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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Supplemental Table 4.** Associations of meat intake with semen parameters(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 | % | 95% CI | % | 95% CI | % | 95% CI |
| Total meat intake | | | |  |  |  |  |  |  |  |  |  |  |
| Q1 (0-1.78) | 53 | 2.8 | 2.3-3.3 | 37.7 | 28.9-49.2 | 104.2 | 77.8-139.4 | 56.3 | 53.5-59.2 | 47.7 | 44.7-50.7 | 8.6 | 7.3-10.3 |
| Q2 (>1.78-2.38) | 51 | 2.6 | 2.2-3.1 | 39.9 | 30.4-52.3 | 103.7 | 76.8-139.9 | 57.9 | 55.0-60.8 | 49.0 | 45.9-52.0 | 8.8 | 7.4-10.5 |
| Q3 (>2.38-3.23) | 51 | 3.1 | 2.6-3.6 | 36.9 | 28.1-48.4 | 112.8 | 83.8-151.8 | 55.7 | 52.8-58.6 | 47.8 | 44.8-50.8 | 8.1 | 6.8-9.7 |
| Q4 (>3.23-9.12) | 51 | 2.7 | 2.3-3.3 | 34.7 | 26.5-45.5 | 94.9 | 70.5-127.8 | 57.1 | 54.2-60.1 | 47.1 | 44.0-50.1 | 8.9 | 7.4-10.6 |
| Ptrend |  | 0.74 |  | 0.59 |  | 0.77 |  | 0.98 |  | 0.66 |  | 1.00 |  |
| Total red meat intakea | | |  |  |  |  |  |  |  |  |  |  |  |
| Q1 (0-0.72) | 52 | 2.9 | 2.5-3.5 | 39.3 | 30.1-51.4 | 114.4 | 85.0-153.9 | 56.0 | 53.2-58.9 | 47.2 | 44.2-50.1 | 8.1 | 6.8-9.6 |
| Q2 (>0.72-1.01) | 53 | 2.8 | 2.4-3.3 | 37.8 | 29.0-49.2 | 106.2 | 79.4-142.1 | 55.4 | 52.6-58.2 | 46.2 | 43.2-49.1 | 8.9 | 7.5-10.6 |
| Q3 (>1.01-1.42) | 50 | 2.7 | 2.2-3.2 | 37.6 | 28.6-49.4 | 100.2 | 74.3-135.3 | 58.5 | 55.6-61.4 | 50.6 | 47.6-53.6 | 9.3 | 7.7-11.1 |
| Q4 (>1.42-4.25) | 51 | 2.8 | 2.3-3.3 | 34.5 | 26.3-45.2 | 94.8 | 70.5-127.6 | 57.2 | 54.3-60.2 | 47.8 | 44.7-50.8 | 8.2 | 6.9-9.8 |
| Ptrend |  | 0.53 |  | 0.51 |  | 0.36 |  | 0.30 |  | 0.36 |  | 0.85 |  |
| Total white meat intakeb | | |  |  |  |  |  |  |  |  |  |  |  |
| Q1 (0-0.21) | 58 | 2.8 | 2.4-3.3 | 38.2 | 29.7-49.3 | 106.5 | 80.6-140.5 | 56.3 | 53.6-59.0 | 48.3 | 45.5-51.2 | 9.7 | 8.2-11.5 |
| Q2 (>0.21-0.35) | 43 | 2.7 | 2.3-3.3 | 31.7 | 23.6-42.6 | 87.2 | 63.2-120.4 | 57.5 | 54.3-60.6 | 49.0 | 45.7-52.3 | 7.7 | 6.4-9.4 |
| Q3 (>0.35-0.57) | 62 | 3.0 | 2.6-3.5 | 38.6 | 30.2-49.3 | 114.9 | 87.7-150.7 | 56.0 | 53.4-58.6 | 47.1 | 44.3-49.8 | 9.1 | 7.8-10.6 |
| Q4 (>0.57-2.57) | 43 | 2.6 | 2.1-3.1 | 40.2 | 30.0-53.9 | 102.9 | 74.5-142.1 | 57.8 | 54.6-61.0 | 47.3 | 44.0-50.6 | 7.5 | 6.2-9.1 |
| Ptrend |  | 0.78 |  | 0.65 |  | 0.81 |  | 0.69 |  | 0.48 |  | 0.13 |  |
| Total fish meat intake | | |  |  |  |  |  |  |  |  |  |  |  |
| Q1 (0-0.53) | 53 | 2.7 | 2.3-3.2 | 40.1 | 30.8-52.2 | 107.0 | 80.1-143.0 | 57.5 | 54.7-60.4 | 48.9 | 45.9-51.8 | 8.5 | 7.1-10.1 |
| Q2 (>0.53-0.77) | 53 | 2.5 | 2.1-2.9 | 34.3 | 26.3-44.7 | 84.4 | 63.2-112.8 | 56.0 | 53.2-58.8 | 46.9 | 44.0-49.9 | 8.6 | 7.3-10.3 |
| Q3 (>0.77-1.24) | 50 | 3.3 | 2.8-4.0 | 34.1 | 25.9-44.8 | 112.1 | 83.0-151.6 | 57.8 | 54.8-60.7 | 50.2 | 47.1-53.3 | 8.3 | 6.9-9.9 |
| Q4 (>1.24-4.66) | 50 | 2.8 | 2.4-3.3 | 41.1 | 31.3-54.0 | 115.5 | 85.7-155.7 | 55.7 | 52.8-58.7 | 45.6 | 42.6-48.6 | 9.0 | 7.5-10.7 |
| Ptrend |  | 0.24 |  | 0.92 |  | 0.45 |  | 0.58 |  | 0.34 |  | 0.75 |  |
| CI, confidence interval  aIncludes processed and unprocessed red meat, and organ meat  bIncludes chicken with and without skin, rabbit, quail and duck  \*Back-transformed to original scale | | | | | | | | | | | | | |