Supplemental Table 1. P-value for trend of associations of AHEI (not including alcohol) dietary pattern score omitting individual food components and estrogen concentrations among up to 1,990 premenopausal women in the Nurses’ Health Study II

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| --- | --- | --- | --- | --- | --- | --- |
|  | Follicular Estradiol (pg/mL) | Luteal Estradiol (pg/mL) | Follicular Free Estradiol (pg/mL) | Luteal Free Estradiol (pg/mL) | Follicular Estrone (pg/mL) | Luteal Estrone (pg/mL) |
| Full Model: AHEI p-value for trend | 0.05 | 0.04 | 0.10 | 0.01 | 0.04 | 0.01 |
| omitting trans fat | 0.01 | 0.13 | 0.04 | 0.03 | 0.06 | 0.15 |
| omitting omega (n-3) fatty acids | 0.02 | 0.14 | 0.08 | 0.04 | 0.08 | 0.13 |
| omitting red meat | 0.01 | 0.11 | 0.05 | 0.02 | 0.06 | 0.23 |
| omitting fruit | 0.02 | 0.16 | 0.07 | 0.04 | 0.09 | 0.15 |
| omitting vegetables | 0.02 | 0.09 | 0.03 | 0.03 | 0.05 | 0.10 |
| omitting nuts | 0.02 | 0.13 | 0.09 | 0.03 | 0.06 | 0.17 |
| omitting polyunsaturated fats | 0.01 | 0.17 | 0.08 | 0.06 | 0.04 | 0.17 |
| omitting whole grains | 0.04 | 0.11 | 0.09 | 0.02 | 0.07 | 0.13 |
| omitting sodium | 0.02 | 0.13 | 0.05 | 0.03 | 0.06 | 0.12 |
| omitting sugar-sweetened beverages | 0.14 | 0.50 | 0.62 | 0.11 | 0.19 | 0.27 |