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| **Table S1: The ‘Blood-Type’ Diet Characteristicsa** |  |  |  |  |  |
|  | **Type-A Diet Score** |  | **Type-B Diet Score** |  |
| **Diet Characteristics** | **T1** | **T2** | **T3** | **P-value** | **T1** | **T2** | **T3** | **P-value** |
| Total energy intake (Kcal) | 2163 ± 29b | 1857 ± 29 | 1880 ± 29 | <0.001c | 1934 ± 30 | 1890 ± 29 | 2076 ± 29 | <0.001d |
| Fruit and vegetables, servings/day | 6.1 ± 0.2 | 6.3 ± 0.2 | 8.3 ± 0.2 | <0.001d | 5.3 ± 0.2 | 6.4 ± 0.2 | 9.1 ± 0.2 | <0.001e |
| Cereal, servings/day | 3.8 ± 0.1 | 3.3 ± 0.1 | 3.5 ± 0.1 | <0.001c | 3.5 ± 0.1 | 3.4 ± 0.1 | 3.5 ± 0.1 | 0.56 |
| Meat, servings/day | 2.3 ± 0.1 | 1.7 ± 0.1 | 1.4 ± 0.1 | <0.001c | 2.1 ± 0.1 | 1.7 ± 0.1 | 1.7 ± 0.1 | <0.001c |
| Dairy, servings/day | 2.4 ± 0.1 | 1.9 ± 0.1 | 1.8 ± 0.1 | <0.001c | 1.8 ± 0.1 | 2.0 ± 0.1 | 2.3 ± 0.1 | <0.001c |
| Energy from carbohydrate (%) | 50.1 ± 0.4 | 52.5 ± 0.4 | 55.8 ± 0.4 | <0.001e | 50.4 ± 0.4 | 53.1 ± 0.4 | 54.9 ± 0.4 | <0.001e |
| Energy from total fat (%) | 31.3 ± 0.3 | 30.1 ± 0.3 | 28.4 ± 0.3 | <0.001e | 31.0 ± 0.3 | 29.6 ± 0.3 | 29.0 ± 0.3 | <0.001c |
| Energy from animal fat (%) | 17.6 ± 0.2 | 15.0 ± 0.2 | 11.4 ± 0.2 | <0.001e | 15.6 ± 0.3 | 14.6 ± 0.3 | 13.6 ± 0.2 | <0.001e |
| Energy from vegetable fat (%) | 13.8 ± 0.3 | 15.1 ± 0.3 | 17.0 ± 0.3 | <0.001e | 15.4 ± 0.3 | 15.1 ± 0.3 | 15.5 ± 0.3 | 0.57 |
| Fiber (g) | 21.0 ± 0.5 | 21.3 ± 0.5 | 28.2 ± 0.5 | <0.001d | 19.7 ± 0.5 | 22.3 ± 0.5 | 28.6 ± 0.5 | <0.001e |

a Differences among tertiles of each diet score were assessed by analysis of variance.

b Mean ± SE (all such values).

c T1 > (T2, T3) after a Tukey-Kramer correction (P<0.05).

d T3 > (T1, T2) after a Tukey-Kramer correction (P<0.05).

e T3 > T2 > T1 after a Tukey-Kramer correction (P<0.05).

f T3 > T2 after a Tukey-Kramer correction (P<0.05).

g T1 > T2 > T3 after a Tukey-Kramer correction (P<0.05).

h (T3, T2) > T1 after a Tukey-Kramer correction (P<0.05).

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| **Table S1: The ‘Blood-Type’ Diet Characteristics (continued)** |   |   |   |
| **Type-AB Diet Score** |  | **Type-O Diet Score** |  |
| **T1** | **T2** | **T3** | **P-value** | **T1** | **T2** | **T3** | **P-value** |
| 1964 ± 29 | 1901 ± 30 | 2033 ± 29 | 0.007f | 2247 ± 28 | 1868 ± 28 | 1784 ± 29 | <0.001c |
| 5.2 ± 0.2 | 6.5 ± 0.2 | 9.1 ± 0.2 | <0.001e | 7.5 ± 0.2 | 6.3 ± 0.2 | 6.9 ± 0.2 | <0.001c |
| 3.5 ± 0.1 | 3.3 ± 0.1 | 3.7 ± 0.1 | 0.018f | 4.3 ± 0.1 | 3.3 ± 0.1 | 2.8 ± 0.1 | <0.001g |
| 2.2 ± 0.1 | 1.8 ± 0.1 | 1.5 ± 0.1 | <0.001g | 1.6 ± 0.1 | 1.7 ± 0.1 | 2.1 ± 0.1 | <0.001d |
| 1.9 ± 0.1 | 2.0 ± 0.1 | 2.2 ± 0.1 | 0.002d | 2.7 ± 0.1 | 2.0 ± 0.1 | 1.5 ± 0.1 | <0.001g |
| 50.6 ± 0.4 | 52.6 ± 0.4 | 55.3 ± 0.4 | <0.001e | 54.1 ± 0.4 | 52.8 ± 0.4 | 51.5 ± 0.4 | <0.001g |
| 30.9 ± 0.3 | 29.7 ± 0.3 | 29.1 ± 0.3 | <0.001c | 29.1 ± 0.3 | 30.1 ± 0.3 | 30.5 ± 0.3 | 0.003h |
| 17.4 ± 0.2 | 14.9 ± 0.2 | 11.4 ± 0.2 | <0.001g | 13.6 ± 0.3 | 14.7 ± 0.2 | 15.4 ± 0.2 | <0.001h |
| 13.4 ± 0.3 | 14.8 ± 0.3 | 17.7 ± 0.3 | <0.001e | 15.5 ± 0.3 | 15.4 ± 0.3 | 15.0 ± 0.3 | 0.52 |
| 17.8 ± 0.5 | 22.3 ± 0.5 | 30.5 ± 0.5 | <0.001e | 27.1 ± 0.5 | 21.9 ± 0.5 | 21.7 ± 0.5 | <0.001c |