Supplementary Table 1. Beta coefficients and variables applied in computing the predicted pro-inflammatory hs-CRP score

Sex–combined predicted pro-inflammatory hs-CRP score
-5.32542 + (0.00086794*alcohol intake – *g/d*) + (0.00147*breakfast cereals/mixed grain powder – *g/d*) + (0.00034682*noodles/dumplings – *g/d*) + (-0.00068621*sweet bread – *g/d*) + (-0.00419*fermented soy – *g/d*) + (0.00118*potatoes – *g/d*) + (-0.00102*sweet potatoes – *g/d*) + (0.00107*beef – *g/d*) + (0.00026705*carbonated beverages – *g/d*) + (-0.0000707*fruits – *g/d*) + (-0.05857*'<840 MET-minutes/week') + (-0.07066*'≥840 MET-minutes/week') + (0.0158*age *in years*) + (0.07734*BMI *in kg/m*^{2}) + (0.07867*past smoker) + (0.25468*current smoker).
Male-specific predicted pro-inflammatory hs-CRP score
-5.15695 + (0.13603*niacin – *mg/d*) + (0.00035666*noodles/dumplings – *g/d*) + (0.01128*age *in years*) + (0.07065*BMI *in kg/m*^{2}) + (0.03702*past smoker) + (0.19895*current smoker) + (-0.00546*fermented soy – *g/d*) + (-0.00168*sweet potatoes – *g/d*) + (-0.12832*'<840 MET-minutes/week') + (-0.10018*'≥840 MET-minutes/week').
Female-specific predicted pro-inflammatory hs-CRP score
-5.36083 + (0.00091035*beef – *g/d*) + (0.0028*processed fish – *g/d*) + (0.014*age *in years*) + (0.07817*BMI *in kg/m*^{2}) + (0.1514*past smoker) + (0.13595*current smoker) + (0.05869*perimenopausal) + (0.15763*postmenopausal) + (-0.00333*fermented soy – *g/d*) + (-0.00101*sweet bread – *g/d*) + (-0.00067506*fish – *g/d*) + (-0.0659*middle school) + (-0.02558*high school) + (0.02473*University or above).

hs-CRP, high sensitivity C-reactive protein; MET, metabolic equivalent task; BMI, body mass index.