

Supplementary File. Association between frequency of ramen intake and total mortality

| Frequency of ramen intake | Number of events/subjects | Unadjusted analysis | | Adjusted analyses* | |
|---------------------------|---------------------------|---------------------|---------|--------------------|---------|
| | | HR (95%CI) | p-value | HR (95%CI) | p-value |
| Total | 145/6725 | | | | |
| <1 /month | 32/1274 | reference | | reference | |
| 1-3 times/month | 59/3139 | 0.74 (0.48–1.15) | 0.182 | 0.76 (0.49–1.18) | 0.225 |
| 1-2 times/week | 37/1813 | 0.81 (0.50–1.31) | 0.384 | 0.70 (0.43–1.15) | 0.157 |
| ≥3 times/week | 17/499 | 1.69 (0.95–3.03) | 0.077 | 1.52 (0.84–2.75) | 0.163 |
| Male | 85/2349 | | | | |
| <1 /month | 19/360 | reference | | reference | |
| 1-3 times/month | 33/944 | 0.65 (0.36–1.16) | 0.144 | 0.67 (0.37–1.22) | 0.192 |
| 1-2 times/week | 21/788 | 0.49 (0.26–0.93) | 0.028 | 0.48 (0.25–0.92) | 0.027 |
| ≥3 times/week | 12/257 | 0.88 (0.42–1.84) | 0.733 | 0.84 (0.39–1.81) | 0.657 |
| Female | 60/4376 | | | | |
| <1 /month | 13/914 | reference | | reference | |
| 1-3 times/month | 26/2195 | 0.83 (0.43–1.62) | 0.588 | 0.87 (0.44–1.70) | 0.680 |
| 1-2 times/week | 16/1025 | 1.09 (0.53–2.30) | 0.801 | 1.18 (0.56–2.48) | 0.672 |
| ≥3 times/week | 5/242 | 1.46 (0.52–4.14) | 0.475 | 1.23 (0.44–3.43) | 0.685 |
| Age <70 | 75/4089 | | | | |
| <1 /month | 18/686 | reference | | reference | |
| 1-3 times/month | 28/1974 | 0.53 (0.29–0.97) | 0.040 | 0.50 (0.27–0.91) | 0.024 |
| 1-2 times/week | 17/1111 | 0.58 (0.30–1.13) | 0.107 | 0.46 (0.23–0.92) | 0.029 |
| ≥3 times/week | 12/318 | 1.46 (0.69–3.06) | 0.322 | 1.02 (0.46–2.22) | 0.968 |
| Age ≥70 | 70/2636 | | | | |
| <1 /month | 14/588 | reference | | reference | |
| 1-3 times/month | 31/1165 | 1.12 (0.59–2.12) | 0.727 | 1.16 (0.61–2.22) | 0.651 |
| 1-2 times/week | 20/702 | 1.20 (0.60–2.40) | 0.602 | 1.05 (0.51–2.13) | 0.898 |
| ≥3 times/week | 5/181 | 1.16 (0.41–3.28) | 0.773 | 0.95 (0.33–2.73) | 0.925 |
| Noodle soup <1/2 | 72/3750 | | | | |
| <1 /month | 16/845 | reference | | reference | |
| 1-3 times/month | 31/1814 | 0.90 (0.49–1.66) | 0.737 | 0.99 (0.53–1.84) | 0.993 |
| 1-2 times/week | 19/880 | 1.14 (0.58–2.24) | 0.696 | 1.10 (0.55–2.18) | 0.776 |
| ≥3 times/week | 6/211 | 1.52 (0.59–3.92) | 0.391 | 1.38 (0.53–3.62) | 0.510 |
| Noodle soup ≥1/2 | 73/2975 | | | | |
| <1 /month | 16/429 | reference | | reference | |
| 1-3 times/month | 28/1325 | 0.56 (0.30–1.04) | 0.066 | 0.52 (0.28–0.99) | 0.047 |
| 1-2 times/week | 18/933 | 0.51 (0.26–1.01) | 0.052 | 0.41 (0.20–0.83) | 0.004 |
| ≥3 times/week | 11/288 | 1.03 (0.47–2.24) | 0.951 | 0.73 (0.32–1.65) | 0.445 |
| Alcohol (+) | 71/3038 | | | | |
| <1 /month | 13/443 | reference | | reference | |
| 1-3 times/month | 25/1354 | 0.90 (0.49–1.66) | 0.737 | 0.99 (0.53–1.84) | 0.993 |
| 1-2 times/week | 18/960 | 1.14 (0.58–2.24) | 0.696 | 1.10 (0.55–2.18) | 0.776 |
| ≥3 times/week | 15/281 | 1.52 (0.59–3.92) | 0.391 | 1.38 (0.53–3.62) | 0.510 |
| Alcohol (-) | 74/3687 | | | | |
| <1 /month | 19/831 | reference | | reference | |
| 1-3 times/month | 34/1785 | 0.56 (0.30–1.04) | 0.066 | 0.52 (0.28–0.99) | 0.047 |
| 1-2 times/week | 19/853 | 0.51 (0.26–1.01) | 0.052 | 0.41 (0.20–0.83) | 0.004 |
| ≥3 times/week | 2/218 | 1.03 (0.47–2.24) | 0.951 | 0.73 (0.32–1.65) | 0.445 |

HR: hazard ratio. CI: confidence interval.

*Multivariate analysis adjusted for age, sex, smoking, alcohol consumption, amount of noodle soup consumed, diabetes, hypertension, dyslipidemia