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)