

Supplementary Table S1. Yogurt intake and risk of colorectal adenoma according to subtype and anatomic sites, NHS 1986-2010

	Yogurt Intake				p for trend†
	Never	1-3 / month	1-<2 / week	≥2 / week	
Conventional adenomas only					
Malignant potential					
High‡					
No. of cases (n=1793)	670	405	449	269	
Multivariable-adjusted OR (95% CI)*	1[Ref]	1.08(0.95-1.23)	1.04(0.92-1.19)	0.99(0.84-1.15)	0.72
Low					
No. of cases (n=1922)	605	415	563	339	
Multivariable-adjusted OR (95% CI)*	1[Ref]	1.01(0.89-1.15)	1.02(0.90-1.15)	0.94(0.81-1.09)	0.38
Size					
Large (≥1 cm)					
No. of cases (n=1330)	501	308	320	201	
Multivariable-adjusted OR (95% CI)*	1[Ref]	1.13(0.97-1.31)	1.03(0.89-1.20)	1.04(0.86-1.24)	0.94
Small (<1 cm)					
No. of cases (n=2455)	810	527	703	415	
Multivariable-adjusted OR (95% CI)*	1[Ref]	0.99(0.88-1.11)	1.03(0.92-1.14)	0.92(0.81-1.05)	0.25
Pathological features					
Villous					
No. of cases (n=1101)	402	277	264	158	
Multivariable-adjusted OR (95% CI)*	1[Ref]	1.24(1.05-1.45)	1.05(0.89-1.24)	0.98(0.80-1.20)	0.45
Tubular					
No. of cases (n=2795)	945	593	777	480	
Multivariable-adjusted OR (95% CI)*	1[Ref]	0.98(0.88-1.10)	1.02(0.92-1.13)	0.98(0.87-1.10)	0.80
Number of adenomas					
≥ 3					
No. of cases (n=281)	113	50	69	49	
Multivariable-adjusted OR (95% CI)*	1[Ref]	0.83(0.59-1.17)	0.96(0.70-1.32)	1.15(0.80-1.66)	0.35
< 3					
No. of cases (n=3338)	1105	745	930	558	
Multivariable-adjusted OR (95% CI)*	1[Ref]	1.07(0.97-1.18)	1.05(0.95-1.15)	0.97(0.87-1.09)	0.49
Anatomic sites					
Colon					
No. of cases (n=3366)	1153	752	913	548	
Multivariable-adjusted OR (95% CI)*	1[Ref]	1.06(0.96-1.16)	1.04(0.95-1.14)	0.97(0.87-1.09)	0.49
Proximal colon					
No. of cases (n=1683)	566	376	472	269	
Multivariable-adjusted OR (95% CI)*	1[Ref]	1.03(0.90-1.18)	0.98(0.86-1.12)	0.88(0.75-1.04)	0.09
Distal colon					
No. of cases (n=1983)	706	432	518	327	
Multivariable-adjusted OR (95% CI)*	1[Ref]	1.05(0.92-1.18)	1.08(0.95-1.22)	1.07(0.92-1.24)	0.36
Rectal					
No. of cases (n=659)	236	143	169	111	
Multivariable-adjusted OR (95% CI)*	1[Ref]	1.06(0.85-1.31)	1.07(0.87-1.31)	1.08(0.84-1.38)	0.60

Serrated lesions only**Size****Large (≥1 cm)**

No. of cases (n=333)	121	61	92	59	
Multivariable-adjusted OR (95% CI)*	1[Ref]	0.87(0.63-1.20)	0.98(0.73-1.32)	0.99(0.71-1.38)	0.88

Small (<1 cm)

No. of cases (n=2666)	879	593	754	440	
Multivariable-adjusted OR (95% CI)*	1[Ref]	1.05(0.94-1.17)	1.02(0.92-1.13)	0.92(0.81-1.04)	0.12

Abbreviations: OR, odds ratio; CI, confidence interval.

*Adjusted for age, time period of endoscopy, number of reported endoscopies, time since most recent endoscopy, reason for current endoscopy, height, body mass index, family history of CRC, diabetes, pack-years of smoking, alcohol intake, physical activity in METs, regular use of aspirin, regular NSAIDs use, total vitamin D intake, non-yogurt dairy intake, total calorie intake, red and processed meat intake, dietary fiber intake, total folate intake, Alternative Healthy Eating Index-2010, total calcium intake, menopausal status, and menopausal hormone use.

†Calculated using the median of each yogurt intake category as a continuous variable.

‡High-risk adenomas include adenomas ≥1 cm, or with tubulovillous/villous histology or high grade/severe dysplasia, or ≥3 adenomas.