

S3 Table: Associations between health behaviours, dietary factors and IBD.

Variable	Odds ratio	95% CI
Current Smoker	1.517	0.896-2.568
High Level of Physical Activity	1.140	0.839-1.550
Total Fruits & Vegetables	0.940	0.894-0.989
Vegetables	0.887	0.808-0.973
Fruit	0.889	0.802-0.985
Vegetable/Fruit juice	1.030	0.904-1.173
Green Vegetables	0.930	0.795-1.088
Total Grains	1.054	0.982-1.130
Whole Grains	0.925	0.843-1.015
Refined Grains	1.266	1.150-1.393
Total Milk & Dairy	0.962	0.863-1.073
Total Meat & Alternatives	0.979	0.926-1.035
Meat & Poultry	0.991	0.888-1.105
Eggs	1.053	0.946-1.173
Fish	0.876	0.715-1.073
Tofu	1.054	0.604-1.840
Beans & Legumes	0.784	0.613-1.002
Nuts & Seeds	0.910	0.756-1.094

Boldface text indicates significant association ($P < 0.05$)