

**Supplementary Table 1.** Optimal cut-off from receiving operating characteristic (ROC) analysis for each dietary indicator of cholesterol lowering-diet score. Italy, 1991-2002.

<b>Dietary indicator</b>	<b>Optimal cut-off</b>	<b>Literature-based cut-off</b>
<b>Non-cellulosic polysaccharides soluble fibres</b> (as a proxy of viscose fibres)	$\geq 6.9$ g/day	$\geq 3.0$ g/day <sup>b</sup>
<b>Monounsaturated fatty acids (MUFA)</b> (% of total energy intake)	$\geq 12.9\%$	$\geq 20.0\%$
<b>Legumes</b> (servings/weeks)	$\geq 0.5$	$\geq 0.5$
<b>Saturated fatty acids (SFA)</b> (% of total energy intake)	$< 8.5\%$	$< 7.0\%$
<b>Seeds or corn oil</b> (as a proxy of phytosterol)	$\geq 2.25$ g/day per 1000 kcal	45.0 g/day per 1000 kcal <sup>c</sup>
<b>Dietary cholesterol</b>	$< 267.4$ mg/day	200.0 mg/day
<b>Glycaemic index<sup>a</sup></b>	$< 77.9$	75.0

<sup>a</sup>On white bread scale. <sup>b</sup>Recommended intake for viscose fibres. <sup>c</sup>Recommended intake for phytosterols.

**Supplementary Table 2.** Odds ratios (ORs)<sup>a</sup> and corresponding 95% confidence intervals (CIs) for prostate cancer (PCa) risk according to interaction between cholesterol-lowering diet score and selected covariates. Italy, 1991-2002.

Variable	Cholesterol-lowering diet score			p-value <sup>b</sup>
	0 to 2 OR (95% CI)	3 to 4 OR (95% CI)	5 to 7 OR (95% CI)	
Geographic area				
North	Ref.	0.70 (0.53-0.91)	0.57 (0.41-0.78)	p=0.81
Centre/South	1.03 (0.56-1.89)	0.62 (0.44-0.88)	0.60 (0.36-0.98)	
Age (years)				
<65	0.45 (0.29-0.70)	0.34 (0.24-0.47)	0.33 (0.22-0.49)	p=0.36
≥65	Ref.	0.62 (0.44-0.86)	0.48 (0.32-0.70)	
Education (years)				
<7	Ref.	0.57 (0.41-0.78)	0.41 (0.28-0.61)	p=0.15
7 to 11	1.03 (0.61-1.73)	0.80 (0.56-1.14)	0.78 (0.50-1.23)	
≥12	1.21 (0.65-2.27)	1.16 (0.78-1.72)	1.37 (0.75-2.52)	
Abdominal obesity				
No	1.07 (0.69-1.67)	0.71 (0.49-1.03)	0.63 (0.41-0.98)	p=0.88
Yes	Ref.	0.70 (0.48-1.02)	0.56 (0.36-0.86)	
Physical activity				
Low/medium	Ref.	0.61 (0.46-0.80)	0.50 (0.36-0.69)	p=0.17
High	0.66 (0.38-1.14)	0.68 (0.47-0.96)	0.63 (0.38-1.05)	
Diabetes mellitus				
No	0.75 (0.29-1.86)	0.52 (0.21-1.25)	0.44 (0.17-1.09)	p=0.76
Yes	Ref.	0.54 (0.19-1.44)	0.39 (0.13-1.12)	
Smoking habit				
Never	1.93 (1.08-3.48)	1.25 (0.79-1.99)	1.10 (0.63-1.92)	p=0.89
Former	1.38 (0.82-2.35)	0.99 (0.64-1.23)	1.93 (1.08-3.48)	
Current	Ref.	0.65 (0.40-1.04)	0.65 (0.37-1.16)	
Alcohol habit				
Never/Former	1.43 (0.74-2.79)	0.66 (0.45-0.96)	0.82 (0.46-1.45)	p=0.26
Current	Ref.	0.72 (0.56-0.94)	0.58 (0.42-0.79)	

<sup>a</sup>Estimated by means unconditional logistic regression model included also terms for study centre, age, education, abdominal obesity, physical activity, diabetes mellitus, family history of prostate cancer, smoking habit, alcohol habit, and energy intake (when appropriate).

<sup>b</sup>Estimated through log-likelihood ratio test between the models with and without interaction term.