Online Resource 1. Full multivariable logistic regression model for the association between fish consumption frequency and masticatory difficulties

Variable	Category/unit	Adjusted OR	95% CI	P value
Fish consumption frequency	Per 1-day/week increase	**0.908**	**0.857–0.962**	**0.001**
Sex	Female vs male	0.728	0.623–0.851	<0.001
Age	Per 1-year increase	1.036	1.030–1.042	<0.001
BMI	Per 1-kg/m² increase	0.983	0.965–1.002	0.087
Diabetes mellitus	Yes vs no	1.161	0.878–1.534	0.295
Sleep duration	Per 1-hour increase	0.858	0.799–0.921	<0.001
Regular aerobic exercise	Yes vs no	0.821	0.695–0.970	0.020
Alcohol consumption	Per 1-g/week increase	1.000	0.999–1.001	0.671
Current smoking	Yes vs no	1.616	1.328–1.966	<0.001

Adjusted ORs were estimated from a single multivariable logistic regression model including fish consumption frequency as a continuous variable and all covariates shown in the table. n = 10,572. OR, odds ratio; CI, confidence interval; BMI, body mass index.

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