

Supplementary Table 1. Relative risks (RR) and 95% confidence intervals (CIs) for colorectal cancer according to total nut consumption after excluding diabetes at baseline, excluding ulcerative colitis at baseline, or adding a 4-year lag period between nut intake assessment and each follow-up period*

| Nut intake, servings/d | Frequency of nut consumption (28g serving) | | | | <i>P</i> _{trend} |
|------------------------------|--|-------------------|-------------------|-------------------|---------------------------|
| | Never | 1-3 times/month | Once/week | ≥ 2 times/week | |
| | 0 | 0.01-0.09 | 0.10-0.19 | ≥ 0.20 | |
| Colorectal | | | | | |
| Excluding diabetes | 1.00 | 0.99 (0.85, 1.16) | 0.98 (0.81, 1.17) | 0.87 (0.72, 1.05) | 0.07 |
| Excluding ulcerative colitis | 1.00 | 1.00 (0.86, 1.17) | 0.98 (0.81, 1.17) | 0.88 (0.73, 1.06) | 0.08 |
| Lag 4 years† | 1.00 | 1.03 (0.89, 1.19) | 0.97 (0.80, 1.18) | 0.89 (0.74, 1.08) | 0.17 |
| Colon | | | | | |
| Excluding diabetes | 1.00 | 1.04 (0.87, 1.25) | 1.01 (0.81, 1.25) | 0.87 (0.70, 1.08) | 0.04 |
| Excluding ulcerative colitis | 1.00 | 1.04 (0.87, 1.25) | 1.00 (0.81, 1.24) | 0.88 (0.71, 1.10) | 0.07 |
| Lag 4 years† | 1.00 | 1.04 (0.88, 1.22) | 1.00 (0.80, 1.24) | 0.82 (0.66, 1.02) | 0.05 |
| Rectum | | | | | |
| Excluding diabetes | 1.00 | 0.91 (0.66, 1.26) | 0.91 (0.61, 1.33) | 0.89 (0.60, 1.32) | 0.72 |
| Excluding ulcerative colitis | 1.00 | 0.91 (0.66, 1.25) | 0.89 (0.61, 1.31) | 0.88 (0.59, 1.30) | 0.65 |
| Lag 4 years† | 1.00 | 1.03 (0.76, 1.41) | 0.86 (0.55, 1.34) | 1.09 (0.74, 1.63) | 0.76 |

* Adjusted for age (month), physical activity (metabolic-equivalents/week, quintiles), family history of colorectal cancer (yes/no), history of previous lower endoscopy (yes/no), history of ulcerative colitis (yes/no), history of polyps (yes/no), aspirin use (<1, 1-3, 3.1-7, >7 tablets/week), multivitamin use (yes/no), pack-years of smoking (never smoker, 1-9, 10-24, 25-44, and ≥ 45 pack-years), alcohol intake (never, 0.1-5, 5.1-15, > 15 g/d), and total energy intake (kcal, continuous), body-mass index (<22, 22-22.9, 23-24.9, 25-28.9, ≥29 kg/m²), and history of diabetes mellitus (yes/no).

† A 4-year lag period was added between nut intake assessment and each follow-up period (follow-up started in 1984 for this analysis), i.e., we used nut intake from the 1980 questionnaire for the follow-up period from 1984 to 1988, the 1984 questionnaire for the period from 1988-1992 and so forth.