

**Supplemental Table 1 Baseline characteristics by gender among 2241 rural participants**

Characteristics	Men	Women	<i>P</i> *
No. of subjects	774	1467	
Age, y	49.5	47.3	<0.001
Schooling year >9 years, %	17.3	8.7	<0.001
Fortune index in rich, %	37.0	38.4	0.781
Current drinker, %	68.1	17.5	<0.001
Current smoker, %	66.3	0.9	<0.001
Physical activity in high intensity, %	61.3	66.5	0.051
BMI, kg/m <sup>2</sup>	22.5	22.5	0.938
WC, cm	80.5	76.9	<0.001
Food intake, g/d§			
Grain	605.8	465	<0.001
Red meat	33.3	21.4	<0.001
Vegetables	305.7	246.7	<0.001
Fruits	11.7	17.6	0.005
Nutrient intake§			
Energy, kcal/d	2054.2	1605.8	<0.001
Fat, g/d	73.6	66.7	<0.001
Protein, g/d	50.6	38.2	<0.001
Cholesterol, mg/d	167.7	133.4	<0.001
Sodium, mg/d	4982.2	4899.1	<0.001
Fiber, g/d	6.6	5.2	<0.001

Values were mean or %

\* *P* value was assessed by t-test or Mann-Whitney U test for continuous variables and by chi-square test for categorical variables

§ Adjusted for total calorie intake, except energy daily intake.

**Supplemental Table 2. Estimated blood pressure changes (mmHg) with one SD increment of energy percentage from carbohydrate based on different multiple linear regression models \* §**

	Model	SBP		DBP	
		$\beta$ -estimates (95%CI)	<i>P</i>	$\beta$ -estimates (95%CI)	<i>P</i>
Male	Model 1	1.28(-0.02-2.57)	0.053	0.50(-0.19-1.19)	0.153
	Model 2	0.61(-0.67-1.89)	0.353	0.39(-0.34-1.11)	0.298
	Model 3	0.62(-0.63-1.88)	0.329	0.34(-0.37-1.06)	0.344
	Model 4	0.96(-0.50-2.43)	0.196	0.43(-0.41-1.26)	0.316
Female	Model 1	2.17(1.19-3.14)	<0.001	0.98(0.47-1.48)	<0.001
	Model 2	1.87(0.90-2.83)	<0.001	1.13(0.59-1.66)	<0.001
	Model 3	1.86(0.92-2.81)	<0.001	1.10(0.58-1.62)	<0.001
	Model 4	2.18(1.05-3.32)	<0.001	1.31(0.69-1.94)	<0.001

\* one SD of energy percentage from carbohydrate (% E) was 12.1% in male and 11.5% in female.

§ Model adjustments: Model 1: adjusted for energy. Model 2: model 1 and further adjusted for age, education, fortune index and family history of hypertension. Model 3: model 2 and further adjusted for BMI, physical activity level, alcohol intake and smoke. Model 4: model 3 and further adjusted two nutrient principal components, protein and sodium intake.

**Supplemental Table 3. Estimated blood pressure changes (mmHg) with additional 50g/d increment of carbohydrate intake based on different multiple linear regression models (N=2893) \***

	Model	SBP		DBP	
		$\beta$ -estimates (95%CI)	<i>P</i>	$\beta$ -estimates (95%CI)	<i>P</i>
Male	Model 1	1.85(0.64-3.06)	0.003	0.60(-0.26-1.23)	0.060
	Model 2	0.58(-0.60-1.77)	0.335	0.41(-0.24-1.05)	0.214
	Model 3	0.56(-0.59-1.71)	0.336	0.39(-0.23-1.01)	0.222
	Model 4	1.21(-0.10-2.15)	0.605	0.51(-0.17-1.09)	0.083
Female	Model 1	2.65(1.75-3.56)	<0.001	1.00(0.56-1.44)	<0.001
	Model 2	1.37(0.53-2.21)	0.001	0.73(0.29-1.17)	0.001
	Model 3	1.48(0.65-2.31)	<0.001	.078(0.33-1.20)	0.001
	Model 4	2.12(1.16-3.08)	<0.001	1.17(0.67-1.68)	<0.001

\* Model adjustments were consistent with **supplemental table 1**.