

Supplementary table 1. Baseline characteristics of men participating in the Diet, Cancer and Health cohort study by lifestyle index score.

Lifestyle index score	<i>All men</i>		0		1		2		3		4-5	
	Median	5P-95P	Median	5P-95P	Median	5P-95P	Median	5P-95P	Median	5P-95P	Median	5P-95P
Age (years)	55	50-64	55	50-64	55	50-64	55	50-64	55	50-64	55	50-64
All men												
%		47 ^a		3		18		33		29		17
<i>n</i>		24 265		802		4306		8026		6966		4165
Education ^b (%)												
<i>No vocational</i>		9		13		11		11		8		6
<i>Short (<3 years)</i>		13		14		14		13		13		12
<i>Medium (3-4 years)</i>		43		45		43		43		42		43
<i>Long (>4 years)</i>		35		28		32		33		37		39
Civil status (%)												
<i>Deceased spouse/partner</i>		2		3		3		2		2		2
<i>Divorced/annulment of civil partnership</i>		14		15		15		14		13		12
<i>Married/civil partnership</i>		78		74		76		77		78		79
<i>Unmarried</i>		6		6		6		5		6		6
<i>Unknown</i>		1		1		1		1		1		1
Non-smoker (%)		44		0		2		9		18		15
Alcohol (g/d)	20	2-80	46	26-99	38	4-93	21	2-82	16	2-66	13	2-45
Physical activity ^c (h/wk)	2	0-11	1	0-3	1	0-4	2	0-9	3	0-12	6	1-15
Waist circumference (cm)	95	81-113	108	103-122	101	83-118	95	81-113	94	81-107	92	80-102
Fat (E%)	34	24-42	33	24-39	34	25-41	34	25-42	34	24-42	32	23-40
Red and processed meat (g/d)	139	67-253	156	91-265	150	85-268	143	77-256	135	65-244	121	44-239
Fish (g/d)	42	12-97	35	12-91	40	12-95	40	11-96	42	13-97	46	14-102
Whole grains (g/d)	42	12-86	37	8-68	38	9-75	41	11-81	45	14-88	56	20-100
Fruit and vegetables ^d (g/d)	306	98-693	229	76-501	254	80-533	286	93-605	328	111-701	406	148-865

P5, 5th percentile; 95P, 95th percentile; E%, percentage of energy; g/d, grams per day; h/wk, hours per week

^aFraction of all participants; ^bHigher education after primary school; ^cModerate and high intensity; ^dIncl. juices

Supplementary table 2. Baseline characteristics of women participating in the Diet, Cancer and Health cohort study by lifestyle index score.

Lifestyle index score	<i>All women</i>		0		1		2		3		4-5	
	Median	5P-95P	Median	5P-95P	Median	5P-95P	Median	5P-95P	Median	5P-95P	Median	5P-95P
Age (years)	56	50-64	56	50-64	56	50-64	56	50-64	56	50-64	56	50-64
All women												
%		53 ^a		1		12		28		32		27
<i>n</i>		27 256		403		3250		7671		8629		7303
Education ^b (%)												
<i>No vocational</i>		19		27		23		22		17		15
<i>Short (<3 years)</i>		31		32		31		30		31		31
<i>Medium (3-4 years)</i>		39		31		36		38		40		41
<i>Long (>4 years)</i>		11		10		10		11		11		13
Civil status (%)												
<i>Deceased spouse/partner</i>		8		9		9		8		8		8
<i>Divorced/annulment of civil partnership</i>		19		17		19		19		19		19
<i>Married/civil partnership</i>		66		66		66		66		66		65
<i>Unmarried</i>		6		7		6		6		6		7
<i>Unknown</i>		1		0		1		1		1		0
Non-smoker (%)		57		0		2		11		20		24
Alcohol (g/d)	10	0-42	25	13-66	17	1-57	12	0-44	8	0-39	6	0-31
Physical activity ^c (h/wk)	3	0-11	1	0-3	1	0-4	2	0-8	3	0-11	5	1-14
Waist circumference (cm)	80	67-103	95	89-110	89	69-109	81	67-105	79	67-100	78	67-90
Fat (E%)	32	23-40	33	25-40	34	26-41	33	25-41	32	23-40	30	22-38
Red and processed meat (g/d)	83	35-156	103	67-180	96	52-170	90	44-160	82	35-153	70	23-144
Fish (g/d)	35	11-84	32	9-79	32	10-78	33	10-76	35	11-85	40	11-90
Whole grains (g/d)	34	11-76	25	7-63	29	9-65	30	10-67	35	11-75	42	13-84
Fruit and vegetables ^d (g/d)	387	131-837	286	104-561	310	102-584	334	113-683	400	144-827	497	190-967

P5, 5th percentile; 95P, 95th percentile; E%, percentage of energy; g/d, grams per day; h/wk, hours per week

^aFraction of all participants; ^bHigher education after primary school; ^cModerate and high intensity; ^dIncl. juices