

## SUPPLEMENTAL MATERIALS

### 1 Diagnostic criteria for hypertension and coronary heart disease

Hypertension is diagnosed as a systolic blood pressure greater than or equal to 140 mmHg and a diastolic blood pressure greater than or equal to 90 mmHg, measured three times on different days. The diagnosis of CHD is mainly based on clinical symptoms, risk factors of CHD and auxiliary examination.

### 2 Online questionnaire determined that participants had hypertension or coronary heart disease

In the questionnaire, participants were asked whether they met the diagnostic criteria in the past and were diagnosed with hypertension or coronary heart disease by a professional doctor. Participants answered yes, no, or unclear.

### 3 The method of dietary intake data convert to daily intakes of various nutrients

By filling in the food frequency questionnaire, the intake of each food is obtained, and the questionnaire system automatically converts the food intake into nutrient intake according to the Chinese food composition table. Participants only need to record their daily dietary intake habits, and the system will automatically convert the intake of nutrients.

### 4 The nutrient density

Nutrient density = (a certain amount of a certain nutrient content in a food ÷ the same amount of energy contained in the food) ×1000