

Supplement Table 1. Constituents and construction of the evolutionary-concordance lifestyle pattern score in the prospective Iowa Women’s Health Study (n = 35,221), 1986 – 2012

Constituents	Evolutionary-concordance lifestyle score categories and initial points			Weights^c
	+1^a	+3	+5^b	
Physical activity	Low	Medium	High	0.89 (High & Medium)
Smoking status	Current smoker	Former smoker	Never smoker	1.05 (Current), 1.20 (Former)
Body mass index ^d , kg/m ²	≥ 30	25 - <30	< 25	1.12 (≥ 25 kg/m ²)

^a Least evolutionary concordant category.

^b Most evolutionary concordant category.

^c Weights based on summary relative risks from reported meta-analyses of observational epidemiologic studies of associations of physical activity (16), smoking status (17), and body mass index (18) with colorectal cancer; the initial points in the two most evolutionary concordant categories of physical activity (hypothesized to be inversely associated with risk) and the two least evolutionary concordant categories of smoking and body mass index (hypothesized to be directly associated with risk) were divided by these values to yield the weighted values to be summed for the lifestyle score (e.g., for high physical activity: 5/0.89 = 5.62; for current smoker: 1/1.05 = 0.95).

^d Categories are for obese, overweight, and normal/underweight, respectively, according to WHO guidelines.

Supplement Table 2. Associations of evolutionary-concordance and Mediterranean diet scores with incident colorectal cancer according to categories of other risk factors; the Iowa Women’s Health Study (n = 35,221), 1986 – 2012

Diet score variable	Evolutionary-concordance diet score		Mediterranean diet score	
	Adjusted HR ^a	95% CI	Adjusted HR ^a	95% CI
Age, years				
≤ 61				
1	1.00		1.00	
2	0.96	0.78–1.19	1.12	0.91–1.39
3	0.95	0.76–1.17	1.11	0.90–1.38
4	0.95	0.76–1.19	0.97	0.77–1.23
5	0.91	0.72–1.16	1.00	0.80–1.25
<i>P for trend</i>	<i>0.47</i>		<i>0.56</i>	
> 61				
1	1.00		1.00	
2	1.09	0.94–1.42	1.10	0.90–1.35
3	1.08	0.92–1.39	1.24	1.02–1.51
4	1.08	0.92–1.43	1.09	0.88–1.35
5	1.14	0.89–1.40	1.02	0.83–1.27
<i>P for trend</i>	<i>0.30</i>		<i>0.63</i>	
<i>P for interaction</i>	<i>0.72</i>		<i>0.89</i>	
Family history of colorectal cancer^b				
Yes				
1	1.00		1.00	
2	0.95	0.75–1.20	1.29	1.03–1.62
3	1.10	0.88–1.37	1.19	0.94–1.50
4	0.97	0.75–1.23	1.06	0.83–1.36
5	0.97	0.76–1.25	1.03	0.81–1.32
<i>P for trend</i>	<i>0.76</i>		<i>0.96</i>	
No				

1	1.00		1.00	
2	1.07	0.88–1.29	0.99	0.81–1.20
3	0.94	0.78–1.14	1.16	0.97–1.40
4	1.04	0.85–1.27	1.00	0.82–1.23
5	1.07	0.87–1.31	0.99	0.81–1.20
<i>P for trend</i>	<i>0.57</i>		<i>0.90</i>	
<i>P for interaction</i>	<i>0.41</i>		<i>0.41</i>	

Smoking status

Current/former

1	1.00		1.00	
2	0.84	0.65–1.09	1.06	0.82–1.38
3	1.02	0.79–1.30	1.22	0.95–1.57
4	0.94	0.72–1.23	1.05	0.80–1.38
5	1.04	0.80–1.36	0.98	0.76–1.27
<i>P for trend</i>	<i>0.84</i>		<i>0.71</i>	

Never

1	1.00		1.00	
2	1.12	0.93–1.34	1.12	0.94–1.34
3	1.00	0.84–1.20	1.15	0.97–1.37
4	1.04	0.86–1.26	1.02	0.84–1.23
5	1.02	0.84–1.25	1.02	0.84–1.23
<i>P for trend</i>	<i>0.98</i>		<i>0.89</i>	
<i>P for interaction</i>	<i>0.31</i>		<i>0.96</i>	

Education

≤ High school

1	1.00		1.00	
2	1.02	0.85–1.22	1.04	0.87–1.25
3	0.97	0.81–1.16	1.06	0.89–1.27
4	0.92	0.76–1.13	0.93	0.77–1.14
5	1.06	0.87–1.30	1.01	0.83–1.22
<i>P for trend</i>	<i>0.99</i>		<i>0.80</i>	

> High school

1	1.00		1.00	
2	1.05	0.79–1.35	1.27	0.97–1.66
3	1.09	0.84–1.39	1.45	1.12–1.86
4	1.14	0.89–1.49	1.24	0.95–1.62
5	1.01	0.78–1.31	1.08	0.83–1.40
<i>P for trend</i>	<i>0.74</i>		<i>0.85</i>	
<i>P for interaction</i>	<i>0.50</i>		<i>0.24</i>	

Body mass index**Non-obese [<30
kg/m²]**

1	1.00		1.00	
2	0.98	0.82–1.15	1.06	0.89–1.26
3	0.95	0.80–1.12	1.17	0.99–1.39
4	0.92	0.77–1.11	1.06	0.88–1.27
5	0.92	0.77–1.11	0.95	0.79–1.14
<i>P for trend</i>	<i>0.30</i>		<i>0.51</i>	

**Obese [≥ 30
kg/m²]**

1	1.00		1.00	
2	1.21	0.89–1.65	1.23	0.93–1.63
3	1.25	0.93–1.70	1.18	0.89–1.56
4	1.35	0.99–1.85	0.95	0.69–1.30
5	1.46	1.07–2.01	1.19	0.89–1.60
<i>P for trend</i>	<i>0.02</i>		<i>0.37</i>	
<i>P for interaction</i>	<i>0.12</i>		<i>0.41</i>	

**Total energy intake
 $\leq 1,717.4$ kcal/day**

1	1.00		1.00	
2	1.09	0.86–1.36	1.02	0.83–1.24
3	1.00	0.80–1.25	1.19	0.98–1.45

4	1.02	0.81–1.29	0.93	0.75–1.16
5	1.07	0.86–1.35	1.03	0.84–1.28
<i>P for trend</i>	0.85		0.97	
> 1,717.5 kcal/day				
1	1.00		1.00	
2	0.97	0.79–1.18	1.21	0.98–1.50
3	1.03	0.84–1.25	1.16	0.93–1.43
4	1.01	0.81–1.25	1.13	0.90–1.41
5	0.97	0.76–1.24	0.98	0.79–1.23
<i>P for trend</i>	0.88		0.90	
<i>P for interaction</i>	0.86		0.38	
Use of HRT				
Current or past				
1	1.00		1.00	
2	1.15	0.89–1.48	1.17	0.91–1.52
3	1.05	0.81–1.35	1.24	0.97–1.60
4	1.03	0.79–1.35	0.99	0.75–1.30
5	0.93	0.71–1.22	1.04	0.80–1.34
<i>P for trend</i>	0.18		0.74	
Never				
1	1.00		1.00	
2	0.96	0.80–1.15	1.07	0.89–1.28
3	0.98	0.82–1.17	1.14	0.96–1.36
4	0.99	0.82–1.20	1.05	0.87–1.27
5	1.09	0.90–1.33	0.99	0.82–1.20
<i>P for trend</i>	0.23		0.93	
<i>P for interaction</i>	0.37		0.89	

Abbreviations: CI, confidence interval; HR, hazards ratio; HRT, hormone replacement therapy.

^a HR from Cox proportional hazards models. Covariates included age (years; continuous), family history of colorectal cancer in a first-degree relative (yes/ no), smoking status (current, past, never smoker), education (< high school, high school, > high school), race, body mass index (weight [kg]/height [m]²; continuous), physical activity (low, medium, high), total energy intake (kcal/day;

continuous), arthritis (yes/no), and hormone replacement therapy use (HRT) (current, past, never). *P for interaction* from the stratified risk factor*score interaction term in the Cox proportional hazards model.

^b In a first degree relative.

Supplement Table 3. Multivariable-adjusted associations of evolutionary-concordance lifestyle and combined scores with incident colorectal cancer according to categories of other risk factors; the Iowa Women’s Health Study (n = 35,221), 1986 – 2012

Score Variable	Evolutionary-concordance scores			
	Lifestyle		Combined ^a	
	Adjusted HR ^b	95% CI	Adjusted HR ^b	95% CI
Age, years				
≤ 61				
1	1.00		1.00	
2	0.91	0.74–1.12	0.98	0.79–1.21
3	0.83	0.67–1.03	0.88	0.71–1.09
4	0.70	0.56–0.88	0.82	0.66–1.02
5	0.68	0.53–0.87	0.68	0.54–0.86
<i>P for trend</i>	<0.01		<0.01	
> 61				
1	1.00		1.00	
2	0.83	0.68–1.02	0.89	0.73–1.10
3	0.76	0.62–0.93	0.81	0.66–1.00
4	0.78	0.64–0.96	0.89	0.73–1.08
5	0.66	0.53–0.83	0.72	0.59–0.89
<i>P for trend</i>	<0.01		<0.01	
<i>P for interaction</i>	0.69		0.74	
Family history of colorectal cancer^c				
Yes				
1	1.00		1.00	
2	0.80	0.64–1.00	0.74	0.59–0.93
3	0.79	0.63–0.98	0.73	0.58–0.93
4	0.68	0.54–0.86	0.69	0.54–0.86
5	0.64	0.49–0.83	0.66	0.52–0.84
<i>P for trend</i>	<0.01		<0.01	
No				

1	1.00		1.00	
2	0.91	0.76–1.10	1.07	0.88–1.30
3	0.79	0.65–0.95	0.91	0.75–1.11
4	0.80	0.66–0.96	0.98	0.81–1.18
5	0.68	0.55–0.85	0.73	0.59–0.90
<i>P for trend</i>	<0.01		<0.01	
<i>P for interaction</i>	0.76		0.07	

Education

≤ High school

1	1.00		1.00	
2	0.75	0.62–0.89	0.92	0.76–1.10
3	0.82	0.68–0.98	0.85	0.71–1.02
4	0.72	0.60–0.87	0.79	0.65–0.95
5	0.64	0.52–0.80	0.75	0.61–0.91
<i>P for trend</i>	<0.01		<0.01	

> High school

1	1.00		1.00	
2	1.13	0.88–1.44	0.95	0.72–1.20
3	0.75	0.58–0.97	0.78	0.61–1.03
4	0.81	0.63–1.04	1.00	0.73–1.19
5	0.72	0.55–0.94	0.62	0.49–0.82
<i>P for trend</i>	<0.01		<0.01	
<i>P for interaction</i>	0.02		0.34	

Total energy intake

≤ 1,717.4 kcal/day

1	1.00		1.00	
2	0.71	0.58–0.86	0.84	0.68–1.03
3	0.77	0.63–0.93	0.82	0.66–1.00
4	0.66	0.54–0.81	0.73	0.59–0.89
5	0.55	0.43–0.69	0.66	0.54–0.82
<i>P for trend</i>	<0.01		<0.01	

> 1,717.5 kcal/day

1	1.00		1.00	
2	1.10	0.88–1.34	1.01	0.82–1.25
3	0.79	0.65–1.02	0.84	0.68–1.04
4	0.92	0.69–1.07	0.99	0.80–1.21
5	0.72	0.64–1.04	0.72	0.57–0.91
<i>P for trend</i>	0.02		0.03	
<i>P for interaction</i>	0.01		<0.01	

Use of HRT**Current or past**

1	1.00		1.00	
2	0.84	0.65–1.08	1.00	0.78–1.30
3	0.78	0.61–1.01	0.91	0.71–1.18
4	0.79	0.62–1.02	0.81	0.63–1.05
5	0.68	0.52–0.90	0.77	0.60–1.00
<i>P for trend</i>	0.01		0.01	

Never

1	1.00		1.00	
2	0.87	0.73–1.04	0.88	0.73–1.05
3	0.78	0.65–0.94	0.79	0.65–0.95
4	0.72	0.60–0.86	0.86	0.72–1.03
5	0.65	0.52–0.80	0.65	0.53–0.79
<i>P for trend</i>	<0.01		<0.01	
<i>P for interaction</i>	0.92		0.52	

Abbreviations: CI, confidence interval; HR, hazards ratio; HRT, hormone replacement therapy.

^a Combined score = evolutionary-concordant diet score + evolutionary-concordant lifestyle score.

^b HR from Cox proportional hazards models. Covariates included age (years; continuous), family history of colorectal cancer in a first-degree relative (yes/ no), smoking status (current, past, never smoker), education (< high school, high school, > high school), race, body mass index (weight [kg]/height [m]²; continuous), physical activity (low, medium, high), total energy intake (kcal/day; continuous), arthritis (yes/no), and hormone replacement therapy use (HRT) (current, past, never). *P for interaction* from the stratified risk factor*score interaction term in the Cox proportional hazards model.

^c In a first degree relative.

Supplement Table 4. Multivariable-adjusted associations of evolutionary-concordance diet and lifestyle and Mediterranean diet pattern scores with incident colorectal cancer, after excluding study participants who died or were diagnosed with colorectal cancer within one or two years of follow up, and after censoring participants when they reached the ages of 75 and 80 years; the Iowa Women’s Health Study (n = 35,221), 1986 – 2012

Score Variable	Evolutionary-concordance scores						Mediterranean Diet Score ^a	
	Diet ^a		Lifestyle ^b		Combined ^c		HR ^a	95% CI
	HR ^a	95% CI	HR ^a	95% CI	HR ^a	95% CI		
Excluding								
One year								
1	1.00		1.00		1.00		1.00	
2	1.00	0.86–1.17	0.87	0.75–1.00	0.89	0.76–1.03	1.10	0.95–1.28
3	1.01	0.87–1.17	0.79	0.68–0.92	0.81	0.70–0.94	1.16	1.00–1.34
4	1.00	0.85–1.18	0.74	0.64–0.86	0.84	0.72–0.97	1.04	0.88–1.22
5	1.02	0.87–1.21	0.67	0.56–0.79	0.68	0.58–0.80	1.00	0.86–1.17
<i>P</i> for trend	<i>0.80</i>		<i><0.01</i>		<i><0.01</i>		<i>0.91</i>	
Two years								
1	1.00		1.00		1.00		1.00	
2	1.01	0.87–1.18	0.86	0.74–1.00	0.89	0.76–1.04	1.12	0.96–1.30
3	1.01	0.87–1.18	0.79	0.68–0.92	0.80	0.69–0.94	1.15	0.99–1.33
4	0.99	0.84–1.17	0.74	0.64–0.87	0.85	0.73–0.99	1.03	0.87–1.21
5	1.04	0.88–1.24	0.66	0.56–0.79	0.69	0.58–0.81	1.00	0.85–1.18
<i>P</i> for trend	<i>0.71</i>		<i><0.01</i>		<i><0.01</i>		<i>0.86</i>	
Censoring								
age, years								
75								
1	1.00		1.00		1.00		1.00	
2	1.02	0.88–1.18	0.87	0.75–1.00	0.92	0.79–1.07	1.11	0.96–1.29
3	1.00	0.86–1.17	0.79	0.68–0.91	0.83	0.72–0.97	1.19	1.03–1.38
4	1.00	0.86–1.16	0.75	0.64–0.87	0.85	0.73–0.98	1.03	0.88–1.21
5	1.02	0.86–1.20	0.66	0.56–0.78	0.70	0.59–0.81	1.02	0.87–1.19
<i>P</i> for trend	<i>0.90</i>		<i><0.01</i>		<i><0.01</i>		<i>0.92</i>	

80

1	1.00		1.00		1.00		1.00	
2	1.02	0.88–1.18	0.87	0.75–1.00	0.92	0.79–1.07	1.11	0.96–1.29
3	1.00	0.86–1.16	0.79	0.68–0.91	0.83	0.72–0.97	1.18	1.02–1.36
4	1.00	0.86–1.18	0.75	0.64–0.87	0.85	0.73–0.98	1.03	0.88–1.21
5	1.03	0.87–1.21	0.66	0.56–0.78	0.70	0.59–0.81	1.02	0.87–1.19
<i>P</i> for trend	0.83		<0.01		<0.01		1.00	

Abbreviations: CI, confidence interval; HR, hazards ratio.

^a For score construction, see text and Table 1. HRs from Cox proportional hazards models; covariates included age (years; continuous), family history of colorectal cancer in a first-degree relative (yes/ no), smoking status (current, past, never smoker), education (< high school, high school, > high school), body mass index (weight [kg]/height [m]²; continuous), physical activity (low, medium, high), total energy intake (kcal/day; continuous), arthritis (yes/no), and hormone replacement therapy use (current, past, never).

^b Includes smoking, physical activity, and body mass index; for score construction, see text. HRs from Cox proportional hazards models; covariates included age (years; continuous), family history of colorectal cancer in a first-degree relative (yes/no), education (less than high school, high school, more than high school), total energy intake (kcal/day; continuous), arthritis (yes/no), use of hormone replacement therapy (current, past, never use), and evolutionary-concordant diet score (quintiles).

^c Combined score = evolutionary-concordant diet score + evolutionary-concordant lifestyle score. HRs from Cox proportional hazards models; covariates included age (years; continuous), family history of colorectal cancer in a first-degree relative (yes/no), education (less than high school, high school, more than high school), total energy intake (kcal/day; continuous), arthritis (yes/no), and use of hormone replacement therapy (current, past, never use).

Supplement Table 5. Multivariable-adjusted associations of an unweighted evolutionary-concordance lifestyle score with incident colorectal cancer in the Iowa Women’s Health Study (n = 35,221), 1986 – 2012

Score variable	Evolutionary-concordance scores			
	Lifestyle ^a		Combined ^b	
	HR	95% CI	HR	95% CI
Continuous	0.95	0.93–0.97	0.96	0.95–0.98
Quintiles				
1	1.00		1.00	
2	0.88	0.77–1.00	0.89	0.78–1.03
3	0.76	0.67–0.87	0.85	0.74–0.98
4	0.81	0.70–0.94	0.86	0.74–1.00
5	0.55	0.44–0.69	0.67	0.56–0.79
<i>P for trend</i>	< 0.01		< 0.01	

Abbreviations: CI, confidence interval; HR, hazards ratio.

^a Includes smoking, physical activity, and body mass index; for score construction, see text. HRs from Cox proportional hazards models; covariates included age (years; continuous), family history of colorectal cancer in a first-degree relative (yes/no), education (less than high school, high school, more than high school), total energy intake (kcal/day; continuous), arthritis (yes/no), use of hormone replacement therapy (current, past, never use), and evolutionary-concordant diet score (quintiles).

^b Combined score = evolutionary-concordant diet score + evolutionary-concordant lifestyle score. HRs from Cox proportional hazards models; covariates included age (years; continuous), family history of colorectal cancer in a first-degree relative (yes/no), education (less than high school, high school, more than high school), total energy intake (kcal/day; continuous), arthritis (yes/no), and use of hormone replacement therapy (current, past, never use).

Supplement Table 6. Multivariable-adjusted association of an alternative Mediterranean diet pattern score with incident colorectal cancer in the Iowa Women’s Health Study (n = 35,221), 1986 – 2012

Score variable	aMed ^a	
	HR	95% CI
Continuous	1.00	0.97–1.03
Quintiles		
1	1.00	
2	1.00	0.86–1.15
3	0.97	0.84–1.13
4	1.07	0.92–1.25
5	0.95	0.81–1.11
<i>P for trend</i>	<i>0.86</i>	

Abbreviations: aMed, alternative Mediterranean diet score; CI, confidence interval; HR, hazards ratio.

^a For score construction, see text and Table 1; the alternative Mediterranean diet score in this table differs from the one presented in all other manuscript and Supplement tables that include a Mediterranean diet score in that it was based on dichotomizing the component dietary intake categories (high vs. low, based on median intake) rather than on quintiles of intakes. HRs from Cox proportional hazards models; covariates included age (years; continuous), family history of colorectal cancer in a first-degree relative (yes/ no), smoking status (current, past, never smoker), education (< high school, high school, > high school), body mass index (weight [kg]/height [m]²; continuous), physical activity (low, medium, high), total energy intake (kcal/day; continuous), arthritis (yes/no), and hormone replacement therapy use (current, past, never).

Supplement Table 7. Multivariable-adjusted associations of evolutionary-concordance diet and lifestyle and Mediterranean diet pattern scores with incident colorectal cancer in the Iowa Women’s Health Study (n = 28,309) with 1992 as the Baseline, stratified by aspirin and other NSAID use, 1992 – 2012

Score Variable	Evolutionary-concordance scores						Mediterranean Diet Score ^a		
	Diet ^a		Lifestyle ^b		Combined ^c		HR ^a	95% CI	
	HR ^a	95% CI	HR ^a	95% CI	HR ^a	95% CI			
Aspirin and Other NSAID Use									
Included									
1	1.00		1.00		1.00		1.00		
2	1.01	0.84–1.22	0.94	0.78–1.12	0.87	0.72–1.04	1.07	0.88–1.29	
3	0.99	0.83–1.19	0.82	0.69–0.98	0.81	0.67–0.98	1.25	1.04–1.49	
4	1.02	0.84–1.24	0.75	0.63–0.90	0.86	0.71–1.02	1.05	0.87–1.26	
5	1.03	0.84–1.26	0.66	0.54–0.81	0.63	0.51–0.77	1.00	0.82–1.23	
<i>P</i> for trend	0.80		<0.01		<0.01		0.88		
Excluded									
1	1.00		1.00		1.00		1.00		
2	1.02	0.85–1.22	0.94	0.78–1.12	0.86	0.72–1.03	1.07	0.88–1.29	
3	0.99	0.82–1.19	0.82	0.69–0.98	0.81	0.67–0.98	1.24	1.04–1.48	
4	1.02	0.84–1.24	0.75	0.63–0.90	0.85	0.71–1.02	1.04	0.87–1.25	
5	1.02	0.83–1.25	0.66	0.54–0.81	0.63	0.51–0.77	1.00	0.81–1.22	
<i>P</i> for trend	0.85		<0.01		<0.01		0.95		

Abbreviations: CI, confidence interval; HR, hazards ratio; NSAID, non-steroidal anti-inflammatory drug.

^a For score construction, see text and Table 1. HRs from Cox proportional hazards models; covariates included age (years; continuous), family history of colorectal cancer in a first-degree relative (yes/ no), smoking status (current, past, never smoker), education (< high school, high school, > high school), body mass index (weight [kg]/height [m]²; continuous), physical activity (low, medium, high), total energy intake (kcal/day; continuous) and hormone replacement therapy use (current, past, never).

^b Includes smoking, physical activity, and body mass index; for score construction, see text. HRs from Cox proportional hazards models; covariates included age (years; continuous), family history of colorectal cancer in a first-degree relative (yes/no), education (less than high school, high school, more than high school), total energy intake (kcal/day; continuous), use of hormone replacement therapy (current, past, never use), and evolutionary-concordant diet score (quintiles).

^c Combined score = evolutionary-concordant diet score + evolutionary-concordant lifestyle score. HRs from Cox proportional hazards models; covariates included age (years; continuous), family history of colorectal cancer in a first-degree relative (yes/no), education (less than high school, high school, more than high school), total energy intake (kcal/day; continuous) and use of hormone replacement therapy (current, past, never use).

Supplement Table 8. Sensitivity of associations of evolutionary-concordance lifestyle and combined scores with incident colorectal cancer to removal of any one component^a; the Iowa Women’s Health Study (n = 35,221), 1986 – 2012

Score variable	Evolutionary-concordance scores					
	Lifestyle ^b			Combined ^c		
	Smoke HR (95% CI)	Physical activity HR (95% CI)	BMI HR (95% CI)	Smoke HR (95% CI)	Physical activity HR (95% CI)	BMI HR (95% CI)
Continuous	0.95 (0.94–0.97)	0.94 (0.92–0.97)	0.96 (0.94–0.98)	0.97 (0.95–0.98)	0.96 (0.94–0.98)	0.97 (0.96–0.99)
Quantiles						
1	1.00	1.00	1.00	1.00	1.00	1.00
2	0.83 (0.72–0.94)	0.80 (0.65–0.98)	0.96 (0.84–1.10)	0.84 (0.73–0.96)	0.91 (0.78–1.05)	1.00 (0.86–1.15)
3	0.75 (0.63–0.89)	0.85 (0.76–0.96)	1.00 (0.81–1.22)	0.79 (0.67–0.92)	0.97 (0.84–1.12)	0.91 (0.78–1.06)
4	0.85 (0.75–0.97)	0.72 (0.64–0.82)	0.85 (0.72–0.99)	0.87 (0.76–1.01)	0.80 (0.68–0.93)	1.03 (0.89–1.19)
5	0.65 (0.55–0.78)	NA	0.75 (0.64–0.89)	0.70 (0.59–0.81)	0.72 (0.62–0.85)	0.79 (0.68–0.92)
<i>P for trend</i>	<0.01	<0.01	<0.01	<0.01	<0.01	<0.01

Abbreviations: BMI, body mass index; CI, confidence interval; HR, hazards ratio; NA, not applicable

^a After removal of one component, the score consisted of the remaining components; and the removed component was not included in relevant Cox proportional hazards model.

^b HR from Cox proportional hazards models. Covariates included age (years; continuous), family history of colorectal cancer in a first-degree relative (yes/ no), education (< high school, high school, > high school), total energy intake (kcal/day; continuous), aspirin and Other NSAID use (yes/no), hormone replacement therapy use (HRT) (current, past, never), evolutionary concordance diet score (quintiles).

^c HR from Cox proportional hazards models. Covariates included age (years; continuous), family history of colorectal cancer in a first-degree relative (yes/ no), education (< high school, high school, > high school), total energy intake (kcal/day; continuous), aspirin and Other NSAID use (yes/no), and hormone replacement therapy use (HRT) (current, past, never).