# Supplementary material

Online table 1. RRR’s of organic food consumption in relation to the adherence to national dietary guidelines, by sex (w, women, m, men)

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| --- | --- | --- | --- | --- | --- | --- | --- |
| *Organic food score consumption* | Low organic versus never organic | | Medium organic versus never organic | | High organic versus never organic | | |
| Number of persons | 16,712 (39%) | | 15,892 (37%) | | 4,272 (10%) | |  |
|  | **RRR, 95% CI** | | **RRR, 95% CI** | | **RRR, 95% CI** | | |
| BMI (kg/m2) w  <25  25-29.9  ≥30 | Ref  0.9  0.7 | (0.8-1.0)  (0.6-0.8) | Ref  0.9  0.6 | (0.8-0.9)  (0.6-0.7) | Ref  0.8  0.6 | (0.7-0.9)  (0.5-0.7) | | |
| BMI (kg/m2) m  <25  25-29.9  ≥30 | Ref  1.0  0.8 | (0.9-1.0)  (0.7-0.9) | Ref  0.8  0.6 | (0.7-0.9)  (0.5-0.7) | Ref  0.8  0.6 | (0.7-0.9)  (0.5-0.7) | | |
| Educational level (years) w  Short (<8)  Medium (8-10)  Long (>10) | Ref  1.6  1.9 | (1.4-1.7)  (1.7-2.2) | Ref  2.0  3.8 | (1.8-2.2)  (3.3-4.4) | Ref  2.2  5.2 | (2.0-2.6)  (4.4-6.1) | | |
| Educational level (years) m  Short (<8)  Medium (8-10)  Long (>10) | Ref  1.3  1.6 | (1.2-1.5)  (1.4-1.7) | Ref  1.6  2.4 | (1.5-1.8)  (2.1-2.7) | Ref  1.6  2.9 | (1.3-1.8)  (2.5-3.4) | | |
| Sport w  No  Yes | Ref  1.3 | (1.2-1.4) | Ref  1.6 | (1.4-1.7) | Ref  1.7 | (1.5-1.9) | | |
| Sport m  No  Yes | Ref  1.4 | (1.3-1.5) | Ref  1.6 | (1.5-1.8) | Ref  1.7 | (1.5-1.9) | | |
| Meet weekly alcohol limits\* w  No  Yes | Ref  1.2 | (1.1-1.3) | Ref  1.3 | (1.2-1.4) | Ref  1.2 | (1.1-1.4) | | |
| Meet weekly alcohol limits\* m  No  Yes | Ref  1.0 | (1.0-1.1) | Ref  1.0 | (1.0-1.1) | Ref  1.1 | (0.9-1.2) | | |
| Smoking w  Never  Former  Current | Ref  1.0  0.8 | (0.9-1.1)  (0.7-0.9) | Ref  1.2  0.7 | (1.1-1.3)  (0.6-0.8) | Ref  1.4  0.7 | (1.2-1.5)  (0.6-0.8) | | |
| Smoking m  Never  Former  Current | Ref  1.0  0.8 | (0.9-1.1)  (0.7-0.9) | Ref  1.0  0.8 | (0.9-1.2)  (0.7-0.8) | Ref  1.0  0.7 | (0.9-1.2)  (0.6-0.8) | | |

Never consumers of organic foods is the reference outcome category (n=6,333). Abbreviations: BMI, body mass index RRR, relative risk ratio, 95% CI, 95% confidence interval \*Weekly alcohol limits: ≤7 units/week for women and ≤14 units/week for men