**Supplementary Table 1** Hazard ratio (95% confidence interval) of type 2 diabetes according to tertile (T) of meat intake (crude intake)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | T1 (low) | T2 | T3 (high) | *P* for trend\* |
| Total meat |  |  |  |  |
| Person-year of follow-up | 5411 | 5390 | 5318 |  |
| No of cases | 57 | 42 | 36 |  |
| Median (g) | 36.5 | 68.4 | 96.5 |  |
| Multivariable-adjusted model† | 1.00 (ref) | 0.83 (0.55, 1.27) | 0.81 (0.49, 1.34) | 0.38 |
| Red meat |  |  |  |  |
| Person-year of follow-up | 5459 | 6144 | 4516 |  |
| No of cases | 51 | 44 | 40 |  |
| Median (g) | 14.2 | 35.6 | 42.7 |  |
| Multivariable-adjusted model† | 1.00 (ref) | 0.94 (0.61, 1.44) | 1.04 (0.64, 1.67) | 0.98 |
| Processed meat |  |  |  |  |
| Person-year of follow-up | 5242 | 5519 | 5358 |  |
| No of cases | 54 | 36 | 45 |  |
| Median (g) | 2.3 | 5.4 | 13.6 |  |
| Multivariable-adjusted model† | 1.00 (ref) | 0.68 (0.44, 1.05) | 0.92 (0.58, 1.44) | 0.97 |
| Poultry |  |  |  |  |
| Person-year of follow-up | 6312 | 3877 | 5930 |  |
| No of cases | 56 | 33 | 46 |  |
| Median (g) | 12.8 | 28.5 | 39.1 |  |
| Multivariable-adjusted model† | 1.00 (ref) | 1.13 (0.72, 1.78) | 1.06 (0.68, 1.66) | 0.74 |

\*Based on Cox proportional hazard regression with assignment of the median in each tertile of meat intake.

†Adjusted for age (y), sex, smoking status (never-smoker, quitter, or current smoker consuming <20 cigarettes/day, or ≥20 cigarettes/day), alcohol consumption (non-drinker or drinker consuming <23 g, 23 to <46 g, or ≥46 g of ethanol/day), leisure-time physical activity (MET-hour/week, quartile), physical activity during work and housework or while commuting to work (heavy physical work ≥30 minutes/day or heavy physical work <30 minutes/day and standing <30 minutes, 30-59 minutes, or ≥1 hours/day), hypertension (yes or no), dyslipidemia (yes or no), total energy intake (kcal), intakes of rice (g), vegetables (g), and fish and shellfish (g), and BMI (kg/m2).