

SUPPLEMENTARY TABLES AND FIGURES

Supplementary Table 1. Baseline characteristics and survival outcomes comparing excluded participants with included participants from the Pathways Study. (n=4,505).

Characteristic	Excluded (n=3,660)	Included (n=845)	P
Continuous, Mean (SD) ^a			
Age at diagnosis (years)	56.7 (12.6)	59.7 (11.9)	<.001
Physical activity (MET h/wk) ^b	54.4 (44.4)	53.8 (35.8)	0.68
Categorical, No. (%) ^c			
Race/ethnicity			<.001
White	460 (54.4)	2491 (68.1)	
Black	111 (13.1)	240 (6.6)	
Asian/Pacific Islander	124 (14.7)	475 (13.0)	
Hispanic	134 (15.9)	378 (10.3)	
American Indian/Alaska Native	16 (1.9)	76 (2.1)	
Education			<.001
High school or less	160 (18.9)	547 (14.9)	
Some college	323 (38.2)	1245 (34.0)	
College graduate	217 (25.7)	1024 (28.0)	
Postgraduate	139 (16.4)	842 (23.0)	
Unknown	6 (0.7)	2 (0.1)	
Menopausal status			0.001
Premenopausal	292 (34.6)	1060 (29.0)	
Postmenopausal	553 (65.4)	2600 (71.0)	
Smoking status			<.001
Never	446 (52.8)	2092 (57.2)	
Former	315 (37.3)	1408 (38.5)	
Current	75 (8.9)	154 (4.2)	
Unknown	9 (1.1)	6 (0.2)	
Cancer stage			0.09
I	426 (50.4)	2008 (54.9)	
II	308 (36.4)	1250 (34.2)	
III	94 (11.1)	346 (9.5)	
IV	17 (2.0)	56 (1.5)	
ER status			0.01
Positive	680 (80.5)	3072 (83.9)	
Negative	165 (19.5)	586 (16.0)	
Unknown	0 (0.0)	2 (0.1)	
PR status			0.08
Positive	515 (60.9)	2347 (64.1)	
Negative	330 (39.1)	1308 (35.7)	
Unknown	0 (0.0)	5 (0.1)	
HER2 status			0.43
Positive	116 (13.7)	472 (12.9)	
Negative	685 (81.1)	3045 (83.2)	
Unknown	44 (5.2)	143 (3.9)	
Recurrence			0.74
No	735 (87.0)	3199 (87.4)	
Yes	110 (13.0)	461 (12.6)	
Breast Cancer-Specific Mortality			0.57
No	765 (90.5)	3336 (91.1)	
Yes	80 (9.5)	324 (8.9)	
Non-Breast Cancer-Specific Mortality			0.78
No	766 (90.7)	3329 (91.0)	
Yes	79 (9.3)	331 (9.0)	
All-Cause Mortality			0.53
No	686 (81.2)	3005 (82.1)	
Yes	159 (18.8)	655 (17.9)	

^aAnalysis of variance. Abbreviations: FFQ (food frequency questionnaire), SD (standard deviation), MET (metabolic equivalent of task), ER (estrogen receptor), PR (progesterone receptor), HER2 (human epidermal growth factor receptor 2).

^bThere were 42 participants who did not complete the FFQ and 4 participants who did complete the FFQ with unknown physical activity.

^cPearson X² test.

Supplementary Table 2. Scoring methods and optimal quantities for each component of ACS, DASH, aMED and HEI.

	ACS (total = 9 points)	aMED (total = 9 points)	DASH (total = 40 points)	HEI (total = 100 points)
Fruits				
Total Fruit	—	>= Median	= Highest quartile	>= 0.8 cups/1,000 kcal
Whole Fruits	—	—	—	>= 0.4 cups/1,000 kcal
Vegetables				
Total Vegetables ^a	—	>= Median	= Highest quartile	>= 1.1 cups/1,000 kcal
Greens and Beans	—	—	—	>= 0.2 cups/1,000 kcal
Total Fruits and Vegetables	= Highest tertile ^b			
Grains				
Whole Grains	= Highest tertile ^c	>= Median	= Highest quartile	> 1.5 ounces/1,000 kcal
Refined Grains	—	—	—	<= 1.8 ounces/1,000 kcal
Dairy				
Total Dairy	—	—	—	>= 1.3 cups/1,000 kcal
Low-fat Dairy	—	—	= Highest quartile	—
Protein Foods				
Total Protein Foods	—	—	—	>= 2.5 ounces/1,000 kcal
Seafood and Plant Proteins	—	—	—	>= 0.8 ounces/1,000 kcal
Red and Processed Meats	= Lowest tertile	< Median	= Lowest quartile	—
Fish	—	>= Median	—	—
Legumes	—	>= Median	—	—
Nuts	—	>= Median	—	—
Nuts and Legumes	—	—	= Highest quartile	—
Fat				
Unsaturated Fats	—	MUFAs:SFAs >= median	—	PUFAs + MUFAs:SFAs >= 2.5
Saturated Fats	—	—	—	<= 8% of energy
Sodium				
Sodium	—	—	= Lowest quartile	<= 1.1 grams/1,000 kcal
Sugar				
Added Sugar	—	—	—	<= 6.5% of energy
Sweetened beverages	—	—	= Lowest quartile	—
Alcohol				
Alcohol	—	5-15 grams/d	—	—

^aaMED excludes potatoes; DASH excludes potatoes and legumes. Abbreviations: ACS (American Cancer Society nutrition guidelines score), aMED (Alternate Mediterranean Diet score), DASH (Dietary Approaches to Stop Hypertension score), HEI (2015 Healthy Eating Index score), MUFA (monounsaturated fat), SFA (saturated fat), PUFA (polyunsaturated fat).

^bExcludes fruit juices and potatoes. Includes partial variety score for consumption of >=5 different fruits or vegetables per month.

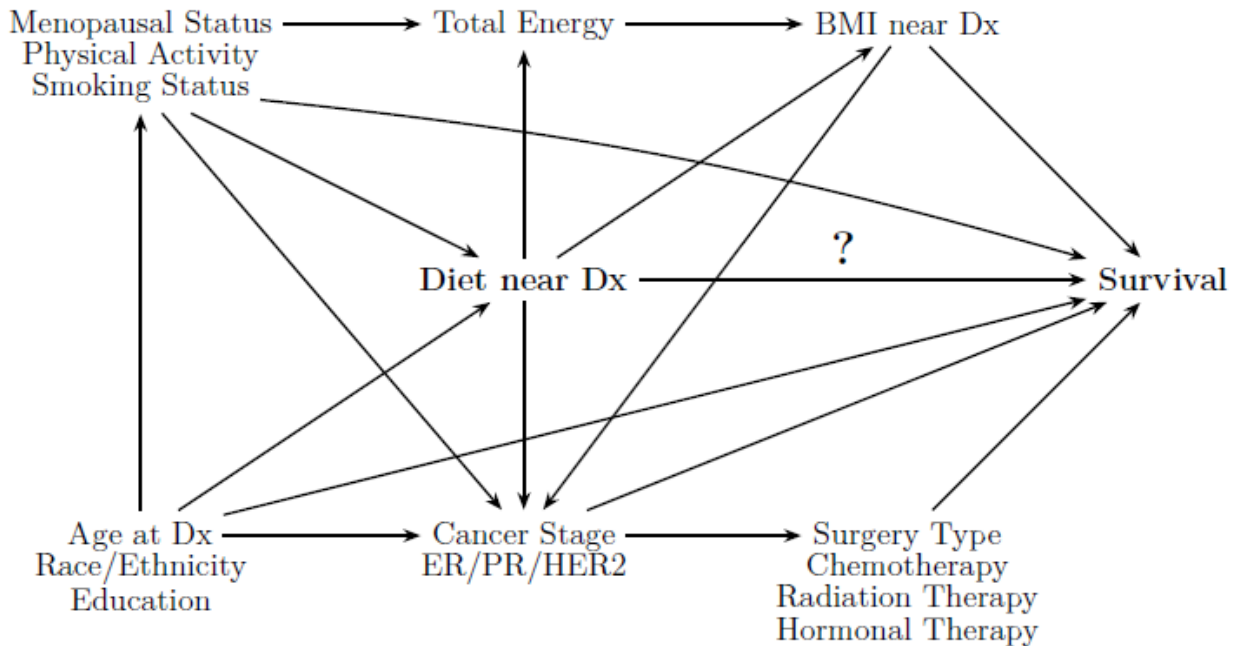
^cWhole grains calculated as a percent of total grains.

Supplementary Table 3. Spearman correlation coefficients among total summary scores for ACS, aMED, DASH and HEI (n=3,660).^a

	ACS	aMED	DASH	HEI
ACS	1.00	0.50	0.69	0.65
aMED		1.00	0.66	0.59
DASH			1.00	0.74
HEI				1.00

^aAll p < 0.001. Abbreviations: ACS (American Cancer Society nutrition guidelines score), aMED (alternate Mediterranean Diet score), DASH (Dietary Approaches to Stop Hypertension score), HEI (Healthy Eating Index score).

Supplementary Figure 1. Causal diagram of the relationship between diet near diagnosis and breast cancer survival.^a



^aRelated variables have been grouped together to simplify presentation.