

Supplement 4. Subgroup analysis by initial body mass index

Items	BMI 16.0–19.9 (N=4,189)		BMI 20.0–24.9 (N=35,480)		BMI ≥25.0 (N=17,596)	
	HR (95% CI)	P-value	HR (95% CI)	P-value	HR (95% CI)	P-value
Individual fruits						
Fruit, total	0.82 (0.55–1.21)	0.3	1.01 (0.96–1.06)	0.7	1.03 (0.99–1.08)	0.2
Strawberries	1.39 (0.69–2.78)	0.4	1.06 (0.95–1.17)	0.3	0.92 (0.84–1.02)	0.10
Melons/oriental melons	1.04 (0.53–2.03)	>0.9	0.99 (0.91–1.09)	0.9	1.05 (0.97–1.13)	0.3
Watermelons	1.39 (0.86–2.22)	0.2	1.01 (0.94–1.10)	0.7	0.95 (0.88–1.02)	0.14
Peaches/apricots	1.17 (0.62–2.21)	0.6	1.07 (0.98–1.16)	0.14	0.93 (0.85–1.01)	0.084
Bananas	0.92 (0.45–1.88)	0.8	0.93 (0.85–1.02)	0.10	0.95 (0.88–1.03)	0.2
Persimmons/dried persimmons	1.17 (0.67–2.04)	0.6	0.99 (0.92–1.07)	0.8	0.95 (0.88–1.02)	0.2
Tangerines	1.35 (0.85–2.14)	0.2	0.96 (0.90–1.03)	0.3	0.95 (0.89–1.01)	0.082
Pears	0.65 (0.28–1.50)	0.3	0.95 (0.86–1.04)	0.2	0.97 (0.90–1.04)	0.4
Apples	1.16 (0.73–1.85)	0.5	0.98 (0.92–1.04)	0.5	0.95 (0.90–1.01)	0.12
Oranges	1.46 (0.72–2.99)	0.3	0.99 (0.89–1.10)	0.9	0.99 (0.90–1.08)	0.8
Grapes	0.88 (0.43–1.80)	0.7	0.88 (0.80–0.97)	0.009	0.91 (0.84–0.99)	0.031
Tomatoes*	-	-	-	-	-	-
Grouped fruits						
Fruits, total	0.90 (0.77–1.04)	0.14	1.00 (0.98–1.02)	0.7	1.00 (0.98–1.02)	0.8
High GI	1.30 (0.84–2.03)	0.2	1.03 (0.96–1.09)	0.4	1.01 (0.96–1.07)	0.7
Middle GI	1.22 (0.96–1.54)	0.10	0.97 (0.93–1.01)	0.11	0.97 (0.94–1.01)	0.2
Low GI*	-	-	-	-	-	-
High GL	0.84 (0.58–1.22)	0.4	0.96 (0.91–1.01)	0.11	0.98 (0.93–1.03)	0.4
Middle GL	0.82 (0.55–1.23)	0.3	1.03 (0.97–1.09)	0.4	1.02 (0.97–1.08)	0.4
Low GL*	-	-	-	-	-	-

Adjusted for age (years), body mass index (16.0–19.9, 20.0–24.9, ≥25.0 kg/m²), 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.