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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Supplemental Table 6.** Meat intake and semen quality by subgroupings of meat categories(raw data). Murcia Young Men’s Study (n=206) | | | | | | | | | | | | | |
| **Meat intake (servings/day); range** | | **Volume**\* | | **Sperm concentration**\* | | **Total sperm count**\* | | **Motile sperm** | | **Progressive motility** | | **Morphologically normal sperm**\* | |
|  | n | ml | 95% CI | 106/ml | 95% CI | 106 | 95% CI | 106 | 95% CI | 106 | 95% CI | % | 95% CI |
| Processed red meat intakea | | |  |  |  |  |  |  |  |  |  |  |  |
| T1 (0-0.50) | 70 | 2.8 | 2.4-3.3 | 37.6 | 29.9-47.3 | 104.6 | 81.1-134.9 | 56.0 | 53.5-58.4 | 47.4 | 44.8-50.0 | 8.4 | 7.2-9.8 |
| T2 (>0.50-0.80) | 66 | 2.8 | 2.4-3.3 | 40.8 | 32.2-51.7 | 115.5 | 89.1-149.8 | 55.3 | 52.8-57.8 | 46.4 | 43.8-49.1 | 9.1 | 7.8-10.6 |
| T3 (>0.80-3.75) | 70 | 2.7 | 2.4-3.2 | 33.9 | 26.9-42.7 | 92.9 | 72.1-119.5 | 59.0 | 56.5-61.4 | 49.8 | 47.2-52.3 | 8.4 | 7.2-9.7 |
| Ptrend |  | 0.83 |  | 0.53 |  | 0.51 |  | 0.09 |  | 0.21 |  | 0.98 |  |
| Unprocessed red meat intakeb | | | |  |  |  |  |  |  |  |  |  |  |
| Low (0-0.14) | 106 | 3.0 | 2.6-3.3 | 41.0 | 34.1-49.4 | 121.1 | 98.7-148.5 | 57.0 | 55.0-59.0 | 48.6 | 46.5-50.7 | 9.0 | 7.9-10.1 |
| High (>0.14-2.50) | 100 | 2.6 | 2.3-3.0 | 33.6 | 27.8-40.7 | 88.1 | 71.5-108.6‡ | 56.5 | 54.4-58.6 | 47.1 | 45.0-49.3 | 8.2 | 7.3-9.3 |
| Ptrend |  | 0.16 |  | 0.14 |  | 0.03 |  | 0.72 |  | 0.35 |  | 0.34 |  |
| Organ meat intakec | |  |  |  |  |  |  |  |  |  |  |  |  |
| None (0) | 124 | 2.8 | 2.5-3.1 | 39.0 | 32.8-46.3 | 108.1 | 89.3-130.7 | 58.1 | 56.2-59.9 | 49.4 | 47.5-51.3 | 8.6 | 7.6-9.6 |
| Any (>0-0.79) | 82 | 2.8 | 2.4-3.2 | 34.8 | 28.2-43.1 | 97.5 | 77.2-123.1 | 54.7 | 52.5-57.0‡ | 45.6 | 43.2-47.9‡ | 8.7 | 7.5-10.0 |
| Ptrend |  | 0.95 |  | 0.42 |  | 0.50 |  | 0.02 |  | 0.01 |  | 0.89 |  |
| White fish meat intaked | | |  |  |  |  |  |  |  |  |  |  |  |
| Q1 (0-0.13) | 68 | 2.9 | 2.5-3.4 | 39.5 | 31.3-49.7 | 115.0 | 89.6-147.7 | 57.7 | 55.2-60.2 | 49.2 | 46.6-51.8 | 8.4 | 7.2-9.8 |
| Q2 (>0.13-0.21) | 52 | 2.9 | 2.4-3.4 | 31.6 | 24.2-41.1 | 90.4 | 67.7-120.6 | 55.6 | 52.7-58.4 | 46.9 | 43.9-49.9 | 8.3 | 7.0-9.9 |
| Q3 (>0.21-0.29) | 36 | 2.1 | 1.7-2.6 | 31.1 | 22.6-42.8 | 66.6 | 47.2-93.9 | 57.4 | 53.9-60.8 | 48.7 | 45.1-52.4 | 9.4 | 7.6-11.7 |
| Q4 (>0.29-1.22) | 50 | 3.1 | 2.6-3.6 | 46.7 | 35.6-61.1 | 142.6 | 106.6-190.9 | 56.2 | 53.3-59.2 | 46.6 | 43.6-49.7 | 8.7 | 7.3-10.3 |
| P-trend |  | 0.75 |  | 0.46 |  | 0.62 |  | 0.59 |  | 0.31 |  | 0.62 |  |
| Dark fish meat intakee | | |  |  |  |  |  |  |  |  |  |  |  |
| Q1 (0-0.26) | 54 | 2.6 | 2.2-3.1 | 43.0 | 33.1-55.9 | 112.7 | 84.6-150.2 | 57.7 | 54.9-60.5 | 49.1 | 46.2-52 | 8.6 | 7.3-10.3 |
| Q2 (>0.26-0.40) | 48 | 2.4 | 2.0-2.8 | 34.6 | 26.2-45.7 | 82.3 | 60.7-111.6 | 56.1 | 53.2-59.1 | 47.1 | 44-50.2 | 9.3 | 7.8-11.2 |
| Q3 (>0.40-0.71) | 52 | 3.3 | 2.8-3.9 | 34.1 | 26.1-44.6 | 110.6 | 82.3-148.6 | 57.3 | 54.4-60.2 | 49.1 | 46-52.1 | 7.6 | 6.4-9.1 |
| Q4 (>0.71-2.57) | 52 | 2.9 | 2.5-3.5 | 37.6 | 28.8-49.1 | 110.5 | 82.5-148.0 | 55.8 | 52.9-58.7 | 46.2 | 43.2-49.2 | 8.9 | 7.5-10.6 |
| P-trend |  | 0.09 |  | 0.48 |  | 0.76 |  | 0.47 |  | 0.31 |  | 0.8 |  |
| Shellfish intakef | | |  |  |  |  |  |  |  |  |  |  |  |
| Q1 (0-0.04) | 52 | 3.1 | 2.6-3.6 | 38.4 | 29.3-50.2 | 117.8 | 88.0-157.6 | 55.7 | 52.9-58.5 | 46.8 | 43.9-49.7 | 8.8 | 7.4-10.4 |
| Q2 (>0.04-0.12) | 33 | 2.2 | 1.8-2.7 | 33.2 | 23.7-46.5 | 72.6 | 50.3-104.6 | 52.7 | 49.2-56.2 | 43.0 | 39.3-46.6 | 7.3 | 5.9-9.1 |
| Q3 (>0.12-0.14) | 70 | 2.9 | 2.5-3.3 | 39.2 | 31.1-49.4 | 111.9 | 87.1-143.8 | 58.1 | 55.7-60.6 | 48.9 | 46.4-51.4 | 9.0 | 7.8-10.5 |
| Q4 (>0.14-1.23) | 51 | 2.9 | 2.4-3.4 | 36.3 | 27.7-47.6 | 103.4 | 76.9-139.2 | 58.6 | 55.7-61.5 | 50.8 | 47.9-53.8 | 8.8 | 7.4-10.5 |
| P-trend |  | 0.97 |  | 0.97 |  | 0.93 |  | 0.05 |  | 0.02 |  | 0.66 |  |
| 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 | | | | | | | | | | | | | |