

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