**SUPPLEMENT TABLES**

Supplement table 1. Baseline characteristics of study population stratified by consumption of processed meat2, n=8,007

|  |  |
| --- | --- |
|  | **Consumption of processed meat1** |
|  | **Low consumption of processed meat** | **Medium consumption of processed meat** | **High consumption of processed meat** |
|  | n (%) | n (%) | n (%) |
| **Age**, mean (sd) | 50 (14) | 48 (14) | 46 (13) |
| **Sex** Men Women | 494 (25.1)1475 (74.9) | 1712 (42.3)2331 (57.7) | 1537 (77.0)458 (23.0) |
| **Ethnicity** Danish Western Non-western | 1885 (95.7)31 (1.6)53 (2.7) | 3964 (98.0)36 (0.9)43 (1.1) | 1969 (98.7)15 (0.8)11 (0.6) |
| **Educational level** Long Medium Short | 719 (36.5)744 (37.8)506 (25.7) | 1384 (34.2)1752 (43.3)907 (22.4) | 495 (24.8)1036 (51.9)464 (23.3) |
| **BMI** <18.5 18.5-24.9 25-29.9 ≥30 | 46 (2.3)1129 (57.3)598 (30.4)196 (10.0) | 72 (1.8)2213 (54.7)1301 (32.2)457 (11.3) | 18 (0.9)887 (44.5)781 (39.1)309 (15.5) |
| **Smoking** Never Former Current | 897 (45.6)563 (28.6)509 (25.9) | 1893 (46.8)1084 (26.8)1066 (26.4) | 844 (42.3)550 (27.6)601 (30.1) |
| **Physical activity** None Light Moderate/hard | 170 (8.6)794 (40.3)1005 (51.0) | 333 (8.2)1652 (40.9)2058 (50.9) | 195 (9.8)770 (38.6)1030 (51.6) |

1Low consumption of processed meat: < 19 g/day; Medium consumption of processed meat: 19-58 g/day; High consumption of processed meat: > 58 g/day

Abbreviations: n, number of participants; sd, standard deviation

Supplement table 2. Distribution of meat consumption and dietary quality score, n=9,848

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Mean (sd)** | **Q1** | **Median** | **Q3** |
| Red meat, g/day | 75 (50) | 41 | 65 | 97 |
| Processed meat, g/day | 43 (35) | 19 | 35 | 58 |
| Poultry, g/day | 23 (27) | 1 | 16 | 34 |
| Dietary quality score | 3.0 (0.9) | 2.4 | 3.1 | 3.7 |

Abbreviations: sd, standard deviation; Q1, first quartile; Q3, third quartile

Supplement table 3. Association between red meat consumption and processed meat consumption and risk of acute coronary syndrome, n=8,198

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **No. of cases** | **IR1** | **HR [95%CI]2** | **HR [95%CI]3** |
| Red meat, low (< 65 g/day) | 108 | 261 | 1.00 Reference | 1.00 Reference |
| Red meat, high (≥ 65 g/day) | 134 | 345 | 1.09 [0.84;1.42] | 1.10 [0.83;1.45] |
| Red meat, per 100 g/day |  |  | 1.17 [0.90;1.54] | 1.22 [0.91;1.62] |
|  |  |  |  |  |
| Processed meat, low (< 35 g/day) | 111 | 274 | 1.00 Reference | 1.00 Reference |
| Processed meat high (≥ 35 g/day) | 131 | 282 | 1.03 [0.79;1.35] | 1.05 [0.79;1.40] |
| Processed meat, per 50 g/day |  |  | 1.08 [0.89;1.31] | 1.07 [0.86;1.33] |

1Per 100,000 person-years

2Adjusted by sex

3Adjusted by sex, educational attainment (the year before baseline), ethnicity, smoking, physical activity, alcohol, BMI, history of diabetes (10 years before baseline), and total energy intake

Abbreviations: n, number of participants; IR, incidence rates; HR, hazard ratios; CI, confidence interval

Supplement table 4. Association between red meat consumption and processed meat consumption and risk of acute coronary syndrome. Stratified by dietary quality3, n=8,198

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Unhealthy diet****no. of cases** | **Healthy diet****no. of cases** | **Unhealthy diet****IR1** | **Healthy diet****IR1** | **Unhealthy diet****HR [95%CI]2** | **Healthy diet****HR [95%CI]2** | **p-value for interaction** |
| Red meat, low (< 65 g/day) | 44 | 64 | 256 | 265 | 1.00 Reference | 1.00 Reference | 0.61 |
| Red meat, high (≥ 65 g/day) | 81 | 53 | 348 | 339 | 1.16 [0.78;1.72] | 1.11 [0.74;1.66] |
| Red meat, per 100 g/day |  |  |  |  | 1.24 [0.86;1.79] | 1.18 [0.73;1.88] | 0.61 |
|  |  |  |  |  |  |  |  |
| Processed meat, low (< 35 g/day) | 40 | 71 | 243 | 296 | 1.00 Reference | 1.00 Reference | 0.10 |
| Processed meat high (≥ 35 g/day) | 85 | 46 | 355 | 290 | 1.27 [0.84;1.94] | 0.83 [0.55;1.27] |
| Processed meat, per 50 g/day |  |  |  |  | 1.09 [0.84;1.42] | 0.96 [0.66;1.40] | 0.40 |

1Per 100,000 person-years

2Adjusted by sex, educational attainment (the year before baseline), ethnicity, smoking, physical activity, alcohol, BMI, history of diabetes (10 years before baseline), and total energy intake.

3Unhealthy diet: < 3.1 on the dietary quality score; Healthy diet: ≥ 3.1 on the dietary quality score

Abbreviations: n, number of participants; IR, incidence rates; HR, hazard ratios; CI, confidence interval

Supplement table 5. Baseline characteristics of study population stratified by consumption of poultry, n=8,007

|  |  |
| --- | --- |
|  | **Consumption of poultry1** |
|  | **Low consumption of poultry** | **Medium consumption of poultry** | **High consumption of poultry** |
|  | n (%) | n (%) | n (%) |
| **Age**, mean (sd) | 50 (14) | 47 (13) | 46 ()13 |
| **Sex** Men Women | 1040 (50.1)1037 (49.9) | 1616 (41.3)2293 (58.7) | 1087 (53.8)934 (46.2) |
| **Ethnicity** Danish Western Non-western | 2035 (98.0)23 (1.1)19 (0.9) | 3815 (97.6)39 (1.0)55 (1.4) | 1968 (97.4)20 (1.0)33 (1.6) |
| **Educational level** Long Medium Short | 586 (28.2)905 (43.6)586 (28.2) | 1329 (34.0)1711 (43.8)869 (22.2) | 683 (33.8)916 (45.3)422 (20.9) |
| **BMI** <18.5 18.5-24.9 25-29.9 ≥30 | 43 (2.1)1056 (50.8)715 (34.4)263 (12.7) | 62 (1.6)2151 (55.0)1256 (32.1)440 (11.3) | 31 (1.5)1022 (50.6)709 (35.1)259 (12.8) |
| **Smoking** Never Former Current | 877 (42.2)556 (26.8)644 (31.0) | 1818 (46.5)1087 (27.8)1004 (25.7) | 939 (46.5)554 (27.4)528 (26.1) |
| **Physical activity** None Light Moderate/hard | 203 (9.8)837 (40.3)1037 (49.9) | 323 (8.3)1612 (41.2)1974 (50.5) | 172 (8.5)767 (38.0)1082 (53.5) |

1Low consumption of poultry: < 1 g/day; Medium consumption of poultry: 1-34 g/day; High consumption of poultry: > 34 g/day

Abbreviations: n, number of participants; sd, standard deviation

Supplement table 6. Association between poultry consumption and risk of ischemic heart disease, n=8,007

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **No. of cases** | **IR1** | **HR [95%CI]2** | **HR [95%CI]3** |
| Poultry, low (< 1 g/day) | 128 | 631 | 1.00 Reference | 1.00 Reference |
| Poultry, medium (1-34 g/day) | 205 | 549 | 1.05 [0.84;1.31] | 1.07 [0.86;1.34] |
| Poultry, high (> 34 g/day) | 106 | 540 | 1.02 [0.79;1.32] | 1.03 [0.80;1.34] |
| Poultry, per 100 g/day |  |  | 0.89 [0.60;1.31] | 0.92 [0.62;1.37] |

1Per 100,000 person-years

2Adjusted by sex

3Adjusted by sex, educational attainment (the year before baseline), ethnicity, smoking, physical activity, alcohol, BMI, history of diabetes (10 years before baseline), and total energy intake

Supplement table 7. Association between poultry consumption and risk of acute coronary syndrome, n=8,198

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **No. of cases** | **IR1** | **HR [95%CI]2** | **HR [95%CI]3** |
| Poultry, low (< 16 g/day) | 127 | 322 | 1.00 Reference | 1.00 Reference |
| Poultry, high (≥ 16 g/day) | 115 | 282 | 0.97 [0.75;1.25] | 0.98 [0.76;1.26] |
| Poultry, per 100 g/day |  |  | 1.01 [0.61;1.67] | 1.03 [0.62;1.71] |

1Per 100,000 person-years

2Adjusted by sex

3Adjusted by sex, educational attainment (the year before baseline), ethnicity, smoking, physical activity, alcohol, BMI, history of diabetes (10 years before baseline), and total energy intake

Supplement table 8. Association between poultry consumption and risk of ischemic heart disease. Stratified by dietary quality3, n=8,007

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Unhealthy diet****no. of cases** | **Medium diet****no. of cases** | **Healthy diet****no. of cases** | **Unhealthy diet****IR1** | **Medium diet****IR1** | **Healthy diet****IR1** | **Unhealthy diet****HR [95%CI]2** | **Medium diet****HR [95%CI]2** | **Healthy diet****HR [95%CI]2** | **p-value for interactions** |
| Poultry, low (< 1 g/day) | 35 | 72 | 21 | 651 | 680 | 486 | 1.00 Reference | 1.00 Reference | 1.00 Reference | 0.21 |
| Poultry, medium (1-34 g/day) | 34 | 110 | 61 | 412 | 557 | 654 | 0.78 [0.48;1.26] | 1.06 [0.78;1.43] | 1.54 [0.93;2.54] |
| Poultry, high (> 34 g/day) | 25 | 60 | 21 | 484 | 613 | 449 | 0.94 [0.56;1.60] | 1.12 [0.79;1.58] | 0.97 [0.53;1.78] |
| Poultry, per 100 g/day |  |  |  |  |  |  | 0.81 [0.35;1.87] | 0.96 [0.56;1.63] | 0.91 [0.39;2.13] | 0.97 |

1Per 100,000 person-years

2Adjusted by sex, educational attainment (the year before baseline), ethnicity, smoking, physical activity, alcohol, BMI, history of diabetes (10 years before baseline), and total energy intake.

3Unhealthy diet: < 2.4 on the dietary quality score; Medium diet: 2.4-3.7 on the dietary score; Healthy diet: > 3.7 on the dietary quality score

Supplement table 9. Association between poultry consumption and risk of acute coronary syndrome. Stratified by dietary quality3, n=8,198

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Unhealthy diet****no. of cases** | **Healthy diet****no. of cases** | **Unhealthy diet****IR1** | **Healthy diet****IR1** | **Unhealthy diet****HR [95%CI]2** | **Healthy diet****HR [95%CI]2** | **p-value for interactions** |
| Poultry, low (< 16 g/day) | 68 | 59 | 331 | 311 | 1.00 Reference | 1.00 Reference | 0.80 |
| Poultry, high (≥ 16 g/day) | 57 | 58 | 286 | 278 | 0.96 [0.67;1.37] | 1.04 [0.72;1.50] |
| Poultry, per 100 g/day |  |  |  |  | 1.21 [0.63;2.32] | 0.82 [0.38;1.77] | 0.47 |

1Per 100,000 person-years

2Adjusted by sex, educational attainment (the year before baseline), ethnicity, smoking, physical activity, alcohol, BMI, history of diabetes (10 years before baseline), and total energy intake.

3Unhealthy diet: < 3.1 on the dietary quality score; Healthy diet: ≥ 3.1 on the dietary quality score