**Supplementary Material 2. Body composition variables according to sex, age, and lean-to-fat mass ratio tertiles in women**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Variables** | **30 to 44 years** | | | ***p\**** | **45 to 59 years** | | | ***p\**** | **60 or older** | | | ***p\**** |
| **LFMR tertiles** | | | **LFMR tertiles** | | | **LFMR tertiles** | | |
| **Lowest** | **Middle** | **Highest** | **Lowest** | **Middle** | **Highest** | **Lowest** | **Middle** | **Highest** |  |
| **Weight (kg)** | 72.14 (67.59 to 78.08) | 62.37 (58.16 to 66.51) | 52.06 (48.40 to 56.13) | **< 0.001** | 71.61 (67.47 to 79.20) | 59.65 (56.20 to 62.90) | 48.85 (46.25 to 52.12) | **< 0.001** | 65.22 (63.73 to 73.15) | 53.05 (49.94 to 55.86) | 48.05 (41.26 to 50.28) | **< 0.001** |
| **WC (cm)** | 96.98 (92.77 to 100.83) | 86.52 (82.50 to 89.33) | 74.93 (70.45 to 78.55) | **< 0.001** | 98.20 (93.83 to 101.40) | 85.80 (82.53 to 89.27) | 72.40 (67.13 to 81.47) | **< 0.001** | 97.57 (90.50 to 100.90) | 80.28 (76.37 to 83.20) | 71.03 (66.07 to 74.77) | **< 0.001** |
| **LMI (kg/m2)** | 17.42 (16.86 to 18.04) | 15.85 (15.58 to 16.21) | 14.48 (14.03 to 14.82) | **< 0.001** | 17.11 (16.48 to 18.13) | 15.19 (14.88 to 15.23) | 13.93 (13.32 to 14.16) | **< 0.001** | 16.40 (15.77 to 17.57) | 14.26 (14.01 to 14.85) | 13.21 (12.83 to 13.46) | **< 0.001** |
| **FMI (kg/m2)** | 14.13 (13.25 to 15.56) | 11.21 (10.52 to 11.69) | 8.44 (7.51 to 9.05) | **< 0.001** | 14.29 (13.33 to 16.32) | 10.85 (10.09 to 11.39) | 8.13 (7.05 to 8.77) | **< 0.001** | 14.04 (12.77 to 16.26) | 9.87 (9.40 to 10.79) | 7.72 (6.74 to 8.17) | **< 0.001** |
| **LFMR (kg/kg)** | 1.23 (1.15 to 1.27) | 1.42 (1.37 to 1.49) | 1.72 (1.65 to 1.86) | **< 0.001** | 1.19 (1.12 to 1.25) | 1.41 (1.36 to 1.47) | 1.72 (1.62 to 1.89) | **< 0.001** | 1.17 (1.09 to 1.24) | 1.43 (1.36 to 1.49) | 1.71 (1.63 to 1.90) | **< 0.001** |

All variables are presented as median (interquartile ranges). WC: waist circumference (cm). LMI: Lean mass index (kg/m2). FMI: Fat mass index (kg/m2). LFMR: Lean-to-fat mass ratio. \*Analysis performed with the Kruskal Wallis test. The significative p-value (p < 0.05) is **bold.**