Appendix 1: Supplementary tables [posted as supplied by author]
Table A Multivariable-adjusted hazard ratios (95% confidence intervals) of mortality according to dish category scores on adherence to the Japanese Food Guide Spinning Top.

	1-point increment	P trend*
Total mortality		
Grain dishes	0.99 (0.98 to 1.004)	0.22
Vegetable dishes	0.98 (0.97 to 0.99)	< 0.0001
Fish and meat dishes	0.99 (0.99 to 0.999)	0.02
Milk	0.99 (0.99 to 0.99995)	0.048
Fruits	0.98 (0.98 to 0.99)	< 0.0001
Total energy	0.98 (0.97 to 0.99)	0.006
Snacks and alcoholic beverages	1.00 (0.99 to 1.004)	0.61
Cancer mortality		
Grain dishes	0.98 (0.97 to 1.001)	0.06
Vegetable dishes	0.99 (0.98 to 1.01)	0.30
Fish and meat dishes	1.00 (0.99 to 1.01)	0.38
Milk	1.00 (0.99 to 1.01)	0.57
Fruits	1.00 (0.99 to 1.01)	0.89
Total energy	1.00 (0.98 to 1.02)	0.73
Snacks and alcoholic beverages	1.00 (0.99 to 1.003)	0.24
Cardiovascular disease mortality		
Grain dishes	1.01 (0.99 to 1.03)	0.30
Vegetable dishes	0.98 (0.97 to 0.997)	0.02
Fish and meat dishes	0.99 (0.98 to 1.005)	0.22
Milk	0.99 (0.98 to 1.000)	0.06
Fruits	0.98 (0.97 to 0.997)	0.01
Total energy	1.01 (0.98 to 1.03)	0.63
Snacks and alcoholic beverages	1.00 (0.99 to 1.01)	0.49
Heart disease mortality		
Grain dishes	1.01 (0.97 to 1.04)	0.73
Vegetable dishes	0.99 (0.97 to 1.01)	0.16
Fish and meat dishes	1.00 (0.99 to 1.02)	0.60
Milk	0.98 (0.97 to 0.997)	0.02
Fruits	0.99 (0.97 to 1.01)	0.23
Total energy	1.02 (0.99 to 1.06)	0.26
Snacks and alcoholic beverages	1.00 (0.99 to 1.02)	0.80
Cerebrovascular disease mortality		
Grain dishes	1.03 (0.99 to 1.06)	0.16
Vegetable dishes	0.99 (0.96 to 1.01)	0.22
Fish and meat dishes	0.97 (0.95 to 0.99)	0.001
Milk	0.99 (0.98 to 1.01)	0.46
Fruits	0.98 (0.96 to 0.998)	0.03
Total energy	0.99 (0.95 to 1.03)	0.61
Snacks and alcoholic beverages	0.99 (0.97 to 1.003)	0.09

* Adjusted for age, sex, public health center area, body mass index, smoking status, total physical activity, a history of hypertension, a history of diabetes, a history of dyslipidemia, coffee consumption, green tea consumption and occupation.

Table B Multivariable-adjusted hazard ratios (95% confidence intervals) of mortality according to group scores on adherence to the Japanese Food Guide Spinning Top stratified by sex, body mass index, smoking status in men and menopausal status in women

		Fourths of score			10-point increase	P trend
	Q1	Q2	Q3	Q4		
Total mortality						
Men *	1.00 (ref)	0.91 (0.86 to 0.96)	0.87 (0.81 to 0.93)	0.95 (0.85 to 1.07)	0.93 (0.91 to 0.96)	< 0.0001
Women	1.00 (ref)	0.94 (0.82 to 1.06)	0.88 (0.78 to 0.99)	0.82 (0.73 to 0.93)	0.92 (0.89 to 0.96)	0.0002
P for interaction						0.39
Body mass index <25kg/m² †	1.00 (ref)	0.91 (0.85 to 0.96)	0.82 (0.77 to 0.88)	0.82 (0.75 to 0.89)	0.91 (0.89 to 0.94)	< 0.0001
Body mass index ≥25kg/m²	1.00 (ref)	0.97 (0.87 to 1.08)	1.04 (0.93 to 1.17)	0.96 (0.84 to 1.10)	0.98 (0.94 to 1.03)	0.53
P for interaction						< 0.0001
Non-smoker (men) ‡	1.00 (ref)	0.93 (0.85 to 1.02)	0.93 (0.84 to 1.02)	0.95 (0.81 to 1.10)	0.95 (0.91 to 1.00)	0.03
Current smoker (men)	1.00 (ref)	0.87 (0.80 to 0.95)	0.79 (0.72 to 0.88)	0.93 (0.78 to 1.10)	0.90 (0.87 to 0.94)	< 0.0001
Current smoker adjusted for No. cigarette §	1.00 (ref)	0.88 (0.81 to 0.96)	0.79 (0.71 to 0.88)	0.94 (0.79 to 1.12)	0.90 (0.87 to 0.94)	< 0.0001
P for interaction						0.03
Pre-menopausal (women) ¶	1.00 (ref)	0.83 (0.63 to 1.09)	0.74 (0.57 to 0.96)	0.78 (0.60 to 1.01)	0.90 (0.82 to 0.99)	0.04
Post-menopausal (women)	1.00 (ref)	0.97 (0.84 to 1.12)	0.93 (0.81 to 1.06)	0.85 (0.75 to 0.98)	0.93 (0.89 to 0.98)	0.003
P for interaction						0.76

(continued)

Table B continued

Cancer mortality

Men *	1.00 (ref)	0.94 (0.86 to 1.03)	0.88 (0.79 to 0.98)	1.00 (0.84 to 1.18)	0.95 (0.90 to 0.99)	0.02
Women	1.00 (ref)	1.00 (0.80 to 1.25)	1.06 (0.86 to 1.29)	1.04 (0.84 to 1.27)	1.00 (0.94 to 1.07)	0.96
P for interaction						0.11
Body mass index <25kg/m² †	1.00 (ref)	0.94 (0.85 to 1.04)	0.92 (0.83 to 1.02)	0.95 (0.83 to 1.07)	0.95 (0.91 to 0.99)	0.02
Body mass index ≥25kg/m²	1.00 (ref)	0.90 (0.76 to 1.07)	0.98 (0.82 to 1.16)	1.02 (0.83 to 1.26)	1.01 (0.94 to 1.09)	0.79
P for interaction						0.003
Non-smoker (men) ‡	1.00 (ref)	0.90 (0.78 to 1.04)	0.91 (0.78 to 1.06)	0.79 (0.61 to 1.03)	0.93 (0.86 to 0.99)	0.03
Current smoker (men)	1.00 (ref)	0.94 (0.83 to 1.06)	0.83 (0.71 to 0.96)	1.16 (0.92 to 1.46)	0.94 (0.89 to 1.002)	0.06
Current smoker adjusted for No. cigarette §	1.00 (ref)	0.94 (0.83 to 1.07)	0.82 (0.70 to 0.95)	1.16 (0.91 to 1.48)	0.94 (0.88 to 0.998)	0.04
P for interaction						0.83
Pre-menopausal (women) ¶	1.00 (ref)	0.80 (0.52 to 1.23)	0.83 (0.56 to 1.24)	0.95 (0.64 to 1.42)	1.01 (0.87 to 1.17)	0.89
Post-menopausal (women)	1.00 (ref)	1.09 (0.84 to 1.41)	1.16 (0.91 to 1.47)	1.10 (0.87 to 1.40)	1.01 (0.94 to 1.09)	0.83
P for interaction						0.81

Cardiovascular disease mortality

Men *	1.00 (ref)	0.97 (0.86 to 1.10)	0.85 (0.73 to 0.97)	1.11 (0.89 to 1.37)	0.96 (0.91 to 1.02)	0.18
Women	1.00 (ref)	0.90 (0.71 to 1.14)	0.84 (0.67 to 1.05)	0.75 (0.60 to 0.94)	0.90 (0.84 to 0.98)	0.01
P for interaction						0.08

(continued)

Table B continued

Body mass index <25kg/m² †	1.00 (ref)	0.94 (0.83 to 1.07)	0.77 (0.67 to 0.88)	0.78 (0.67 to 0.92)	0.91 (0.86 to 0.96)	0.001
Body mass index ≥25kg/m²	1.00 (ref)	1.03 (0.83 to 1.27)	1.09 (0.88 to 1.36)	0.98 (0.74 to 1.28)	0.99 (0.90 to 1.09)	0.87
P for interaction						0.69
Non-smoker (men) ‡	1.00 (ref)	1.05 (0.87 to 1.25)	0.92 (0.75 to 1.13)	1.13 (0.84 to 1.53)	1.00 (0.91 to 1.09)	0.92
Current smoker (men)	1.00 (ref)	0.90 (0.77 to 1.07)	0.76 (0.62 to 0.94)	1.09 (0.79 to 1.51)	0.92 (0.85 to 1.002)	0.055
Current smoker adjusted for No. cigarette §	1.00 (ref)	0.90 (0.76 to 1.06)	0.74 (0.60 to 0.92)	1.11 (0.80 to 1.54)	0.92 (0.84 to 0.998)	0.04
P for interaction						0.20
Pre-menopausal (women) ¶	1.00 (ref)	0.79 (0.47 to 1.34)	0.65 (0.39 to 1.09)	0.60 (0.35 to 1.01)	0.81 (0.66 to 0.98)	0.03
Post-menopausal (women)	1.00 (ref)	0.95 (0.73 to 1.24)	0.90 (0.70 to 1.16)	0.81 (0.63 to 1.04)	0.93 (0.85 to 1.01)	0.09
P for interaction						0.28
Heart disease mortality						
Men *	1.00 (ref)	1.02 (0.87 to 1.20)	0.93 (0.77 to 1.13)	0.94 (0.69 to 1.30)	0.98 (0.91 to 1.07)	0.70
Women	1.00 (ref)	0.78 (0.56 to 1.08)	0.84 (0.62 to 1.13)	0.75 (0.55 to 1.01)	0.93 (0.84 to 1.04)	0.23
P for interaction						0.12
Body mass index <25kg/m² †	1.00 (ref)	1.00 (0.85 to 1.19)	0.80 (0.66 to 0.96)	0.84 (0.67 to 1.05)	0.94 (0.87 to 1.02)	0.15
Body mass index ≥25kg/m²	1.00 (ref)	0.87 (0.65 to 1.17)	1.18 (0.88 to 1.57)	0.74 (0.50 to 1.09)	0.95 (0.84 to 1.08)	0.47
P for interaction						0.72

(continued)

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Table B continued

Non-smoker (men) ‡	1.00 (ref)	1.07 (0.84 to 1.36)	1.05 (0.81 to 1.37)	0.89 (0.57 to 1.39)	1.00 (0.89 to 1.13)	0.99
Current smoker (men)	1.00 (ref)	0.98 (0.78 to 1.23)	0.76 (0.57 to 1.02)	0.97 (0.60 to 1.56)	0.95 (0.85 to 1.06)	0.38
Current smoker adjusted for No. cigarette §	1.00 (ref)	1.02 (0.80 to 1.28)	0.80 (0.59 to 1.08)	1.08 (0.66 to 1.75)	0.94 (0.84 to 1.06)	0.30
P for interaction						0.31
Pre-menopausal (women) ¶	1.00 (ref)	0.68 (0.30 to 1.54)	0.64 (0.29 to 1.39)	0.79 (0.37 to 1.65)	0.94 (0.70 to 1.26)	0.66
Post-menopausal (women)	1.00 (ref)	0.81 (0.57 to 1.16)	0.88 (0.63 to 1.23)	0.75 (0.54 to 1.06)	0.93 (0.83 to 1.05)	0.25
P for interaction						0.77
Cerebrovascular disease mortality						
Men *	1.00 (ref)	0.94 (0.78 to 1.15)	0.82 (0.65 to 1.03)	1.28 (0.92 to 1.78)	0.94 (0.86 to 1.04)	0.22
Women	1.00 (ref)	0.96 (0.67 to 1.38)	0.73 (0.52 to 1.04)	0.62 (0.44 to 0.88)	0.81 (0.72 to 0.92)	0.001
P for interaction						0.07
Body mass index <25kg/m² †	1.00 (ref)	0.91 (0.75 to 1.11)	0.76 (0.62 to 0.95)	0.68 (0.53 to 0.88)	0.84 (0.77 to 0.92)	0.0001
Body mass index ≥25kg/m²	1.00 (ref)	1.19 (0.84 to 1.69)	0.95 (0.64 to 1.39)	1.24 (0.81 to 1.91)	1.05 (0.90 to 1.23)	0.53
P for interaction						0.09

Table B continued

Non-smoker (men) ‡	1.00 (ref)	0.98 (0.73 to 1.31)	0.80 (0.57 to 1.11)	1.41 (0.91 to 2.18)	0.99 (0.86 to 1.15)	0.93
Current smoker (men)	1.00 (ref)	0.89 (0.68 to 1.16)	0.87 (0.63 to 1.20)	1.19 (0.72 to 1.98)	0.91 (0.79 to 1.03)	0.14
Current smoker adjusted for No. cigarette §	1.00 (ref)	0.97 (0.74 to 1.28)	0.92 (0.66 to 1.29)	1.42 (0.85 to 2.36)	0.90 (0.79 to 1.03)	0.14
P for interaction						0.39
Pre-menopausal (women) ¶	1.00 (ref)	0.85 (0.41 to 1.76)	0.60 (0.29 to 1.24)	0.40 (0.18 to 0.87)	0.67 (0.50 to 0.89)	0.01
Post-menopausal (women)	1.00 (ref)	1.03 (0.67 to 1.56)	0.81 (0.54 to 1.21)	0.71 (0.48 to 1.07)	0.86 (0.75 to 0.98)	0.03
P for interaction						0.12

* Adjusted for age, public health center area, body mass index, smoking status, total physical activity, a history of hypertension, a history of diabetes, a history of dyslipidemia, coffee consumption, green tea consumption and occupation.

† Adjusted for age, sex, public health center area, body mass index (continuous), smoking status, total physical activity, a history of hypertension, a history of diabetes, a history of dyslipidemia, coffee consumption, green tea consumption and occupation.

‡ Among men, adjusted for age, public health center area, body mass index, total physical activity, a history of hypertension, a history of diabetes, a history of dyslipidemia, coffee consumption, green tea consumption and occupation.

§ Among men, adjusted for age, public health center area, body mass index, total physical activity, a history of hypertension, a history of diabetes, a history of dyslipidemia, coffee consumption, green tea consumption, occupation and number of cigarettes.

¶ Among women, adjusted for age, public health center area, body mass index, total physical activity, a history of hypertension, a history of diabetes, a history of dyslipidemia, coffee consumption, green tea consumption and occupation.