

S2 Table. Multivariable-Adjusted* relationships of weight change and changes in nut intake (0.5 serving/day) and using 0.5 serving of nuts as substitution for other dietary components during a 4-y interval on pooled data of Nurses' Health Study I, Nurses' Health Study II, and the Health Professionals Follow-Up Study.

| | Total nuts | Tree nuts | Other tree nuts | Walnuts | Peanuts | Peanut butter |
|----------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|
| Main effect | -0.16 (-0.18,-0.13) | -0.24 (-0.28,-0.21) | -0.34 (-0.39,-0.29) | -0.30 (-0.38,-0.22) | -0.11 (-0.15,-0.07) | -0.14 (-0.17,-0.12) |
| Refined Grain | -1.25 (-1.34,-1.16) | -1.34 (-1.43,-1.25) | -1.55 (-1.71,-1.39) | -1.52 (-1.69,-1.35) | -1.20 (-1.30,-1.11) | -1.24 (-1.34,-1.15) |
| Processed meat | -0.31 (-0.33,-0.29) | -0.40 (-0.43,-0.37) | -0.66 (-0.72,-0.60) | -0.62 (-0.71,-0.54) | -0.26 (-0.30,-0.22) | -0.30 (-0.33,-0.27) |
| Red Meat | -3.73 (-3.93,-3.54) | -3.82 (-4.01,-3.62) | -4.49 (-4.85,-4.14) | -4.46 (-4.82,-4.11) | -3.68 (-3.87,-3.48) | -3.72 (-3.91,-3.52) |
| Dessert | -0.64 (-0.67,-0.60) | -0.73 (-0.77,-0.68) | -0.51 (-0.58,-0.44) | -0.47 (-0.56,-0.37) | -0.59 (-0.64,-0.54) | -0.62 (-0.66,-0.58) |
| French fries | -0.05 (-0.08,-0.03) | -0.14 (-0.17,-0.11) | -0.24 (-0.29,-0.19) | -0.20 (-0.28,-0.12) | 0.00 (-0.04,0.04) | -0.04 (-0.06,-0.01) |
| Chips | -0.88 (-0.92,-0.84) | -0.96 (-1.01,-0.92) | -0.51 (-0.59,-0.43) | -0.47 (-0.57,-0.37) | -0.83 (-0.88,-0.78) | -0.86 (-0.91,-0.82) |

*Model was further adjusted for AHEI score without nuts.

Model was adjusted for age, menopausal status (pre- or postmenopausal) and hormone therapy use (never, past, or current) in women; baseline BMI of every 4 year; hours of sleeping at baseline; changes in lifestyle factors: smoking status (never, former, current: 1 to 14, 15 to 24, or ≥ 25 cigarettes/day), physical activity (Met/h/wk), hours of sitting (hr/wk); changes in dietary factors: alcohol, potato chips, potato, dessert, French fries and refined grain products. The P-values are less than 0.001 for all nuts. Data of walnuts and other tree nuts were firstly available at 1998 of NHS, 1998 of HPFS and 1999 of NHSII. $P < 0.01$ for all.

Tree nut consumption was sum of other tree nut and walnut (if available). Total nut consumption was sum of peanut, tree nut and walnut (if available)