Supplement 3. Subgroup analysis by sex

Items	Male (N=18,928)		Female (N=38,491)	
	HR (95% CI)	P-value	HR (95% CI)	P-value
Individual fruits				
Fruit, total	1.02 (0.96–1.08)	0.5	1.02 (0.98–1.06)	0.4
Strawberries	0.99 (0.88–1.11)	0.8	0.97 (0.89–1.06)	0.5
Melons/oriental melons	1.09 (0.98–1.21)	0.12	1.00 (0.93–1.07)	>0.9
Watermelons	1.02 (0.93–1.12)	0.7	0.96 (0.90–1.03)	0.3
Peaches/apricots	0.96 (0.86–1.07)	0.5	1.01 (0.94–1.08)	0.8
Bananas	0.88 (0.79–0.98)	0.019	0.97 (0.90–1.04)	0.4
Persimmons/dried persimmons	1.00 (0.90–1.10)	>0.9	0.97 (0.91–1.03)	0.3
Tangerines	0.93 (0.86–1.00)	0.064	0.97 (0.92–1.03)	0.3
Pears	0.99 (0.89–1.09)	0.8	0.95 (0.88–1.02)	0.12
Apples	1.00 (0.92–1.07)	>0.9	0.96 (0.91–1.01)	0.092
Oranges	0.98(0.86–1.10)	0.7	1.01 (0.93–1.10)	0.8
Grapes	0.89 (0.80–1.00)	0.043	0.90 (0.84–0.97)	0.008
Tomatoes*	-	-	-	-
Grouped fruits				
Fruits, total	1.01 (0.98–1.03)	0.5	0.99 (0.98–1.01)	0.5
High GI	1.02 (0.94–1.11)	0.6	1.01 (0.96–1.07)	0.6
Middle GI	0.95 (0.90–1.00)	0.044	0.98 (0.95–1.02)	0.3
Low GI*	-	-	-	-
High GL	0.95 (0.89–1.01)	0.11	0.98 (0.94–1.02)	0.4
Middle GL	1.07 (0.99–1.17)	0.081	1.01 (0.96–1.06)	0.7
Low GL*	-	-	-	-

Adjusted for age (years), body mass index (16.0–19.9, 20.0–24.9, ≥25.0 kg/m^2), smoking status (never, former, current), physical activity (<120, 120–180, >180 min/wk of moderate to vigorous exercise), family history of diabetes (yes or no), and total energy intake (kcal/d). Individual fruit consumption was mutually adjusted.
HR, hazard ratio; CI, confidence interval; GI, glycemic index; GL, glycemic load.
*Values did not converge.