

Online Supporting Material

Supplementary Table 1. Scoring criteria for the PDIs.				
Plant food groups	Items	PDI	hPDI	uPDI
Healthy				
Whole grains	Dietary bread, barley, dark bread (Iranian)	Positive	Positive	Reverse
Fruits	Cantaloupe, melon, watermelon, apricot, cherry, peach, Greengage, berries, strawberry, plum, fig, grapes, pear, apple, kiwi, citrus, pomegranate, banana, Persimmon, date, dried fruits, raisins, quince	Positive	Positive	Reverse
Vegetables	Lettuce, cabbage, tomato, cucumber, raw green vegetables, cooked vegetables, eggplant, celery, beet, carrot, garlic, onions, bell pepper, mushroom, corn, green peas, green bean, squash, green pepper	Positive	Positive	Reverse
Nuts	Peanuts, almonds, walnuts, pistachios, hazelnuts, sunflower seeds	Positive	Positive	Reverse
Legumes	Beans, chickpeas, lentils, split peas, soybeans, fava	Positive	Positive	Reverse
Vegetable oils	Vegetable oils, olive oil, olives, margarine	Positive	Positive	Reverse
Tea and coffee	Tea, coffee	Positive	Positive	Reverse
Less healthy				
Fruit juices	Natural fruit juice (orange juice, apple juice, melon juice, lemon juice)	Positive	Reverse	Positive
Refined grains	White breads (lavash, barbari, tafton, sangak, baguettes, roghani bread), rice, pasta	Positive	Reverse	Positive
Potatoes	Boiled potatoes, potato chips, french fries	Positive	Reverse	Positive
Sugar sweetened beverages	Soft drinks, cola	Positive	Reverse	Positive
Sweets and Desserts	Cube sugar, candies, honey, jam, Iranian dessert (Doshab, Halva, Baklava), confections, chocolate, sugar, biscuits	Positive	Reverse	Positive
Animal foods				
Animal fat	Butter	Reverse	Reverse	Reverse
Dairy	Skim milk, low-fat milk, low-fat yogurt, curd, high-fat milk, whole chocolate and cocoa milk, high-fat yogurt, creamy yogurt, cream cheese, cream, ice cream	Reverse	Reverse	Reverse
Eggs	Eggs	Reverse	Reverse	Reverse
Fish	Canned tuna fish, other fish	Reverse	Reverse	Reverse
Meat	Red meat, sausages, poultry, organ meats	Reverse	Reverse	Reverse
Miscellaneous animal-based foods	Pizza, mayonnaise, hamburger	Reverse	Reverse	Reverse

PDI, plant-based diet index; hPDI, healthful plant-based diet index; uPDI, unhealthful plant-based diet index

Supplementary Table 2. General characteristics of the study participants across quintiles of PDIs.

Characteristics	Quintiles of total PDI			Quintiles of hPDI			Quintiles of uPDI		
	Quintile1 N= 411	Quintile3 N= 379	Quintile5 N= 416	Quintile1 N= 359	Quintile3 N= 312	Quintile5 N= 412	Quintile1 N= 377	Quintile3 N= 303	Quintile5 N= 360
Score of PDI	<48	53-55	>59	<48	53-56	>60	<48	53-56	>60
Age (years)	56.0 (8.20)	53.8 (8.54)	54.0 (7.95)	52.7 (8.46)	54.6 (8.14)	56.6 (7.80)	54.7 (8.18)	54.8 (8.18)	55.5 (8.22)
Sex (Males)	28.7	34.0	47.4	61.0	34.3	19.4	44.0	38.0	34.4
Marital Status (married)	87.6	90.2	91.1	94.4	90.1	84.7	90.7	90.4	87.2
Physical activity (MET/hour/day)	38.6 (5.78)	39.9 (7.86)	40.8 (7.42)	40.2 (8.18)	39.3 (6.14)	39.1 (5.89)	40.4 (7.31)	39.4 (6.02)	39.5 (7.22)
BMI (Kg/m ²)	29.8 (4.86)	30.8 (4.91)	30.6 (4.88)	29.6 (4.52)	30.5 (4.81)	30.8 (5.08)	30.2 (4.54)	30.19 (5.14)	30.71 (4.80)
Waist circumference (cm)	98.0 (11.1)	100 (10.3)	100 (10.2)	99.1 (10.3)	99.8 (9.84)	100 (10.6)	99.8 (10.2)	99.2 (11.2)	99.9 (10.1)
Smoking (smoker)	8.3	8.7	19.0	24.0	8.70	3.60	11.1	11.9	8.90
Alcohol (alcoholic)	1	0.8	1.9	2.20	1.00	0.20	1.60	2.30	0.30
Diabetes duration (year)	12.0 (15.9)	13.9 (18.7)	15.8 (20.7)	18.0 (21.9)	12.9 (18.3)	10.7 (14.3)	11.6 (16.0)	14.4 (19.8)	14.4 (19.5)
Education level									
University graduated	5.80	4.20	6.50	8.60	4.50	2.90	7.20	6.90	2.80
Primary school and diploma	43.1	48.8	47.4	59.3	46.5	35.4	51.2	48.8	38.3
Illiterate	51.1	47.0	46.2	32.0	49.0	61.7	41.6	44.2	58.9
CVD (yes)	13.4	10.6	8.2	8.40	12.5	13.6	10.9	13.2	10.8
Lipid-lowering medication (yes)	30.4	28.8	21.6	17.0	25.3	35.9	29.2	32.3	21.4
Blood pressure-lowering medication (yes)	48.4	42.5	33.7	30.9	43.6	52.2	43.0	38.6	43.3
Glucose-lowering medication (yes)	82.0	70.7	66.3	62.1	73.4	88.3	83.6	72.9	65.3
Insulin use (yes)	3.9	2.9	1.4	0.60	2.90	4.10	5.00	3.00	2.80
Newly-diagnosed diabetes (yes)	11.4	17.9	22.6	28.7	15.7	7.50	10.6	19.5	19.4

Values are means (SDs) for continuous variables or percent for categorical variables
PDI, plant-based diet index; hPDI, healthful plant-based diet index; uPDI, unhealthful plant-based diet index; MET, metabolic equivalent of task; BMI, body mass index; CVD, cardiovascular disease; SD, standard deviation

Supplementary Table 3. Intake of nutrients and food groups across quintiles of PDIs.

Variables	Quintiles of total PDI			Quintiles of hPDI			Quintiles of uPDI		
	Quintile 1 N= 411	Quintile 3 N= 379	Quintile 5 N= 416	Quintile 1 N=359	Quintile 3 N= 312	Quintile5 N= 412	Quintile 1 N= 377	Quintile 3 N= 303	Quintile 5 N= 360
Nutrients									
Energy (kcal)	1962 (585)	2394 (603)	2885 (609)	2797 (647)	2385 (659)	2180 (623)	2827 (641)	2439 (614)	2036 (610)
Carbohydrate (%)	59.0 (5.89)	62.0 (4.68)	63.0 (5.06)	61.0 (4.86)	61.0 (5.08)	61.2 (5.90)	59.2 (5.20)	61.1 (5.53)	63.2 (5.11)
Protein (%)	12.8 (1.71)	12.0 (1.38)	11.0 (1.44)	13.0 (1.56)	12.0 (1.67)	11.7 (1.63)	12.6 (1.60)	11.9 (1.68)	12.2 (1.34)
Fat (%)	28.2 (5.84)	26.0 (4.82)	26.0 (5.16)	26.0 (4.65)	27.0 (5.06)	27.1 (5.90)	28.2 (5.11)	27.0 (5.37)	24.6 (5.22)
Cholesterol (mg)	235 (109)	244 (105)	256 (101)	324 (119)	242 (90.0)	191 (74.5)	323 (105)	250 (94.3)	179 (82.9)
Dietary fiber (g)	24.7 (7.48)	31.6 (8.27)	38.4 (9.52)	31.9 (8.75)	31.4 (9.78)	32.4 (9.87)	39.4 (9.03)	31.5 (8.04)	24.3 (6.90)
Potassium (mg)	3341 (984)	4096 (1020)	4902 (1176)	4293 (1112)	4086 (1258)	4115 (1191)	5184 (1097)	4108 (943)	3118 (819)
Sodium (mg)	3250 (1143)	3779 (1165)	4278 (1250)	4310 (1238)	3717 (1168)	3398 (1112)	4181 (1179)	3715 (1163)	3376 (1059)
Zinc (mg)	8.73 (2.88)	10.0 (2.74)	11.5 (2.93)	11.7 (2.92)	10.0 (2.97)	9.22 (2.71)	12.5 (2.88)	10.1 (2.46)	7.98 (2.36)
phosphor (mg)	1102 (332)	1279 (345)	1432 (347)	1452 (340)	1270 (366)	1178 (334)	1576 (327)	1270 (277)	1000 (288)
Iron (mg)	13.9 (4.48)	17.5 (5.15)	20.8 (5.67)	19.7 (5.57)	17.2 (5.46)	15.9 (4.90)	19.7 (5.38)	17.5 (5.15)	15.3 (5.17)
Magnesium (mg)	302 (84.4)	375 (89.1)	451 (99.5)	401 (95.2)	374 (109)	370 (104)	465 (98.2)	375 (85.7)	296 (77.8)
Calcium (mg)	1048 (321)	1215 (385)	1329 (357)	1367 (362)	1189 (371)	1093 (336)	1387 (349)	1195 (327)	1025 (341)
Food groups (g/day)									
Whole grains	44.7 (97.8)	47.8 (85.2)	53.3 (87.4)	28.2 (59.9)	55.6 (106)	75.6 (113)	102 (139)	42.1 (79.1)	16.2 (28.4)
Fruits	439 (254)	595 (283)	767 (341)	567 (295)	578 (324)	656 (346)	788 (343)	605 (286)	409 (222)
Vegetables	470 (207)	581 (232)	679 (276)	531 (226)	583 (253)	631 (254)	757 (268)	567 (255)	422 (150)
Nuts	7.07 (8.94)	9.28 (8.61)	12.7 (11.8)	7.40 (7.26)	9.14 (8.51)	12.0 (11.5)	15.3 (11.3)	9.14 (8.07)	4.80 (5.75)
Legumes	20.9 (16.1)	30.9 (23.6)	39.1 (21.8)	30.4 (22.2)	30.6 (24.9)	31.9 (23.1)	39.4 (23.8)	29.0 (20.5)	21.3 (14.7)
Vegetable oils	19.0 (11.4)	22.7 (12.5)	30.3 (15.8)	21.9 (13.5)	23.8 (13.3)	25.2 (14.1)	28.4 (14.7)	24.3 (14.6)	20.0 (11.7)
Tea and coffee	623 (483)	820 (503)	1171 (764)	901 (686)	845 (584)	914 (647)	1029 (694)	878 (619)	735 (536)
Fruit juices	2.98 (8.62)	5.17 (12.9)	8.67 (14.2)	8.22 (12.6)	5.67 (13.1)	3.60 (12.5)	6.91 (14.9)	5.19 (12.0)	3.77 (9.39)
Refined grains	298 (158)	388 (187)	463 (177)	498 (180)	376 (186)	286 (157)	330 (188)	392 (176)	419 (186)
Potatoes	21.1 (19.2)	35.8 (27.2)	49.5 (29.5)	49.2 (28.4)	33.5 (24.6)	21.4 (21.7)	32.1 (27.5)	35.1 (25.8)	40.2 (30.2)
Sugar-sweetened beverages	8.10 (24.0)	22.6 (55.6)	37.4 (63.4)	48.7 (72.7)	19.1 (61.8)	4.59 (16.3)	16.7 (55.1)	25.1 (51.6)	25.1 (43.4)
Sweets and desserts	20.2 (18.0)	32.0 (22.8)	54.8 (37.5)	50.6 (31.7)	34.0 (31.1)	22.3 (20.7)	34.1 (31.7)	39.1 (33.7)	32.5 (22.7)

Supplementary Table 3. Intake of nutrients and food groups across quintiles of PDIs.

Animal fat	2.86 (6.61)	2.11 (4.78)	2.36 (4.92)	5.38 (8.79)	2.15 (4.08)	0.79 (3.38)	3.78 (6.35)	2.46 (4.83)	1.38 (5.29)
Dairy	363 (186)	358 (211)	323 (200)	410 (188)	348 (206)	324 (201)	478 (221)	342 (175)	230 (140)
Eggs	21.6 (17.8)	22.2 (17.4)	20.0 (14.7)	28.9 (18.5)	20.7 (14.8)	14.2 (10.5)	25.9 (15.6)	22.1 (15.9)	16.5 (15.0)
Seafood	7.40 (9.47)	6.35 (9.23)	5.29 (7.37)	9.46 (9.29)	7.43 (11.6)	4.15 (6.85)	10.9 (11.6)	5.67 (7.15)	2.75 (4.77)
Meat	46.0 (35.3)	44.4 (29.2)	48.5 (36.0)	66.5 (39.7)	45.5 (30.2)	35.2 (26.2)	67.5 (36.6)	49.3 (35.3)	28.1 (22.6)
Miscellaneous animal-based foods	4.07 (6.64)	3.16 (5.39)	2.78 (4.38)	6.59 (7.10)	3.24 (5.52)	1.59 (3.49)	5.79 (8.43)	3.69 (4.79)	1.68 (3.36)

Values are means (SDs)
PDI, plant-based diet index; hPDI, healthful plant-based diet index; uPDI, unhealthful plant-based diet index.; SD, standard deviation

Supplementary Table 4. Multivariable adjusted odds ratios and 95% confidence intervals for the association between PDIs and hypertension in different sensitivity analyses.

Excluding CVD and cancer patients							
	Quintile1	Quintile 2	Quintile 3	Quintile 4	Quintile 5	P-trend	Per 5-score increase in PDIs
PDI							
Participants	350	364	335	353	305		
Fully-adjusted Model ¹	1	0.82 (0.59, 1.14)	1.05 (0.75, 1.48)	0.74 (0.52, 1.05)	0.79 (0.54, 1.15)	0.21	0.94 (0.85, 1.03)
hPDI							
Participants	325	318	359	354	351		
Fully-adjusted Model ¹	1	0.83 (0.59, 1.18)	0.88 (0.63, 1.24)	0.84 (0.59, 1.19)	0.72 (0.50, 1.04)	0.13	0.93 (0.85, 1.01)
uPDI							
Participants	334	391	261	404	317		
Fully-adjusted Model ¹	1	0.92 (0.66, 1.28)	0.82 (0.57, 1.18)	1.03 (0.74, 1.43)	0.94 (0.65, 1.37)	0.94	0.99 (0.91, 1.07)
Excluding newly diagnosed diabetic patients							
	Quintile1	Quintile 2	Quintile 3	Quintile 4	Quintile 5	P-trend	Per 5-score increase in PDIs
PDI							
Participants	363	275	322	349	321		
Fully-adjusted Model ¹	1	0.90 (0.63, 1.28)	0.93 (0.66, 1.30)	0.87 (0.62, 1.23)	0.79 (0.54, 1.15)	0.25	0.95 (0.86, 1.05)
hPDI							
Participants	322	317	348	342	301		
Fully-adjusted Model ¹	1	1.10 (0.78, 1.54)	1.01 (0.72, 1.41)	0.90 (0.63, 1.28)	0.92 (0.63, 1.33)	0.38	0.94 (0.86, 1.02)
uPDI							
Participants	336	287	324	331	352		
Fully-adjusted Model ¹	1	0.88 (0.62, 1.25)	0.76 (0.54, 1.07)	0.99 (0.70, 1.40)	0.90 (0.62, 1.29)	0.82	1.00 (0.92, 1.09)
Without adjusting for medication use							
	Quintile1	Quintile 2	Quintile 3	Quintile 4	Quintile 5	P-trend	Per 5-score increase in PDIs
PDI							
Participants	409	427	377	321	413		
Fully-adjusted Model ²	1	0.87 (0.64, 1.17)	1.06 (0.77, 1.45)	0.82 (0.59, 1.16)	0.85 (0.60, 1.19)	0.38	0.96 (0.88, 1.05)
hPDI							
Participants	358	466	311	402	410		

Supplementary Table 4. Multivariable adjusted odds ratios and 95% confidence intervals for the association between PDIs and hypertension in different sensitivity analyses.

Fully-adjusted Model ²	1	0.96 (0.70, 1.30)	1.03 (0.73, 1.44)	0.90 (0.65, 1.25)	0.98 (0.70, 1.36)	0.79	0.99 (0.91, 1.07)
uPDI							
Participants	376	442	301	471	357	376	
Fully-adjusted Model ²	1	0.86 (0.63, 1.16)	0.81 (0.58, 1.13)	0.95 (0.70, 1.29)	0.85 (0.60, 1.19)	0.64	0.97 (0.90, 1.04)

¹ Adjusted for age, energy intake, sex, education status, smoking status, alcohol use, marital status, physical activity, diabetes duration, medication use (lipid-lowering drugs, hypoglycemic drugs and insulin), and BMI.

² Adjusted for age, energy intake, sex, education status, smoking status, alcohol use, marital status, physical activity, diabetes duration, and BMI.
PDI, plant-based diet index; hPDI, healthful plant-based diet index; uPDI, unhealthful plant-based diet index; CVD, cardiovascular disease.

Supplementary Table 5. Multivariable adjusted odds ratios and 95% confidence intervals for the association between PDIs and hypertension in different subgroups.

Age≥60							
	Quintile1	Quintile 2	Quintile 3	Quintile 4	Quintile 5	P-trend	Per 5-score increase in PDIs
PDI							
Participants	155	146	99	103	109		
Fully-adjusted Model ¹	1	0.88 (0.52, 1.49)	1.34 (0.74, 2.41)	0.72 (0.39, 1.29)	0.90 (0.48, 1.69)	0.35	0.99 (0.84, 1.17)
hPDI							
Participants	91	140	91	137	153		
Fully-adjusted Model ¹	1	1.13 (0.64, 2.00)	1.71 (0.90, 3.26)	1.08 (0.59, 1.97)	1.31 (0.71, 2.39)	0.48	1.04 (0.90, 1.20)
uPDI							
Participants	112	129	93	147	131		
Fully-adjusted Model ¹	1	0.79 (0.44, 1.39)	0.80 (0.43, 1.49)	0.84 (0.48, 1.49)	1.04 (0.55, 1.96)	0.78	1.00 (0.87, 1.14)
Age<60							
	Quintile1	Quintile 2	Quintile 3	Quintile 4	Quintile 5	P-trend	Per 5-score increase in PDIs
PDI							
Participants	254	281	278	218	304		
Fully-adjusted Model ¹	1	0.89 (0.62, 1.29)	0.98 (0.68, 1.43)	1.00 (0.66, 1.50)	0.95 (0.64, 1.41)	0.96	0.99 (0.89, 1.10)
hPDI							
Participants	267	326	220	265	257		
Fully-adjusted Model ¹	1	0.90 (0.63, 1.29)	0.83 (0.55, 1.24)	0.86 (0.59, 1.27)	0.81 (0.54, 1.22)	0.35	0.95 (0.87, 1.05)
uPDI							
Participants	264	313	208	324	226		
Fully-adjusted Model ¹	1	0.90 (0.63, 1.29)	0.82 (0.55, 1.23)	1.07 (0.74, 1.54)	0.84 (0.56, 1.28)	0.85	0.97 (0.89, 1.07)
BMI≥30							
	Quintile1	Quintile 2	Quintile 3	Quintile 4	Quintile 5	P-trend	Per 5-score increase in PDIs
PDI							
Participants	192	201	198	161	219		
Fully-adjusted Model ²	1	0.69 (0.44, 1.08)	0.88 (0.55, 1.39)	0.77 (0.47, 1.26)	0.73 (0.45, 1.18)	0.41	0.94 (0.82, 1.07)
hPDI							
Participants	162	220	153	216	220		
Fully-adjusted Model ²	1	0.81 (0.51, 1.28)	0.88 (0.53, 1.46)	0.87 (0.54, 1.40)	0.82 (0.50, 1.35)	0.63	0.95 (0.85, 1.07)
uPDI							

Supplementary Table 5. Multivariable adjusted odds ratios and 95% confidence intervals for the association between PDIs and hypertension in different subgroups.

Participants	188	197	144	260	182		
Fully-adjusted Model ²	1	0.98 (0.63, 1.54)	0.91 (0.56, 1.47)	1.24 (0.80, 1.92)	0.98 (0.59, 1.61)	0.62	1.03 (0.92, 1.15)
BMI<30							
	Quintile1	Quintile 2	Quintile 3	Quintile 4	Quintile 5	P-trend	Per 5-score increase in PDIs
PDI							
Participants	217	226	179	160	194		
Fully-adjusted Model ²	1	1.15 (0.76, 1.74)	1.34 (0.86, 2.09)	1.02 (0.63, 1.65)	1.12 (0.70, 1.81)	0.76	1.04 (0.92, 1.19)
hPDI							
Participants	196	246	158	186	190		
Fully-adjusted Model ²	1	1.08 (0.71, 1.66)	1.20 (0.75, 1.92)	0.86 (0.54, 1.37)	0.93 (0.58, 1.50)	0.47	0.96 (0.86, 1.08)
uPDI							
Participants	188	245	157	211	175		
Fully-adjusted Model ²	1	0.84 (0.55, 1.27)	0.77 (0.48, 1.24)	0.88 (0.57, 1.38)	1.01 (0.62, 1.65)	0.85	0.98 (0.88, 1.09)
Smokers							
	Quintile1	Quintile 2	Quintile 3	Quintile 4	Quintile 5	P-trend	Per 5-score increase in PDIs
PDI							
Participants	34	45	33	41	79		
Fully-adjusted Model ³	1	0.53 (0.16, 1.74)	1.06 (0.29, 3.90)	0.22 (0.05, 0.87)	0.72 (0.22, 2.35)	0.64	0.98 (0.71, 1.35)
hPDI							
Participants	86	72	26	33	15		
Fully-adjusted Model ³	1	0.92 (0.38, 2.18)	2.13 (0.61, 7.47)	1.54 (0.53, 4.46)	1.38 (0.34, 5.60)	0.33	1.17 (0.88, 1.56)
uPDI							
Participants	41	64	36	59	32		
Fully-adjusted Model ³	1	1.02 (0.37, 2.89)	1.13 (0.34, 3.76)	0.64 (0.21, 1.95)	0.64 (0.16, 2.51)	0.33	0.88 (0.66, 1.19)
Non-smoker							
	Quintile1	Quintile 2	Quintile 3	Quintile 4	Quintile 5	P-trend	Per 5-score increase in PDIs
PDI							
Participants		375	382	344	280	334	
Fully-adjusted Model ³	1	0.93 (0.67, 1.27)	1.09 (0.78, 1.51)	0.98 (0.69, 1.41)	0.87 (0.61, 1.25)	0.65	0.97 (0.88, 1.06)
hPDI							

Supplementary Table 5. Multivariable adjusted odds ratios and 95% confidence intervals for the association between PDIs and hypertension in different subgroups.

Participants	272	394	285	369	395		
Fully-adjusted Model ³	1	0.90 (0.64, 1.26)	0.90 (0.62, 1.30)	0.78 (0.55, 1.12)	0.83 (0.57, 1.18)	0.23	0.94 (0.87, 1.02)
uPDI							
Participants	335	378	265	412	325		
Fully-adjusted Model ³	1	0.88 (0.63, 1.22)	0.78 (0.55, 1.12)	1.07 (0.77, 1.49)	0.98 (0.68, 1.42)	0.59	1.00 (0.92, 1.08)
Men							
	Quintile1	Quintile 2	Quintile 3	Quintile 4	Quintile 5	P-trend	Per 5-score increase in PDIs
PDI							
Participants	118	166	128	151	197		
Fully-adjusted Model ⁴	1	0.84 (0.49, 1.42)	1.15 (0.65, 2.03)	0.88 (0.50, 1.54)	0.91 (0.51, 1.61)	0.89	1.01 (0.87, 1.18)
hPDI							
Participants	219	233	106	122	80		
Fully-adjusted Model ⁴	1	0.84 (0.54, 1.29)	1.40 (0.83, 2.36)	0.87 (0.52, 1.46)	1.14 (0.64, 2.03)	0.59	1.01 (0.89, 1.15)
uPDI							
Participants	165	184	115	173	123		
Fully-adjusted Model ⁴	1	0.85 (0.53, 1.38)	0.87 (0.51, 1.50)	0.83 (0.50, 1.36)	1.03 (0.59, 1.80)	0.97	0.95 (0.84, 1.08)
Women							
	Quintile1	Quintile 2	Quintile 3	Quintile 4	Quintile 5	P-trend	Per 5-score increase in PDIs
PDI							
Participants	291	261	249	170	216		
Fully-adjusted Model ⁴	1	0.92 (0.63, 1.34)	1.04 (0.70, 1.53)	0.82 (0.52, 1.27)	0.87 (0.56, 1.34)	0.50	0.95 (0.84, 1.06)
hPDI							
Participants	139	233	205	280	330		
Fully-adjusted Model ⁴	1	0.98 (0.62, 1.57)	0.80 (0.49, 1.29)	0.80 (0.50, 1.26)	0.75 (0.47, 1.19)	0.12	0.92 (0.83, 1.02)
uPDI							
Participants	211	258	186	298	234		
Fully-adjusted Model ⁴	1	0.91 (0.61, 1.36)	0.79 (0.51, 1.23)	1.12 (0.74, 1.69)	0.96 (0.61, 1.51)	0.70	1.02 (0.93, 1.13)
Medication non-user							
	Quintile1	Quintile 2	Quintile 3	Quintile 4	Quintile 5	P-trend	Per 5-score increase in PDIs
PDI							
Participants	50	62	70	68	105		

Supplementary Table 5. Multivariable adjusted odds ratios and 95% confidence intervals for the association between PDIs and hypertension in different subgroups.

Fully-adjusted Model ⁵	1	1.53 (0.47, 4.99)	2.13 (0.67, 6.73)	1.10 (0.31, 3.88)	1.75 (0.54, 5.63)	0.57	1.07 (0.81, 1.40)
hPDI							
Participants	106	94	58	68	29		
Fully-adjusted Model ⁵	1	1.11 (0.50, 2.46)	0.70 (0.25, 1.93)	1.21 (0.49, 3.02)	0.51 (0.12, 2.08)	0.62	0.95 (0.74, 1.21)
uPDI							
Participants	50	86	55	79	85		
Fully-adjusted Model ⁵	1	2.26 (0.75, 6.82)	1.78 (0.51, 6.20)	2.05 (0.64, 6.56)	1.47 (0.43, 5.04)	0.90	1.01 (0.80, 1.28)
Medication user ¥							
	Quintile1	Quintile 2	Quintile 3	Quintile 4	Quintile 5	P-trend	Per 5-score increase in PDIs
PDI							
Participants	359	365	307	253	308		
Fully-adjusted Model ⁵	1	0.90 (0.65, 1.26)	1.01 (0.71, 1.44)	0.85 (0.58, 1.24)	0.86 (0.59, 1.26)	0.45	0.97 (0.88, 1.07)
hPDI							
Participants	252	372	253	334	381		
Fully-adjusted Model ⁵	1	0.86 (0.60, 1.23)	0.98 (0.66, 1.46)	0.79 (0.54, 1.15)	0.78 (0.53, 1.14)	0.19	0.93 (0.85, 1.02)
uPDI							
Participants	326	356	246	392	272		
Fully-adjusted Model ⁵	1	0.84 (0.60, 1.17)	0.83 (0.57, 1.20)	0.93 (0.66, 1.30)	1.08 (0.73, 1.60)	0.59	1.01 (0.93, 1.10)

¹ Adjusted for energy intake, sex, education status, smoking status, alcohol use, marital status, physical activity, medication use (lipid-lowering drugs, hypoglycemic drugs and insulin), diabetes duration, and BMI.

² Adjusted for age, energy intake, sex, education status, smoking status, alcohol use, marital status, physical activity, medication use(lipid-lowering and hypoglycemic drugs and insulin), diabetes duration,.

³ Adjusted for age, energy intake, sex, education status, alcohol use, marital status, physical activity, medication use (lipid-lowering and hypoglycemic drugs and insulin), diabetes duration, , and BMI.

⁴ Adjusted for age, energy intake, education status, smoking status, alcohol use, marital status, physical activity, medication use (lipid-lowering and hypoglycemic drugs and insulin), diabetes duration, and BMI.

⁵ Adjusted for age, energy intake, sex, education status, smoking status, alcohol use, marital status, physical activity, diabetes duration, and BMI.

¥ Patients who use antihypertensive, lipid-lowering, hypoglycemic drugs, and insulin.

PDI, plant-based diet index; hPDI, healthful plant-based diet index; uPDI, unhealthful plant-based diet index; BMI, body mass index.