

Online Supporting Material

Supplemental Table 2 Participant characteristics in the lowest and highest PUFA intake quintiles among 24,032 participants in the Malmö diet and cancer cohort¹

Characteristics	ALA		LC n-3		Total n-3		LA		Total n-6		ALA/LA		n-3/n-6	
	Q1	Q5	Q1	Q5	Q1	Q5	Q1	Q5	Q1	Q5	Q1	Q5	Q1	Q5
Women ² , %	62.9	59.7	67.6	58.0	66.6	57.9	65.6	56.9	65.8	56.7	57.1	63.9	61.6	61.8
Age, y	57.1	57.3	53.8	60.6	55.6	59.7	58.6	56.2	58.5	56.2	55.6	58.9	54.4	60.8
	(50.8- 63.8)	(51.2- 63.9)	(49.3- 61.2)	(53.9- 65.3)	(49.8- 62.6)	(53.1- 65.2)	(51.7- 65.5)	(50.6- 62.8)	(51.6- 65.5)	(50.6- 62.8)	(50.2- 62.1)	(52.0- 65.5)	(49.6- 61.2)	(53.8- 66.1)
BMI, kg/m ²	25.3	24.9	24.7	25.5	25.1	25.4	25.0	25.2	24.9	25.2	25.3	24.8	25.1	25.2
	(23.0- 27.9)	(22.7- 27.7)	(22.5- 27.4)	(23.3- 28.1)	(22.8- 27.8)	(23.1- 28.0)	(22.7- 27.5)	(23.0- 28.0)	(22.7- 27.5)	(23.0- 28.0)	(23.0- 27.9)	(22.6- 27.4)	(22.9- 27.8)	(22.9- 27.8)
Season, %														
Winter	23.2	22.7	24.6	21.5	24.1	21.8	24.8	22.6	24.9	22.5	21.9	24.6	23.5	23.2
Spring	29.0	30.8	27.2	31.9	28.2	31.8	28.5	31.4	28.4	31.4	30.6	28.1	29.3	30.6
Summer	14.1	15.4	13.1	15.4	14.0	15.1	14.2	14.3	14.1	14.4	14.5	14.5	13.8	14.4
Fall	33.6	31.1	35.1	31.3	33.8	31.3	32.6	31.7	32.5	31.7	33.0	32.8	33.4	31.8
Alcohol, %														
Zero reporters	8.6	5.2	9.1	4.7	9.3	4.5	8.9	5.0	8.9	5.0	6.3	7.0	7.2	6.0
Low	41.7	37.2	47.5	34.3	45.8	34.4	43.1	36.1	43.3	35.9	37.6	41.7	41.6	39.1
Moderate	23.3	23.9	21.3	25.8	21.5	24.9	22.7	23.9	22.7	24.0	23.0	22.7	22.7	24.3
High	19.0	24.2	16.5	24.9	17.3	25.7	18.3	25.0	18.1	25.1	23.2	20.6	20.6	21.6
Very high	7.4	9.4	5.5	10.3	6.0	10.5	7.1	9.9	7.0	10.0	9.8	8.0	7.9	9.0
Smoking status, %														
Current smoker	24.6	34.1	30.5	26.6	26.3	29.9	29.0	29.9	28.8	29.9	26.2	34.2	27.8	30.1
Ex-smoker	34.4	32.2	30.8	35.5	32.1	33.9	31.1	35.8	31.1	35.8	36.3	29.5	35.0	32.3
Never smoker	41.0	33.6	38.6	38.0	41.5	36.2	39.9	34.3	40.1	34.3	37.4	36.2	37.1	37.6
Education, %														
Elementary	37.7	42.5	38.9	40.8	38.3	42.0	40.3	41.1	40.1	41.2	37.3	42.4	38.4	42.5
Primary and secondary	24.9	27.2	26.6	26.6	24.9	26.8	25.6	27.0	25.6	26.9	26.5	26.1	27.3	26.6
Upper secondary	9.4	9.6	10.0	8.7	9.7	9.1	8.5	9.7	8.5	9.7	10.7	8.7	10.4	8.4
Further education without a degree	10.2	8.4	8.9	9.8	9.4	9.0	9.1	9.0	9.0	9.0	10.2	8.1	9.3	8.7
University degree	17.4	12.4	15.4	13.9	17.2	13.0	16.3	13.1	16.5	13.1	15.1	14.4	14.4	13.5
Leisure time physical activity, %														
Very low	8.7	11.4	12.8	8.9	10.5	9.8	9.4	10.5	9.4	10.6	9.6	10.7	11.2	9.4
Low	31.1	33.8	34.2	31.1	32.0	32.4	31.0	35.6	31.0	35.5	34.4	32.2	34.6	31.2
Medium	28.8	28.2	27.0	28.4	28.9	28.2	27.1	27.6	27.1	27.7	28.7	28.2	28.1	27.9
High	20.5	18.3	17.5	20.9	18.7	20.2	20.9	17.6	21.0	17.6	18.3	19.1	18.3	20.8
Very high	10.2	7.6	7.8	10.1	9.2	9.0	11.1	7.7	11.0	7.7	8.1	9.5	6.9	10.3

¹Data is expressed as median (inter-quartile range) or as proportions (%), $n = 24,032$ participants except for BMI, $n = 24,003$; cigarette smoking status, $n = 24,022$; education, $n = 23,977$; leisure time physical activity, $n = 23,881$. ALA, α -linolenic acid; LA, linoleic acid; LC n-3, long-chain n-3 PUFAs.

²Chi-square test was used for categorical and general linear model was used for continuous variables adjusted for age and sex.