

Table 1

Age-adjusted Baseline Characteristics of Participants across Quintiles of the Empirical Dietary Inflammatory Pattern Scores in the Pooled Cohorts of the Nurses' Health Study (Women, 1984) and the Health Professionals Follow-up Study (Men, 1986)^a

Characteristic	Quintiles of the Empirical Dietary Inflammatory Pattern (EDIP) Scores				
	Q1 (Lowest)	Q2	Q3	Q4	Q5 (Highest)
Participants, No.	25,064	24,882	24,764	24,883	24,840
Age, years ^b	51.9 (7.9)	52.6 (8.3)	52.5 (8.5)	52.5 (8.7)	51.6 (8.7)
Race (white), %	96	96	95	94	93
Body mass index, kg/m ²	24.4 (3.5)	24.7 (3.7)	25.1 (4.0)	25.6 (4.4)	26.5 (5.1)
Family history of colorectal cancer, %	8	9	8	8	8
Smoking, pack-years	15.9 (19.3)	13.1 (17.9)	11.7 (17.3)	11.2 (17.4)	11.9 (18.2)
Waist hip ratio	0.7 (0.3)	0.7 (0.3)	0.7 (0.3)	0.7 (0.3)	0.7 (0.4)
Energy intake, kcal/day	1768 (539)	1696 (510)	1697 (507)	1765 (531)	1994 (592)
Total activity, METS-hours/week ^c	18.0 (25.5)	16.7 (23.4)	15.8 (22.7)	15.2 (22.4)	14.5 (22.0)
Current multivitamin use, %	41	40	39	38	36
History of endoscopy, %	35	35	34	35	34
Total alcohol intake, g/day	15.8 (17.4)	8.8 (11.5)	6.7 (10.2)	5.6 (9.5)	5.1 (10.0)
Regular aspirin use, % ^d	36	35	35	35	37
Food group components of the empirical dietary inflammatory pattern					
Processed meat, serving/day	0.25 (0.27)	0.26 (0.27)	0.29 (0.30)	0.34 (0.34)	0.51 (0.56)
Red meat, serving/day	0.53 (0.36)	0.55 (0.37)	0.58 (0.39)	0.65 (0.40)	0.82 (0.53)
Organ meat, serving/day	0.02 (0.04)	0.02 (0.04)	0.02 (0.04)	0.02 (0.04)	0.03 (0.05)
Other fish, serving/day	0.27 (0.22)	0.28 (0.22)	0.28 (0.23)	0.31 (0.25)	0.36 (0.34)
Other vegetable, serving/day	0.79 (0.64)	0.77 (0.58)	0.78 (0.60)	0.82 (0.64)	0.98 (0.92)
Refined grain, serving/day	0.92 (0.74)	1.00 (0.79)	1.12 (0.90)	1.33 (1.04)	1.88 (1.43)
High energy beverage, serving/day	0.15 (0.28)	0.19 (0.32)	0.24 (0.39)	0.32 (0.48)	0.69 (1.02)
Low energy beverage, serving/day	0.36 (0.65)	0.40 (0.68)	0.45 (0.74)	0.58 (0.90)	1.07 (1.65)
Tomato, serving/day	0.51 (0.40)	0.51 (0.39)	0.53 (0.39)	0.58 (0.42)	0.73 (0.68)
Beer, serving/day	0.38 (0.92)	0.17 (0.43)	0.11 (0.31)	0.08 (0.27)	0.07 (0.23)
Wine, serving/day	0.66 (0.96)	0.26 (0.37)	0.17 (0.27)	0.12 (0.21)	0.09 (0.19)
Tea, serving/day	0.62 (1.15)	0.62 (1.09)	0.60 (1.03)	0.58 (1.00)	0.55 (0.97)
Coffee, serving/day	3.80 (2.08)	2.76 (1.80)	2.04 (1.63)	1.58 (1.51)	1.25 (1.40)
Dark yellow vegetable, serving/day	0.37 (0.48)	0.32 (0.32)	0.30 (0.28)	0.29 (0.27)	0.28 (0.27)
Green leafy vegetable, serving/day	1.04 (0.92)	0.83 (0.59)	0.74 (0.53)	0.69 (0.50)	0.67 (0.53)
Snack, serving/day	0.80 (1.23)	0.61 (0.89)	0.54 (0.76)	0.52 (0.70)	0.56 (0.72)
Fruit juice, serving/day	0.85 (1.03)	0.79 (0.82)	0.74 (0.73)	0.71 (0.68)	0.69 (0.72)
Pizza, serving/day	0.10 (0.13)	0.07 (0.08)	0.07 (0.07)	0.06 (0.06)	0.06 (0.06)

Abbreviations: METS, metabolic equivalent task score.

^aThe mean \pm standard deviation (SD) for continuous variables and percentage for categorical variables.

^bAll variables are age standardized except age.

^cPhysical activity is represented by the product sum of the METS of each specific recreational activity and hours spent on that activity per week.

^dA standard tablet contains 325 mg aspirin, and regular users were defined as those who used at least two tablets per week.