**Supplement**

**Supplementary table 1**: BMI adjusted and multivariate adjusted cox proportional hazard models for incident hypertension risk based on distributions of adapted dietary inflammatory index standardised to the study population.

M0 with age as timescale; M1 adjusted for physical activity, smoking, family history of CVD, and education level; M2 M1 + diabetes and dyslipidaemia at baseline; M3 M2 + BMI

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| **Quintiles of DII** | **Q1 (< -2.7)**  **(n = 9,331)** | **Q2 (-2.7 - -0.5)**  **(n = 9,330)** | **Q3 (-0.5 – 1.3)**  **(n = 9,330)** | **Q4 (1.3 – 3.0)**  **(n = 9,330)** | **Q5 (> 3.0)**  **(n = 9,331)** | **P for trend** |
| Cases | 2,697 | 2,699 | 2,664 | 2,555 | 2,568 |  |
| Person years | 175,873 | 176,292 | 176,738 | 177,652 | 177,712 |
| *M0* | *ref* | 1.00 [0.95: 1.06] | 0.99 [0.94: 1.05] | 0.98 [0.92: 1.03] | 1.01 [0.96: 1.07] | 0.14 |
| *M1* | *ref* | 0.99 [0.94: 1.05] | 0.98 [0.93: 1.03] | 0.94 [0.89: 1.00] | 0.96 [0.91: 1.01] | **0.03** |
| *M2* | *ref* | 1.00 [0.95: 1.05] | 0.99 [0.94: 1.05] | 0.98 [0.92: 1.03] | 1.01 [0.95: 1.06] | 0.12 |
| *M3* | *ref* | 1.03 [0.97: 1.09] | 1.04 [0.99: 1.10] | 1.04 [0.99: 1.10] | 1.09 [1.03: 1.16] | **0.02** |

**Supplementary** **Table 2**: BMI adjusted and multivariate adjusted cox proportional hazard models for incident hypertension risk based on distributions of “non-adapted” dietary inflammatory index, according to the method of Shivappa (35).

M0 with age as timescale; M1 adjusted for physical activity, smoking, family history of CVD, total calories, and education level; M2 M1 + diabetes and dyslipidaemia at baseline; M3 M2 + BMI

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| --- | --- | --- | --- | --- | --- | --- |
| **Quintiles of DII** | **Q1 (< -2.7)**  **(n = 9,331)** | **Q2 (-2.7 - -0.4)**  **(n = 9,330)** | **Q3 (-0.4 – 1.3)**  **(n = 9,330)** | **Q4 (1.3 – 3.0)**  **(n = 9,330)** | **Q5 (> 3.0)**  **(n = 9,331)** | **P for trend** |
| Cases | 2,706 | 2,697 | 2,583 | 2,568 | 2,565 |  |
| Person years | 173,855 | 175,138 | 176,262 | 175,993 | 175,773 |
| *M0* | *ref* | 0.99 [0.94: 1.04] | 0.94 [0.89: 1.00] | 0.94 [0.89: 0.99] | 0.94 [0.89: 0.99] | **0.002** |
| *M1* | *ref* | 0.99 [0.94: 1.04] | 0.94 [0.89: 1.00] | 0.94 [0.88: 1.00] | 0.94 [0.88: 1.00] | **0.02** |
| *M2* | *ref* | 1.00 [0.94: 1.05] | 0.95 [0.90: 1.01] | 0.95 [0.90: 1.01] | 0.96 [0.90: 1.02] | 0.07 |
| *M3* | *ref* | 1.04 [0.98: 1.09] | 1.02 [0.96: 1.08] | 1.04 [0.98: 1.10] | 1.07 [1.01: 1.14] | 0.06 |