

Online Supporting Material

Supplementary table 1. Percentage contribution of main food groups to dietary calcium intake

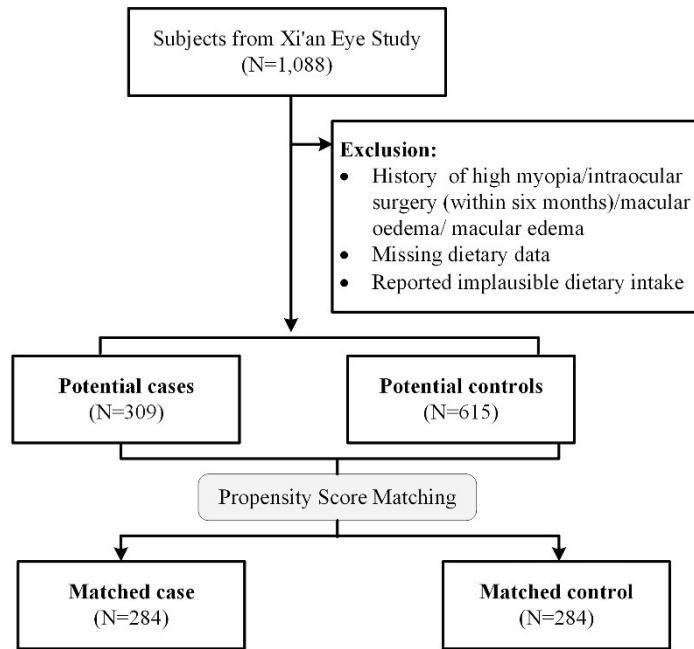
Variable	Excluded participants	Included participants
Vegetables, %	29.0	30.5
Milk and dairy products, %	25.1	24.8
Legumes and legumes products, %	14.5	15.4
Cereals, %	7.8	9.1
Eggs, %	2.8	3.1
Fruits, %	2.6	2.5
Fish, shrimp, and shellfish, %	1.3	1.6
Meats, %	1.0	1.0
Snack and fast foods, %	0.6	0.6

Supplementary table 2. Sensitivity analyses for the association of dietary calcium and its food sources with age-related macular degeneration

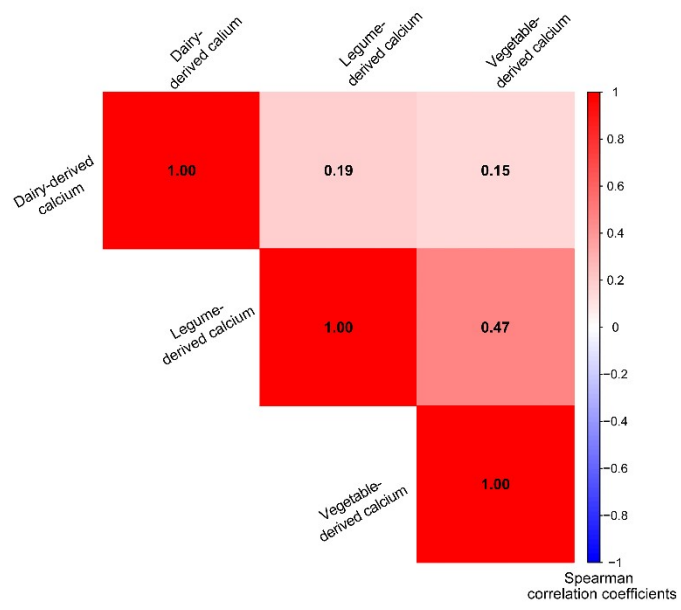
Variable	Odds ratios (95% CIs) by tertiles of intake level			<i>P</i> _{-trend}
	T1	T2	T3	
	(Lowest)		(Highest)	
Calcium				
Further adjusting for sunlight exposure, sun-protective gear use, and daily electronic and computerized equipment use	1	0.53 (0.26, 1.06)	0.46 (0.23, 0.93)	0.03
Further adjusting for protein, fat, vitamin E, copper, and zinc	1	0.48 (0.23, 1.00)	0.43 (0.20, 0.94)	0.04
Adjustment for major dietary factors instead of modified AHEI	1	0.40 (0.16, 0.98)	0.37 (0.14, 0.97)	0.04
Adjustment for continuously measured covariates on their original scale rather than in categorical form	1	0.50 (0.26, 0.99)	0.45 (0.23, 0.86)	0.02
Excluding current and past smoker	1	0.75 (0.44, 1.26)	0.48 (0.27, 0.83)	0.01
Excluding individuals with dietary supplement use	1	0.86 (0.53, 1.39)	0.59 (0.35, 1.00)	0.01
Excluding individuals with type 2 diabetes	1	0.75 (0.47, 1.20)	0.59 (0.36, 0.97)	0.05
Excluding individuals with cardiovascular disease	1	0.70 (0.44, 1.10)	0.50 (0.30, 0.81)	0.01
Unmatched case-control analysis	1	0.93 (0.65, 1.33)	0.67 (0.45, 0.98)	0.02
Dairy calcium				
Further adjusting for sunlight exposure, sun-protective gear use, and daily electronic and computerized equipment use	1	0.94 (0.50, 1.78)	0.47 (0.24, 0.93)	0.04
Further adjusting for protein, fat, vitamin E, copper, and zinc	1	0.74 (0.38, 1.47)	0.46 (0.22, 0.98)	0.04
Adjustment for major dietary factors instead of modified AHEI	1	0.90 (0.43, 1.87)	0.44 (0.20, 0.93)	0.03

Adjustment for continuously measured covariates on their original scale rather than in categorical form	1	0.85 (0.46, 1.55)	0.47 (0.24, 0.91)	0.04
Excluding current and past smoker	1	0.63 (0.38, 1.05)	0.42 (0.25, 0.71)	<0.01
Excluding individuals with dietary supplement use	1	0.64 (0.39, 1.04)	0.61 (0.37, 0.99)	0.04
Excluding individuals with type 2 diabetes	1	0.81 (0.51, 1.29)	0.55 (0.34, 0.88)	0.01
Excluding individuals with cardiovascular disease	1	0.83 (0.53, 1.31)	0.60 (0.37, 0.96)	0.03
Unmatched case-control analysis	1	0.67 (0.47, 0.96)	0.53 (0.37, 0.76)	<0.01

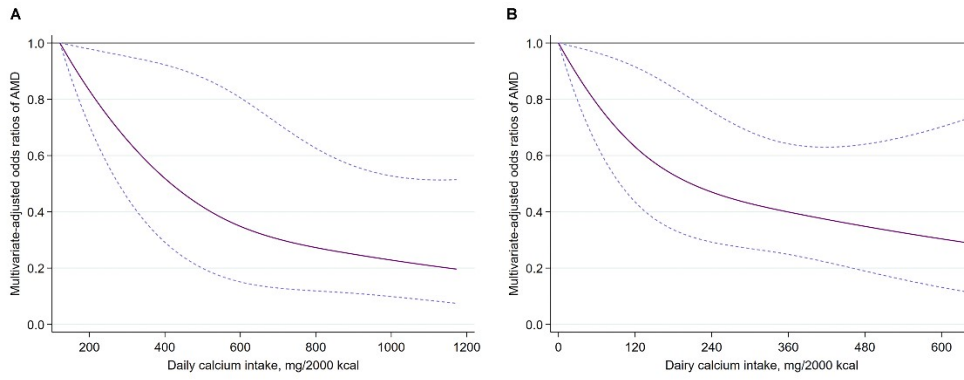
^aOdds ratios were adjusted for matching factors, educational level (less than college graduate or college or above), self-reported regular physical activity (yes or no), sunlight exposure (< 2 or ≥ 2 hours/day), body mass index (kg/m²: <24.0 or ≥ 24.0), dietary supplement use (yes or no), family history of age-related macular degeneration (yes or no), and modified Alternative Healthy Eating Index (continuous). AHEI, Alternative Healthy Eating Index; CI, confidence interval; T, tertiles.



Supplementary figure 1. Flowchart of participant selection for the matched case-control study



Supplementary figure 2. Spearman correlations between dietary calcium intakes from major food sources



Supplemental figure 3. Restricted cubic spline analysis of the association of dietary calcium (A) and dairy calcium (B) intakes with age-related macular degeneration. Adjusted for matching factors, educational level (less than college graduate or college or above), self-reported regular physical activity (yes or no), sunlight exposure (< 2 or \geq 2 hours/day), body mass index (kg/m^2 : < 24.0 or \geq 24.0), dietary supplement use (yes or no), family history of age-related macular degeneration (yes or no), and modified Alternative Healthy Eating Index (continuous). Solid lines represent odds ratios and dotted lines represent 95% confidence intervals.