

## Supplementary File 3. List of confounders

Outcome	Confounders	Confounders (all outcomes)
1. CVD mortality	Fibre supplement (p) Red Meat (h) Sodium (Na+) (h)	Age Sex BMI
2. CVD events	Fibre supplement (p) Magnesium supplement (p)	Smoking Alcohol intake
3. CHD mortality (incident CVD)	Fibre supplement (p) Trans Fat (h) Polyunsaturated fat (n-6) (p) Sodium (+Na) (h)	History of co-morbidities Parenteral/Fhx MI < 60 yrs PA levels SES
4. CHD events (incident CHD)	Fibre supplement (p) Trans fat (h) Magnesium supplement (p) Polyunsaturated fat (n-6) (p)	Total energy intake Fruit & Vegetable intake
5. Total MI	Aspirin (p) Vitamin E supplement (p)	<i>Specialised Confounders</i> Hormone therapy
6. Fatal MI	Vitamin E supplement (p)	
7. Non-fatal MI	Aspirin (p)	
8. Total stroke	Potassium supplement (p) Red Meat (h) Sodium (+Na) (h)	
9. Ischemic stroke	Aspirin (p) Polyunsaturated fat (LC n-3) (p) Red meat (h)	
10. Haemorrhagic stroke	Aspirin (h)	
11. Systolic BP	Magnesium supplement (p) Sodium (-Na) (p) Polyunsaturated fat (supplement) (LC n-3) (p) Potassium supplement (p)	
12. Diastolic BP	Magnesium supplement (p) Sodium (-Na) (p) Polyunsaturated fat (supplement) (LC n-3) (p) Potassium supplement (p)	
		p = protective, h = harmful

**a) Not Confounders (inconclusive evidence)**

Outcome	Not a confounder (inconclusive)
1. CVD mortality	Aspirin Dietary Saturated Fat Folate supplement Monounsaturated Fat Multivitamin Polyunsaturated Fat Total Dietary Fat Vitamin E supplement
2. CVD events	Folate supplement Monounsaturated Fat Multivitamin Polyunsaturated Fat Sodium Total Dietary Fat Vitamin E supplement
3. CHD mortality	Dietary Saturated Fat Magnesium supplement
4. CHD events	Dietary Saturated Fat Sodium Red Meat
5. Total MI	Dietary Saturated Fat Folate supplement Magnesium supplement Multivitamin Polyunsaturated Fat Total Dietary Fat
6. Fatal MI	Folate supplement Multivitamin
7. Non-fatal MI	Dietary Saturated Fat Folate supplement Multivitamin Polyunsaturated Fat Total Dietary Fat Vitamin E supplement

8. Total stroke	Aspirin Dietary Saturated Fat Folate supplement Monounsaturated Fat Multivitamin Polyunsaturated Fat Total Dietary Fat Vitamin E supplement
9. Ischemic stroke	Dietary Saturated Fat Trans Fat
10. Haemorrhagic stroke	Polyunsaturated Fat Red Meat
11. Systolic BP	Polyunsaturated Fat (dietary)
12. Diastolic BP	Polyunsaturated Fat (dietary)