|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Supplementary data: Odds ratios for lung cancer associated with consumption of other food items | | | | | | | |
| Reference | Food items | OR (95% CI) according to frequencies of consumption of food items | | | | | |
| Brennan et al., 2000 |  | Bottom third | Middle third | Upper third |  |  |  |
|  | Meat | 1.00 | 1.10 (0.80-1.60) | 1.10 (0.80-1.60) |  |  |  |
|  | Liver | 1.00 | 1.10 (0.90-1.30) | 1.00 (0.80-1.30) |  |  |  |
|  | Fish | 1.00 | 1.10 (0.70-1.70) | 1.00 (0.90-1.20) |  |  |  |
|  | Eggs | 1.00 | 1.00 (0.60-1.60) | 0.90 (0.80-1.10) |  |  |  |
|  | Milk | 1.00 | 1.00 (0.60-1.40) | 0.80 (0.60-1.20) |  |  |  |
|  | Cheese | 1.00 | 0.90 (0.70-1.20) | 0.70 (0.50-1.00) |  |  |  |
|  | Butter | 1.00 | 1.20 (0.90-1.50) | 1.30 (0.90-1.90) |  |  |  |
|  | Margarine | 1.00 | 0.70 (0.40-1.10) | 0.70 (0.60-0.80) |  |  |  |
|  | Fruit | 1.00 | 0.90 (0.60-1.30) | 1.00 (0.60-1.50) |  |  |  |
|  | Tomato | 1.00 | 0.80 (0.70-1.10) | 0.50 (0.40-0.60) |  |  |  |
|  | Lettuce | 1.00 | 0.80 (0.60-1.00) | 0.60 (0.30-1.20) |  |  |  |
|  | Fresh vegetables | 1.00 | 0.90 (0.70-1.10) | 0.70 (0.50-1.00) |  |  |  |
|  | Spinach | 1.00 | 0.90 (0.70-1.10) | 1.00 (0.80-1.20) |  |  |  |
|  | Cruciferous vegetables | 1.00 | 1.00 (0.70-1.30) | 1.10 (0.70-1.60) |  |  |  |
|  | Legumes | 1.00 | 1.20 (0.90-1.40) | 1.10 (0.90-1.30) |  |  |  |
| Pisani et al., 1986 |  | 0 time | 1-3 times | ≥4 times |  |  |  |
| 95% CIs were not reported. | liver | 1.20 | 1.10 | 1.00 |  |  |  |
|  |  | 0 time | 1-2 times | 3-4 times | 5-6 times | ≥7 times |  |
|  | cheese | 1.20 | 1.10 | 1.20 | 1.00 | 1.00 |  |
|  |  | 0 time | 1-2 times | 3-4 times | 5-6 times | ≥7 times |  |
|  | leaf-green vegetables | 1.90 | 1.30 | 1.40 | 1.20 | 1.00 |  |
| Huang et al. 2004 |  | <3 times/week | ≥3 times/week | |  |  |  |
|  |  | Without a lung cancer family history | With a lung cancer family history |  |  |  |
|  | Pickled vegetables | 1.00 | 1.07 (0.91-1.25) | 1.16 (0.62-2.19) |  |  |  |
|  | Fruits | 1.00 | 0.64 (0.57-0.73) | 0.63 (0.41-0.97) |  |  |  |
|  | Raw vegetables | 1.00 | 0.70 (0.62-0.79) | 0.89 (0.57-1.37) |  |  |  |
|  | Bean curd | 1.00 | 1.03 (0.86-1.23) | 1.24 (0.65-2.38) |  |  |  |
|  | Pumpkin | 1.00 | 0.96 (0.80-1.16) | 0.59 (0.27-1.31) |  |  |  |
|  | Cabbage | 1.00 | 0.85 (0.73-0.99) | 0.83 (0.48-1.45) |  |  |  |
|  | Lettuce | 1.00 | 0.80 (0.69-0.93) | 1.19 (0.69-2.06) |  |  |  |
|  | Potatoes | 1.00 | 1.00 (0.85-1.17) | 1.11 (0.62-1.99) |  |  |  |
|  | Egg | 1.00 | 1.09 (0.90-1.32) | 1.28 (0.59-2.76) |  |  |  |
|  | Chicken | 1.00 | 0.76 (0.64-0.91) | 1.16 (0.64-2.11) |  |  |  |
|  | Beef | 1.00 | 1.00 (0.81-1.24) | 1.31 (0.65-2.65) |  |  |  |
|  | Pork | 1.00 | 1.07 (0.87-1.31) | 1.17 (0.62-2.22) |  |  |  |
|  | Sausage | 1.00 | 0.93 (0.76-1.13) | 1.07 (0.54-2.13) |  |  |  |
|  | Instant foods | 1.00 | 1.13 (0.77-1.65) | 0.55 (0.07-4.24) |  |  |  |
|  | Frozen foods | 1.00 | 0.94 (0.66-1.34) | No cases reported |  |  |  |
|  | Salted fishes | 1.00 | 0.99 (0.82-1.20) | 1.41 (0.74-2.67) |  |  |  |
|  | Cooked fishes | 1.00 | 0.80 (0.68-0.94) | 1.07 (0.56-2.05) |  |  |  |
|  |  | Not every day | Every day | |  |  |  |
|  | Green tea | 1.00 | 1.10 (0.83-1.47) | 1.67 (0.51-5.53) |  |  |  |
|  |  | <1/day | ≥1/day | |  |  |  |
|  | Miso soup | 1.00 | 1.15 (1.02-1.30) | 1.28 (0.82-2.00) |  |  |  |
|  | Milk | 1.00 | 0.82 (0.73-0.93) | 0.66 (0.43-1.02) |  |  |  |
|  |  | Never smoker | Current smoker | |  |  |  |
|  | Alcohol | 1.00 | 0.90 (0.78-1.05) | 0.91 (0.53-1.57) |  |  |  |
| Dosil-Díaz et al., 2008 |  | < 1 time/week | 1-6 times/week | ≥1 time/day |  |  |  |
|  | Oranges | 1.00 | 1.44 (0.91-2.28) | 1.02 (0.59-1.74) |  |  |  |
|  | Bananas | 1.00 | 1.49 (0.94-2.38) | 1.51 (0.79-2.89) |  |  |  |
|  | Apples | 1.00 | 1.44 (0.89-2.31) | 1.11 (0.66-1.86) |  |  |  |
|  | Pears | 1.00 | 2.26 (1.43-3.58) | 1.20 (0.68-2.09) |  |  |  |
|  | Total consumption of fruit | 1.00 | 1.85 (0.96-3.59) | 1.49 (0.81-2.73) |  |  |  |
|  |  | < 1 time/month | 1 time/month, 1 time/week | > 1 time/week |  |  |  |
|  | Cabbage | 1.00 | 0.49 (0.28-0.86) | 0.53 (0.29-0.99) |  |  |  |
|  | Turnip tops | 1.00 | 1.23 (0.63-2.40) | 0.51 (0.26-0.99) |  |  |  |
|  | Lettuce | 1.00 | 0.91 (0.45-1.84) | 0.39 (0.21-0.72) |  |  |  |
|  | Tomatoes | 1.00 | 0.82 (0.45-1.47) | 0.67 (0.40-1.14) |  |  |  |
|  | Green beans | 1.00 | 0.58 (0.36-0.94) | 0.84 (0.48-1.46) |  |  |  |
|  | Potatoes | 1.00 | 0.17 (0.05-0.59) | 0.08 (0.03-0.22) |  |  |  |
|  | Total vegetables | 1.00 | 0.35 (0.17-0.70) | 0.50 (0.30-0.83) |  |  |  |
| Darby et al., 2001 |  | <85 g/day | 85- | 118- | 166+ |  |  |
|  | All vegetables | 1.00 | 0.77 (0.59- 0.99) | 0.93 (0.71- 1.21) | 0.90 (0.69- 1.17) |  |  |
|  |  | <10 g/day | 10- | 20- | 50+ |  |  |
|  | Green vegetables | 1.75 (0.57, 5.34) | 1.59 (1.09- 2.30) | 1.00 | 1.38 (1.11- 1.70) |  |  |
|  |  | <16 g/day | 16- | 27- | 45+ |  |  |
|  | Tomatoes | 1.00 | 0.77 (0.59- 0.99) | 0.69 (0.54- 0.90) | 0.74 (0.57- 0.96) |  |  |
|  |  | Never | Up to weekly | Up to daily | More than daily |  |  |
|  | Butter (teaspoon) | 1.00 | 1.14 (0.84- 1.55) | 1.66 (1.24- 2.23) | 1.44 (1.16- 1.80) |  |  |
|  |  | Monthly or less | Weekly | Few times per week | Daily or more |  |  |
|  | Cheese (one slice or one oz) | 1.00 | 0.93 (0.67- 1.28) | 0.99 (0.75- 1.30) | 1.00 (0.71- 1.40) |  |  |
|  | Eggs (one egg) | 1.00 | 0.85 (0.61- 1.19) | 1.08 (0.80- 1.44) | 1.53 (1.02- 2.31) |  |  |
|  |  | Never | Few times per year | Monthly | Weekly or more |  |  |
|  | Liver (serving) | 1.00 | 1.05 (0.80- 1.38) | 0.99 (0.78- 1.26) | 1.68 (1.29- 2.19) |  |  |
|  |  | Never | Up to few times per week | Daily | More than daily |  |  |
|  | Margarine (teaspoon) | 1.00 | 0.94 (0.63- 1.42) | 0.92 (0.68- 1.23) | 0.67 (0.52- 0.85) |  |  |
|  |  | Weekly or less | Few times per week | Daily | More than daily |  |  |
|  | Milk (pint) | 1.00 | 0.86 (0.59- 1.27) | 1.09 (0.73- 1.63) | 2.10 (1.13- 3.89) |  |  |
|  |  | Never | Few times per year | Monthly | Few times per week or more |  |  |
|  | Tomato sauce (serving) | 1.00 | 0.79 (0.54- 1.15) | 0.77 (0.59- 1.01) | 0.69 (0.55- 0.87) |  |  |

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| Takezaki et al., 2001 |  | | Adenocarcinomas in males | | | |  |  |
|  |  | 1 (lowest) | | 2.00 | 3.00 | 4 (highest) |  |  |
|  | Raw vegetables | 1.00 | | 1.13 (0.69-1.85) | 1.13 (0.69-1.86) | 1.01 (0.62-1.65) |  |  |
|  | Fruit | 1.00 | | 1.17 (0.75-1.85) | 1.02 (0.63-1.65) | 0.98 (0.61-1.58) |  |  |
|  | Green vegetables | 1.00 | | 1.21 (0.88-1.67) | 0.90 (0.63-1.28) | 0.77 (0.51-1.15) |  |  |
|  | Pumpkin | 1.00 | | 1.23 (0.96-1.59) | 0.87 (0.49-1.53) | 0.84 (0.32-2.16) |  |  |
|  | Pickles of Chinese cabbages | 1.00 | | 0.90 (0.67-1.22) | 0.91 (0.68-1.23) | 0.82 (0.58-1.17) |  |  |
|  | Vegetable pickles lightly preserved | 1.00 | | 0.79 (0.55-1.11) | 0.91 (0.66-1.26) | 0.71 (0.51-1.01) |  |  |
|  | Beef | 1.00 | | 1.23 (0.82-1.85) | 1.36 (0.92-2.03) | 1.07 (0.62-1.83) |  |  |
|  | Pork | 1.00 | | 1.09 (0.77-1.53) | 1.07 (0.75-1.53) | 0.92 (0.54-1.56) |  |  |
|  | Chicken | 1.00 | | 0.77 (0.53-1.13) | 0.95 (0.66-1.36) | 0.64 (0.41-1.02) |  |  |
|  | Milk | 1.00 | | 0.96 (0.72-1.28) | 0.92 (0.68-1.24) | 0.82 (0.52-1.30) |  |  |
|  | Egg | 1.00 | | 1.24 (0.83-1.86) | 1.08 (0.71-1.64) | 1.10 (0.73-1.64) |  |  |
|  | Cocked/raw fish | 1.00 | | 0.83 (0.61-1.13) | 0.89 (0.63-1.25) | 0.51 (0.31-0.84) |  |  |
|  | Dried/salted fish | 1.00 | | 0.86 (0.60-1.22) | 1.11 (0.79-1.57) | 0.66 (0.41-1.07) |  |  |
|  | Soybean curds (tofu) | 1.00 | | 1.33 (0.95-1.87) | 1.27 (0.88-1.84) | 1.24 (0.83-1.85) |  |  |
|  | Miso soup | 1.00 | | 1.93 (0.90-4.14) | 1.65 (0.78-3.51) | 1.40 (0.63-3.11) |  |  |
|  | Green tea | 1.00 | | 1.06 (0.72-1.57) | 1.11 (0.74-1.66) | 1.33 (0.83-2.15) |  |  |
|  | Coffee | 1.00 | | 0.85 (0.61-1.19) | 0.87 (0.60-1.25) | 1.18 (0.80-1.74) |  |  |
|  |  | | Squamous cell and small cell carcinomas in males | | | |  |  |
|  | Raw vegetables | 1.00 | | 1.31 (0.84-2.03) | 0.70 (0.44-1.12) | 0.80 (0.51-1.25) |  |  |
|  | Fruit | 1.00 | | 0.88 (0.58-1.34) | 0.81 (0.52-1.26) | 0.61 (0.40-0.95) |  |  |
|  | Green vegetables | 1.00 | | 0.95 (0.69-1.30) | 0.90 (0.64-1.27) | 0.49 (0.32-0.74) |  |  |
|  | Pumpkin | 1.00 | | 1.20 (0.93-1.57) | 1.67 (1.06-2.62) | 1.23 (0.55-2.77) |  |  |
|  | Pickles of Chinese cabbages | 1.00 | | 1.18 (0.85-1.62) | 1.22 (0.89-1.66) | 1.39 (0.99-1.93) |  |  |
|  | Vegetable pickles lightly preserved | 1.00 | | 0.54 (0.37-0.80) | 0.70 (0.50-0.99) | 0.93 (0.67-1.28) |  |  |
|  | Beef | 1.00 | | 1.10 (0.74-1.62) | 1.15 (0.78-1.69) | 1.08 (0.64-1.81) |  |  |
|  | Pork | 1.00 | | 1.13 (0.80-1.59) | 1.05 (0.73-1.50) | 1.39 (0.85-2.27) |  |  |
|  | Chicken | 1.00 | | 0.75 (0.51-1.10) | 0.86 (0.60-1.24) | 0.84 (0.55-1.28) |  |  |
|  | Milke | 1.00 | | 0.87 (0.65-1.16) | 0.76 (0.57-1.03) | 0.66 (0.41-1.05) |  |  |
|  | Egg | 1.00 | | 1.38 (0.87-2.18) | 1.88 (1.19-2.95) | 1.62 (1.04-2.54) |  |  |
|  | Cocked/raw fish | 1.00 | | 0.94 (0.68-1.29) | 0.95 (0.66-1.36) | 0.63 (0.40-1.01) |  |  |
|  | Dried/salted fish | 1.00 | | 1.17 (0.81-1.71) | 1.21 (0.84-1.76) | 1.37 (0.89-2.12) |  |  |
|  | Soybean curds (tofu) | 1.00 | | 1.10 (0.78-1.55) | 1.09 (0.76-1.57) | 1.23 (0.84-1.81) |  |  |
|  | Miso soup | 1.00 | | 2.24 (0.98-5.11) | 2.40 (1.07-5.38) | 2.50 (1.08-5.79) |  |  |
|  | Green tea | 1.00 | | 0.99 (0.67-1.47) | 1.17 (0.78-1.73) | 1.08 (0.66-1.75) |  |  |
|  | Coffee | 1.00 | | 0.98 (0.70-1.37) | 1.15 (0.80-1.64) | 1.61 (1.09-2.39) |  |  |
|  |  | | Adenocarcinomas in females | | | |  |  |
|  | Raw vegetables | 1.00 | | 0.74 (0.39-1.41) | 0.85 (0.45-1.60) | 0.84 (0.45-1.55) |  |  |
|  | Fruit | 1.00 | | 0.71 (0.28-1.82) | 0.78 (0.31-1.97) | 0.68 (0.27-1.70) |  |  |
|  | Green vegetables | 1.00 | | 0.83 (0.47-1.45) | 1.09 (0.63-1.88) | 0.64 (0.36-1.15) |  |  |
|  | Pumpkin | 1.00 | | 0.93 (0.67-1.28) | 1.02 (0.66-1.58) | 0.64 (0.28-1.48) |  |  |
|  | Pickles of Chinese cabbages | 1.00 | | 0.73 (0.50-1.08) | 0.87 (0.59-1.30) | 0.81 (0.54-1.23) |  |  |
|  | Vegetable pickles lightly preserved | 1.00 | | 1.20 (0.77-1.88) | 1.16 (0.75-1.80) | 1.04 (0.68-1.58) |  |  |
|  | Beef | 1.00 | | 1.11 (0.71-1.73) | 1.20 (0.78-1.85) | 1.07 (0.59-1.94) |  |  |
|  | Pork | 1.00 | | 1.07 (0.68-1.67) | 1.13 (0.73-1.75) | 0.80 (0.45-1.43) |  |  |
|  | Chicken | 1.00 | | 1.18 (0.66-2.11) | 1.06 (0.62-1.83) | 0.94 (0.52-1.70) |  |  |
|  | Milke | 1.00 | | 0.81 (0.53-1.25) | 0.96 (0.64-1.43) | 0.67 (0.40-1.11) |  |  |
|  | Egg | 1.00 | | 1.40 (0.83-2.37) | 1.15 (0.68-1.95) | 1.05 (0.62-1.78) |  |  |
|  | Cocked/raw fish | 1.00 | | 0.97 (0.66-1.43) | 0.80 (0.51-1.24) | 0.48 (0.24-0.94) |  |  |
|  | Dried/salted fish | 1.00 | | 0.67 (0.44-1.01) | 0.66 (0.44-0.99) | 0.79 (0.47-1.34) |  |  |
|  | Soybean curds (tofu) | 1.00 | | 0.89 (0.55-1.43) | 0.93 (0.56-1.52) | 0.52 (0.30-0.91) |  |  |
|  | Miso soup | 1.00 | | 0.79 (0.36-1.72) | 0.90 (0.42-1.93) | 0.69 (0.30-1.59) |  |  |
|  | Green tea | 1.00 | | 0.98 (0.58-1.66) | 1.14 (0.68-1.93) | 1.14 (0.61-2.12) |  |  |
|  | Coffee | 1.00 | | 0.76 (0.51-1.13) | 0.82 (0.49-1.35) | 1.28 (0.65-2.54) |  |  |
|  |  | | Squamous cell and small cell carcinomas in females | | | |  |  |
|  | Raw vegetables | 1.00 | | 0.97 (0.26-3.55) | 2.11 (0.61-7.34) | 1.01 (0.28-3.58) |  |  |
|  | Fruit | 1.00 | | 0.50 (0.11-2.31) | 0.34 (0.07-1.60) | 0.49 (0.11-2.13) |  |  |
|  | Green vegetables | 1.00 | | 0.83 (0.28-2.42) | 1.00 (0.34-2.89) | 1.37 (0.46-4.09) |  |  |
|  | Pumpkin | 1.00 | | 0.81 (0.40-1.63) | 0.78 (0.30-2.01) | 1.18 (0.32-4.30) |  |  |
|  | Pickles of Chinese cabbages | 1.00 | | 1.12 (0.48-2.62) | 1.79 (0.79-4.08) | 2.18 (0.99-4.82) |  |  |
|  | Vegetable pickles lightly preserved | 1.00 | | 0.63 (0.20-2.01) | 2.01 (0.80-5.02) | 1.27 (0.50-3.20) |  |  |
|  | Beef | 1.00 | | 0.87 (0.38-1.99) | 0.71 (0.30-1.64) | 1.06 (0.35-3.22) |  |  |
|  | Pork | 1.00 | | 0.78 (0.34-1.79) | 0.85 (0.37-1.97) | 0.48 (0.14-1.69) |  |  |
|  | Chicken | 1.00 | | 0.66 (0.23-1.87) | 0.99 (0.40-2.44) | 0.75 (0.26-2.16) |  |  |
|  | Milke | 1.00 | | 1.34 (0.59-3.05) | 1.12 (0.49-2.60) | 0.87 (0.31-2.46) |  |  |
|  | Egg | 1.00 | | 1.21 (0.46-3.19) | 1.16 (0.43-3.12) | 1.06 (0.40-2.76) |  |  |
|  | Cocked/raw fish | 1.00 | | 0.93 (0.44-1.99) | 0.56 (0.22-1.42) | 0.97 (0.28-3.30) |  |  |
|  | Dried/salted fish | 1.00 | | 0.99 (0.38-2.55) | 1.15 (0.47-2.84) | 2.83 (1.02-7.82) |  |  |
|  | Soybean curds (tofu) | 1.00 | | 3.68 (0.99-13.6) | 2.86 (0.73-11.2) | 3.00 (0.72-12.6) |  |  |
|  | Miso soup | 1.00 | | 0.51 (0.12-2.07) | 0.45 (0.11-1.77) | 0.51 (0.11-2.42) |  |  |
|  | Green tea | 1.00 | | 0.36 (0.14-0.93) | 0.41 (0.16-1.04) | 0.49 (0.17-1.46) |  |  |
|  | Coffee | 1.00 | | 0.96 (0.43-2.18) | 0.61 (0.21-1.78) | 0.28 (0.05-1.58) |  |  |
| Nyberg et al., 1998 |  | Once weekly or less | | 2-4 times weekly | Daily or almost daily |  |  |  |
|  | Green leafy vegetables | 1.00 | | 0.98 (0.52-1.82) | 1.09 (0.59-2.00) |  |  |  |
|  |  | Less than weekly | | Once weekly | More than once weekly |  |  |  |
|  | Cabbages, cauliflower, broccoli | 1.00 | | 0.79 (0.42-1.51) | 1.06 (0.58-1.92) |  |  |  |
|  |  | Once weekly or less | | 2-4 times weekly | Daily or almost daily |  |  |  |
|  | Tomatoes | 1.00 | | 1.13 (0.62-2.05) | 0.79 (0.43-1.46) |  |  |  |
|  |  | Low | | Medium | High |  |  |  |
|  | Vegetables index (except for carrots) | 1.00 | | 1.04 (0.54-2.02) | 0.91 (0.46-1.80) |  |  |  |
|  | Vegetables index (including carrots) | 1.00 | | 0.57 (0.26-1.23) | 0.57 (0.29-1.13) |  |  |  |
|  | Fruit index | 1.00 | | 0.44 (0.23-0.83) | 0.67 (0.33-1.36) |  |  |  |
|  |  | Once weekly or less | | 2-4 times weekly | Daily or almost daily |  |  |  |
|  | Citrus fruit and juice | 1.00 | | 1.34 (0.70-2.55) | 1.52 (0.82-2.81） |  |  |  |
|  | Other fruits | 1.00 | | 0.58 (0.28-1.22) | 0.49 (0.25-0.94) |  |  |  |
|  |  | Less than weekly | | Once weekly | More than once weekly |  |  |  |
|  | Berries (seasonal consumption recalculated on yearly basis) | 1.00 | | 0.90 (0.52-1.55) | 1.77 (0.93-3.36) |  |  |  |
|  |  | Less than daily | | Daily or almost daily | 2 glasses or more daily |  |  |  |
|  | Milk | 1.00 | | 0.86 (0.48-1.53) | 1.24 (0.71-2.17) |  |  |  |
|  |  | Once weekly or less | | 2-4 times weekly | Daily or almost daily |  |  |  |
|  | Cultured milk (sour milk, yogurt) | 1.00 | | 2.02 (1.06-3.84) | 1.61 (0.91-2.85) |  |  |  |
|  |  | Less than daily | | Daily or almost daily | 2 glasses/plates or more daily |  |  |  |
|  | Both milk product groups | 1.00 | | 1.00 (0.55-1.81) | 1.42 (0.75-2.68) |  |  |  |
|  |  | Less than weekly | | Once weekly | More than once weekly |  |  |  |
|  | Eggs | 1.00 | | 1.66 (0.92-3.01) | 1.22 (0.67-2.24) |  |  |  |
|  |  | Less than daily | | Daily or almost daily | 4 slices or more daily |  |  |  |
|  | Cheese | 1.00 | | 1.12 (0.58-2.16) | 1.21 (0.61-2.39) |  |  |  |
|  |  | Never | | Seldom (less than monthly) | Monthly or more often |  |  |  |
|  | Liver | 1.00 | | 1.03 (0.58-1.82) | 1.18 (0.62-2.26) |  |  |  |
|  |  | Less than monthly or never | | Monthly | Weekly or more often |  |  |  |
|  | Liver spread (liver paste/liver sausage) | 1.00 | | 0.55 (0.30-1.01) | 0.96 (0.57-1.66) |  |  |  |
|  | Liver and liver spread | 1.00 | | 0.66 (0.35-1.22) | 1.05 (0.60-1.85) |  |  |  |
|  | Fatty fish | 1.00 | | 0.88 (0.48-1.59) | 0.61 (0.32-1.19) |  |  |  |
|  |  | Less than daily | | Daily or almost daily | 3 cups or more daily |  |  |  |
|  | Coffee | 1.00 | | 0.57 (0.27-1.22) | 0.50 (0.24-1.06) |  |  |  |
|  |  | Less than weekly | | 1-4 times weekly | Daily or almost daily |  |  |  |
|  | Tea | 1.00 | | 1.04 (0.56-1.95) | 1.27 (0.73-2.21) |  |  |  |
| Shen et al. 2008 |  | Rarely + Sometimes | | Frequently |  |  |  |  |
|  | Rice | 1.00 | | 1.53 (1.08-2.18) |  |  |  |  |
|  | Corn | 1.00 | | 0.52 (0.35-0.77) |  |  |  |  |
|  | Potatoes | 1.00 | | 0.75 (0.53-1.05) |  |  |  |  |
|  | Green vegetables | 1.00 | | 2.39 (1.28-4.48) |  |  |  |  |
|  | Peppers | 1.00 | | 0.36 (0.25-0.53) |  |  |  |  |
|  | Melons | 1.00 | | 0.66 (0.48-0.92) |  |  |  |  |
|  | Pickled vegetables | 1.00 | | 0.46 (0.33-0.64) |  |  |  |  |
|  | Soybean products | 1.00 | | 1.39 (0.96-2.02) |  |  |  |  |
|  | Fresh meat | 1.00 | | 4.41 (2.40-8.12) |  |  |  |  |
|  | Preserved meats | 1.00 | | 0.50 (0.35-0.71) |  |  |  |  |
|  |  | Rarely | | Sometimes + Frequently |  |  |  |  |
|  | Mushrooms | 1.00 | | 2.03 (1.22-3.37) |  |  |  |  |
|  |  | Rarely | | Sometimes | Frequently |  |  |  |
|  | Wheat | 1.00 | | 0.73 (0.40-1.33) | 1.10 (0.50-2.40) |  |  |  |
|  | Buckwheat | 1.00 | | 0.58 (0.40-0.85) | 0.21 (0.08-0.57) |  |  |  |
|  | Radishes | 1.00 | | 0.53 (0.30-0.92) | 0.35 (0.17-0.72) |  |  |  |
|  | Eggs | 1.00 | | 0.49 (0.20-1.20) | 0.88 0.29-2.66 |  |  |  |
| Koo, 1988 |  | Low | | Medium | High |  |  |  |
| 95% CIs were not reported. | Cruciferous vegetables | 1.04 | | 1.14 | 1.00 |  |  |  |
|  | Fresh leafy green vegetables | 2.06 | | 1.00 | 1.00 |  |  |  |
|  | Beans/legumes | 0.66 | | 0.63 | 1.00 |  |  |  |
|  | Tofu/soy products | 1.46 | | 1.56 | 1.00 |  |  |  |
|  | Fresh fruit | 2.39 | | 1.93 | 1.00 |  |  |  |
|  | Fresh fish | 2.83 | | 1.10 | 1.00 |  |  |  |
|  | Dried/salted fish | 1.00 | | 1.30 | 0.95 |  |  |  |
|  | Smoked/cured meat/poultry | 1.00 | | 0.82 | 0.92 |  |  |  |
|  | Fermented fish/shrimp sauce | 1.00 | | 1.23 | 0.64 |  |  |  |
|  | Fermented beans/sauces | 1.00 | | 1.67 | 0.82 |  |  |  |
|  | Chili, fresh and sauce | 1.00 | | 1.67 | 1.03 |  |  |  |
|  | Pickled vegetables | 1.00 | | 1.50 | 1.60 |  |  |  |
|  | Milk (1 cup) | 1.08 | | 1.81 | 1.00 |  |  |  |
|  | Any type of alcohol (no/yes) | 1.00 | | 1.85 |  |  |  |  |
|  | Any type of tea (no/yes) | 1.00 | | 1.59 |  |  |  |  |
| Galeone et al., 2007 |  | 1 (lowest) | | 2 | 3 (highest) |  |  |  |
|  | Chinese cabbage | 1.00 | | 0.58 (0.36-0.91) | 0.53 (0.34-0.86) |  |  |  |
|  | Chives | 1.00 | | 0.68 (0.44-1.02) | 0.54 (0.35-0.85) |  |  |  |
|  | Celery | 1.00 | | 0.95 (0.60-1.48) | 0.40 (0.26-0.63) |  |  |  |
|  | Total vegetable intake | 1.00 | | 0.88 (0.58-1.34) | 0.39 (0.25-0.62) |  |  |  |
|  | Total fruit intake | 1.00 | | 0.84 (0.54-1.33) | 0.73 (0.48-1.11) |  |  |  |
|  | Total vegetable and fruit intake | 1.00 | | 0.52 (0.34-0.79) | 0.40 (0.25-0.63) |  |  |  |
| Rachtan, 2002 |  | Rarely | | Every day |  |  |  |  |
|  | Other vegetables | 1.00 | | 0.24 (0.11-0.52) |  |  |  |  |
|  |  | Rarely | | At least 3 times/ week |  |  |  |  |
|  | Margarine | 1.00 | | 0.16 (0.09-0.28) |  |  |  |  |
|  | Cheese spread | 1.00 | | 1.62 (0.94-2.81) |  |  |  |  |
|  | Fruits | 1.00 | | Non-smoker & Non-drinker: 0.38 (0.15-0.98);  Non-smoker & drinker: 0.30 (0.11-0.78);  Smoker & Non-drinker: 0.28 (0.12-0.69);  Smoker & Drinker: 0.72 (0.38-1.39);  Heavy smoker & Heavy drinker: 0.46 (0.03-6.56) | |  |  |  |
| Tarrazo-Antelo et al., 2014 |  | <Once a week | | 1-6 times a week | ≥Once a day |  |  |  |
|  | Apples | 1.00 | | 0.68 (0.46-1.02) | 0.75 (0.49-1.15) |  |  |  |
|  | Pears | 1.00 | | 1.01 (0.70-1.46) | 1.48 (0.96-2.30) |  |  |  |
|  | Bananas | 1.00 | | 1.32 (0.93-1.88) | 1.77 (1.10-2.85) |  |  |  |
|  | Kiwis | 1.00 | | 0.80 (0.55-1.16) | 1.01 (0.61-1.69) |  |  |  |
|  | Grapes | 1.00 | | 0.86 (0.61-1.23) | 0.97 (0.60-1.55) |  |  |  |
|  | Oranges | 1.00 | | 0.87 (0.60-1.27) | 0.84 (0.55-1.28) |  |  |  |
|  | Orange juice | 1.00 | | 1.01 (0.63-1.63) | 0.84 (0.52-1.36) |  |  |  |
|  | Cabbage | 1.00 | | 0.92 (0.67-1.28) |  |  |  |  |
|  | Turnip tops | 1.00 | | 0.84 (0.57-1.24) |  |  |  |  |
|  | Berza gallega | 1.00 | | 0.96 (0.69-1.33) |  |  |  |  |
|  | Pumpkin | 1.00 | | 0.57 (0.36-0.91) |  |  |  |  |
|  | Cauliflower | 1.00 | | 1.02 (0.72-1.45) |  |  |  |  |
|  | Broccoli | 1.00 | | 0.54 (0.35-0.84) |  |  |  |  |
|  | Lettuce | 1.00 | | 0.63 (0.39-1.01) | 0.77 (0.46-1.28) |  |  |  |
|  | Tomatoes | 1.00 | | 0.70 (0.44-1.10) | 0.99 (0.59-1.66) |  |  |  |
|  | Potatoes | 1.00 | | 1.65 (0.92-2.97) | 1.72 (0.98-3.01) |  |  |  |
|  | Fruits | 1.00 | | 1.19 (0.64-2.20) | 0.96 (0.55-1.68) |  |  |  |
|  | Green leafy vegetables | 1.00 | | 1.03 (0.35-2.98) | 0.92 (0.32-2.69) |  |  |  |
|  | Other vegetables | 1.00 | | 0.72 (0.38-1.34) | 0.77 (0.40-1.48) |  |  |  |
| Speizer et al., 1999 |  | Never | | 1-3 months | 1 time/ week | 2-4 times/ week | ≥5 times/ week | ≥1 time/ day |
| 95% CIs were not reported. | Broccoli | 1.00 | | 1.00 | 0.80 | 0.90 | 0.20 |  |
|  | Spinach and other greens | 1.00 | | 1.00 | 0.90 | 0.90 | 1.10 |  |
|  | Sweet potatoes | 1.00 | | 1.10 |  | 1.00 |  |  |
|  | Cabbage | 1.00 | | 1.00 | 1.00 | 1.10 | 0.60 |  |
|  | Corn | 1.00 | | 0.80 | 0.80 | 0.80 | 0.50 |  |
|  | Peas | 1.00 | | 1.00 | 0.90 | 1.00 | 0.70 |  |
|  | Beans | 1.00 | | 1.00 | 1.00 | 1.10 |  |  |
|  | Oranges | 1.00 | | 0.70 |  | 0.60 | 0.80 | 0.70 |
|  | Peaches | 1.00 | | 0.90 | 0.80 | 0.80 | 0.90 |  |
|  | Bananas | 1.00 | | 0.90 |  | 0.80 | 1.00 | 1.00 |
|  | Other fruit | 1.00 | | 0.80 |  | 0.70 | 0.70 | 0.80 |
|  | Tomatoes | 1.00 | |  | 0.90 | 0.80 | 1.00 | 0.80 |
| Hu et al., 2002 |  | I (Low) | | II | III | IV (High) |  |  |
|  | Total vegetables | 1.00 | | 1.30 (0.70-2.40) | 1.30 (0.60-2.60) | 1.40 (0.70-3.00) |  |  |
|  | Total fruit | 1.00 | | 0.80 (0.40-1.50) | 0.90 (0.50-1.60) | 1.10 (0.60-2.00) |  |  |
|  | Total juices | 1.00 | | 1.20 (0.60-2.30) | 1.10 (0.60-2.20) | 0.90 (0.40-1.90) |  |  |
|  | Yellow-green vegetables | 1.00 | | 1.00 (0.60-1.80) | 0.90 (0.50-1.70) | 1.10 (0.60-2.10) |  |  |
|  | Cruciferous vegetables | 1.00 | | 0.70 (0.40-1.30) | 0.70 (0.40-1.40) | 0.80 (0.40-1.40) |  |  |
|  | Tomatoes | 1.00 | | 0.60 (0.30-1.20) | 0.80 (0.50-1.40) | 0.70 (0.30-1.40) |  |  |
|  | Cabbage | 1.00 | | 0.80 (0.50-1.30) | 0.80 (0.50-1.50) | 0.80 (0.30-1.90) |  |  |
|  | Broccoli | 1.00 | | 0.80 (0.50-1.40) | 0.90 (0.50-1.60) | 0.60 (0.20-1.80) |  |  |
|  | Lentils | 1.00 | | 0.70 (0.40-1.10) | 0.70 (0.40-1.30) |  |  |  |
|  | French fries or fried potatoes | 1.00 | | 0.80 (0.50-1.40) | 1.70 (1.00-3.00) |  |  |  |
|  | Total grain products | 1.00 | | 1.30 (0.70-2.30) | 0.70 (0.30-1.30) | 0.80 (0.40-1.70) |  |  |
|  | Total meat | 1.00 | | 0.90 (0.50-1.70) | 1.20 (0.70-2.30) | 1.90 (1.00-3.60) |  |  |
|  | Fresh red meat | 1.00 | | 0.80 (0.40-1.50) | 1.40 (0.70-2.60) | 1.40 (0.70-2.80) |  |  |
|  | Smoked meat | 1.00 | | 1.30 (0.80-2.30) | 2.10 (1.10-4.00) |  |  |  |
|  | Sausage | 1.00 | | 0.80 (0.50-1.30) | 1.20 (0.60-2.30) | 0.70 (0.20-2.50) |  |  |
|  | Bacon | 1.00 | | 1.00 (0.60-1.60) | 1.50 (0.90-2.50) |  |  |  |
|  | Total milk | 1.00 | | 1.10 (0.60-2.10) | 0.90 (0.50-1.70) | 1.00 (0.50-1.90) |  |  |
|  | Cheese | 1.00 | | 0.90 (0.60-1.50) | 0.60 (0.30-1.20) |  |  |  |
|  | Eggs | 1.00 | | 1.00 (0.50-2.00) | 1.80 (1.00-3.30) |  |  |  |
|  |  | 0 | | 1 | >1 |  |  |  |
|  | Total alcohol (servings per week) | 1.00 | | 0.80 (0.50-1.40) | 0.80 (0.50-1.20) |  |  |  |
|  |  | 0 | | ≤0.5 | >0.5 |  |  |  |
|  | Beer (bottles or cans per week) | 1.00 | | 1.20 (0.60-2.40) | 0.50 (0.20-1.10) |  |  |  |
|  | Liquor (shots per week) | 1.00 | | 1.10 (0.60-2.10) | 1.10 (0.60-2.10) |  |  |  |
|  | Wine (glasses per week) | 1.00 | | 0.70 (0.40-1.20) | 0.70 (0.40-1.20) |  |  |  |
|  |  | 0 | | 1-7 | >7 |  |  |  |
|  | Tea (cups per week) | 1.00 | | 0.60 (0.30-0.90) | 0.40 (0.20-0.70) |  |  |  |
|  |  | ≤1 | | 2-7 | 8-17.5 | >17.5 |  |  |
|  | Coffee (cups per week) | 1.00 | | 0.90 (0.50-1.60) | 0.90 (0.50-1.60) | 0.80 (0.40-1.80) |  |  |
| Rachtan et al., 1997 |  | Rarely | | At least 2 times/ week |  |  |  |  |
|  | Milk | 1.00 | | 0.42 (0.24-0.75) |  |  |  |  |
|  | Cheese spread | 1.00 | | 1.93 (1.14-3.28) |  |  |  |  |
|  | Margarine on bread | 1.00 | | 0.10 (0.05-0.19) |  |  |  |  |
|  |  | Rarely | | Every day |  |  |  |  |
|  | Meat | 1.00 | | 2.74 (1.50-5.02) |  |  |  |  |
|  | Vegetables | 1.00 | | 0.33 (0.17-0.66) |  |  |  |  |
|  | Fruits | 1.00 | | 0.41 (0.24-0.69) |  |  |  |  |
|  |  | Non-drinkers | | Rarely | 1–2 times/month | At least 1 time/week |  |  |
|  | Beer | 1.00 | | 1.07 (0.49–2.34) | 1.83 (0.50–6.69) | 3.30 (0.62-17.48) |  |  |
|  | Wine | 1.00 | | 0.90 (0.50–1.81) | 1.08 (0.48–2.45) | 1.16 (0.16–8.45) |  |  |
|  | Vodka | 1.00 | | 3.18 (1.80–5.61) | 2.56 (1.18–5.56) | 10.32 (1.17–91.47) |  |  |
| Dai et al., 1996 | Other food items were not reported | | |  |  |  |  |  |
| Fortes et al., 2003 |  | Low | | Medium | High |  |  |  |
|  | Bread | 1.00 | | 0.76 (0.49-1.18) | 0.93 (0.55-1.57) |  |  |  |
|  | Pasta and rice | 1.00 | | 1.09 (0.73-1.59) | 1.00 (0.41-2.40) |  |  |  |
|  | Green salad | 1.00 | | 1.17 (0.74-1.84) | 0.85 (0.52-1.41) |  |  |  |
|  | Cruciferous vegetables | 1.00 | | 1.81 (1.08-3.05) | 1.41 (0.81-2.48) |  |  |  |
|  | Leafy green vegetables | 1.00 | | 0.79 (0.49-1.28) | 0.61 (0.37-0.98) |  |  |  |
|  | Tomatoes | 1.00 | | 0.61 (0.34-1.09) | 0.59 (0.34-1.03) |  |  |  |
|  | Legumes | 1.00 | | 1.08 (0.67-1.75) | 1.12 (0.69-1.82) |  |  |  |
|  | Fruits (apples, pears, and bananas) | 1.00 | | 1.21 (0.74-1.97) | 1.31 (0.85-2.03) |  |  |  |
|  | Fruits rich in vitamin C | 1.00 | | 0.62 (0.31-1.23) | 0.66 (0.35-1.27) |  |  |  |
|  | Fruits rich in beta-carotene | 1.00 | | 1.20 (0.69-2.09) | 1.33 (0.78-2.25) |  |  |  |
|  | Nuts | 1.00 | | 1.00 (0.65-1.52) | 1.15 (0.66-2.02) |  |  |  |
|  | Red meat | 1.00 | | 0.80 (0.50-1.27) | 1.00 (0.55-1.83) |  |  |  |
|  | White meat (chicken, turkey, and rabbit) | 1.00 | | 0.50 (0.31-0.82) | 0.66 (0.42-1.02) |  |  |  |
|  | Liver and offals | 1.00 | | 0.86 (0.58-1.29) | 0.82 (0.50-1.34) |  |  |  |
|  | Fish | 1.00 | | 0.90 (0.57-1.41) | 0.86 (0.50-1.46) |  |  |  |
|  | Fish rich in omega-3 fatty acids | 1.00 | | 1.03 (0.65-1.61) | 0.78 (0.50-1.21) |  |  |  |
|  | Eggs | 1.00 | | 0.56 (0.34-0.92) | 0.63 (0.39-1.02) |  |  |  |
|  | Cured ham and salami | 1.00 | | 0.95 (0.56-1.61) | 0.90 (0.54-1.49) |  |  |  |
|  | Cheese | 1.00 | | 0.63 (0.35-1.13) | 0.77 (0.51-1.15) |  |  |  |
|  | Milk and yogurt | 1.00 | | 0.73 (0.47-1.13) | 0.54 (0.29-1.02) |  |  |  |
|  | Aperitifs | 1.00 | | 0.96 (0.65-1.43) | 0.83 (0.38-1.79) |  |  |  |
|  | Liqueurs and spirits | 1.00 | | 0.76 (0.50-1.14) | 0.74 (0.41-1.33) |  |  |  |
|  | Beer | 1.00 | | 0.78 (0.53-1.15) | 0.67 (0.36-1.23) |  |  |  |
|  | Wine | 1.00 | | 1.00 (0.65-1.53) | 0.87 (0.53-1.43) |  |  |  |
|  | Coffee | 1.00 | | 1.08 (0.68-1.71) | 0.87 (0.53-1.41) |  |  |  |
|  | Tea | 1.00 | | 0.68 (0.43-1.08) | 1.15 (0.66-2.00) |  |  |  |
| Steinmetz et al., 1993 |  | 1 | | 2 | 3 | 4 |  |  |
|  | All vegetables and fruits | 1.00 | | 0.77 (0.47-1.26) | 0.73 (0.44-1.22) | 0.49 (0.28-0.86) |  |  |
|  | All vegetables | 1.00 | | 0.65 (0.40-1.06) | 0.53 (0.31-0.90) | 0.50 (0.29-0.87) |  |  |
|  | All fruits | 1.00 | | 0.80 (0.50-1.28) | 0.51 (0.29-0.88) | 0.75 (0.44-1.23) |  |  |
|  | Green leaf vegetables | 1.00 | | 0.86 (0.54-1.38) | 0.42 (0.24-0.73) | 0.45 (0.26-0.79) |  |  |
|  | Broccoli | 1.00 | | 0.74 (0.44-1.26) | 0.67 (0.40-1.12) | 0.72 (0.40-1.29) |  |  |
|  | Tomatoes | 1.00 | | 1.57 (1.00-2.50) | 1.00 (0.61-1.64) |  |  |  |

**Note: “Food item” includes foods, liquids and sauces.**