

**Supplementary Table 4. Characteristics of the whole population after stratification in quartiles of caffeine intake.<sup>1</sup>**

	Q1	Q2	Q3	Q4
<i>n</i>	1774	1774	1774	1774
<b>Telomere length (T/S ratio)</b>	1.05 (0.25)	1.04 (0.25)	1.01 (0.24)	1.01 (0.23)
<b>NHANES cycle (%)</b>				
1999-2000	784 (44.2)	828 (46.7)	739 (41.7)	897 (50.6)
2001-2002	990 (55.8)	946 (53.3)	1035 (58.3)	877 (49.4)
<b>Sex (%)</b>				
Female	726 (40.9)	791 (44.6)	857 (48.3)	1024 (57.7)
Male	1048 (59.1)	983 (55.4)	917 (51.7)	750 (42.3)
<b>Age (years)</b>	47 (19)	47 (19)	49 (18)	50 (15)
<b>BMI (kg/m<sup>2</sup>)</b>	28.30 (6.36)	28.45 (6.08)	28.51 (6.20)	28.50 (6.17)
<b>Waist circumference (cm)</b>	96.1 (15.2)	96.8 (14.7)	97.7 (15.4)	98.2 (15.4)
<b>Active smoking ((cigarettes/day)*years)</b>	0 [0, 0]	0 [0, 0]	0 [0, 0]	0 [0, 14]
<b>Passive smoking (cigarettes/day)</b>	0 [0, 0]	0 [0, 0]	0 [0, 0]	0 [0, 3]
<b>PA level (%)</b>				
1	432 (24.4)	403 (22.7)	444 (25.1)	428 (24.2)
2	959 (54.1)	980 (55.3)	932 (52.6)	895 (50.5)
3	286 (16.1)	288 (16.3)	272 (15.3)	297 (16.8)
4	96 (5.4)	101 (5.7)	124 (7.0)	152 (8.6)
<b>PA MET (MET*minutes*frequency)</b>	36 [0, 423]	52 [0, 410]	54 [0, 433]	96 [0, 512]
<b>Total cholesterol (mg/dL)</b>	202 (42)	204 (43)	205 (41)	207 (43)
<b>HDL (mg/dL)</b>	53 (16)	51 (15)	51 (16)	51 (16)
<b>C-reactive protein (mg/dL)</b>	0.25 [0.09, 0.57]	0.25 [0.09, 0.57]	0.24 [0.09, 0.54]	0.22 [0.10, 0.47]
<b>gHb (%)</b>	5.3 [5.1, 5.6]	5.3 [5.1, 5.6]	5.4 [5.1, 5.7]	5.3 [5.1, 5.6]
<b>Cotinine (ng/mL)</b>	0.06 [0.04, 0.60]	0.06 [0.04, 0.77]	0.09 [0.04, 33.45]	0.19 [0.04, 140.00]
<b>γ-tocopherol (μg/dL)</b>	207.0 [134.5, 288.0]	216.0 [145.1, 300.0]	224.0 [153.0, 310.9]	229.0 [139.6, 320.7]
<b>Vitamin A (μg/dL)</b>	56.9 (18.2)	57.5 (18.9)	59.2 (18.1)	61.1 (17.2)
<b>Vitamin E (μg/dL)</b>	1165.0 [916.3, 1534.2]	1157.9 [918.0, 1533.1]	1153.1 [918.3, 1525.3]	1183.1 [942.8, 1569.1]
<b>Dietary fiber (g)<sup>2</sup></b>	14.31 [9.35, 21.30]	13.96 [9.20, 20.96]	13.61 [8.89, 20.30]	14.52 [9.40, 21.04]
<b>Energy (kcal)<sup>2</sup></b>	1812.47 [1341.40, 2389.37]	1929.65 [1431.36, 2554.75]	1987.08 [1473.37, 2670.25]	2188.35 [1617.25, 2907.63]
<b>Caffeine (mg)<sup>2</sup></b>	0.00 [0.00, 3.00]	59.20 [37.82, 78.00]	159.48 [128.11, 191.63]	365.83 [289.17, 520.30]

Abbreviations: gHb, glycated hemoglobin; MET, metabolic equivalent of task; PA, physical activity; Q, quartile.

<sup>1</sup>Continuous variables are expressed as mean (SD) or median [Q1, Q3]. Categorical variables are expressed as counts (%). In the left column, in parenthesis, the units of measure are reported.

Only some of the demographic, examination, lifestyle, laboratory, and dietary variables are included.

<sup>2</sup>The green color indicates the dietary variables, in order not to confuse them with the other variables.

**Supplementary Table 5. Characteristics of the whole population after stratification in quartiles of consumption of dietary fibres.<sup>1</sup>**

	Q1	Q2	Q3	Q4
<i>n</i>	1774	1774	1774	1774
<b>Telomere length (T/S ratio)</b>	1.04 (0.25)	1.03 (0.24)	1.02 (0.24)	1.02 (0.24)
<b>NHANES cycle (%)</b>				
1999-2000	861 (48.5)	795 (44.8)	805 (45.4)	787 (44.4)
2001-2002	913 (51.5)	979 (55.2)	969 (54.6)	987 (55.6)
<b>Sex (%)</b>				
Female	681 (38.4)	754 (42.5)	863 (48.6)	1100 (62.0)
Male	1093 (61.6)	1020 (57.5)	911 (51.4)	674 (38.0)
<b>Age (years)</b>	47 (18)	49 (18)	49 (18)	49 (18)
<b>BMI (kg/m<sup>2</sup>)</b>	28.91 (6.70)	28.65 (6.34)	28.36 (6.03)	27.84 (5.64)
<b>Waist circumference (cm)</b>	97.4 (15.8)	97.0 (15.3)	97.4 (15.1)	97.0 (14.5)
<b>Active smoking ((cigarettes/day)*years)</b>	0 [0, 6]	0 [0, 0]	0 [0, 0]	0 [0, 0]
<b>Passive smoking (cigarettes/day)</b>	0 [0, 4]	0 [0, 0]	0 [0, 0]	0 [0, 0]
<b>PA level (%)</b>				
1	485 (27.4)	453 (25.6)	403 (22.7)	366 (20.7)
2	923 (52.1)	933 (52.7)	961 (54.2)	949 (53.6)
3	250 (14.1)	288 (16.3)	294 (16.6)	311 (17.6)
4	115 (6.5)	98 (5.5)	114 (6.4)	146 (8.2)
<b>PA MET (MET*minutes*frequency)</b>	0 [0, 315]	48 [0, 408]	96 [0, 472]	112 [0, 591]
<b>Total cholesterol (mg/dL)</b>	204 (41)	205 (43)	205 (44)	204 (41)
<b>HDL (mg/dL)</b>	52 (16)	52 (16)	52 (15)	51 (15)
<b>C-reactive protein (mg/dL)</b>	0.28 [0.11, 0.64]	0.25 [0.10, 0.56]	0.24 [0.10, 0.53]	0.19 [0.08, 0.41]
<b>gHb (%)</b>	5.3 [5.1, 5.6]	5.3 [5.1, 5.7]	5.3 [5.1, 5.6]	5.3 [5.1, 5.6]
<b>Cotinine (ng/mL)</b>	0.32 [0.04, 130.00]	0.09 [0.04, 27.19]	0.06 [0.04, 1.27]	0.04 [0.04, 0.40]
<b><i>γ</i>-tocopherol (μg/dL)</b>	240.0 [167.8, 328.8]	226.0 [148.2, 314.0]	212.2 [137.0, 294.9]	193.2 [121.4, 285.0]
<b>Vitamin A (μg/dL)</b>	56.4 (18.7)	58.4 (18.2)	59.6 (18.0)	60.4 (17.6)
<b>Vitamin E (μg/dL)</b>	1069.4 [875.6, 1378.3]	1167.7 [922.2, 1550.1]	1201.9 [944.9, 1611.6]	1240.2 [969.3, 1632.1]
<b>Dietary fiber (g)<sup>2</sup></b>	6.50 [4.80, 7.91]	11.60 [10.34, 12.85]	17.00 [15.50, 18.70]	27.20 [23.66, 33.60]
<b>Energy (kcal)<sup>2</sup></b>	1436.50 [1097.25, 1868.56]	1825.55 [1424.17, 2404.00]	2141.00 [1657.22, 2698.24]	2617.59 [2040.50, 3354.81]
<b>Caffeine (mg)<sup>2</sup></b>	106.05 [14.00, 223.80]	103.00 [15.48, 227.57]	105.28 [11.88, 251.00]	99.29 [9.07, 236.75]

Abbreviations: gHb, glycated hemoglobin; MET, metabolic equivalent of task; PA, physical activity; Q, quartile.

<sup>1</sup>Continuous variables are expressed as mean (SD) or median [Q1, Q3]. Categorical variables are expressed as counts (%). In the left column, in parenthesis, the units of measure are reported.

Only some of the demographic, examination, lifestyle, laboratory, and dietary variables are included.

<sup>2</sup>The green color indicates the dietary variables, in order not to confuse them with the other variables.

**Supplementary Table 6. Characteristics of the whole population after stratification in quartiles of serum  $\gamma$ -tocopherol levels.<sup>1</sup>**

	Q1	Q2	Q3	Q4
<i>n</i>	1660	1660	1660	1659
<b>Telomere length (T/S ratio)</b>	1.03 (0.25)	1.05 (0.25)	1.04 (0.24)	1.00 (0.23)
<b>NHANES cycle (%)</b>				
1999-2000	683 (41.1)	700 (42.2)	701 (42.2)	733 (44.2)
2001-2002	977 (58.9)	960 (57.8)	959 (57.8)	926 (55.8)
<b>Sex (%)</b>				
Female	790 (47.6)	793 (47.8)	793 (47.8)	806 (48.6)
Male	870 (52.4)	867 (52.2)	867 (52.2)	853 (51.4)
<b>Age (years)</b>	52 (19)	46 (18)	45 (17)	50 (17)
<b>BMI (kg/m<sup>2</sup>)</b>	26.59 (5.20)	27.46 (5.57)	28.88 (6.48)	30.90 (6.79)
<b>Waist circumference (cm)</b>	92.9 (14.3)	94.6 (14.3)	97.8 (15.1)	103.5 (15.3)
<b>Active smoking ((cigarettes/day)*years)</b>	0 [0, 0]	0 [0, 0]	0 [0, 0]	0 [0, 0]
<b>Passive smoking (cigarettes/day)</b>	0 [0, 0]	0 [0, 0]	0 [0, 0]	0 [0, 0]
<b>PA level (%)</b>				
1	374 (22.6)	380 (22.9)	390 (23.5)	457 (27.6)
2	917 (55.4)	887 (53.5)	863 (52.0)	842 (50.8)
3	286 (17.3)	271 (16.3)	291 (17.5)	229 (13.8)
4	79 (4.8)	120 (7.2)	116 (7.0)	130 (7.8)
<b>PA MET (MET*minutes*frequency)</b>	158 [0, 630]	63 [0, 441]	60 [0, 408]	0 [0, 315]
<b>Total cholesterol (mg/dL)</b>	194 (40)	196 (39)	204 (38)	223 (44)
<b>HDL (mg/dL)</b>	54 (16)	52 (15)	51 (15)	49 (16)
<b>C-reactive protein (mg/dL)</b>	0.19 [0.07, 0.43]	0.22 [0.09, 0.50]	0.24 [0.09, 0.52]	0.32 [0.16, 0.70]
<b>gHb (%)</b>	5.3 [5.1, 5.5]	5.3 [5.1, 5.6]	5.3 [5.1, 5.6]	5.5 [5.2, 5.9]
<b>Cotinine (ng/mL)</b>	0.04 [0.03, 0.40]	0.08 [0.04, 34.09]	0.14 [0.04, 37.68]	0.15 [0.04, 51.48]
<b><math>\gamma</math>-tocopherol (<math>\mu</math>g/dL)</b>	96.7 [69.0, 121.0]	182.0 [163.0, 199.4]	259.0 [238.0, 281.8]	378.0 [337.0, 456.0]
<b>Vitamin A (<math>\mu</math>g/dL)</b>	62.2 (17.7)	57.9 (17.8)	57.0 (18.7)	57.9 (18.7)
<b>Vitamin E (<math>\mu</math>g/dL)</b>	1500.1 [1031.7, 2160.7]	1088.2 [868.4, 1415.0]	1056.5 [887.0, 1312.9]	1162.1 [953.6, 1451.6]
<b>Dietary fiber (g)<sup>2</sup></b>	15.73 [10.70, 23.40]	14.33 [9.20, 21.30]	13.40 [8.72, 19.41]	12.65 [8.23, 18.88]
<b>Energy (kcal)<sup>2</sup></b>	1911.00 [1443.50, 2512.75]	1990.80 [1462.70, 2645.50]	2038.34 [1506.42, 2767.90]	1965.00 [1445.50, 2669.01]
<b>Caffeine (mg)<sup>2</sup></b>	91.00 [7.00, 250.08]	93.00 [9.28, 208.49]	100.00 [10.00, 223.40]	124.00 [36.90, 261.88]

Abbreviations: gHb, glycated hemoglobin; MET, metabolic equivalent of task; PA, physical activity; Q, quartile.

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