

## APPENDIX 1

Multivariate HR estimates and 95% confidence intervals for CD by tertile of energy-adjusted protein intake, further adjusted for daily alcohol intake, physical activity, body mass index, tobacco smoking, menopause hormone therapy, or socio-economic status in the E3N cohort ( $n=67,581$ ), 1993–2005.

|                                    | Tertile 1 | Tertile 2         | Tertile 3         |
|------------------------------------|-----------|-------------------|-------------------|
| Multivariate model (model 1)       | 1 (—)     | 4.51 (1.28–15.83) | 2.70 (0.69–10.52) |
| Model 1+alcohol intake             | 1 (—)     | 4.47 (1.27–15.71) | 2.72 (0.70–10.63) |
| Model 1+body mass index            | 1 (—)     | 4.52 (1.28–15.88) | 2.72 (0.70–10.70) |
| Model 1+menopausal hormone therapy | 1 (—)     | 4.47 (1.27–15.71) | 2.68 (0.69–10.44) |
| Model 1+physical activity          | 1 (—)     | 4.53 (1.29–15.90) | 2.72 (0.69–10.47) |
| Model 1+tobacco consumption        | 1 (—)     | 4.52 (1.29–15.89) | 2.72 (0.69–10.50) |
| Model 1+socioeconomic status       | 1 (—)     | 4.51 (1.28–15.83) | 2.70 (0.69–10.54) |

## APPENDIX 2

Multivariate HR estimates and 95% confidence intervals for UC by tertile of energy-adjusted protein intake, further adjusted for daily alcohol intake, physical activity, body mass index, tobacco smoking, menopause hormone therapy, or socio-economic status in the E3N cohort ( $n=67,581$ ), 1993–2005.

|                                    | Tertile 1 | Tertile 2        | Tertile 3        |
|------------------------------------|-----------|------------------|------------------|
| Multivariate model (model 1)       | 1 (—)     | 1.62 (0.65–4.02) | 3.29 (1.34–8.04) |
| Model 1+alcohol intake             | 1 (—)     | 1.56 (0.63–3.89) | 3.06(1.25–7.50)  |
| Model 1+body mass index            | 1 (—)     | 1.63 (0.65–4.06) | 3.36 (1.36–8.29) |
| Model 1+menopausal hormone therapy | 1 (—)     | 1.61 (0.65–4.00) | 3.27 (1.34–8.00) |
| Model 1+physical activity          | 1 (—)     | 1.61 (0.65–4.00) | 3.29 (1.35–8.07) |
| Model 1+tobacco consumption        | 1 (—)     | 1.62 (0.65–4.03) | 3.26 (1.33–7.98) |
| Model 1+socioeconomic status       | 1 (—)     | 1.62 (0.65–4.04) | 3.31(1.35–8.10)  |