Table S1. Relative risk and 95% confidence intervals for breast cancer according to fifths of total iron and heme iron intakes in 1991 among women in the Nurses' Health Study II

	Lowest fifth	2nd fifth	3rd fifth	4th fifth	Highest fifth	P_{trend*}
			Fifths of intake			
Iron						
All women:						
Median intake, mg/day	10.2	12.2	14.5	21.7	50.9	
No. of cases/person-years	600/338 237	553/345 934	586/350 301	576/345 612	515/345 335	
Age adjusted model	1	0.87 (0.78 to 0.98)	0.92 (0.82 to 1.03)	0.94 (0.84 to 1.05)	0.90 (0.80 to 1.01)	0.44
Multivariable model	1	0.86 (0.77 to 0.97)	0.90 (0.80 to 1.01)	0.90 (0.80 to 1.01)	0.85 (0.75 to 0.96)	0.09
Premenopausal women:						
Median intake, mg/day	10.2	12.2	14.5	21.7	50.9	
No. of cases/person-years	315/216 640	295/213 074	326/215 428	314/214 786	261/215 054	
Age adjusted model	1	0.93 (0.79 to 1.09)	1.02 (0.88 to 1.19)	1.02 (0.87 to 1.19)	0.92 (0.78 to 1.08)	0.32
Multivariable model	1	0.93 (0.79 to 1.09)	1.01 (0.86 to 1.18)	0.99 (0.84 to 1.16)	0.88 (0.74 to 1.04)	0.13
Postmenopausal women:						
Median intake, mg/day	10.2	12.1	14.2	20.0	44.4	
No. of cases/person-years	209/86 535	165/85 433	183/86 157	179/86 110	182/86 113	
Age adjusted model	1	0.78 (0.64 to 0.96)	0.86 (0.70 to 1.05)	0.85 (0.70 to 1.04)	0.89 (0.72 to 1.08)	0.94
Multivariable model	1	0.77 (0.62 to 0.94)	0.83 (0.68 to 1.01)	0.82 (0.67 to 1.00)	0.83 (0.68 to 1.01)	0.51
Heme Iron						
All women:						
Median intake, mg/day	0.6	0.9	1.0	1.3	1.6	
No. of cases/person-years	431/278 936	583/338 794	566/358 197	663/403 205	587/346 287	
Age adjusted model	1	1.12 (0.99 to 1.27)	1.01 (0.89 to 1.15)	1.04 (0.92 to 1.17)	1.05 (0.93 to 1.19)	0.85
Multivariable model	1	1.14 (1.00 to 1.29)	1.04 (0.92 to 1.18)	1.08 (0.95 to 1.22)	1.12 (0.99 to 1.28)	0.17
Premenopausal women:						
Median intake, mg/day	0.6	0.9	1.0	1.3	1.6	
No. of cases/person-years	238/178 396	332/218 961	303/225 342	326/243 712	312/208 571	
Age adjusted model	1	1.13 (0.96 to 1.34)	0.99 (0.84 to 1.18)	1.00 (0.85 to 1.18)	1.07 (0.91 to 1.27)	0.81
Multivariable model	1	1.16 (0.98 to 1.37)	1.03 (0.87 to 1.23)	1.06 (0.89 to 1.26)	1.15 (0.97 to 1.37)	0.26
Postmenopausal women:						
Median intake, mg/day	0.7	0.9	1.1	1.3	1.7	
No. of cases/person-years	219/99 143	191/89 412	184/84 160	130/64 575	194/93 058	
Age adjusted model	1	0.96 (0.79 to 1.17)	0.99 (0.81 to 1.21)	0.90 (0.73 to 1.12)	0.94 (0.78 to 1.14)	0.50
Multivariable model	1	0.96 (0.79 to 1.17)	1.00 (0.82 to 1.22)	0.91 (0.73 to 1.13)	0.96 (0.79 to 1.17)	0.66

*Calculated with median intake of each variable in each fifth as continuous variable.

Multivariable model was stratified by age in months at start of follow-up and calendar year of current questionnaire cycle and was simultaneously adjusted for race (white, non-white), family history of breast cancer in mother or sisters (yes, no), history of benign breast disease (yes, no), smoking (never, former, current 1-14/day, current 15-24/day, current

≥25/day), height (<157.5, 157.5 to <165, 165 to <173, ≥173 cm), body mass index (<18.5, 18.5 to <20.0, 20.0 to <22.5, 22.5 to <25.0, 25.0 to <30.0, 30 to <35.0, ≥35.0 kg/m^2), age at menarche (<12, 12, 13, ≥14 years), parity and age at first birth (nulliparous, parity ≤2 and age at first birth <25 years, parity ≤2 and age at first birth 25 to <30 years, parity ≤2 and age at first birth ≥30 years, parity 3-4 and age at first birth <25 years, parity 3-4 and age at first birth 25 to <30 years, parity 3-4 and age at first birth ≥30 years, parity ≥5 and age at first birth <25 years, parity ≥5 and age at first birth ≥25 years), oral contraceptive use (never, former, current), alcohol intake (non-drinker, <5, 5 to <15, ≥15 g/day), and energy (fifth). In postmenopausal women, we additionally adjusted for postmenopausal hormone use (never users, former users, current users) and age at menopause (<45 years, 45-46 years, 47-48, 49-50 years, 51-52 years, ≥53 years). Among all women, we additionally adjusted for hormone use and menopausal status (premenopausal, postmenopausal never users, postmenopausal former users, postmenopausal current users, unknown menopausal status), and age at menopause (premenopausal, unknown menopause, <45 years, 45-46 years, 47-48, 49-50 years, 51-52 years, ≥53 years).

Table S2: Multivariable* relative risk and 95% confidence intervals of subtypes of breast cancer according to total red meat intake among women in the Nurses' Health Study II

Breast cancer subtype	Total red meat, per 1 serving/day					
	All women		Premenopausal women		Postmenopausal women	
	No. of cases	RR (95% confidence interval)	No. of cases	RR (95% confidence interval)	No. of cases	RR (95% confidence interval)
Estrogen and progesterone receptor positive	1544	1.19 (1.08 to 1.32)	815	1.23 (1.07 to 1.40)	513	1.17 (0.98 to 1.39)
Estrogen and progesterone receptor negative	423	1.13 (0.94 to 1.35)	237	1.10 (0.86 to 1.40)	136	0.99 (0.71 to 1.38)
P for Heterogeneity		0.56		0.40		0.36

*Multivariable model was stratified by age in months at start of follow-up and calendar year of current questionnaire cycle and was simultaneously adjusted for race (white, non-white), family history of breast cancer in mother or sisters (yes, no), history of benign breast disease (yes, no), smoking (never, former, current 1-14/day, current 15-24/day, current $\geq$25/day), height (<157.5, 157.5 to <165, 165 to <173, $\geq$173 cm), body mass index (<18.5, 18.5 to <20.0, 20.0 to <22.5, 22.5 to <25.0, 25.0 to <30.0, 30 to <35.0, $\geq$35.0 kg/m^2), age at menarche (<12, 12, 13, $\geq$14 years), parity and age at first birth (nulliparous, parity $\leq$2 and age at first birth <25 years, parity $\leq$2 and age at first birth 25 to <30 years, parity $\leq$2 and age at first birth $\geq$30 years, parity 3-4 and age at first birth <25 years, parity 3-4 and age at first birth 25 to <30 years, parity 3-4 and age at first birth $\geq$30 years, parity $\geq$5 and age at first birth <25 years, parity $\geq$5 and age at first birth $\geq$25 years), oral contraceptive use (never, former, current), alcohol intake (non-drinker, <5, 5 to <15, $\geq$15 g/day), and energy (fifth). In postmenopausal women, we additionally adjusted for postmenopausal hormone use (never users, former users, current users) and age at menopause (<45 years, 45-46 years, 47-48, 49-50 years, 51-52 years, $\geq$53 years). Among all women, we additionally adjusted for hormone use and menopausal status (premenopausal, postmenopausal never users, postmenopausal former users, postmenopausal current users, unknown menopausal status), and age at menopause (premenopausal, unknown menopause, <45 years, 45-46 years, 47-48, 49-50 years, 51-52 years, $\geq$53 years).