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Article:
Dunneram, Y., Lee, J.Y., Watling, C.Z. et al. (Accepted: 2025) Vegetarian diets and cancer risk: pooled analysis of 1.8 million women and men in nine prospective studies on three continents. British Journal of Cancer. ISSN: 0007-0920 (In Press)

Vegetarian diets and cancer risk: pooled analysis of 1.8 million women and men in nine prospective studies on three continents

Contents

Supplementary Methods

Covariate classification. The models were stratified by sex (where appropriate), and by region or method of recruitment (CARRS-1: Chennai, Delhi; EPIC-Oxford: postal recruitment, general practitioner recruitment; Million Women Study: Oxford, East Anglia, South West, Thames, West Midlands, Yorkshire, Trent, North West (Mersey), North West Manchester and Lancashire, Scotland; UK Biobank: North-West England, North-East England, Yorkshire and the Humber, West Midlands, East Midlands, South-East England, South-West England, London, Wales, Scotland).

Covariates in the multivariable-adjusted models were: living with a partner (yes, no), educational status (less than secondary/high school, secondary/high school or equivalent, university degree or equivalent), ethnic group (Asian, Black, Hispanic, White, other), study and sex-specific height categories (women in UK and USA cohorts: <160, 160-164.9, $\geqslant$165 cm; women in Asian cohorts: <150, 150-154.9, $\geqslant$155 cm; men in UK and USA cohorts: <175, 175-179.9, $\geqslant$180 cm; men in Asian cohorts: <163, 163-167.9, $\geqslant$168 cm;), cigarette smoking (never, previous, current <10 cigarettes/day, current 10-19 cigarettes/day, current $\geqslant$20 cigarettes/day, current unknown number of cigarettes), tobacco chewing (in CARRS-1 only; never, previous, current), physical activity (highly active, moderately active, inactive), alcohol intake (zero, >0-9.9, 10.0-19.9, $\geqslant$20.0 g/day), history of diabetes (yes, no), parity (nulliparous, parous), ever used hormone replacement therapy (yes, no), and BMI (<20.0, 20.0-22.4, 22.5-24.9, 25.0-29.9, $\geqslant$30.0 kg/m^2). For breast, endometrial, and ovarian cancers, the models were further adjusted for age at menarche ($\leqslant$10 years, 11-12 years, 13-14 years, $\geqslant$15 years), parity and age at first birth combined (nulliparous, and parity and age at first birth grouped as: 1-2 and <25, 1-2 and 25-29, 1-2 and $\geqslant$30, 1-2 and unknown, $\geqslant$3 and <25, $\geqslant$3 and 25-29, $\geqslant$3 and $\geqslant$30, $\geqslant$3 and unknown), menopausal status (pre-menopausal, post-menopausal), and ever

used oral contraceptives (yes, no). For prostate cancer, we further adjusted for history of prostate specific antigen screening (yes, no). For all the covariates, missing or unknown data were categorised separately as unknown (percentages missing or unknown for each covariate, in each cohort, are shown in supplementary table 2).

Supplementary Tables

Supplementary Table 1. Method of cancer outcome ascertainment in each cohort

Cohort	Cancer ascertainment	Incident cancer definition
Cohorts with large numbers of vegetarians		
Adventist Health Study-2	Linkage to 32 state cancer registries	ICD-O-3
Center for cArdiometabolic Risk Reduction in South Asia-1	Linkage to cancer registry/self-report/verbal autopsy	ICD-10
European Prospective Investigation into Cancer and Nutrition-Oxford	Linkage to the UK National Health Service	ICD-9, ICD-10
Oxford Vegetarian Study	Linkage to the UK National Health Service	ICD-9, ICD-10
Tzu Chi Health Study	Linkage to the National Cancer Registry and National Mortality Registry	ICD-9 for cancer registry, ICD-10 for mortality registry
UK Women's Cohort Study	Linkage to the UK National Health Service	ICD-9, ICD-10
Very large cohort studies		
Million Women Study	Linkage to the UK National Health Service	ICD-10
National Institutes of Health-AARP Diet and Health Study	Linkage to eleven state cancer registries (California, Florida, Louisiana, New Jersey, North Carolina, Michigan, Georgia, Pennsylvania, Arizona, Nevada and Texas)	ICD-O-3
UK Biobank	Linkage to the UK National Health Service	ICD-9, ICD-10

Abbreviation: ICD, International Classification of Diseases.

Supplementary Table 2. Percentage of missing or unknown covariates in each cohort

Variable	AHS-2	CARRS-1	EPIC-Oxford	OVS	TCHS	UKWCS	MWS	NIH-AARP	UK Biobank
Height	1.7	19.9	1.9	<1	0	2.1	1	1.1	<1
Living with partner	1.7	0	<1	<1	<1	1.5	1.4	<1	19
Educational status	1.3	0	7.4	18.4	0	8.5	1.6	2.8	1.8
Ethnic group	0	0	2.2	0	0	2.7	1.1	1.2	<1
Smoking status and number of cigarettes	1.4	6.6	<1	<1	0	3.1	1.4	3.7	<1
Physical activity	4.8	22.9	13.9	2.1	0	<1	26	1	3.9
Alcohol intake (g/day)	0	-	0	0	<1	0	0	0	0
History of diabetes	1.2	<1	8.7	<1	0	7.7	0	0	<1
Parity and age at first birth	1.4	<1	<1	2.4	<1[1]	10.4	<1	1.1	<1
Ever used hormone replacement therapy	3	-	1.4	-	<1[2]	3.2	1.4	0	<1
Body mass index	2.5	22.9	3.3	1.6	0	3.7	1.7	2.4	<1
Age at menarche	<1	<1	1.4	-	<1	2	1.5	<1	3.1
Ever used oral contraceptives	0	<1	<1	<1	<1	1.5	<1	1.5	<1
History of prostate cancer screening	9.8	-	-	-	NA	NA	NA	43.5	5.4

[1] <1% missing for parity; age at first birth not asked.

[2] Among postmenopausal women (this question not answered by most premenopausal women).

- indicates that this variable was not available in the specific cohort.

Abbreviations: AHS-2, Adventist Health Study-2; CARRS, Center for cArdiometabolic Risk Reduction in South Asia; EPIC, European Prospective Investigation into Cancer and Nutrition; MWS, Million Women Study; NA, not applicable; NIH-AARP, National Institutes of Health-AARP Diet and Health Study; OVS, Oxford Vegetarian Study; TCHS, Tzu Chi Health Study; UKWCS, UK Women's Cohort Study.

Supplementary Table 3. Risks for 17 cancer sites compared to meat eaters: overall, without adjustment for BMI, excluding the first four years of follow up, and in never smokers

Please see separate file

Supplementary Table 4: Pooled hazard ratios for breast cancer by diet group in premenopausal and postmenopausal women

	Premenopausal		Postmenopausal	
Diet group	**Cases**	**HR (95% CI)**	**Cases**	**HR (95% CI)**
Meat eaters	1674	Reference	54,957	Reference
Poultry eaters	56	1.01 (0.76 to 1.33)	1605	0.96 (0.91 to 1.01)
Pescatarians	234	1.03 (0.89 to 1.20)	1165	0.91 (0.86 to 0.97)
Vegetarians	353	1.00 (0.87 to 1.15)	1114	0.89 (0.83 to 0.95)
Vegans	27	0.85 (0.57 to 1.27)	90	0.86 (0.69 to 1.07)

Premenopausal categorised as women premenopausal at recruitment and breast cancers diagnosed before age 55.

Postmenopausal categorised as women classed as postmenopausal at recruitment, and all breast cancers diagnosed at ages 55 and above.
Tzu Chi Health Study not included.

Abbreviations: CI, confidence intervals; HR, hazard ratio.

Supplementary Figures
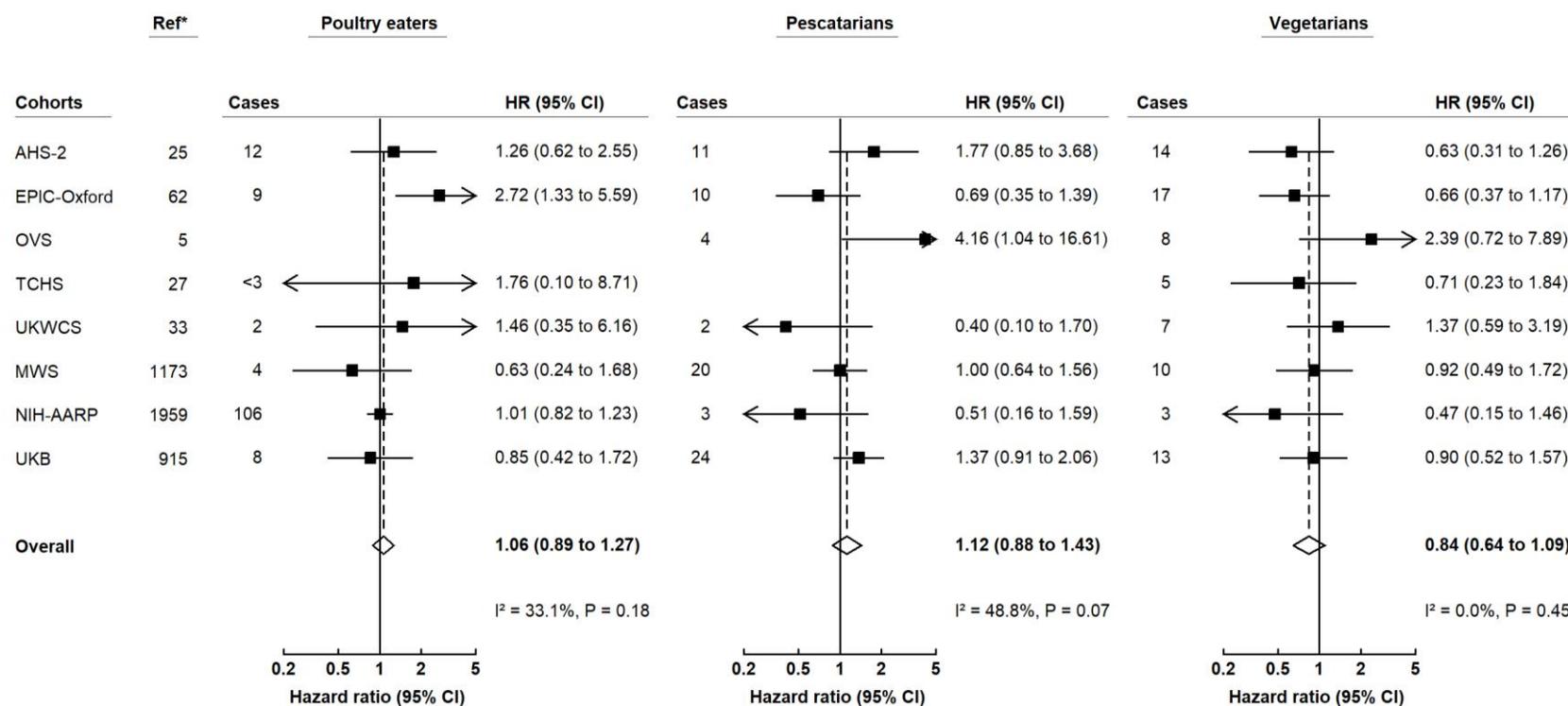
Supplementary Figure 1. Study-specific and pooled multivariable-adjusted hazard ratios (HRs) and 95% confidence intervals comparing the risk of **mouth and pharynx cancer** in poultry eaters, pescatarians and vegetarians to that in meat eaters.

No results are shown for vegans because there were fewer than 10 cases across all cohorts. All models used age as the underlying time variable and are stratified by region or method of recruitment and sex, and adjusted for living with partner, educational status, ethnic group, height, body mass index, cigarette smoking, physical activity, alcohol intake, history of diabetes, parity, and ever use of hormone replacement therapy. Confidence intervals extending beyond the axis are marked with arrows.

*Ref, number of cases in the reference group of meat eaters.

Abbreviations: AHS-2, Adventist Health Study-2; EPIC, European Prospective Investigation into Cancer and Nutrition; MWS, Million Women Study; NIH-AARP, National Institutes of Health-AARP Diet and Health Study; OVS, Oxford Vegetarian Study; TCHS, Tzu Chi Health Study; UKWCS, UK Women's Cohort Study; UKB, UK Biobank.

Supplementary Figure 2. Study-specific and pooled multivariable-adjusted hazard ratios (HRs) and 95% confidence intervals comparing the risk of **oesophageal squamous cell carcinoma** in poultry eaters, pescatarians and vegetarians to that in meat eaters.

No results are shown for vegans because there were fewer than 10 cases across all cohorts. All models used age as the underlying time variable and are stratified by region or method of recruitment and sex, and adjusted for living with partner, educational status, ethnic group, height, body mass index, cigarette smoking, physical activity, alcohol intake, history of diabetes, parity, and ever use of hormone replacement therapy. Confidence intervals extending beyond the axis are marked with arrows.

*Ref, number of cases in the reference group of meat eaters.

Abbreviations: EPIC, European Prospective Investigation into Cancer and Nutrition; MWS, Million Women Study; NIH-AARP, National Institutes of Health-AARP Diet and Health Study; UKB, UK Biobank.

Supplementary Figure 3. Study-specific and pooled multivariable-adjusted hazard ratios (HRs) and 95% confidence intervals comparing the risk of **oesophageal adenocarcinoma** in poultry eaters, pescatarians and vegetarians to that in meat eaters.

No results are shown for vegans because there were fewer than 10 cases across all cohorts. All models used age as the underlying time variable and are stratified by region or method of recruitment and sex, and adjusted for living with partner, educational status, ethnic group, height, body mass index, cigarette smoking, physical activity, alcohol intake, history of diabetes, parity, and ever use of hormone replacement therapy. Confidence intervals extending beyond the axis are marked with arrows.

*Ref, number of cases in the reference group of meat eaters.

Abbreviations: EPIC, European Prospective Investigation into Cancer and Nutrition; MWS, Million Women Study; NIH-AARP, National Institutes of Health-AARP Diet and Health Study; UKB, UK Biobank.
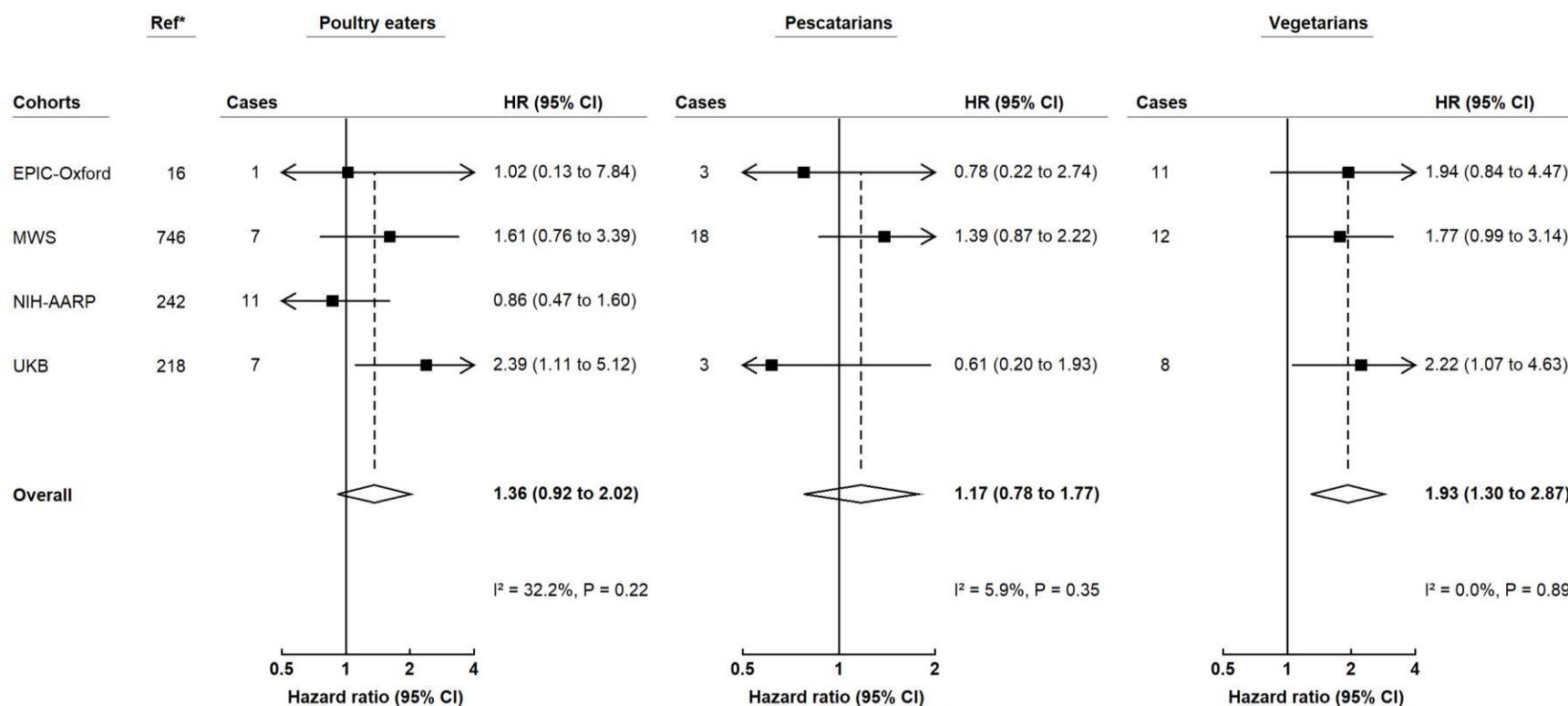
Supplementary Figure 4. Study-specific and pooled multivariable-adjusted hazard ratios (HRs) and 95% confidence intervals comparing the risk of **stomach cancer** in poultry eaters, pescatarians and vegetarians to that in meat eaters.

No results are shown for vegans because there were fewer than 10 cases across all cohorts. All models used age as the underlying time variable and are stratified by region or method of recruitment and sex, and adjusted for living with partner, educational status, ethnic group, height, body mass index, cigarette smoking, physical activity, alcohol intake, history of diabetes, parity, and ever use of hormone replacement therapy. Confidence intervals extending beyond the axis are marked with arrows.

*Ref, number of cases in the reference group of meat eaters.

Abbreviations: AHS-2, Adventist Health Study-2; EPIC, European Prospective Investigation into Cancer and Nutrition; MWS, Million Women Study; NIH-AARP, National Institutes of Health-AARP Diet and Health Study; OVS, Oxford Vegetarian Study; TCHS, Tzu Chi Health Study; UKWCS, UK Women's Cohort Study; UKB, UK Biobank.
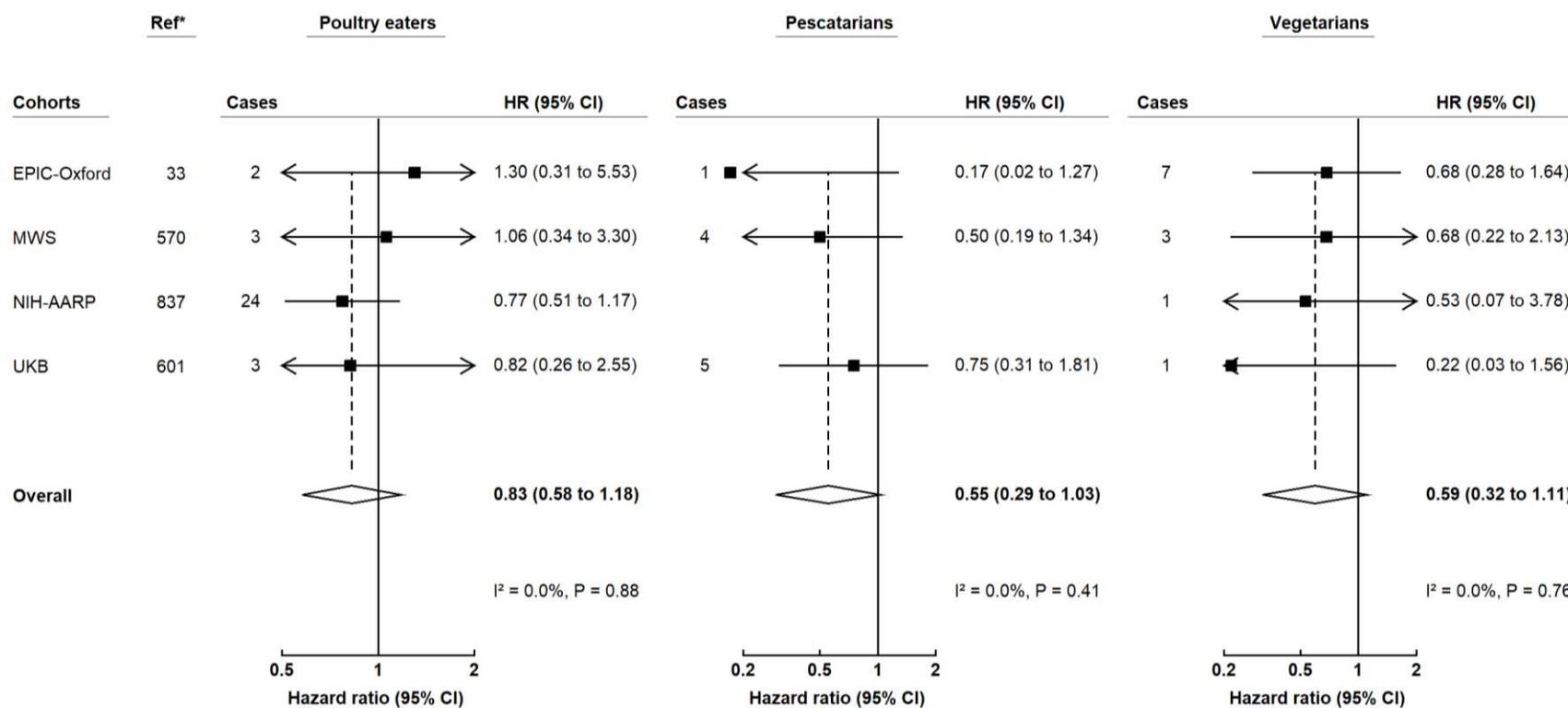
Supplementary Figure 5. Study-specific and pooled multivariable-adjusted hazard ratios (HRs) and 95% confidence intervals comparing the risk of **colorectal cancer** in poultry eaters, pescatarians and vegetarians to that in meat eaters.

All models used age as the underlying time variable and are stratified by region or method of recruitment and sex, and adjusted for living with partner, educational status, ethnic group, height, body mass index, cigarette smoking, physical activity, alcohol intake, history of diabetes, parity, and ever use of hormone replacement therapy. Confidence intervals extending beyond the axis are marked with arrows.

*Ref, number of cases in the reference group of meat eaters.

Abbreviations: AHS-2, Adventist Health Study-2; EPIC, European Prospective Investigation into Cancer and Nutrition; MWS, Million Women Study; NIH-AARP, National Institutes of Health-AARP Diet and Health Study; OVS, Oxford Vegetarian Study; TCHS, Tzu Chi Health Study; UKWCS, UK Women's Cohort Study; UKB, UK Biobank.
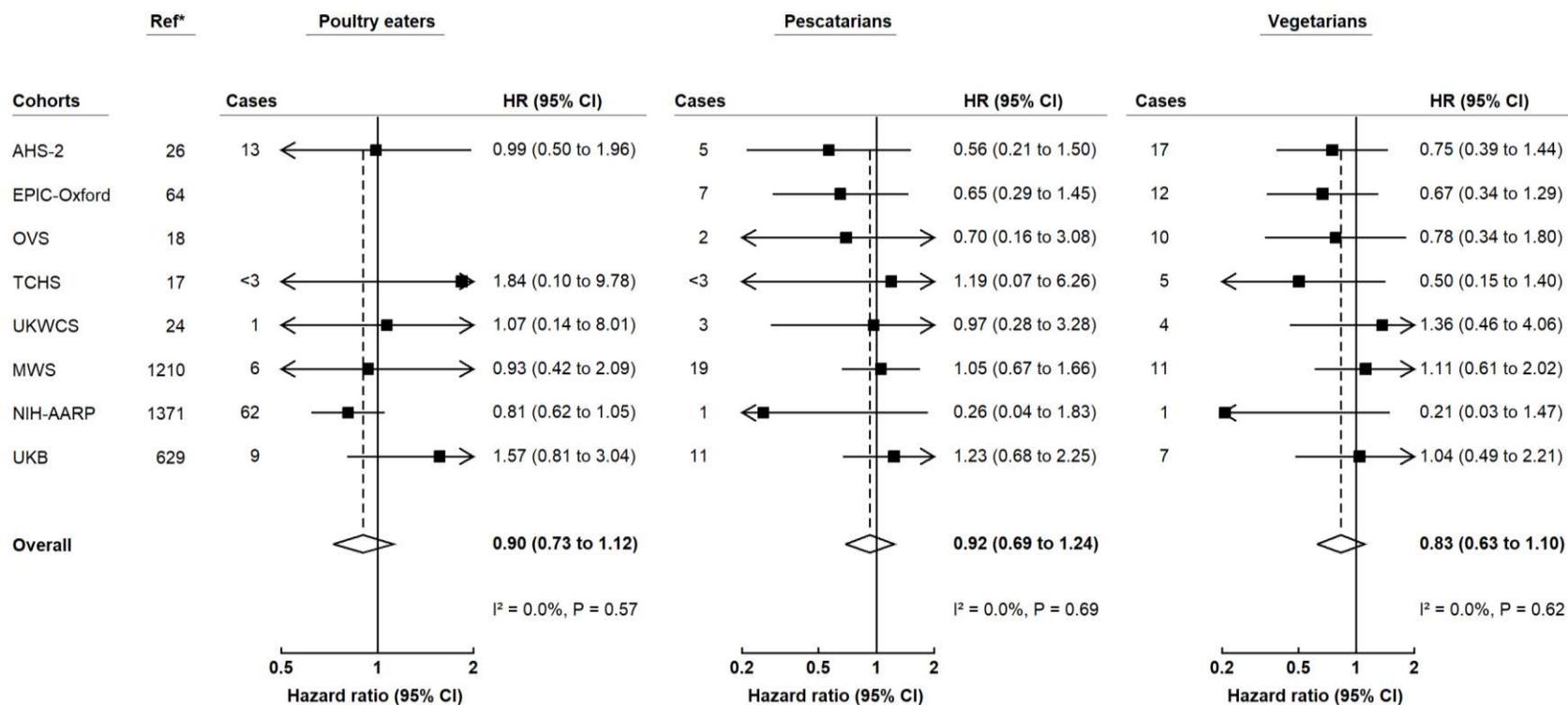
Supplementary Figure 6. Study-specific and pooled multivariable-adjusted hazard ratios (HRs) and 95% confidence intervals comparing the risk of **liver cancer** in poultry eaters, pescatarians and vegetarians to that in meat eaters.

No results are shown for vegans because there were fewer than 10 cases across all cohorts. All models used age as the underlying time variable and are stratified by region or method of recruitment and sex, and adjusted for living with partner, educational status, ethnic group, height, body mass index, cigarette smoking, physical activity, alcohol intake, history of diabetes, parity, and ever use of hormone replacement therapy. Confidence intervals extending beyond the axis are marked with arrows.

*Ref, number of cases in the reference group of meat eaters.

Abbreviations: AHS-2, Adventist Health Study-2; EPIC, European Prospective Investigation into Cancer and Nutrition; MWS, Million Women Study; NIH-AARP, National Institutes of Health-AARP Diet and Health Study; TCHS, Tzu Chi Health Study; UKWCS, UK Women's Cohort Study; UKB, UK Biobank.
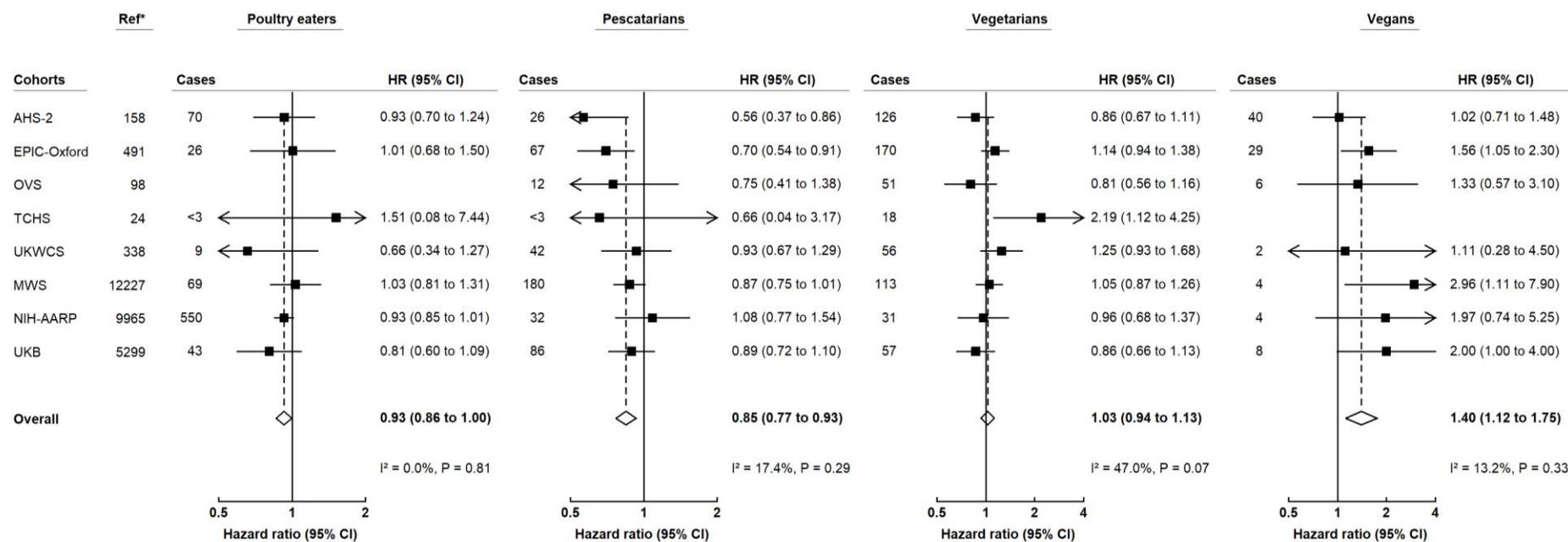
Supplementary Figure 7. Study-specific and pooled multivariable-adjusted hazard ratios (HRs) and 95% confidence intervals comparing the risk of **pancreatic cancer** in poultry eaters, pescatarians and vegetarians to that in meat eaters.

All models used age as the underlying time variable and are stratified by region or method of recruitment and sex, and adjusted for living with partner, educational status, ethnic group, height, body mass index, cigarette smoking, physical activity, alcohol intake, history of diabetes, parity, and ever use of hormone replacement therapy. Confidence intervals extending beyond the axis are marked with arrows.

*Ref, number of cases in the reference group of meat eaters.

Abbreviations: AHS-2, Adventist Health Study-2; EPIC, European Prospective Investigation into Cancer and Nutrition; NIH-AARP, National Institutes of Health-AARP Diet and Health Study; OVS, Oxford Vegetarian Study; UKB, UK Biobank.
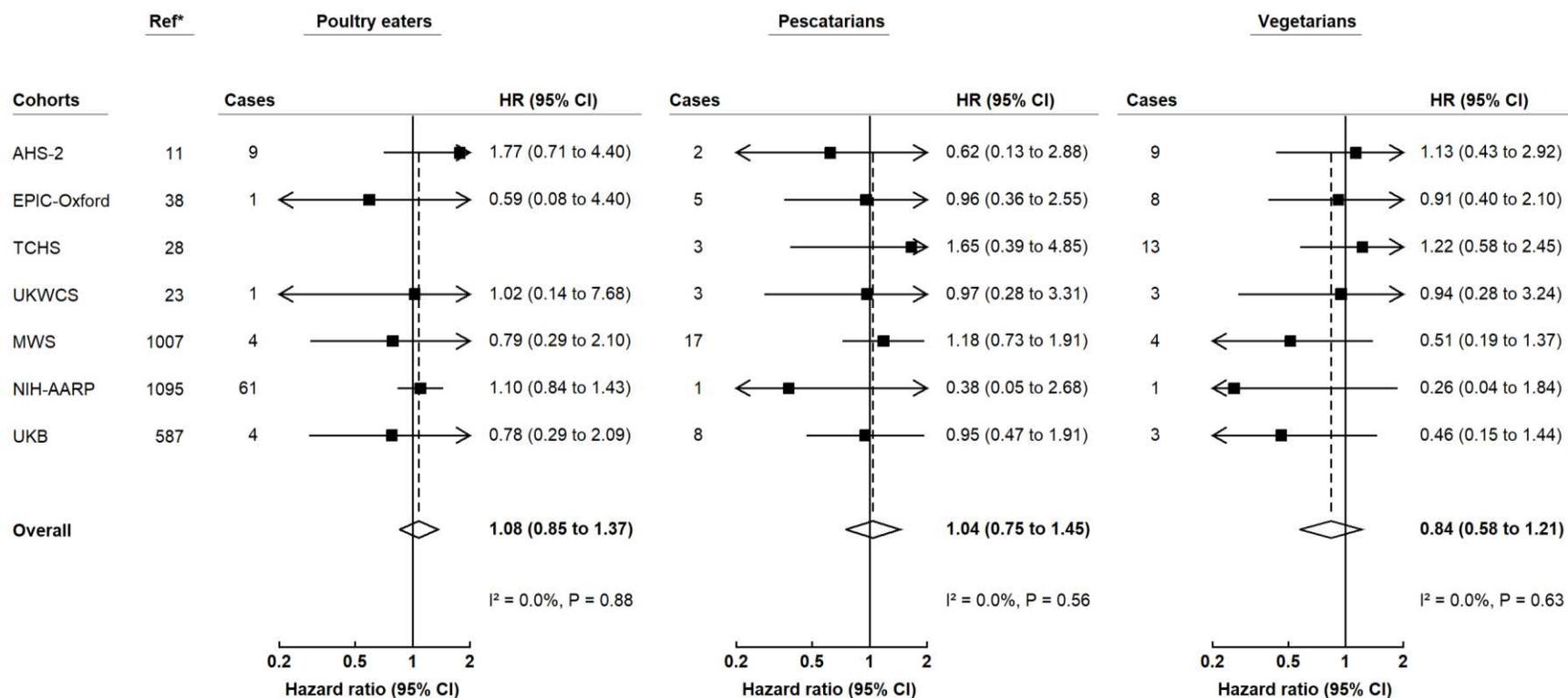
Supplementary Figure 8. Study-specific and pooled multivariable-adjusted hazard ratios (HRs) and 95% confidence intervals comparing the risk of **lung cancer (never smokers)** in poultry eaters, pescatarians and vegetarians to that in meat eaters.

All models used age as the underlying time variable and are stratified by region or method of recruitment and sex, and adjusted for living with partner, educational status, ethnic group, height, body mass index, physical activity, alcohol intake, history of diabetes, parity, and ever use of hormone replacement therapy. Confidence intervals extending beyond the axis are marked with arrows.

*Ref, number of cases in the reference group of meat eaters.

Abbreviations: AHS-2, Adventist Health Study-2; EPIC, European Prospective Investigation into Cancer and Nutrition; MWS, Million Women Study; NIH-AARP, National Institutes of Health-AARP Diet and Health Study; OVS, Oxford Vegetarian Study; UKWCS, UK Women's Cohort Study; UKB, UK Biobank.
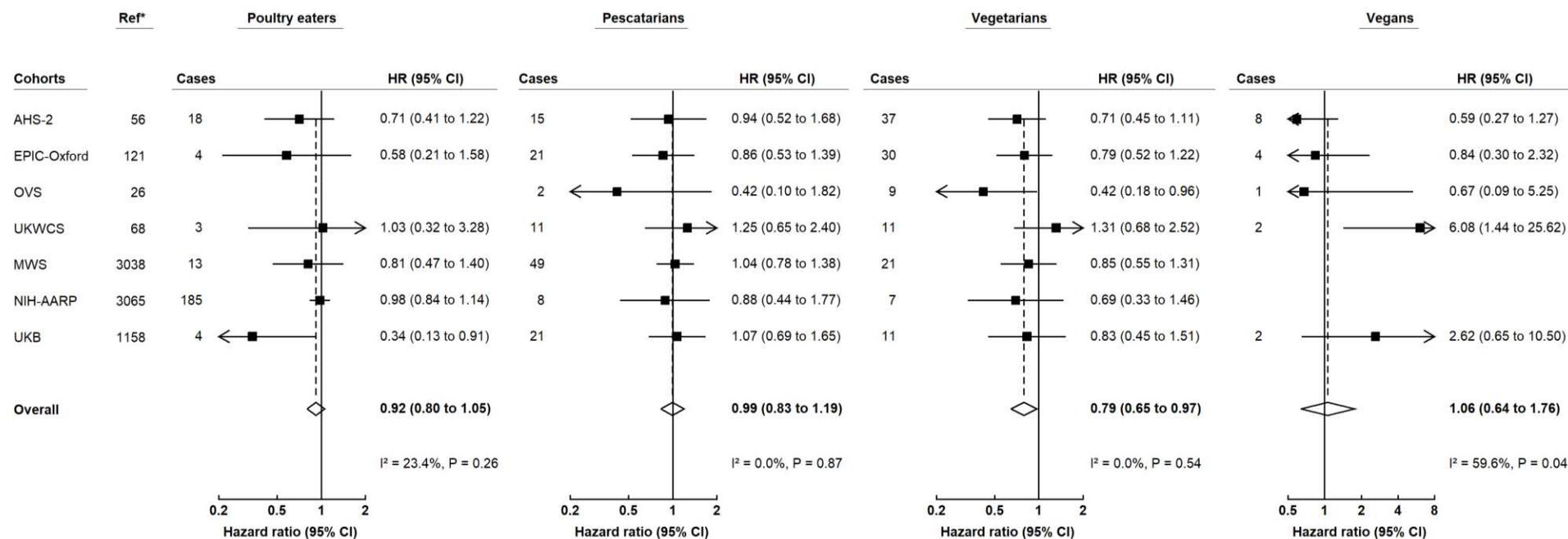
Supplementary Figure 9. Study-specific and pooled multivariable-adjusted hazard ratios (HRs) and 95% confidence intervals comparing the risk of **breast cancer** in poultry eaters, pescatarians and vegetarians to that in meat eaters.

All models used age as the underlying time variable and are stratified by region or method of recruitment and sex, and adjusted for living with partner, educational status, ethnic group, height, body mass index, cigarette smoking, physical activity, alcohol intake, history of diabetes, parity and age at first birth combined, menopausal status, and ever use of hormone replacement therapy or oral contraceptives. Confidence intervals extending beyond the axis are marked with arrows.

*Ref, number of cases in the reference group of meat eaters.

Abbreviations: AHS-2, Adventist Health Study-2; CARRS, Center for cArdiometabolic Risk Reduction in South Asia; EPIC, European Prospective Investigation into Cancer and Nutrition; MWS, Million Women Study; NIH-AARP, National Institutes of Health-AARP Diet and Health Study; OVS, Oxford Vegetarian Study; TCHS, Tzu Chi Health Study; UKWCS, UK Women's Cohort Study; UKB, UK Biobank.
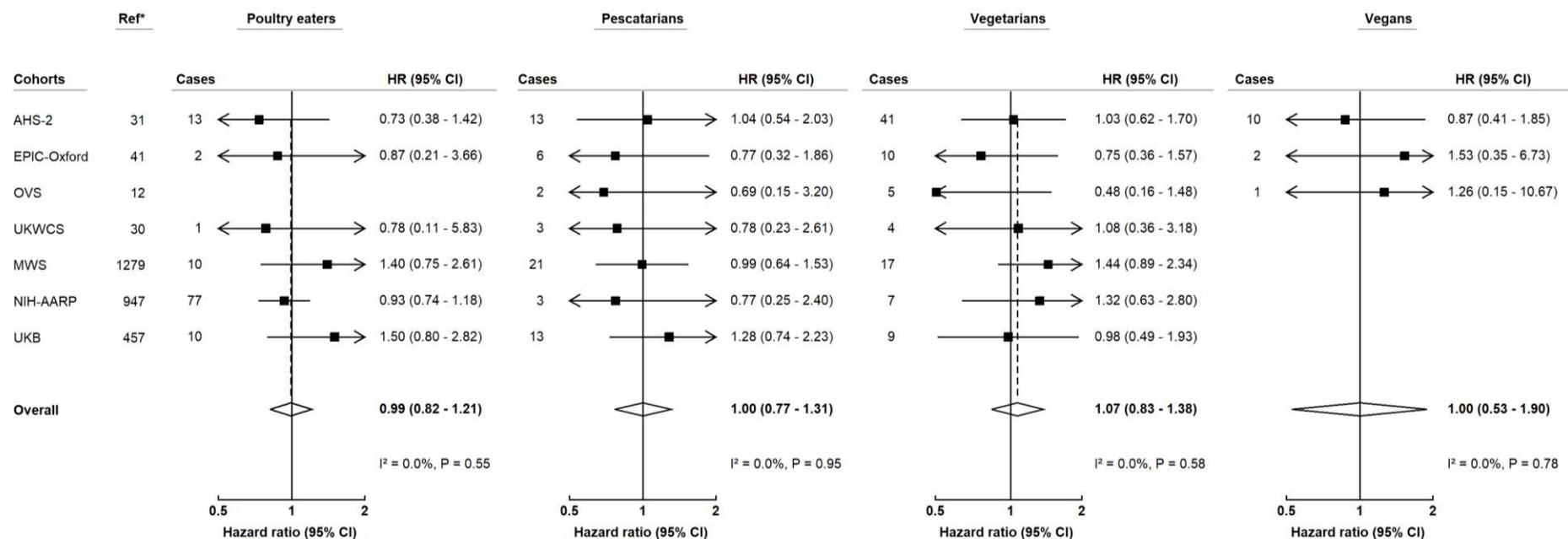
Supplementary Figure 10. Study-specific and pooled multivariable-adjusted hazard ratios (HRs) and 95% confidence intervals comparing the risk of **endometrial cancer** in poultry eaters, pescatarians and vegetarians to that in meat eaters.

All models used age as the underlying time variable and are stratified by region or method of recruitment and sex, and adjusted for living with partner, educational status, ethnic group, height, body mass index, cigarette smoking, physical activity, alcohol intake, history of diabetes, parity and age at first birth combined, menopausal status, and ever use of hormone replacement therapy or oral contraceptives. Confidence intervals extending beyond the axis are marked with arrows.

*Ref, number of cases in the reference group of meat eaters.

Abbreviations: AHS-2, Adventist Health Study-2; EPIC, European Prospective Investigation into Cancer and Nutrition; MWS, Million Women Study; NIH-AARP, National Institutes of Health-AARP Diet and Health Study; OVS, Oxford Vegetarian Study; UKWCS, UK Women's Cohort Study; UKB, UK Biobank.
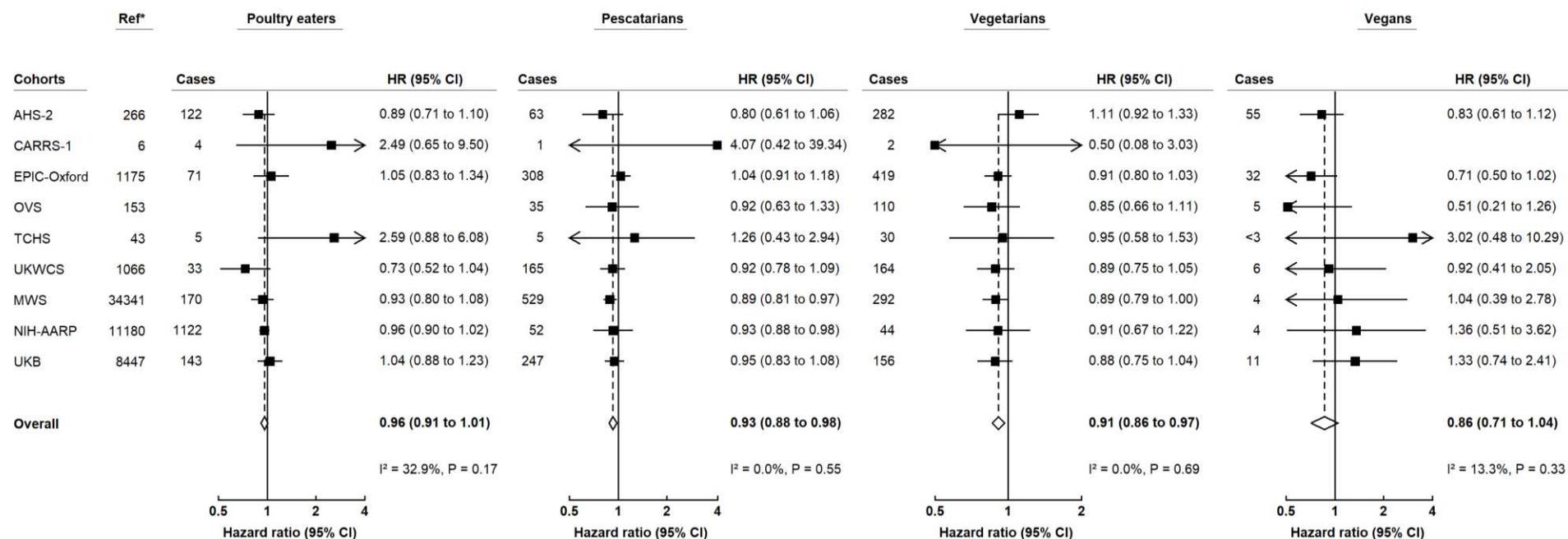
Supplementary Figure 11. Study-specific and pooled multivariable-adjusted hazard ratios (HRs) and 95% confidence intervals comparing the risk of **ovarian cancer** in poultry eaters, pescatarians and vegetarians to that in meat eaters.

All models used age as the underlying time variable and are stratified by region or method of recruitment and sex, and adjusted for living with partner, educational status, ethnic group, height, body mass index, cigarette smoking, physical activity, alcohol intake, history of diabetes, parity and age at first birth combined, menopausal status, and ever use of hormone replacement therapy or oral contraceptives. Confidence intervals extending beyond the axis are marked with arrows.

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Abbreviations: AHS-2, Adventist Health Study-2; EPIC, European Prospective Investigation into Cancer and Nutrition; MWS, Million Women Study; NIH-AARP, National Institutes of Health-AARP Diet and Health Study; OVS, Oxford Vegetarian Study; UKWCS, UK Women's Cohort Study; UKB, UK Biobank.
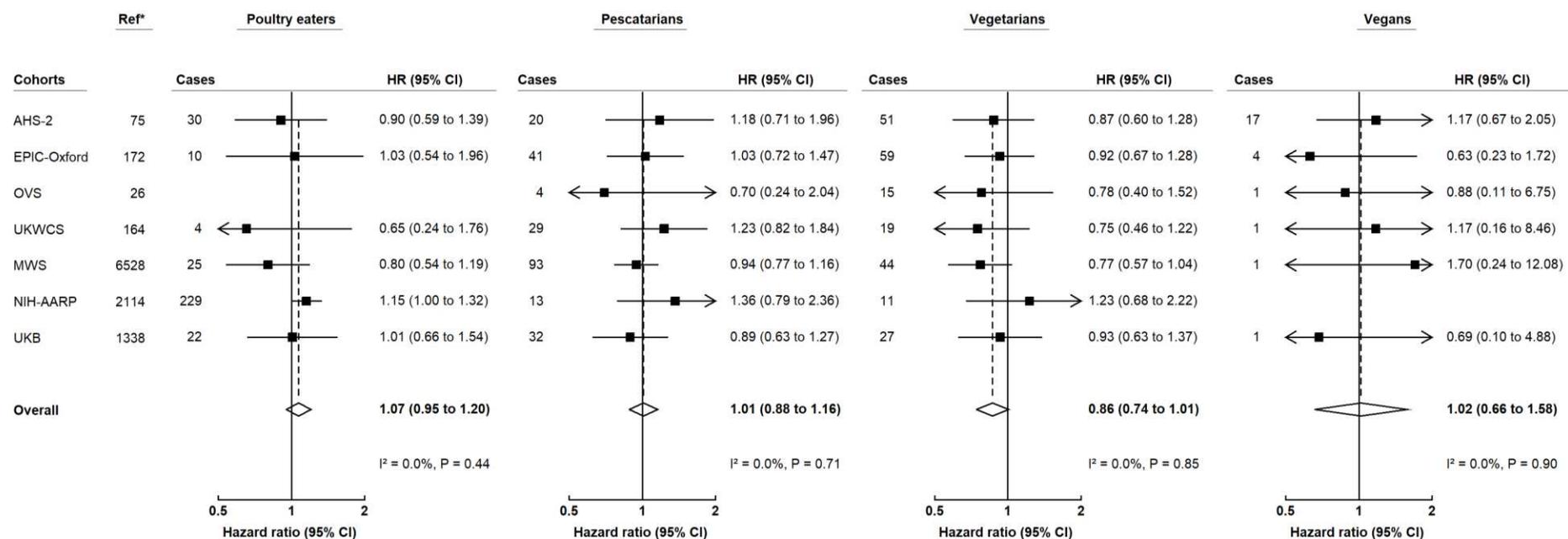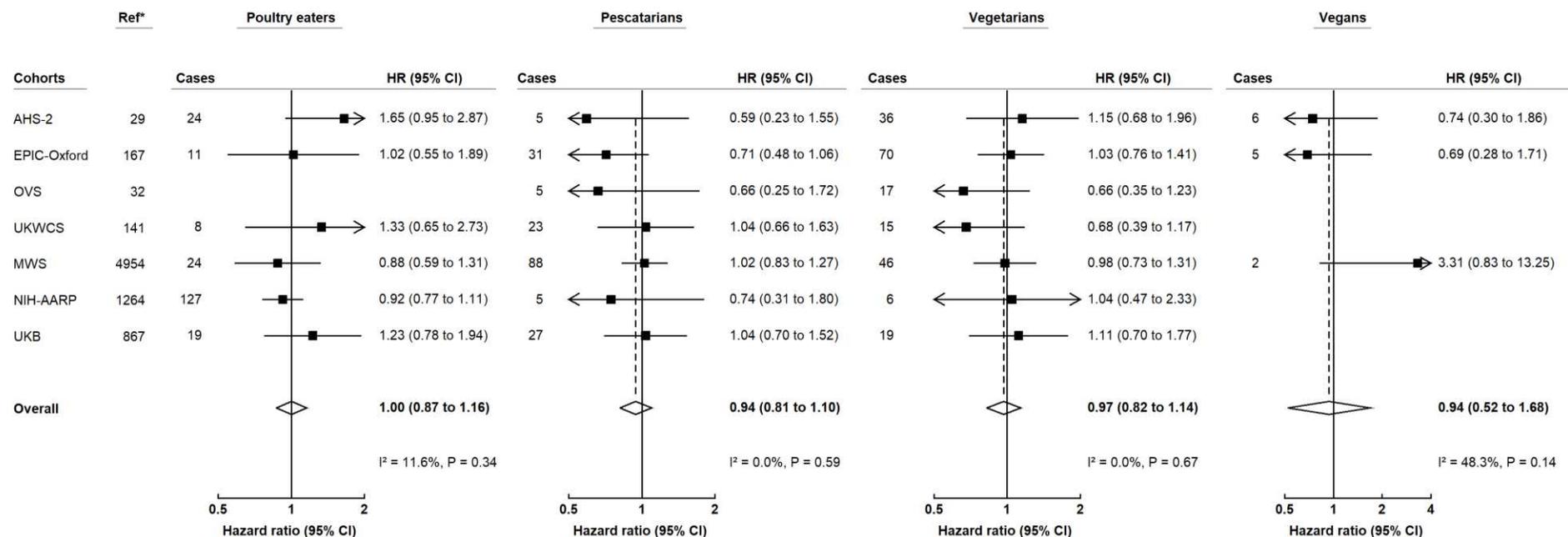
Supplementary Figure 12. Study-specific and pooled multivariable-adjusted hazard ratios (HRs) and 95% confidence intervals comparing the risk of **prostate cancer** in poultry eaters, pescatarians and vegetarians to that in meat eaters.

All models used age as the underlying time variable and are stratified by region or method of recruitment and sex, and adjusted for living with partner, educational status, ethnic group, height, body mass index, cigarette smoking, physical activity, alcohol intake, history of diabetes, and history of screening with prostate specific antigen. Confidence intervals extending beyond the axis are marked with arrows.

*Ref, number of cases in the reference group of meat eaters.

Abbreviations: AHS-2, Adventist Health Study-2; EPIC, European Prospective Investigation into Cancer and Nutrition; NIH-AARP, National Institutes of Health-AARP Diet and Health Study; OVS, Oxford Vegetarian Study; UKB, UK Biobank.

	Ref*	Poultry eaters		Pescatarians		Vegetarians	
Cohorts	**Cases**	**Cases**	**HR (95% CI)**	**Cases**	**HR (95% CI)**	**Cases**	**HR (95% CI)**
AHS-2	40	17	0.98 (0.55 to 1.75)	6	0.59 (0.25 to 1.40)	28	0.86 (0.51 to 1.45)
EPIC-Oxford	95	3	0.62 (0.20 to 1.99)	8	0.44 (0.21 to 0.92)	22	0.76 (0.46 to 1.25)
OVS	17			1	0.31 (0.04 to 2.38)	10	0.79 (0.34 to 1.85)
UKWCS	49	1	0.53 (0.07 to 3.86)	4	0.64 (0.23 to 1.80)	3	0.51 (0.16 to 1.68)
MWS	2352	12	1.01 (0.57 to 1.78)	27	0.77 (0.52 to 1.12)	12	0.64 (0.36 to 1.12)
NIH-AARP	3017	157	1.00 (0.85 to 1.18)	3	0.39 (0.12 to 1.20)	7	0.77 (0.37 to 1.62)
UKB	1255	12	1.06 (0.60 to 1.88)	20	1.04 (0.67 to 1.62)	9	0.60 (0.31 to 1.17)
Overall			**0.99 (0.86 to 1.15)**		**0.73 (0.58 to 0.93)**		**0.72 (0.57 to 0.92)**
					$I^2 = 0.0\%$, P = 0.96		$I^2 = 7.7\%$, P = 0.37	$I^2 = 0.0\%$, P = 0.97

Supplementary Figure 13. Study-specific and pooled multivariable-adjusted hazard ratios (HRs) and 95% confidence intervals comparing the risk of **kidney cancer** in poultry eaters, pescatarians and vegetarians to that in meat eaters.

No results are shown for vegans because there were fewer than 10 cases across all cohorts. All models used age as the underlying time variable and are stratified by region or method of recruitment and sex, and adjusted for living with partner, educational status, ethnic group, height, body mass index, cigarette smoking, physical activity, alcohol intake, history of diabetes, parity, and ever use of hormone replacement therapy. Confidence intervals extending beyond the axis are marked with arrows.

*Ref, number of cases in the reference group of meat eaters.

Abbreviations: AHS-2, Adventist Health Study-2; EPIC, European Prospective Investigation into Cancer and Nutrition; MWS, Million Women Study; NIH-AARP, National Institutes of Health-AARP Diet and Health Study; OVS, Oxford Vegetarian Study; UKWCS, UK Women's Cohort Study; UKB, UK Biobank.
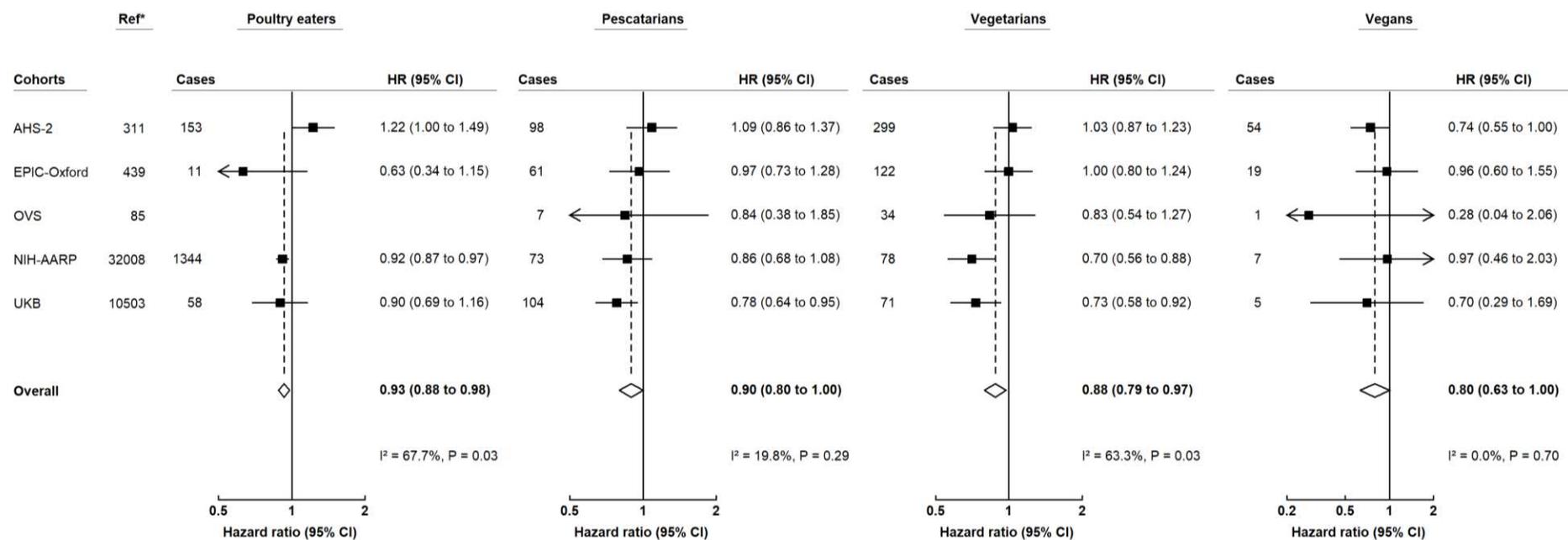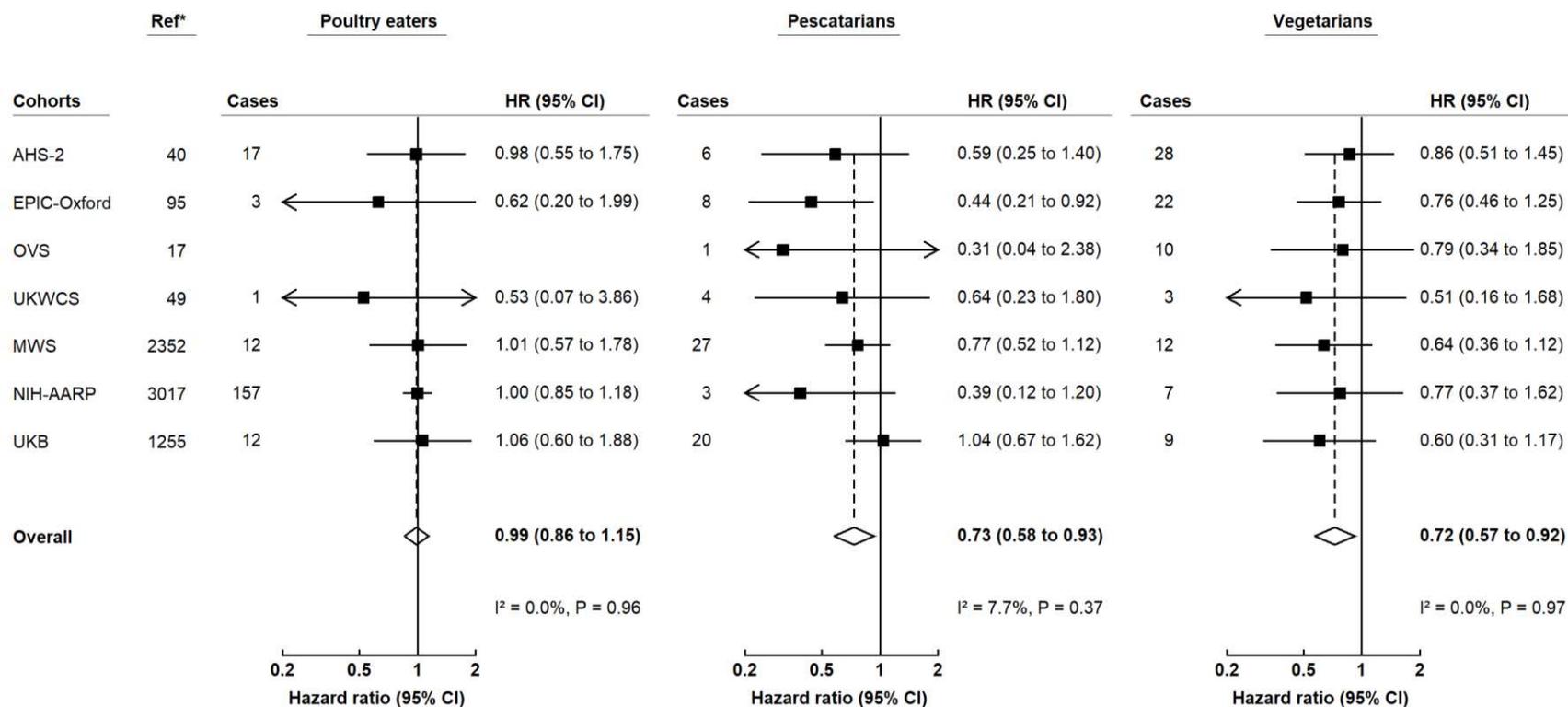
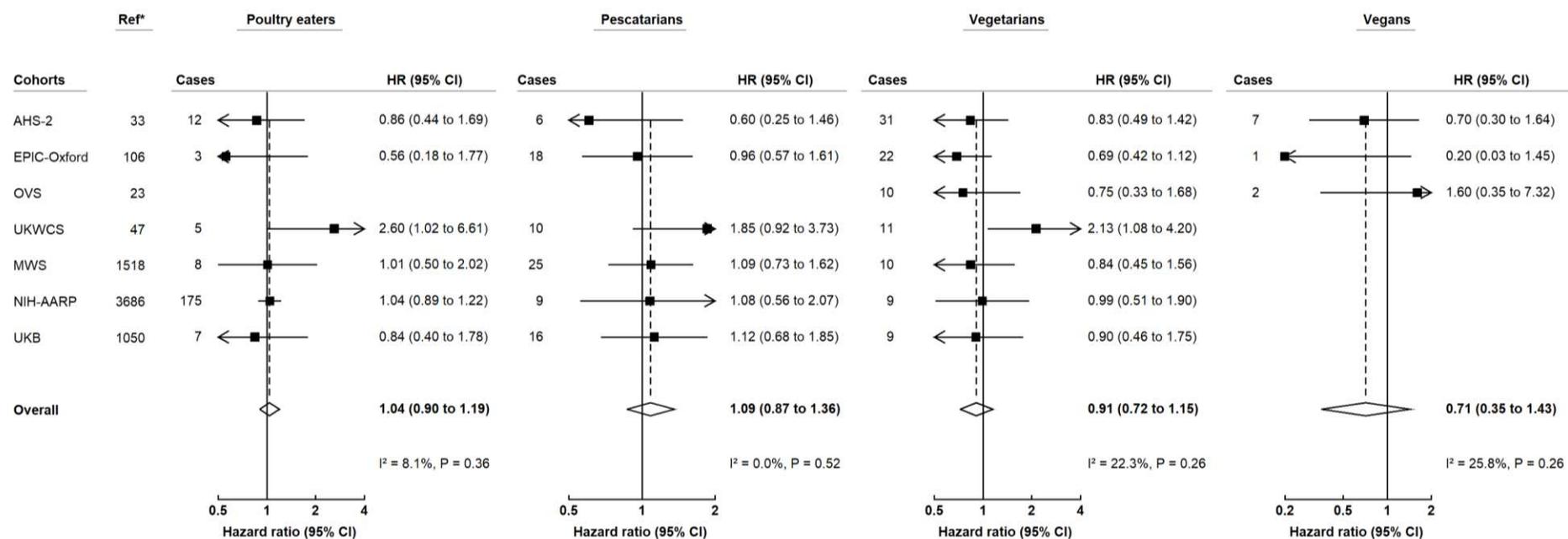| Cohorts	Ref*	Poultry eaters		Pescatarians		Vegetarians		Vegans	
		Cases	HR (95% CI)	Cases	HR (95% CI)	Cases	HR (95% CI)	Cases	HR (95% CI)
AHS-2	33	12	0.86 (0.44 to 1.69)	6	0.60 (0.25 to 1.46)	31	0.83 (0.49 to 1.42)	7	0.70 (0.30 to 1.64)
EPIC-Oxford	106	3	0.56 (0.18 to 1.77)	18	0.96 (0.57 to 1.61)	22	0.69 (0.42 to 1.12)	1	0.20 (0.03 to 1.45)
OVS	23					10	0.75 (0.33 to 1.68)	2	1.60 (0.35 to 7.32)
UKWCS	47	5	2.60 (1.02 to 6.61)	10	1.85 (0.92 to 3.73)	11	2.13 (1.08 to 4.20)		
MWS	1518	8	1.01 (0.50 to 2.02)	25	1.09 (0.73 to 1.62)	10	0.84 (0.45 to 1.56)		
NIH-AARP	3686	175	1.04 (0.89 to 1.22)	9	1.08 (0.56 to 2.07)	9	0.99 (0.51 to 1.90)		
UKB	1050	7	0.84 (0.40 to 1.78)	16	1.12 (0.68 to 1.85)	9	0.90 (0.46 to 1.75)		
Overall			1.04 (0.90 to 1.19)		1.09 (0.87 to 1.36)		0.91 (0.72 to 1.15)		0.71 (0.35 to 1.43)
			$I^2 = 8.1\%$, P = 0.36		$I^2 = 0.0\%$, P = 0.52		$I^2 = 22.3\%$, P = 0.26		$I^2 = 25.8\%$, P = 0.26

Supplementary Figure 14. Study-specific and pooled multivariable-adjusted hazard ratios (HRs) and 95% confidence intervals comparing the risk of **bladder cancer** in poultry eaters, pescatarians and vegetarians to that in meat eaters.

All models used age as the underlying time variable and are stratified by region or method of recruitment and sex, and adjusted for living with partner, educational status, ethnic group, height, body mass index, cigarette smoking, physical activity, alcohol intake, history of diabetes, parity, and ever use of hormone replacement therapy. Confidence intervals extending beyond the axis are marked with arrows.

*Ref, number of cases in the reference group of meat eaters.

Abbreviations: AHS-2, Adventist Health Study-2; EPIC, European Prospective Investigation into Cancer and Nutrition; MWS, Million Women Study; NIH-AARP, National Institutes of Health-AARP Diet and Health Study; OVS, Oxford Vegetarian Study; UKWCS, UK Women's Cohort Study; UKB, UK Biobank.
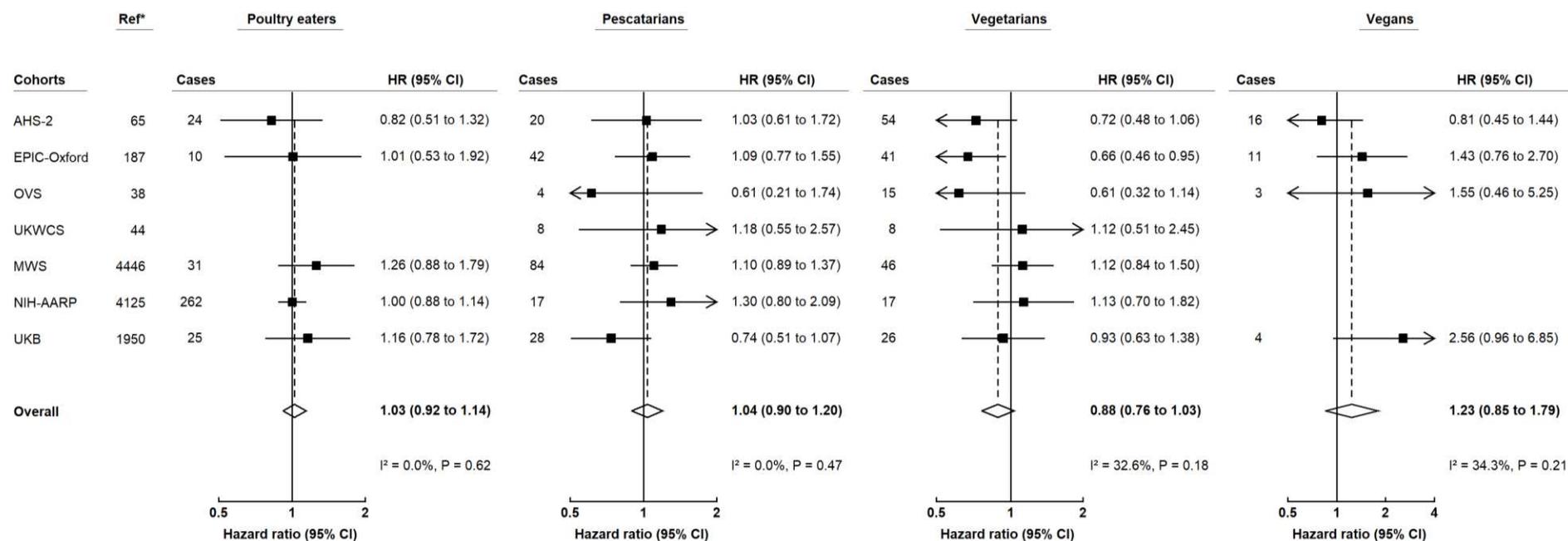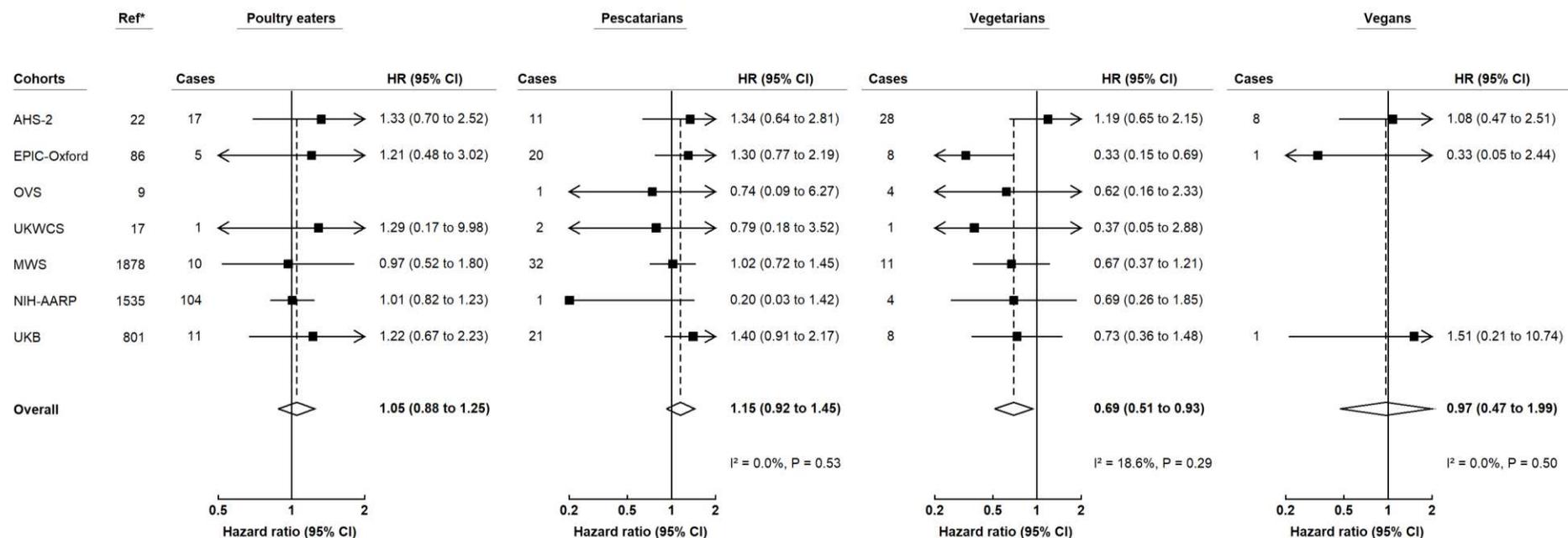
Supplementary Figure 15. Study-specific and pooled multivariable-adjusted hazard ratios (HRs) and 95% confidence intervals comparing the risk of **non-Hodgkin lymphoma** in poultry eaters, pescatarians and vegetarians to that in meat eaters.

All models used age as the underlying time variable and are stratified by region or method of recruitment and sex, and adjusted for living with partner, educational status, ethnic group, height, body mass index, cigarette smoking, physical activity, alcohol intake, history of diabetes, parity, and ever use of hormone replacement therapy. Confidence intervals extending beyond the axis are marked with arrows.

*Ref, number of cases in the reference group of meat eaters.

Abbreviations: AHS-2, Adventist Health Study-2; EPIC, European Prospective Investigation into Cancer and Nutrition; MWS, Million Women Study; NIH-AARP, National Institutes of Health-AARP Diet and Health Study; OVS, Oxford Vegetarian Study; UKWCS, UK Women's Cohort Study; UKB, UK Biobank.
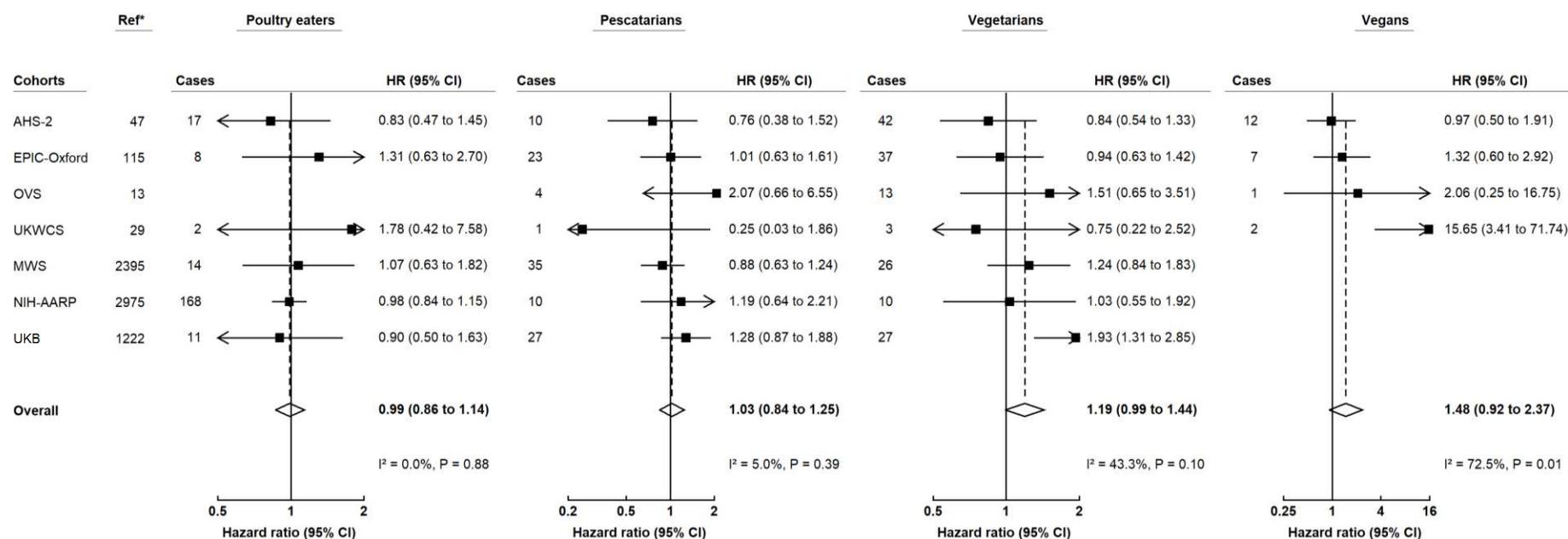
Supplementary Figure 16. Study-specific and pooled multivariable-adjusted hazard ratios (HRs) and 95% confidence intervals comparing the risk of **multiple myeloma** in poultry eaters, pescatarians and vegetarians to that in meat eaters.

All models used age as the underlying time variable and are stratified by region or method of recruitment and sex, and adjusted for living with partner, educational status, ethnic group, height, body mass index, cigarette smoking, physical activity, alcohol intake, history of diabetes, parity, and ever use of hormone replacement therapy. Confidence intervals extending beyond the axis are marked with arrows.

*Ref, number of cases in the reference group of meat eaters.

Abbreviations: AHS-2, Adventist Health Study-2; EPIC, European Prospective Investigation into Cancer and Nutrition; MWS, Million Women Study; NIH-AARP, National Institutes of Health-AARP Diet and Health Study; OVS, Oxford Vegetarian Study; UKWCS, UK Women's Cohort Study; UKB, UK Biobank.

Supplementary Figure 17. Study-specific and pooled multivariable-adjusted hazard ratios (HRs) and 95% confidence intervals comparing the risk of **leukaemia** in poultry eaters, pescatarians and vegetarians to that in meat eaters.

All models used age as the underlying time variable and are stratified by region or method of recruitment and sex, and adjusted for living with partner, educational status, ethnic group, height, body mass index, cigarette smoking, physical activity, alcohol intake, history of diabetes, parity, and ever use of hormone replacement therapy. Confidence intervals extending beyond the axis are marked with arrows.

*Ref, number of cases in the reference group of meat eaters.

Abbreviations: AHS-2, Adventist Health Study-2; EPIC, European Prospective Investigation into Cancer and Nutrition; MWS, Million Women Study; NIH-AARP, National Institutes of Health-AARP Diet and Health Study; OVS, Oxford Vegetarian Study; UKWCS, UK Women's Cohort Study; UKB, UK Biobank.