

Supplementary Table 1. Characteristics of participants by intake of sugar-sweetened and artificially sweetened beverages. ESTRID 2010-2015.

Number of 200 ml servings per day	Sugar-sweetened beverages				Artificially sweetened beverages			
	0	<1	1-2	>2	0	<1	1-2	>2
<i>n</i> (%)	2193 (77)	422 (15)	177 (6)	72 (3)	2366 (83)	265 (9)	153 (5)	80 (3)
Sugar-sweetened beverage, g/day	0	69 (39)	270 (86)	952 (749)	52 (210)	30 (65)	53 (198)	70 (205)
Artificially sweetened beverage, g/day	48 (161)	22 (84)	53 (149)	61 (206)	0	74 (42)	288 (93)	802 (255)
Age, years	61.8 (11.9)	54.7 (12.0)	59.5 (13.4)	52.4 (10.5)	61.6 (11.9)	54.3 (11.7)	57.1 (14.0)	52.3 (11.9)
Sex, % women	49	43	31	24	47	45	42	44
High level of education, % university	29	30	20	14	29	30	21	15
BMI current, kg/m ²	28.2 (5.4)	27.9 (5.2)	28.9 (4.8)	30.4 (5.6)	28.0 (5.2)	29.0 (6.1)	29.3 (5.2)	31.2 (8.2)
BMI at age 20, kg/m ² ^a	21.9 (3.3)	21.7 (3.2)	22.5 (2.9)	22.8 (3.5)	21.7 (3.1)	22.4 (3.9)	22.7 (3.6)	23.7 (4.4)
Average annual weight gain (%) since age 20 ^a	0.76 (0.68)	0.84 (0.69)	0.82 (0.66)	1.13 (0.80)	0.75 (0.64)	0.93 (0.84)	0.96 (0.83)	1.04 (0.91)
Physically inactive, %	17	18	27	32	18	15	27	28
Family history of diabetes, % yes	37	36	32	36	36	41	33	45
Smoking status, % current	20	21	24	32	19	27	27	39
Alcohol, g/day	8.5 (9.8)	9.5 (10.1)	7.4 (8.6)	6.9 (9.3)	8.7 (9.7)	8.1 (9.3)	7.5 (10.8)	6.7 (9.2)
Coffee, servings/day	3.2 (2.3)	3.2 (2.1)	3.0 (2.4)	2.5 (2.2)	3.2 (2.3)	3.2 (2.3)	3.1 (2.2)	2.8 (2.5)
Vegetables, g/day	214 (141)	207 (143)	183 (116)	154 (131)	211 (141)	220 (153)	183 (128)	163 (92)
Fruits, g/day	161 (126)	140 (111)	145 (124)	108 (127)	156 (125)	162 (121)	150 (117)	119 (106)
Red or processed meat, g/day	89 (53)	105 (52)	111 (60)	131 (55)	91 (52)	106 (59)	101 (66)	105 (67)
Fatty fish, g/day	22 (19)	20 (19)	24 (18)	15 (14)	22 (20)	19 (17)	19 (15)	15 (13)
Whole grain, g/day	55 (34)	50 (28)	51 (31)	38 (36)	54 (33)	53 (33)	52 (33)	50 (28)
Biscuits, sweets, salty snacks, g/day	32 (26)	45 (32)	46 (33)	60 (44)	34 (29)	42 (30)	43 (31)	40 (28)
Energy, kcal/day	1773 (573)	1979 (652)	2275 (750)	2611 (758)	1843 (613)	1896 (695)	1950 (726)	1906 (638)

Data are mean (SD) unless otherwise stated

^a *Missing for 19% of participants*

