**Table S3. Relationships between EDII and Vitality**

|  |  |  |  |
| --- | --- | --- | --- |
| **Variables** | **β** | **95% (CI)** | **P value** |
| Anti-Inflammatory Diet | 14.92 | (9.48,20.36) | <0.0001 |
| Pro-Inflammatory Diet | .Ref | | .Ref |
| Age (years) | 0.04 | (-0.30,0.37) | 0.837 |
| Weight (kg) | 0.01 | (-0.22,0.23) | 0.961 |
| Physical Activity (MET-min/week) | 2.23 | (-0.43,4.89) | 0.100 |
| Smoking (Smoker) | 8.02 | (-3.49,19.54) | 0.172 |
| Smoking (Non-smoker) | .Ref | | .Ref |
| Economic Status(poor ) | -1.27 | (-8.84,6.29) | 0.742 |
| Economic Status (Medium) | 0.39 | (-6.04,6.82) | 0.906 |
| Economic Status (Good) | .Ref | | .Ref |
| Job status (Unemployed) | 2.56 | (-3.11,8.22) | 0.377 |
| Job status (Employed) | .Ref | | .Ref |

n=28

(Anti-inflammatory diet: EDII ≤ 0/05, pro-inflammatory diet: EDII > 0/06)

Multivariable linear regression test was used to investigate the relationship between EDII and vitality