

Web Table 1. Hazard ratios and 95% confidence intervals of all-cause mortality by categories of milk intake and fruit and vegetable intake or ORAC (Model 2 is presented in Figure 2)

	Glasses of Milk per Day			
	<1	≥1 to <2	≥2 to <3	≥3
<i>Swedish Mammography Cohort (SMC; women), baseline 1987-1990 (time-updated analyses)</i>				
Servings of fruit and vegetables/day				
Model 1				
<1	2.59 (2.33-2.87)	2.83 (2.57-3.11)	4.42 (3.99-4.90)	4.42 (3.84-5.08)
≥1 to <2	1.83 (1.71-1.97)	2.42 (2.26-2.58)	2.95 (2.72-3.19)	3.26 (2.90-3.67)
≥2 to <5	1.35 (1.28-1.41)	1.69 (1.61-1.77)	2.36 (2.23-2.49)	2.84 (2.62-3.08)
≥5	1.00 (reference)	1.19 (1.13-1.26)	1.57 (1.45-1.70)	1.89 (1.66-2.16)
Model 2				
<1	1.82 (1.64-2.02)	1.94 (1.76-2.13)	3.03 (2.73-3.37)	2.79 (2.42-3.21)
≥1 to <2	1.43 (1.32-1.54)	1.78 (1.67-1.91)	2.04 (1.88-2.22)	2.27 (2.01-2.55)
≥2 to <5	1.18 (1.13-1.24)	1.39 (1.32-1.46)	1.83 (1.72-1.94)	2.14 (1.97-2.33)
≥5	1.00 (reference)	1.10 (1.04-1.17)	1.35 (1.25-1.46)	1.60 (1.40-1.82)
Model 3				
<1	1.81 (1.63-2.01)	1.92 (1.75-2.12)	3.02 (2.72-3.35)	2.77 (2.40-3.19)
≥1 to <2	1.42 (1.32-1.53)	1.78 (1.66-1.90)	2.04 (1.88-2.21)	2.26 (2.01-2.55)
≥2 to <5	1.18 (1.12-1.24)	1.38 (1.32-1.45)	1.82 (1.72-1.93)	2.14 (1.96-2.32)
≥5	1.00 (reference)	1.10 (1.04-1.17)	1.36 (1.25-1.47)	1.60 (1.41-1.83)
Model 4				
<1	1.65 (1.49-1.84)	2.05 (1.86-2.27)	3.66 (3.27-4.09)	4.23 (3.62-4.94)
≥1 to <2	1.33 (1.23-1.43)	1.90 (1.77-2.03)	2.47 (2.26-2.70)	3.29 (2.88-3.76)
≥2 to <5	1.14 (1.08-1.20)	1.51 (1.44-1.59)	2.24 (2.09-2.39)	3.14 (2.83-3.48)
≥5	1.00 (reference)	1.24 (1.17-1.31)	1.68 (1.54-1.83)	2.34 (2.03-2.71)
<i>Swedish Mammography Cohort (SMC; women), baseline 1997</i>				
Servings of fruit and vegetables/day				
Model 1				
<1	1.60 (1.39-1.84)	1.88 (1.53-2.31)	3.11 (2.15-4.48)	2.60 (1.47-4.58)
≥1 to <2	1.33 (1.21-1.45)	1.42 (1.25-1.62)	1.31 (1.03-1.67)	2.02 (1.40-2.91)
≥2 to <5	1.13 (1.07-1.18)	1.13 (1.06-1.21)	1.31 (1.18-1.46)	1.44 (1.19-1.74)
≥5	1.00 (reference)	1.08 (1.00-1.16)	1.15 (1.02-1.30)	1.13 (0.90-1.41)
Model 2				
<1	1.41 (1.22-1.63)	1.76 (1.42-2.17)	2.73 (1.89-3.94)	1.81 (1.03-3.20)
≥1 to <2	1.23 (1.12-1.35)	1.34 (1.17-1.53)	1.12 (0.88-1.44)	1.61 (1.11-2.32)
≥2 to <5	1.10 (1.04-1.16)	1.09 (1.01-1.17)	1.28 (1.14-1.42)	1.29 (1.07-1.56)
≥5	1.00 (reference)	1.03 (0.96-1.11)	1.10 (0.97-1.24)	1.10 (0.88-1.38)
Model 3				
<1	1.37 (1.18-1.57)	1.68 (1.36-2.07)	2.55 (1.76-3.68)	1.81 (1.03-3.20)
≥1 to <2	1.20 (1.10-1.31)	1.30 (1.14-1.49)	1.11 (0.87-1.42)	1.57 (1.09-2.27)
≥2 to <5	1.09 (1.04-1.15)	1.09 (1.02-1.17)	1.27 (1.14-1.42)	1.24 (1.03-1.50)
≥5	1.00 (reference)	1.04 (0.97-1.12)	1.08 (0.96-1.22)	1.12 (0.90-1.41)
Model 4				
<1	1.35 (1.17-1.56)	1.68 (1.35-2.09)	2.50 (1.72-3.64)	1.72 (0.95-3.13)
≥1 to <2	1.19 (1.08-1.31)	1.30 (1.14-1.50)	1.10 (0.86-1.42)	1.60 (1.09-2.33)
≥2 to <5	1.09 (1.03-1.15)	1.09 (1.01-1.17)	1.27 (1.12-1.43)	1.25 (1.01-1.56)
≥5	1.00 (reference)	1.04 (0.97-1.13)	1.08 (0.95-1.23)	1.12 (0.88-1.42)
<i>Cohort of Swedish Men (COSM), baseline 1997</i>				
Servings of fruit and vegetables/day				
Model 1				
<1	1.64 (1.47-1.83)	1.52 (1.33-1.75)	1.56 (1.34-1.81)	1.62 (1.41-1.86)
≥1 to <2	1.30 (1.20-1.41)	1.26 (1.14-1.38)	1.40 (1.27-1.55)	1.35 (1.21-1.49)

≥ 2 to < 5	1.07 (1.01-1.14)	1.11 (1.04-1.19)	1.14 (1.06-1.22)	1.24 (1.16-1.33)
≥ 5	1.00 (reference)	1.05 (0.97-1.14)	1.03 (0.94-1.13)	1.12 (1.02-1.24)
Model 2				
< 1	1.35 (1.21-1.51)	1.24 (1.08-1.43)	1.32 (1.14-1.54)	1.31 (1.14-1.51)
≥ 1 to < 2	1.16 (1.07-1.26)	1.10 (1.00-1.21)	1.25 (1.13-1.39)	1.11 (0.99-1.23)
≥ 2 to < 5	1.02 (0.96-1.08)	1.06 (0.99-1.13)	1.06 (0.99-1.14)	1.14 (1.06-1.23)
≥ 5	1.00 (reference)	1.05 (0.97-1.13)	1.01 (0.92-1.11)	1.07 (0.97-1.18)
Model 3				
< 1	1.26 (1.12-1.41)	1.16 (1.00-1.33)	1.23 (1.06-1.43)	1.26 (1.10-1.45)
≥ 1 to < 2	1.13 (1.04-1.22)	1.06 (0.96-1.16)	1.22 (1.10-1.35)	1.10 (0.99-1.22)
≥ 2 to < 5	1.00 (0.94-1.06)	1.04 (0.98-1.11)	1.04 (0.97-1.12)	1.15 (1.07-1.24)
≥ 5	1.00 (reference)	1.04 (0.97-1.13)	1.02 (0.93-1.12)	1.09 (0.98-1.20)
Model 4				
< 1	1.26 (1.12-1.41)	1.13 (0.98-1.31)	1.18 (1.01-1.39)	1.18 (1.01-1.38)
≥ 1 to < 2	1.14 (1.04-1.24)	1.04 (0.94-1.15)	1.18 (1.06-1.32)	1.03 (0.91-1.17)
≥ 2 to < 5	1.01 (0.95-1.07)	1.03 (0.96-1.10)	1.02 (0.94-1.10)	1.09 (0.99-1.19)
≥ 5	1.00 (reference)	1.02 (0.94-1.11)	0.99 (0.90-1.09)	1.02 (0.91-1.14)

Swedish Mammography Cohort (SMC; women), baseline 1997

ORAC quartile				
Model 1				
1	1.27 (1.19-1.36)	1.36 (1.24-1.50)	1.62 (1.40-1.88)	1.79 (1.42-2.26)
2	1.09 (1.01-1.17)	1.17 (1.06-1.29)	1.33 (1.15-1.55)	1.38 (1.02-1.88)
3	1.07 (1.00-1.15)	1.07 (0.97-1.18)	1.13 (0.96-1.33)	1.20 (0.91-1.59)
4	1.00 (reference)	1.10 (0.99-1.21)	1.18 (1.01-1.37)	1.31 (1.02-1.69)
Model 2				
1	1.22 (1.13-1.33)	1.30 (1.18-1.43)	1.51 (1.30-1.76)	1.62 (1.29-2.05)
2	1.07 (0.99-1.15)	1.10 (1.00-1.22)	1.28 (1.10-1.49)	1.28 (0.94-1.73)
3	1.08 (1.00-1.16)	1.04 (0.94-1.15)	1.08 (0.91-1.27)	1.02 (0.77-1.35)
4	1.00 (reference)	1.06 (0.96-1.17)	1.11 (0.96-1.30)	1.22 (0.95-1.58)
Model 3				
1	1.20 (1.11-1.30)	1.29 (1.17-1.42)	1.53 (1.31-1.77)	1.59 (1.26-2.01)
2	1.06 (0.99-1.15)	1.09 (0.99-1.21)	1.27 (1.09-1.48)	1.31 (0.97-1.78)
3	1.07 (1.00-1.16)	1.05 (0.94-1.16)	1.03 (0.87-1.21)	0.97 (0.73-1.28)
4	1.00 (reference)	1.08 (0.98-1.19)	1.11 (0.96-1.30)	1.23 (0.96-1.59)
Model 4				
1	1.19 (1.09-1.29)	1.27 (1.14-1.41)	1.49 (1.27-1.75)	1.56 (1.20-2.03)
2	1.06 (0.98-1.14)	1.08 (0.98-1.20)	1.25 (1.07-1.46)	1.29 (0.93-1.77)
3	1.07 (0.99-1.16)	1.04 (0.94-1.15)	1.02 (0.86-1.21)	0.97 (0.72-1.31)
4	1.00 (reference)	1.08 (0.98-1.20)	1.11 (0.95-1.30)	1.22 (0.94-1.60)

Cohort of Swedish Men (COSM), baseline 1997

ORAC quartile				
Model 1				
1	1.27 (1.19-1.37)	1.32 (1.22-1.43)	1.41 (1.29-1.54)	1.54 (1.40-1.70)
2	1.10 (1.02-1.19)	1.07 (0.98-1.17)	1.22 (1.11-1.34)	1.27 (1.15-1.40)
3	1.04 (0.96-1.13)	1.12 (1.03-1.22)	1.10 (1.00-1.21)	1.18 (1.06-1.30)
4	1.00 (reference)	1.09 (1.00-1.19)	1.03 (0.94-1.14)	1.17 (1.06-1.29)
Model 2				
1	1.20 (1.11-1.30)	1.19 (1.09-1.30)	1.28 (1.17-1.41)	1.28 (1.16-1.42)
2	1.07 (0.99-1.16)	1.07 (0.98-1.16)	1.15 (1.05-1.27)	1.16 (1.05-1.28)
3	1.06 (0.98-1.14)	1.11 (1.02-1.22)	1.08 (0.98-1.19)	1.12 (1.01-1.24)
4	1.00 (1.00-1.00)	1.07 (0.98-1.17)	1.00 (0.90-1.10)	1.09 (0.99-1.21)
Model 3				
1	1.16 (1.07-1.25)	1.15 (1.05-1.25)	1.24 (1.13-1.36)	1.28 (1.16-1.41)
2	1.05 (0.97-1.14)	1.04 (0.95-1.13)	1.15 (1.04-1.26)	1.15 (1.04-1.27)
3	1.05 (0.97-1.14)	1.11 (1.01-1.21)	1.06 (0.96-1.16)	1.13 (1.03-1.25)
4	1.00 (reference)	1.07 (0.98-1.17)	1.01 (0.91-1.11)	1.11 (1.01-1.23)

Model 4				
1	1.16 (1.07-1.26)	1.13 (1.03-1.24)	1.20 (1.08-1.32)	1.19 (1.06-1.34)
2	1.06 (0.98-1.15)	1.03 (0.94-1.12)	1.11 (1.01-1.23)	1.09 (0.97-1.22)
3	1.06 (0.97-1.14)	1.10 (1.00-1.20)	1.03 (0.93-1.14)	1.08 (0.96-1.21)
4	1.00 (reference)	1.05 (0.96-1.15)	0.98 (0.89-1.09)	1.06 (0.95-1.18)

ORAC, oxygen radical absorbance capacity.

Covariates in model 1: age.

Covariates in model 2: age, body mass index, height, energy intake, alcohol intake, intake of yoghurt, cheese, red and processed meat, education, marital status (living alone vs. not), physical activity (metabolic equivalents), smoking habits (never/former/current smoker and for baseline 1997 also pack-years of smoking), ever use of antioxidant-containing supplements, and Charlson's weighted comorbidity index.

Covariates in model 3: as in model 2 and additionally use calcium-containing supplements and for baseline 1997 use of aspirin and prevalent hypercholesterolemia.

Covariates in model 4: as in model 3 and additionally energy adjusted dietary intake of protein, total and saturated fat, calcium, vitamin d, retinol, and phosphorous, ever use of cortisone, and ever use of estrogen replacement for women.

Web Table 2. Age-adjusted rates of cardiovascular mortality by categories of milk intake and fruit and vegetable intake or ORAC

		Glasses of Milk per Day			
		<1	≥1 to <2	≥2 to <3	≥3
<i>Swedish Mammography Cohort (SMC; women), baseline 1987-1990 (time-updated analyses)</i>					
Servings of fruit and vegetables/day					
<1	rate	9.2 (7.9-10.7)	8.9 (7.7-10.3)	11.7 (9.9-13.8)	12.2 (9.5-15.5)
	N cases	175	199	173	89
≥1 to <2	rate	7.0 (6.3-7.7)	8.0 (7.4-8.8)	8.6 (7.6-9.7)	8.5 (6.9-10.4)
	N cases	397	519	327	113
≥2 to <5	rate	5.4 (5.1-5.6)	6.2 (5.9-6.5)	7.2 (6.7-7.7)	8.4 (7.4-9.5)
	N cases	1552	1722	874	296
≥5	rate	4.2 (4.0-4.5)	4.8 (4.5-5.2)	6.3 (5.7-7.0)	6.8 (5.5-8.4)
	N cases	971	798	330	90
<i>Swedish Mammography Cohort (SMC; women), baseline 1997</i>					
Servings of fruit and vegetables/day					
<1	rate	10.4 (8.2-13.1)	15.2 (10.8-20.9)	17.7 (9.1-31.0)	18.9 (6.5-43.2)
	N cases	92	48	12	6
≥1 to <2	rate	8.2 (7.1-9.3)	10.6 (8.7-12.8)	10.1 (6.8-14.5)	12.2 (6.1-22.4)
	N cases	244	117	31	13
≥2 to <5	rate	7.2 (6.8-7.6)	7.5 (6.8-8.2)	8.2 (6.9-9.7)	9.1 (6.6-12.3)
	N cases	1244	452	143	43
≥5	rate	6.2 (5.8-6.6)	7.0 (6.3-7.7)	7.4 (6.1-9.0)	7.5 (5.1-10.6)
	N cases	1000	364	111	32
<i>Cohort of Swedish Men (COSM), baseline 1997</i>					
Servings of fruit and vegetables/day					
<1	rate	13.7 (11.6-16.0)	16.1 (13.1-19.7)	13.0 (10.1-16.4)	14.3 (11.5-17.4)
	N cases	159	114	81	99
≥1 to <2	rate	10.9 (9.8-12.1)	11.4 (10.0-12.9)	12.1 (10.5-13.8)	12.2 (10.6-14.1)
	N cases	369	246	209	196
≥2 to <5	rate	8.7 (8.2-9.2)	9.5 (8.9-10.1)	9.6 (8.9-10.5)	11.2 (10.3-12.1)
	N cases	1270	870	580	573
≥5	rate	8.6 (8.0-9.2)	9.7 (8.8-10.6)	9.1 (8.0-10.3)	9.3 (8.1-10.7)
	N cases	714	449	262	207
<i>Swedish Mammography Cohort (SMC; women), baseline 1997</i>					
ORAC quartile					
1	rate	7.8 (7.3-8.3)	9.3 (8.3-10.5)	10.5 (8.3-13.0)	13.1 (9.0-18.3)
	N cases	899	307	84	37
2	rate	6.8 (6.3-7.4)	7.3 (6.4-8.4)	7.5 (5.8-9.6)	7.0 (3.7-12.1)
	N cases	642	227	70	13
3	rate	6.5 (6.0-7.0)	6.9 (6.0-7.9)	8.4 (6.5-10.6)	7.5 (4.5-11.7)
	N cases	587	217	69	19
4	rate	6.0 (5.5-6.6)	7.2 (6.3-8.2)	6.9 (5.4-8.7)	7.8 (5.1-11.6)
	N cases	452	230	74	25
<i>Cohort of Swedish Men (COSM), baseline 1997</i>					
ORAC quartile					
1	rate	10.8 (10.2-11.6)	11.9 (10.8-13.0)	12.3 (11.0-13.6)	13.5 (12.0-15.2)
	N cases	932	516	373	294
2	rate	8.9 (8.2-9.6)	9.0 (8.1-9.9)	9.9 (8.7-11.1)	10.9 (9.6-12.3)
	N cases	633	390	288	261
3	rate	8.0 (7.3-8.7)	9.8 (8.9-10.8)	9.4 (8.3-10.7)	11.0 (9.7-12.4)
	N cases				

	N cases	508	411	247	258
4	rate	8.1 (7.3-8.9)	9.3 (8.4-10.4)	8.2 (7.2-9.4)	9.7 (8.6-11.0)
	N cases	439	362	224	262

ORAC, oxygen radical absorbance capacity.

Web Table 3. Age-adjusted rates of cancer mortality by categories of milk intake and fruit and vegetable intake or ORAC

		Glasses of Milk per Day			
		<1	≥1 to <2	≥2 to <3	≥3
<i>Swedish Mammography Cohort (SMC; women), baseline 1987-1990 (time-updated analyses)</i>					
Servings of fruit and vegetables/day					
<1	rate	5.4 (4.4-6.7)	6.4 (5.4-7.6)	6.4 (5.1-7.9)	5.7 (4.1-7.8)
	N cases	95	134	97	46
≥1 to <2	rate	4.5 (4.0-5.1)	5.0 (4.5-5.6)	4.8 (4.1-5.5)	5.1 (4.0-6.4)
	N cases	246	318	191	81
≥2 to <5	rate	4.1 (3.9-4.4)	4.3 (4.1-4.6)	4.5 (4.1-4.8)	4.7 (4.0-5.4)
	N cases	1167	1203	608	194
≥5	rate	4.0 (3.8-4.3)	4.0 (3.6-4.3)	4.0 (3.5-4.6)	5.2 (4.1-6.5)
	N cases	868	594	217	79
<i>Swedish Mammography Cohort (SMC; women), baseline 1997</i>					
Servings of fruit and vegetables/day					
<1	rate	5.8 (3.9-8.2)	5.7 (2.8-10.1)	11.6 (5.0-22.9)	13.8 (2.7-38.8)
	N cases	36	12	8	3
≥1 to <2	rate	5.7 (4.8-6.8)	4.6 (3.2-6.4)	4.8 (2.5-8.3)	6.2 (1.8-15.5)
	N cases	142	39	13	5
≥2 to <5	rate	5.0 (4.7-5.3)	5.0 (4.4-5.7)	5.7 (4.6-7.0)	6.4 (4.2-9.1)
	N cases	890	269	92	29
≥5	rate	4.4 (4.1-4.7)	4.3 (3.7-4.9)	4.6 (3.6-5.8)	5.1 (3.2-7.7)
	N cases	821	219	67	22
<i>Cohort of Swedish Men (COSM), baseline 1997</i>					
Servings of fruit and vegetables/day					
<1	rate	9.2 (7.5-11.2)	7.7 (5.6-10.4)	9.2 (6.5-12.5)	7.2 (5.3-9.6)
	N cases	102	50	45	47
≥1 to <2	rate	6.8 (5.9-7.7)	6.2 (5.2-7.5)	7.1 (5.8-8.5)	7.0 (5.8-8.4)
	N cases	229	123	115	114
≥2 to <5	rate	6.4 (6.0-6.8)	6.1 (5.6-6.7)	6.5 (5.9-7.2)	6.2 (5.5-6.9)
	N cases	973	551	395	331
≥5	rate	5.7 (5.2-6.2)	5.6 (4.9-6.3)	6.0 (5.1-6.9)	6.2 (5.2-7.4)
	N cases	495	257	174	138
<i>Swedish Mammography Cohort (SMC; women), baseline 1997</i>					
ORAC quartile					
1	rate	5.2 (4.8-5.7)	4.8 (4.0-5.7)	7.1 (5.2-9.4)	5.7 (3.1-9.5)
	N cases	557	131	48	15
2	rate	4.5 (4.1-5.0)	5.1 (4.2-6.0)	4.5 (3.2-6.1)	6.5 (3.4-11.1)
	N cases	455	141	41	13
3	rate	4.8 (4.3-5.2)	4.4 (3.7-5.3)	5.8 (4.2-7.7)	5.4 (2.9-9.2)
	N cases	469	132	46	13
4	rate	4.5 (4.1-5.0)	4.4 (3.7-5.2)	4.5 (3.3-6.0)	5.8 (3.4-9.2)
	N cases	408	135	45	18
<i>Cohort of Swedish Men (COSM), baseline 1997</i>					
ORAC quartile					
1	rate	6.9 (6.3-7.4)	6.6 (5.8-7.5)	7.0 (6.1-8.2)	6.7 (5.7-7.9)
	N cases	571	263	191	147
2	rate	6.5 (6.0-7.2)	6.0 (5.2-6.8)	6.9 (5.9-7.9)	7.1 (6.1-8.3)
	N cases	479	244	194	172
3	rate	6.0 (5.5-6.7)	5.9 (5.2-6.7)	6.3 (5.4-7.3)	5.5 (4.6-6.6)
	N cases	405	247	171	135
4	rate	5.7 (5.1-6.3)	5.7 (5.0-6.5)	6.1 (5.2-7.1)	6.2 (5.4-7.2)
	N cases	344	227	173	176

ORAC, oxygen radical absorbance capacity.

Web Table 4. Hazard ratios and 95% confidence intervals of cardiovascular mortality by categories of milk intake and fruit and vegetable intake or ORAC

	Glasses of Milk per Day			
	<1	≥1 to <2	≥2 to <3	≥3
<i>Swedish Mammography Cohort (SMC; women), baseline 1987-1990 (time-updated analyses)</i>				
Servings of fruit and vegetables/day				
Model 1				
<1	2.92 (2.49-3.43)	3.03 (2.60-3.54)	5.41 (4.60-6.37)	5.68 (4.56-7.06)
≥1 to <2	2.05 (1.82-2.31)	2.74 (2.46-3.05)	3.71 (3.27-4.21)	3.62 (2.98-4.40)
≥2 to <5	1.44 (1.33-1.56)	1.87 (1.73-2.03)	2.72 (2.48-2.98)	3.57 (3.13-4.07)
≥5	1.00 (reference)	1.23 (1.12-1.36)	1.87 (1.65-2.11)	2.03 (1.63-2.51)
Model 2				
<1	1.95 (1.65-2.29)	1.90 (1.63-2.22)	3.34 (2.83-3.94)	3.07 (2.46-3.83)
≥1 to <2	1.53 (1.36-1.73)	1.89 (1.69-2.11)	2.32 (2.04-2.64)	2.26 (1.85-2.75)
≥2 to <5	1.24 (1.14-1.34)	1.46 (1.35-1.58)	1.94 (1.76-2.13)	2.44 (2.13-2.79)
≥5	1.00 (reference)	1.10 (1.01-1.21)	1.52 (1.34-1.72)	1.60 (1.29-1.99)
Model 3				
<1	1.94 (1.65-2.29)	1.89 (1.62-2.21)	3.32 (2.82-3.92)	3.05 (2.45-3.80)
≥1 to <2	1.52 (1.35-1.72)	1.88 (1.68-2.10)	2.32 (2.04-2.64)	2.25 (1.85-2.75)
≥2 to <5	1.23 (1.14-1.34)	1.46 (1.34-1.58)	1.93 (1.76-2.13)	2.43 (2.12-2.78)
≥5	1.00 (reference)	1.10 (1.00-1.21)	1.53 (1.35-1.73)	1.61 (1.29-2.00)
Model 4				
<1	1.76 (1.49-2.07)	2.10 (1.79-2.46)	4.33 (3.63-5.16)	5.41 (4.24-6.89)
≥1 to <2	1.42 (1.26-1.60)	2.07 (1.85-2.32)	3.01 (2.62-3.46)	3.70 (2.98-4.60)
≥2 to <5	1.19 (1.09-1.29)	1.65 (1.52-1.80)	2.55 (2.29-2.85)	4.07 (3.45-4.79)
≥5	1.00 (reference)	1.28 (1.16-1.42)	2.01 (1.76-2.31)	2.66 (2.10-3.37)
<i>Swedish Mammography Cohort (SMC; women), baseline 1997</i>				
Servings of fruit and vegetables/day				
Model 1				
<1	1.53 (1.23-1.90)	2.28 (1.70-3.05)	3.64 (2.06-6.44)	3.27 (1.47-7.30)
≥1 to <2	1.28 (1.11-1.47)	1.64 (1.35-1.98)	1.52 (1.06-2.17)	2.13 (1.23-3.68)
≥2 to <5	1.16 (1.06-1.26)	1.17 (1.05-1.31)	1.32 (1.11-1.58)	1.40 (1.03-1.91)
≥5	1.00 (reference)	1.13 (1.01-1.28)	1.20 (0.99-1.46)	1.27 (0.89-1.80)
Model 2				
<1	1.35 (1.08-1.68)	2.16 (1.61-2.90)	3.08 (1.74-5.46)	2.01 (0.90-4.49)
≥1 to <2	1.18 (1.02-1.37)	1.55 (1.27-1.88)	1.28 (0.90-1.84)	1.69 (0.98-2.93)
≥2 to <5	1.12 (1.03-1.23)	1.11 (0.99-1.24)	1.29 (1.08-1.54)	1.27 (0.94-1.73)
≥5	1.00 (reference)	1.06 (0.94-1.20)	1.14 (0.94-1.39)	1.22 (0.86-1.75)
Model 3				
<1	1.32 (1.06-1.65)	2.11 (1.57-2.83)	2.91 (1.64-5.15)	2.03 (0.91-4.54)
≥1 to <2	1.17 (1.01-1.35)	1.53 (1.26-1.86)	1.28 (0.89-1.83)	1.64 (0.95-2.85)
≥2 to <5	1.12 (1.03-1.22)	1.11 (0.99-1.24)	1.29 (1.08-1.54)	1.25 (0.92-1.70)
≥5	1.00 (reference)	1.07 (0.95-1.21)	1.13 (0.92-1.37)	1.25 (0.87-1.78)
Model 4				
<1	1.31 (1.04-1.64)	2.21 (1.63-3.00)	3.01 (1.68-5.39)	2.21 (0.93-5.26)
≥1 to <2	1.16 (0.99-1.35)	1.56 (1.28-1.91)	1.30 (0.90-1.88)	1.77 (1.00-3.12)
≥2 to <5	1.12 (1.02-1.22)	1.13 (1.00-1.27)	1.33 (1.10-1.61)	1.36 (0.96-1.93)
≥5	1.00 (reference)	1.09 (0.96-1.24)	1.16 (0.94-1.44)	1.31 (0.89-1.91)
<i>Cohort of Swedish Men (COSM), baseline 1997</i>				
Servings of fruit and vegetables/day				
Model 1				
<1	1.59 (1.34-1.88)	1.69 (1.38-2.06)	1.47 (1.17-1.85)	1.61 (1.30-1.98)
≥1 to <2	1.28 (1.13-1.45)	1.25 (1.08-1.45)	1.40 (1.20-1.63)	1.46 (1.25-1.71)

≥2 to <5	1.02 (0.93-1.11)	1.11 (1.00-1.22)	1.10 (0.99-1.23)	1.32 (1.18-1.48)
≥5	1.00 (reference)	1.10 (0.98-1.24)	1.03 (0.90-1.19)	1.08 (0.92-1.26)
Model 2				
<1	1.27 (1.07-1.52)	1.27 (1.04-1.55)	1.17 (0.93-1.48)	1.26 (1.01-1.55)
≥1 to <2	1.12 (0.98-1.27)	1.05 (0.91-1.22)	1.23 (1.05-1.43)	1.16 (0.99-1.36)
≥2 to <5	0.95 (0.86-1.04)	1.02 (0.93-1.13)	1.00 (0.89-1.11)	1.19 (1.06-1.33)
≥5	1.00 (reference)	1.10 (0.98-1.24)	1.01 (0.88-1.16)	1.03 (0.88-1.20)
Model 3				
<1	1.19 (1.00-1.42)	1.23 (1.00-1.50)	1.12 (0.89-1.41)	1.23 (0.99-1.52)
≥1 to <2	1.10 (0.97-1.25)	1.02 (0.88-1.18)	1.21 (1.03-1.41)	1.15 (0.98-1.35)
≥2 to <5	0.93 (0.85-1.03)	1.01 (0.92-1.12)	0.98 (0.87-1.09)	1.20 (1.07-1.34)
≥5	1.00 (reference)	1.10 (0.97-1.23)	1.02 (0.89-1.18)	1.04 (0.89-1.22)
Model 4				
<1	1.19 (1.00-1.43)	1.20 (0.98-1.48)	1.07 (0.84-1.36)	1.14 (0.90-1.45)
≥1 to <2	1.11 (0.97-1.27)	1.01 (0.87-1.17)	1.17 (0.99-1.38)	1.07 (0.89-1.30)
≥2 to <5	0.94 (0.86-1.04)	1.00 (0.90-1.11)	0.95 (0.84-1.07)	1.12 (0.98-1.29)
≥5	1.00 (reference)	1.07 (0.95-1.21)	0.99 (0.85-1.15)	0.97 (0.81-1.16)

Swedish Mammography Cohort (SMC; women), baseline 1997

ORAC quartile				
Model 1				
1	1.31 (1.17-1.46)	1.50 (1.30-1.74)	1.77 (1.40-2.23)	2.19 (1.57-3.06)
2	1.14 (1.01-1.29)	1.21 (1.03-1.41)	1.29 (1.00-1.66)	1.15 (0.67-2.00)
3	1.10 (0.97-1.24)	1.16 (0.99-1.36)	1.32 (1.03-1.71)	1.20 (0.76-1.90)
4	1.00 (reference)	1.21 (1.03-1.42)	1.19 (0.93-1.53)	1.43 (0.96-2.15)
Model 2				
1	1.23 (1.08-1.40)	1.40 (1.19-1.63)	1.60 (1.26-2.02)	1.93 (1.38-2.70)
2	1.10 (0.97-1.25)	1.09 (0.92-1.28)	1.25 (0.97-1.60)	1.05 (0.60-1.82)
3	1.09 (0.96-1.24)	1.10 (0.94-1.30)	1.25 (0.97-1.62)	1.02 (0.64-1.62)
4	1.00 (reference)	1.16 (0.99-1.36)	1.11 (0.87-1.43)	1.32 (0.88-1.98)
Model 3				
1	1.21 (1.07-1.38)	1.39 (1.19-1.62)	1.60 (1.26-2.03)	1.91 (1.36-2.67)
2	1.10 (0.96-1.25)	1.08 (0.91-1.27)	1.24 (0.97-1.60)	1.07 (0.62-1.87)
3	1.09 (0.96-1.23)	1.11 (0.94-1.31)	1.21 (0.94-1.56)	0.99 (0.62-1.56)
4	1.00 (reference)	1.17 (1.00-1.37)	1.11 (0.87-1.43)	1.33 (0.89-2.00)
Model 4				
1	1.21 (1.05-1.39)	1.41 (1.19-1.66)	1.63 (1.27-2.10)	2.05 (1.39-3.04)
2	1.09 (0.96-1.25)	1.09 (0.92-1.29)	1.26 (0.97-1.64)	1.12 (0.63-1.99)
3	1.09 (0.96-1.24)	1.13 (0.95-1.33)	1.24 (0.96-1.61)	1.05 (0.65-1.70)
4	1.00 (reference)	1.19 (1.01-1.40)	1.15 (0.89-1.48)	1.38 (0.90-2.11)

Cohort of Swedish Men (COSM), baseline 1997

ORAC quartile				
Model 1				
1	1.34 (1.20-1.51)	1.41 (1.24-1.60)	1.51 (1.32-1.74)	1.72 (1.48-1.99)
2	1.10 (0.97-1.24)	1.10 (0.96-1.26)	1.22 (1.05-1.41)	1.34 (1.15-1.56)
3	1.01 (0.89-1.15)	1.22 (1.07-1.40)	1.13 (0.97-1.33)	1.36 (1.17-1.59)
4	1.00 (reference)	1.17 (1.02-1.34)	1.01 (0.86-1.18)	1.21 (1.04-1.41)
Model 2				
1	1.21 (1.07-1.37)	1.18 (1.03-1.35)	1.28 (1.11-1.48)	1.31 (1.13-1.53)
2	1.02 (0.90-1.16)	1.06 (0.92-1.22)	1.11 (0.95-1.29)	1.16 (0.99-1.35)
3	1.02 (0.89-1.16)	1.19 (1.04-1.37)	1.09 (0.93-1.27)	1.28 (1.10-1.49)
4	1.00 (reference)	1.11 (0.97-1.28)	0.95 (0.81-1.12)	1.12 (0.96-1.31)
Model 3				
1	1.17 (1.03-1.33)	1.15 (1.00-1.31)	1.25 (1.08-1.45)	1.31 (1.13-1.53)
2	1.02 (0.90-1.15)	1.03 (0.90-1.19)	1.10 (0.95-1.28)	1.15 (0.99-1.35)
3	1.01 (0.89-1.16)	1.19 (1.04-1.36)	1.06 (0.91-1.25)	1.30 (1.11-1.51)
4	1.00 (reference)	1.14 (0.99-1.31)	0.96 (0.82-1.13)	1.15 (0.98-1.34)

Model 4				
1	1.20 (1.06-1.37)	1.14 (0.99-1.31)	1.22 (1.04-1.42)	1.22 (1.02-1.47)
2	1.04 (0.91-1.18)	1.03 (0.90-1.19)	1.07 (0.91-1.25)	1.09 (0.91-1.29)
3	1.03 (0.90-1.17)	1.18 (1.03-1.35)	1.04 (0.88-1.22)	1.22 (1.03-1.46)
4	1.00 (reference)	1.11 (0.97-1.28)	0.93 (0.79-1.10)	1.07 (0.90-1.27)

ORAC, oxygen radical absorbance capacity.

Covariates in model 1: age.

Covariates in model 2: age, body mass index, height, energy intake, alcohol intake, intake of yoghurt, cheese, red and processed meat, education, marital status (living alone vs. not), physical activity (metabolic equivalents), smoking habits (never/former/current smoker and for baseline 1997 also pack-years of smoking), ever use of antioxidant-containing supplements, and Charlson's weighted comorbidity index.

Covariates in model 3: as in model 2 and additionally use calcium-containing supplements and for baseline 1997 use of aspirin and prevalent hypercholesterolemia.

Covariates in model 4: as in model 3 and additionally energy adjusted dietary intake of protein, total and saturated fat, calcium, vitamin d, retinol, and phosphorous, ever use of cortisone, and ever use of estrogen replacement for women.

Web Table 5. Hazard ratios and 95% confidence intervals of cancer mortality by categories of milk intake and fruit and vegetable intake or ORAC

	Glasses of Milk per Day			
	<1	≥1 to <2	≥2 to <3	≥3
<i>Swedish Mammography Cohort (SMC; women), baseline 1987-1990 (time-updated analyses)</i>				
Servings of fruit and vegetables/day				
Model 1				
<1	1.79 (1.45-2.21)	2.16 (1.80-2.59)	2.47 (2.00-3.05)	2.23 (1.65-3.00)
≥1 to <2	1.43 (1.24-1.65)	1.76 (1.55-2.00)	1.81 (1.54-2.12)	2.05 (1.63-2.57)
≥2 to <5	1.18 (1.08-1.29)	1.38 (1.26-1.50)	1.65 (1.49-1.83)	1.77 (1.52-2.07)
≥5	1.00 (reference)	1.05 (0.94-1.16)	1.22 (1.05-1.41)	1.67 (1.33-2.11)
Model 2				
<1	1.43 (1.15-1.77)	1.73 (1.43-2.08)	2.00 (1.61-2.47)	1.76 (1.31-2.38)
≥1 to <2	1.21 (1.05-1.40)	1.46 (1.28-1.67)	1.48 (1.26-1.73)	1.66 (1.32-2.09)
≥2 to <5	1.08 (0.99-1.18)	1.22 (1.11-1.33)	1.43 (1.28-1.60)	1.51 (1.29-1.78)
≥5	1.00 (reference)	1.00 (0.90-1.11)	1.11 (0.95-1.29)	1.51 (1.19-1.90)
Model 3				
<1	1.42 (1.14-1.76)	1.71 (1.42-2.06)	1.98 (1.60-2.46)	1.75 (1.29-2.36)
≥1 to <2	1.20 (1.04-1.39)	1.45 (1.27-1.66)	1.47 (1.25-1.72)	1.65 (1.31-2.08)
≥2 to <5	1.08 (0.98-1.18)	1.21 (1.11-1.33)	1.43 (1.28-1.59)	1.51 (1.28-1.77)
≥5	1.00 (reference)	1.00 (0.90-1.11)	1.11 (0.96-1.29)	1.51 (1.20-1.91)
Model 4				
<1	1.33 (1.07-1.66)	1.72 (1.42-2.08)	2.11 (1.68-2.65)	2.05 (1.47-2.84)
≥1 to <2	1.15 (0.99-1.33)	1.47 (1.28-1.68)	1.57 (1.31-1.87)	1.92 (1.47-2.49)
≥2 to <5	1.05 (0.96-1.15)	1.25 (1.13-1.37)	1.54 (1.35-1.76)	1.76 (1.44-2.16)
≥5	1.00 (reference)	1.05 (0.94-1.18)	1.22 (1.03-1.44)	1.79 (1.38-2.32)
<i>Swedish Mammography Cohort (SMC; women), baseline 1997</i>				
Servings of fruit and vegetables/day				
Model 1				
<1	1.22 (0.87-1.70)	1.07 (0.60-1.89)	2.85 (1.42-5.73)	2.56 (0.82-7.95)
≥1 to <2	1.28 (1.07-1.53)	1.02 (0.74-1.40)	1.07 (0.62-1.85)	1.48 (0.61-3.56)
≥2 to <5	1.13 (1.02-1.24)	1.11 (0.96-1.27)	1.27 (1.02-1.57)	1.45 (1.00-2.10)
≥5	1.00 (reference)	0.97 (0.83-1.12)	1.04 (0.81-1.33)	1.13 (0.74-1.73)
Model 2				
<1	1.05 (0.74-1.47)	0.93 (0.53-1.66)	2.40 (1.19-4.82)	2.03 (0.65-6.33)
≥1 to <2	1.15 (0.96-1.39)	0.92 (0.66-1.27)	0.89 (0.51-1.53)	1.23 (0.51-2.97)
≥2 to <5	1.08 (0.98-1.19)	1.04 (0.91-1.20)	1.16 (0.94-1.45)	1.25 (0.86-1.82)
≥5	1.00 (reference)	0.93 (0.80-1.08)	0.97 (0.76-1.25)	1.10 (0.72-1.68)
Model 3				
<1	0.99 (0.70-1.39)	0.87 (0.49-1.54)	2.24 (1.11-4.50)	1.94 (0.62-6.03)
≥1 to <2	1.11 (0.92-1.33)	0.88 (0.64-1.22)	0.88 (0.51-1.52)	1.19 (0.49-2.87)
≥2 to <5	1.07 (0.97-1.18)	1.05 (0.91-1.21)	1.16 (0.94-1.45)	1.20 (0.83-1.75)
≥5	1.00 (reference)	0.94 (0.81-1.10)	0.96 (0.74-1.23)	1.11 (0.72-1.70)
Model 4				
<1	0.99 (0.70-1.40)	0.83 (0.47-1.50)	2.10 (1.03-4.30)	1.70 (0.53-5.49)
≥1 to <2	1.11 (0.91-1.34)	0.86 (0.62-1.20)	0.84 (0.48-1.47)	1.10 (0.45-2.72)
≥2 to <5	1.07 (0.97-1.19)	1.03 (0.88-1.19)	1.12 (0.88-1.42)	1.10 (0.72-1.69)
≥5	1.00 (reference)	0.92 (0.78-1.08)	0.91 (0.70-1.19)	1.03 (0.65-1.63)
<i>Cohort of Swedish Men (COSM), baseline 1997</i>				
Servings of fruit and vegetables/day				
Model 1				
<1	1.60 (1.29-1.98)	1.30 (0.97-1.74)	1.41 (1.04-1.91)	1.23 (0.91-1.66)
≥1 to <2	1.20 (1.03-1.40)	1.02 (0.84-1.25)	1.22 (0.99-1.49)	1.25 (1.02-1.53)

≥2 to <5	1.12 (1.01-1.25)	1.07 (0.95-1.21)	1.14 (1.00-1.30)	1.11 (0.96-1.27)
≥5	1.00 (reference)	0.95 (0.82-1.11)	1.03 (0.86-1.22)	1.08 (0.90-1.31)
Model 2				
<1	1.34 (1.08-1.67)	1.11 (0.83-1.50)	1.22 (0.90-1.67)	1.01 (0.75-1.37)
≥1 to <2	1.07 (0.91-1.26)	0.91 (0.75-1.12)	1.08 (0.88-1.32)	1.07 (0.87-1.31)
≥2 to <5	1.07 (0.96-1.20)	1.03 (0.91-1.16)	1.08 (0.94-1.23)	1.02 (0.88-1.17)
≥5	1.00 (reference)	0.95 (0.82-1.11)	1.01 (0.85-1.21)	1.04 (0.86-1.26)
Model 3				
<1	1.24 (1.00-1.55)	1.02 (0.76-1.37)	1.11 (0.81-1.51)	0.97 (0.72-1.31)
≥1 to <2	1.03 (0.88-1.21)	0.87 (0.71-1.07)	1.04 (0.84-1.27)	1.07 (0.87-1.31)
≥2 to <5	1.05 (0.94-1.18)	1.01 (0.89-1.14)	1.06 (0.93-1.21)	1.03 (0.89-1.19)
≥5	1.00 (reference)	0.95 (0.81-1.10)	1.02 (0.86-1.21)	1.06 (0.88-1.29)
Model 4				
<1	1.24 (0.99-1.55)	1.03 (0.76-1.39)	1.13 (0.82-1.55)	1.00 (0.72-1.40)
≥1 to <2	1.03 (0.87-1.21)	0.88 (0.72-1.08)	1.06 (0.85-1.31)	1.10 (0.86-1.40)
≥2 to <5	1.06 (0.94-1.18)	1.02 (0.90-1.16)	1.08 (0.93-1.25)	1.05 (0.88-1.26)
≥5	1.00 (reference)	0.95 (0.82-1.11)	1.03 (0.86-1.24)	1.08 (0.87-1.35)

Swedish Mammography Cohort (SMC; women), baseline 1997

ORAC quartile				
Model 1				
1	1.16 (1.02-1.32)	1.04 (0.85-1.27)	1.46 (1.09-1.98)	1.40 (0.83-2.34)
2	1.00 (0.88-1.15)	1.09 (0.90-1.32)	1.04 (0.75-1.43)	1.46 (0.84-2.54)
3	1.06 (0.92-1.20)	0.99 (0.81-1.20)	1.24 (0.91-1.68)	1.14 (0.66-1.98)
4	1.00 (reference)	0.96 (0.79-1.17)	0.99 (0.73-1.35)	1.30 (0.81-2.08)
Model 2				
1	1.09 (0.94-1.27)	0.96 (0.78-1.18)	1.31 (0.97-1.78)	1.25 (0.74-2.09)
2	0.97 (0.84-1.12)	1.03 (0.84-1.25)	0.94 (0.68-1.30)	1.33 (0.76-2.31)
3	1.05 (0.92-1.21)	0.95 (0.78-1.15)	1.13 (0.83-1.53)	0.99 (0.57-1.73)
4	1.00 (reference)	0.94 (0.77-1.14)	0.94 (0.69-1.28)	1.24 (0.77-1.99)
Model 3				
1	1.07 (0.92-1.24)	0.95 (0.77-1.17)	1.36 (1.00-1.84)	1.20 (0.72-2.01)
2	0.97 (0.84-1.12)	1.03 (0.84-1.25)	0.93 (0.68-1.29)	1.35 (0.78-2.35)
3	1.05 (0.91-1.20)	0.95 (0.78-1.16)	1.07 (0.79-1.46)	0.93 (0.53-1.62)
4	1.00 (reference)	0.96 (0.79-1.16)	0.94 (0.69-1.28)	1.26 (0.78-2.02)
Model 4				
1	1.05 (0.89-1.23)	0.91 (0.73-1.13)	1.28 (0.93-1.78)	1.09 (0.62-1.92)
2	0.96 (0.83-1.12)	1.00 (0.81-1.22)	0.89 (0.64-1.25)	1.24 (0.69-2.23)
3	1.04 (0.91-1.20)	0.93 (0.76-1.14)	1.03 (0.75-1.42)	0.87 (0.48-1.55)
4	1.00 (reference)	0.94 (0.77-1.15)	0.91 (0.66-1.25)	1.18 (0.71-1.96)

Cohort of Swedish Men (COSM), baseline 1997

ORAC quartile				
Model 1				
1	1.20 (1.05-1.37)	1.11 (0.95-1.30)	1.20 (1.00-1.43)	1.21 (1.00-1.47)
2	1.14 (0.99-1.31)	1.01 (0.86-1.19)	1.20 (1.00-1.43)	1.24 (1.03-1.49)
3	1.06 (0.92-1.22)	1.03 (0.88-1.22)	1.08 (0.90-1.30)	0.97 (0.80-1.19)
4	1.00 (reference)	0.99 (0.84-1.17)	1.05 (0.87-1.26)	1.10 (0.92-1.32)
Model 2				
1	1.17 (1.01-1.35)	1.06 (0.89-1.26)	1.13 (0.94-1.35)	1.09 (0.89-1.33)
2	1.13 (0.98-1.30)	1.01 (0.85-1.20)	1.16 (0.97-1.39)	1.16 (0.96-1.39)
3	1.07 (0.93-1.24)	1.05 (0.89-1.24)	1.08 (0.90-1.29)	0.93 (0.76-1.13)
4	1.00 (reference)	0.99 (0.84-1.17)	1.03 (0.86-1.24)	1.04 (0.87-1.25)
Model 3				
1	1.12 (0.96-1.30)	1.01 (0.85-1.20)	1.08 (0.90-1.30)	1.08 (0.88-1.31)
2	1.10 (0.95-1.27)	0.98 (0.83-1.16)	1.15 (0.96-1.38)	1.16 (0.96-1.39)
3	1.06 (0.92-1.23)	1.03 (0.87-1.22)	1.04 (0.87-1.25)	0.94 (0.77-1.15)
4	1.00 (reference)	0.99 (0.84-1.18)	1.04 (0.86-1.25)	1.06 (0.88-1.28)

Model 4				
1	1.11 (0.95-1.30)	1.02 (0.85-1.21)	1.09 (0.89-1.34)	1.10 (0.87-1.40)
2	1.10 (0.95-1.27)	0.99 (0.83-1.17)	1.17 (0.97-1.41)	1.19 (0.95-1.47)
3	1.06 (0.92-1.23)	1.04 (0.88-1.22)	1.06 (0.87-1.28)	0.96 (0.77-1.21)
4	1.00 (reference)	1.00 (0.84-1.18)	1.05 (0.87-1.27)	1.08 (0.87-1.34)

ORAC, oxygen radical absorbance capacity.

Covariates in model 1: age.

Covariates in model 2: age, body mass index, height, energy intake, alcohol intake, intake of yoghurt, cheese, red and processed meat, education, marital status (living alone vs. not), physical activity (metabolic equivalents), smoking habits (never/former/current smoker and for baseline 1997 also pack-years of smoking), ever use of antioxidant-containing supplements, and Charlson's weighted comorbidity index.

Covariates in model 3: as in model 2 and additionally use calcium-containing supplements and for baseline 1997 use of aspirin and prevalent hypercholesterolemia.

Covariates in model 4: as in model 3 and additionally energy adjusted dietary intake of protein, total and saturated fat, calcium, vitamin d, retinol, and phosphorous, ever use of cortisone, and ever use of estrogen replacement for women.

Web Table 6. Hazard ratios and 95% confidence intervals of all-cause mortality by categories of milk intake and fruit and vegetable intake or ORAC, first 2 years of follow-up excluded

	Glasses of Milk per Day			
	<1	≥1 to <2	≥2 to <3	≥3
<i>Swedish Mammography Cohort (SMC; women), baseline 1987-1990 (time-updated analyses)</i>				
Servings of fruit and vegetables/day				
Model 1				
<1	2.60 (2.35-2.89)	2.82 (2.56-3.10)	4.51 (4.07-5.01)	4.41 (3.82-5.09)
≥1 to <2	1.82 (1.69-1.96)	2.44 (2.28-2.61)	2.95 (2.72-3.20)	3.32 (2.95-3.74)
≥2 to <5	1.35 (1.28-1.41)	1.69 (1.61-1.77)	2.36 (2.23-2.50)	2.86 (2.64-3.11)
≥5	1.00 (reference)	1.19 (1.12-1.26)	1.57 (1.45-1.70)	1.89 (1.66-2.15)
Model 2				
<1	1.83 (1.64-2.03)	1.92 (1.74-2.12)	3.08 (2.77-3.42)	2.76 (2.39-3.19)
≥1 to <2	1.41 (1.31-1.52)	1.79 (1.68-1.92)	2.03 (1.87-2.21)	2.29 (2.03-2.58)
≥2 to <5	1.19 (1.13-1.24)	1.39 (1.32-1.45)	1.82 (1.72-1.93)	2.15 (1.97-2.34)
≥5	1.00 (reference)	1.10 (1.04-1.16)	1.35 (1.25-1.46)	1.60 (1.40-1.82)
Model 3				
<1	1.82 (1.64-2.02)	1.91 (1.73-2.10)	3.07 (2.76-3.41)	2.75 (2.38-3.17)
≥1 to <2	1.40 (1.30-1.51)	1.79 (1.67-1.91)	2.03 (1.87-2.21)	2.28 (2.02-2.58)
≥2 to <5	1.18 (1.12-1.24)	1.38 (1.31-1.45)	1.82 (1.72-1.93)	2.14 (1.97-2.34)
≥5	1.00 (reference)	1.10 (1.04-1.16)	1.36 (1.25-1.47)	1.60 (1.40-1.83)
Model 4				
<1	1.66 (1.49-1.84)	2.04 (1.85-2.25)	3.73 (3.33-4.17)	4.23 (3.61-4.96)
≥1 to <2	1.31 (1.22-1.42)	1.91 (1.78-2.05)	2.47 (2.25-2.70)	3.36 (2.94-3.84)
≥2 to <5	1.14 (1.08-1.20)	1.51 (1.44-1.59)	2.25 (2.10-2.40)	3.19 (2.87-3.54)
≥5	1.00 (reference)	1.24 (1.16-1.31)	1.69 (1.55-1.84)	2.37 (2.05-2.74)
<i>Swedish Mammography Cohort (SMC; women), baseline 1997</i>				
ORAC quartile				
Model 1				
1	1.26 (1.17-1.35)	1.32 (1.20-1.45)	1.58 (1.36-1.84)	1.66 (1.30-2.12)
2	1.08 (1.00-1.16)	1.15 (1.04-1.27)	1.30 (1.12-1.52)	1.37 (1.00-1.87)
3	1.07 (1.00-1.16)	1.08 (0.97-1.19)	1.11 (0.94-1.31)	1.20 (0.90-1.59)
4	1.00 (reference)	1.09 (0.98-1.20)	1.17 (1.00-1.36)	1.29 (0.99-1.67)
Model 2				
1	1.21 (1.12-1.31)	1.25 (1.13-1.39)	1.47 (1.26-1.72)	1.52 (1.19-1.94)
2	1.06 (0.98-1.14)	1.08 (0.98-1.20)	1.25 (1.07-1.46)	1.28 (0.94-1.75)
3	1.08 (1.00-1.16)	1.04 (0.94-1.16)	1.06 (0.89-1.25)	1.02 (0.77-1.36)
4	1.00 (reference)	1.06 (0.95-1.17)	1.11 (0.95-1.29)	1.21 (0.93-1.57)
Model 3				
1	1.19 (1.10-1.29)	1.24 (1.12-1.38)	1.49 (1.27-1.74)	1.49 (1.17-1.91)
2	1.06 (0.98-1.14)	1.08 (0.97-1.19)	1.24 (1.06-1.45)	1.30 (0.95-1.78)
3	1.07 (0.99-1.16)	1.05 (0.95-1.16)	1.01 (0.86-1.20)	0.97 (0.73-1.29)
4	1.00 (reference)	1.07 (0.97-1.18)	1.11 (0.95-1.29)	1.22 (0.94-1.58)
Model 4				
1	1.18 (1.08-1.28)	1.23 (1.10-1.37)	1.46 (1.24-1.72)	1.47 (1.12-1.94)
2	1.05 (0.97-1.14)	1.07 (0.96-1.19)	1.22 (1.04-1.44)	1.28 (0.93-1.78)
3	1.07 (0.99-1.16)	1.04 (0.94-1.16)	1.00 (0.84-1.19)	0.98 (0.72-1.32)
4	1.00 (reference)	1.07 (0.97-1.19)	1.11 (0.94-1.30)	1.21 (0.92-1.60)
<i>Cohort of Swedish Men (COSM), baseline 1997</i>				
ORAC quartile				
Model 1				
1	1.29 (1.20-1.39)	1.32 (1.21-1.43)	1.40 (1.28-1.54)	1.56 (1.41-1.72)
2	1.12 (1.04-1.21)	1.08 (0.99-1.18)	1.23 (1.12-1.35)	1.28 (1.15-1.41)
3	1.05 (0.97-1.14)	1.13 (1.03-1.23)	1.09 (0.99-1.21)	1.17 (1.05-1.29)
4	1.00 (reference)	1.09 (1.00-1.20)	1.05 (0.95-1.16)	1.18 (1.07-1.30)

Model 2				
1	1.22 (1.13-1.32)	1.19 (1.09-1.31)	1.28 (1.16-1.41)	1.31 (1.18-1.45)
2	1.09 (1.01-1.18)	1.07 (0.98-1.18)	1.17 (1.06-1.29)	1.16 (1.05-1.28)
3	1.07 (0.98-1.16)	1.13 (1.03-1.23)	1.08 (0.97-1.19)	1.11 (1.00-1.23)
4	1.00 (reference)	1.06 (0.97-1.16)	1.01 (0.91-1.12)	1.10 (1.00-1.22)
Model 3				
1	1.18 (1.09-1.28)	1.15 (1.05-1.26)	1.24 (1.12-1.36)	1.30 (1.18-1.44)
2	1.08 (0.99-1.17)	1.05 (0.96-1.15)	1.16 (1.06-1.28)	1.16 (1.05-1.28)
3	1.06 (0.98-1.15)	1.12 (1.02-1.22)	1.05 (0.95-1.16)	1.12 (1.01-1.25)
4	1.00 (reference)	1.07 (0.98-1.18)	1.02 (0.92-1.13)	1.12 (1.01-1.24)
Model 4				
1	1.19 (1.09-1.29)	1.14 (1.04-1.26)	1.21 (1.09-1.34)	1.24 (1.10-1.40)
2	1.09 (1.00-1.18)	1.05 (0.95-1.15)	1.14 (1.03-1.26)	1.11 (0.99-1.25)
3	1.07 (0.98-1.16)	1.11 (1.01-1.21)	1.04 (0.93-1.15)	1.08 (0.96-1.21)
4	1.00 (reference)	1.06 (0.96-1.16)	1.00 (0.90-1.11)	1.07 (0.96-1.20)

ORAC, oxygen radical absorbance capacity.

Covariates in model 1: age.

Covariates in model 2: age, body mass index, height, energy intake, alcohol intake, intake of yoghurt, cheese, red and processed meat, education, marital status (living alone vs. not), physical activity (metabolic equivalents), smoking habits (never/former/current smoker and for baseline 1997 also pack-years of smoking), ever use of antioxidant-containing supplements, and Charlson's weighted comorbidity index.

Covariates in model 3: as in model 2 and additionally use calcium-containing supplements and for baseline 1997 use of aspirin and prevalent hypercholesterolemia.

Covariates in model 4: as in model 3 and additionally energy adjusted dietary intake of protein, total and saturated fat, calcium, vitamin d, retinol, and phosphorous, ever use of cortisone, and ever use of estrogen replacement for women.

Web Table 7. Hazard ratios and 95% confidence intervals of all-cause mortality by categories of milk intake and fruit and vegetable intake or ORAC, BMI>35 excluded

	Glasses of milk a day			
	<1	≥1 to <2	≥2 to <3	≥3
<i>Swedish Mammography Cohort (SMC; women), baseline 1997</i>				
ORAC quartile				
Model 2				
1	1.22 (1.12-1.32)	1.30 (1.18-1.44)	1.50 (1.29-1.75)	1.60 (1.26-2.03)
2	1.06 (0.98-1.15)	1.10 (1.00-1.22)	1.26 (1.08-1.47)	1.29 (0.95-1.76)
3	1.08 (1.00-1.16)	1.03 (0.93-1.15)	1.08 (0.91-1.28)	1.02 (0.77-1.36)
4	1.00 (reference)	1.07 (0.97-1.18)	1.13 (0.97-1.32)	1.23 (0.95-1.59)
<i>Cohort of Swedish Men (COSM), baseline 1997</i>				
ORAC quartile				
Model 2				
1	1.21 (1.12-1.31)	1.20 (1.10-1.31)	1.31 (1.19-1.43)	1.30 (1.18-1.44)
2	1.08 (1.00-1.17)	1.07 (0.98-1.17)	1.18 (1.07-1.29)	1.17 (1.06-1.30)
3	1.06 (0.98-1.15)	1.12 (1.02-1.22)	1.09 (0.99-1.21)	1.11 (1.01-1.23)
4	1.00 (reference)	1.07 (0.98-1.17)	1.01 (0.91-1.11)	1.11 (1.00-1.22)

ORAC, oxygen radical absorbance capacity.

Covariates in model: age, body mass index, height, energy intake, alcohol intake, intake of yoghurt, cheese, red and processed meat, education, marital status (living alone vs. not), physical activity (metabolic equivalents), smoking habits (never/former/current smoker and pack-years of smoking), ever use of antioxidant-containing supplements, and Charlson's weighted comorbidity index.

Web Table 8. Hazard ratios and 95% confidence intervals of all-cause mortality by categories of milk intake and fruit and vegetable intake or ORAC, current smokers excluded

	Glasses of milk a day			
	<1	≥1 to <2	≥2 to <3	≥3
<i>Swedish Mammography Cohort (SMC; women), baseline 1997</i>				
ORAC quartile				
Model 2				
1	1.22 (1.12-1.33)	1.27 (1.14-1.42)	1.45 (1.21-1.74)	1.41 (1.07-1.86)
2	1.06 (0.97-1.16)	1.08 (0.97-1.21)	1.27 (1.06-1.51)	1.18 (0.82-1.70)
3	1.07 (0.98-1.16)	1.02 (0.91-1.15)	0.99 (0.81-1.20)	1.17 (0.87-1.59)
4	1.00 (reference)	1.06 (0.95-1.19)	1.08 (0.91-1.28)	1.10 (0.82-1.47)
<i>Cohort of Swedish Men (COSM), baseline 1997</i>				
ORAC quartile				
Model 2				
1	1.12 (1.02-1.23)	1.13 (1.02-1.26)	1.17 (1.05-1.31)	1.28 (1.14-1.45)
2	1.04 (0.95-1.14)	1.02 (0.92-1.12)	1.09 (0.98-1.22)	1.05 (0.94-1.18)
3	1.03 (0.94-1.13)	1.08 (0.98-1.19)	0.99 (0.88-1.11)	1.05 (0.93-1.18)
4	1.00 (reference)	1.03 (0.93-1.14)	0.98 (0.88-1.10)	1.05 (0.93-1.17)

ORAC, oxygen radical absorbance capacity.

Covariates in model: age, body mass index, height, energy intake, alcohol intake, intake of yoghurt, cheese, red and processed meat, education, marital status (living alone vs. not), physical activity (metabolic equivalents), smoking habits (never/former/current smoker and pack-years of smoking), ever use of antioxidant-containing supplements, and Charlson's weighted comorbidity index.