

Supplemental table 1. Means (95% CIs) of 3-categories of food groups at Y0, Y7, Y20 and net differences before diabetes awareness

	^a Case (diabetes) groups			Control group	^b Net difference
	Early-onset	Intermediate-onset	Later-onset		
^c Beneficially-rated food group_Subtotal					
Y0	12.90 (10.00 to 15.70)	13.30 (12.50 to 14.20)	13.50 (12.80 to 14.20)	14.30 (14.10 to 14.50)	
Y7	21.00 (18.10 to 23.80)	17.5 (16.50 to 18.50)	16.30 (15.60 to 17.10)	17.60 (17.30 to 17.90)	-0.84 (-1.33 to -0.36)
Y20	16.20 (11.60 to 20.80)	20 (18.80 to 21.20)	16.10 (15.20 to 17.00)	17.50 (17.10 to 17.80)	
^c Neutrally-rated food group_Subtotal					
Y0	11.00 (9.20 to 12.80)	11.20 (10.70 to 11.70)	11.30 (10.90 to 11.70)	10.80 (10.60 to 10.90)	
Y7	14.40 (12.60 to 16.20)	11.80 (11.20 to 12.40)	11.89 (11.42 to 12.35)	11.62 (11.45 to 11.78)	0.45 (0.18 to 0.72)
Y20	12.00 (9.50 to 14.50)	10.30 (9.60 to 10.90)	9.57 (9.06 to 10.08)	8.72 (8.53 to 8.91)	
^c Adversely-rated food group_Subtotal					
Y0	17.30 (14.00 to 20.60)	19.10 (18.10 to 20.10)	19.00 (18.20 to 19.70)	18.90 (18.60 to 19.10)	
Y7	11.90 (9.80 to 14.10)	15.4 (14.70 to 16.10)	15.80 (15.30 to 16.40)	15.60 (15.40 to 15.80)	1.27 (0.52 to 2.03)
Y20	14.80(11.60 to 18.00)	11.3 (10.50 to 12.20)	12.80 (12.20 to 13.50)	12.50 (12.30 to 12.70)	

Note: Shadowed cells indicate values after diabetes awareness and bold indicates the values at the first time of diabetes awareness

^a Case groups including Early-, Intermediate- or Later-onset diabetes groups who were first aware of their diabetes before Y7, after Y7 and before Y20, or after Y20, respectively. Control group refers to those without diabetes over a 30-year of follow-up.

^b Net difference (a combined mean in diabetes groups [when people were unaware of their diabetes] minus the mean corresponding year in the control group) computed in repeated measures regressions after adjusting for age, sex, race (Black and White), maximal educational attainment, parental history of diabetes, physical activity, pack-year of smoking, total energy intake, and BMI at

corresponding examination year in order to remove the dietary changes occurring at the specific year and aging.

^c The means of 3-categories of food groups: 5 beneficially-rated (plant foods, meat products, alcoholic beverages, other non-dairy beverages, dairy), 3 neutrally-rated (plant foods, meat products, other non-dairy beverages) and 4 adversely-rated (plant foods, meat products, other non-dairy beverages, dairy) food groups.

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Supplemental table 2. Mean changes (95% CIs) of ^aAPDQS total score, ^bfood intake(servings/day) in 12 collapsed food groups that are components of APDQS, and the net difference of differences in case groups experiencing diabetes awareness over 20-years vs. the control group

	^c Case (Diabetes) groups		Control group	^d Net difference of differences
	Early-onset	Intermediate-onset		
Participants, n				
Y0	21 (Unaware)	238 (Unaware)	3923	
Y7	21 (Aware)	197 (Unaware)	3222	
Y20	11 (Aware)	173 (Aware)	2542	
Estimated adjusted mean changes of APDQS				
Δ Year 7 - Year 0	5.71 (1.22 to 10.21)	-	3.45 (3.04 to 3.86)	
Δ Year 20 – Year 7	-4.03 (-10.22 to 2.16)	6.64 (4.89 to 8.39)	3.31 (2.81 to 3.81)	2.95 (1.58 to 4.32)
Δ Year 20 - Year 0	3.07 (-3.63 to 9.78)	11.01 (9.27 to 12.75)	6.92 (6.42 to 7.43)	
Beneficially-rated food group				
Plant foods				
ΔYear7-Year 0	6.86 (4.35 to 9.37)	-	3.08 (2.85 to 3.31)	
ΔYear 20-Year 7	-5.03 (-9.31 to -0.74)	2.21 (1.00 to 3.42)	-0.34 (-0.69 to 0.01)	2.02 (1.15 to 2.89)
ΔYear20-Year 0	2.04 (-2.15 to 6.23)	5.14 (4.06 to 6.23)	2.67 (2.36 to 2.99)	
Meat products				

Δ Year 7 - Year 0	0.14 (-0.89 to 1.16)	—	0.16 (0.07 to 0.25)	
Δ Year 20 – Year 7	0.23 (-1.11 to 1.57)	0.37 (-0.01 to 0.75)	0.09 (-0.02 to 0.19)	0.26(-0.02 to 0.53)
Δ Year 20 - Year 0	0.70 (-0.79 to 2.19)	0.66 (0.28 to 1.05)	0.25 (0.13 to 0.36)	
Alcohol, drinks/d				
Δ Year 7 - Year 0	-0.62 (-1.21 to -0.04)	—	-0.01 (-0.06 to 0.05)	
Δ Year 20 – Year 7	0.15 (-0.66 to 0.95)	0.04 (-0.19 to 0.27)	0.05 (-0.01 to 0.12)	-0.27(-0.45 to -0.08)
Δ Year 20 - Year 0	-0.79 (-1.68 to 0.11)	-0.01 (-0.24 to 0.22)	0.02 (-0.04 to 0.09)	
Coffee and tea				
Δ Year 7 - Year 0	0.55 (-1.12 to 2.23)	—	-0.03 (-0.19 to 0.12)	
Δ Year 20 – Year 7	0.59 (-0.8 to 1.98)	0.49 (0.10 to 0.88)	0.43 (0.32 to 0.54)	-0.22(-0.54 to 0.11)
Δ Year 20 - Year 0	2.41 (-0.21 to 5.03)	0.31 (-0.37 to 0.99)	0.35 (0.15 to 0.55)	
Low-fat Dairy				
Δ Year 7 - Year 0	0.65 (-0.11 to 1.42)	—	0.15 (0.08 to 0.22)	
Δ Year 20 – Year 7	-0.58 (-1.62 to 0.47)	0.18 (-0.11 to 0.48)	-0.07 (-0.16 to 0.01)	0.27 (0.05 to 0.48)
Δ Year 20 - Year 0	-0.35 (-1.53 to 0.82)	0.42 (0.12 to 0.73)	0.13 (0.04 to 0.22)	
Subtotal				
Δ Year 7 - Year 0	7.58 (4.27 to 10.9)	—	3.35 (3.05 to 3.65)	
Δ Year 20 – Year 7	-4.64 (-9.57 to 0.30)	3.29 (1.90 to 4.68)	0.16 (-0.24 to 0.56)	2.08 (1.06 to 3.09)

Δ Year 20 - Year 0	4.00 (-1.36 to 9.35)	6.52 (5.14 to 7.91)	3.42 (3.01 to 3.82)	
Neutrally-rated food group				
Plant foods				
Δ Year 7 - Year 0	3.26 (1.49 to 5.03)	—	1.46 (1.30 to 1.62)	
Δ Year 20 - Year 7	-1.08 (-3.63 to 1.48)	-1.60 (-2.32 to -0.88)	-2.37 (-2.58 to -2.17)	1.12(0.61 to1.63)
Δ Year 20 - Year 0	2.16 (-0.53 to 4.84)	-0.27 (-0.97 to 0.43)	-0.87 (-1.07 to -0.67)	
Meat products				
Δ Year 7 - Year 0	-0.14 (-0.91 to 0.62)	—	-0.31 (-0.38 to -0.24)	
Δ Year 20 - Year 7	-0.12 (-1.02 to 0.79)	-0.02 (-0.27 to 0.24)	0.03 (-0.04 to 0.10)	0.27 (0.10 to 0.44)
Δ Year 20 - Year 0	-0.28 (-1.22 to 0.66)	0.01 (-0.23 to 0.26)	-0.33 (-0.40 to -0.26)	
Diet soda and fruit juices				
Δ Year 7 - Year 0	0.55 (-0.72 to 1.83)	—	-0.10 (-0.22 to 0.01)	
Δ Year 20 - Year 7	-1.72 (-3.28 to -0.15)	-0.22 (-0.66 to 0.23)	-0.51 (-0.64 to -0.38)	0.43(0.11 to 0.75)
Δ Year 20 - Year 0	-0.28 (-1.96 to 1.40)	-0.36 (-0.79 to 0.08)	-0.63 (-0.76 to -0.50)	
Subtotal				
Δ Year 7 - Year 0	3.67 (1.46 to 5.88)	—	1.04 (0.84 to 1.24)	
Δ Year 20 - Year 7	-2.91 (-5.92 to 0.10)	-1.84 (-2.69 to -0.99)	-2.85 (-3.10 to -2.61)	1.82(1.20 to 2.43)
Δ Year 20 - Year 0	1.60 (-1.64 to 4.85)	-0.61 (-1.45 to 0.23)	-1.83 (-2.08 to -1.59)	

Adversely-rated food group

Plant foods

Δ Year 7 - Year 0	-0.48 (-1.76 to 0.81)	—	0.23 (0.11 to 0.35)	
Δ Year 20 – Year 7	0.95 (-1.61 to 3.52)	-0.89 (-1.62 to -0.17)	0.18 (-0.03 to 0.38)	-1.14(-1.59 to -0.69)
Δ Year 20 - Year 0	0.62 (-2.05 to 3.30)	-1.10 (-1.79 to -0.41)	0.36 (0.16 to 0.57)	

Meat products

Δ Year 7 - Year 0	-1.98 (-4.83 to 0.87)	—	-1.67 (-1.93 to -1.41)	
Δ Year 20 – Year 7	2.98 (0.99 to 4.96)	0.11 (-0.45 to 0.67)	-1.01 (-1.17 to -0.85)	0.75(0.33 to 1.18)
Δ Year 20 - Year 0	1.13 (-3.06 to 5.32)	-2.07 (-3.16 to -0.99)	-2.96 (-3.28 to -2.65)	

Soft drinks

Δ Year 7 - Year 0	-1.10 (-1.92 to -0.28)	—	-0.06 (-0.13 to 0.02)	
Δ Year 20 – Year 7	0.17 (-0.88 to 1.22)	-1.04 (-1.33 to -0.74)	-0.34 (-0.42 to -0.25)	-0.54(-0.75 to -0.33)
Δ Year 20 - Year 0	-1.25 (-2.39 to -0.10)	-1.09 (-1.39 to -0.80)	-0.41 (-0.50 to -0.33)	

Whole-fat dairy

Δ Year 7 - Year 0	-1.42 (-3.22 to 0.38)	—	-1.31 (-1.47 to -1.14)	
Δ Year 20 – Year 7	0.05 (-2.13 to 2.24)	-1.59 (-2.20 to -0.97)	-1.61 (-1.78 to -1.43)	-0.38(-0.82 to 0.06)
Δ Year 20 - Year 0	-1.18 (-3.62 to 1.27)	-2.99 (-3.62 to -2.36)	-2.92 (-3.10 to -2.73)	

Subtotal

Δ Year 7 - Year 0	-4.97 (-8.61 to -1.34)	—	-2.80 (-3.14 to -2.47)	
Δ Year 20 – Year 7	4.15 (0.20 to 8.10)	3.29 (1.90 to 4.68)	0.16 (-0.24 to 0.56)	-1.27 (-2.03 to -0.52)
Δ Year 20 - Year 0	-0.67 (-6.14 to 4.80)	-7.26 (-8.67 to -5.84)	5.93 (-6.34 to -5.52)	

Note: Shadowed cells indicate values after diabetes awareness, and bold indicates the value at the first time of diabetes awareness

^a APDQS, total score, sums the 46 food groups (possible scores 0–132, with a range of 35–95 in these data), with higher scores representing a nutritionally-rich plant-centered diet.

^b The means of food intake (servings/day) in 12 collapsed food groups: 5 beneficially-rated (plant foods, meat products, alcoholic beverages, other non-dairy beverages, dairy), 3 neutrally-rated (plant foods, meat products, other non-dairy beverages) and 4 adversely-rated (plant foods, meat products, other non-dairy beverages, dairy) food groups.

^c Case groups including early- and intermediate-onset diabetes groups who learned of their diabetes before Y7 or after Y7 and before Y20, respectively. Control group refers to those without diabetes over a 30-year of follow-up.

^d Net difference of differences (a combined mean of APDQS changes in case groups [when diabetes awareness minus diabetes unawareness] minus corresponding APDQS mean change in never diabetes group) computed in repeated measures regressions after adjusting for age, sex, race (Black and White), maximal educational attainment, parental history of diabetes, physical activity, pack-year of smoking, total energy intake, and BMI at corresponding examination year in order to remove the dietary changes occurring at the specific year and aging.