Supplementary table 1. Beverage consumption in the overall population and according to Healthy Beverage Index quartiles. Mean (SD) are shown for each variable.

|  | **Overall** | **<= 78** | **79-89** | **90-95** | **> 95** | **p** |
| --- | --- | --- | --- | --- | --- | --- |
| N |  1302 |  313 |  335 |  325 |  329 |  |
| Water intake (mL)  |  973.3 (530.0) |  671.0 (551.2) |  843.6 (447.0) | 1030.3 (419.0) | 1336.8 (456.1) | <0.001 |
| Coffee intake (mL)  |  286.3 (285.4) |  274.9 (275.7) |  262.0 (278.2) |  304.8 (301.8) |  303.8 (284.2) |  0.137 |
| Tea or herbal tea intake (mL)  |  197.5 (304.7) |  134.1 (260.1) |  154.2 (276.7) |  236.3 (311.7) |  263.6 (344.1) | <0.001 |
| Low-fat milk intake (mL)  |  72.4 (136.5) |  113.9 (211.0) |  76.8 (119.6) |  57.0 (92.1) |  43.6 (76.9) | <0.001 |
| Diet soda intake (mL)  |  23.5 (101.2) |  29.3 (123.1) |  29.0 (125.2) |  13.6 (51.9) |  22.1 (86.2) |  0.043 |
| Fruit juice intake (mL)  |  61.6 (99.0) |  103.9 (143.0) |  64.4 (96.5) |  47.7 (65.6) |  32.0 (53.8) | <0.001 |
| Alcohol intake (mL)  |  132.4 (177.3) |  270.6 (274.0) |  119.3 (122.7) |  76.7 (83.2) |  69.1 (75.4) | <0.001 |
| Alcohol intake (servings)  |  0.9 (1.2) |  1.9 (1.9) |  0.9 (1.0) |  0.5 (0.6) |  0.5 (0.5) | <0.001 |
| Whole milk intake (mL)  |  6.7 (37.4) |  12.9 (53.4) |  9.9 (43.8) |  3.9 (27.8) |  0.1 (1.7) | <0.001 |
| Soda intake (mL)  |  46.9 (145.1) |  138.4 (267.7) |  26.6 (53.3) |  14.9 (31.6) |  12.1 (29.7) | <0.001 |
| Energy intake from beverages (kcal)  |  182.3 (161.6) |  361.8 (210.0) |  168.1 (94.6) |  114.6 (72.5) |  92.8 (62.1) | <0.001 |
| Beverage volume (mL)  | 1800.5 (681.8) | 1749.1 (851.6) | 1585.8 (607.8) | 1785.2 (560.8) | 2083.2 (580.7) | <0.001 |
| Total energy intake (kcal/d)  | 2359.7 (806.1) | 2598.9 (869.3) | 2620.2 (875.7) | 2306.5 (670.2) | 1919.4 (559.4) | <0.001 |