

S4 Table. Multivariable-Adjusted relationships of weight change and changes in nut intake within a 4-y period among 144,885 US men and women

	Multivariable- adjusted*	P-value	Multivariable- adjusted*	P-value
Total nuts	-0.31 (-0.36,-0.27)	<.0001	-0.35(-0.42,-0.28)	<.0001
Tree nuts	-0.57(-0.64,-0.51) ^α	<.0001	-0.47(-0.56,-0.38)	<.0001
Walnuts	-0.68(-0.92,-0.44)	<.0001	-0.49(-0.65,-0.33) ^β	<.0001
Other tree nuts	-0.81(-0.96,-0.65)	<.0001	-0.64(-0.74,-0.54) ^β	<.0001
Peanuts	-0.18(-0.26,-0.10) ^α	<.0001	-0.28(-0.39,-0.17) ^β	<.0001

*Model was further adjusted for AHEI score without nuts.

^αTree nuts and peanuts are mutually adjusted in addition to multivariable-adjusted model 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; changes in dietary factors: fruits, vegetables, alcohol, snacks, dessert, French fries, potato, red or processed meat, whole grain, refined grain and sweet sugar beverages.

^βwalnuts, other tree nuts and peanuts are mutually adjusted in addition to multivariable-adjusted