

Supplemental Table 1. Description of participants eligible for the current study (556 controls, 505 cases)

	Control	Case	P
Sex, % (n)			
Male	28.24 (157)	27.72 (140)	0.852 ¹
Female	71.76 (399)	72.28 (365)	
Age in years, median (interquartile range)	40.0 (19)	40 (18)	0.873 ²
Highest level of education, % (n)			
School only	12.79 (71)	14.31 (72)	0.354 ¹
Some post-school	39.1 (217)	41.95 (211)	
Tertiary	48.11 (267)	43.74 (220)	
Ethnicity, % (n)			
White	43.17 (240)	45.44 (229)	0.759 ¹
Asian/Pacific Islander	5.04 (28)	5.16 (26)	
Black	19.78 (110)	20.44 (103)	
Hispanic	32.01 (178)	28.97 (146)	
Smoking status, % (n)			
Ever smoked	25.72 (143)	33.6 (169)	0.005 ¹
Family history of multiple sclerosis, % (n)	8.63 (48)	19.41 (98)	<0.0001 ¹
History of infectious mononucleosis, % (n)	5.94 (33)	13.86 (70)	<0.0001 ¹

¹Pearson chi square test; ²Wilcoxin/Mann-Whitney ranked sum

Supplemental Table 2. Frequency of consumption¹ (%) of each food type for participants eligible for the current study (556 controls, 505 cases)

	Control (n, 520-549) ²			Case (n, 485-501) ²			<i>p</i> ³
	Never or less than once a month	1-3 times a month	weekly or more	Never or less than once a month	1-3 times a month	weekly or more	
Ages 6-10 years							
Fresh fish	59.5	26.1	14.4	62.3	25.3	12.4	0.553
Shrimp or canned/dried fish	50.2	34.1	15.7	53.6	34.0	12.4	0.273
Any fish	40.9	40.0	19.2	42.7	40.7	16.6	0.558
Milk or soy milk	5.2	5.6	89.2	7.2	6.6	86.2	0.307
Tofu	96.0	2.2	1.8	97.0	1.2	1.8	0.468
Red meat	4.6	13.9	81.5	4.8	13.3	81.9	0.943
Chicken	1.7	8.3	90.1	2.0	8.4	89.6	0.905
Yoghurt	46.1	18.2	35.7	50.5	20.0	29.5	0.105
Butter and/or cheese	3.0	6.0	91.1	3.3	7.0	89.8	0.764
Fruit	1.1	4.7	94.2	2.4	7.9	89.7	0.025
Vegetables	1.9	5.4	92.8	3.4	5.3	91.3	0.280
Legumes	6.5	17.1	76.4	9.7	18.6	71.8	0.109
Wholegrain products	17.6	12.3	70.1	20.7	11.0	68.4	0.398
Ages 11-15 years							
Fresh fish	53.9	49.4	53.8	46.2	50.6	46.2	0.409
Shrimp or canned/dried fish	52.8	50.9	54.6	47.3	49.2	45.4	0.675
Any fish	53.7	50.8	53.9	46.3	49.2	46.1	0.627
Milk or soy milk	52.4	42.4	52.6	47.6	57.6	47.4	0.307
Tofu	52.0	57.6	58.3	48.0	42.4	41.7	0.683
Red meat	52.5	52.5	52.3	47.5	47.5	47.7	0.999
Chicken	62.5	48.3	52.4	37.5	51.7	47.6	0.592
Yoghurt	48.7	50.0	57.4	51.3	50.0	42.6	0.031
Butter and/or cheese	57.1	45.5	52.7	42.9	54.6	47.3	0.525
Fruit	31.3	39.6	53.1	68.8	60.4	46.9	0.039
Vegetables	45.0	43.4	52.9	55.0	56.6	47.1	0.324
Legumes	31.0	54.3	53.7	69.0	45.7	46.3	0.001
Wholegrain products	50.3	55.1	52.1	49.7	44.9	47.9	0.734
Ages 16-20 years							
Fresh fish	42.6	36.8	20.6	44.0	34.4	21.6	0.718
Shrimp or canned/dried fish	50.2	34.1	15.7	53.6	34.0	12.4	0.273
Any fish	28.8	47.6	23.5	30.0	46.0	24.0	0.864
Milk or soy milk	10.7	10.0	79.3	15.4	9.1	75.5	0.082
Tofu	88.5	7.3	4.2	89.0	7.2	3.8	0.942
Red meat	5.0	12.7	82.4	4.9	11.5	83.6	0.839
Chicken	1.8	6.8	91.4	2.2	5.5	92.3	0.616
Yoghurt	26.2	24.4	49.5	31.2	24.1	44.7	0.170

Butter and/or cheese	2.4	4.7	92.9	1.7	6.0	92.3	0.449
Fruit	1.1	4.3	94.5	2.4	6.9	90.7	0.053
Vegetables	1.7	3.2	95.1	2.1	4.1	93.9	0.661
Legumes	4.8	16.2	79.0	8.9	15.4	75.7	0.031
Wholegrain products	7.8	12.7	79.5	10.8	9.8	79.4	0.108

¹We re-categorised the original eight categories into three groups: never or less than once a month, 1-3 times a month, and weekly or more; ²Numbers varied by food type and age group.

³Pearson chi square test