Web Table 1. Hazard ratios and 95% confidence intervals for early menopause by category of baseline (1991) intake of individual dairy foods, Nurses' Health Study II, 1991–2011

Dairy Food and No. of Servings	No. of Cases	Model 1[a]		Model 2[b]		Model 3[c]	
		HR	95% CI	HR	95% CI	HR	95% CI
Skim milk							
Almost never	324	1	Referent	1	Referent	1	Referent
1–3/month	168	0.97	0.80, 1.17	1.00	0.83, 1.20	1.00	0.82, 1.20
1/week	161	1.08	0.89, 1.30	1.12	0.92, 1.35	1.11	0.92, 1.35
2–4/week	322	0.81	0.69, 0.94	0.85	0.73, 0.99	0.85	0.72, 0.99
5–6/week	161	0.81	0.67, 0.98	0.85	0.71, 1.03	0.84	0.69, 1.02
1/day	471	0.83	0.72, 0.95	0.89	0.77, 1.03	0.88	0.76, 1.01
2–3/day	399	0.74	0.64, 0.86	0.83	0.71, 0.96	0.79	0.67, 0.93
≥4/day	43	0.91	0.66, 1.25	1.03	0.75, 1.42	0.96	0.69, 1.35
P for trend			<0.01		0.04		0.02
Whole milk							
Almost never	1,656	1	Referent	1	Referent	1	Referent
1–3/month	171	1.05	0.90, 1.23	1.02	0.87, 1.20	1.02	0.87, 1.20
1–4/week	146	1.08	0.91, 1.28	1.03	0.87, 1.22	1.03	0.87, 1.22
≥5/week	76	1.05	0.83, 1.32	0.98	0.78, 1.23	0.98	0.78, 1.23
P for trend			0.19		0.46		0.46
Cream							
Almost never	1,441	1	Referent	1	Referent	1	Referent
1–3/month	297	0.95	0.84, 1.08	0.97	0.85, 1.10	0.97	0.85, 1.10
1/week	67	0.99	0.77, 1.27	1.01	0.79, 1.29	1.01	0.79, 1.29
2–4/week	70	1.06	0.84, 1.35	1.06	0.84, 1.35	1.06	0.84, 1.35
≥5/week	174	1.05	0.90, 1.23	0.99	0.85, 1.16	0.99	0.85, 1.16
P for trend			0.26		0.97		0.96
Frozen yogurt/sherbet							
Almost never	682	1	Referent	1	Referent	1	Referent
1–3/month	739	0.96	0.86, 1.06	1.00	0.90, 1.11	1.00	0.90, 1.11
1/week	315	0.94	0.82, 1.07	1.00	0.87, 1.14	1.00	0.87, 1.14
≥2/week	313	0.94	0.82, 1.07	0.99	0.87, 1.13	0.99	0.87, 1.14
P for trend			0.35		0.61		0.61
Ice cream							
Almost never	611	1	Referent	1	Referent	1	Referent

1–3/month	862	1.01	0.91, 1.11	1.06	0.95, 1.17	1.06	0.95, 1.18
1/week	346	0.99	0.87, 1.13	1.08	0.94, 1.23	1.08	0.94, 1.23
≥2/week	230	0.89	0.76, 1.03	0.98	0.84, 1.15	0.98	0.84, 1.14
P for trend			0.09		0.47		0.47
Yogurt							
Almost never	956	1	Referent	1	Referent	1	Referent
1–3/month	538	0.86	0.77, 0.95	0.9	0.80, 1.00	0.89	0.80, 1.00
1/week	251	0.94	0.81, 1.07	0.99	0.86, 1.14	0.99	0.86, 1.13
≥2/week	304	0.83	0.73, 0.95	0.86	0.75, 0.98	0.86	0.75, 0.98
P for trend			0.13		0.19		0.19
Cottage/ricotta cheese							
Almost never	933	1	Referent	1	Referent	1	Referent
1–3/month	742	0.94	0.86, 1.04	0.98	0.89, 1.08	0.98	0.89, 1.08
1/week	216	0.94	0.81, 1.09	0.99	0.85, 1.15	0.99	0.85, 1.15
≥2/week	158	1.04	0.88, 1.23	1.08	0.91, 1.28	1.08	0.91, 1.28
P for trend			0.92		0.62		0.61
Cream cheese							
Almost never	1,109	1	Referent	1	Referent	1	Referent
1–3/month	654	0.93	0.84, 1.02	0.96	0.87, 1.05	0.96	0.87, 1.05
1/week	172	0.89	0.76, 1.05	0.94	0.80, 1.10	0.94	0.80, 1.10
≥2/week	114	0.94	0.78, 1.14	0.97	0.80, 1.17	0.97	0.80, 1.18
P for trend			0.31		0.47		0.48
Low-fat cheese							
Almost never	1,623	1	Referent	1	Referent	1	Referent
1–3/month	76	1.08	0.86, 1.36	1.06	0.84, 1.34	1.06	0.84, 1.34
1/week	107	1.03	0.85, 1.26	1.03	0.84, 1.25	1.03	0.84, 1.25
≥2/week	243	0.98	0.86, 1.12	1.00	0.87, 1.15	1.00	0.87, 1.15
P for trend			0.97		0.79		0.78
High-fat cheese							
Almost never	856	1	Referent	1	Referent	1	Referent
1–3/month	145	0.94	0.79, 1.12	0.93	0.77, 1.11	0.92	0.77, 1.10
1/week	268	1.05	0.92, 1.21	1.07	0.93, 1.23	1.07	0.93, 1.23
≥2/week	780	1.02	0.92, 1.12	1.07	0.97, 1.19	1.07	0.97, 1.19
P for trend			0.99		0.46		0.44

Butter

Almost never	1,284	1	Referent	1	Referent	1	Referent
1–3/month	420	1.02	0.91, 1.14	1.00	0.89, 1.11	1.00	0.89, 1.11
≥1/week	345	1.01	0.89, 1.14	0.97	0.86, 1.09	0.97	0.86, 1.09
P for trend			0.92		0.78		0.78

Abbreviations: BMI, body mass index; CI, confidence interval; HR, hazard ratio.

[a] Model 1 adjusted for age (months; continuous).

[b] Model 2 adjusted for age (months; continuous), pack-years of smoking (≤10, 11–20, or ≥21), BMI (weight (kg)/height (m)^2; <18.5, 18.5–24.9, 25–29.9, or ≥30), age at menarche (years; continuous), parity (nulliparous, 1–2, or ≥3), breastfeeding duration (months; continuous), percentage of total kilocalories derived from vegetable protein (quintiles 1–3 or 4+5), alcohol intake (<10 g/day or ≥10 g/day), and current multivitamin use (yes or no).

[c] Model 3 adjusted for model 2 covariates + total vitamin D intake (IU/day; continuous) and total calcium intake (mg/day; continuous).