

Table 2 Frequency distribution, unadjusted and adjusted odds of head and neck squamous cell carcinomas

Variable	Total	Carcinoma cases		Unadjusted OR (95% CI)	P-value	Adjusted OR (95% CI) <sup>a</sup>	P-value
	No.	No.	%				
<b><i>Dairy products</i></b>							
High	107	57	53.3	1		1	
Low	106	51	48.1	0.8 (0.48-1.39)	0.452	0.6 (0.24-1.30)	0.176
<b><i>Meat/meat products</i></b>							
High	107	48	44.4	1		1	
Low	106	60	56.6	1.6 (0.93-2.75)	0.087	0.5 (0.20-1.20)	0.119
<b><i>Vegetables</i></b>							
High	109	41	37.6	1		1	
Low	104	67	64.4	3 (1.72-5.25)	< 0.001	3.8 (1.57-9.10)	0.003
<b><i>Fruits</i></b>							
High	130	62	47.7	1		1	
Low	83	46	55.4	1.4 (0.78-2.37)	0.272	2.0 (0.88-4.97)	0.095
<b><i>Cereals/cereal products</i></b>							
High	107	45	42.1	1		1	
Low	106	63	59.4	2.0 (1.17-3.48)	0.012	2.6 (1.12-5.99)	0.026
<b><i>Fats and oils</i></b>							
High	119	70	58.8	1		1	
Low	94	38	40.4	0.5 (0.27-0.82)	0.008	0.3 (0.10-0.62)	0.002
<b><i>Beverages high in caffeine</i></b>							
High	108	42	38.9	1		1	
Low	105	66	62.9	2.7 (1.53-4.63)	0.001	3.2 (1.34-7.43)	0.008
<b><i>Beverages low in caffeine</i></b>							
High	111	47	42.3	1		1	
Low	102	61	59.8	2.0 (1.17-3.50)	0.011	1.0 (0.44-2.31)	0.980
<b><i>Sugars and syrups</i></b>							
High	109	55	50.5	1		1	
Low	104	53	51.0	1 (0.60-1.75)	0.942	0.6 (0.26-1.32)	0.195

<sup>a</sup>Adjusted for age, sex, education level, working status and tobacco smoking.

OR = odds ratio; CI = confidence interval.