

Supplemental Table S1. Oxidative Balance Score (OBS) Weights

OBS Components	Weights				
	F ₂ -isoprostanes		FOP		Lit. Review
	Male	Female	Male	Female	Both sexes
1. PUFA intake	1.00*	1.00*	1.23	1.24	1.00*
2. Total iron intake	1.00*	1.00*	1.00*	1.00*	1.40
3. Total vitamin C intake	1.81	1.48	1.12	1.00*	1.00*
4. Total lycopene level	1.17	1.35	1.00*	1.00*	1.22
5. Total α -carotene level	1.43	1.22	1.00*	1.00*	1.32
6. Total β -carotene level	1.45	1.31	1.00*	1.00*	1.00*
7. Total lutein level	1.61	1.73	1.00*	1.00*	1.20
8. Total β -cryptoxanthin level	1.69	1.38	1.16	1.11	1.22
9. Total α -tocopherol level	1.79	1.30	1.00*	1.00*	1.00*
10. Selenium level	1.32	2.18	1.12	1.61	1.11
11. Smoking history	1.74	1.43	1.60	1.80	1.83
12. Regular aspirin use	1.28	1.20	1.00*	1.00*	1.06
13. Regular NSAID use	1.06	1.04	1.00*	1.00*	1.00*
14. Alcohol consumption	1.07	1.00*	1.35	1.23	1.30

Abbreviations: OBS=Oxidative Balance Score PUFA=Polyunsaturated fatty acid; NSAID=Non-steroidal anti-inflammatory drug; FOP=fluorescent oxidation products; Lit.=literature

*Default weight of 1.0 was assigned because risks were in the opposite directions of what we believed to be anti- (RR<1) or pro-oxidants (RR>1)