|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Supplemental Table 7.** Meat intake and reproductive hormones by subgroupings of meat categories (raw data). Murcia Young Men’s Study (n=206) | | | | | | | | | | | | | | | |
| **Meat intake (servings/day); range** |  | **LH** | | **FSH\*** | | **Estradiol\*** | | **Free Testosterone** | | **Total Testosterone** | | **Inhibin B** | | **SHBG** | |
|
|  | n | ml | 95% CI | 106/ml | 95% CI | 106 | 95% CI | % | 95% CI | % | 95% CI | % | 95% CI | % | 95% CI |
| Processed red meat intakea | | | |  |  |  |  |  |  |  |  |  |  |  |  |
| T1 (0-0.50) | 70 | 4.3 | 3.9-4.7 | 2.3 | 2.0-2.6 | 74.7 | 69.9-79.8 | 14.2 | 13.1-15.4 | 22.5 | 20.8-24.1 | 201.5 | 183.2-219.8 | 33.4 | 30.7-36.2 |
| T2 (>0.50-0.80) | 66 | 4.1 | 3.7-4.5 | 2.2 | 1.9-2.5 | 71.3 | 66.6-76.3 | 13.8 | 12.6-15.0 | 20.7 | 19.0-22.3 | 215.6 | 196.7-234.5 | 29.9 | 27.1-32.7 |
| T3 (>0.80-3.75) | 70 | 4.3 | 3.9-4.7 | 2.4 | 2.1-2.7 | 81.3 | 76.0-86.9 | 14.7 | 13.6-15.9 | 22.5 | 20.8-24.1 | 191.2 | 172.9-209.6 | 31.3 | 28.6-34.1 |
| Ptrend |  | 0.83 |  | 0.7 |  | 0.08 |  | 0.55 |  | 0.99 |  | 0.44 |  | 0.29 |  |
| Unprocessed red meat intakeb | | |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Low (0-0.14) | 106 | 4.0 | 3.6-4.3 | 2.2 | 2.0-2.5 | 72.0 | 68.2-76.0 | 14.1 | 13.2-15.1 | 20.9 | 19.6-22.3 | 207.2 | 192.2-222.1 | 29.3 | 27.1-31.5 |
| High (>0.14-2.50) | 100 | 4.5 | 4.2-4.9‡ | 2.4 | 2.1-2.6 | 79.9 | 75.5-84.4‡ | 14.4 | 13.4-15.4 | 22.9 | 21.5-24.2‡ | 197.6 | 182.2-213.0 | 34.0 | 31.7-36.2‡ |
| Ptrend |  | 0.01 |  | 0.45 |  | 0.01 |  | 0.68 |  | 0.04 |  | 0.38 |  | 0.004 |  |
| Organ meat intakec | | |  |  |  |  |  |  |  |  |  |  |  |  |  |
| None (0) | 124 | 4.0 | 3.7-4.3 | 2.4 | 2.1-2.6 | 75.2 | 71.4-79.1 | 13.7 | 12.9-14.6 | 21.2 | 20.0-22.4 | 199.6 | 185.8-213.5 | 31.7 | 29.6-33.7 |
| Any (>0-0.79) | 82 | 4.5 | 4.2-4.9 | 2.2 | 2.0-2.5 | 76.6 | 71.9-81.5 | 15.1 | 14.0-16.1 | 22.9 | 21.4-24.4 | 206.9 | 189.9-223.9 | 31.5 | 28.9-34.0 |
| Ptrend |  | 0.88 |  | 0.13 |  | 0.32 |  | 0.21 |  | 0.91 |  | 0.88 |  | 0.01 |  |
| White fish meat intaked | | |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Q1 (0-0.13) | 68 | 4.2 | 3.7-4.6 | 2.1 | 1.8-2.4 | 75.4 | 70.4-80.7 | 14.3 | 13.1-15.5 | 21.8 | 20.1-23.4 | 212.2 | 193.6-230.9 | 31.7 | 28.9-34.5 |
| Q2 (>0.13-0.21) | 52 | 4.4 | 4.0-4.9 | 2.8 | 2.4-3.2 | 71.6 | 66.2-77.5 | 13.3 | 11.9-14.6 | 21.8 | 19.9-23.7 | 204.2 | 182.9-225.5 | 34.9 | 31.7-38.1 |
| Q3 (>0.21-0.29) | 36 | 4.5 | 3.9-5.0 | 2.2 | 1.8-2.6 | 79.0 | 71.9-86.8 | 14.5 | 12.8-16.1 | 21.7 | 19.4-24.0 | 181.4 | 155.8-207.0 | 29.5 | 25.7-33.3 |
| Q4 (>0.29-1.22) | 50 | 4.0 | 3.5-4.4 | 2.2 | 1.9-2.6 | 78.3 | 72.3-84.8 | 15.1 | 13.7-16.4 | 22.2 | 20.3-24.1 | 202.8 | 181.1-224.5 | 29.4 | 26.2-32.7 |
| Ptrend |  | 0.64 |  | 0.95 |  | 0.28 |  | 0.29 |  | 0.77 |  | 0.29 |  | 0.13 |  |
| Dark fish meat intakee | | |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Q1 (0-0.26) | 54 | 4.2 | 3.8-4.7 | 2.1 | 1.9-2.5 | 73.0 | 67.6-78.8 | 14.1 | 12.8-15.4 | 20.9 | 19.1-22.8 | 203.8 | 182.9-224.6 | 29.3 | 26.1-32.4 |
| Q2 (>0.26-0.40) | 48 | 4.5 | 4.0-5.0 | 2.6 | 2.2-3.0 | 75.3 | 69.4-81.7 | 14.5 | 13.1-15.9 | 22.5 | 20.6-24.5 | 195.2 | 173.1-217.3 | 33.0 | 29.7-36.3 |
| Q3 (>0.40-0.71) | 52 | 4.3 | 3.8-4.7 | 2.6 | 2.3-3.0 | 75.9 | 70.2-82.1 | 13.7 | 12.3-15.0 | 21.7 | 19.8-23.6 | 189.0 | 167.8-210.2 | 33.2 | 30.0-36.4 |
| Q4 (>0.71-2.57) | 52 | 4.0 | 3.5-4.4 | 1.9 | 1.7-2.3 | 78.9 | 72.9-85.3 | 14.8 | 13.5-16.1 | 22.5 | 20.6-24.4 | 221.5 | 200.3-242.7 | 31 | 27.8-34.2 |
| Ptrend |  | 0.34 |  | 0.43 |  | 0.17 |  | 0.67 |  | 0.37 |  | 0.34 |  | 0.42 |  |
| Shellfish intakef |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Q1 (0-0.04) | 52 | 4.3 | 3.8-4.7 | 2.3 | 2.0-2.6 | 75.6 | 70.0-81.7 | 14.3 | 13.0-15.7 | 22.0 | 20.1-23.9 | 187.7 | 166.5-209.0 | 31.4 | 28.2-34.7 |
| Q2 (>0.04-0.12) | 33 | 4.2 | 3.6-4.8 | 2.0 | 1.7-2.4 | 84.1 | 76.3-92.7 | 14.1 | 12.4-15.9 | 21.8 | 19.4-24.2 | 191.9 | 165.2-218.6 | 31.2 | 27.2-35.2 |
| Q3 (>0.12-0.14) | 70 | 4.4 | 4.0-4.8 | 2.3 | 2.0-2.7 | 75.7 | 70.8-81.0 | 14.7 | 13.6-15.9 | 22.9 | 21.2-24.5 | 212.4 | 194.1-230.7 | 33.2 | 30.4-36.0 |
| Q4 (>0.14-1.23) | 51 | 4.0 | 3.6-4.5 | 2.5 | 2.1-2.9 | 70.8 | 65.5-76.6 | 13.6 | 12.3-15.0 | 20.4 | 18.5-22.3 | 210.9 | 189.4-232.4 | 29.7 | 26.5-33.0 |
| Ptrend |  | 0.68 |  | 0.30 |  | 0.14 |  | 0.66 |  | 0.43 |  | 0.06 |  | 0.72 |  |
| LH, luteinizing hormone; FSH, follicle-stimulating hormone; SHBG, sex hormone-binding globulin; CI, confidence interval | | | | | | | | | | | | | | | |
| aincludes hamburguer, sausages, bacon, other processed meats (e,g, ham, mortadella, salami), and pate and foie-gras; bincludes beef, pork, lamb; cincludes beef, calf, pork, chicken, turkey liver, and other organs (e,g, brains, sweetbread); dincludes hake, golden, sole (boiled, grilled or fried); eincludes salmon, anchovies, tuna, emperor, bonito, sardines, mackerel (boiled, grilled, canned, salted, smoked); fincludes clams, mussels, oysters, squid, cuttlefish, octopus, prawns, crabs, lobsters | | | | | | | | | | | | | | | |
| \*Back-transformed to original scale | | | | | | | | | | | | | | | |
| ‡Significantly different to mean in the lowest quartile of intake at 0.05 | | | | | | | | | | | | | | | |