

**Supplement 2.** Subgroup analysis by age

Items*	Aged 40–54.9 y (N=32,661)		Aged 55–70 y (N=24,010)	
	HR (95% CI)	P-value	HR (95% CI)	P-value
<b>Individual fruits</b>				
Fruit, total	0.96 (0.91–1.02)	0.2	1.06 (1.02–1.11)	0.005
Strawberries	1.09 (0.98–1.21)	0.12	0.91 (0.83–1.00)	0.055
Melons/oriental melons	1.09 (1.00–1.20)	0.061	0.97 (0.89–1.05)	0.4
Watermelons	1.05 (0.97–1.14)	0.2	0.93 (0.86–1.00)	0.045
Peaches/apricots	1.05 (0.96–1.15)	0.3	0.94 (0.87–1.03)	0.2
Bananas	0.97 (0.88–1.07)	0.6	0.92 (0.85–0.99)	0.031
Persimmons/dried persimmons	1.05 (0.97–1.14)	0.2	0.91 (0.85–0.98)	0.012
Tangerines	1.00 (0.94–1.08)	>0.9	0.94 (0.89–1.00)	0.039
Pears	0.98 (0.90–1.07)	0.7	0.95 (0.88–1.03)	0.2
Apples	1.03 (0.96–1.10)	0.5	0.92 (0.87–0.98)	0.007
Oranges	1.04 (0.94–1.16)	0.4	0.97 (0.88–1.06)	0.5
Grapes	0.96 (0.87–1.06)	0.4	0.85 (0.78–0.92)	<0.001
Tomatoes <sup>†</sup>	-	-	-	-
<b>Grouped fruits</b>				
Fruits, total	0.99 (0.97–1.01)	0.2	1.01 (0.99–1.03)	0.3
High GI	1.02 (0.96–1.09)	0.5	1.02 (0.96–1.08)	0.6
Middle GI	0.98 (0.94–1.02)	0.3	0.97 (0.93–1.01)	0.2
Low GI <sup>‡</sup>	-	-	-	-
High GL	0.98 (0.93–1.03)	0.4	0.96 (0.91–1.01)	0.080
Middle GL	1.06 (1.00–1.13)	0.051	0.98 (0.93–1.04)	0.6
Low GL <sup>‡</sup>	-	-	-	-

Adjusted for age (years), body mass index (16.0–19.9, 20.0–24.9,  $\geq 25.0$  kg/m<sup>2</sup>), 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.

\*The fruits were grouped as follows: low GI fruits (strawberries, peaches/apricots, pears, apples, oranges, tomatoes), middle GI fruits (persimmons/dried persimmons, tangerines, grapes), high GI fruits (melons/oriental melons, watermelons, bananas), low GL fruits (strawberries, peaches/apricots, tangerines, pears, apples, tomatoes), middle GL fruits (melons/oriental melons, persimmons/dried persimmons), and high GL fruits (watermelons, bananas, oranges, grapes). <sup>†</sup>Values did not converge.