

1 S4 Table: Associations between ratio of sugars and protein intake, and ratio of urinary sugars and nitrogen and BMI (β and 95% CI) and obesity risk (OR and 95%
2 CI). Estimates in each column represent a separate model.

		Regression coefficient(β and 95% CI) ‡					Obesity risk [§] (OR and 95% CI) ‡				
		BMI [kg/m ²]					BMI \geq 30 kg/m ²				
Estimated intake	Total Sugars/Protein	0.108	—	—	—	—	1.01	—	—	—	—
		(-0.187; 0.403)					(0.88; 1.17)				
	Sum sucrose and fructose/Nitrogen	—	0.087	—	—	—	1.00	—	—	—	
			(-0.206; 0.380)				(0.87; 1.15)				
24h excretion in urine	Sucrose/Nitrogen	—	—	0.178	—	0.265	—	—	1.05	1.08	
				(-0.032; 0.389)		(0.032; 0.497) [†]			(0.95; 1.17)	(0.96; 1.23)	
	Fructose/Nitrogen	—	—	—	-0.094	-0.218	—	—	0.96	0.93	
					(-0.323; 0.135)	(-0.470; 0.035)			(0.87; 1.07)	(0.82; 1.05)	
		Waist circumference					Waist circumference > 85 cm (women) or 94 cm (men)				
Estimated intake	Total Sugars/Protein	0.628	—	—	—	—	1.08	—	—	—	
		(-0.191; 1.448)					(0.95; 1.22)				
	Sum sucrose and fructose/Nitrogen	—	0.406	—	—	—	1.09	—	—	—	
			(-0.311; 1.124)				(0.95; 1.25)				
24h excretion in urine	Sucrose/Nitrogen	—	—	0.586	—	0.811	—	—	1.10	1.14	
				(-0.072; 1.100)		(0.243; 1.379) ^{††}			(0.99; 1.21)	(1.02; 1.27) [†]	
	Fructose/Nitrogen	—	—	—	-0.187	-0.566	—	—	0.96	0.91	
					(-0.748; 0.374)	(-1.183; 0.050)			(0.86; 1.07)	(0.80; 1.02)	
		Waist-to-hip ratio [\times 100]					Waist-to-hip ratio > 0.85 (women) or 0.90 (men)				
Estimated intake	Total Sugars/Protein	0.596	—	—	—	—	1.08	—	—	—	
		(0.070; 1.122)					(0.96; 1.23)				
24h excretion in urine	Sum sucrose and fructose/Nitrogen	—	0.384	—	—	—	1.06	—	—	—	
			(0.000; 0.769)				(0.92; 1.22)				
	Sucrose/Nitrogen	—	—	0.362	—	0.457	—	—	1.10	1.14	

			(0.085; 0.637) †		(0.151; 0.762) ^{††}			(0.99; 1.22)		(1.02; 1.29) [†]
Fructose/Nitrogen	—	—	—	-0.027 (-0.329; 0.275)	-0.240 (-0.572; 0.091)	—	—	—	0.96 (0.86; 1.08)	0.90 (0.80; 1.02)

3 † p<0.05; ‡log₂ transformed and adjusted for age and sex; † BMI ≥ 30 kg/m²; waist circumference > 85 cm (women) or 94 cm (men); waist-to-hip ratio > 0.85

4 (women) or 0.90 (men)

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