Supplemental Table 1 Baseline characteristics by gender among 2241 rural participants

Characteristics	Men	Women	*P**
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^2	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	
		β-estimates (95%CI)	*P*	*β*-estimates (95%CI)	*P*
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	
		β-estimates (95%CI)	*P*	*β*-estimates (95%CI)	*P*
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**.