

Supplemental table 1. Literature search strategies.

Embase

Run 5th June 2013

1. exp cohort analysis/
2. epidemiology/
3. cohort\$.tw.
4. case control study/
5. or/1-4
6. diabetes mellitus/
7. (type 2 adj3 diabet\$).tw.
8. (type ii adj3 diabet\$).tw.
9. non insulin dependent diabetes mellitus/
10. (inciden\$ adj3 diabet\$).tw.
11. or/6-10
12. carbonated beverage/
13. "soft drink".tw.
14. ((soda or carbonated or sweet\$ or sugar\$) adj3 beverage\$).tw.
15. ((soda or carbonated or sweet\$ or sugar\$) adj3 drink\$).tw.
16. ((carbonated or sweet\$ or sugar\$) adj3 soda\$).tw.
17. or/12-16
18. 5 and 11 and 17

Medline

Run June 5th 2013

1. exp cohort studies/
2. cohort\$.tw.
3. epidemiologic methods/
4. or/1-3
5. carbonated beverages/
6. "soft drink".tw.
7. ((soda or carbonated or sweet\$ or sugar\$) adj3 beverage\$).tw.
8. ((soda or carbonated or sweet\$ or sugar\$) adj3 drink\$).tw.
9. ((carbonated or sweet\$ or sugar\$) adj3 soda\$).tw.
10. Diabetes Mellitus, Type 2/
11. (type 2 adj3 diabet\$).tw.
12. (type ii adj3 diabet\$).tw.
13. (inciden\$ adj3 diabet\$).tw.
14. or/5-9
15. or/10-13
16. 4 and 14 and 15
17. limit 16 to english language

Supplemental table 2. Risk of bias table for publications identified in literature search, using the Newcastle-Ottawa quality assessment scale for studies included in meta-analysis of sugar sweetened and artificially sweetened soft drinks and type 2 diabetes.

Author, year, region	Study name	Selection*	Comparability†	Outcome‡
Schulze <i>et al.</i> , 2004, USA{Schulze, 2004 84 /id}	Nurses' Health Study II	***	**	*
Paynter <i>et al.</i> , 2006, USA{Paynter, 2006 72 /id}	Atherosclerosis Risk in Communities Study	***	**	**
Palmer <i>et al.</i> , 2008, USA{Palmer, 2008 67 /id}	Black Women's Health Study	**	**	***
Bhupathiraju <i>et al.</i> , 2013, USA{Bhupathiraju, 2013 11 /id}	Health Professionals Follow-up	***	**	***
Bhupathiraju <i>et al.</i> , 2013, USA{Bhupathiraju, 2013 11 /id}	Nurses Health Study I	***	**	**
The InterAct consortium, 2013, Europe{The InterAct Consortium, 2013 2 /id}	EPIC-InterAct	****	**	***

\* Stars awarded for exposed participants being representative of all type 2 diabetics, sampling of unexposed participants from the same community, validated dietary assessment covering at least 100 separate food items for precision, and demonstration type 2 diabetes was not present at the start of the study.

† Stars awarded for adjustment for age and for smoking.

‡ Stars awarded for an objective outcome assessment, based on medical records, self-report of objective medical details, or confirmed in medical records, for follow-up of 10 years or more, and for at least 70% followed-up.

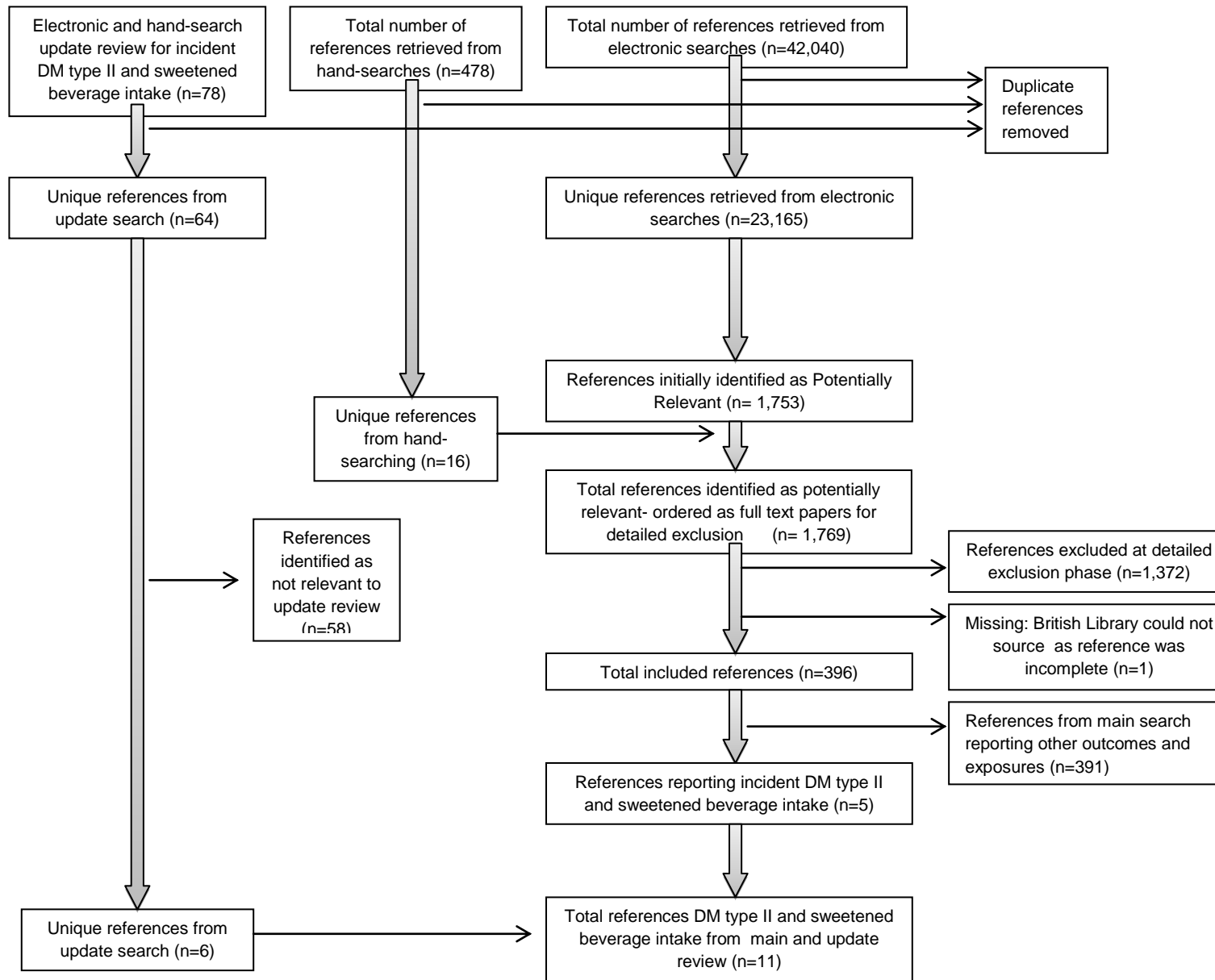
Supplemental table 3. Subgroup analyses for sugar sweetened soft drinks and type 2 diabetes.

		RR (95% CI)	I <sup>2</sup>	n	P <sub>het</sub> <sup>a</sup>	P <sub>het</sub> <sup>b</sup>
subjects' gender	Male	1.26 (1.18, 1.34)		1		0.6
	Mixed	1.11 (0.92, 1.34)	83%	2	0.01	
	Female	1.24 (1.14, 1.35)	80%	3	0.007	
subjects' gender in same study	Male	1.01 (0.89, 1.14)		1		
	Female	1.02 (0.90, 1.16)		1		
length of follow-up	<10 years	1.22 (0.84, 1.77)	94%	2	<0.001	
	≥10 years	1.20 (1.16, 1.25)	31%	4	0.2	0.8
geographic location	Americas	1.20 (1.11, 1.29)	84%	5	<0.001	
	EU	1.23 (1.08, 1.39)		1		
	Other					
mean intake in cohort	<100 ml/day	1.28 (1.15, 1.42)	66%	3	0.05	
	100+ ml/day	1.14 (1.03, 1.26)	86%	3	<0.001	0.2
mean BMI in cohort	<25 kg/m <sup>2</sup>	1.27 (1.18, 1.38)	67%	3	0.05	
	≥25 kg/m <sup>2</sup>	1.13 (1.02, 1.24)	77%	3	0.01	0.2
adjusted for age	yes	1.20 (1.12, 1.29)	80%	6	<0.001	
	no					
adjusted for alcohol	yes	1.22 (0.98, 1.51)	90%	3	<0.001	
	no	1.20 (1.15, 1.26)	53%	3	0.1	1.0
adjusted for anthropometry	yes					
	no	1.20 (1.12, 1.29)	80%	6	<0.001	
adjusted for energy intake	yes	1.22 (0.98, 1.51)	90%	3	<0.001	
	no	1.20 (1.15, 1.26)	53%	3	0.1	1.0
adjusted for family history	yes	1.20 (1.11, 1.29)	84%	5	<0.001	
	no	1.23 (1.08, 1.39)		1		0.9
adjusted for physical activity	yes	1.20 (1.12, 1.29)	80%	6	<0.001	
	no					
adjusted for gender	yes	1.23 (1.17, 1.30)	65%	5	0.02	
	no	1.01 (0.93, 1.11)		1		0.08
adjusted for smoking	yes	1.20 (1.12, 1.29)	80%	6	<0.001	
	no					

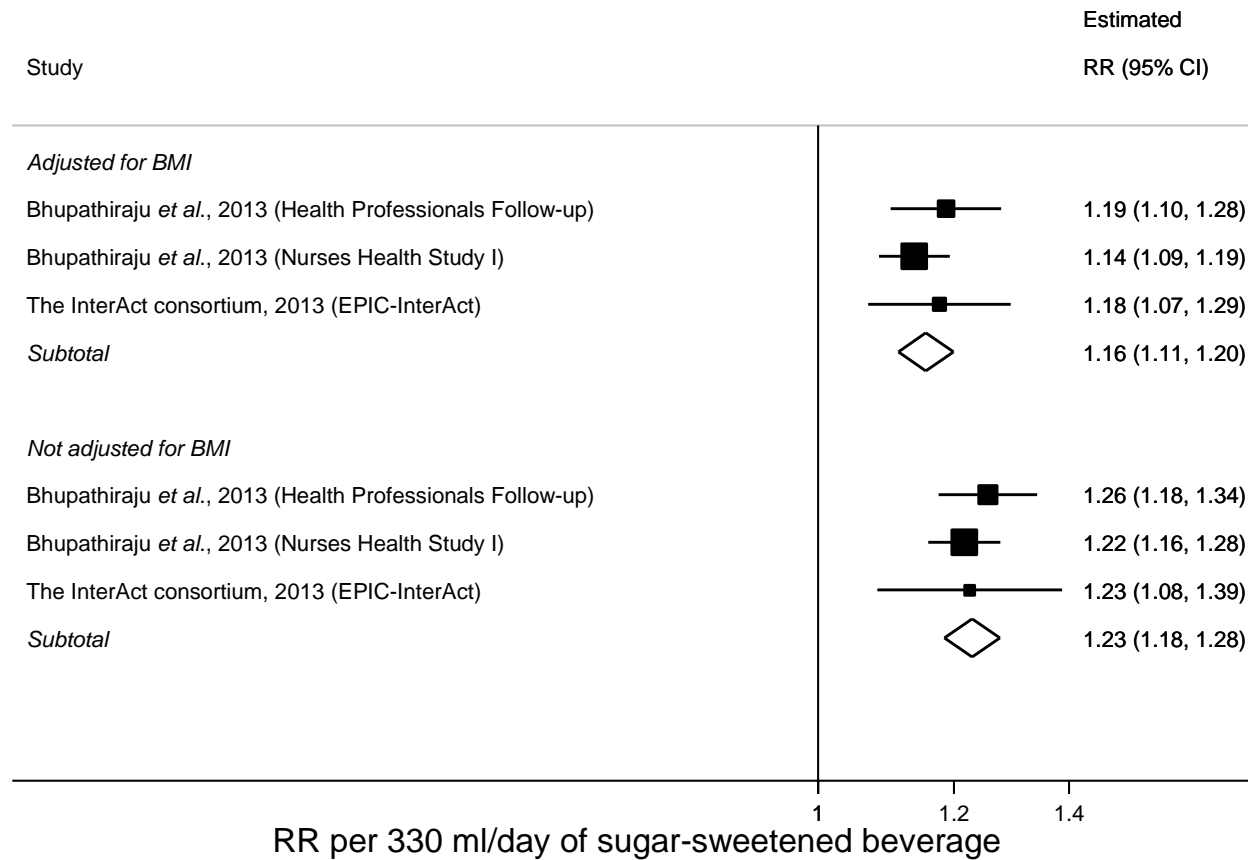
<sup>a</sup> P for heterogeneity within each subgroup.

<sup>b</sup> P for heterogeneity between each subgroup

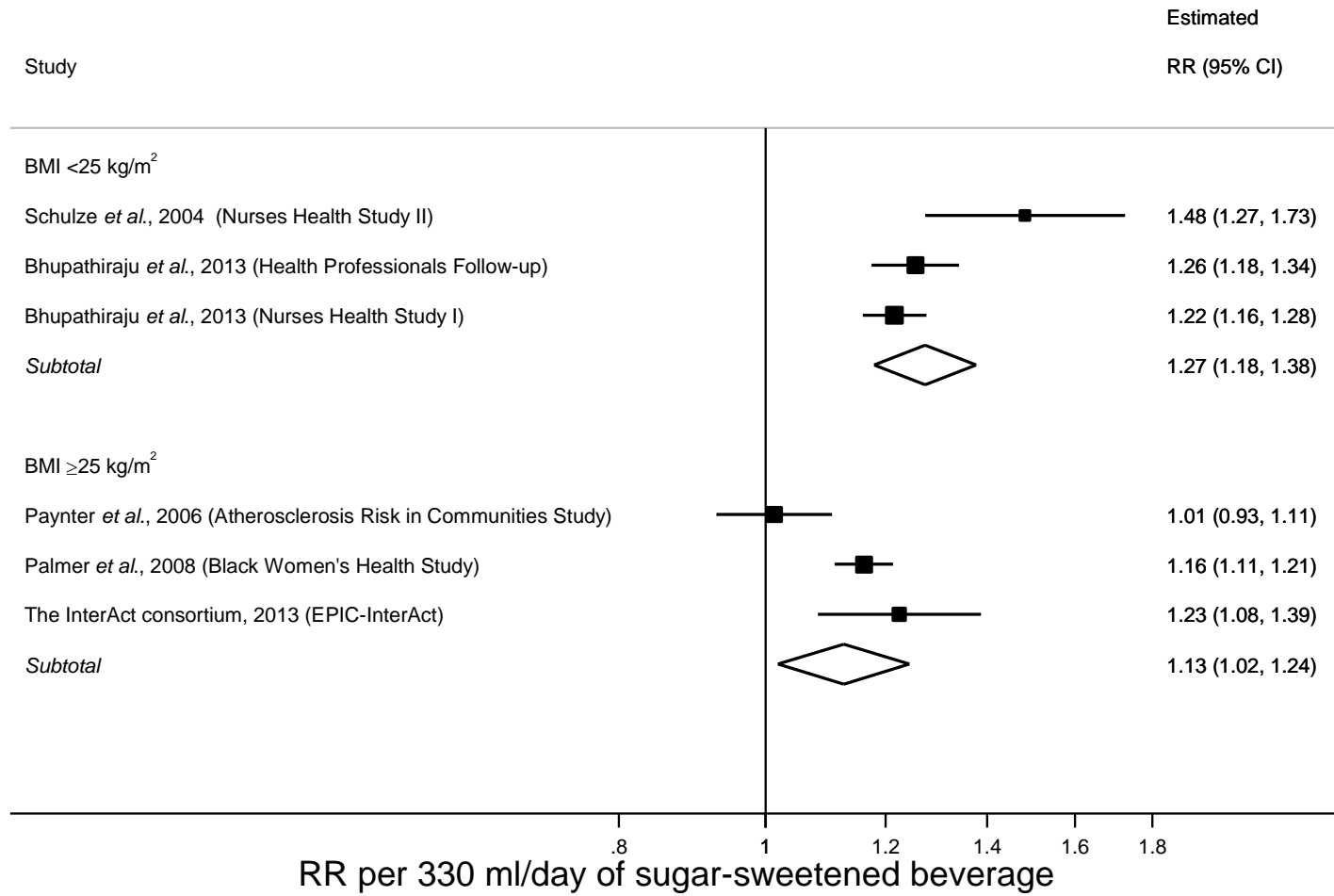
Supplemental figure 1. Flow chart of literature searches and study selection.



Supplemental figure 2. Forest plot of sugar sweetened soft drinks and risk of type 2 diabetes with and without adjustment for BMI, for those studies presenting both results.



Supplemental figure 3. Forest plot of sugar sweetened soft drinks and risk of type 2 diabetes stratified by mean baseline BMI.



Supplemental figure 4. Funnel plot for sugar sweetened soft drinks and risk of type 2 diabetes.

