### SUPPLEMENTARY TABLE

**Supplementary Table 1. Changes of dietary patterns in ERGs and NERGs.**

| Variables       | ERGs          |               | P-value | NERGs          |               | P-value |
|-----------------|---------------|---------------|---------|----------------|---------------|---------|
|                 | Baseline      | Follow-up     |         | Baseline       | Follow-up     |         |
| Rice (g/d)      | 225 (165)     | 175 (110)     | <0.001  | 215 (130)      | 225 (100)     | 0.053   |
| Wheat (g/d)     | 150 (120)     | 125 (80)      | <0.001  | 140 (110)      | 165 (95)      | <0.001  |
| Potato (g/d)    | 55 (60)       | 50 (50)       | 0.009   | 70 (95)        | 75 (90)       | <0.001  |
| Beans (g/d)     | 55 (65)       | 50 (55)       | 0.033   | 50 (60)        | 55 (55)       | 0.032   |
| Vegetable (g/d) | 280 (255)     | 300 (245)     | <0.001  | 240 (130)      | 260 (210)     | 0.079   |
| Fruit (g/d)     | 145 (155)     | 175 (145)     | <0.001  | 125 (80)       | 135 (130)     | 0.090   |
| Livestock (g/d) | 80 (80)       | 40 (45)       | <0.001  | 90 (90)        | 95 (90)       | <0.001  |
| Poultry (g/d)   | 30 (55)       | 25 (35)       | <0.001  | 35 (50)        | 40 (55)       | <0.001  |
| Eggs (per d)    | 1.0 (1.4)     | 0.8 (0.6)     | 0.006   | 0.9 (0.8)      | 0.8 (0.6)     | 0.223   |
| Milk (g/d)      | 100 (115)     | 55 (50)       | <0.001  | 85 (95)        | 80 (75)       | 0.220   |
| Fish (g/d)      | 35 (30)       | 25 (20)       | 0.103   | 30 (50)        | 40 (65)       | 0.004   |
| Snack (g/d)     | 15 (30)       | 10 (20)       | 0.010   | 15 (35)        | 10 (15)       | 0.013   |
| Energy (kcal/d) | 2165 (984)    | 1673 (650)    | <0.001  | 2076 (774)     | 2182 (666)    | <0.001  |
| Carbohydrate (g/d) | 376 (169)    | 308 (103)     | <0.001  | 366 (128)      | 375 (100)     | <0.001  |
| Protein (g/d)   | 76 (44)       | 54 (36)       | <0.001  | 74 (34)        | 77 (33)       | 0.453   |
| Lipid (g/d)     | 40 (28)       | 25 (20)       | <0.001  | 41 (27)        | 41 (25)       | 0.932   |

Note: Data are presented as mean (Standard deviation).