Participants ≥40 years who have DEXA-measured body composition data in KNHANES 2008–2011 (n=11,530)

- Not pregnant and lactating (n=11,528)
  - Incomplete 24 hours (n=11) or implausible total energy intake (n=146)
  - Missing information on covariates (n=248)

- Complete and reliable dietary data (n=11,371)

Final analytic sample (n=11,123)

Pregnant or lactating (n=2)

Supplementary Fig. 1. Study participant flow chart, Korea National Health and Nutrition Examination Survey (KNHANES) 2008 to 2011. DEXA, dual-energy X-ray absorptiometry.