

Article title: Association between overall diet quality and postmenopausal breast cancer risk in five Finnish cohort studies

Authors: Satu Männistö, Kennet Harald, Tommi Härkänen, Mirkka Maukonen, Johan G Eriksson, Sanna Heikkinen, Pekka Jousilahti, Niina E Kaartinen, Noora Kanerva, Paul Knekt, Seppo Koskinen, Maarit A Laaksonen, Nea Malila, Harri Rissanen, Janne Pitkääniemi

Corresponding Author: Satu Männistö, Finnish Institute for Health and Welfare,Finland, email: satu.mannisto@thl.fi

Supplementary Table S1. The specific food and nutrient components of diet quality indices used combined analyses.

Index	Components
mNordic Dietary Index (mNDI)	Fruits; vegetables; whole-grain products; low-fat milk; fish; red and processed meat; a ratio of polyunsaturated fatty acids to saturated fatty acids and trans-fatty acids; and alcohol.
mMediterranean Dietary Index (mMEDI)	Fruits; vegetables; legumes; nuts; whole-grain products; fish; red and processed meat; a ratio of monounsaturated fatty acids to saturated fatty acids; and alcohol.
mAlternative Healthy Eating Index (mAHEI)	Fruits; Vegetables; nuts and soy; whole-grain products; a ratio of white to red meat; a ratio of polyunsaturated fatty acids to saturated fatty acids; trans-fatty acids; and alcohol.

Supplementary Table S2. Consumption (median g/day) of specific components of diet quality indices of participants included in the combined analysis of the association between dietary indices and postmenopausal breast cancer risk.

Diet quality index components	Cohort studies				
	FMCF median (SD)	Health 2000 median (SD)	HBCS median (SD)	FINRISK 2007 median (SD)	FINRISK 2012 median (SD)
Fruits	150 (124)	212 (224)	245 (259)	282 (260)	211 (199)
Vegetables	76 (94)	247 (198)	273 (224)	322 (229)	267 (237)
Legumes	3 (5)	8 (15)	8 (11)	9 (16)	11 (21)
Nuts and soya products	0 (1)	0 (25)	0 (12)	1 (20)	3 (15)
Whole-grain cereals^a	98 (63)	66 (38)	53 (37)	80 (49)	75 (46)
Low-fat milk	11 (234)	170 (239)	124 (231)	170 (241)	170 (246)
Red meat and processed meat	120 (78)	97 (86)	75 (66)	93 (81)	87 (68)
Poultry	0 (13)	13 (43)	24 (48)	20 (45)	21 (46)
Fish	17 (23)	40 (46)	39 (48)	40 (56)	47 (61)
Saturated fatty acids	40 (20)	31 (15)	25 (12)	25 (12)	27 (13)
Monounsaturated fatty acids	24 (10)	25 (12)	23 (10)	24 (11)	25 (12)
Polyunsaturated fatty acids	6 (4)	12 (6)	11 (5)	12 (6)	13 (6)
Trans-fatty acids	2 (1)	1 (1)	1 (0)	1 (0)	1 (0)
Alcohol (100%)	0 (5)	1 (4)	3 (7)	2 (6)	2 (6)

^a Rye, oats and barley.