|  |  |
| --- | --- |
| **Supplementary Table S1. Individual vegetables that contributed to the different vegetable groups in the Singapore Chinese Health Study** | |
| **Vegetable groups** | **Component vegetables** |
| Light-green vegetables | *Bok choy* (Chinese cabbage), *Shanghai bok choy* (Chinese greens), cabbage head, *won nga pak* (celery cabbage), raw lettuce head or iceberg, Chinese lettuce, cucumber, green beans or French beans, snowpeas, French green peas, *fu kua* (balsam pear), green onions, and celery. |
| Dark-green vegetables | *kai choi* (mustard greens), *kan kong* (water spinach), *Cai xin* (Chinese flowering cabbage), *po choi* (spinach), *yin choi* (amaranth), watercress, *kai lan* (Chinese broccoli), sweet potato leaves, *kou kay choi* (Chinese wolfberry), and broccoli. |
| Cruciferous vegetables | *Bok choy* (Chinese cabbage), *Shanghai bok choy* (Chinese greens), *kai choi* (mustard greens), *cai xin* (Chinese flowering cabbage), watercress, *kai lan* (Chinese broccoli), cabbage head, *won nga pak* (celery cabbage), broccoli, and cauliflower. |
| Yellow vegetables | Carrots, corn, and carrot juice. |
| Potatoes | Boiled potatoes without skin, mashed potatoes, pan-fried white potatoes, and French fries. |
| Tomatoes | Tomatoes. |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Supplementary Table S2. Subgroup analyses for total and specific vegetable intake in relation to risk of type 2 diabetes in the Singapore Chinese Health Study**a | | | | | | | | |
|  |  | **Vegetable intake quintiles** | | | | | ***P*-trendb** | ***P*-interaction** |
|  |  | **1 (low)** | **2** | **3** | **4** | **5 (high)** |
| **Total vegetables** | |  |  |  |  |  |  |  |
| Men | *Nc* | 5424 | 4508 | 3820 | 3215 | 2442 |  | 0.80 |
| HR (95% CI) | Reference | 1.11 (0.99-1.25) | 0.94 (0.83-1.07) | 0.95 (0.83-1.09) | 1.08 (0.93-1.25) | 0.94 |
| Women | *N* | 3658 | 4574 | 5262 | 5867 | 6641 |  |
| HR (95% CI) | Reference | 1.20 (1.05-1.37) | 1.00 (0.88-1.14) | 1.06 (0.93-1.21) | 1.10 (0.97-1.25) | 0.61 |
| BMI<25 kg/m2 | *N* | 7343 | 7246 | 7196 | 7025 | 6924 |  | 0.91 |
| HR (95% CI) | Reference | 1.15 (1.03-1.28) | 0.97 (0.86-1.08) | 1.02 (0.91-1.15) | 1.05 (0.93-1.18) | 0.92 |
| BMI≥25 kg/m2 | *N* | 1739 | 1836 | 1886 | 2057 | 2159 |  |
| HR (95% CI) | Reference | 1.13 (0.98-1.30) | 0.97 (0.83-1.12) | 0.97 (0.84-1.13) | 1.10 (0.94-1.28) | 0.56 |
| Never smokers | *N* | 5323 | 6190 | 6693 | 7037 | 7488 |  | 0.90 |
| HR (95% CI) | Reference | 1.13 (1.02-1.26) | 0.93 (0.83-1.04) | 0.99 (0.88-1.10) | 1.08 (0.97-1.21) | 0.52 |
| Ever smokers | *N* | 3759 | 2892 | 2389 | 2045 | 1595 |  |
| HR (95% CI) | Reference | 1.17 (1.01-1.36) | 1.07 (0.92-1.26) | 1.07 (0.91-1.27) | 1.00 (0.83-1.21) | 0.76 |
| **Light green vegetables** | |  |  |  |  |  |  |  |
| Men | *N* | 4745 | 4333 | 3860 | 3563 | 2908 |  | 0.42 |
| HR (95% CI) | Reference | 0.90 (0.80-1.02) | 0.98 (0.86-1.11) | 0.93 (0.82-1.06) | 0.87 (0.76-1.01) | 0.12 |
| Women | *N* | 4337 | 4748 | 5223 | 5519 | 6175 |  |
| HR (95% CI) | Reference | 1.08 (0.96-1.23) | 1.01 (0.89-1.14) | 1.10 (0.97-1.24) | 1.02 (0.91-1.16) | 0.94 |
| BMI<25 kg/m2 | *N* | 7344 | 7287 | 7186 | 7065 | 6852 |  | 0.60 |
| HR (95% CI) | Reference | 0.97 (0.87-1.09) | 0.98 (0.88-1.09) | 0.99 (0.89-1.11) | 0.91 (0.81-1.02) | 0.15 |
| BMI≥25 kg/m2 | *N* | 1738 | 1794 | 1897 | 2017 | 2231 |  |
| HR (95% CI) | Reference | 1.03 (0.88-1.19) | 1.01 (0.87-1.17) | 1.06 (0.92-1.23) | 1.00 (0.86-1.15) | 0.93 |
| Never smokers | *N* | 5792 | 6315 | 6574 | 6840 | 7210 |  | 0.11 |
| HR (95% CI) | Reference | 1.01 (0.91-1.12) | 0.99 (0.89-1.10) | 1.02 (0.92-1.14) | 1.01 (0.90-1.12) | 0.87 |
| Ever smokers | *N* | 3290 | 2766 | 2509 | 2242 | 1873 |  |
| HR (95% CI) | Reference | 0.95 (0.81-1.10) | 0.99 (0.85-1.16) | 1.02 (0.87-1.20) | 0.79 (0.66-0.95) | 0.04 |
| **Dark green leafy vegetables** | |  |  |  |  |  |  |  |
| Men | *N* | 5265 | 4407 | 3820 | 3353 | 2564 |  | 0.97 |
| HR (95% CI) | Reference | 0.97 (0.86-1.09) | 1.00 (0.89-1.14) | 0.96 (0.84-1.10) | 1.04 (0.90-1.20) | 0.63 |
| Women | *N* | 3817 | 4675 | 5262 | 5729 | 6519 |  |
| HR (95% CI) | Reference | 0.95 (0.84-1.08) | 1.05 (0.93-1.18) | 0.96 (0.85-1.09) | 1.05 (0.93-1.19) | 0.27 |
| BMI<25 kg/m2 | *N* | 7275 | 7251 | 7121 | 7095 | 6992 |  | 0.99 |
| HR (95% CI) | Reference | 0.96 (0.86-1.07) | 1.01 (0.90-1.13) | 0.95 (0.85-1.07) | 1.04 (0.93-1.17) | 0.42 |
| BMI≥25 kg/m2 | *N* | 1807 | 1831 | 1961 | 1987 | 2091 |  |
| HR (95% CI) | Reference | 0.98 (0.84-1.13) | 1.03 (0.89-1.19) | 0.99 (0.85-1.14) | 1.06 (0.92-1.23) | 0.35 |
| Never smokers | *N* | 5488 | 6234 | 6735 | 6941 | 7333 |  | 0.84 |
| HR (95% CI) | Reference | 0.91 (0.81-1.01) | 1.00 (0.90-1.11) | 0.91 (0.81-1.01) | 1.03 (0.92-1.14) | 0.30 |
| Ever smokers | *N* | 3594 | 2848 | 2347 | 2141 | 1750 |  |
| HR (95% CI) | Reference | 1.06 (0.91-1.23) | 1.07 (0.91-1.26) | 1.11 (0.94-1.30) | 1.05 (0.88-1.25) | 0.51 |
| **Cruciferous vegetables** | |  |  |  |  |  |  |  |
| Men | *N* | 5140 | 4368 | 3739 | 3379 | 2783 |  | 0.94 |
| HR (95% CI) | Reference | 0.94 (0.83-1.06) | 0.96 (0.85-1.09) | 0.87 (0.76-1.00) | 0.94 (0.82-1.09) | 0.29 |
| Women | *N* | 3942 | 4714 | 5343 | 5703 | 6300 |  |
| HR (95% CI) | Reference | 1.01 (0.89-1.15) | 1.07 (0.95-1.21) | 0.93 (0.82-1.05) | 1.00 (0.89-1.13) | 0.58 |
| BMI<25 kg/m2 | *N* | 7340 | 7239 | 7160 | 7008 | 6987 |  | 0.33 |
| HR (95% CI) | Reference | 0.99 (0.88-1.10) | 1.02 (0.91-1.13) | 0.89 (0.79-1.00) | 0.93 (0.83-1.04) | 0.07 |
| BMI≥25 kg/m2 | *N* | 1742 | 1843 | 1922 | 2074 | 2096 |  |
| HR (95% CI) | Reference | 0.95 (0.82-1.09) | 1.00 (0.87-1.16) | 0.89 (0.77-1.03) | 1.02 (0.88-1.18) | 0.79 |
| Never smokers | *N* | 5496 | 6189 | 6747 | 6946 | 7353 |  | 0.22 |
| HR (95% CI) | Reference | 0.98 (0.88-1.09) | 1.01 (0.91-1.13) | 0.90 (0.80-1.00) | 1.01 (0.90-1.12) | 0.89 |
| Ever smokers | *N* | 3586 | 2893 | 2335 | 2136 | 1730 |  |
| HR (95% CI) | Reference | 0.95 (0.82-1.11) | 1.05 (0.90-1.23) | 0.90 (0.77-1.07) | 0.84 (0.70-1.01) | 0.05 |
| **Yellow vegetables** | |  |  |  |  |  |  |  |
| Men | *N* | 5289 | 4367 | 3845 | 3193 | 2715 |  | 0.85 |
| HR (95% CI) | Reference | 0.91 (0.81-1.03) | 0.93 (0.82-1.06) | 1.02 (0.90-1.17) | 0.95 (0.82-1.10) | 0.93 |
| Women | *N* | 3793 | 4715 | 5237 | 5889 | 6368 |  |
| HR (95% CI) | Reference | 0.97 (0.86-1.10) | 0.96 (0.85-1.09) | 1.07 (0.95-1.20) | 0.99 (0.88-1.12) | 0.79 |
| BMI<25 kg/m2 | *N* | 7243 | 7218 | 7147 | 7133 | 6993 |  | 0.44 |
| HR (95% CI) | Reference | 0.94 (0.85-1.05) | 0.99 (0.89-1.11) | 1.04 (0.94-1.17) | 0.99 (0.88-1.11) | 0.67 |
| BMI≥25 kg/m2 | *N* | 1839 | 1864 | 1935 | 1949 | 2090 |  |
| HR (95% CI) | Reference | 0.95 (0.82-1.09) | 0.88 (0.77-1.02) | 1.02 (0.89-1.17) | 0.93 (0.81-1.08) | 0.66 |
| Never smokers | *N* | 5277 | 6195 | 6760 | 7101 | 7398 |  | 0.42 |
| HR (95% CI) | Reference | 0.92 (0.83-1.03) | 0.92 (0.83-1.03) | 1.01 (0.91-1.12) | 0.95 (0.85-1.05) | 0.89 |
| Ever smokers | *N* | 3805 | 2887 | 2322 | 1981 | 1685 |  |
| HR (95% CI) | Reference | 0.98 (0.84-1.13) | 1.00 (0.85-1.16) | 1.13 (0.96-1.32) | 1.00 (0.83-1.19) | 0.65 |
| **Potatoes** | |  |  |  |  |  |  |  |
| Men | *N* | 4048 | 4090 | 4136 | 3617 | 3518 |  | 0.71 |
| HR (95% CI) | Reference | 0.99 (0.87-1.12) | 0.94 (0.82-1.07) | 1.04 (0.91-1.18) | 0.90 (0.79-1.04) | 0.24 |
| Women | *N* | 5034 | 4992 | 4946 | 5465 | 5565 |  |
| HR (95% CI) | Reference | 1.05 (0.93-1.17) | 1.00 (0.89-1.12) | 1.01 (0.90-1.13) | 0.99 (0.88-1.11) | 0.55 |
| BMI<25 kg/m2 | *N* | 7013 | 7119 | 7225 | 7185 | 7192 |  | 0.45 |
| HR (95% CI) | Reference | 1.00 (0.90-1.12) | 1.02 (0.91-1.14) | 1.01 (0.90-1.13) | 0.95 (0.85-1.06) | 0.29 |
| BMI≥25 kg/m2 | *N* | 2069 | 1963 | 1857 | 1897 | 1891 |  |
| HR (95% CI) | Reference | 1.05 (0.91-1.20) | 0.93 (0.81-1.07) | 1.07 (0.93-1.22) | 0.98 (0.85-1.13) | 0.83 |
| Never smokers | *N* | 6136 | 6372 | 6448 | 6810 | 6965 |  | 0.51 |
| HR (95% CI) | Reference | 1.03 (0.93-1.14) | 0.98 (0.89-1.09) | 1.02 (0.92-1.13) | 0.95 (0.86-1.05) | 0.23 |
| Ever smokers | *N* | 2946 | 2710 | 2634 | 2272 | 2118 |  |
| HR (95% CI) | Reference | 1.01 (0.86-1.18) | 0.95 (0.81-1.12) | 1.03 (0.88-1.21) | 0.97 (0.82-1.15) | 0.80 |
| **Tomatoes** | |  |  |  |  |  |  |  |
| Men | *N* | 4030 | 4338 | 4124 | 3614 | 3303 |  | 0.12 |
| HR (95% CI) | Reference | 0.96 (0.84-1.09) | 1.06 (0.93-1.21) | 1.03 (0.90-1.18) | 1.11 (0.96-1.27) | 0.07 |
| Women | *N* | 5052 | 4744 | 4958 | 5468 | 5780 |  |
| HR (95% CI) | Reference | 1.08 (0.96-1.22) | 1.10 (0.97-1.23) | 1.14 (1.01-1.27) | 1.05 (0.93-1.18) | 0.78 |
| BMI<25 kg/m2 | *N* | 7251 | 7121 | 7186 | 7096 | 7080 |  | 0.93 |
| HR (95% CI) | Reference | 1.05 (0.94-1.17) | 1.11 (0.99-1.24) | 1.15 (1.03-1.28) | 1.07 (0.96-1.20) | 0.27 |
| BMI≥25 kg/m2 | *N* | 1831 | 1961 | 1896 | 1986 | 2003 |  |
| HR (95% CI) | Reference | 0.99 (0.86-1.15) | 1.03 (0.90-1.19) | 1.00 (0.87-1.15) | 1.06 (0.92-1.22) | 0.40 |
| Never smokers | *N* | 6107 | 6287 | 6520 | 6816 | 7001 |  | 0.14 |
| HR (95% CI) | Reference | 1.05 (0.95-1.17) | 1.08 (0.97-1.20) | 1.11 (1.00-1.23) | 1.05 (0.94-1.16) | 0.60 |
| Ever smokers | *N* | 2975 | 2795 | 2562 | 2266 | 2082 |  |
| HR (95% CI) | Reference | 0.96 (0.82-1.12) | 1.10 (0.94-1.30) | 1.05 (0.89-1.24) | 1.13 (0.95-1.34) | 0.09 |
| **Preserved vegetables** | |  |  |  |  |  |  |  |
| Men | *N* | 4834 | 4705 | 3745 | 3292 | 2833 |  | 0.01 |
| HR (95% CI) | Reference | 0.96 (0.85-1.08) | 0.95 (0.83-1.08) | 0.99 (0.87-1.14) | 1.12 (0.98-1.29) | 0.05 |
| Women | *N* | 4248 | 4377 | 5337 | 5790 | 6250 |  |
| HR (95% CI) | Reference | 0.87 (0.77-0.99) | 0.94 (0.84-1.06) | 0.97 (0.86-1.09) | 0.89 (0.79-1.00) | 0.21 |
| BMI<25 kg/m2 | *N* | 7271 | 7136 | 7147 | 7106 | 7074 |  | 0.86 |
| HR (95% CI) | Reference | 0.93 (0.84-1.04) | 0.97 (0.87-1.09) | 0.99 (0.89-1.11) | 0.96 (0.86-1.08) | 0.85 |
| BMI≥25 kg/m2 | *N* | 1811 | 1946 | 1935 | 1976 | 2009 |  |
| HR (95% CI) | Reference | 0.89 (0.77-1.03) | 0.91 (0.78-1.04) | 0.96 (0.83-1.11) | 0.97 (0.84-1.12) | 0.66 |
| Never smokers | *N* | 5851 | 6163 | 6632 | 6907 | 7178 |  | 0.22 |
| HR (95% CI) | Reference | 0.90 (0.81-1.00) | 0.93 (0.84-1.03) | 0.97 (0.87-1.07) | 0.94 (0.85-1.05) | 0.84 |
| Ever smokers | *N* | 3231 | 2919 | 2450 | 2175 | 1905 |  |
| HR (95% CI) | Reference | 0.95 (0.81-1.10) | 1.00 (0.85-1.17) | 1.03 (0.87-1.22) | 1.05 (0.89-1.25) | 0.35 |
| **a** Results are presented as HR and 95% CI with adjustment for variables listed for Model 3 of Table 2 in the article (except stratifying factors). The strata by BMI were further adjusted for BMI (kg/m2), and the strata of ever smokers were further adjusted for smoking status (former, current with 1-12 cigarettes/d, or current with ≥13 cigarettes/d). | | | | | | | | |
| **b** Tests for trends were assessed by fitting median values of intake for quintiles as continuous variables in statistical models. | | | | | | | | |
| **c** Number of participants. | | | | | | | | |

|  |  |  |
| --- | --- | --- |
| **Supplementary Table S3.** Individual vegetables that contributed to green leafy and cruciferous vegetables among studies included in the meta-analysis | | |
|  | **Study, year** | **Individual vegetables included** |
| ***Green leafy vegetables*** | |  |
|  | WHS, 2004 | Spinach, kale, and lettuces |
|  | FMCHES, 2005 | NR |
|  | SWHS, 2008 | Greens, Chinese greens, and spinach |
|  | NHS, 2008 | Spinach, kale, and lettuces |
|  | EPIC-InterAct, 2012 | Spinach, chard, endive, lettuce, borage, watercress, and beet leaves |
|  | JPHC, 2013 | Spinach, *komatsuna*, Chinese chives, garland chrysanthemums, *chingensai*, leaf mustard, mugwort, and (Swiss) chard |
|  | NIH-AARP, 2016 | NR |
|  | EPIC Elderly Greece, 2016 | NR |
|  | SCHS, current study | *kai choi* (mustard greens), *kan kong* (water spinach), *Cai xin* (Chinese flowering cabbage), *po choi* (spinach), *yin choi* (amaranth), watercress, *kai lan* (Chinese broccoli), sweet potato leaves, *kou kay choi* (Chinese wolfberry), and broccoli. |
| ***Cruciferous vegetables*** | |  |
|  | WHS, 2004 | Broccoli, cabbage, cauliflower, and Brussels sprouts. |
|  | SWHS, 2008 | Green cabbage, Chinese cabbage, cauliflower, and white turnip. |
|  | JPHC, 2013 | Cabbage, Chinese radishes, *komatsuna*, broccoli, Chinese cabbage, *chingensai,* andleaf mustard |
|  | KIHDRFS, 2014 | Cauliflower, Brussels sprouts, broccoli, kale, kohlrabi, white cabbage, red cabbage, and Chinese cabbage |
|  | SCHS, current study | *Bok choy* (Chinese cabbage), *Shanghai bok choy* (Chinese greens), *kai choi* (mustard greens), *cai xin* (Chinese flowering cabbage), watercress, *kai lan* (Chinese broccoli), cabbage head, *won nga pak* (celery cabbage), broccoli, and cauliflower |
| EPIC, European Prospective Investigation into Cancer and Nutrition; FMCHES, Finnish Mobile Clinic Health Examination Survey; JPHC, Japan Public Health Center-based Prospective Study; KIHDRFS, Kuopio Ischaemic Heart Disease Risk Factor Study; NHS, Nurses’ Health Study; AAPR, American Association of Retired Persons; NR, not reported; SCHS, Singapore Chinese Health Study; SWHS, Shanghai Women’s Health Study; WHS, Women’s Health Study. | | |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Supplementary Table S4. The quality of included studies assessed by the Newcastle Ottawa Scale**a | | | | | | | | | |
|  | **Selection** | | | | **Comparability** | **Outcome** | | | **Total stars** |
| Study, year | Representativeness  of exposed cohort | Selection  of the non-exposed  cohort | Ascertainment of exposure | Demonstration that outcome of interest was not present at start of study | Comparability  of cohorts on the basis of the design or analysis | Assessment of outcome | Was follow-up long enough for  outcomes to  occur | Adequacy of follow up of cohorts |  |
| WHS, 2004 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | **6** |
| FMCHES, 2005 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | **6** |
| SWHS, 2008 | 1 | 1 | 1 | 1 | 2 | 1 | 1 | 1 | **9** |
| NHS, 2008 | 0 | 1 | 1 | 1 | 2 | 1 | 1 | 0 | **7** |
| EPIC-InterAct, 2012 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | **7** |
| JPHC, 2013 | 1 | 1 | 1 | 1 | 2 | 1 | 1 | 0 | **8** |
| KIHDRFS, 2014 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | **8** |
| DCH, 2015 | 1 | 1 | 1 | 1 | 2 | 1 | 1 | 0 | **8** |
| NIH-AARP, 2016 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | **5** |
| EPIC Elderly, 2016 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | **5** |
| SCHS, current study | 1 | 1 | 1 | 1 | 2 | 1 | 1 | 1 | **9** |
| DCH, Diet, Cancer, and Health; EPIC, European Prospective Investigation into Cancer and Nutrition; FMCHES, Finnish Mobile Clinic Health Examination Survey; JPHC, Japan Public Health Center-based Prospective Study; KIHDRFS, Kuopio Ischaemic Heart Disease Risk Factor Study; NHS, Nurses’ Health Study; AAPR, American Association of Retired Persons; SCHS, Singapore Chinese Health Study; SWHS, Shanghai Women’s Health Study; WHS, Women’s Health Study. | | | | | | | | | |
| aA study can be awarded a maximum of one star for each numbered item within the Selection and Outcome categories and a maximum of two stars for Comparability. | | | | | | | | | |
| **Selection**:   1. Representativeness of exposed cohort   Star assigned if cohort was truly or somewhat representative of the average vegetable-consumer in the community/population. Note that stars were not assigned where study population was sampled from a special population (i.e. participants of health examinations, nurses, or elderly).   1. Selection of non-exposed cohort   Star assigned where non-exposed persons were drawn from the same population as the exposed participants.   1. Ascertainment of exposure   Star assigned where diets were assessed using structured interviews or diet records, or where articles stated that the self-administered questionnaires had been validated.   1. Demonstration that outcome was not present at start of study:   Star assigned where participants with prevalent diabetes were excluded.  **Comparability**:   1. Comparability of cohorts on the basis of the design or analysis   One star assigned where age, body mass index, and non-dietary lifestyle factors were adjusted for.  Second star assigned where total energy and other dietary components were controlled for in analyses.  **Outcome**:   1. Assessment of outcome   Star assigned where outcomes were identified through blood tests, medical records/ record linkage, or where articles stated that self-reported diabetes had been validated.  2) Was follow-up long enough for outcomes to occur  Star assigned where average years of follow-up was >5 years  3) Adequacy of follow up of cohorts  Star assigned where the follow-up rate was >80%. Note that stars were not assigned where these data were not available. | | | | | | | | | |
|  | | | | | | | | | |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Supplementary Table S5. Stratified meta-analysis of green leafy and cruciferous vegetable intake (high vs. low) and risk of type 2 diabetes** | | | | | | | | | | |
|  |  | **Green leafy vegetables (*N* = 9)** | | | |  | **Cruciferous vegetables (*N* = 5)** | | | |
|  |  | ***N***a | **RR (95% CI)** | ***I*2 (%)** | ***P*-difference** |  | ***N*** | **RR (95% CI)** | ***I*2 (%)** | ***P*-difference** |
| Geographic area | |  |  |  |  |  |  |  |  |  |
|  | USA | 3 | 0.88 (0.85-0.90) | 0 | Ref. |  | 1 | 0.95 (0.80-1.12) | NA | Ref. |
|  | Europe/Australia | 3 | 0.96 (0.61-1.50) | 86.4 | 0.82 |  | 1 | 0.79 (0.59-1.05) | NA | NA |
|  | Asia | 3 | 0.90 (0.76-1.06) | 70.3 | 0.85, 0.72b |  | 3 | 0.87 (0.71-1.06) | 76.2 | 0.68, 0.71b |
| Sex of participants | |  |  |  |  |  |  |  |  |  |
|  | Men | 2 | 0.97 (0.78-1.19) | 44.7 | 0.61 |  | 3 | 0.89 (0.79-1.00) | 0 | 0.65 |
|  | Women | 5 | 0.92 (0.84-1.01) | 48.1 |  |  | 4 | 0.91 (0.76-1.09) | 76.2 |  |
| Duration of follow-up | |  |  |  |  |  |  |  |  |  |
|  | ≥ 10 years | 6 | 0.94 (0.83-1.06) | 83.3 | 0.49 |  | 2 | 0.92 (0.77-1.10) | 43.3 | 0.70 |
|  | < 10 years | 3 | 0.87 (0.79-0.96) | 0 |  |  | 3 | 0.86 (0.71-1.03) | 63.9 |  |
| No. of cases | |  |  |  |  |  |  |  |  |  |
|  | ≥ 1000 | 7 | 0.94 (0.86-1.04) | 79.5 | 0.19 |  | 3 | 0.88 (0.73-1.05) | 81.7 | 0.93 |
|  | < 1000 | 2 | 0.77 (0.64-0.93) | 0 |  |  | 2 | 0.86 (0.70-1.06) | 22.1 |  |
| Quality scores | |  |  |  |  |  |  |  |  |  |
|  | ≥ 7 | 5 | 0.90 (0.81-0.99) | 54.0 | 0.59 |  | 4 | 0.85 (0.72-1.01) | 67.7 | 0.57 |
|  | < 7 | 4 | 0.96 (0.78-1.17) | 82.3 |  |  | 1 | 0.95 (0.80-1.12) |  |  |
| Measure of association | |  |  |  |  |  |  |  |  |  |
|  | HR/RR | 6 | 0.90 (0.81-1.00) | 65.6 | 0.60 |  | 4 | 0.86 (0.74-1.01) | 74.4 | 0.77 |
|  | OR | 3 | 0.96 (0.75-1.24) | 78.3 |  |  | 1 | 0.90 (0.72-1.13) | NA |  |
| Average intakec | |  |  |  |  |  |  |  |  |  |
|  | High | 5 | 0.99 (0.86-1.13) | 79.1 | 0.12 |  | 2 | 0.95 (0.84-1.08) | 17.7 | 0.31 |
|  | Low | 4 | 0.87 (0.84-0.90) | 0 |  |  | 3 | 0.82 (0.67-0.99) | 65.0 |  |
| Adjustment for dietary factors | |  |  |  |  |  |  |  |  |  |
|  | Yes | 4 | 0.91 (0.81-1.02) | 64.4 | 0.77 |  | 3 | 0.87 (0.71-1.06) | 76.2 | 0.91 |
|  | No | 5 | 0.93 (0.79-1.10) | 76.6 |  |  | 2 | 0.90 (0.76-1.06) | 14.8 |  |
| a Number of cohort studies.  b *P* for difference between Asian and European/Australian studies.  c Cutoffs were 0.5 serving/d or 40 g/d. | | | | | | | | | | |

|  |
| --- |
|  |
|  |
| **Supplementary Fig. S1. Funnel plots for the meta-analyses of green leafy vegetable (A) and cruciferous vegetable(B) intake (high vs. low) and risk of type 2 diabetes** |

|  |
| --- |
|  |
| **Supplementary Fig. S2. Dose-response meta-analysis of green leafy vegetable and cruciferous vegetable intakes and risk of type 2 diabetes.** RRs and 95% CIs were reported for each 40-g/d (or 0.5-serving/d) increment in vegetable intakes. EPIC, European Prospective Investigation into Cancer and Nutrition; FMCHES, Finnish Mobile Clinic Health Examination Survey; JPHC, Japan Public Health Center-based Prospective Study; NHS, Nurses’ Health Study; AAPR, American Association of Retired Persons; SCHS, Singapore Chinese Health Study; SWHS, Shanghai Women’s Health Study; WHS, Women’s Health Study. |
| a To be included in the dose-response, HRs and 95% CIs in the Singapore Chinese Health Study were calculated for each 40-g/d increment in green leafy and cruciferous vegetable intakes, with adjustment for variables listed for Model 3 of Table 2 in the article. |