Appendix F Observational results: death from myocardial infarction

Row	Study PMID	Study Name	Outcome	Outcome Definition	Population Type	Population	Subgroup	Cases Total/N Total (Rate %)	Followup	n3 FA	n3 measure	Supplement
2	Yamagishi 2008 18786479	JACC	MI death	nd	Healthy	Healthy 40-79 yo	All	329/57972 (0.57)	12.7 y	All n-3	Intake	No
3	Yamagishi 2008 18786479	JACC	MI death	nd	Healthy	Healthy 40-79 yo	All	329/57972 (0.57)	12.7 y	All n-3	Intake	No
4	Yamagishi 2008 18786479	JACC	MI death	nd	Healthy	Healthy 40-79 yo	All	329/57972 (0.57)	12.7 y	All n-3	Intake	No
5	Yamagishi 2008 18786479	JACC	MI death	nd	Healthy	Healthy 40-79 yo	All	329/57972 (0.57)	12.7 y	All n-3	Intake	No
6	Yamagishi 2008 18786479	JACC	MI death	nd	Healthy	Healthy 40-79 yo	All	329/57972 (0.57)	12.7 y	All n-3	Intake	No
7	Yuan 2001 11682363	Shanghai	MI death	death from MI	Healthy	Healthy, 45-64 yo	All	113/18244 (0.62)	12 y	All n-3	Intake	no
8	Yuan 2001 11682363	Shanghai	MI death	death from MI	Healthy	Healthy, 45-64 yo	All	113/18244 (0.62)	12 y	All n-3	Intake	no
9	Yuan 2001 11682363	Shanghai	MI death	death from MI	Healthy	Healthy, 45-64 yo	All	113/18244 (0.62)	12 y	All n-3	Intake	no
10	Yuan 2001 11682363	Shanghai	MI death	death from MI	Healthy	Healthy, 45-64 yo	All	113/18244 (0.62)	12 y	All n-3	Intake	no
11	Yuan 2001 11682363	Shanghai	MI death	death from MI	Healthy	Healthy, 45-64 yo	All	113/18244 (0.62)	12 y	All n-3	Intake	no
12	de Goede 2010 20335635	MORGEN	MI death	fatal MI	Healthy	Healthy 20-65 yo	All	64/21055 (0.3)	11.3 y	EPA+DHA	Intake	No
13	de Goede 2010 20335635	MORGEN	MI death	fatal MI	Healthy	Healthy 20-65 yo	All	64/21055 (0.3)	11.3 y	EPA+DHA	Intake	No
14	de Goede 2010 20335635	MORGEN	MI death	fatal MI	Healthy	Healthy 20-65 yo	All	64/21055 (0.3)	11.3 y	EPA+DHA	Intake	No
15	de Goede 2010 20335635	MORGEN	MI death	fatal MI	Healthy	Healthy 20-65 yo	All	64/21055 (0.3)	11.3 y	EPA+DHA	Intake	No

Appendix F Observational results: death from myocardial infarction

Row	Study PMID	Adjustments	Quantile	n3 units	Quantile low	Quantile median	Quantile high
2	Yamagishi 2008 18786479	age, sex, htn and dm history, smoking status, alcohol consumption, BMI, mental stress, walking, sports, education, total energy, dietary intake of cholesterol/saturated and omega-3FA/vegetables/fruit	Qt1	g/d	0.05	nd	1.18
3	Yamagishi 2008 18786479	age, sex, htn and dm history, smoking status, alcohol consumption, BMI, mental stress, walking, sports, education, total energy, dietary intake of cholesterol/saturated and omega-3FA/vegetables/fruit	Qt2	g/d	1.18	nd	1.47
4	Yamagishi 2008 18786479	age, sex, htn and dm history, smoking status, alcohol consumption, BMI, mental stress, walking, sports, education, total energy, dietary intake of cholesterol/saturated and omega-3FA/vegetables/fruit	Qt3	g/d	1.47	nd	1.75
5	Yamagishi 2008 18786479	age, sex, htn and dm history, smoking status, alcohol consumption, BMI, mental stress, walking, sports, education, total energy, dietary intake of cholesterol/saturated and omega-3FA/vegetables/fruit	Qt4	g/d	1.75	nd	2.11
6	Yamagishi 2008 18786479	age, sex, htn and dm history, smoking status, alcohol consumption, BMI, mental stress, walking, sports, education, total energy, dietary intake of cholesterol/saturated and omega-3FA/vegetables/fruit	Qt5	g/d	2.11	nd	5.06
7	Yuan 2001 11682363	In addition to age (years) and total energy intake (calories/day), the multivariate Cox proportional hazards model included level of education (primary school or less, middle school or higher), body mass index (<18.5, 18.5–<21, 21–<23.5, 23.5–<26, =26 kg/m2), current smoker at recruitment (no, yes), average no. of cigarettes smoked per day (continuous), no. of alcoholic drinks consumed per week (none, 1–14, 15–28, =29), history of diabetes (no, yes), and history of hypertension (no, yes).	Qt1	g/wk	nd	mean 0.15	0.26
8	Yuan 2001 11682363	In addition to age (years) and total energy intake (calories/day), the multivariate Cox proportional hazards model included level of education (primary school or less, middle school or higher), body mass index (<18.5, 18.5–<21, 21–<23.5, 23.5–<26, =26 kg/m2), current smoker at recruitment (no, yes), average no. of cigarettes smoked per day (continuous), no. of alcoholic drinks consumed per week (none, 1–14, 15–28, =29), history of diabetes (no, yes), and history of hypertension (no, yes).	Qt2	g/wk	0.27	mean 0.38	0.43
9	Yuan 2001 11682363	In addition to age (years) and total energy intake (calories/day), the multivariate Cox proportional hazards model included level of education (primary school or less, middle school or higher), body mass index (<18.5, 18.5–<21, 21–<23.5, 23.5–<26, =26 kg/m2), current smoker at recruitment (no, yes), average no. of cigarettes smoked per day (continuous), no. of alcoholic drinks consumed per week (none, 1–14, 15–28, =29), history of diabetes (no, yes), and history of hypertension (no, yes).	Qt3	g/wk	0.44	mean 0.65	0.72
10	Yuan 2001 11682363	In addition to age (years) and total energy intake (calories/day), the multivariate Cox proportional hazards model included level of education (primary school or less, middle school or higher), body mass index (<18.5, 18.5–<21, 21–<23.5, 23.5–<26, =26 kg/m2), current smoker at recruitment (no, yes), average no. of cigarettes smoked per day (continuous), no. of alcoholic drinks consumed per week (none, 1–14, 15–28, =29), history of diabetes (no, yes), and history of hypertension (no, yes).	Qt4	g/wk	0.73	mean 0.91	1.09
11	Yuan 2001 11682363	In addition to age (years) and total energy intake (calories/day), the multivariate Cox proportional hazards model included level of education (primary school or less, middle school or higher), body mass index (<18.5, 18.5–<21, 21–<23.5, 23.5–<26, =26 kg/m2), current smoker at recruitment (no, yes), average no. of cigarettes smoked per day (continuous), no. of alcoholic drinks consumed per week (none, 1–14, 15–28, =29), history of diabetes (no, yes), and history of hypertension (no, yes).	Qt5	g/wk	1.1	mean 1.66	nd
12	de Goede 2010 20335635	age, gender, BMI, total energy intake, ethanol intake, cigarette smoking, social economic status, vitamin/mineral supplement use, use of drugs for hypertension/hypercholesterolemia, family history of CVD, SFA, fruit, and vegetables	Qt1	mg/d		40	<62
13	de Goede 2010 20335635	age, gender, BMI, total energy intake, ethanol intake, cigarette smoking, social economic status, vitamin/mineral supplement use, use of drugs for hypertension/hypercholesterolemia, family history of CVD, SFA, fruit, and vegetables	Qt2	mg/d	62	84	113
14	de Goede 2010 20335635	age, gender, BMI, total energy intake, ethanol intake, cigarette smoking, social economic status, vitamin/mineral supplement use, use of drugs for hypertension/hypercholesterolemia, family history of CVD, SFA, fruit, and vegetables	Qt3	mg/d	114	151	194
15	de Goede 2010 20335635	age, gender, BMI, total energy intake, ethanol intake, cigarette smoking, social economic status, vitamin/mineral supplement use, use of drugs for hypertension/hypercholesterolemia, family history of CVD, SFA, fruit, and vegetables	Qt4	mg/d	>194	234	nd

Appendix F Observational results: death from myocardial infarction

Row	Study PMID	Metric	n Cases	N quantile	Person Years	Estimate	CI low	CI high	Comparison	P value
2	Yamagishi 2008 18786479	HR	65	11594	735904	Reference group				0.14
3	Yamagishi 2008 18786479	HR	65	11595	735904	0.97	0.67	1.4		
4	Yamagishi 2008 18786479	HR	60	11594	735904	0.81	0.54	1.2		
5	Yamagishi 2008 18786479	HR	60	11595	735904	0.77	0.51	1.18		
6	Yamagishi 2008 18786479	HR	79	11594	735904	0.75	0.47	1.19		
7	Yuan 2001 11682363	RR	33	3789	35583	Reference group			P trend	0.02
8	Yuan 2001 11682363	RR	12	5613	32076	0.39	0.2	0.75		
9	Yuan 2001 11682363	RR	37	3300	54769	0.67	0.42	1.08		
10	Yuan 2001 11682363	RR	16	2606	28613	0.53	0.29	0.97		
11	Yuan 2001 11682363	RR	15	2936	28425	0.43	0.23	0.81		
12	de Goede 2010 20335635	HR	21	5336	nd	Reference group			P trend	0.01
13	de Goede 2010 20335635	HR	13	5335	nd	0.57	0.28	1.14		
14	de Goede 2010 20335635	HR	16	5335	nd	0.56	0.29	1.09		
15	de Goede 2010 20335635	HR	14	5336	nd	0.38	0.19	0.77		