**Supplemental Table 1. Odds ratios (95% CI) of 5-year incidence of type 2 diabetes according to energy-adjusted intakes of heme iron and noneheme iron in Japanese men and women**

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|  | **Quartiles of energy-adjusted iron intake** |
| **1 (low)** | **2** | **3** | **4 (High)** | ***P*-trend a** |
| **Heme iron** |  |  |  |  |  |
| Subjects, n | 4040 | 4040 | 4040 | 4040 |  |
| Cases, n | 125 | 97 | 94 | 80 |  |
| Model 1 b | 1.00 (ref) | 1.36 (1.02-1.83) | 1.20 (0.89-1.62) | 1.22 (0.90-1.65) | 0.04 |
| Model 2 c | 1.00 (ref) | 1.31 (0.97-1.76) | 1.15 (0.84-1.55) | 1.19 (0.88-1.61) | 0.10 |
| Model 3 d | 1.00 (ref) | 1.16 (0.80-1.66) | 1.10 (0.77-1.60) | 1.16 (0.82-1.59) | 0.63 |
| **Nonheme iron** |  |  |  |  |  |
| Subjects, n | 4040 | 4040 | 4040 | 4040 |  |
| Cases, n | 125 | 105 | 85 | 81 |  |
| Model 1 b | 1.00 (ref) | 1.60 (1.24-2.15) | 1.44 (1.18- 1.87) | 1.38 (1.15-1.79) | 0.01 |
| Model 2 c | 1.00 (ref) | 1.52 (1.17-1.99) | 1.35 (1.08-1.75) | 1.34 (1.09-1.80) | 0.03 |
| Model 3 d | 1.00 (ref) | 1.49 (1.12-1.94) | 1.32 (1.04-1.64) | 1.31 (1.05-1.69) | 0.02 |

a Median value of iron intakes in each quartile were used to test for a linear trend across quintiles. There were no interactions with sex; P for interaction >0.1.

b Model 1 Odds ratio (95% confidence intervals) estimated by using Logistic regression model adjusted for age and sex.

c Model 2 Odds ratio (95% confidence intervals) estimated by using Logistic regression model adjusted for age and sex and for non-dietary factors including: family history of diabetes, past history of hypertension, smoking status, body mass index, hours of walking and hours of exercise.

d Model 3 Odds ratio (95% confidence intervals) estimated by using Logistic regression model adjusted for age, sex, non-dietary factors including: family history of diabetes, past history of hypertension, smoking status, body mass index, hours of walking and hours of exercise and dietary factors including: alcohol intake, coffee intake, green tea intake, quartiles of total energy intake and quartiles of energy-adjusted intakes for magnesium, copper, zinc and carbohydrate