

Observational results: death from ischemic stroke

Row	Study PMID	Study Name	Outcome	Outcome Definition	Population Type	Population	Subgroup	Cases Total/N Total (Rate %)	Followup	n3 FA	n3 measure
2	Yamagishi 2008 18786479	JACC	Stroke death, ischemic	nd	Healthy	Healthy 40-79 yo	All	319/57972 (0.55)	12.7 y	All n-3	Intake
3	Yamagishi 2008 18786479	JACC	Stroke death, ischemic	nd	Healthy	Healthy 40-79 yo	All	319/57972 (0.55)	12.7 y	All n-3	Intake
4	Yamagishi 2008 18786479	JACC	Stroke death, ischemic	nd	Healthy	Healthy 40-79 yo	All	319/57972 (0.55)	12.7 y	All n-3	Intake
5	Yamagishi 2008 18786479	JACC	Stroke death, ischemic	nd	Healthy	Healthy 40-79 yo	All	319/57972 (0.55)	12.7 y	All n-3	Intake
6	Yamagishi 2008 18786479	JACC	Stroke death, ischemic	nd	Healthy	Healthy 40-79 yo	All	319/57972 (0.55)	12.7 y	All n-3	Intake
7	Takata 2013 23788668	Shanghai Women's and Men's Health Studies	Stroke death, ischemic	nd	Healthy	Healthy 40-74	All	5836/134296 (4.35)	11.2 y women; 5.6 y men	DHA	Intake
8	Takata 2013 23788668	Shanghai Women's and Men's Health Studies	Stroke death, ischemic	nd	Healthy	Healthy 40-74	All	5836/134296 (4.35)	11.2 y women; 5.6 y men	DHA	Intake
9	Takata 2013 23788668	Shanghai Women's and Men's Health Studies	Stroke death, ischemic	nd	Healthy	Healthy 40-74	All	5836/134296 (4.35)	11.2 y women; 5.6 y men	DHA	Intake
10	Takata 2013 23788668	Shanghai Women's and Men's Health Studies	Stroke death, ischemic	nd	Healthy	Healthy 40-74	All	5836/134296 (4.35)	11.2 y women; 5.6 y men	DHA	Intake
11	Takata 2013 23788668	Shanghai Women's and Men's Health Studies	Stroke death, ischemic	nd	Healthy	Healthy 40-74	All	5836/134296 (4.35)	11.2 y women; 5.6 y men	DHA	Intake
12	Takata 2013 23788668	Shanghai Women's and Men's Health Studies	Stroke death, ischemic	nd	Healthy	Healthy 40-74	All	5836/134296 (4.35)	11.2 y women; 5.6 y men	EPA	Intake
13	Takata 2013 23788668	Shanghai Women's and Men's Health Studies	Stroke death, ischemic	nd	Healthy	Healthy 40-74	All	5836/134296 (4.35)	11.2 y women; 5.6 y men	EPA	Intake
14	Takata 2013 23788668	Shanghai Women's and Men's Health Studies	Stroke death, ischemic	nd	Healthy	Healthy 40-74	All	5836/134296 (4.35)	11.2 y women; 5.6 y men	EPA	Intake
15	Takata 2013 23788668	Shanghai Women's and Men's Health Studies	Stroke death, ischemic	nd	Healthy	Healthy 40-74	All	5836/134296 (4.35)	11.2 y women; 5.6 y men	EPA	Intake
16	Takata 2013 23788668	Shanghai Women's and Men's Health Studies	Stroke death, ischemic	nd	Healthy	Healthy 40-74	All	5836/134296 (4.35)	11.2 y women; 5.6 y men	EPA	Intake
17	Takata 2013 23788668	Shanghai Women's and Men's Health Studies	Stroke death, ischemic	nd	Healthy	Healthy 40-74	All	5836/134296 (4.35)	11.2 y women; 5.6 y men	EPA+DHA	Intake
18	Takata 2013 23788668	Shanghai Women's and Men's Health Studies	Stroke death, ischemic	nd	Healthy	Healthy 40-74	All	5836/134296 (4.35)	11.2 y women; 5.6 y men	EPA+DHA	Intake
19	Takata 2013 23788668	Shanghai Women's and Men's Health Studies	Stroke death, ischemic	nd	Healthy	Healthy 40-74	All	5836/134296 (4.35)	11.2 y women; 5.6 y men	EPA+DHA	Intake
20	Takata 2013 23788668	Shanghai Women's and Men's Health Studies	Stroke death, ischemic	nd	Healthy	Healthy 40-74	All	5836/134296 (4.35)	11.2 y women; 5.6 y men	EPA+DHA	Intake
21	Takata 2013 23788668	Shanghai Women's and Men's Health Studies	Stroke death, ischemic	nd	Healthy	Healthy 40-74	All	5836/134296 (4.35)	11.2 y women; 5.6 y men	EPA+DHA	Intake

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Row	Study PMID	Supplement	Adjustments	Quantile	n3 units	Quantile low	Quantile median
2	Yamagishi 2008 18786479	No	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
3	Yamagishi 2008 18786479	No	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
4	Yamagishi 2008 18786479	No	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
5	Yamagishi 2008 18786479	No	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
6	Yamagishi 2008 18786479	No	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
7	Takata 2013 23788668	No	age at baseline, total energy intake, income, occupation, education, comorbidity index, physical activity level, red meat intake, poultry intake, total vegetable intake, total fruit intake, smoking history (ever/never smoking for women; pack-years of smoking for men), and alcohol consumption (among men only).	Qt1	g/d	nd	0.009 (men), 0.008 (women)
8	Takata 2013 23788668	No	age at baseline, total energy intake, income, occupation, education, comorbidity index, physical activity level, red meat intake, poultry intake, total vegetable intake, total fruit intake, smoking history (ever/never smoking for women; pack-years of smoking for men), and alcohol consumption (among men only).	Qt2	g/d	nd	0.02 (men), 0.02 (women)
9	Takata 2013 23788668	No	age at baseline, total energy intake, income, occupation, education, comorbidity index, physical activity level, red meat intake, poultry intake, total vegetable intake, total fruit intake, smoking history (ever/never smoking for women; pack-years of smoking for men), and alcohol consumption (among men only).	Qt3	g/d	nd	0.05 (men), 0.04 (women)
10	Takata 2013 23788668	No	age at baseline, total energy intake, income, occupation, education, comorbidity index, physical activity level, red meat intake, poultry intake, total vegetable intake, total fruit intake, smoking history (ever/never smoking for women; pack-years of smoking for men), and alcohol consumption (among men only).	Qt4	g/d	nd	0.08 (men), 0.08 (women)
11	Takata 2013 23788668	No	age at baseline, total energy intake, income, occupation, education, comorbidity index, physical activity level, red meat intake, poultry intake, total vegetable intake, total fruit intake, smoking history (ever/never smoking for women; pack-years of smoking for men), and alcohol consumption (among men only).	Qt5	g/d	nd	0.15 (men), 0.15 (women)
12	Takata 2013 23788668	No	age at baseline, total energy intake, income, occupation, education, comorbidity index, physical activity level, red meat intake, poultry intake, total vegetable intake, total fruit intake, smoking history (ever/never smoking for women; pack-years of smoking for men), and alcohol consumption (among men only).	Qt1	g/d	nd	0.006 (men), 0.005 (women)
13	Takata 2013 23788668	No	age at baseline, total energy intake, income, occupation, education, comorbidity index, physical activity level, red meat intake, poultry intake, total vegetable intake, total fruit intake, smoking history (ever/never smoking for women; pack-years of smoking for men), and alcohol consumption (among men only).	Qt2	g/d	nd	0.01 (men), 0.01 (women)
14	Takata 2013 23788668	No	age at baseline, total energy intake, income, occupation, education, comorbidity index, physical activity level, red meat intake, poultry intake, total vegetable intake, total fruit intake, smoking history (ever/never smoking for women; pack-years of smoking for men), and alcohol consumption (among men only).	Qt3	g/d	nd	0.02 (men), 0.02 (women)
15	Takata 2013 23788668	No	age at baseline, total energy intake, income, occupation, education, comorbidity index, physical activity level, red meat intake, poultry intake, total vegetable intake, total fruit intake, smoking history (ever/never smoking for women; pack-years of smoking for men), and alcohol consumption (among men only).	Qt4	g/d	nd	0.03 (men), 0.03 (women)
16	Takata 2013 23788668	No	age at baseline, total energy intake, income, occupation, education, comorbidity index, physical activity level, red meat intake, poultry intake, total vegetable intake, total fruit intake, smoking history (ever/never smoking for women; pack-years of smoking for men), and alcohol consumption (among men only).	Qt5	g/d	nd	0.07 (men), 0.06 (women)
17	Takata 2013 23788668	No	age at baseline, total energy intake, income, occupation, education, comorbidity index, physical activity level, red meat intake, poultry intake, total vegetable intake, total fruit intake, smoking history (ever/never smoking for women; pack-years of smoking for men), and alcohol consumption (among men only).	Qt1	g/d	nd	nd
18	Takata 2013 23788668	No	age at baseline, total energy intake, income, occupation, education, comorbidity index, physical activity level, red meat intake, poultry intake, total vegetable intake, total fruit intake, smoking history (ever/never smoking for women; pack-years of smoking for men), and alcohol consumption (among men only).	Qt2	g/d	nd	nd
19	Takata 2013 23788668	No	age at baseline, total energy intake, income, occupation, education, comorbidity index, physical activity level, red meat intake, poultry intake, total vegetable intake, total fruit intake, smoking history (ever/never smoking for women; pack-years of smoking for men), and alcohol consumption (among men only).	Qt3	g/d	nd	nd
20	Takata 2013 23788668	No	age at baseline, total energy intake, income, occupation, education, comorbidity index, physical activity level, red meat intake, poultry intake, total vegetable intake, total fruit intake, smoking history (ever/never smoking for women; pack-years of smoking for men), and alcohol consumption (among men only).	Qt4	g/d	nd	nd
21	Takata 2013 23788668	No	age at baseline, total energy intake, income, occupation, education, comorbidity index, physical activity level, red meat intake, poultry intake, total vegetable intake, total fruit intake, smoking history (ever/never smoking for women; pack-years of smoking for men), and alcohol consumption (among men only).	Qt5	g/d	nd	nd

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Row	Study PMID	Quantile high	Metric	n Cases	N quantile	Person Years	Estimate	CI low	CI high	Comparison	P value
2	Yamagishi 2008 18786479	1.18	HR	360	11594	735904	Reference group				0.01
3	Yamagishi 2008 18786479	1.47	HR	367	11595	735904	0.93	0.8	1.09		
4	Yamagishi 2008 18786479	1.75	HR	412	11594	735904	0.91	0.78	1.07		
5	Yamagishi 2008 18786479	2.11	HR	388	11595	735904	0.81	0.68	0.96		
6	Yamagishi 2008 18786479	5.06	HR	518	11594	735904	0.81	0.67	0.98		
7	Takata 2013 23788668	nd	HR	172	26860	nd	Reference group			P trend	0.02
8	Takata 2013 23788668	nd	HR	80	nd	nd	0.79	0.6	1.04		
9	Takata 2013 23788668	nd	HR	68	26860	nd	0.91	0.68	1.23		
10	Takata 2013 23788668	nd	HR	56	nd	nd	0.93	0.68	1.29		
11	Takata 2013 23788668	nd	HR	28	26858	nd	0.55	0.36	0.83		
12	Takata 2013 23788668	nd	HR	170	26860	nd	Reference group			P trend	0.004
13	Takata 2013 23788668	nd	HR	82	nd	nd	0.88	0.51	1.52		
14	Takata 2013 23788668	nd	HR	74	26860	nd	1.04	0.78	1.39		
15	Takata 2013 23788668	nd	HR	51	nd	nd	0.94	0.67	1.31		
16	Takata 2013 23788668	nd	HR	27	26858	nd	0.56	0.36	0.86		
17	Takata 2013 23788668	nd	HR	169	26860	nd	Reference group			P trend	0.02
18	Takata 2013 23788668	nd	HR	84	nd	nd	0.87	0.67	1.14		
19	Takata 2013 23788668	nd	HR	67	26860	nd	0.94	0.7	1.27		
20	Takata 2013 23788668	nd	HR	58	nd	nd	1.03	0.75	1.41		
21	Takata 2013 23788668	nd	HR	26	26858	nd	0.53	0.34	0.82		

Observational results: death from ischemic stroke

Row	Study PMID	Study Name	Outcome	Outcome Definition	Population Type	Population	Subgroup	Cases Total/N Total (Rate %)	Followup	n3 FA	n3 measure
23	Subgroup analyses										
24	Bell 2014 24496442	VITAL	Stroke death, ischemic	Death from Ischemic heart disease		Men and women aged 50-76	History of ischemic heart disease at baseline	208/nd	6 y	EPA+DHA	Intake
25	Bell 2014 24496442	VITAL	Stroke death, ischemic	Death from Ischemic heart disease		Men and women aged 50-76	History of ischemic heart disease at baseline	208/nd	6 y	EPA+DHA	Intake
26	Bell 2014 24496442	VITAL	Stroke death, ischemic	Death from Ischemic heart disease		Men and women aged 50-76	History of ischemic heart disease at baseline	208/nd	6 y	EPA+DHA	Intake
27	Bell 2014 24496442	VITAL	Stroke death, ischemic	Death from Ischemic heart disease		Men and women aged 50-76	History of ischemic heart disease at baseline	208/nd	6 y	EPA+DHA	Intake

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Row	Study PMID	Supplement	Adjustments	Quantile	n3 units	Quantile low	Quantile median
23	Subgroup analyses						
24	Bell 2014 24496442	yes	age (as the time scale), sex, race/ethnicity, marital status (married/living together, never married, separated/divorced, widowed, or missing), education (high school graduate or less, some college, or college/advanced degree), total energy intake (kcal/day; continuous), body mass index (weight (kg)/height (m) ² (none, <1 drink/day, 1–2 drinks/day, >2 drinks/day, or missing), average physical activity in the 10 years before baseline (MET-hours/week; tertiles), self-rated health (excellent, very good, good, fair, or poor), mammogram in the last 2 years (yes/no), prostate-specific antigen test in the last 2 years (yes/no), sigmoidoscopy in the last 10 years (yes/no), current use of cholesterol-lowering medication (yes/no), aspirin use in the past 10 years (none, low, high, or missing), use of nonaspirin nonsteroidal antiinflammatory drugs in the past 10 years (none, low, high, or missing), smoking (never, 1–12.5 pack-years, 12.6–35.0 pack-years, or >35.0 pack-years), morbidity score, c percentage of calories derived from trans fat (quartiles), percentage of calories derived from saturated fat (quartiles), number of servings per day of fruits (quartiles), number of servings per day of vegetables (quartiles), years of estrogen therapy (none, <5, 5–9, ≥10, or missing), years of estrogen + progestin therapy (none, <5, 5–9, ≥10, or missing), age at menopause (≤39 years, 40–44 years, 45–49 years, 50–54 years, ≥55 years, or missing), age at death of father (≤59 years, 60–69 years, 70–79 years, 80–89 years, or ≥90 years), and age at death of mother (≤59 years, 60–69 years, 70–79 years, 80–89 years, or ≥90 years)	Qr1	g/day	0	nd
25	Bell 2014 24496442	yes	age (as the time scale), sex, race/ethnicity, marital status (married/living together, never married, separated/divorced, widowed, or missing), education (high school graduate or less, some college, or college/advanced degree), total energy intake (kcal/day; continuous), body mass index (weight (kg)/height (m) ² (none, <1 drink/day, 1–2 drinks/day, >2 drinks/day, or missing), average physical activity in the 10 years before baseline (MET-hours/week; tertiles), self-rated health (excellent, very good, good, fair, or poor), mammogram in the last 2 years (yes/no), prostate-specific antigen test in the last 2 years (yes/no), sigmoidoscopy in the last 10 years (yes/no), current use of cholesterol-lowering medication (yes/no), aspirin use in the past 10 years (none, low, high, or missing), use of nonaspirin nonsteroidal antiinflammatory drugs in the past 10 years (none, low, high, or missing), smoking (never, 1–12.5 pack-years, 12.6–35.0 pack-years, or >35.0 pack-years), morbidity score, c percentage of calories derived from trans fat (quartiles), percentage of calories derived from saturated fat (quartiles), number of servings per day of fruits (quartiles), number of servings per day of vegetables (quartiles), years of estrogen therapy (none, <5, 5–9, ≥10, or missing), years of estrogen + progestin therapy (none, <5, 5–9, ≥10, or missing), age at menopause (≤39 years, 40–44 years, 45–49 years, 50–54 years, ≥55 years, or missing), age at death of father (≤59 years, 60–69 years, 70–79 years, 80–89 years, or ≥90 years), and age at death of mother (≤59 years, 60–69 years, 70–79 years, 80–89 years, or ≥90 years)	Qr2	g/day	0.082	nd
26	Bell 2014 24496442	yes	age (as the time scale), sex, race/ethnicity, marital status (married/living together, never married, separated/divorced, widowed, or missing), education (high school graduate or less, some college, or college/advanced degree), total energy intake (kcal/day; continuous), body mass index (weight (kg)/height (m) ² (none, <1 drink/day, 1–2 drinks/day, >2 drinks/day, or missing), average physical activity in the 10 years before baseline (MET-hours/week; tertiles), self-rated health (excellent, very good, good, fair, or poor), mammogram in the last 2 years (yes/no), prostate-specific antigen test in the last 2 years (yes/no), sigmoidoscopy in the last 10 years (yes/no), current use of cholesterol-lowering medication (yes/no), aspirin use in the past 10 years (none, low, high, or missing), use of nonaspirin nonsteroidal antiinflammatory drugs in the past 10 years (none, low, high, or missing), smoking (never, 1–12.5 pack-years, 12.6–35.0 pack-years, or >35.0 pack-years), morbidity score, c percentage of calories derived from trans fat (quartiles), percentage of calories derived from saturated fat (quartiles), number of servings per day of fruits (quartiles), number of servings per day of vegetables (quartiles), years of estrogen therapy (none, <5, 5–9, ≥10, or missing), years of estrogen + progestin therapy (none, <5, 5–9, ≥10, or missing), age at menopause (≤39 years, 40–44 years, 45–49 years, 50–54 years, ≥55 years, or missing), age at death of father (≤59 years, 60–69 years, 70–79 years, 80–89 years, or ≥90 years), and age at death of mother (≤59 years, 60–69 years, 70–79 years, 80–89 years, or ≥90 years)	Qr3	g/day	0.174	nd
27	Bell 2014 24496442	yes	age (as the time scale), sex, race/ethnicity, marital status (married/living together, never married, separated/divorced, widowed, or missing), education (high school graduate or less, some college, or college/advanced degree), total energy intake (kcal/day; continuous), body mass index (weight (kg)/height (m) ² (none, <1 drink/day, 1–2 drinks/day, >2 drinks/day, or missing), average physical activity in the 10 years before baseline (MET-hours/week; tertiles), self-rated health (excellent, very good, good, fair, or poor), mammogram in the last 2 years (yes/no), prostate-specific antigen test in the last 2 years (yes/no), sigmoidoscopy in the last 10 years (yes/no), current use of cholesterol-lowering medication (yes/no), aspirin use in the past 10 years (none, low, high, or missing), use of nonaspirin nonsteroidal antiinflammatory drugs in the past 10 years (none, low, high, or missing), smoking (never, 1–12.5 pack-years, 12.6–35.0 pack-years, or >35.0 pack-years), morbidity score, c percentage of calories derived from trans fat (quartiles), percentage of calories derived from saturated fat (quartiles), number of servings per day of fruits (quartiles), number of servings per day of vegetables (quartiles), years of estrogen therapy (none, <5, 5–9, ≥10, or missing), years of estrogen + progestin therapy (none, <5, 5–9, ≥10, or missing), age at menopause (≤39 years, 40–44 years, 45–49 years, 50–54 years, ≥55 years, or missing), age at death of father (≤59 years, 60–69 years, 70–79 years, 80–89 years, or ≥90 years), and age at death of mother (≤59 years, 60–69 years, 70–79 years, 80–89 years, or ≥90 years)	Qr4	g/day	0.322	nd

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Row	Study PMID	Quantile high	Metric	n Cases	N quantile	Person Years	Estimate	CI low	CI high	Comparison	P value
23	Subgroup analyses										
24	Bell 2014 24496442	0.082	HR	54	nd	nd	1	nd	nd		0.812
25	Bell 2014 24496442	0.174	HR	45	nd	nd	0.92	0.61	1.4		
26	Bell 2014 24496442	0.322	HR	47	nd	nd	0.86	0.55	1.35		
27	Bell 2014 24496442	nd	HR	62	nd	nd	0.96	0.6	1.52		

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Row	Study PMID	Study Name	Outcome	Outcome Definition	Population Type	Population	Subgroup	Cases Total/N Total (Rate %)	Followup	n3 FA	n3 measure
28	Bell 2014 24496442	VITAL	Stroke death, ischemic	Death from Ischemic heart disease		Men and women aged 50-76	No history of ischemic heart disease at baseline	233/nd	6 y	EPA+DHA	Intake
29	Bell 2014 24496442	VITAL	Stroke death, ischemic	Death from Ischemic heart disease		Men and women aged 50-76	No history of ischemic heart disease at baseline	233/nd	6 y	EPA+DHA	Intake
30	Bell 2014 24496442	VITAL	Stroke death, ischemic	Death from Ischemic heart disease		Men and women aged 50-76	No history of ischemic heart disease at baseline	233/nd	6 y	EPA+DHA	Intake
31	Bell 2014 24496442	VITAL	Stroke death, ischemic	Death from Ischemic heart disease		Men and women aged 50-76	No history of ischemic heart disease at baseline	233/nd	6 y	EPA+DHA	Intake

Observational results: death from ischemic stroke

Row	Study PMID	Supplement	Adjustments	Quantile	n3 units	Quantile low	Quantile median
28	Bell 2014 24496442	yes	age (as the time scale), sex, race/ethnicity, marital status (married/living together, never married, separated/divorced, widowed, or missing), education (high school graduate or less, some college, or college/advanced degree), total energy intake (kcal/day; continuous), body mass index (weight (kg)/height (m) ² (none, <1 drink/day, 1–2 drinks/day, >2 drinks/day, or missing), average physical activity in the 10 years before baseline (MET-hours/week; tertiles), self-rated health (excellent, very good, good, fair, or poor), mammogram in the last 2 years (yes/no), prostate-specific antigen test in the last 2 years (yes/no), sigmoidoscopy in the last 10 years (yes/no), current use of cholesterol-lowering medication (yes/no), aspirin use in the past 10 years (none, low, high, or missing), use of nonaspirin nonsteroidal antiinflammatory drugs in the past 10 years (none, low, high, or missing), smoking (never, 1–12.5 pack-years, 12.6–35.0 pack-years, or >35.0 pack-years), morbidity score, c percentage of calories derived from trans fat (quartiles), percentage of calories derived from saturated fat (quartiles), number of servings per day of fruits (quartiles), number of servings per day of vegetables (quartiles), years of estrogen therapy (none, <5, 5–9, ≥10, or missing), years of estrogen + progestin therapy (none, <5, 5–9, ≥10, or missing), age at menopause (≤39 years, 40–44 years, 45–49 years, 50–54 years, ≥55 years, or missing), age at death of father (≤59 years, 60–69 years, 70–79 years, 80–89 years, or ≥90 years), and age at death of mother (≤59 years, 60–69 years, 70–79 years, 80–89 years, or ≥90 years)	Qr1	g/day	0	nd
29	Bell 2014 24496442	yes	age (as the time scale), sex, race/ethnicity, marital status (married/living together, never married, separated/divorced, widowed, or missing), education (high school graduate or less, some college, or college/advanced degree), total energy intake (kcal/day; continuous), body mass index (weight (kg)/height (m) ² (none, <1 drink/day, 1–2 drinks/day, >2 drinks/day, or missing), average physical activity in the 10 years before baseline (MET-hours/week; tertiles), self-rated health (excellent, very good, good, fair, or poor), mammogram in the last 2 years (yes/no), prostate-specific antigen test in the last 2 years (yes/no), sigmoidoscopy in the last 10 years (yes/no), current use of cholesterol-lowering medication (yes/no), aspirin use in the past 10 years (none, low, high, or missing), use of nonaspirin nonsteroidal antiinflammatory drugs in the past 10 years (none, low, high, or missing), smoking (never, 1–12.5 pack-years, 12.6–35.0 pack-years, or >35.0 pack-years), morbidity score, c percentage of calories derived from trans fat (quartiles), percentage of calories derived from saturated fat (quartiles), number of servings per day of fruits (quartiles), number of servings per day of vegetables (quartiles), years of estrogen therapy (none, <5, 5–9, ≥10, or missing), years of estrogen + progestin therapy (none, <5, 5–9, ≥10, or missing), age at menopause (≤39 years, 40–44 years, 45–49 years, 50–54 years, ≥55 years, or missing), age at death of father (≤59 years, 60–69 years, 70–79 years, 80–89 years, or ≥90 years), and age at death of mother (≤59 years, 60–69 years, 70–79 years, 80–89 years, or ≥90 years)	Qr2	g/day	0.082	nd
30	Bell 2014 24496442	yes	age (as the time scale), sex, race/ethnicity, marital status (married/living together, never married, separated/divorced, widowed, or missing), education (high school graduate or less, some college, or college/advanced degree), total energy intake (kcal/day; continuous), body mass index (weight (kg)/height (m) ² (none, <1 drink/day, 1–2 drinks/day, >2 drinks/day, or missing), average physical activity in the 10 years before baseline (MET-hours/week; tertiles), self-rated health (excellent, very good, good, fair, or poor), mammogram in the last 2 years (yes/no), prostate-specific antigen test in the last 2 years (yes/no), sigmoidoscopy in the last 10 years (yes/no), current use of cholesterol-lowering medication (yes/no), aspirin use in the past 10 years (none, low, high, or missing), use of nonaspirin nonsteroidal antiinflammatory drugs in the past 10 years (none, low, high, or missing), smoking (never, 1–12.5 pack-years, 12.6–35.0 pack-years, or >35.0 pack-years), morbidity score, c percentage of calories derived from trans fat (quartiles), percentage of calories derived from saturated fat (quartiles), number of servings per day of fruits (quartiles), number of servings per day of vegetables (quartiles), years of estrogen therapy (none, <5, 5–9, ≥10, or missing), years of estrogen + progestin therapy (none, <5, 5–9, ≥10, or missing), age at menopause (≤39 years, 40–44 years, 45–49 years, 50–54 years, ≥55 years, or missing), age at death of father (≤59 years, 60–69 years, 70–79 years, 80–89 years, or ≥90 years), and age at death of mother (≤59 years, 60–69 years, 70–79 years, 80–89 years, or ≥90 years)	Qr3	g/day	0.174	nd
31	Bell 2014 24496442	yes	age (as the time scale), sex, race/ethnicity, marital status (married/living together, never married, separated/divorced, widowed, or missing), education (high school graduate or less, some college, or college/advanced degree), total energy intake (kcal/day; continuous), body mass index (weight (kg)/height (m) ² (none, <1 drink/day, 1–2 drinks/day, >2 drinks/day, or missing), average physical activity in the 10 years before baseline (MET-hours/week; tertiles), self-rated health (excellent, very good, good, fair, or poor), mammogram in the last 2 years (yes/no), prostate-specific antigen test in the last 2 years (yes/no), sigmoidoscopy in the last 10 years (yes/no), current use of cholesterol-lowering medication (yes/no), aspirin use in the past 10 years (none, low, high, or missing), use of nonaspirin nonsteroidal antiinflammatory drugs in the past 10 years (none, low, high, or missing), smoking (never, 1–12.5 pack-years, 12.6–35.0 pack-years, or >35.0 pack-years), morbidity score, c percentage of calories derived from trans fat (quartiles), percentage of calories derived from saturated fat (quartiles), number of servings per day of fruits (quartiles), number of servings per day of vegetables (quartiles), years of estrogen therapy (none, <5, 5–9, ≥10, or missing), years of estrogen + progestin therapy (none, <5, 5–9, ≥10, or missing), age at menopause (≤39 years, 40–44 years, 45–49 years, 50–54 years, ≥55 years, or missing), age at death of father (≤59 years, 60–69 years, 70–79 years, 80–89 years, or ≥90 years), and age at death of mother (≤59 years, 60–69 years, 70–79 years, 80–89 years, or ≥90 years)	Qr4	g/day	0.322	nd

Observational results: death from ischemic stroke

Row	Study PMID	Quantile high	Metric	n Cases	N quantile	Person Years	Estimate	CI low	CI high	Comparison	P value
28	Bell 2014 24496442	0.082	HR	76	nd	nd	1	nd	nd		0.029
29	Bell 2014 24496442	0.174	HR	60	17485	nd	0.87	0.6	1.26		
30	Bell 2014 24496442	0.322	HR	49	17601	nd	0.71	0.47	1.08		
31	Bell 2014 24496442	nd	HR	48	17498	nd	0.62	0.39	0.99		