

ESM Table 1 Baseline characteristics in the subcohort (n=3,502) by tertile of yoghurt intake: EPIC-Norfolk Study

Variable	Yoghurt intake (g/d) <sup>a</sup>			p-value <sup>b</sup>
	Tertile 1 (n=2,243)	Tertile 2 (n=632)	Tertile 3 (n=627)	
Total dairy intake (g/day) <sup>c</sup>	245 ± 160	276 ± 135	347 ± 159	<0.001
<i>Anthropometric and socio-demographic characteristics</i>				
Men <sup>d</sup>	1,089 (48.6)	226 (35.8)	204 (32.5)	<0.001
Age (years) <sup>c</sup>	59 ± 10	59 ± 9	59 ± 9	0.941
Waist circumference (cm)				
Men <sup>c</sup>	95.8 ± 9.9	95.0 ± 9.2	95.0 ± 8.9	0.317
Women <sup>c</sup>	81.8 ± 11.0	81.4 ± 10.4	81.7 ± 9.7	0.793
BMI (kg/m <sup>2</sup> ) <sup>c</sup>	26.3 ± 3.9	26.1 ± 3.9	26.3 ± 3.6	0.290
Alcohol (units/week) <sup>e</sup>	4.0 (1.0, 10.5)	4.0 (1.5, 9.0)	2.5 (1.0, 7.5)	<0.001
Smoking: current <sup>d</sup>	297 (13.4)	57 (9.06)	44 (7.04)	<0.001
Education: degree or higher <sup>d</sup>	276 (12.3)	106 (16.8)	95 (15.2)	0.002
Physical activity: Active <sup>d</sup>	424 (18.9)	116 (18.4)	128 (20.4)	0.037
Social class:				
Professional/managerial <sup>d</sup>	936 (41.7)	294 (46.5)	264 (42.1)	0.094
<i>Dietary intakes</i>				
Energy (kJ/day) <sup>c</sup>	8,251 ± 2272	8,171 ± 1979	8,050 ± 2071	0.142
Saturated fat (% TE) <sup>c</sup>	13.3 ± 3.2	12.8 ± 2.6	12.2 ± 2.9	<0.001
Monounsaturated fat (% TE) <sup>c</sup>	12.1 ± 2.2	11.9 ± 2.0	11.2 ± 2.1	<0.001
Polyunsaturated fat (% TE) <sup>c</sup>	6.6 ± 1.8	6.6 ± 1.6	6.2 ± 1.6	<0.001
Calcium (mg/day) <sup>c</sup>	799 ± 285	850 ± 236	952 ± 268	<0.001
Magnesium (mg/day) <sup>c</sup>	283 ± 84	299 ± 80	314 ± 89	<0.001
Vitamin D (µg/day) <sup>e</sup>	2.75 (1.79, 4.23)	2.78 (1.90, 4.17)	2.73 (1.67, 3.95)	0.435
Fibre (g/day) <sup>c</sup>	14.44 ± 5.25	15.62 ± 5.24	16.32 ± 5.57	<0.001
Fruit (g/day) <sup>c</sup>	143 ± 124	179 ± 127	199 ± 139	<0.001
Vegetables (g/day) <sup>e</sup>	79 (46, 120)	81 (49, 123)	88 (54, 139)	<0.001
Processed meat (g/day) <sup>c</sup>	29 ± 28	26 ± 22	25 ± 25	0.012
Red meat (g/day) <sup>e</sup>	12 (0, 27)	8 (0, 24)	9 (0, 22)	0.006
Coffee (g/day) <sup>e</sup>	279 (40, 568)	322 (104, 598)	303 (80, 608)	0.003

<sup>a</sup>Tertile cut-offs are based on absolute intakes of total dairy

<sup>b</sup>p-value as calculated using ANOVA or Kruskal-Wallis ANOVA for non-parametric data

<sup>c</sup>Mean ± SD; all such values

<sup>d</sup>n; % in parentheses; all such values

<sup>e</sup>Median; interquartile range in parentheses; all such values

TE, total energy