0.57
Other fruits and real fruit juices	-0.16
Other vegetables	-0.16
Legumes	-0.04
Fish	-0.08
Poultry	-0.45
Red and organ meats	0.02
Processed meats	0.68
Added sugars	0.56
High-fat dairy	-0.14
Low-fat dairy	-0.12
Coffee and tea	-0.25
Nuts	-0.44
Other fats	0.31
Refined grains and starchy vegetables	0.72
Supplement score	-0.80

*Food items included in each food group have been previously described by Byrd et al.