**S5 Table. Pooled hazard ratios (95% CI) for type 2 diabetes according to deciles of the plant-based diet indices, with different ways of modeling diet**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Decile 1 | Decile 2 | Decile 3 | Decile 4 | Decile 5 | Decile 6 | Decile 7 | Decile 8 | Decile 9 | Decile 10 | HR (95% CI) per 10 units | *p* Trenda |
| **OVERALL PLANT-BASED DIET INDEX** |
| **Primary analysisc**  | 1.00 | 0.99(0.93, 1.05) | 0.91(0.85, 0.97) | 0.92b(0.86, 0.98) | 0.92(0.86, 0.98) | 0.85(0.80, 0.91) | 0.90(0.84, 0.97) | 0.81(0.75, 0.87) | 0.87(0.81, 0.93) | 0.80(0.74, 0.87) | 0.88(0.86, 0.91) | <0.001 |
| **Continuous updating** | 1.00 | 0.97 (0.91, 1.03) | 0.92 (0.86, 0.98) | 0.89 (0.84, 0.95) | 0.93 (0.87, 0.99) | 0.83 (0.78, 0.89) | 0.89 (0.83, 0.96) | 0.82 (0.76, 0.88) | 0.88 (0.82, 0.95) | 0.78 (0.72, 0.84) | 0.88 (0.85, 0.91) | <0.001 |
| **Baseline intake alone** | 1.00 | 0.98 (0.92, 1.04) | 0.97 (0.91, 1.04) | 0.92 (0.86, 0.99) | 0.97(0.91, 1.04) | 0.96 (0.90, 1.02) | 0.93 (0.87, 1.00) | 0.90 (0.84, 0.97) | 0.92 (0.86, 0.99) | 0.86 (0.80, 0.93) | 0.94 (0.92, 0.97) | <0.001 |
| **Most recent intake** | 1.00 | 1.03 (0.97, 1.10) | 0.99 (0.93, 1.06) | 0.97 (0.91, 1.04) | 0.92 (0.86, 0.99) | 0.91 (0.85, 0.97) | 0.90 (0.84, 0.96) | 0.92 (0.85, 0.98) | 0.83 (0.77, 0.89) | 0.84b (0.78, 0.91) | 0.91 (0.89, 0.94) | <0.001 |
| **HEALTHFUL PLANT-BASED DIET INDEX** |
| **Primary analysisc** | 1.00 | 0.99(0.93, 1.05) | 0.91(0.85, 0.97) | 0.87b(0.82, 0.93) | 0.83(0.77, 0.88) | 0.83(0.78, 0.89) | 0.83b(0.77, 0.89) | 0.76(0.71, 0.81) | 0.74b(0.69, 0.80) | 0.66b(0.61, 0.72) | 0.83b(0.80, 0.85) | <0.001b |
| **Continuous updating** | 1.00 | 0.99 (0.93, 1.05) | 0.92 (0.86, 0.98) | 0.88 (0.83, 0.94) | 0.83 (0.78, 0.89) | 0.84b (0.78, 0.90) | 0.83b (0.78, 0.89) | 0.77 (0.72, 0.83) | 0.74 (0.69, 0.80) | 0.66b (0.61, 0.72) | 0.83b (0.80, 0.85) | <0.001b |
| **Baseline intake alone** | 1.00 | 0.96 (0.90, 1.02) | 0.90 (0.84, 0.96) | 0.90 (0.84, 0.96) | 0.87 (0.82, 0.93) | 0.87 (0.81, 0.93) | 0.84 (0.78, 0.90) | 0.80b (0.75, 0.86) | 0.76(0.71, 0.82) | 0.70b (0.64, 0.75) | 0.87b (0.85, 0.89) | <0.001b |
| **Most recent intake** | 1.00 | 0.95 (0.89, 1.01) | 0.91 (0.86, 0.97) | 0.90b (0.84, 0.95) | 0.81(0.76, 0.87) | 0.81b (0.76, 0.87) | 0.84 (0.79, 0.90) | 0.80b (0.74, 0.86) | 0.74b (0.69, 0.79) | 0.74b (0.69, 0.80) | 0.88b (0.86, 0.90) | <0.001b |

*Results were pooled across the three cohorts using a fixed-effects model*

*Adjusted for age, smoking status, physical activity, alcohol intake, multivitamin use, family history of diabetes, margarine intake, energy intake, baseline hypertension, baseline hypercholesterolemia, and BMI. Also adjusted for menopause status and postmenopausal hormone use in NHS & NHS2, and for oral contraceptive use in NHS2.*

*a p-Value when we assigned the median value to each decile and entered this as a continuous variable in the model*

*b p-Value for Q-statistic for heterogeneity <0.05, indicating statistically significant heterogeneity in HRs among the three studies*

*c Primary analysis: Stop updating when cardiovascular disease and cancer develop*