APPENDIX TABLE - Median intake of wholegrain in quartiles. Quartile boundaries are based on distribution among deaths (all-cause and the specific causes of death)

|  |  |  |
| --- | --- | --- |
|  | Women | Men |
| All-cause mortality |  |  |
| Breakfast cereals | 0/0.8/12/50 | 0/0.8/7/50 |
| Non-white bread | 25/80/113/180 | 13/66/118/201 |
| Crisp bread | 0.6/2/6/31 | 1/2/4/34 |
| Total wholegrain products | 56/100/131/201 | 64/107/156/222 |
| Oat | 0/0.4/4/19 | 0/0.4/3/30 |
| Rye  | 8/18/22/41 | 7/21/38/56 |
| Wheat | 0.4/3/10/37 | 0.1/1/5/10 |
| Total wholegrain types | 20/33/49/74 | 21/37/54/80 |
| Cancer mortality |  |  |
| Breakfast cereals | 0/0.8/14/50 | 0/0.8/7/50 |
| Non-white bread | 23/80/113/180 | 13/66/116/194 |
| Crisp bread | 0.6/2/6/31 | 1/2/4/38 |
| Total wholegrain products | 55/100/132/202 | 64/109/157/220 |
| Oat | 0/0.4/4/19 | 0/0.4/2/30 |
| Rye  | 8/17/22/41 | 7/21/38/55 |
| Wheat | 0.4/3/10/37 | 0.1/1/5/10 |
| Total wholegrain types | 21/33/49/76 | 21/37/54/80 |
| Coronary heart disease mortality |  |  |
| Breakfast cereals | 0/0.1/4/50 | 0/0.8/16/54 |
| Non-white bread | 18/63/100/180 | 10/63/114/203 |
| Crisp bread | 0.6/2/8/36 | 1/2/7/59 |
| Total wholegrain products | 59/99/131/200 | 67/105/155/224 |
| Oat | 0/0.4/3/14 | 0/0.5/4/30 |
| Rye  | 7/20/25/40 | 20/26/38/57 |
| Wheat | 0.3/3/8/32 | 0.2/2/6/14 |
| Total wholegrain types | 21/33/51/70 | 21/36/54/82 |
| Stroke mortality |  |  |
| Breakfast cereals | 0/0.8/7/50 | 0/0.8/17/50 |
| Non-white bread | 20/64/103/180 | 13/63/116/213 |
| Crisp bread | 1/2/11/43 | 1/2/6/50 |
| Total wholegrain products | 63/102/128/207 | 64/108/148/252 |
| Oat | 0/0.4/3/20 | 0/0.5/5/30 |
| Rye  | 8/20/25/47 | 18/21/37/56 |
| Wheat | 0.6/3/8/32 | 0.1/3/8/13 |
| Total wholegrain types | 20/31/53/76 | 20/37/50/79 |
| Respiratory disease mortality |  |  |
| Breakfast cereals | 0/0.8/4/50 | 0/0.8/7/50 |
| Non-white bread | 37/65/103/166 | 31/80/153/213 |
| Crisp bread | 0.8/2/4/29 | 0.8/2/4/32 |
| Total wholegrain products | 64/90/135/202 | 63/100/163/233 |
| Oat | 0/0.2/1/18 | 0/0.4/3/30 |
| Rye  | 20/21/29/46 | 20/22/37/54 |
| Wheat | 0/1/3/8 | 0.1/2/5/9 |
| Total wholegrain types | 21/30/46/74 | 21/36/55/72 |
| Diabetes mortality |  |  |
| Breakfast cereals | 0/0.8/5/50 | 0/0.8/7/50 |
| Non-white bread | 24/63/103/203 | 23/63/113/213 |
| Crisp bread | 0.8/2/7/16 | 0.9/2/3/31 |
| Total wholegrain products | 63/103/160/211 | 64/105/153/231 |
| Oat | 0/0.2/1/5 | 0/0.4/8/30 |
| Rye  | 7/20/22/54 | 20/37/45/63 |
| Wheat | 0/0.5/3/8 | 0/3/7/13 |
| Total wholegrain types | 21/29/51/72 | 21/34/52/77 |
| Other causes of mortality |  |  |
| Breakfast cereals | 0/0.8/4/44 | 0/0.8/4/50 |
| Non-white bread | 23/80/111/180 | 13/65/113/163 |
| Crisp bread | 0.5/2/6/31 | 0.7/2/6/34 |
| Total wholegrain products | 46/100/131/193 | 63/108/155/223 |
| Oat | 0/0.4/5/24 | 0/0.4/3/30 |
| Rye  | 7/16/22/44 | 6/20/21/41 |
| Wheat | 0.3/3/9/37 | 0.2/3/9/37 |
| Total wholegrain types | 19/33/50/73 | 21/37/54/80 |