

Table S1. Assessment of chocolate consumption Food-Frequency Questionnaire (FFQ)

Question 1. What was the average frequency of intake of chocolate over the last year?

1. Never or seldom
2. Once per month
3. Two to three times per month
4. Once per week
5. Two to four times per week
6. Five to six times per week
7. Once per day
8. Twice per day
9. Three times per day
10. No response

Question 2. What is your average intake of chocolate?

1. Rarely (less than once per month)
2. One quarter of a chocolate tablet
3. One half of a chocolate tablet
4. One chocolate tablet
5. No response

Supplement table 2. Subgroup analysis regarding effect of chocolate on hearing loss and tinnitus according to sex

chocolate interaction	
Any hearing loss	
(unilateral or bilateral)	0.8822
Hearing loss (bilateral)	0.0567
Tinnitus	0.2667
Tinnitus-related annoyance	0.4143

	Estimate	95% CI		P-value	Estimate	95% CI		P-value
		Lower	Upper			Lower	Upper	
Men								
Any hearing loss	0.652	0.521	0.817	0.0002	0.852	0.662	1.098	0.2158
(unilateral or bilateral)								
Hearing loss (bilateral)	0.545	0.418	0.712	<.0001	0.719	0.536	0.965	0.0282
Tinnitus	0.844	0.64	1.113	0.23	0.924	0.691	1.237	0.5973
Tinnitus-related annoyance	0.57	0.355	0.914	0.0196	0.709	0.432	1.166	0.1753
Women								
Any hearing loss	0.642	0.521	0.791	<.0001	0.823	0.656	1.033	0.0938
(unilateral or bilateral)								
Hearing loss (bilateral)	0.665	0.502	0.88	0.0044	0.886	0.654	1.2	0.434
Tinnitus	0.876	0.712	1.078	0.2123	0.902	0.728	1.117	0.3438
Tinnitus-related annoyance	0.925	0.658	1.3	0.6538	1.022	0.719	1.452	0.9042

