|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Supplemental Table 5.** Associations of meat intake with reproductive hormones (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 | IU/L | 95% CI | IU/L | 95% CI | pmol/L | 95% CI | nmol/L | 95% CI | nmol/L | 95% CI | pg/mL | 95% CI | nmol/L | 95% CI |
| Total meat intake | | | |  |  |  |  |  |  |  |  |  |  |  |  |
| Q1 (0-1.78) | 53 | 4.4 | 3.9-4.8 | 2.3 | 2-2.7 | 70.8 | 65.5-76.5 | 14.1 | 12.8-15.4 | 21.4 | 19.5-23.3 | 208.7 | 187.4-229.9 | 30.8 | 27.6-34.0 |
| Q2 (>1.78-2.38) | 51 | 3.9 | 3.4-4.4 | 2.3 | 2-2.7 | 76.5 | 70.7-82.8 | 13.5 | 12.2-14.8 | 21.4 | 19.5-23.3 | 196.8 | 175.2-218.4 | 33.4 | 30.1-36.6 |
| Q3 (>2.38-3.23) | 51 | 4.5 | 4.1-5 | 2.2 | 1.9-2.6 | 79.2 | 73.2-85.7 | 15.1 | 13.8-16.5 | 23.1 | 21.2-25.1 | 209.6 | 188-231.3 | 31.8 | 28.6-35.1 |
| Q4 (>3.23-9.12) | 51 | 4.1 | 3.6-4.6 | 2.3 | 2-2.7 | 76.8 | 71.0-83.1 | 14.3 | 12.9-15.7 | 21.6 | 19.7-23.5 | 194.8 | 173.2-216.4 | 30.4 | 27.2-33.7 |
| Ptrend |  | 0.88 |  | 0.89 |  | 0.11 |  | 0.45 |  | 0.57 |  | 0.55 |  | 0.74 |  |
| Total red meat intakea | | |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Q1 (0-0.72) | 52 | 4.1 | 3.7-4.6 | 2.2 | 1.9-2.6 | 72.3 | 66.9-78.0 | 14.2 | 12.8-15.5 | 22.0 | 20.2-23.9 | 202.5 | 181.2-223.8 | 32.7 | 29.5-35.9 |
| Q2 (>0.72-1.01) | 53 | 4.1 | 3.6-4.6 | 2.2 | 1.9-2.6 | 76.5 | 70.9-82.5 | 14.6 | 13.3-15.9 | 22.3 | 20.4-24.1 | 210 | 188.9-231.2 | 31.4 | 28.2-34.6 |
| Q3 (>1.01-1.42) | 50 | 4.4 | 3.9-4.8 | 2.3 | 1.9-2.6 | 71.3 | 65.9-77.1 | 12.8 | 11.4-14.1 | 20.0 | 18.1-21.9 | 210 | 188.2-231.8 | 32.1 | 28.8-35.4 |
| Q4 (>1.42-4.25) | 51 | 4.3 | 3.9-4.8 | 2.5 | 2.1-2.9 | 83.4 | 77.2-90.2‡ | 15.5 | 14.2-16.8 | 23.2 | 21.3-25.1 | 187.4 | 165.9-209 | 30.1 | 26.9-33.4 |
| Ptrend |  | 0.41 |  | 0.38 |  | 0.04 |  | 0.48 |  | 0.80 |  | 0.35 |  | 0.34 |  |
| Total white meat intakedb | | |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Q1 (0-0.21) | 58 | 4.2 | 3.8-4.7 | 2.4 | 2.1-2.8 | 70.7 | 65.7-76.0 | 13.6 | 12.3-14.9 | 21.2 | 19.4-23.0 | 217.3 | 197.1-237.4 | 32.2 | 29.1-35.3 |
| Q2 (>0.21-0.35) | 43 | 4.4 | 3.9-4.9 | 2.4 | 2.1-2.9 | 75.1 | 69-81.7 | 14.2 | 12.7-15.6 | 21.7 | 19.6-23.8 | 196.7 | 173.3-220.1 | 31.1 | 27.5-34.6 |
| Q3 (>0.35-0.57) | 62 | 4.2 | 3.8-4.7 | 2.2 | 1.9-2.5 | 75.6 | 70.5-81.1 | 14.7 | 13.4-15.9 | 22.2 | 20.5-23.9 | 190.1 | 170.6-209.6 | 31.4 | 28.5-34.4 |
| Q4 (>0.57-2.57) | 43 | 4.1 | 3.5-4.6 | 2.2 | 1.9-2.6 | 84.0 | 77.2-91.5‡ | 14.7 | 13.2-16.2 | 22.5 | 20.4-24.7 | 206.4 | 183-229.8 | 31.4 | 27.9-35.0 |
| Ptrend |  | 0.59 |  | 0.29 |  | <0.01 |  | 0.21 |  | 0.30 |  | 0.30 |  | 0.76 |  |
| Total fish meat intake | | |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Q1 (0-0.53) | 53 | 4.3 | 3.8-4.7 | 2.1 | 1.8-2.5 | 73.0 | 67.6-78.9 | 14.2 | 12.8-15.5 | 21.3 | 19.4-23.2 | 207.4 | 186.4-228.4 | 30.5 | 27.3-33.7 |
| Q2 (>0.53-0.77) | 53 | 4.5 | 4-4.9 | 2.7 | 2.3-3.1 | 77.7 | 71.9-84.0 | 14.0 | 12.7-15.4 | 22.5 | 20.7-24.4 | 181.1 | 160.1-202.1 | 34.5 | 31.3-37.7 |
| Q3 (>0.77-1.24) | 50 | 4.3 | 3.8-4.7 | 2.4 | 2.1-2.8 | 74.7 | 69.0-81.0 | 14.0 | 12.6-15.4 | 21.2 | 19.3-23.1 | 213.1 | 191.5-234.7 | 30.4 | 27.1-33.7 |
| Q4 (>1.24-4.66) | 50 | 3.9 | 3.4-4.4 | 2.0 | 1.7-2.3 | 77.6 | 71.6-84.0 | 14.9 | 13.5-16.3 | 22.5 | 20.5-24.5 | 209.6 | 188-231.2 | 30.8 | 27.5-34.1 |
| Ptrend |  | 0.23 |  | 0.41 |  | 0.43 |  | 0.49 |  | 0.59 |  | 0.44 |  | 0.67 |  |
| CI, confidence interval;; LH, luteinizing hormone; FSH, follicle-stimulating hormone; SHBG, sex hormone-binding globulin | | | | | | | | | | | | | | | | |
| aIncludes processed and unprocessed red meat, and organ meat bIncludes chicken with and without skin, rabbit, quail and duck | | | | | | | | | | | | | | | | |
| \*Back-transformed to original scale; ‡Significantly different to mean in the lowest quartile of intake at 0.05 | | | | | | | | | | | | | | | | |