

SUPPLEMENTARY DATA

Supplementary Table 1. Age-standardized risk factors for by processed and red meat intake in a cohort of 66,118 French women in 1993

Servings/we Median intake.	Processed meat				Unprocessed meat			
	<1	1-3	3-5	>=5	<1	1-3	3-5	>=5
	5	13	26	48	0	30	55	90
Risk factor								
Current smoker, %	10	13	14	16	14	13	13	14
Mean alcohol intake g/day	9	10	12	14	11	10	11	13
Mean BMI, kg/m ²	22,3	22,6	22,9	23,5	22,9	22,5	22,8	23,2
Treated hypertension, %	7	8	8	8	8	8	8	8
Treated hypercholesterolemia, %	6	6	6	6	6	6	6	6
Current use of HRT, %	34	33	31	30	33	33	32	31
Mean physical activity, mets/wk	43	40	39	39	41	41	40	37
College education, %	38	36	36	36	35	35	36	39
Residence in the Mediterranean, %	13	13	12	13	14	13	12	11
Parental history of diabetes	9	10	11	11	9	10	11	11
Diet*								
Total energy intake, calories	2405	1999	2020	2177	2095	2045	2092	2140
Carbohydrates	239	228	219	207	230	228	222	209
Omega-3 fatty acids	0,40	0,42	0,44	0,46	0,46	0,43	0,41	0,40
Total dietary fiber	27	25	24	22	25	25	24	23
Fruits, servings/day	1,7	1,6	1,4	1,3	1,4	1,6	1,5	1,4
Vegetables, servings/day	1,8	1,6	1,4	1,3	1,6	1,5	1,5	1,4
Coffee, cups/ day	1,7	1,8	1,9	1,9	1,8	1,8	1,8	1,9

HRT- Hormone replacement therapy; * Average daily intake unless specified

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Supplementary Table 2. Age-adjusted and multivariate-adjusted hazard ratios (95% of type 2 diabetes according to servings per week of processed red meat stratified by

Servings/week	<1	1-3	3-5	>=5	p-trend
BMI<25					
Median intake, g/d	5	13	26	47	
Number of cases	70	178	143	132	
Age-adjusted	Ref.	0.89 (0.68-1.17)	1.11 (0.83-1.47)	1.60 (1.20-2.14)	<0.0001
Multivariate*	Ref.	0.92 (0.69-1.22)	1.11 (0.82-1.49)	1.53 (1.14-2.06)	0.0001
+ diet [†]	Ref.	0.92 (0.69-1.22)	1.07 (0.79-1.45)	1.40 (1.03-1.90)	0.0027
BMI>=25					
Median intake, g/d	5	13	27	50	
Number of cases	73	270	246	257	
Age-adjusted	Ref.	1.05 (0.81-1.37)	1.20 (0.92-1.56)	1.48 (1.14-1.92)	<0.0001
Multivariate*	Ref.	1.19 (0.91-1.55)	1.34 (1.02-1.74)	1.60 (1.23-2.08)	<0.0001
+ diet [†]	Ref.	1.17 (0.90-1.53)	1.28 (0.98-1.68)	1.47 (1.12-1.92)	0.001
Never smoker					
Median intake, g/d	5	13	26	48	
Number of cases	82	253	218	187	
Age-adjusted	Ref.	1.09 (0.85-1.40)	1.45 (1.13-1.87)	1.91 (1.47-2.47)	<0.0001
Multivariate [‡]	Ref.	1.03 (0.80-1.33)	1.18 (0.91-1.53)	1.25 (0.96-1.63)	0.02
+ diet [†]	Ref.	1.02 (0.79-1.32)	1.14 (0.87-1.49)	1.17 (0.89-1.54)	0.12
Past smoker					
Median intake, g/d	5	12	26	48	
Number of cases	47	151	114	131	
Age-adjusted	Ref.	1.06 (0.77-1.48)	1.13 (0.81-1.59)	1.89 (1.35-2.64)	<0.0001
Multivariate [‡]	Ref.	1.08 (0.77-1.50)	1.10 (0.77-1.55)	1.37 (0.97-1.92)	0.04
+ diet [†]	Ref.	1.05 (0.75-1.46)	1.03 (0.72-1.47)	1.24 (0.88-1.76)	0.16
Current smoker					
Median intake, g/d	5	12	26	48	
Number of cases	14	44	57	71	
Age-adjusted	Ref.	0.86 (0.47-1.57)	1.47 (0.82-2.63)	2.36 (1.33-4.19)	<0.0001
Multivariate [‡]	Ref.	0.93 (0.50-1.72)	1.31 (0.72-2.39)	2.01 (1.12-3.60)	<0.0001
+ diet [†]	Ref.	0.93 (0.50-1.72)	1.30 (0.71-2.39)	1.95 (1.08-3.54)	0.0003

*Adjusted for education, residence in the Mediterranean, BMI (continuous), smoking (never, past, current), parental history of diabetes, physical activity mets/week (quartiles), hormone replacement therapy (premenopausal, ever, never), hypertension, hypercholesterolemia. [†] Additional adjustment for n-3 polyunsaturated fatty acid (quartiles), carbohydrates (quartiles), fiber (quartiles) and fruits and vegetables (quartiles). [‡] Adjustment for BMI (<22, 22-25, 35-30, >30).