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| --- |
| **Supplemental Table 12. Modeling sensitivity analyses: weight change (lbs) associated with increased consumption of fruits and vegetables over four years with and without dietary covariates & with and without updated covariates.**  |
|  |  | **Main analysis** | **No dietary covariates** | **No updated covariates** |
| **Total fruits** |  |  |  |
|  | HPFS | -0.44 (-0.52, -0.36) | -0.53 (-0.60 to -0.45) | -0.46 (-0.54 to -0.37) |
|  | NHS  | -0.53 (-0.60, -0.47) | -0.64 (-0.70 to -0.57) | -0.50 (-0.62 to -0.38) |
|  | NHS II | -0.60 (-0.67, -0.53) | -0.67 (-0.74 to -0.60) | -0.75 (-0.84 to -0.66) |
|  | **Pooled** | **-0.53 (-0.61, -0.44)** | **-0.61 (-0.70 to -0.53)** | **-0.57 (-0.76 to -0.38)** |
|  |  |  |  |  |
| **Total vegetables** |  |  |
|  | HPFS | -0.18 (-0.23, -0.13) | -0.15 (-0.20 to -0.11) | -0.19 (-0.25 to -0.14) |
|  | NHS  | -0.21 (-0.25, -0.18) | -0.20 (-0.23 to -0.16) | -0.21 (-0.28 to -0.14) |
|  | NHS II | -0.35 (-0.38, -0.31) | -0.34 (-0.37 to -0.31) | -0.47 (-0.52 to -0.42) |
|  | **Pooled** | **-0.25 (-0.35, -0.14)** | **-0.23 (-0.34 to -0.12)** | **-0.29 (-0.49 to -0.10)** |
| Adjusted for baseline age and BMI and change in the following lifestyle variables: smoking status, physical activity, hours of sitting or watching TV, hours of sleep, and the following aspects of diet (analyses with dietary covariates only): fried potatoes, juice, whole grains, refined grains, fried foods, nuts, whole-fat dairy, low-fat dairy, sugar sweetened beverages, sweets, processed meats, non-processed meats, *trans* fat, alcohol, and seafood. |