Supplementary Table S1. The number and proportion of missing variables

Covariates	Miss events
Eduction	368 (0.02)
Marriage	87 (0.00)
Career	408,057 (22.80)
Bmi	67,793 (3.80)
Exercise frequency	374,946 (21.00)
Smoke	166,820 (9.30)
Drinking	611,473 (34.20)

Supplementary Table S2. Basic characteristics of the cancer death study population by sex

Study variables	Total	Male	Female	*P* value
N	1,157,244	584,544 (50.51)	572,700 (49.49)	
Cancer death	3,865	2,411 (62.39)	1,454 (37.61)	< 0.001
Age, years	62.46 ± 9.55	61.30 ± 9.78	63.70 ± 9.17	< 0.001
Dietary habits				
Mixed meat and vegetables	1,070,760	545,397 (50.92)	525,363 (49.08)	< 0.001
Mostly meat	23,754	15,222 (64.08)	8,532 (35.92)	< 0.001
Mostly vegetarian	53,289	19,265 (36.15)	34,024 (63.85)	< 0.001
Taste preference				
Salt preference	34,886	18,215 (52.22)	16,671 (47.78)	< 0.001
Education level				< 0.001
High school and above (including technicians)	422,552	266,057 (62.96)	156,495 (37.04)	
Junior high school	354,785	192,454 (54.25)	162,331 (45.75)	
Primary school	314,162	108,668 (34.59)	205,494 (65.41)	
Illiterate and unknown	65,745	17,365 (26.41)	48,380 (73.59)	
Marital status				< 0.001
Single/divorced/widowed/other	32,866	9,407 (28.63)	23,459 (71.37)	
Married	1,124,378	575,137 (51.15)	549,241 (48.85)	
Occupational status				< 0.001
Employed	657,881	392,328 (59.64)	265,553 (40.36)	
Unemployed	499,363	192,216 (38.50)	307,147 (61.50)	
BMI	24.20 ± 3.16	24.40 ± 3.07	24.00 ± 3.25	< 0.001
Exercise frequency				< 0.001
Daily	584,264	286,345 (49.01)	297,919 (50.99)	
More than once a week	199,501	108,975 (54.63)	90,526 (45.37)	
Occasionally	98,746	51,156 (51.81)	47,590 (48.19)	
No exercise	274,733	138,068 (50.27)	136,665 (49.73)	
Smoking status				< 0.001

Smoking	142,568	139,026 (97.52)	3,542 (2.48)	
Quitting smoking	75,831	74,463 (98.20)	1,368 (1.80)	
Never smoked	938,845	371,055 (39.50)	567,790 (60.50)	
Drinking frequency				< 0.001
Never	963,667	414,976 (43.06)	548,691 (56.94)	
Occasionally	116,449	98,633 (84.71)	17,816 (15.29)	
Often	30,523	28,299 (92.71)	2,224 (7.29)	
Daily	46,605	42,636 (91.49)	3,969 (8.51)	
Medical history				
Hypertension	288,743	150,467 (52.13)	138,276 (47.87)	< 0.001
Diabetes	116,567	61,415 (52.69)	55,152 (47.31)	< 0.001
Kidney disease	21,124	43,228 (67.18)	35,217 (32.82)	< 0.001
Cardiovascular and cerebrovascular disease	78,455	12,043 (13.23)	9,081 (11.58)	< 0.001
Family history				
Hypertension	165,493	83,779 (50.62)	81,714 (49.38)	0.325
Diabetes	33,335	16,826 (50.48)	16,509 (49.52)	0.897
Cancer	2,249	1,058 (47.05)	1,191 (52.95)	0.001

Supplementary Table S3. Baseline characteristics of the CVD death study population by sex

Study variables	Total	Male	Female	*P* value
N	1,081,612	542,481 (50.14%)	539,131 (49.86%)	
Death from cardiovascular disease	3,576	2,000 (55.94%)	1,576 (44.06%)	< 0.001
Age, years	62.19 ± 9.50	61.00 ± 9.72	63.40 ± 9.13	< 0.001
Dietary habits				
Mixed meat and vegetables	1,002,796	507,093 (50.56%)	495,703 (49.44%)	< 0.001
Mostly meat	21,952	13,995 (63.78%)	7,957 (36.22%)	< 0.001
Mostly vegetarian	48,132	17,103 (35.53%)	31,029 (64.47%)	< 0.001
Taste preference				
Salt preference	31,938	16,569 (51.89%)	15,369 (48.11%)	< 0.001
Education level				< 0.001
High school and above (including technicians)	394,771	247,399 (62.68%)	147,372 (37.32%)	
Junior high school	333,246	179,453 (53.85%)	153,793 (46.15%)	
Primary school	292,569	99,525 (34.01%)	193,044 (65.99%)	
Illiterate and unknown	61,026	16,104 (26.39%)	44,922 (73.61%)	
Marital status				< 0.001
Single/divorced/widowed/other	29,873	8,566 (28.66%)	21,307 (71.34%)	
Married	1,051,739	533,915 (50.75%)	517,824 (49.25%)	
Occupational status				< 0.001
Employed	616,429	366,243 (59.42%)	250,186 (40.58%)	
Unemployed	465,183	176,238 (37.89%)	288,945 (62.11%)	
BMI	24.19 ± 3.16	24.40 ± 3.07	24.00 ± 3.24	< 0.001
Exercise frequency				< 0.001

Daily	540,670	261,783 (48.42%)	278,887 (51.58%)	
More than once a week	189,879	103,244 (54.37%)	86,635 (45.63%)	
Occasionally	93,528	48,420 (51.77%)	45,108 (48.23%)	
No exercise	257,535	129,034 (50.09%)	128,501 (49.91%)	
Smoking status				< 0.001
Smoking	132,866	129,598 (97.54%)	3,268 (2.46%)	
Quitting	65,758	64,549 (98.16%)	1,209 (1.84%)	
Never smoked	882,988	348,334 (39.45%)	534,654 (60.55%)	
Drinking frequency				< 0.001
Never	903,584	387,094 (42.84%)	516,490 (57.16%)	
Occasionally	107,539	90,739 (84.37%)	16,800 (15.63%)	
Often	27,822	25,740 (92.34%)	2,082 (7.48%)	
Daily	42,667	38,908 (91.16%)	3,759 (8.84%)	
Medical history				
Hypertension	289,199	150,637 (52.11%)	138,562 (47.89%)	< 0.001
Diabetes	116,777	61,501 (52.67%)	55,276 (47.33%)	< 0.001
Cancer	2,823	1,175 (41.62%)	1,648 (58.38%)	< 0.001
Kidney disease	21,236	12,097 (56.95%)	9,139 (43.05%)	< 0.001
Family history				
Hypertension	151,990	76,231 (50.15%)	75,759 (49.85%)	0.999
Diabetes	30,956	15,478 (50.00%)	15,478 (50.00%)	0.584
Cancer	2,069	957 (46.26%)	1,112 (53.74%)	< 0.001

Supplementary Table S4. Effects of Different Dietary Preferences on the Risk of All-Cause Mortality by Gender Stratification

Dietary preferences		Male		Female		*P* interaction
		HR (95% *CI*)	*P* value	*HR* (95% *CI*)	*P* value	
Eating patterns	Mainly meat-based	1.136 (0.988, 1.307)	0.072	1.108 (0.927, 1.326)	0.258	0.799
	Mainly vegetarian	0.956 (0.824, 1.111)	0.563	0.829 (0.710, 0.967)	0.017	0.032
Taste preference	Salt preference	0.847 (0.732, 0.979)	0.024	0.983 (0.856, 1.130)	0.819	0.017

Note. 1. The model adjusted age, gender, education level, marital status, occupation type, BMI, exercise frequency, smoking status, drinking frequency, medical history (hypertension, diabetes, cancer, kidney disease and cardiovascular and cerebrovascular diseases) and family history (hypertension, diabetes and cancer). 2. Dietary preferences are based on the combination of meat and vegetables, and Taste Preference is based on people with no taste preference.

Supplementary Table S5. Effects of Different Dietary Preferences on the Risk of Cancer Mortality by Gender Stratification

Dietary preferences		Male		Female		*P* interaction
		HR (95% *CI*)	*P* value	*HR* (95% *CI*)	*P* value	
Eating patterns	Mainly meat-based	1.225 (0.968, 1.550)	0.091	1.178 (0.829, 1.675)	0.360	0.871
	Mainly vegetarian	1.022 (0.794, 1.316)	0.862	0.845 (0.637, 1.121)	0.243	0.219
Taste Preference	Salt preference	0.815 (0.629, 1.057)	0.123	1.120 (0.857, 1.465)	0.404	0.095

Note. 1. The model adjusted age, education level, marital status, occupation type, BMI, exercise frequency, smoking status, drinking frequency, medical history (hypertension, diabetes, kidney disease and cardiovascular and cerebrovascular diseases) and family history (hypertension, diabetes and cancer). 2. Dietary preferences are based on the combination of meat and vegetables, and Taste Preference is based on people with no taste preference.

Supplementary Table S6. Effects of Different Dietary Preferences on the Risk of CVD Mortality by Gender Stratification

Dietary preferences		Male		Female		*P* interaction
		HR (95% *CI*)	*P* value	*HR* (95% *CI*)	*P* value	
Eating patterns	Mainly meat-based	1.182 (0.910, 1.532)	0.208	1.016 (0.731, 1.410)	0.923	0.693
	Mainly vegetarian	0.721 (0.510, 1.020)	0.064	0.884 (0.658, 1.186)	0.411	0.842
Taste Preference	Salt preference	0.960 (0.742, 1.243)	0.759	0.947 (0.735, 1.220)	0.677	0.464

Note. 1. The model adjusted age, education level, marital status, occupation type, BMI, exercise frequency, smoking status, drinking frequency, medical history (hypertension, diabetes, kidney disease and cardiovascular and cerebrovascular diseases) and family history (hypertension, diabetes and cancer). 2. Dietary preferences are based on the combination of meat and vegetables, and Taste Preference is based on people with no taste preference.

Supplementary Table S7. Effects of different dietary preferences on all-cause mortality risk by age group (45–65 and 65–100)

Dietary preferences		< 65		≥ 65		*P* interaction
		HR (95% *CI*)	*P* value	*HR* (95% *CI*)	*P* value	
Eating patterns	Mainly meat-based	0.865 (0.653, 1.146)	0.314	1.284 (1.139, 1.447)	< 0.001	0.156
	Mainly vegetarian	0.831 (0.602, 1.148)	0.263	0.839 (0.749, 0.941)	0.002	0.944
Taste preference	Salt preference	0.775 (0.576, 1.042)	0.092	1.027 (0.923, 1.143)	0.615	0.034

Note. 1. The model adjusted gender, education, marital status, occupation type, BMI, exercise frequency, smoking status, drinking frequency, medical history (hypertension, diabetes, cancer, kidney disease and cardiovascular and cerebrovascular diseases) and family history (hypertension, diabetes and cancer). 2. Dietary preferences are based on the combination of meat and vegetables, and Taste Preference is based on people with no taste preference.

Supplementary Table S8. Effects of different dietary preferences on the risk of cancer mortality by age stratification (45–65 and 65–100)

Dietary preferences		< 65		≥ 65		*P* interaction
		HR (95% *CI*)	*P* value	*HR* (95% *CI*)	*P* value	
Eating patterns	Mainly meat-based	0.922 (0.584, 1.455)	0.729	1.382 (1.113, 1.717)	0.003	0.061
	Mainly vegetarian	0.668 (0.367, 1.216)	0.187	0.946 (0.775, 1.154)	0.586	0.403
Taste preference	Salt preference	0.864 (0.541, 1.380)	0.541	1.016 (0.829, 1.244)	0.877	0.527

Note. 1. The model adjusted gender, education, marital status, occupation type, BMI, exercise frequency, smoking status, drinking frequency, medical history (hypertension, diabetes, kidney disease and cardiovascular and cerebrovascular diseases) and family history (hypertension, diabetes and cancer); 2. Dietary preferences are based on the combination of meat and vegetables, and Taste Preference is based on people with no taste preference.

Supplementary Table S9. Effects of different dietary preferences on the risk of CVD mortality by age stratification (45–65 and 65–100)

Dietary preferences		< 65		≥ 65		*P* interaction
		HR (95% *CI*)	*P* value	*HR* (95% *CI*)	*P* value	
Eating patterns	Mainly meat-based	0.919 (0.549, 1.537)	0.748	1.267 (1.015, 1.582)	0.035	0.178
	Mainly vegetarian	0.775 (0.400, 1.504)	0.452	0.731 (0.576, 0.928)	0.010	0.493
Taste preference	Salt preference	0.815 (0.469, 1.415)	0.468	1.076 (0.889, 1.302)	0.451	0.248

Note. 1. The model adjusted gender, education, marital status, occupation type, BMI, exercise frequency, smoking status, drinking frequency, medical history (hypertension, diabetes, cancer and kidney disease) and family history (hypertension, diabetes and cancer). 2. Dietary preferences are based on the combination of meat and vegetables, and Taste Preference is based on people with no taste preference.

Supplementary Table S10. Cox regression analysis of the impact of dietary preferences on all-cause mortality among middle-aged and elderly people in Shenzhen (excluding follow-up < 12 months)

Dietary preferences		Model 1		Model 2	
		HR (95% *CI*)	*P* value	*HR* (95% *CI*)	*P* value
Eating patterns	Mainly meat-based	1.197 (1.056, 1.357)	0.004	1.124 (0.992, 1.274)	0.066
	Mainly vegetarian	0.807 (0.703, 0.927)	0.002	0.827 (0.720, 0.950)	0.007
Taste Preference	Salt preference	1.005 (0.899, 1.123)	0.926	0.946 (0.846, 1.057)	0.331

Note. 1. Model 1 adjusted age and gender; Model 2 adjusted age, gender, education level, marital status, occupation type, BMI, exercise frequency, smoking status, drinking frequency, disease history (hypertension, diabetes, cancer, kidney disease and cardiovascular and cerebrovascular diseases) and family history (hypertension, diabetes and cancer). 2. Dietary preferences are based on the combination of meat and vegetables, and Taste Preference is based on people with no taste preference.

Supplementary Table S11. Cox regression analysis of the impact of dietary preferences on cancer mortality among middle-aged and elderly people in Shenzhen (excluding follow-up < 12 months)

Dietary preferences		Model 1		Model 2	
		HR (95% *CI*)	*P* value	*HR* (95% *CI*)	*P* value
Eating patterns	Mainly meat-based	1.185 (0.949, 1.480)	0.133	1.166 (0.933, 1.458)	0.175
	Mainly vegetarian	0.811 (0.635, 1.036)	0.094	0.823 (0.645, 1.052)	0.121
Taste Preference	Salt preference	0.940 (0.763, 1.159)	0.566	0.935 (0.758, 1.153)	0.532

Note. 1. Model 1 adjusted age and gender; Model 2 adjusted age, gender, education level, marital status, occupation type, BMI, exercise frequency, smoking status, drinking frequency, medical history (hypertension, diabetes, kidney disease and cardiovascular and cerebrovascular diseases) and family history (hypertension, diabetes and cancer). 2. Dietary preferences are based on the combination of meat and vegetables, and Taste Preference is based on people with no taste preference.

Supplementary Table S12. Cox regression analysis of the impact of dietary preferences on CVD mortality among middle-aged and elderly people in Shenzhen (excluding follow-up < 12 months)

Dietary preferences		Model 1		Model 2	
		HR (95% *CI*)	*P* value	*HR* (95% *CI*)	*P* value
Eating patterns	Mainly meat-based	1.288 (1.028, 1.614)	0.027	1.168 (0.931, 1.464)	0.178
	Mainly vegetarian	0.657 (0.486, 0.887)	0.006	0.688 (0.509, 0.929)	0.014
Taste Preference	Salt preference	1.033 (0.844, 1.264)	0.749	0.950 (0.776, 1.164)	0.623

Note. 1. Model 1 adjusted for age and gender; Model 2 adjusted for age, gender, education level, marital status, occupation type, BMI, exercise frequency, smoking status, drinking frequency, disease history (hypertension, diabetes, cancer and kidney disease) and family history (hypertension, diabetes and cancer). 2. Dietary preferences are based on the combination of meat and vegetables, and Taste Preference is based on people with no taste preference.

Supplementary Table S13. Cox regression analysis of dietary preferences on all-cause mortality among middle-aged and elderly people in Shenzhen (excluding cardiovascular and cerebrovascular diseases, kidney diseases, and cancer)

Dietary preferences		Model 1		Model 2	
		HR (95% *CI*)	*P* value	*HR* (95% *CI*)	*P* value
Eating patterns	Mainly meat-based	1.191 (1.058, 1.341)	0.003	1.124 (0.998, 1.266)	0.052
	Mainly vegetarian	0.793 (0.701, 0.897)	< 0.001	0.822 (0.726, 0.930)	0.001
Taste preferences	Salt preference	0.982 (0.882, 1.093)	0.744	0.933 (0.838, 1.039)	0.209

Note. 1. Model 1 adjusted age and gender; Model 2 adjusted age, gender, education level, marital status, occupation type, BMI, exercise frequency, smoking status, drinking frequency, disease history (hypertension, diabetes) and family history (hypertension, diabetes and cancer). 2. Dietary preferences are based on the combination of meat and vegetables, and Taste Preference is based on people with no taste preference.

Supplementary Table S14. Cox regression analysis of dietary preferences on cancer mortality among middle-aged and elderly people in Shenzhen (excluding individuals with cardiovascular, cerebrovascular, and kidney diseases)

Dietary preferences		Model 1		Model 2	
		HR (95% *CI*)	*P* value	*HR* (95% *CI*)	*P* value
Eating patterns	Mainly meat-based	1.185 (0.962, 1.460)	0.109	1.181 (0.958, 1.455)	0.118
	Mainly vegetarian	0.867 (0.702, 1.069)	0.183	0.874 (0.708, 1.079)	0.211
Taste preferences	Salt preference	0.930 (0.763, 1.132)	0.472	0.929 (0.763, 1.132)	0.470

Note. 1. Model 1 adjusted for age and gender; Model 2 adjusted for age, gender, education level, marital status, occupation type, BMI, exercise frequency, smoking status, drinking frequency, disease history (hypertension, diabetes) and family history (hypertension, diabetes and cancer). 2. Dietary preferences are based on the combination of meat and vegetables, and Taste Preference is based on people with no taste preference.

Supplementary Table S15. Cox regression analysis of dietary preferences on CVD mortality among middle-aged and elderly people in Shenzhen (excluding individuals with kidney diseases and cancer)

Dietary preferences		Model 1		Model 2	
		HR (95% *CI*)	*P* value	*HR* (95% *CI*)	*P* value
Eating patterns	Mainly meat-based	1.245 (1.016, 1.525)	0.034	1.125 (0.918, 1.380)	0.254
	Mainly vegetarian	0.706 (0.562, 0.888)	0.002	0.740 (0.588, 0.931)	0.010
Taste preferences	Salt preference	1.042 (0.871, 1.248)	0.648	0.957 (0.799, 1.146)	0.635

Note. 1. Model 1 adjusted for age and gender; Model 2 adjusted for age, gender, education level, marital status, occupation type, BMI, exercise frequency, smoking status, drinking frequency, disease history (hypertension, diabetes, cancer and kidney disease) and family history (hypertension, diabetes and cancer). 2. Dietary preferences are based on the combination of meat and vegetables, and Taste Preference is based on people with no taste preference.

Supplementary Table S16. Cox regression analysis of the relationship between dietary preferences and mortality rates among middle-aged and elderly people in Shenzhen, excluding patients with cardiovascular disease, kidney disease, cancer, hypertension, and diabetes

Dietary preferences		All-cause death		Cancer death		CVD death	
		HR (95% *CI*)	*P* value	*HR* (95% *CI*)	*P* value	*HR* (95% *CI*)	*P* value
Eating patterns	Mainly meat-based	1.135 (1.005–1.282)	0.040	1.212 (0.981–1.497)	0.074	1.115 (0.903–1.376)	0.309
	Mainly vegetarian	0.814 (0.713–0.929)	0.002	0.842 (0.672–1.056)	0.137	0.733 (0.573–0.938)	0.013
Taste preferences	Salt preference	0.930 (0.833–1.039)	0.202	0.951 (0.778–1.162)	0.623	0.930 (0.770–1.121)	0.448

Note. 1. Models were adjusted for age, sex, education, marital status, occupation type, BMI, exercise frequency, smoking status, alcohol consumption frequency, and family history (hypertension, diabetes, and cancer). 2. Dietary preferences are based on the combination of meat and vegetables, and Taste Preference is based on people with no taste preference.