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| **Supplemental Table 3.** Participant characteristics according to intakes of quartiles of total meata. Murcia Young Men’s Study (n=206) | | | | | | | | | | | |
|  | **Total cohort (n = 206)** | | **Q1 (n = 53) (lowest)** | | **Q2 (n = 51)** | | **Q3 (n = 51)** | | **Q4 (n = 51) (highest)** | | ***P***‡ |
| Range, servings/day | 0 – 9.12 | | 0 – 1.78 | | 1.79 – 2.38 | | 2.39 – 3.23 | | 3.24 – 9.12 | |  |
| Age (years) | 20.5 | (19.6-21.5) | 20.6 | (19.8-21.4) | 20.5 | (19.4-21.5) | 20.0 | (19.6-21.2) | 20.8 | (19.9-21.8) | 0.30 |
| Caucasian | 201 | (97.6) | 51 | (96.2) | 50 | (98.0) | 50 | (98.0) | 50 | (98.0) | 0.82 |
| Body mass index (Kg/m2) | 23.7 | (21.8-25.4) | 24.0 | (22.1-25.6) | 23.2 | (21.3-25.6) | 23.5 | (21.7-24.9) | 23.6 | (22.0-25.6) | 0.73 |
| Smoking | 65 | (31.9) | 19 | (35.8) | 14 | (28.0) | 17 | (34.0) | 15 | (29.4) | 0.81 |
| Testicular volume (ml) | 21.0 | (19.5-24.0) | 21.0 | (19.0-24.5) | 21.0 | (20.0-23.0) | 22.0 | (20.0-24.0) | 21.0 | (19.0-24.0) | 0.88 |
| History of cryptorchidism | 4 | (1.9) | 1 | (1.9) | 1 | (2.0) | 1 | (2.0) | 1 | (2.0) | 0.48 |
| Varicocele, n (%) | 14 | (6.8) | 6 | (11.3) | 2 | (3.9) | 4 | (7.8) | 2 | (3.9) | 0.52 |
| Inguinal hernia repairb | 7 | (3.4) | 1 | (1.9) | 3 | (5.9) | 0 | (0) | 3 | (5.9) | 0.25 |
| Surgical scarb | 71 | (34.5) | 19 | (35.8) | 16 | (31.4) | 16 | (31.4) | 20 | (39.2) | 0.84 |
| Use of hormonesc | 1 | (0.5) | 1 | (2.0) | 0 | (0) | 0 | (0) | 0 | (0) | 0.40 |
| Use of dietary supplementsd | 29 | (14.1) | 6 | (11.3) | 12 | (23.5) | 5 | (9.8) | 6 | (11.8) | 0.82 |
| Calories intake (kcal/day) | 2281.0 | (1894.4-2928.6) | 1775.4 | (1493.2-2196.5) | 2092.3 | (1811.0-2286.4) | 2548.1 | (2237.1-2935.9) | 3044.3 | (2597.9-3612.8) | <0.001 |
| Physical activity (h/week) | 9.0 | (6.0-13.0) | 7.0 | (5.0-10.0) | 8.0 | (5.0-14.0) | 9.0 | (6.0-13.0) | 10.0 | (6.0-15.0) | 0.05 |
| TV watching (h/week) | 20.0 | (14.0-41.0) | 29.0 | (20.0-52.0) | 20.0 | (14.0-35.0) | 20.0 | (14.0-35.0) | 20.0 | (14.0-41.0) | 0.05 |
| Abstinence time (h) | 71.0 | (59.8-92.0) | 72.0 | (63.5-91.5) | 72.0 | (60.0-93.0) | 72.0 | (55.0-90.0) | 70.0 | (55.0-94.0) | 0.99 |
| Time to semen analysis (min) | 35.0 | (30.0-45.0) | 30.0 | (30.0-42.5) | 40.0 | (30.0-45.0) | 40.0 | (30.0-45.0) | 40.0 | (30.0-45.0) | 0.19 |
| Time of blood draw (min) | 245.0 | (112.5-270.0) | 250.0 | (135.0-295.0) | 260.0 | (120.0-270.0) | 235.0 | (85.0-270.0) | 245.0 | (125.0-270.0) | 0.46 |
| Mediterranean diet pattern scoree | -0.2 | (-0.7 to 0.4) | -0.5 | (-1.0 to 0.0) | -0.1 | (-0.7 to 0.3) | -0.3 | (-0.7 to 0.3) | 0.3 | (-0.3 to 1.2) | <0.001 |
| Western diet pattern scoree | -0.2 | (-0.7 to 0.5) | -0.5 | (-0.8 to 0.4) | -0.3 | (-0.8 to 0.0) | 0.1 | (-0.4 to 0.7) | 0.1 | (-0.5 to 1.0) | 0.01 |
| Semen volume (ml) | 3.0 | (2.0-4.0) | 3.1 | (2.3-3.7) | 3.0 | (1.9-4.1) | 3.1 | (2.0-4.5) | 2.9 | (2.0-3.7) | 0.75 |
| Sperm concentration (millions/ml) | 43.4 | (21.9-72.3) | 42.4 | (27.5-73.6) | 44.9 | (22.0-72.0) | 38.8 | (18.2-72.3) | 47.5 | (18.7-72.7) | 0.94 |
| Total sperm count (millions) | 120.1 | (63.3-212.5) | 129.5 | (71.8-212.5) | 112.9 | (51.9-235.8) | 106.3 | (72.6-183.5) | 117.2 | (56.3-196.2) | 0.97 |
| Sperm motility (%) | 57.1 | (50.7-63.8) | 57.6 | (50.3-62.5) | 58.8 | (50.0-66.1) | 56.8 | (49.0-62.0) | 56.2 | (51.5-65.2) | 0.71 |
| Progressive motility (%) | 48.3 | (41.3-55.2) | 48.0 | (40.3-54.4) | 48.7 | (42.2-56.0) | 49.7 | (41.0-55.3) | 46.1 | (39.3-56.7) | 0.81 |
| Morphologically normal sperm (%) | 9.0 | (6.0-14.0) | 9.0 | (6.0-14.7) | 10.0 | (6.0-14.0) | 8.0 | (5.0-16.0) | 9.0 | (5.7-14.0) | 0.88 |
| Luteinizing hormone (IU/L) | 4.0 | (2.8-5.3) | 3.9 | (2.7-5.7) | 3.6 | (2.9-4.9) | 4.4 | (3.6-5.8) | 4.3 | (2.8-5.2) | 0.26 |
| Follicle-stimulating hormone (IU/L) | 2.2 | (1.6-3.3) | 2.2 | (1.5-3.2) | 2.3 | (1.7-3.8) | 2.1 | (1.6-3.5) | 2.2 | (1.5-3.3) | 0.91 |
| Estradiol (pmol/L) | 76.0 | (63.0-91.2) | 72.0 | (59.5-83.0) | 77.0 | (65.0-92.0) | 76.0 | (63.0-98.0) | 76.0 | (61.0-96.0) | 0.28 |
| Calculated free testosterone (nmol/L) | 13.4 | (10.7-17.1) | 13.6 | (9.8-16.0) | 13.1 | (10.5-16.1) | 15.0 | (11.5-17.4) | 13.7 | (10.3-18.1) | 0.33 |
| Total testosterone (nmol/L) | 21.2 | (17.1-26.6) | 20.4 | (16.5-27.1) | 21.2 | (17.1-26.2) | 21.9 | (18.4-26.6) | 20.1 | (16.3-26.8) | 0.55 |
| Inhibin B (pg/mL) | 193.0 | (147.0-246.0) | 204.0 | (148.5-246.0) | 177.0 | (142.0-234.0) | 196.0 | (145.0-265.0) | 193.0 | (148.0-237.0) | 0.60 |
| Sex hormone-binding globulin (nmol/L) | 30.0 | (23.0-39.0) | 29.0 | (20.5-40.5) | 34.0 | (22.0-40.0) | 32.0 | (23.0-38.0) | 29.0 | (24.0-36.0) | 0.80 |
| Continuous variables are shown as median and interquartile range unless otherwise indicated.  aTotal intake of red meats, processed meats, organ meats, white meats, fish meats. bPhysical examination in the genital area (including lower abdomen)  cSelf-report of any use of dehydroepiandrostendione, androstenedione, creatinine, steroids or other muscle buildings; dVitamins and minerals; eDietary pattern scores without total meat intake  ‡Kruskal-Wallis test for continuous variables and χ² test for categorical variables | | | | | | | | | | | |