

Table 2. Infertility history and dietary practices, PRESTO (2017-2023)

	Vegetarian	Vegan	Mediterranean	Paleo	Weight Watchers	Ketogenic
	N=334	N=92	N=102	N=59	N=124	N=203
	PR (95% CI)	PR (95% CI)	PR (95% CI)	PR (95% CI)	PR (95% CI)	PR (95% CI)
History of 12-month infertility						
Total (N=7,227)						
YES (N=1,862)						
Unadjusted	0.64 (0.49, 0.83)	0.87 (0.54, 1.40)	0.60 (0.36, 0.99)	0.44 (0.21, 0.92)	0.74 (0.48, 1.13)	1.65 (1.25, 2.17)
Adjusted	0.78 (0.60, 1.03)	1.05 (0.60, 1.82)	0.59 (0.37, 0.95) ⁺	0.43 (0.19, 0.98)	0.55 (0.34, 0.91)	1.31 (0.95, 1.79)
NO (N=5,365)						
	<i>Ref.</i>	<i>Ref.</i>	<i>Ref.</i>	<i>Ref.</i>	<i>Ref.</i>	<i>Ref.</i>
Visited a doctor to seek help for infertility						
Total (N = 7,227)						
YES (N=2,184)						
Unadjusted	0.69 (0.53, 0.89)	0.99 (0.63, 1.57)	1.15 (0.76, 1.73)	0.98 (0.56, 1.70)	1.12 (0.77, 1.64)	1.87 (1.41, 2.48)
Adjusted Model	0.80 (0.61, 1.03)	1.15 (0.69, 1.89)	1.28 (0.82, 1.99)	0.98 (0.54, 1.78)	0.94 (0.62, 1.43)	1.56 (1.17, 2.09)
NO (N=4,491)						
	<i>Ref.</i>	<i>Ref.</i>	<i>Ref.</i>	<i>Ref.</i>	<i>Ref.</i>	<i>Ref.</i>
Cause of infertility identified by doctor						
Total (N=1,860)						
Cervical						
YES (N=82)						
Unadjusted	0.50 (0.13, 1.97)	1.00 (0.14, 7.08)	1.75 (0.44, 6.96)	1.42 (0.20,	2.15 (0.70, 6.59)	2.23 (0.85, 5.83)
Adjusted	0.55 (0.14, 2.13)	1.13 (0.16, 7.93)	1.70 (0.42, 6.92)	10.10)	1.90 (0.65, 5.59)	1.91 (0.74, 4.95)

				1.35 (0.19, 9.67)		
Tubal YES (N=132)						
Unadjusted	0.61 (0.23, 1.60)	1.22 (0.30, 4.91)	0.55 (0.08, 3.92)	1.73 (0.42, 7.02)	1.77 (0.66, 4.73)	2.68 (1.35, 5.34)
Adjusted	0.67 (0.25, 1.75)	1.28 (0.31, 5.32)	0.61 (0.09, 4.29)	1.82 (0.48, 6.94)	1.54 (0.57, 4.16)	2.22 (1.09, 4.49)
Ovulatory YES (N=709)						
Unadjusted	0.65 (0.42, 1.01)	1.49 (0.81, 2.75)	1.22 (0.65, 2.29)	1.07 (0.46, 2.51)	1.81 (1.12, 2.93)	2.61 (1.82, 3.75)
Adjusted	0.84 (0.53, 1.32)	2.07 (1.07, 3.99)	1.42 (0.71, 2.81)	1.22 (0.46, 2.73)	1.28 (0.76, 2.15)	2.01 (1.38, 2.94)
Unidentified YES (N=995)						
Unadjusted	0.63 (0.44, 0.91)	0.66 (0.32, 1.37)	1.16 (0.68, 1.99)	0.93 (0.44, 1.98)	0.73 (0.40, 1.34)	1.32 (0.87, 1.99)
Adjusted	0.70 (0.48, 1.03)	0.75 (0.36, 1.58)	1.23 (0.70, 2.17)	0.89 (0.41, 1.95)	0.62 (0.34, 1.14)	1.10 (0.71, 1.69)
NO (N=4,491)						
	<i>Ref.</i>	<i>Ref.</i>	<i>Ref.</i>	<i>Ref.</i>	<i>Ref.</i>	<i>Ref.</i>

PR = prevalence ratio. CI = confidence interval.

Adjusted = overall-adjusted prevalence ratios for age, BMI, and income

+Adjusted for age and BMI

Unadjusted = unadjusted prevalence ratios