

**S5 Table** Association of weight change (kg) every 4 years and per 0.5 serving/day increase in consumption of nuts, individual types of nuts among US men and women

	Weight Change (95% CI) each 4 years, lb	
	Multivariable-adjusted*	P-value
Total nuts	-0.40(-0.47,-0.33)	<.0001
Tree nuts	-0.62(-0.73,-0.51)	<.0001
Walnuts	-1.18(-1.47,-0.89)	<.0001
Other tree nuts	-0.70(-0.89,-0.52)	<.0001
Peanuts	-0.31(-0.42,-0.21)	<.0001
Peanut butter	-0.06(-0.14,-0.03)	<.0001

Model was adjusted for age, menopausal status (pre- or postmenopausal) and hormone therapy use (never, past, or current) in women; baseline BMI, **calorie intake** 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  $\geq 25$  cigarettes/day), physical activity (Met/h/wk), hours of sitting (hr/wk); changes in dietary factors: fruits, vegetables, alcohol, snacks, dessert, French fries, potato, red or processed meat, whole grain, refined grain and sugar sweetened beverages, **caloric intake**. Data of walnuts and other tree nuts were firstly available at 1998 of NHS, 1998 of HPFS and 1999 of NHSII. 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).