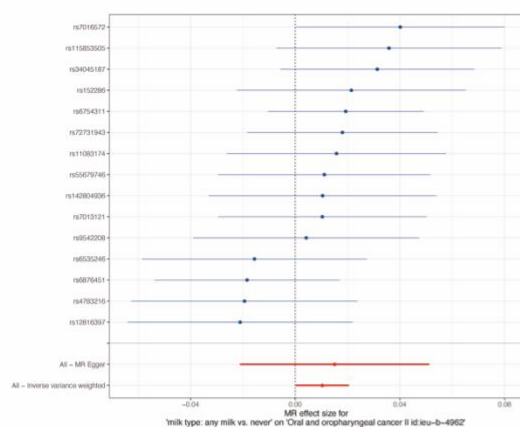
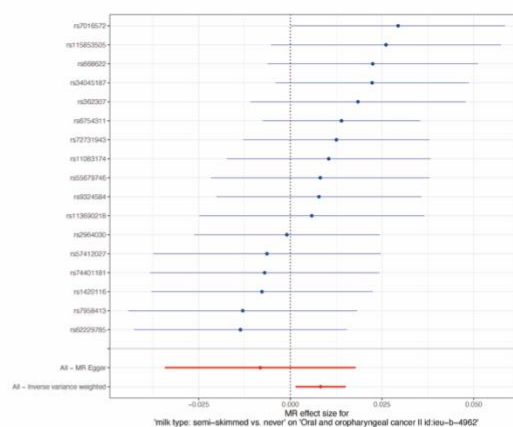


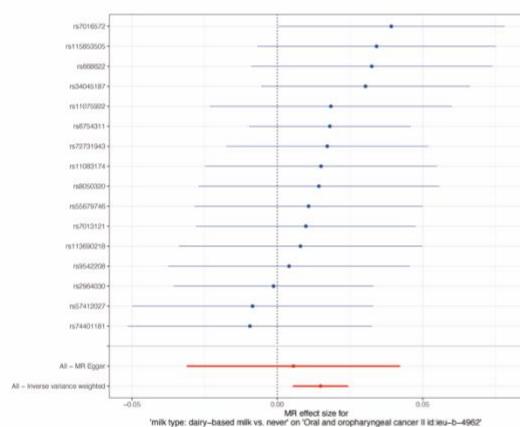
a



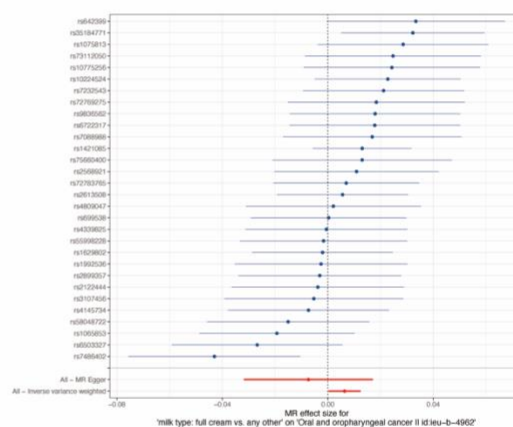
b



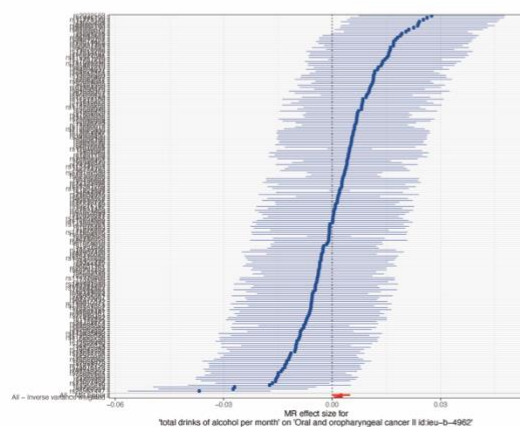
c



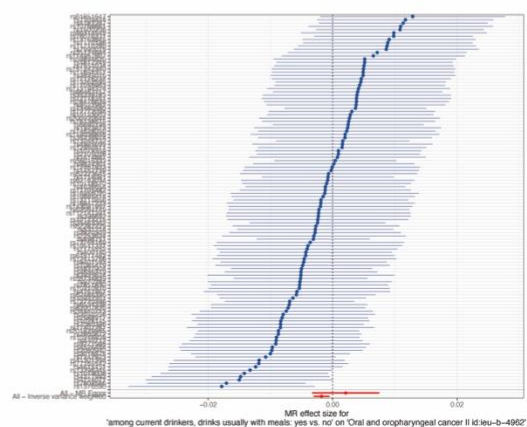
d



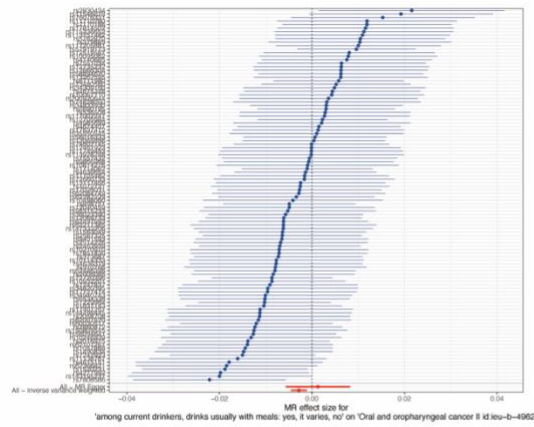
e



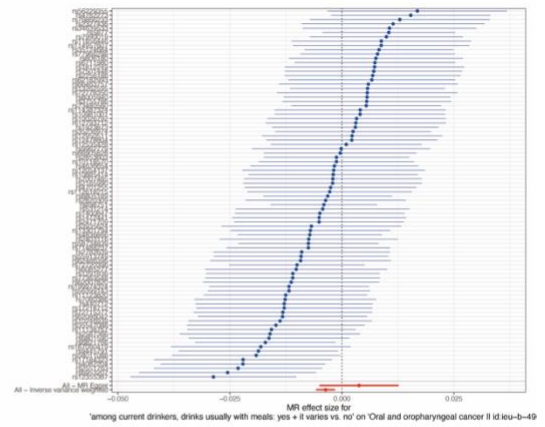
f



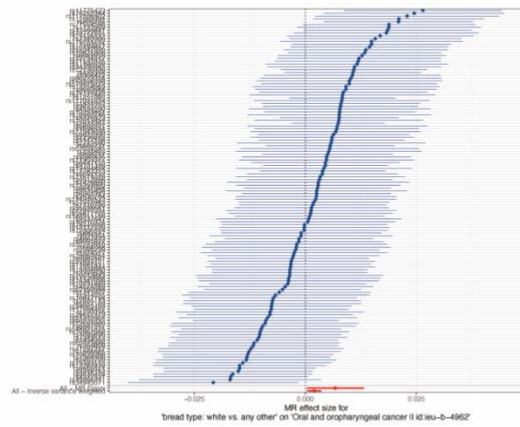
g



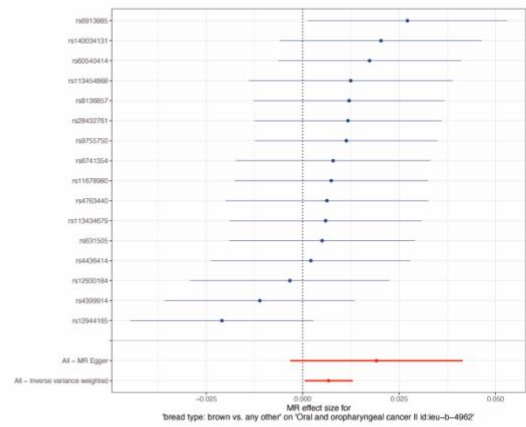
h



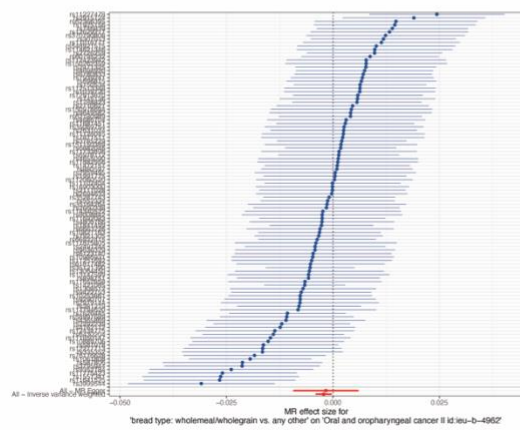
i



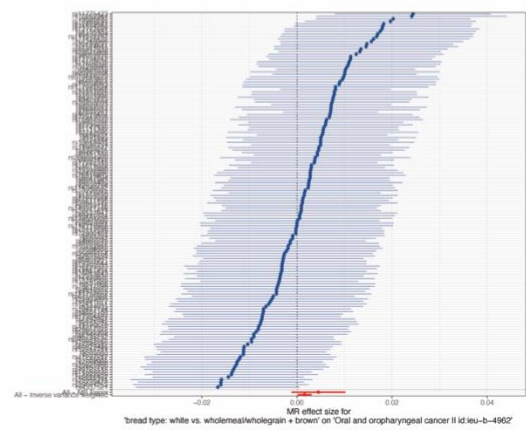
j



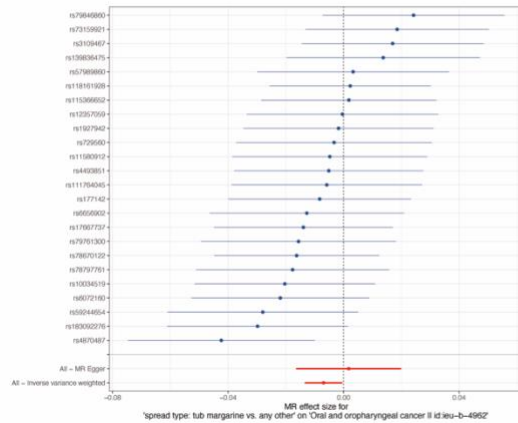
k



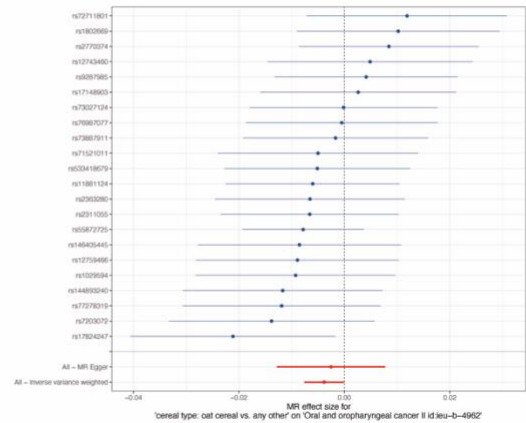
l



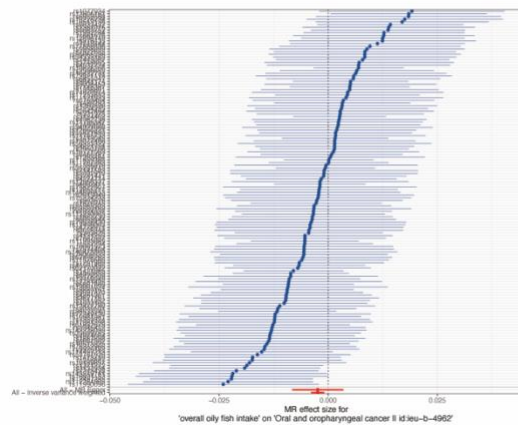
m



n



o



Supplementary Figure 1. Forest Plot of Positive Mendelian Randomization Results. (a) Forest plot of milk type: any milk vs. never. (b) Forest plot of milk type: semi-skimmed vs. never. (c) Forest plot of milk type: dairy-based milk vs. never. (d) Forest plot of milk type: full cream vs. any other. (e) Forest plot of total drinks of alcohol per month. (f) Forest plot of among current drinkers, drinks usually with meals: yes vs. no. (g) Forest plot of among current drinkers, drinks usually with meals: yes, it varies, no. (h) Forest plot of among current drinkers, drinks usually with meals: yes + it varies vs. no. (i) Forest plot of bread type: white vs. any other. (j) Forest plot of bread type: brown vs. any other. (k) Forest plot of bread type: wholemeal/wholegrain vs. any other. (l) Forest plot of bread type: white vs. wholemeal/wholegrain + brown. (m) Forest plot of spread type: tub margarine vs. any other. (n) Forest plot of cereal type: oat cereal vs. any other. (o) Forest plot of overall oily fish intake.