

Supplemental material

**Animal and Plant Protein Usual Intakes are Not Adversely Associated with All-Cause,
Cardiovascular Disease- or Cancer-Related Mortality Risk: An NHANES III Analysis**

Yanni Papanikolaou, Stuart M. Phillips, and Victor L. Fulgoni, III

Table S1. Hazard ratios for usual all-cause mortality beyond plant and animal protein intake.

	HR	LCL	UCL	P
ANIMAL PROTEIN				
Age	1.11	1.100	1.111	<0.0001
Vigorous PA	0.47	0.416	0.535	<0.0001
Moderate PA	0.62	0.533	0.717	<0.0001
Sedentary	1			
Smoker – Yes	1.99	1.804	2.189	<0.0001
Smoker – No	1			
Male	1.40	0.962	2.037	0.078
Female	1			
PLANT PROTEIN				
Age	1.11	1.100	1.110	<0.0001
Vigorous PA	0.47	0.414	0.537	<0.0001
Moderate PA	0.62	0.532	0.719	<0.0001
Sedentary	1			
Smoker – Yes	1.98	1.800	2.186	<0.0001
Smoker – No	1			
Male	1.34	0.929	1.928	0.115
Female	1			

N=15,937; all-cause mortality N=4,280; cardiovascular disease (CVD) mortality N=1,742; and cancer mortality N=862; adults ≥ 19 years-old. HR – Hazard Ratio (per 1g increase). LCL – lower 95% confidence limit, and UCL – upper 95% confidence limit.

Table S2. Hazard ratios beyond plant and animal protein intake for CVD mortality

	HR	LCL	UCL	P
ANIMAL PROTEIN				
Age	1.13	1.118	1.132	<0.0001
Vigorous PA	0.45	0.372	0.543	<0.0001
Moderate PA	0.60	0.470	0.770	0.0001
Sedentary	1			
Smoker – Yes	1.75	1.478	2.067	<0.0001
Smoker – No	1			
Male	0.92	0.496	1.724	0.801
Female	1			
PLANT PROTEIN				
Age	1.13	1.118	1.133	<0.0001
Vigorous PA	0.45	0.369	0.547	<0.0001
Moderate PA	0.60	0.467	0.770	0.0002
Sedentary	1			
Smoker – Yes	1.75	1.504	2.045	<0.0001
Smoker – No	1			
Male	0.97	0.520	1.800	0.913
Female	1			

N=15,937; all-cause mortality N=4,280; cardiovascular disease (CVD) mortality N=1,742; and cancer mortality N=862; adults ≥ 19 years-old. HR – Hazard Ratio (per 1g increase). LCL – lower 95% confidence limit, and UCL – upper 95% confidence limit.

Table S3. Hazard ratio beyond plant and animal protein intake for cancer mortality

	HR	LCL	UCL	P
ANIMAL PROTEIN				
Age	1.09	1.079	1.098	<0.0001
Vigorous PA	0.61	0.472	0.797	0.0005
Moderate PA	0.74	0.531	1.041	0.083
Sedentary	1			
Smoker – Yes	2.46	2.080	2.924	<0.0001
Smoker – No	1			
Male	1.65	0.660	4.150	0.277
Female	1			
PLANT PROTEIN				
Age	1.09	1.080	1.100	<0.0001
Vigorous PA	0.61	0.470	0.798	0.0005
Moderate PA	0.74	0.530	1.045	0.086
Sedentary	1			
Smoker – Yes	2.45	2.077	2.888	<0.0001
Smoker – No	1			
Male	1.34	0.514	3.483	0.543
Female	1			

N=15,937; all-cause mortality N=4,280; cardiovascular disease (CVD) mortality N=1,742; and cancer mortality N=862; adults ≥ 19 years-old. HR – Hazard Ratio (per 1g increase). LCL – lower 95% confidence limit, and UCL – upper 95% confidence limit.