

Table 1. Association of dietary fat with the risk of age-related maculopathy (early or late) in the POLA Study (odds-ratios estimated using GEE logistic regression (95 % confidence interval))

Nutrient (g/day)*	Adjusted**	Multivariate***	Multivariate + total fat
Total fat			
< 58.54	1.0	1.0	---
58.54-79.60	3.39 (0.97 – 11.8)	3.19 (0.95 – 10.6)	---
≥ 79.60	4.90 (1.29 – 18.6)	4.74 (1.32 – 17.0)	---
p for trend	0.008	0.007	
Saturated fatty acids			
< 17.80	1.0	1.0	1.0
17.80-25.47	1.21 (0.42 – 3.44)	1.24 (0.44 – 3.54)	0.90 (0.31- 2.64)
≥ 25.47	2.52 (0.86 – 7.40)	2.70 (0.94 – 7.77)	1.76 (0.57 – 5.39)
p for trend	0.06	0.04	0.19
Monounsaturated fatty acids			
< 21.30	1.0	1.0	1.0
21.30-32.17	2.43 (0.84 – 7.00)	2.30 (0.78 – 6.80)	1.52 (0.43 – 5.41)
≥ 32.17	3.72 (1.17 - 11.8)	3.50 (1.09 - 11.2)	2.13 (0.55 – 8.17)
p for trend	0.02	0.03	0.22
Polyunsaturated fatty acids (PUFA)			
< 9.08	1.0	1.0	1.0
9.08-20.23	2.41 (0.96 – 6.07)	2.37 (0.96 – 5.87)	1.66 (0.73 – 3.74)
≥ 20.23	1.11 (0.30 – 4.13)	1.02 (0.29 – 3.53)	0.63 (0.20 – 2.00)
p for trend	0.87	0.94	0.22

* Energy-adjusted using Willett method (16)

**Adjusted : adjusted for age and gender

*** Multivariate : adjusted for age, gender, BMI (≤ 25 , 25.1-30, > 30), smoking (0 pack-years, 1-20 pack-years, 20-40 pack-years, ≥ 40 pack-years), self-reported cardiovascular disease.

Table 2. Association of fish intake with the risk of age-related maculopathy (early or late) in the POLA Study

Food (g/day)*	n	Adjusted**	Multivariate***	Multivariate + total fat
Fatty fish				
0	269	1.0	1.0	1.0
>0 - < 10	479	0.29 (0.12 – 0.71)	0.26 (0.11 – 0.64)	0.26 (0.11 – 0.64)
≥ 10	511	0.69 (0.34 – 1.39)	0.67 (0.33 – 1.36)	0.64 (0.31 – 1.30)
p for trend		0.41	0.38	0.32
White fish				
< 10	412	1.0	1.0	1.0
≥ 10 - < 20	355	1.63 (0.69 – 3.87)	1.51 (0.64 – 3.58)	1.53 (0.64 – 3.64)
≥ 20	492	1.70 (0.77 – 3.75)	1.54 (0.71 – 3.32)	1.41 (0.65 – 3.04)
p for trend		0.19	0.28	0.40
Other sea foods				
0	417	1.0	1.0	1.0
>0 - < 10	536	0.91 (0.46 – 1.81)	0.92 (0.46 – 1.81)	0.86 (0.43 – 1.70)
≥ 10	306	0.54 (0.20 – 1.48)	0.53 (0.18 – 1.50)	0.49 (0.17 – 1.41)
p for trend		0.24	0.24	0.18
Total fish and sea food				
< 20	248	1.0	1.0	1.0
≥ 20 - < 40	755	1.62 (0.71 – 3.70)	1.62 (0.71 – 3.73)	1.64 (0.70 – 3.85)
≥ 40	256	1.18 (0.49 – 2.83)	1.07 (0.46 – 2.47)	0.97 (0.41 – 2.31)
p for trend		0.75	0.93	0.84

* 0 : less than once a month ; 10 g/day is equivalent to one serving of fish/week

** Adjusted : adjusted for age and gender

** Multivariate : adjusted for age, gender, BMI (≤ 25 , 25.1-30, > 30), smoking (0 pack-years, 1-20 pack-years, 20-40 pack-years, ≥ 40 pack-years), self-reported cardiovascular disease.