**Supplementary information**

S1 Table. Supplementary information on subject data

|  |  |
| --- | --- |
| Variables | Mean ± SD |
| Energy intake (kj) | 7125 ± 1537 |
| Fat intake (E%) | 34.2 ± 5.1 |
| Alcohol intake (g) | 7.5 ± 7.1 |
| Self-rated health (SF-12 index) | 50.9 ± 8.5 |
| * First tertile
* Second tertile
* Third tertile
 |  41.6 ± 7.1 53.1 ± 1.8 58.5 ± 3.0 |