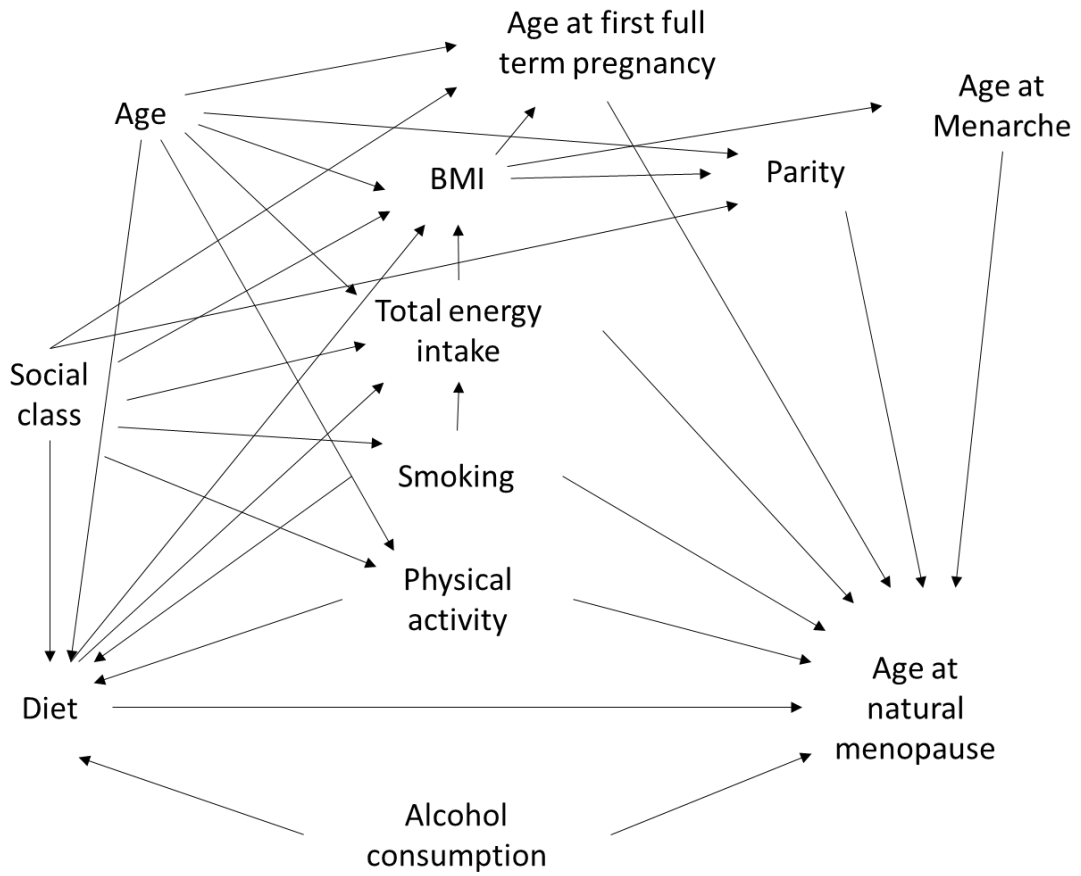


Online Supplementary material

Supplementary Table 1. Grouping of individual food items into 64 food groups

Food Group	Food Items
Wholegrain products	Crispbread, Brown bread & rolls, Wholemeal bread & rolls ,
Refined grain products	White bread & rolls, Chapattis, Nan, paratha, Papadums, Tortillas, Pitta Bread, Cream crackers, cheese biscuits
Low fibre breakfast cereals	Cream crackers, cheese biscuits, Sugar coated cereals, Non-sugar coated cereals
High fibre breakfast cereals	Porridge, Readybrek , Muesli, All bran, bran flakes, Weetabix, shredded wheat
Plain Potatoes	Potatoes, Jacket potato
Potatoes with added fat	Chips, Roast potatoes, Potato salad
Refined pasta and rice	White pasta, Macaroni cheese, White rice
Wholegrain pasta and rice	Wholemeal pasta, Brown rice, Wild rice
Low fat dairy products	Low fat yoghurt, Diet yoghurt, Dairy desserts, Low-fat cheese, Cottage cheese, Milk puddings, Half fat milk, Fat free milk
High fat dairy products	Thick & creamy yoghurt, Greek yoghurt, Fromage frais/Crème fraiche, Single/sour cream, Double/clotted cream, Ice cream, Cheese, Cheese and onion pastie, Whole milk, Channel island milk, Dried milk
Butter and hard margarine	Butter, Block margarine
Margarine	Other soft margarine, Polyunsaturated margarine, Monounsaturated margarine
Low fat spreads	Low fat spread, Very low fat spread
High fat dressing	Mayonnaise, French type dressing
Low fat dressing	Low calorie salad cream
Soybean products	Soya cheese, Soya yoghurt, Soy milk
Textured vegetable protein	Textured vegetable protein
Pulses	Lentils, dals, Chick peas, chanas, Hummus, Baked beans, Mung beans & red kidney beans, Black eyed beans, Butter beans/broad beans
Eggs/eggs dishes	Boiled/poached egg, Omelette, scrambled egg, Fried egg, Quiche
Fish and fish dishes	Fish fingers/cakes, Fried fish in batter, White fish, Fish pie/fish lasagne, Fish roe
Oily fish	Oily fish
Shellfish	Shellfish
Red meat	Beef, Beef stew, Pork, Pork stew/casserole, Lamb, Lamb stew/casserole, Meat – lasagne/moussaka/ravioli
Poultry	Chicken/turkey, Breadcrumbed, Chicken/turkey in creamy sauce, curry
Processed meat	Bacon, Beefburger/hamburger, Ham, Corned beef, Sausages, Meat pizza, Pies/pasties/sausage rolls, Liver pate/sausage, salami
Offal	Offal
Vegetable dishes	Quorn, Vegetarian chilli, Mixed bean casserole, Stir-fry vegetables, Vegetable – lasagne/moussaka/ravioli, Vegetable pate, Vegetable pizza
Allium	Leeks, Garlic
Fresh legumes	Peas, mushy peas, mange-tout, Green beans
Mediterranean vegetables	Sweetcorn, Courgettes, Olive, Aubergine, okra/ladies finger, Peppers
Salad vegetables	Avocado, Lettuce, Cucumber, Celery, Coleslaw, Low calorie coleslaw
Cruciferous vegetables	Broccoli, spring greens, kale, Cabbage, Cauliflower, Watercress, mustard & cress, Brussel sprouts
Tomatoes	Tomatoes – raw/canned/sauce
Mushrooms	Mushrooms
Roots and tubers	Carrots, Parsnips, Turnip, Swedes, Beetroot
Stone fruits	Peaches, Plum, Mangoes, Nectarines, Apricots
Deep orange/yellow fruits	Pineapple, Papaya, Melon
Grapes	Grapes
Citrus family fruits	Oranges, satsumas, grapefruit

Rhubarb	Rhubarb
Berries	Strawberries, Raspberries, Red currants/black currants, Kiwi fruit
Bananas	Bananas
Pomes	Apples, Pears
Dried Fruits	Dates, Figs, Prunes, Mixed dried fruits, Currants, raisins, sultanas
Sauces	Sauces
Pickles/chutneys	Tomato ketchup, Pickles/chutney/pesto sauce
Soups	Packet soups, Other-vegetable soups, Other-Meat soups, Low calorie soups
Confectionery & spreads	Fruit bars, Chocolate snack bars, Mini chocolate snack bars, Boiled sweets, toffees, mints, Chocolate/chocolate & nut spread, Jam/marmalade, Honey
Nuts & Seeds	Peanuts/Pistachio nuts, Cashew nuts & almonds, Pecan nuts/ Walnuts, Sunflower seeds/ sesame seeds, Nut Pâté, Peanut butter, Peanuts/pistachio nuts, Mixed nuts and raisins
Savoury snacks	Crisps, Other fried snacks, Low fat or baked snacks, Bombay mix
Biscuits	Plain biscuits, Chocolate biscuits, Sandwich/cream biscuits
Cakes	Fruitcake, Sponge cake
Pastries and Puddings	Buns/pastries, Scones/pancakes/muffins/crumpets, Fruit pies, Sponge puddings
Tea	Tea
Herbal tea	Herbal tea
Coffee	Coffee – instant/ground, Coffee – decaffeinated
Other hot beverages	Cocoa, Horlicks, Ovaltine, Low calorie hot chocolate
Juices	Orange juice, Other – pure juices
Soft drinks	Fruit squash, Fizzy soft drinks
Low calorie/diet soft drinks	Low calorie/diet soft drinks
Wines	Wines
Beer and cider	Beer, Cider
Port, sherry, liqueurs	Port, sherry, liqueurs
Spirits	Spirits



Supplementary Figure 1. Directed acyclic graph – for assessment of covariates

Supplementary Table 2. Sensitivity analysis of daily food groups intake/portion size and age at natural menopause by vegetarian status, fully adjusted model

Daily intake/ portion size	Vegetarians (n=323)			Non-vegetarians (n=501)		
	Difference in age at natural menopause (y)	99% CI	P value	Difference in age at natural menopause (y)	99% CI	P value
<i>Starchy foods</i>						
Wholegrain products/ 33g	0.0	-0.2 to 0.3	0.589	0.1	-0.0 to 0.3	0.219
Refined grain products/ 51g	-0.1	-0.7 to 0.5	0.665	-0.2	-0.7 to 0.3	0.300
Low fibre breakfast cereals/ 40g	0.0	-1.7 to 1.8	0.945	-0.1	-1.3 to 1.1	0.829
High fibre breakfast cereals/ 85g	0.1	-0.6 to 0.8	0.755	0.4	-0.2 to 1.0	0.108
Plain Potatoes/ 210g	0.5	-0.6 to 1.6	0.260	0.6	-0.4 to 1.6	0.140
Potatoes with added fat/ 127g	-0.2	-3.0 to 2.6	0.828	-0.3	-2.3 to 1.6	0.651
Refined pasta and rice/ 210g	-1.4	-3.3 to 0.5	0.057	-1.6	-3.4 to 0.3	0.031
Wholegrain pasta and rice/ 197 g	0.9	-1.1 to 2.8	0.237	0.9	-1.2 to 3.0	0.256
<i>Protein and fat food sources</i>						
Low fat dairy products/ 80g	-0.1	-0.2 to 0.1	0.171	0.1	-0.0 to 0.2	0.228
High fat dairy products/ 75g	0.0	-0.2 to 0.3	0.656	-0.2	-0.4 to 0.1	0.074
Butter and hard margarine/ 10g	0.0	-0.6 to 0.5	0.852	0.3	-0.2 to 0.7	0.103
Margarine/ 9g	-0.1	-0.5 to 0.3	0.379	-0.1	-0.5 to 0.3	0.675
Low fat spreads/ 7g	0.2	-0.4 to 0.8	0.320	0.0	-0.4 to 0.3	0.749
High fat dressing/ 23g	0.0	-1.5 to 1.5	0.979	0.1	-1.4 to 1.6	0.870
Low fat dressing/ 30g	0.9	-2.5 to 4.3	0.475	1.2	-1.5 to 3.9	0.262
Soybean products/ 62g	0.0	-0.1 to 0.2	0.436	-0.1	-0.4 to 0.3	0.630
Textured vegetable protein/ 130g	1.1	-8.8 to 10.9	0.782	-9.9	-43.0 to 23.2	0.440
Pulses/ 91g	0.1	-0.9 to 1.0	0.885	-0.2	-1.3 to 0.9	0.653
Eggs/eggs dishes/ 88g	0.1	-1.8 to 2.1	0.865	1.1	-1.0 to 3.1	0.187
Fish and fish dishes/ 140g	-1.5	-4.7 to 1.7	0.227	1.8	-1.3 to 5.0	0.132
Oily fish/ 90g	0.7	-4.0 to 5.3	0.713	3.4	0.2 to 6.5	0.005
Shell fish/ 60g	-1.8	-12.7 to 9.0	0.663	2.3	-5.9 to 10.4	0.476
Red meat/ 189g	12.5	-136.4 to 161.4	0.828	0.7	-1.5 to 2.9	0.400
Processed meat/ 74g	-4.2	-23.1 to 14.7	0.566	-0.3	-2.5 to 2.0	0.743
Poultry/ 143g	7.4	-3.1 to 17.8	0.069	-0.6	-3.4 to 2.3	0.607
Offal/ 100g	.	.	.	1.8	-8.5 to 12.1	0.647
<i>Vegetables</i>						
Vegetable dishes/ 214g	0.0	-1.2 to 1.1	0.924	-0.3	-1.7 to 1.1	0.593

Allium/ 39g	0.6	-0.7 to 1.9	0.219	0.5	-0.8 to 1.8	0.282
Fresh legumes/ 75g	0.3	-1.0 to 1.5	0.556	1.4	0.2 to 2.7	0.003
Mediterranean vegetables/ 60g	0.0	-0.8 to 0.8	0.904	0.4	-0.6 to 1.3	0.314
Salad vegetables/ 43g	0.3	-0.3 to 1.0	0.210	0.7	0.0 to 1.3	0.009
Cruciferous vegetables/ 75g	0.3	-0.2 to 0.8	0.143	0.4	-0.1 to 0.9	0.051
Tomatoes/ 83g	-0.3	-1.1 to 0.5	0.313	0.8	-0.2 to 1.8	0.043
Mushrooms/ 34g	0.1	-1.5 to 1.8	0.831	0.5	-1.2 to 2.2	0.424
Roots and tubers/ 66g	0.2	-0.5 to 0.9	0.550	0.8	-0.1 to 1.7	0.016
Fruits						
Stone fruits/ 49g	0.2	-0.7 to 1.1	0.604	1.0	0.5 to 2.5	0.083
Deep orange & yellow fruits/ 118g	0.5	-0.4 to 1.4	0.139	0.7	-0.6 to 2.0	0.189
Grapes/ 100g	0.6	-0.5 to 1.7	0.175	0.9	-0.6 to 2.3	0.117
Citrus family fruits/ 92g	0.3	-0.5 to 1.1	0.363	0.1	-0.7 to 1.0	0.651
Rhubarb/ 130g	-0.1	-2.0 to 1.8	0.862	1.5	-0.5 to 3.5	0.056
Berries/ 48g	0.2	-0.5 to 0.8	0.514	0.5	-0.4 to 1.3	0.157
Bananas/ 100g	0.0	-0.8 to 0.8	0.980	0.1	-0.6 to 0.9	0.662
Pomes/ 116g	0.0	-0.5 to 0.5	0.865	0.1	-0.3 to 0.6	0.451
Dried Fruits/ 28g	0.2	-0.5 to 0.9	0.371	0.5	-0.1 to 1.2	0.025
Other food groups						
Sauces/ 83g	0.1	-3.6 to 3.8	0.936	0.2	-3.1 to 3.5	0.888
Pickles/Chutneys/ 35g	-0.6	-2.4 to 1.3	0.429	0.2	-1.7 to 2.1	0.827
Soups/ 163g	1.3	-0.5 to 3.2	0.065	0.7	-0.7 to 2.1	0.222
Confectionary & spreads/ 44g	-0.1	-0.6 to 0.3	0.455	0.1	-0.4 to 0.6	0.690
Nuts and seeds/ 24g	0.2	-0.26 to 0.6	0.279	0.2	-0.5 to 0.9	0.476
Savoury snacks/ 26g	0.1	-1.2 to 1.4	0.863	-1.7	-3.1 to -0.4	0.001
Biscuits/ 15g	-0.1	-0.7 to 0.5	0.567	-0.3	-0.7 to 0.2	0.130
Cakes/ 66g	-1.2	-3.4 to 1.1	0.183	0.7	-1.4 to 2.8	0.389
Pastries and Puddings/ 84g	-0.1	-1.7 to 1.5	0.912	-0.8	-2.3 to 0.8	0.190
Drinks and beverages						
Tea/ 260g	-0.1	-0.3 to 0.2	0.567	-0.2	-0.4 to 0.0	0.045
Herbal tea/ 260g	0.1	-0.4 to 5.8	0.533	0.3	-0.2 to 0.7	0.151
Coffee/ 190g	0.0	-0.3 to 0.2	0.767	0.1	-0.1 to 0.3	0.162
Other hot beverages/ 23g	0.0	-0.6 to 0.6	0.975	0.4	-0.5 to 1.2	0.272
Juices/ 145g	-0.2	-0.9 to 0.5	0.489	0.3	-0.3 to 0.8	0.219
Soft drinks/ 111g	-0.2	-1.4 to 0.1	0.674	-1.3	-2.5 to -0.2	0.003

Low calorie/diet soft drinks/ 161g	0.1	-0.8 to 0.9	0.812	-0.4	-1.3 to 0.6	0.301
Wines/ 1g	0.4	-0.6 to 1.3	0.360	0.0	-0.9 to 0.8	0.882
Beer and cider/ 1g	-0.6	-1.8 to 0.6	0.191	-0.3	-1.4 to 0.8	0.449
Port, sherry, liqueurs/ 1g	1.6	-1.0 to 4.3	0.112	0.7	-1.2 to 2.7	0.346
Spirits/ 1g	0.1	-1.1 to 1.2	0.887	-0.4	-1.6 to 0.7	0.345

Supplementary Table 3. Sensitivity analysis of daily food groups intake/portion size and age at natural menopause by parity, fully adjusted model

Daily intake/ portion size	Nulliparous (n=179)			Multiparous (n=645)		
	Difference in age at natural menopause (y)	99% CI	P value	Difference in age at natural menopause (y)	99% CI	P value
<i>Starchy foods</i>						
Wholegrain products/ 33g	0.0	-0.3 to 0.3	0.899	0.1	-0.1 to 0.2	0.344
Refined grain products/ 51g	0.0	-0.9 to 0.9	0.939	-0.3	-0.7 to 0.2	0.119
Low fibre breakfast cereals/ 40g	-0.4	-2.8 to 2.0	0.643	-0.1	-1.3 to 1.0	0.769
High fibre breakfast cereals/ 85g	0.1	-0.9 to 1.0	0.890	0.2	-0.4 to 0.7	0.366
Plain Potatoes/ 210g	0.4	-1.0 to 1.7	0.501	0.4	-0.5 to 1.3	0.202
Potatoes with added fat/ 127g	0.1	-3.9 to 4.1	0.948	-0.3	-2.1 to 1.4	0.637
Refined pasta and rice/ 210g	-2.0	-5.6 to 1.6	0.157	-1.9	-3.3 to -0.4	0.001
Wholegrain pasta and rice/ 197 g	1.0	-2.0 to 4.0	0.388	0.5	-1.1 to 2.1	0.448
<i>Protein and fat food sources</i>						
Low fat dairy products/ 80g	0.0	-0.3 to 0.2	0.575	0.0	-0.1 to 0.1	0.722
High fat dairy products/ 75g	0.1	-0.3 to 0.5	0.654	-0.1	-0.3 to 0.1	0.227
Butter and hard margarine/ 10g	0.0	-0.7 to 0.6	0.862	0.2	-0.2 to 0.6	0.120
Margarine/ 9g	-0.1	-0.7 to 0.5	0.677	-0.2	-0.6 to 0.1	0.061
Low fat spreads/ 7g	0.2	-0.8 to 1.2	0.682	0.0	-0.3 to 0.4	0.969
High fat dressing/ 23g	-0.1	-2.1 to 1.8	0.862	-0.1	-1.4 to 1.2	0.830
Low fat dressing/ 30g	-0.2	-4.4 to 4.0	0.900	1.1	-1.4 to 3.5	0.266
Soybean products/ 62g	0.0	-0.3 to 0.2	0.690	0.0	-0.2 to 0.2	0.900
Textured vegetable protein/ 130g	-12.6	-39.7 to 14.6	0.230	-3.1	-12.8 to 6.5	0.400
Pulses/ 91g	-0.6	-1.9 to 0.8	0.290	-0.3	-1.1 to 0.5	0.298
Eggs/eggs dishes/ 88g	1.8	-1.5 to 5.1	0.167	0.1	-1.5 to 1.7	0.829
Fish and fish dishes/ 140g	3.9	-1.5 to 9.3	0.064	0.4	-1.9 to 2.7	0.628
Oily fish/ 90g	3.2	-1.0 to 7.4	0.046	3.3	0.3 to 6.3	0.005
Shell fish/ 60g	7.6	-10.0 to 25.1	0.262	0.5	-6.4 to 7.4	0.847
Red meat/ 189g	3.0	-1.3 to 7.3	0.073	1.1	-0.8 to 3.0	0.150
Processed meat/ 74g	1.6	-2.8 to 6.1	0.341	0.6	-1.4 to 2.5	0.435
Poultry/ 143g	5.2	0.1 to 10.3	0.008	0.2	-2.4 to 2.7	0.869
Offal/ 100g	13.3	-10.5 to 37.0	0.148	4.7	-5.6 to 14.9	0.242
<i>Vegetables</i>						
Vegetable dishes/ 214g	-1.4	-3.1 to 0.4	0.047	-0.4	-1.4 to 0.5	0.236

Allium/ 39g	-0.1	-2.0 to 1.9	0.942	0.6	-0.5 to 1.7	0.135
Fresh legumes/ 75g	-0.1	-1.9 to 1.7	0.872	1.1	0.1 to 2.1	0.006
Mediterranean vegetables/ 60g	-0.3	-1.5 to 0.9	0.501	0.0	-0.7 to 0.7	0.938
Salad vegetables/ 43g	0.2	-0.7 to 1.1	0.522	0.4	-0.1 to 1.0	0.032
Cruciferous vegetables/ 75g	0.1	-0.9 to 1.0	0.874	0.4	-0.1 to 0.8	0.023
Tomatoes/ 83g	-0.4	-1.7 to 0.8	0.351	0.2	-0.5 to 0.9	0.507
Mushrooms/ 34g	-1.4	-4.5 to 1.7	0.234	0.4	-0.9 to 1.7	0.471
Roots and tubers/ 66g	0.3	-1.0 to 1.6	0.567	0.4	-0.2 to 1.1	0.086
<i>Fruits</i>						
Stone fruits/ 49g	0.4	-2.0 to 2.7	0.695	0.3	-0.5 to 1.1	0.316
Deep orange & yellow fruits/ 118g	0.0	-2.0 to 1.9	0.978	0.6	-0.2 to 1.4	0.057
Grapes/ 100g	2.5	0.1 to 4.9	0.008	0.4	-0.5 to 1.4	0.248
Citrus family fruits/ 92g	0.0	-1.1 to 1.1	0.976	0.2	-0.5 to 0.9	0.481
Rhubarb/ 130g	1.0	-2.6 to 4.5	0.475	0.7	-0.9 to 2.2	0.256
Berries/ 48g	0.4	-1.2 to 1.9	0.538	0.2	-0.4 to 0.7	0.404
Bananas/ 100g	0.0	-1.0 to 1.0	0.989	0.0	-0.6 to 0.7	0.890
Pomes/ 116g	0.2	-0.5 to 0.9	0.456	0.0	-0.4 to 0.4	0.856
Dried Fruits/ 28g	0.2	-0.7 to 1.2	0.478	0.4	-0.1 to 1.0	0.029
<i>Other food groups</i>						
Sauces/ 83g	-0.9	-6.3 to 4.5	0.673	0.1	-2.7 to 2.8	0.963
Pickles/Chutneys/ 35g	-1.0	-3.6 to 1.6	0.324	-0.1	-1.6 to 1.4	0.869
Soups/ 163g	1.0	-1.6 to 3.5	0.316	0.8	-0.5 to 2.1	0.108
Confectionary & spreads/ 44g	0.1	-0.5 to 0.7	0.684	-0.1	-0.4 to 0.3	0.716
Nuts and seeds/ 24g	0.2	-0.9 to 1.3	0.580	0.1	-0.3 to 0.5	0.499
Savoury snacks/ 26g	0.0	-2.1 to 2.2	0.964	-1.1	-2.1 to -0.0	0.009
Biscuits/ 15g	-0.2	-0.9 to 0.5	0.491	-0.2	-0.6 to 0.2	0.141
Cakes/ 66g	-0.7	-3.5 to 2.2	0.533	0.2	-1.7 to 2.0	0.793
Pastries and Puddings/ 84g	-0.5	-3.7 to 2.6	0.650	-0.5	-1.7 to 0.7	0.271
<i>Drinks and beverages</i>						
Tea/ 260g	-0.2	-0.5 to 0.1	0.052	-0.1	-0.3 to 0.1	0.161
Herbal tea/ 260g	0.4	-0.2 to 0.9	0.066	0.0	-0.4 to 0.4	0.868
Coffee/ 190g	0.0	-0.4 to 0.3	0.800	0.1	-0.1 to 0.3	0.214
Other hot beverages/ 23g	-0.3	-1.4 to 0.7	0.393	0.3	-0.3 to 0.9	0.145
Juices/ 145g	0.0	-1.0 to 1.0	0.992	0.1	-0.4 to 0.6	0.522
Soft drinks/ 111g	-1.2	-2.7 to 0.3	0.032	-0.6	-1.6 to 0.4	0.098

Low calorie/diet soft drinks/ 161g	-0.6	-2.1 to 0.9	0.273	-0.1	-0.8 to 0.6	0.759
Wines/ 1g	0.7	-0.2 to 1.7	0.033	-0.3	-1.2 to 0.5	0.332
Beer and cider/ 1g	-0.5	-1.6 to 0.6	0.274	-0.4	-1.5 to 0.6	0.277
Port, sherry, liqueurs/ 1g	2.3	-0.8 to 5.3	0.052	0.6	-1.3 to 2.4	0.408
Spirits/ 1g	0.3	-1.8 to 2.4	0.722	-0.3	-1.2 to 0.6	0.399

Supplementary Table 4. Sensitivity analysis of daily food groups intake/portion size and age at natural menopause by presence of diabetes at baseline, fully adjusted model

Daily intake/ portion size	Difference in age at natural menopause ^a	99% CI	P value
<i>Starchy food sources</i>			
Wholegrain products/ 33g	0.1	-0.1 to 0.2	0.272
Refined grain products/ 51g	-0.1	-0.5 to 0.2	0.347
Low fibre breakfast cereals/ 40g	0.0	-1.0 to 1.0	0.944
High fibre breakfast cereals/ 85g	0.2	-0.3 to 0.6	0.338
Plain Potatoes/ 210g	0.6	-0.2 to 1.3	0.046
Potatoes with added fat/ 127g	-0.1	-1.7 to 1.6	0.923
Refined pasta and rice/ 210g	-1.6	-2.9 to -0.2	0.003
Wholegrain pasta and rice/ 197 g	0.4	-1.0 to 1.8	0.483
<i>Protein and fat food sources</i>			
Low fat dairy products/ 80g	0.0	-0.1 to 0.1	0.642
High fat dairy products/ 75g	-0.1	-0.3 to 0.1	0.212
Butter and hard margarine/ 10g	0.1	0.2 to 0.5	0.283
Margarine/ 9g	-0.1	-0.4 to 0.1	0.196
Low fat spreads/ 7g	0.1	-0.2 to 0.4	0.320
High fat dressing/ 23g	-0.1	-1.2 to 0.9	0.724
Low fat dressing/ 30g	1.0	-1.2 to 3.2	0.255
Soybean products/ 62g	0.0	-0.2 to 0.1	0.791
Textured vegetable protein/ 130g	-4.2	-13.2 to 4.7	0.225
Pulses/ 91g	-0.3	-1.0 to 0.3	0.192
Eggs/eggs dishes/ 88g	0.5	-0.9 to 2.0	0.338
Fish and fish dishes/ 140g	1.2	-0.9 to 3.3	0.148
Oily fish/ 90g	3.0	0.5 to 5.5	0.002
Shell fish/ 60g	0.6	6.0 to 7.2	0.818
Red meat/ 189g	1.3	-0.4 to 3.1	0.044
Processed meat/ 74g	1.2	-0.6 to 3.0	0.093
Poultry/ 143g	1.9	-0.6 to 4.4	0.047
Offal/ 100g	6.6	-2.8 to 16.0	0.071
<i>Vegetables</i>			
Vegetable dishes/ 214g	-0.6	-1.4 to 0.2	0.054
Allium/ 39g	0.5	0.5 to 1.4	0.196

Fresh legumes/ 75g	0.9	0.0 to 1.8	0.007
Mediterranean vegetables/ 60g	0.0	-0.6 to 0.6	0.991
Salad vegetables/ 43g	0.3	-0.1 to 0.8	0.057
Cruciferous vegetables/ 75g	0.3	-0.1 to 0.6	0.047
Tomatoes/ 83g	0.0	-0.6 to 0.6	0.985
Mushrooms/ 34g	0.2	-1.0 to 1.4	0.672
Roots and tubers/ 66g	0.3	-0.2 to 0.9	0.111
<i>Fruits</i>			
Stone fruits/ 49g	0.2	-0.5 to 1.0	0.425
Deep orange & yellow fruits/ 118g	0.5	-0.2 to 1.2	0.088
Grapes/ 100g	0.6	-0.2 to 1.5	0.065
Citrus family fruits/ 92g	0.2	-0.4 to 0.7	0.443
Rhubarb/ 130g	0.8	-0.6 to 2.1	0.149
Berries/ 48g	0.2	-0.3 to 0.7	0.293
Bananas/ 100g	0.1	-0.5 to 0.6	0.736
Pomes/ 116g	0.0	-0.3 to 0.4	0.846
Dried Fruits/ 28g	0.3	-0.1 to 0.8	0.051
<i>Other food groups</i>			
Sauces/ 83g	-0.2	-2.7 to 2.2	0.831
Pickles/Chutneys/ 35g	-0.3	-1.6 to 1.1	0.622
Soups/ 163g	0.7	-0.4 to 1.9	0.096
Confectionary & spreads/ 44g	0.0	-0.3 to 0.3	0.889
Nuts and seeds/ 24g	0.1	-0.3 to 0.4	0.643
Savoury snacks/ 26g	-0.8	-1.8 to 0.1	0.020
Biscuits/ 15g	-0.2	-0.5 to 0.2	0.214
Cakes/ 66g	-0.3	-2.0 to 1.2	0.569
Pastries and Puddings/ 84g	-0.5	-1.6 to 0.6	0.263
<i>Drinks and beverages</i>			
Tea/ 260g	-0.1	-0.3 to 0.1	0.100
Herbal tea/ 260g	0.1	-0.2 to 0.5	0.243
Coffee/ 190g	0.1	-0.1 to 0.2	0.301
Other hot beverages/ 23g	0.1	-0.4 to 0.6	0.763
Juices/ 145g	0.1	-0.3 to 0.5	0.547
Soft drinks/ 111g	-0.8	-1.6 to 0.0	0.015
Low calorie/diet soft drinks/ 161g	-0.1	-0.7 to 0.5	0.760

Wines/ 1g	0.1	-0.5 to 0.8	0.573
Beer and cider/ 1g	-0.4	-1.2 to 0.3	0.126
Port, sherry, liqueurs/ 1g	1.0	-0.5 to 2.6	0.086
Spirits/ 1g	-0.1	-1.0 to 0.7	0.673

^a Model adjusted for the following factors: Physical activity level, alcohol consumption, smoking, social class, presence of diabetes (n=801)