

Table 4. Age-adjusted Hazard Ratios* and 95% Confidence Intervals (95% CI) According to Dietary Modification Advised by Health Professionals

	No. of subjects	All causes		All cancers		Esophageal cancer		Stomach cancer		Colon cancer		Rectal cancer		Liver cancer		
		No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	
Men																
Salt intake																
No change	29,088	6,086	1.00	2,428	1.00	98	1.00	501	1.00	120	1.00	107	1.00	286	1.00	
Modified	14,037	3,644	1.01(0.96-1.06)	1,266	0.90(0.83-0.97)**47	0.79(0.66-0.93)**	239	0.79(0.66-0.93)**	85	1.21(0.90-1.64)	49	0.86(0.60-1.24)	157	1.20(0.95-1.52)		
Sugar intake																
No change	36,178	458,746	7,959	1.00	3,088	1.00	131	1.00	627	1.00	172	1.00	132	1.00	352	1.00
Modified	6,939	82,252	1,770	1.03(0.98-1.09)	606	0.93(0.85-1.02)	14	0.50(0.28-0.88)**113	0.84(0.68-1.03)+	33	0.88(0.60-1.29)	24	0.92(0.58-1.44)	91	1.37(1.06-1.77)*	
Energy intake																
No change	40,035	505,124	8,903	1.00	3,403	1.00	137	1.00	697	1.00	187	1.00	147	1.00	388	1.00
Modified	3,078	35,852	823	1.18(1.10-1.27)**291	1.11(0.98-1.25)	8	0.76(0.37-1.57)	43	0.79(0.58-1.08)	18	1.19(0.73-1.94)	9	0.83(0.42-1.64)	55	1.97(1.46-2.66)**	
Fat intake																
No change	36,190	459,184	7,970	1.00	3,069	1.00	128	1.00	614	1.00	167	1.00	135	1.00	354	1.00
Modified	6,928	81,837	1,757	1.07(1.01-1.13)*	625	1.01(0.92-1.10)	17	0.65(0.39-1.09)	126	1.00(0.82-1.22)	38	1.09(0.75-1.57)	21	0.81(0.50-1.30)	89	1.39(1.08-1.80)*
Other modification																
No change	37,494	471,490	8,309	1.00	3,174	1.00	117	1.00	640	1.00	179	1.00	126	1.00	381	1.00
Modified	866	10,349	201	1.03(0.90-1.19)	72	1.00(0.79-1.26)	3	1.04(0.33-3.29)	14	0.98(0.57-1.67)	1	0.24(0.03-1.69)	4	1.63(0.59-4.46)	9	1.18(0.60-2.30)
Women																
Salt intake																
No change	36,900	489,964	4,018	1.00	1,323	1.00	15	1.00	213	1.00	124	1.00	55	1.00	129	1.00
Modified	21,900	274,663	2,718	1.06(1.01-1.12)*	840	0.99(0.90-1.09)	9	0.86(0.36-2.05)	137	1.03(0.81-1.31)	74	0.83(0.61-1.13)	32	0.92(0.57-1.48)	85	1.03(0.75-1.41)
Sugar intake																
No change	45,880	603,313	5,276	1.00	1,676	1.00	19	1.00	277	1.00	144	1.00	68	1.00	163	1.00
Modified	12,898	161,052	1,457	0.99(0.93-1.06)	487	1.02(0.92-1.14)	5	0.97(0.35-2.66)	73	0.96(0.73-1.26)	54	1.31(0.94-1.81)	19	1.02(0.60-1.75)	51	1.09(0.78-1.52)
Energy intake																
No change	53,677	702,130	6,134	1.00	1,976	1.00	18	1.00	325	1.00	172	1.00	79	1.00	193	1.00
Modified	5,087	62,079	597	1.11(1.02-1.21)*	186	1.04(0.89-1.21)	6	4.27(1.65-11.1)**25	0.89(0.59-1.35)	26	1.69(1.11-2.56)*	7	1.00(0.46-2.20)	21	1.19(0.75-1.89)	
Fat intake																
No change	45,679	602,953	5,247	1.00	1,651	1.00	19	1.00	278	1.00	151	1.00	70	1.00	155	1.00
Modified	13,098	161,389	1,485	1.00(0.94-1.07)	512	1.09(0.98-1.21)	5	0.92(0.34-2.52)	72	0.93(0.70-1.22)	47	1.06(0.76-1.49)	17	0.90(0.52-1.58)	59	1.35(0.97-1.87)+
Other modification																
No change	51,391	667,938	5,748	1.00	1,870	1.00	21	1.00	303	1.00	166	1.00	73	1.00	177	1.00
Modified	960	11,505	132	1.22(1.03-1.46)*	38	1.13(0.82-1.56)	0	NA	7	1.35(0.63-2.88)	5	1.40(0.57-3.42)	3	2.23(0.69-7.19)	5	1.71(0.70-4.21)

*Adjusted for age and area of study. ** p<0.01; * p<0.05; +p<0.10 NA: not applicable

Table 4. Continued. Age-adjusted Hazard Ratios* and 95% Confidence Intervals(95% CI) According to Dietary Modification Advised by Health Professionals

	No. of subjects	Person -years	Gall bladder cancer		Pancreas cancer		Lung cancer		Breast cancer		Uterine cervix cancer		Prostate cancer	
			No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)
Men														
Salt intake														
No change	29,088	373,087	41	1.00	140	1.00	569	1.00	NA	NA	NA	100	1.00	
Modified	14,037	168,012	30	1.14(0.67-1.93)	75	0.91(0.67-1.24)	286	0.83(0.71-0.96)*	NA	NA	NA	62	0.95(0.66-1.35)	
Sugar intake														
No change	36,178	458,746	59	1.00	167	1.00	737	1.00	NA	NA	NA	132	1.00	
Modified	6,939	82,251	12	0.88(0.46-1.69)	48	1.42(1.01-1.99)*	118	0.73(0.60-0.90)**	NA	NA	NA	30	0.96(0.63-1.45)	
Energy intake														
No change	40,035	505,123	69	1.00	194	1.00	793	1.00	NA	NA	NA	143	1.00	
Modified	3,078	35,852	2	0.34(0.08-1.40)	21	1.43(0.90-2.27)	62	1.00(0.77-1.30)	NA	NA	NA	19	1.63(1.00-2.67)*	
Fat intake														
No change	36,190	459,184	58	1.00	178	1.00	725	1.00	NA	NA	NA	130	1.00	
Modified	6,928	81,836	13	1.02(0.54-1.92)	37	1.02(0.70-1.47)	130	0.87(0.72-1.05)	NA	NA	NA	32	1.13(0.75-1.69)	
Other modification														
No change	37,494	471,489	62	1.00	188	1.00	733	1.00	NA	NA	NA	136	1.00	
Modified	866	10,348	0	NA	5	1.16(0.47-2.84)	23	1.33(0.88-2.02)	NA	NA	NA	2	0.56(0.14-2.28)	
Women														
Salt intake														
No change	36,900	489,964	53	1.00	108	1.00	155	1.00	71	1.00	23	1.00	NA	
Modified	21,900	274,663	35	1.04(0.64-1.68)	97	1.38(1.02-1.87)*	91	0.88(0.66-1.17)	28	0.71(0.44-1.14)	9	0.63(0.27-1.48)	NA	
Sugar intake														
No change	45,880	603,313	68	1.00	151	1.00	194	1.00	83	1.00	27	1.00	NA	
Modified	12,898	161,052	20	1.03(0.61-1.74)	54	1.21(0.87-1.67)	52	0.91(0.66-1.27)	16	0.74(0.42-1.29)	5	0.66(0.24-1.79)	NA	
Energy intake														
No change	53,677	702,130	80	1.00	182	1.00	229	1.00	96	1.00	30	1.00	NA	
Modified	5,087	62,079	8	1.06(0.50-2.22)	23	1.33(0.85-2.07)	17	0.78(0.47-1.29)	3	0.36(0.11-1.14)*	2	0.74(0.17-3.20)	NA	
Fat intake														
No change	45,679	602,953	65	1.00	138	1.00	195	1.00	80	1.00	27	1.00	NA	
Modified	13,098	161,389	23	1.26(0.75-2.10)	67	1.68(1.23-2.30)**	51	0.84(0.61-1.17)	19	0.94(0.55-1.61)	5	0.62(0.23-1.71)	NA	
Other modification														
No change	51,391	667,938	80	1.00	176	1.00	217	1.00	79	1.00	28	1.00	NA	
Modified	960	11,505	2	1.35(0.33-5.59)	3	0.85(0.27-2.68)	3	0.71(0.23-2.24)	2	1.71(0.41-7.08)	2	4.14(0.95-18.04)*	NA	

*Adjusted for age and area of study. ** p<0.01; * p<0.05; †p<0.10 NA: not applicable

Table 4. Continued. Age-adjusted Hazard Ratios^a and 95% Confidence Intervals(95% CI) According to Dietary Modification Advised by Health Professional

	No. of subjects	Person -years	Kidney cancer		Urothelial tract cancer		Non-Hodgkin's		Multiple myeloma		Myeloid leukemia		Ischemic heart disease		Cerebrovascular	
			No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)
Men																
Salt intake																
No change	29,088	37,3087	26	1.00	58	1.00	61	1.00	31	1.00	28	1.00	351	1.00	749	1.00
Modified	14,037	168,012.9	15	1.23(0.60-2.50)	31	0.90(0.55-1.46)	28	0.87(0.53-1.42)	14	1.00(0.50-2.03)	14	0.95(0.47-1.92)	285	1.43(1.19-1.70)**	518	1.10(0.98-1.25)
Sugar intake																
No change	36,178	458,746	31	1.00	73	1.00	70	1.00	40	1.00	33	1.00	479	1.00	1048	1.00
Modified	6,939	82,251	10	1.84(0.86-3.94)	16	1.03(0.58-1.82)	19	1.49(0.87-2.55)	5	0.72(0.28-1.87)	9	1.36(0.62-2.94)	157	1.53(1.26-1.85)**	219	0.93(0.80-1.08)
Energy intake																
No change	40,035	505,123	37	1.00	86	1.00	82	1.00	39	1.00	37	1.00	567	1.00	1171	1.00
Modified	3,078	35,852	4	1.59(0.55-4.58)	3	0.44(0.14-1.41)	7	1.20(0.54-2.63)	6	2.49(1.02-6.04)*	5	1.73(0.66-4.51)	68	1.48(1.14-1.92)**	96	1.02(0.83-1.26)
Fat intake																
No change	36,190	459,184	31	1.00	71	1.00	74	1.00	38	1.00	33	1.00	488	1.00	1035	1.00
Modified	6,928	81,836	10	1.87(0.87-3.99)	18	1.28(0.74-2.21)	15	1.09(0.61-1.96)	7	1.10(0.47-2.55)	9	1.39(0.64-3.01)	147	1.45(1.20-1.77)**	232	1.06(0.91-1.22)
Other modification																
No change	37,494	471,489	37	1.00	76	1.00	78	1.00	41	1.00	40	1.00	541	1.00	1040	1.00
Modified	866	10,348	0	NA	1	0.54(0.07-3.92)	4	2.48(0.89-6.91) ⁺	1	1.39(0.19-10.35)	0	NA	14	1.09(0.64-1.86)	28	1.08(0.74-1.58)
Women																
Salt intake																
No change	36,900	489,964	8	1.00	25	1.00	30	1.00	33	1.00	19	1.00	263	1.00	596	1.00
Modified	21,900	274,663	9	1.43(0.53-3.87)	14	1.15(0.53-2.47)	34	1.56(0.89-2.73)	15	0.78(0.40-1.55)	13	0.91(0.41-2.00)	171	1.04(0.83-1.28)	491	1.24(1.09-1.42)**
Sugar intake																
No change	45,880	603,313	12	1.00	31	1.00	43	1.00	43	1.00	20	1.00	343	1.00	837	1.00
Modified	12,898	161,052	5	1.24(0.43-3.60)	8	1.12(0.48-2.61)	21	1.45(0.83-2.54)	5	0.44(0.17-1.13) ⁺	12	2.00(0.92-4.36) ⁺	91	0.99(0.77-1.26)	250	1.04(0.90-1.21)
Energy intake																
No change	53,677	702,130	13	1.00	35	1.00	56	1.00	48	1.00	29	1.00	387	1.00	997	1.00
Modified	5,087	62,079	4	3.10(1.00-9.67) ⁺	4	1.45(0.50-4.24)	8	1.28(0.60-2.74)	0	NA	3	0.96(0.29-3.24)	47	1.45(1.06-1.98)*	90	0.99(0.80-1.24)
Fat intake																
No change	45,679	602,953	12	1.00	33	1.00	45	1.00	39	1.00	23	1.00	336	1.00	844	1.00
Modified	13,098	161,389	5	1.30(0.45-3.76)	6	0.74(0.29-1.89)	19	1.16(0.65-2.08)	9	0.92(0.42-1.99)	9	1.22(0.53-2.82)	98	1.05(0.83-1.34)	242	0.98(0.85-1.14)
Other modification																
No change	51,391	667,938	14	1.00	33	1.00	58	1.00	45	1.00	28	1.00	372	1.00	904	1.00
Modified	960	11,505	0	NA	1	2.34(0.31-17.82)	2	1.83(0.44-7.60)	0	NA	0	NA	7	0.95(0.45-2.02)	25	1.41(0.94-2.10) ⁺

^aAdjusted for age and area of study. ** p<0.01; * p<0.05; ⁺ p<0.10 NA: not applicable

Table 5. Age-adjusted Hazard Ratios* and 95% Confidence Intervals(95% CI) According to Frequency of Meat Intake

	No. of subjects	Person -years	All causes		All cancers		Esophageal cancer		Stomach cancer		Colon cancer		Rectal cancer		Liver cancer	
			No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)
Men																
Beef																
<1/w	30,058	385,068	6,722	1.00	2,541	1.00	105	1.00	525	1.00	140	1.00	105	1.00	321	1.00
1-2/w	9,524	113,021	1,788	0.97(0.91-1.02)	712	1.02(0.92-1.12)	26	0.96(0.60-1.55)	124	0.92(0.73-1.14)	42	1.12(0.75-1.66)	37	1.31(0.85-2.04)	82	1.05(0.78-1.40)
≥3-4/w	2,931	34,322	616	1.04(0.95-1.14)	260	1.17(1.02-1.35)*	10	1.25(0.63-2.47)	51	1.19(0.88-1.62)	15	1.30(0.74-2.29)	10	1.11(0.55-2.20)	26	1.07(0.69-1.65)
Pork																
<1/w	19,789	250,438	4,643	1.00	1,740	1.00	64	1.00	341	1.00	90	1.00	68	1.00	260	1.00
1-2/w	15,522	192,563	2,986	0.93(0.88-0.98)*	1,183	1.05(0.96-1.15)	46	0.99(0.63-1.56)	232	1.15(0.93-1.42)	81	1.36(0.93-1.99)	56	1.34(0.85-2.09)	117	0.79(0.61-1.03)*
≥3-4/w	7,229	91,849	1,418	0.92(0.86-0.98)*	565	1.06(0.95-1.19)	36	1.64(1.00-2.69)*	123	1.28(1.00-1.64)*	23	0.81(0.48-1.36)	29	1.44(0.85-2.44)	43	0.61(0.42-0.88)**
Ham and sausages																
<1/w	20,658	256,482	4,611	1.00	1,775	1.00	76	1.00	340	1.00	87	1.00	77	1.00	234	1.00
1-2/w	13,018	165,948	2,407	0.94(0.89-0.99)*	963	0.96(0.89-1.04)	35	0.74(0.49-1.11)	185	0.97(0.81-1.17)	57	1.12(0.80-1.58)	42	0.94(0.64-1.38)	107	0.84(0.66-1.06)
≥3-4/w	6,477	83,958	1,216	0.89(0.83-0.95)**	493	0.93(0.84-1.03)	22	0.90(0.56-1.46)	114	1.11(0.89-1.38)	38	1.41(0.95-2.08)*	21	0.89(0.55-1.46)	53	0.74(0.55-1.00)*
Chicken																
<1/w	19,027	241,978	4,241	1.00	1,649	1.00	67	1.00	320	1.00	86	1.00	73	1.00	249	1.00
1-2/w	16,134	200,437	3,196	0.92(0.87-0.97)**	1,260	0.96(0.88-1.04)	46	0.82(0.54-1.22)	245	0.98(0.82-1.18)	85	1.24(0.88-1.73)	50	0.84(0.56-1.25)	113	0.71(0.56-0.92)**
≥3-4/w	6,699	82,786	1,539	0.96(0.90-1.03)	560	0.94(0.85-1.05)	26	1.09(0.67-1.78)	121	1.06(0.84-1.33)	32	1.05(0.68-1.63)	23	0.86(0.52-1.43)	54	0.76(0.55-1.05)*
Liver																
<1/w	33,933	424,517	6,908	1.00	2,687	1.00	105	1.00	533	1.00	141	1.00	107	1.00	320	1.00
1-2/w	4,955	64,550	1,116	1.03(0.96-1.10)	463	1.06(0.95-1.18)	22	1.23(0.75-2.04)	82	0.96(0.75-1.24)	30	1.35(0.87-2.09)	28	1.56(0.97-2.48)*	63	0.88(0.65-1.20)
≥3-4/w	1,525	19,247	382	1.03(0.93-1.14)	144	1.01(0.85-1.20)	10	1.68(0.86-3.27)	33	1.20(0.84-1.73)	6	0.82(0.36-1.88)	6	1.03(0.44-2.38)	17	0.91(0.55-1.51)
Women																
Beef																
<1/w	40,006	532,609	4,742	1.00	1,530	1.00	15	1.00	243	1.00	158	1.00	63	1.00	162	1.00
1-2/w	13,248	158,925	1,069	0.96(0.89-1.04)	375	0.99(0.87-1.13)	4	0.84(0.25-2.88)	65	1.09(0.79-1.50)	29	0.65(0.42-1.01)*	9	0.80(0.36-1.77)	29	0.85(0.53-1.36)
≥3-4/w	4,523	54,167	383	1.00(0.89-1.11)	141	1.09(0.90-1.31)	2	1.34(0.28-6.46)	21	1.03(0.64-1.66)	12	0.80(0.43-1.50)	3	0.78(0.23-2.63)	16	1.40(0.79-2.47)
Pork																
<1/w	25,821	338,752	3,330	1.00	1,020	1.00	9	1.00	174	1.00	89	1.00	37	1.00	127	1.00
1-2/w	21,599	275,149	1,945	0.92(0.86-0.98)*	693	1.06(0.94-1.19)	11	1.65(0.62-4.44)	104	0.99(0.74-1.32)	67	0.92(0.64-1.31)	25	0.89(0.48-1.65)	53	0.66(0.46-0.96)*
≥3-4/w	10,192	133,243	882	0.91(0.84-0.99)*	308	1.02(0.88-1.18)	4	1.39(0.39-5.01)	48	1.01(0.71-1.45)	31	0.95(0.61-1.49)	11	0.77(0.35-1.65)	20	0.54(0.32-0.91)*
Ham and sausages																
<1/w	28,487	364,620	3,307	1.00	1,051	1.00	11	1.00	175	1.00	97	1.00	35	1.00	114	1.00
1-2/w	17,633	230,542	1,561	0.94(0.88-1.00)*	533	0.93(0.84-1.04)	5	0.93(0.31-2.76)	83	0.93(0.71-1.22)	53	0.99(0.71-1.40)	22	1.02(0.59-1.77)	48	0.80(0.57-1.13)
≥3-4/w	8,663	115,351	822	1.01(0.93-1.09)	293	1.01(0.88-1.16)	5	2.10(0.70-6.32)	43	0.96(0.68-1.35)	22	0.90(0.56-1.44)	14	1.30(0.69-2.46)	28	0.87(0.57-1.33)
Chicken																
<1/w	22,572	296,969	2,774	1.00	887	1.00	8	1.00	150	1.00	74	1.00	32	1.00	114	1.00
1-2/w	23,894	305,246	2,311	0.95(0.89-1.01)*	805	1.00(0.89-1.11)	8	0.87(0.32-2.42)	125	0.93(0.72-1.22)	95	1.26(0.90-1.76)	30	1.27(0.70-2.31)	56	0.58(0.41-0.83)**
≥3-4/w	11,099	142,963	1,123	0.94(0.87-1.02)	366	0.92(0.81-1.05)	7	1.67(0.58-4.86)	62	0.94(0.68-1.30)	29	0.84(0.53-1.32)	12	1.08(0.51-2.29)	36	0.74(0.49-1.11)
Liver																
<1/w	47,283	608,714	4,829	1.00	1,590	1.00	17	1.00	252	1.00	152	1.00	57	1.00	159	1.00
1-2/w	6,004	80,773	659	1.02(0.93-1.12)	225	1.04(0.89-1.21)	4	2.94(0.93-9.31)*	40	1.16(0.80-1.67)	15	0.79(0.45-1.38)	7	0.71(0.30-1.67)	23	0.86(0.53-1.40)
≥3-4/w	2,024	26,646	269	1.18(1.04-1.34)*	99	1.35(1.10-1.66)**	1	1.74(0.23-13.3)	18	1.53(0.94-2.50)*	5	0.71(0.29-1.75)	5	1.57(0.61-4.03)	10	1.20(0.62-2.32)

*Adjusted for age and area of study. **p<0.01; * p<0.05; + p<0.10

Table 5. Continued. Age-adjusted Hazard Ratios[†] and 95% Confidence Intervals(95% CI) According to the Frequency of Meat Intake

	No. of subjects	Person -years	Gall bladder cancer		Pancreas cancer		Lung cancer		Breast cancer		Uterine cervix cancer		Prostate cancer	
			N	HR(95%CI)	N	HR(95%CI)	N	HR(95%CI)	N	HR(95%CI)	N	HR(95%CI)	N	HR(95%CI)
Men														
Beef														
<1/w	30,058	385,068	50	1.00	150	1.00	563	1.00	NA	NA	NA	106	1.00	
1 - 2/w	9,524	113,021	14	1.30(0.65-2.61)	27	0.61(0.39-0.96)*	184	1.08(0.89-1.30)	NA	NA	NA	38	1.62(1.05-2.52)*	
≥ 3 - 4/w	2,931	34,322	2	0.59(0.14-2.53)	16	1.15(0.67-2.00)	57	1.05(0.78-1.40)	NA	NA	NA	12	1.61(0.85-3.07)	
Pork														
<1/w	19,789	250,438	33	1.00	96	1.00	394	1.00	NA	NA	NA	70	1.00	
1 - 2/w	15,522	192,563	29	1.71(0.87-3.36)	61	0.94(0.64-1.38)	266	0.95(0.79-1.14)	NA	NA	NA	58	1.43(0.91-2.24)	
≥ 3 - 4/w	7,229	91,849	5	0.60(0.21-1.73)	38	1.24(0.80-1.92)	135	1.03(0.82-1.28)	NA	NA	NA	23	1.16(0.66-2.03)	
Ham and sausages														
<1/w	20,658	256,482	35	1.00	93	1.00	420	1.00	NA	NA	NA	73	1.00	
1 - 2/w	13,018	165,948	20	1.01(0.58-1.77)	55	1.06(0.75-1.49)	219	0.93(0.79-1.10)	NA	NA	NA	44	1.14(0.77-1.67)	
≥ 3 - 4/w	6,477	83,958	7	0.64(0.28-1.46)	25	0.89(0.57-1.40)	95	0.78(0.62-0.98)*	NA	NA	NA	25	1.19(0.75-1.90)	
Chicken														
<1/w	19,027	241,978	30	1.00	94	1.00	363	1.00	NA	NA	NA	62	1.00	
1 - 2/w	16,134	200,437	25	1.13(0.62-2.06)	78	0.95(0.69-1.32)	300	0.94(0.80-1.11)	NA	NA	NA	57	1.30(0.85-1.98)	
≥ 3 - 4/w	6,699	82,786	10	0.96(0.44-2.08)	17	0.45(0.26-0.77)**	143	0.99(0.80-1.21)	NA	NA	NA	28	1.33(0.81-2.21)	
Liver														
<1/w	33,933	424,517	45	1.00	152	1.00	643	1.00	NA	NA	NA	123	1.00	
1 - 2/w	4,955	64,550	13	1.92(0.96-3.84) [†]	25	1.14(0.72-1.83)	95	1.02(0.81-1.29)	NA	NA	NA	19	0.94(0.55-1.61)	
≥ 3 - 4/w	1,525	19,247	6	2.42(0.99-5.92) [†]	6	0.80(0.35-1.83)	29	0.89(0.61-1.30)	NA	NA	NA	2	0.28(0.07-1.13) [†]	
Women														
Beef														
<1/w	40,006	532,609	57	1.00	137	1.00	164	1.00	76	1.00	21	1.00	NA	
1 - 2/w	13,248	158,925	18	1.02(0.55-1.90)	38	0.98(0.65-1.48)	46	1.00(0.68-1.47)	16	0.94(0.50-1.77)	6	0.90(0.32-2.56)	NA	
≥ 3 - 4/w	4,523	54,167	6	0.98(0.40-2.43)	13	0.96(0.53-1.77)	25	1.61(1.01-2.58)*	4	0.72(0.25-2.08)	4	1.80(0.55-5.96)	NA	
Pork														
<1/w	25,821	338,752	33	1.00	84	1.00	110	1.00	52	1.00	13	1.00	NA	
1 - 2/w	21,599	275,149	33	1.82(0.99-3.35) [†]	81	1.19(0.84-1.69)	81	1.26(0.89-1.79)	27	0.63(0.37-1.08) [†]	9	1.32(0.46-3.79)	NA	
≥ 3 - 4/w	10,192	133,243	15	1.83(0.88-3.79)	28	0.88(0.55-1.40)	39	1.38(0.90-2.12)	17	0.75(0.40-1.41)	8	2.66(0.88-8.07) [†]	NA	
Ham and sausages														
<1/w	28,487	364,620	44	1.00	92	1.00	125	1.00	52	1.00	13	1.00	NA	
1 - 2/w	17,633	230,542	24	0.99(0.59-1.65)	55	1.06(0.75-1.49)	56	0.87(0.63-1.20)	27	0.75(0.47-1.21)	9	1.20(0.50-2.87)	NA	
≥ 3 - 4/w	8,663	115,351	9	0.72(0.35-1.51)	26	1.05(0.67-1.65)	40	1.29(0.89-1.85)	14	0.73(0.40-1.34)	6	1.60(0.59-4.34)	NA	
Chicken														
<1/w	22,572	296,969	30	1.00	64	1.00	98	1.00	44	1.00	14	1.00	NA	
1 - 2/w	23,894	305,246	42	1.41(0.84-2.40)	88	1.29(0.90-1.84)	97	1.20(0.86-1.67)	43	1.07(0.66-1.74)	7	0.54(0.20-1.46)	NA	
≥ 3 - 4/w	11,099	142,963	10	0.66(0.31-1.41)	41	1.24(0.81-1.89)	38	0.99(0.65-1.50)	9	0.48(0.22-1.02) [†]	10	1.69(0.68-4.24)	NA	
Liver														
<1/w	47,283	608,714	66	1.00	156	1.00	168	1.00	75	1.00	18	1.00	NA	
1 - 2/w	6,004	80,773	10	1.41(0.68-2.92)	15	0.89(0.51-1.55)	35	1.48(0.99-2.21) [†]	16	1.65(0.88-3.09)	3	1.99(0.55-7.19)	NA	
≥ 3 - 4/w	2,024	26,646	3	1.18(0.36-3.84)	9	1.43(0.72-2.84)	12	1.52(0.84-2.77)	3	0.96(0.30-3.10)	4	6.21(2.01-19.19)**	NA	

** p<0.01; * p<0.05; [†] p<0.10 NA: not applicable

Table 5 Continued. Age-adjusted Hazard Ratios* and 95% Confidence Intervals(95% CI) According to the Frequency of Meat Intake

	No. of subjects	Person -years	Kidney cancer		Urothelial tract cancer		Non-Hodgkin's		Multiple myeloma		Myeloid leukemia		Ischemic heart disease		Cerebrovascular	
			No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)
Men																
Beef																
<1/w	30,058	385,068	21	1.00	64	1.00	53	1.00	29	1.00	26	1.00	426	1.00	886	1.00
1-2/w	9,524	113,021	15	2.30(1.02-5.19)*	16	0.76(0.41-1.41)	23	1.86(1.04-3.30)*	9	1.18(0.49-2.84)	10	1.02(0.45-2.34)	135	1.12(0.90-1.40)	202	0.85(0.72-1.00)†
≥3-4/w	2,931	34,322	4	1.97(0.61-6.35)	5	0.72(0.28-1.87)	9	2.25(1.04-4.86)*	4	1.63(0.52-5.10)	5	1.63(0.58-4.59)	34	0.89(0.62-1.28)	81	1.04(0.82-1.32)
Pork																
<1/w	19,789	250,438	20	1.00	38	1.00	40	1.00	25	1.00	20	1.00	313	1.00	566	1.00
1-2/w	15,522	192,563	14	1.22(0.55-2.70)	32	1.51(0.84-2.73)	34	1.53(0.86-2.73)	9	0.73(0.30-1.82)	15	0.99(0.45-2.18)	186	0.84(0.68-1.03)†	402	0.89(0.77-1.04)
≥3-4/w	7,229	91,849	6	1.22(0.44-3.41)	14	1.43(0.69-2.96)	12	1.17(0.55-2.49)	11	1.96(0.80-4.82)	5	0.71(0.24-2.12)	85	0.81(0.62-1.06)	201	0.89(0.74-1.07)
Ham and sausages																
<1/w	20,658	256,482	13	1.00	44	1.00	45	1.00	24	1.00	20	1.00	308	1.00	598	1.00
1-2/w	13,018	165,948	15	2.19(1.03-4.68)*	23	0.98(0.59-1.65)	25	1.00(0.61-1.65)	8	0.62(0.28-1.40)	16	1.33(0.68-2.61)	162	0.97(0.79-1.17)	308	0.91(0.79-1.04)
≥3-4/w	6,477	83,958	5	1.49(0.52-4.25)	12	0.97(0.51-1.86)	13	0.99(0.52-1.85)	8	1.10(0.48-2.51)	4	0.66(0.22-1.98)	59	0.66(0.49-0.87)**	155	0.87(0.73-1.04)
Chicken																
<1/w	19,027	241,978	16	1.00	32	1.00	40	1.00	25	1.00	18	1.00	263	1.00	517	1.00
1-2/w	16,134	200,437	17	1.60(0.71-3.60)	38	1.66(0.95-2.89)†	35	1.16(0.69-1.92)	14	0.73(0.36-1.51)	16	1.01(0.48-2.10)	222	1.02(0.84-1.24)	428	0.93(0.81-1.07)
≥3-4/w	6,699	82,786	7	1.58(0.58-4.28)	13	1.24(0.60-2.53)	13	0.97(0.49-1.90)	6	0.68(0.26-1.75)	6	0.90(0.34-2.38)	102	1.02(0.80-1.31)	208	0.97(0.81-1.15)
Liver																
<1/w	33,933	424,517	26	1.00	63	1.00	62	1.00	31	1.00	29	1.00	457	1.00	906	1.00
1-2/w	4,955	64,550	6	1.43(0.54-3.78)	12	1.25(0.62-2.49)	17	1.79(0.98-3.28)†	8	1.28(0.53-3.12)	10	2.61(1.18-5.73)*	57	0.88(0.65-1.19)	130	0.97(0.80-1.19)
≥3-4/w	1,525	19,247	3	2.10(0.62-7.17)	1	0.30(0.04-2.19)	3	0.92(0.28-3.00)	2	1.05(0.24-4.54)	2	1.46(0.34-6.27)	25	1.13(0.75-1.71)	56	1.14(0.86-1.50)
Women																
Beef																
<1/w	40,006	532,609	12	1.00	29	1.00	41	1.00	36	1.00	22	1.00	285	1.00	752	1.00
1-2/w	13,248	158,925	2	0.83(0.17-4.09)	8	2.30(0.88-6.03)†	17	1.43(0.71-2.88)	6	0.57(0.22-1.49)	7	2.02(0.72-5.64)	87	1.31(0.99-1.73)†	152	0.87(0.72-1.06)
≥3-4/w	4,523	54,167	1	1.25(0.15-10.40)	1	0.81(0.10-6.44)	5	1.20(0.43-3.32)	4	1.10(0.36-3.37)	2	1.81(0.38-8.61)	27	1.16(0.77-1.77)	56	0.91(0.69-1.22)
Pork																
<1/w	25,821	338,752	8	1.00	21	1.00	32	1.00	18	1.00	15	1.00	197	1.00	515	1.00
1-2/w	21,599	275,149	4	0.66(0.17-2.54)	12	1.25(0.49-3.21)	19	0.87(0.45-1.66)	15	1.45(0.62-3.39)	10	1.19(0.42-3.36)	119	1.04(0.80-1.35)	308	0.86(0.73-1.01)†
≥3-4/w	10,192	133,243	2	0.73(0.13-3.90)	4	0.81(0.23-2.81)	10	1.06(0.48-2.35)	11	2.26(0.90-5.65)†	5	1.19(0.35-4.09)	55	1.05(0.75-1.46)	140	0.85(0.69-1.04)
Ham and sausages																
<1/w	28,487	364,620	7	1.00	15	1.00	27	1.00	17	1.00	14	1.00	214	1.00	541	1.00
1-2/w	17,633	230,542	0	NA	14	1.74(0.83-3.68)	16	1.10(0.59-2.07)	17	1.85(0.92-3.69)†	12	1.27(0.58-2.78)	103	1.10(0.86-1.40)	225	0.81(0.69-0.95)*
≥3-4/w	8,663	115,351	4	1.52(0.42-5.55)	6	1.36(0.52-3.59)	11	1.52(0.74-3.13)	5	1.08(0.39-2.99)	4	0.74(0.24-2.32)	33	0.76(0.53-1.11)	117	0.88(0.72-1.08)
Chicken																
<1/w	22,572	296,969	5	1.00	24	1.00	25	1.00	16	1.00	16	1.00	181	1.00	396	1.00
1-2/w	23,894	305,246	5	0.74(0.21-2.56)	10	0.52(0.23-1.17)	22	0.82(0.44-1.52)	12	0.83(0.36-1.92)	8	0.48(0.20-1.19)	141	0.93(0.72-1.19)	391	1.02(0.87-1.19)
≥3-4/w	11,099	142,963	5	1.48(0.42-5.16)	4	0.38(0.12-1.17)†	12	0.89(0.43-1.85)	15	2.09(0.93-4.71)†	8	0.97(0.39-2.43)	58	0.81(0.59-1.11)	188	0.99(0.82-1.20)
Liver																
<1/w	47,283	608,714	12	1.00	28	1.00	44	1.00	39	1.00	25	1.00	294	1.00	794	1.00
1-2/w	6,004	80,773	1	1.05(0.13-8.36)	6	1.10(0.40-3.02)	10	1.93(0.91-4.10)†	4	0.68(0.22-2.08)	1	0.30(0.04-2.46)	34	0.84(0.58-1.24)	90	0.98(0.78-1.24)
≥3-4/w	2,024	26,646	0	NA	1	0.60(0.08-4.55)	4	2.19(0.77-6.25)	0	NA	3	3.04(0.84-10.99)†	18	1.22(0.75-1.99)	36	1.03(0.74-1.45)

*Adjusted for age and area of study. **p<0.01; † p<0.05; ‡ p<0.10 NA: not applicable

Table 6. Age-adjusted Hazard Ratios* and 95% Confidence Intervals(95% CI) According to the Frequencies of Egg , Milk, and Dairy Products Intake

	No. of subjects	Person -years	All causes		All cancers		Esophageal cancer		Stomach cancer		Colon cancer		Rectal cancer		Liver cancer	
			No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)
Men																
Eggs																
<3/w	13,007	160,290	2,805	1.00	1,051	1.00	36	1.00	210	1.00	42	1.00	49	1.00	113	1.00
3-4/w	11,782	149,732	2,400	0.91(0.86-0.96)**	931	0.93(0.85-1.01) ⁺	38	1.07(0.67-1.69)	167	0.86(0.70-1.06)	61	1.48(1.00-2.21) ⁺	34	0.69(0.44-1.08)	139	1.15(0.89-1.49)
≥5/w	19,188	240,573	4,341	0.93(0.88-0.97)**	1,690	0.98(0.91-1.06)	75	1.27(0.85-1.90)	347	1.02(0.86-1.22)	105	1.46(1.02-2.10)*	72	0.86(0.59-1.24)	190	0.99(0.78-1.26)
Milk																
<3/w	13,233	166,477	2,767	1.00	1,089	1.00	47	1.00	212	1.00	49	1.00	44	1.00	107	1.00
1-4/w	12,056	153,904	2,273	0.92(0.87-0.97)**	887	0.91(0.83-0.99)*	32	0.68(0.43-1.07) ⁺	186	1.02(0.84-1.25)	52	1.08(0.73-1.60)	35	0.87(0.55-1.36)	110	1.17(0.89-1.53)
≥5/w	17,000	210,592	3,895	0.94(0.89-0.98)**	1,502	0.96(0.88-1.04)	64	0.90(0.61-1.32)	294	1.00(0.83-1.20)	91	1.17(0.82-1.66)	72	1.16(0.79-1.71)	203	1.48(1.16-1.88)**
Yogurt																
<3/w	37,071	469,021	7,534	1.00	2,972	1.00	130	1.00	586	1.00	161	1.00	130	1.00	370	1.00
3-4/w	1,146	14,093	231	0.94(0.82-1.07)	80	0.86(0.68-1.07)	0	NA	22	1.18(0.77-1.82)	3	0.55(0.18-1.74)	3	0.74(0.23-2.33)	17	1.83(1.12-3.01)*
≥5/w	1,360	16,206	315	0.97(0.87-1.09)	108	0.91(0.75-1.10)	4	0.79(0.29-2.15)	23	1.00(0.65-1.52)	5	0.70(0.28-1.72)	3	0.60(0.19-1.90)	9	0.74(0.38-1.45)
Cheese																
<1/w	33,196	418,890	6,864	1.00	2,673	1.00	109	1.00	520	1.00	145	1.00	114	1.00	345	1.00
1-2/w	4,422	56,008	807	0.94(0.87-1.01) ⁺	324	0.99(0.88-1.11)	16	1.14(0.66-1.95)	62	1.00(0.76-1.31)	12	0.59(0.33-1.08) ⁺	16	1.17(0.68-2.01)	30	0.82(0.56-1.20)
≥3-4/w	2,183	27,257	456	0.89(0.81-0.98)*	174	0.91(0.78-1.07)	8	1.06(0.51-2.20)	43	1.20(0.87-1.65)	13	1.10(0.62-1.96)	11	1.48(0.78-2.79)	20	0.95(0.60-1.50)
Women																
Eggs																
<3/w	18,247	230,215	2,087	1.00	633	1.00	10	1.00	94	1.00	60	1.00	26	1.00	65	1.00
3-4/w	17,010	221,971	1,773	0.95(0.89-1.02)	602	1.02(0.91-1.14)	9	1.26(0.50-3.13)	101	1.24(0.93-1.66)	49	0.95(0.65-1.40)	22	0.78(0.44-1.39)	58	0.85(0.59-1.22)
≥5/w	24,974	325,686	2,667	0.93(0.87-0.98)*	927	1.04(0.94-1.16)	7	0.57(0.21-1.53)	162	1.29(1.00-1.68) ⁺	94	1.17(0.84-1.63)	32	0.75(0.44-1.26)	87	0.89(0.64-1.23)
Milk																
<3/w	15,514	200,977	1,819	1.00	554	1.00	7	1.00	96	1.00	47	1.00	19	1.00	39	1.00
1-4/w	16,373	215,031	1,515	0.92(0.86-0.98)*	528	0.98(0.86-1.10)	4	0.72(0.21-2.51)	77	0.89(0.66-1.21)	59	1.28(0.87-1.89)	19	0.93(0.49-1.77)	59	1.49(0.99-2.23) ⁺
≥5/w	26,625	340,134	2,888	0.93(0.88-0.99)*	986	1.02(0.92-1.14)	12	1.13(0.43-2.98)	162	1.03(0.80-1.34)	87	1.00(0.69-1.43)	39	1.13(0.64-1.97)	109	1.62(1.12-2.35)*
Yogurt																
<3/w	49,371	642,743	5,158	1.00	1,724	1.00	18	1.00	292	1.00	155	1.00	62	1.00	177	1.00
3-4/w	2,998	37,789	265	0.97(0.86-1.10)	103	1.08(0.88-1.32)	1	1.07(0.14-8.26)	12	0.75(0.42-1.34)	12	1.38(0.76-2.50)	3	0.99(0.30-3.21)	14	1.61(0.92-2.82) ⁺
≥5/w	2,620	32,414	310	1.06(0.94-1.19)	109	1.14(0.93-1.39)	1	1.06(0.14-8.15)	13	0.78(0.44-1.37)	13	1.38(0.77-2.45)	5	1.75(0.69-4.48)	9	1.05(0.53-2.09)
Cheese																
<1/w	45,280	587,740	4,848	1.00	1,599	1.00	17	1.00	272	1.00	146	1.00	53	1.00	156	1.00
1-2/w	6,012	78,016	497	0.96(0.87-1.05)	198	1.07(0.92-1.25)	3	1.57(0.44-5.65)	23	0.79(0.51-1.22)	21	1.21(0.75-1.93)	12	1.79(0.92-3.47) ⁺	18	1.07(0.65-1.78)
≥3-4/w	3,338	42,982	308	0.91(0.81-1.02)	103	0.88(0.72-1.08)	0	NA	17	0.89(0.54-1.47)	9	0.81(0.41-1.61)	3	0.80(0.25-2.61)	17	1.55(0.92-2.60) ⁺

#Adjusted for age and area of study. ** p<0.01; * p<0.05; + p<0.10 NA: not applicable

Table 6. Continued. Age-adjusted Hazard Ratios[#] and 95% CI According to the Frequencies of Egg, Milk, and Dairy Products Intake

	No. of subjects	Person -years	Gall bladder cancer		Pancreas cancer		Lung cancer		Breast cancer		Uterine cervix cancer		Prostate cancer	
			No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)
Men														
Eggs														
<3/w	13,007	160,290	19	1.00	71	1.00	269	1.00	NA	NA	NA	NA	43	1.00
3-4/w	11,782	149,732	17	0.81(0.42-1.59)	53	0.79(0.55-1.14)	201	0.81(0.67-0.98)*	NA	NA	NA	NA	36	0.90(0.57-1.42)
≥5/w	19,188	240,573	32	0.97(0.54-1.72)	79	0.69(0.49-0.95)*	378	0.89(0.76-1.05)	NA	NA	NA	NA	85	1.17(0.80-1.71)
Milk														
<3/w	13,233	166,477	20	1.00	53	1.00	280	1.00	NA	NA	NA	NA	50	1.00
1-4/w	12,056	153,904	22	1.11(0.60-2.04)	57	1.24(0.84-1.81)	182	0.73(0.60-0.88)**	NA	NA	NA	NA	35	0.78(0.50-1.20)
≥5/w	17,000	210,592	26	0.78(0.43-1.41)	79	1.08(0.75-1.54)	329	0.81(0.68-0.95)*	NA	NA	NA	NA	69	0.84(0.57-1.22)
Yogurt														
<3/w	37,071	469,021	57	1.00	169	1.00	682	1.00	NA	NA	NA	NA	129	1.00
3-4/w	1,146	14,093	3	1.48(0.45-4.80)	2	0.37(0.09-1.50)	15	0.69(0.41-1.15)	NA	NA	NA	NA	2	0.47(0.12-1.91)
≥5/w	1,360	16,206	2	0.80(0.19-3.32)	6	0.89(0.39-2.03)	21	0.75(0.48-1.16)	NA	NA	NA	NA	8	1.31(0.63-2.71)
Cheese														
<1/w	33,196	418,890	50	1.00	145	1.00	622	1.00	NA	NA	NA	NA	119	1.00
1-2/w	4,422	56,008	6	0.93(0.39-2.23)	22	1.20(0.75-1.90)	70	0.89(0.69-1.14)	NA	NA	NA	NA	16	1.03(0.60-1.77)
≥3-4/w	2,183	27,257	4	0.99(0.35-2.80)	10	0.91(0.47-1.75)	32	0.69(0.48-0.99)*	NA	NA	NA	NA	7	0.70(0.32-1.52)
Women														
Eggs														
<3/w	18,247	230,215	26	1.00	58	1.00	77	1.00	36	1.00	8	1.00	NA	NA
3-4/w	17,010	221,971	27	1.19(0.68-2.06)	52	1.03(0.70-1.51)	76	1.08(0.78-1.50)	25	0.62(0.37-1.05) ⁺	6	0.77(0.26-2.25)	NA	NA
≥5/w	24,974	325,686	33	0.94(0.56-1.60)	100	1.25(0.90-1.74)	96	0.93(0.68-1.26)	37	0.65(0.40-1.03) ⁺	18	1.58(0.68-3.68)	NA	NA
Milk														
<3/w	15,514	200,977	20	1.00	56	1.00	67	1.00	25	1.00	7	1.00	NA	NA
1-4/w	16,373	215,031	20	1.09(0.58-2.06)	45	0.80(0.54-1.20)	66	1.03(0.73-1.45)	30	1.06(0.61-1.81)	8	1.11(0.40-3.09)	NA	NA
≥5/w	26,625	340,134	40	1.21(0.69-2.10)	101	0.97(0.69-1.36)	99	0.84(0.61-1.15)	43	0.99(0.60-1.64)	14	1.20(0.48-3.01)	NA	NA
Yogurt														
<3/w	49,371	642,743	64	1.00	162	1.00	200	1.00	89	1.00	25	1.00	NA	NA
3-4/w	2,998	37,789	6	1.65(0.70-3.88)	6	0.61(0.27-1.39)	11	0.99(0.54-1.84)	2	0.40(0.10-1.63)	2	1.44(0.33-6.26)	NA	NA
≥5/w	2,620	32,414	6	1.66(0.71-3.91)	12	1.17(0.64-2.12)	10	0.87(0.46-1.65)	7	1.73(0.79-3.80)	2	1.54(0.36-6.70)	NA	NA
Cheese														
<1/w	45,280	587,740	68	1.00	139	1.00	182	1.00	78	1.00	26	1.00	NA	NA
1-2/w	6,012	78,016	3	0.37(0.11-1.18) ⁺	25	1.42(0.92-2.21)	20	1.09(0.68-1.76)	12	1.12(0.59-2.10)	1	0.34(0.04-2.54)	NA	NA
≥3-4/w	3,338	42,982	3	0.57(0.18-1.82)	11	1.00(0.54-1.88)	17	1.45(0.87-2.41)	5	0.84(0.33-2.10)	1	0.54(0.07-4.06)	NA	NA

[#]Adjusted for age and area of study. ** p<0.01; * p<0.05; ⁺ p<0.10 NA: not applicable

Table 6. Continued. Age-adjusted Hazard Ratios* and 95% Confidence Intervals(95% CI) According to the Frequencies of Egg, Milk, and Dairy Products Intake

	No. of subjects	Person -years	Kidney cancer		Urothelial tract cancer		Non-Hodgkin's		Multiple myeloma		Myeloid leukemia		Ischemic heart disease		Cerebrovascular	
			No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)
Men																
Eggs																
<3/w	13,007	160,290	9	1.00	26	1.00	24	1.00	12	1.00	14	1.00	191	1.00	340	1.00
3-4/w	11,782	149,732	13	1.50(0.63-3.57)	22	0.91(0.51-1.63)	24	1.09(0.60-1.96)	9	0.70(0.29-1.68)	8	0.66(0.27-1.61)	165	0.96(0.78-1.19)	316	1.02(0.88-1.20)
≥5/w	19,188	240,573	21	1.46(0.66-3.21)	41	0.97(0.59-1.61)	41	1.10(0.65-1.85)	27	1.26(0.63-2.52)	21	1.01(0.50-2.03)	268	0.87(0.72-1.05)	569	0.99(0.86-1.14)
Milk																
<3/w	13,233	166,477	10	1.00	32	1.00	23	1.00	11	1.00	10	1.00	178	1.00	386	1.00
1-4/w	12,056	153,904	17	1.91(0.87-4.21)	19	0.68(0.38-1.21)	23	1.13(0.62-2.06)	13	1.21(0.54-2.72)	13	1.57(0.67-3.69)	148	0.96(0.77-1.20)	290	0.83(0.72-0.97)*
≥5/w	17,000	210,592	12	0.81(0.35-1.90)	32	0.67(0.40-1.11)	39	1.22(0.71-2.09)	23	1.35(0.65-2.80)	20	1.52(0.68-3.38)	250	0.96(0.79-1.17)	472	0.77(0.67-0.89)**
Yogurt																
<3/w	37,071	469,021	34	1.00	67	1.00	69	1.00	38	1.00	35	1.00	495	1.00	980	1.00
3-4/w	1,146	14,093	0	NA	4	1.85(0.66-5.16)	1	0.45(0.06-3.27)	0	NA	2	1.67(0.40-7.01)	20	1.22(0.77-1.91)	26	0.74(0.50-1.10)
≥5/w	1,360	16,206	0	NA	1	0.36(0.05-2.65)	6	2.13(0.90-5.02)*	0	NA	2	1.34(0.32-5.67)	19	0.86(0.54-1.37)	42	0.88(0.64-1.20)
Cheese																
<1/w	33,196	418,890	27	1.00	58	1.00	68	1.00	34	1.00	32	1.00	453	1.00	900	1.00
1-2/w	4,422	56,008	4	1.51(0.50-4.51)	14	2.24(1.20-4.18)*	4	0.48(0.17-1.35)	5	1.38(0.51-3.70)	6	1.58(0.64-3.90)	48	0.83(0.61-1.12)	99	0.81(0.66-1.00)*
≥3-4/w	2,183	27,257	4	2.69(0.90-8.09)*	1	0.26(0.04-1.88)	5	1.08(0.42-2.73)	0	NA	2	0.99(0.23-4.21)	32	0.92(0.64-1.32)	53	0.72(0.54-0.96)*
Women																
Eggs																
<3/w	18,247	230,215	4	1.00	10	1.00	15	1.00	12	1.00	8	1.00	141	1.00	346	1.00
3-4/w	17,010	221,971	5	1.54(0.41-5.80)	16	1.41(0.63-3.17)	15	1.05(0.51-2.17)	16	1.43(0.67-3.05)	7	0.79(0.28-2.21)	116	1.00(0.78-1.29)	282	0.97(0.82-1.14)
≥5/w	24,974	325,686	7	1.24(0.36-4.27)	13	0.79(0.35-1.82)	33	1.60(0.86-2.97)	21	1.23(0.60-2.51)	14	1.10(0.46-2.66)	150	0.84(0.66-1.06)	402	0.84(0.72-0.97)*
Milk																
<3/w	15,514	200,977	6	1.00	12	1.00	17	1.00	8	1.00	9	1.00	124	1.00	301	1.00
1-4/w	16,373	215,031	2	0.34(0.07-1.67)	10	0.83(0.36-1.94)	7	0.39(0.16-0.94)*	14	1.80(0.75-4.33)	8	0.74(0.29-1.94)	98	0.97(0.74-1.27)	251	0.95(0.80-1.12)
≥5/w	26,625	340,134	10	0.87(0.31-2.42)	13	0.63(0.28-1.41)	37	1.15(0.64-2.07)	24	1.79(0.79-4.03)	11	0.59(0.24-1.44)	161	0.83(0.65-1.06)	433	0.83(0.72-0.97)*
Yogurt																
<3/w	49,371	642,743	14	1.00	33	1.00	54	1.00	35	1.00	28	1.00	316	1.00	815	1.00
3-4/w	2,998	37,789	0	NA	2	1.18(0.27-5.11)	0	NA	2	1.19(0.28-5.05)	1	0.49(0.07-3.61)	15	1.05(0.62-1.77)	40	0.87(0.63-1.20)
≥5/w	2,620	32,414	0	NA	1	0.60(0.08-4.49)	3	0.93(0.29-3.00)	2	1.14(0.27-4.84)	1	0.53(0.07-3.98)	16	0.94(0.57-1.57)	41	0.79(0.58-1.09)
Cheese																
<1/w	45,280	587,740	10	1.00	30	1.00	52	1.00	32	1.00	23	1.00	299	1.00	763	1.00
1-2/w	6,012	78,016	1	0.64(0.08-5.11)	5	1.44(0.53-3.90)	5	0.80(0.31-2.03)	8	2.43(1.06-5.56)*	5	1.34(0.49-3.64)	25	0.88(0.58-1.34)	72	0.83(0.65-1.07)
≥ 3-4/w	3,338	42,982	1	0.93(0.12-7.42)	1	0.44(0.06-3.32)	1	0.24(0.03-1.78)	0	NA	0	NA	15	0.83(0.49-1.40)	45	0.79(0.58-1.07)

*Adjusted for age and area of study. ** p<0.01; * p<0.05; + p<0.10 NA: not applicable

Table 7. Age-adjusted Hazard Ratios[#] and 95% Confidence Intervals(95% CI) According to the Frequency of Fat and Fried Food Intake

	No. of subjects	Person -years	All causes		All cancers		Esophageal cancer		Stomach cancer		Colon cancer		Rectal cancer		Liver cancer	
			No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)	No	HR(95%CI)
Men																
Butter																
<1/w	32,040	405,519	6,579	1.00	2,551	1.00	111	1.00	502	1.00	141	1.00	112	1.00	327	1.00
1-2/w	4,582	58,261	820	0.95(0.88-1.03)	329	1.00(0.89-1.12)	14	0.89(0.50-1.57)	64	1.01(0.77-1.32)	14	0.67(0.38-1.18)	15	1.06(0.61-1.85)	34	0.95(0.66-1.38)
≥ 3-4/w	2,906	34,984	642	1.03(0.95-1.12)	262	1.11(0.97-1.27)	6	0.58(0.25-1.34)	49	1.11(0.82-1.50)	17	1.15(0.68-1.92)	11	1.19(0.63-2.25)	35	1.32(0.92-1.91)
Margarine																
<1/w	28,565	360,177	5,883	1.00	2,285	1.00	96	1.00	454	1.00	121	1.00	106	1.00	269	1.00
1-2/w	5,728	73,444	1,069	1.02(0.95-1.09)	427	1.03(0.93-1.14)	18	0.89(0.53-1.48)	96	1.24(0.98-1.55) ⁺	22	0.92(0.58-1.47)	19	0.88(0.53-1.45)	53	0.97(0.71-1.31)
≥ 3-4/w	5,214	64,252	1,055	0.96(0.90-1.03)	422	0.99(0.89-1.10)	15	0.79(0.45-1.37)	74	0.96(0.75-1.25)	31	1.23(0.82-1.86)	14	0.68(0.38-1.20)	63	1.06(0.80-1.42)
Deeply-fried foods or tempura																
<1/w	19,407	246,402	4,541	1.00	1,721	1.00	65	1.00	342	1.00	86	1.00	66	1.00	265	1.00
1-2/w	15,741	194,282	3,121	0.90(0.85-0.95)**	1,218	0.98(0.90-1.08)	46	0.78(0.50-1.21)	240	1.04(0.84-1.28)	83	1.28(0.88-1.87)	59	1.40(0.88-2.24)	107	0.62(0.48-0.81)**
≥ 3-4/w	7,530	94,578	1,507	0.87(0.82-0.93)**	597	0.97(0.87-1.08)	28	0.88(0.53-1.47)	117	1.03(0.80-1.32)	31	0.98(0.61-1.58)	29	1.36(0.79-2.34)	62	0.78(0.57-1.07)
Fried vegetables																
<1/w	17,434	223,425	4,002	1.00	1,511	1.00	50	1.00	325	1.00	79	1.00	63	1.00	215	1.00
1-2/w	14,331	177,297	2,763	0.89(0.83-0.94)**	1,093	1.01(0.92-1.12)	56	1.29(0.78-2.15)	185	0.77(0.61-0.97)*	72	1.09(0.72-1.65)	44	1.01(0.60-1.68)	120	1.15(0.84-1.57)
≥ 3-4/w	11,455	141,219	2,570	0.86(0.80-0.91)**	994	0.98(0.88-1.09)	39	0.90(0.52-1.56)	208	0.93(0.74-1.17)	51	0.83(0.53-1.29)	49	1.24(0.74-2.07)	102	1.10(0.79-1.52)
Women																
Butter																
<1/w	42,430	552,520	4,664	1.00	1,517	1.00	16	1.00	244	1.00	137	1.00	54	1.00	162	1.00
1-2/w	6,828	88,786	542	0.93(0.85-1.02)	216	1.04(0.90-1.21)	3	1.34(0.38-4.74)	35	1.17(0.81-1.69)	21	1.06(0.67-1.70)	9	1.13(0.54-2.35)	14	0.63(0.36-1.10)
≥ 3-4/w	4,914	62,127	385	0.86(0.77-0.95)**	134	0.84(0.70-1.01) ⁺	1	0.60(0.08-4.63)	22	0.93(0.60-1.46)	11	0.76(0.41-1.42)	4	0.77(0.27-2.18)	14	0.79(0.45-1.38)
Margarine																
<1/w	33,820	439,487	3,952	1.00	1,275	1.00	14	1.00	207	1.00	114	1.00	46	1.00	127	1.00
1-2/w	9,574	125,810	769	0.88(0.81-0.95)**	289	0.94(0.83-1.07)	5	1.62(0.56-4.69)	46	0.99(0.71-1.37)	30	1.06(0.70-1.60)	13	0.94(0.50-1.76)	20	0.60(0.37-0.97)*
≥ 3-4/w	10,903	137,901	815	0.81(0.75-0.87)**	308	0.87(0.76-0.99)*	2	0.60(0.13-2.74)	45	0.83(0.59-1.17)	29	0.93(0.60-1.42)	10	0.71(0.35-1.43)	35	0.84(0.56-1.24)
Deeply-fried foods or tempura																
<1/w	26,480	347,161	3,216	1.00	1,047	1.00	12	1.00	163	1.00	74	1.00	35	1.00	122	1.00
1-2/w	22,231	281,860	2,153	0.93(0.87-0.99)*	708	0.93(0.83-1.04)	7	0.50(0.19-1.33)	122	1.16(0.86-1.56)	87	1.34(0.93-1.93)	21	0.80(0.41-1.55)	51	0.58(0.40-0.85)**
≥ 3-4/w	10,074	131,574	998	0.95(0.87-1.03)	344	0.99(0.86-1.14)	6	0.98(0.34-2.80)	58	1.22(0.86-1.73)	34	1.11(0.71-1.76)	18	1.38(0.69-2.75)	30	0.73(0.47-1.15)
Fried vegetables																
<1/w	21,696	287,393	2,702	1.00	867	1.00	8	1.00	145	1.00	53	1.00	30	1.00	101	1.00
1-2/w	19,845	251,343	1,918	0.92(0.85-0.99)*	624	0.93(0.81-1.07)	8	0.74(0.25-2.16)	101	0.95(0.68-1.33)	81	1.77(1.10-2.83)*	27	1.04(0.51-2.12)	53	0.70(0.46-1.07) ⁺
≥ 3-4/w	18,171	233,075	1,916	0.90(0.83-0.97)**	654	0.97(0.85-1.11)	8	0.77(0.25-2.33)	108	1.02(0.73-1.43)	64	1.35(0.83-2.20)	22	0.74(0.35-1.55)	61	0.74(0.49-1.14)

[#]Adjusted for age and area of study. ** p<0.01; * p<0.05; ⁺ p<0.10