**Supplementary material - Diet quality indices and their associations with all-cause mortality, cardiovascular diseases and type 2 diabetes mellitus: an umbrella review**

Supplementary Table 1. Search strategy in selected databases

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| --- | --- |
| **Database** | **Search strategy** |
| MEDLINE (PubMed) | (diet index\*[tiab] OR diet indices\*[tiab] OR diet score\*[tiab] OR diet indicator\*[tiab] OR diet adherence\*[tiab] OR diet scale\* OR diet adequacy\*[tiab] OR dietary index\*[tiab] OR dietary indices\*[tiab] OR dietary score\*[tiab] OR dietary indicator\*[tiab] OR dietary adherence\*[tiab] OR dietary scale\* OR dietary adequacy\*[tiab] OR healthy eating index\*[tiab] OR healthy eating indices\*[tiab] OR healthy eating score\*[tiab] OR healthy eating indicator\*[tiab] OR healthy eating adherence\*[tiab] OR healthy eating scale\* OR healthy eating adequacy\*[tiab] OR diet quality index\*[tiab] OR diet quality indices\*[tiab] OR diet quality score\*[tiab] OR diet quality indicator\*[tiab] OR diet quality adherence\*[tiab] OR diet quality scale\* OR diet quality adequacy\*[tiab] OR dietary quality index\*[tiab] OR dietary quality indices\*[tiab] OR dietary quality score\*[tiab] OR dietary quality indicator\*[tiab] OR dietary quality adherence\*[tiab] OR dietary quality scale\* OR dietary quality adequacy\*[tiab] OR healthy diet index\*[tiab] OR healthy diet indices\*[tiab] OR healthy diet score\*[tiab] OR healthy diet indicator\*[tiab] OR healthy diet adherence\*[tiab] OR healthy diet scale\* OR healthy diet adequacy\*[tiab] OR mediterranean index\*[tiab] OR mediterranean indices\*[tiab] OR mediterranean score\*[tiab] OR mediterranean indicator\*[tiab] OR mediterranean adherence\*[tiab] OR mediterranean scale\* OR mediterranean adequacy\*[tiab] OR diet guidelines index\*[tiab] OR diet guidelines indices\*[tiab] OR diet guidelines score\*[tiab] OR diet guidelines indicator\*[tiab] OR diet guidelines adherence\*[tiab] OR diet guidelines scale\* OR diet guidelines adequacy\*[tiab] OR dietary guidelines index\*[tiab] OR dietary guidelines indices\*[tiab] OR dietary guidelines score\*[tiab] OR dietary guidelines indicator\*[tiab] OR dietary guidelines adherence\*[tiab] OR dietary guidelines scale\* OR dietary guidelines adequacy\*[tiab]) AND (health outcome\*[tiab] OR Cardiovascular Diseases[Mesh] OR Cardiovascular Disease\*[tiab] OR cardiovascular risk[tiab] OR Diabetes Mellitus [Mesh] OR Type 2 Diabetes[tiab] OR diabetes mellitus[tiab] OR Health Status[Mesh] OR Health Status Indicators[Mesh] OR Mortality[tiab] OR Mortality[Mesh] OR Morbidity[tiab]) AND (meta-analysis[Filter] OR systematicreview[Filter] OR meta-analysis[tiab] OR metaanalysis[tiab] OR systematic review[tiab] OR systematic literature review[tiab]) |
| EMBASE (OVID) | 1 = (health outcome$ OR cardiovascular disease$ OR cardiovascular risk$ OR type 2 diabetes OR diabetes mellitus OR mortality).ti,ab.  2= cardiovascular disease/ OR cardiovascular risk/ OR diabetes mellitus/ OR mortality/ OR mortality rate/ OR mortality risk/ OR mortality risk score/ OR morbidity/ OR cardiovascular risk/ OR health status/  3 = 1 OR 2,  4= ((diet$ OR healthy eating OR mediterranean) ADJ3 (index$ OR indices OR score$ OR indicator$ OR adherence$ OR scale$ OR adequacy)).ti,ab.  5 = 3 AND 4  limit 5 to (meta analysis or "systematic review") |
| Scopus | (TITLE-ABS-KEY(diet OR "healthy eating" OR mediterranean) W/2 TITLE-ABS-KEY(index OR indices OR score OR indicator OR adherence OR scale OR adequacy) AND TITLE-ABS-KEY("health outcome" OR "cardiovascular disease" OR "cardiovascular risk" OR "type 2 diabetes" OR "diabetes mellitus" OR mortality OR morbidity)) AND TITLE-ABS-KEY("meta-analysis" OR "metaanalysis" OR "systematic review" OR "systematic literature review") |

Supplementary Table 2. Summary of diet indices and their associations with selected outcomes

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | First author, year of publication | Study design and number of included studies | Comparison | Number of cases | Number of participants | Regions | Gender | Age range | Type of effect size metrics | Effect size (95% CI) | p | I2 | Risk of bias/quality in primary studies | Publication bias -Egger test |
| **AHEI** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| All-cause mortality | Morze, 2020 | 13 cohort | High vs low | 185,101 | 1,182,203 | 2 Europe, 8 North America,3 Asia, 1 Africa | 9 both, 2 male, 2 female | 30-79 | RR | 0.79 (0.76-0.82) | <0.00001 | 77% | NOS | NR |
| CVD incidence/mortality | Morze, 2020 | 21 cohort | High vs low | 77,235 | 1,615,807 | 4 Europe, 13 North America, 4 Asia | 14 both, 4 male, 3 female | >18 | RR | 0.77 (0.74-0.80) | <0.00001 | 45% | NOS | NR |
| Diabetes type 2 | Morze, 2020 | 12 cohort | High vs low | 71,077 | 677,361 | 1 Europe, 9 North America, 2 Asia | 7 both, 4 female, 1 male | 18-79 | RR | 0.80 (0.75-0.86) | <0.00001 | 77% | NOS | NR |
| **DASH** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| All-cause mortality | Morze, 2020 | 15 cohort | High vs low | 190,299 | 1,617,826 | 1 Europe, 9 North America, 4 Asia | 12 both, 1 male, 2 female | ≥20 | RR | 0.82 (0.79-0.84) | <0.00001 | 50% | NOS | NR |
| CVD incidence/mortality | Morze, 2020 | 31 cohort | High vs low | 78,662 | 2,222,366 | 9 Europe, 16 North America, 6 Asia | 21 both, 4 male, 6 female | ≥18 | RR | 0.81 (0.78-0.85) | <0.00001 | 60% | NOS | NR |
| CVD mortality | Soltani, 2020 | 12 cohort | 5-point increment | 30,514 | 1,314,675 | 3 Europe, 9 North America | 3 both, 3 male, 6 women | >18 | HR | 0.97 (0.95-0.98) | NR (<0.05) | 82.4% | NOS | p=0.149 |
| Diabetes type 2 | Morze, 2020 | 9 cohort | High vs low | 45,228 | 326,031 | 1 Europe, 7 North America, 1 Asia | 6 both, 1 male, 2 female | 24-84 | RR | 0.78 (0.72-0.83) | <0.00001 | 65% | NOS | NR |
| **DII** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| All-cause mortality | Namazi, 2018 | 6 cohort | High vs low | 32,677 | 107,306 | 2 Europe, 4 North America | 3, both, 3 female | >18 | RR | 1.21 (1.09-1.35) | NR (<0.05) | 72.6% | NOS | p =0.08 |
| CVD incidence | Ji, 2020 | 6 cohort | High vs low | 1,310 | 43,385 | 4 Europe, 2 Australia | 3 both, 2 male, 1 female | 20-97 | RR | 1.41 (1.12-1.78) | NR (<0.05) | 37.0% | NOS | p = 0.21 |
| CVD mortality | Ji, 2020 | 10 cohort | High vs low | 32,319 | 385,765 | 5 Europe, 3 North America, 1 Australia, 1 Asia | 5 both, 1 male, 4 female | >19 | RR | 1.31 (1.19-1.44) | NR (<0.05) | 70.8% | NOS | p = 0.21 |
| **HEI** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| All-cause mortality | Morze, 2020 | 10 cohort | High vs low | 214,410 | 1,587,638 | 1 Europe, 7 North America, 2 Asia | 9 both, 1 female | ≥18 | RR | 0.80 (0.78-0.82) | <0.00001 | 52% | NOS | NR |
| CVD incidence/mortality | Morze, 2020 | 13 cohort | High vs low | 78,828 | 1,809,626 | 2 Europe, 10 North America, 1 Asia | 10 both, 1 male,2 female | ≥18 | RR | 0.81 (0.77-0.84) | <0.00001 | 47% | NOS | NR |
| Diabetes type 2 | Morze, 2020 | 6 cohort | High vs low | 41,125 | 356,840 | 6 North America | 5 both, 1 female | ≥18 | RR | 0.88 (0.82-0.94) | <0.00001 | 64% | NOS | NR |
| **MedDiet** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| All-cause mortality | Soltani, 2019 | 28 cohort | 2-point  increment | 221,603 | 1,676,901 | 19 Europe, 6 North America, 2 Australia, 1 Asia | 24 both, 3 female, 1 male | >18 | HR | 0.90 (0.89-0.91) | 0.001 | 81.1% | ROBINS-I | p=0.008 |
| CVD incidence | Grosso, 2015 | 13 cohort | High vs low | 13,434 | 275,162 | 1 Europe, 4 North America, 1 Australia | 10 both, 1 male, 2 female | 20-90 | RR | 0.73 (0.66  0.80) | NR (<0.05) | 36% | NOS | NR |
| CVD mortality | Grosso, 2015 | 13 cohort | High vs low | 9,563 | 778,510 | 11 Europe, 2 North America | 11 both, 1 male, 1 female | 18-89 | RR | 0.75 (0.68-  0.83) | NR (<0.05) | 75% | NOS | NR |
| Diabetes type 2 | Jannasch, 2016 | 6 cohort | High vs low | 17,561 | 183,392 | 3 Europe, 3 North America | 5 both, 1 male | 20-90 | RR | 0.87 (0.82-0.93) | <0.0001 | 26% | SIGN | p < 0.0001 |

Suplementary Table 3. Study characteristic of primary studies included in systematic reviews investigating association between diet indices and selected outcomes

| Diet index/ outcome | Systematic review | Primary study | Region/country | Study name | Follow-up (y) | Number of participants/cases | Age (y) | Sex | Diet assessment method | Health of the sample |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **AHEI** | | | | | | | | | | |
| **All-cause mortality** | Morze, 2020 | Akbaraly, 2011 (1) | Great Britain | Whitehall II | 18 | 7,319/534 | 39-63 | Both | FFQ | Generally healthy population |
| Djousse, 2014 (2) | USA | Physicians’ Health  Study | 20 | 19,619/1,763 | ≥40 | Male | FFQ | Generally healthy population |
| George, 2014 (3) | USA | WHI-Observational  Study | 12.9 | 63,805/5,692 | 50-79 | Female | FFQ (122) | Generally healthy population (excluded participants with prior diagnosis of CVD or cancer) |
| Harmon, 2015 (4) | USA | Multi-ethnic  Cohort | 13-18 | 215,782/34,430 | 45-75 | Both | FFQ (182) | Generally healthy population (no previous history of cancer, heart attack or stroke). |
| Hashemian,  2019 (5) | Iran | Golestan Cohort  Study | 10.6 | 42,373/4,424 | 40-75 | Both | FFQ | Generally healthy population (no cancer, heart disease or diabetes) |
| Hu, 2020 (6) | USA | Atherosclerosis Risk in Communities | 24.0 | 12,431/5,747 | 46-64 | Both | FFQ (66) | Generally healthy population (excluded individuals with a history of coronary heart disease, stroke, or heart failure) |
| Mursu, 2013 (7) | USA | Iowa WHS | 20 | 41,836/10,343 | 55-69 | Female | FFQ | Generally healthy population (no CVD, diabetes or cancer) |
| Neelakantan,  2018 (8) | Singapore | Singapore Chinese  Health Study | 17.0 | 57,078/15,262 | 45-74 | Both | FFQ (165) | Generally healthy population (no CVD or cancer) |
| Rautiainen,  2017 (9) | USA | The Physicians’  Health Study II | 11.4 | 13,316/2,238 | ≥50 | Male | FFQ (116) | Generally healthy population (no history of cirrhosis or active liver disease, no anticoagulant agents, no serious illness) |
| Reedy, 2014 (10) | USA | NIH-AARP | 15 | 492,823/86,419 | 50-70 | Both | FFQ (124) | Generally healthy population (no previous cancer or heart disease) |
| Shivappa,  2017b (11) | UK | Whitehall II | 22.0 | 7,627/1,001 | 35-55 | Both | FFQ (127) | Generally healthy population |
| Sotos-Prieto,  2017 (12) | USA | Nurses’ Health  Study; Health Professional Follow-up Study | 12.0 | 73,739/9,946 | 30-75 | Both | FFQ | Generally healthy population (no history of CVD or cancer) |
| Yu, 2014 (13) | China | Shanghai Men’s  Health Study and  Shanghai Women’s  Health Study | 6.5 (male), 12 (female) | 134,455/7,302 | 40-74 | Both | FFQ | Generally healthy population |
| **CVD incidence/mortality** | Morze, 2020 | Akbaraly, 2011 (1) | Great Britain | Whitehall II | 18 | 7,319/141(mort) | 39-63 | Both | FFQ | Generally healthy population |
| Belin, 2011 (14) | USA | The Women’s Health Initiative (WHI) | 10.0 | 93,676/6,006(inc) | 50-79 | Female | FFQ | Generally healthy population (no previous CVD or heart failure) |
| Chiuve, 2012 (15) | USA | Health Professionals and Nurses’ Health Study | ≥24 | 112,524/9,970(inc.) | 30-75 | Both | FFQ | Generally healthy population (no previous CVD, diabetes or cancer) |
| Del Gobbo, 2015 (16) | USA | Cardiovascular  Health Study | 21.5 | 4,490/1,380(inc) | ≥65 | Both | FFQ | Generally healthy population (included prevalent participants with hypertension, diabetes, coronary heart disease; excluded prevalent heart failure or moderate/severe mitral or aortic regurgitation) |
| Djousse,  2014 (2) | USA | Physicians’ Health  Study | 20 | 19,619/488(mort) | ≥40 | Male | FFQ | Generally healthy population |
| Frisby,  2018 (17) | USA | Physicians’ Health  Study | 9.5 | 18,854/NR | ≥40 | Male | FFQ | Generally healthy population |
| George, 2014 (3) | USA | WHI-Observational  Study | 12.9 | 63,805/1,483(mort) | 50-79 | Female | FFQ (122) | Generally healthy population (excluded participants with prior diagnosis of CVD or cancer) |
| Harmon, 2015 (4) | USA | Multiethnic  Cohort | 13-18 | 215,782/11,919(mort) | 45-75 | Both | FFQ (182) | Generally healthy population (no previous history of cancer, heart attack or stroke). |
| Hashemian,  2019 (5) | Iran | Golestan Cohort  Study | 10.6 | 42,373/1,598(mort) | 40-75 | Both | FFQ | Genral population (no cancer, heart disease or diabetes) |
| Hu, 2020 (6) | USA | Atherosclerosis Risk in Communities | 24.0 | 12,431/1,722(mort) | 46-64 | Both | FFQ (66) | Generally healthy population (excluded individuals with a history of coronary heart disease, stroke, or heart failure) |
| McCullough, 2002 (18) | USA | Health Professionals and Nurses’ Health Study | 8-12 | 105,886/2,457(inc) | 30-75 | Both | FFQ (130) | Generally healthy population (participants with previously diagnosed heart disease, cancer, or chronic renal failure were excluded) |
| Mertens, 2017 (19) | United Kingdom | Caerphilly  Prospective  Study | 12 | 1,867/509(inc)/216(mort) | 45-59 | Male | FFQ | Generally healthy population (no history of myocardial infarction, stroke or diabetes) |
| Mursu, 2013 (7) | USA | Iowa WHS | 20 | 41,836/3,646(mort) | 55-69 | Female | FFQ | Generally healthy population (no CVD, diabetes or cancer) |
| Neelakantan,  2016 (20) | China | Singapore Chinese  Health Study | NR | 2,194/564(inc)/288(mort) | 45-75 | Both | FFQ | Generally healthy population (without coronary artery disease and stroke) |
| Neelakantan,  2018 (8) | Singapore | Singapore Chinese  Health Study | 17.0 | 57,078/4,871(mort) | 45-74 | Both | FFQ (165) | Generally healthy population (no CVD or cancer) |
| Rautiainen,  2017 (9) | USA | The Physicians’  Health Study II | 11.4 | 13,316/667(mort) | ≥50 | Male | FFQ (116) | Generally healthy population (no history of cirrhosis or active liver disease, no anticoagulant agents, no serious illness) |
| Reedy, 2014 (10) | USA | NIH-AARP | 15 | 492,823/23,502(mort) | 50-70 | Both | FFQ (124) | Generally healthy population (no previous cancer or heart disease) |
| Shivappa,  2017b (11) | UK | Whitehall II | 22.0 | 7,627/264(mort) | 35-55 | Both | FFQ (127) | Generally healthy population |
| Sotos-Prieto,  2017 (12) | USA | Nurses’ Health  Study;  Health Professional  Follow-up Study | 12.0 | 73,739/2,341(mort) | 30-75 | Both | FFQ | Generally healthy population (no history of CVD or cancer) |
| Trébuchet,  2019 (21) | France | NutriNet-Santé  Cohort | 5.4 | 94,113/1,399(inc)/13(mort) | 18-74 | Both | 24 h dietary records | Generally healthy population (no prevalent CVD at baseline) |
| Yu, 2014 (13) | China | Shanghai Men’s  Health Study and  Shanghai Women’s  Health Study | 6.5 (male), 12 (female) | 134,455/2,308(mort) | 40-74 | Both | FFQ | Generally healthy population |
| **Type 2 diebetes** | Morze, 2020 | Cespedes, 2016 (22) | USA | WHIj-Dietary  Modification  Trial and WHIObservational  Study | 15.0 | 101,504/10,815 | 50-79 | Female | FFQ | Generally healthy population (without T2D, no prevalent CVD or cancer (excluding skin cancer)) |
| Chen, 2018 (23) | Singapore | Singapore Chinese  Health Study | 11.1 | 45,411/5,207 | 45-74 | Both | FFQ | Generally healthy population free of diabetes, cancer and CVD at baseline |
| Chiuve, 2012 (15) | USA | Health Professionals and Nurses’ Health Study | ≥24 | 112,524/8,337 | 30-75 | Both | FFQ | Generally healthy population (no previous CVD, diabetes or cancer) |
| de Koning, 2011 (24) | USA | Health Professionals Follow-Up Study | 20.0 | 41,615/2,795 | 40-75 | Male | FFQ | Generally healthy population (without type 2 diabetes, CVD or cancer) |
| Fung, 2007 (25) | USA | Nurses’ Health Study | 18.0 | 80,029/5,183 | 38-63 | Female | FFQ | Generally healthy population (without history of cancer, cardiovascular disease, and diabetes) |
| Interact, 2014 (26) | Europe | EPIC | 11.7 | 27,779/12,403 | 25-70 | Both | Different quantitative or semi-quantitative dietary questionnaires | Generally healthy population (without prevalent diabetes) |
| Jacobs, 2015 (27) | USA | Multi-ethnic  Cohort | NA | 89,185/11,217 | 45-75 | Both | FFQ | Generally healthy population (excluding participants with prevalent diabetes) |
| Otto, 2015 (28) | USA | Multi-Ethnic Study  of Atherosclerosis | 10.0 | 5,160/588 | 45-84 | Both | FFQ | Generally healthy population (without type 2 diabetes) |
| Qiao, 2014 (29) | USA | Women's Health Initiative | 7.6 | 154,493/10,307 | 50-79 | Female | FFQ | Generally healthy population (no prevalent diabetes) |
| Tobias, 2012 (30) | USA | Nurses Health Study II (NHS II) | 14.0 | 4,413/491 | 24-44 | Female | FFQ | Women with prior gestational diabetes mellitus |
| Wang,  2018 (31) | China | China Health and  Nutrition Survey | 3.0 | 4,440/282 | 18-65 | Both | 24-hour recalls | Generally healthy population (excluded those with diabetes, stroke, or myocardial infarction) |
| Xu, 2020 (32) | USA | Atherosclerosis Risk  in Communities | 22.0 | 10,808/3,452 | 45-64 | Both | FFQ | Generally healthy population (no CVD, diabetes or cancer at baseline) |
| **DASH** | | | | | | | | | | |
| **All-cause mortality** | Morze, 2020 | Abu-Saad, 2017 (33) | Israel | Hadera District Study | 11.0 | 883/NR | 25-64 | Both | NR | Generally healthy population |
| Boggs, 2015 (34) | USA | Black Women’s  Health Study | 16 | 37,001/1,678 | 30-69 | Female | FFQ | Generally healthy population (participants with no history of CVD, diabetes or cancer) |
| Chan, 2019 (35) | China | Hong Kong  Osteoporosis Risk Factors Study | 12.4 | 2,802/955 | >65 | Both | FFQ | Generally healthy population |
| Djousse, 2014 (2) | USA | Physicians’ Health  Study | 20 | 19,619/1,763 | ≥40 | Male | FFQ | Generally healthy population |
| George, 2014 (3) | USA | WHI-Observational  Study | 12.9 | 63,805/5,692 | 50-79 | Female | FFQ (122) | Generally healthy population (excluded participants with prior diagnosis of CVD or cancer) |
| Harmon, 2015 (4) | USA | Multi-ethnic  Cohort | 13-18 | 215,782/34,430 | 45-75 | Both | FFQ (182) | Generally healthy population (no previous history of cancer, heart attack or stroke). |
| Hashemian,  2019 (5) | Iran | Golestan Cohort  Study | 10.6 | 42,373/4424 | 40-75 | Both | FFQ | Generally healthy population (no cancer, heart disease or diabetes) |
| Hu, 2020 (6) | USA | Atherosclerosis Risk in Communities | 24.0 | 12,431/5,747 | 46-64 | Both | FFQ (66) | Generally healthy population (excluded individuals with a history of coronary heart disease, stroke, or heart failure) |
| Lassale, 2016 (36) | Europe | European  Prospective  Investigation  into Cancer and  Nutrition | 12.8 | 451,256/15,200 | 25-70 | Both | FFQ | Generally healthy population (participants with previous cancer, CVD or diabetes diagnosis were excluded) |
| Neelakantan,  2018 (8) | Singapore | Singapore Chinese  Health Study | 17.0 | 57,078/15,262 | 45-74 | Both | FFQ (165) | Generally healthy population (no CVD or cancer) |
| Park, 2016 (37) | USA | Third National  Health and  Nutrition Examination Survey | 18.6 | 2,103/640 | 30-90 | Both | 24-hour dietary recal | Generally healthy population (normal-weight,  without known cardiovascular disease and cancer) |
| Reedy, 2014 (10) | USA | NIH-AARP | 15 | 492,823/86,419 | 50-70 | Both | FFQ (124) | Generally healthy population (no previous cancer or heart disease) |
| Shah, 2018 (38) | USA | Cooper Center  Longitudinal Study | 18.0 | 11,376/841 | ≥20 | Both | 3-day diet record | Generally healthy population (excluded participants with prevalent CVD) |
| Sotos-Prieto,  2017 (12) | USA | Nurses’ Health  Study;  Health Professional  Follow-up Study | 12.0 | 73,739/9,946 | 30-75 | Both | FFQ | Generally healthy population (no history of CVD or cancer) |
| Yu, 2014 (13) | China | Shanghai Men’s  Health Study and  Shanghai Women’s  Health Study | 6.5 (male), 12 (female) | 134,455/7,302 | 40-74 | Both | FFQ | Generally healthy population |
| **CVD incidence/mortality** | Morze, 2020 | Abu-Saad, 2017 (33) | Israel | Hadera District Study | 11.0 | 883/ NR | 25-64 | Both | NR | Generally healthy population |
| Agnoli, 2011 (39) | Europe | EPIC | 7.9 | 40,681/178(inc) | 35-74 | Both | FFQ | Generally healthy population (excluded participants with stroke or myocardial infarction at recruitment) |
| Bathrellou, 2019 (40) | Greece | ATTICA | 10.0 | 669/78(inc) | ≥18 | Both | FFQ | Generally healthy population |
| Bertoia, 2014 (41) | USA | Women’s Health Initiative study | 10.5 | 93,122/237(mort) | 50-79 | Female | FFQ | Generally healthy population |
| Campos, 2019 (42) | USA | Multi-Ethnic Study of Atherosclerosis | 13.0 | 4,478/179(inc) | 45-84 | Both | FFQ | Generally healthy population (without CVD) |
| Chan, 2019 (35) | China | Hong Kong  Osteoporosis Risk Factors Study | 12.4 | 2,802/230(mort) | >65 | Both | FFQ | Generally healthy population |
| Del Gobbo, 2015 (16) | USA | Cardiovascular  Health Study | 21.5 | 4,490/1,380(inc) | ≥65 | Both | FFQ | Generally healthy population (included prevalent hypertension, diabetes, coronary heart disease; excluded prevalent heart failure or moderate/severe mitral or aortic regurgitation) |
| Djousse,  2014 (2) | USA | Physicians’ Health  Study | 20 | 19,619/488(mort) | ≥40 | Male | FFQ | Generally healthy population |
| Djousse,  2018 (43) | USA | Million Veteran  Program | 2.8 | 153,802/5,451(inc) | 50-69 | Both | FFQ | Generally healthy population |
| Fitzgerald, 2012 (44) | USA | Women's Health Study (WHS) | 14.6 | 39,876/1,094(inc) | ≥45 | Female | FFQ | Generally healthy population (without of diabetes, coronary heart disease, venous thromboembolism, cerebrovascular disease, and cancer (except non-melanoma skin cancer) |
| Folsom, 2007 (45) | USA | Iowa WHS (Women's Health Study) | 16 | 20,993/1,121(mort) | 55-69 | Female | FFQ | Generally healthy population (excluded participants with hypertension, heart attack, angina or other heart disease, diabetes) |
| Frisby,  2018 (17) | USA | Physicians’ Health  Study | 9.5 | 18,854/NR | 66.1 | Male | FFQ | Generally healthy population |
| Fung, 2008 (46) | USA | Nurses' Health Study (NHS) | 24 | 88,517/2,317(inc)/976(mort) | 34-59 | Female | FFQ | Generally healthy population (no history of CHD, stroke, or diabetes) |
| George, 2014 (3) | USA | WHI-Observational  Study | 12.9 | 63,805/1,483(mort) | 50-79 | Female | FFQ (122) | Generally healthy population (excluded participants with prior diagnosis of CVD or cancer) |
| Harmon, 2015 (4) | USA | Multiethnic  Cohort | 13-18 | 215,782/11,919(mort) | 45-75 | Both | FFQ (182) | Generally healthy population (no previous history of cancer, heart attack or stroke) |
| Hashemian,  2019 (5) | Iran | Golestan Cohort  Study | 10.6 | 42,373/1,598(mort) | 40-75 | Both | FFQ | Generally healthy population (no cancer, heart disease or diabetes) |
| Hu, 2020 (6) | USA | Atherosclerosis Risk in Communities | 24.0 | 12,431/1,722(mort) | 46-64 | Both | FFQ (66) | Generally healthy population (excluded individuals with a history of coronary heart disease, stroke, or heart failure) |
| Jones, 2018 (47) | UK | EPIC-Norfolk | 12.4 | 23,655/4,129(inc) | 39-79 | Both | FFQ | Generally healthy population (no history of ischemic heart disease, stroke) |
| Larsson,  2016 (48) | Sweden | Cohort of Swedish  Men and  Swedish  Mammography  cohort | 11.9 | 74,404/4,632(inc) | 45-83 | Both | FFQ | Generally healthy population (no stroke, ischemic heart disease or cancer) |
| Larsson,  2019 (49) | Sweden | Swedish  Mammography  Cohort;  Cohort of Swedish  Men | 15.2 | 74,401/1,338(inc) | 45-83 | Both | FFQ | Generally healthy population (excluded participants who had diagnosis of cancer or cardiovascular disease (AVS, ischemic heart disease, heart failure, or ischemic stroke) |
| Lassale, 2016 (36) | Europe | European  Prospective  Investigation  into Cancer and  Nutrition | 12.8 | 451,256/3,761(mort) | 25-70 | Both | FFQ | Generally healthy population (participants with previous cancer, CVD or diabetes diagnosis were excluded) |
| Levitan, 2009a (50) | Sweden | Swedish  mammography  cohort | 7.0 | 36,019/443(inc) | 48-83 | Female | FFQ | Generally healthy population (without baseline heart failure, diabetes or myocardial infarction, no history of cancer (except non-melanoma skin cancer)) |
| Levitan, 2009b (51) | Sweden | Cohort of  Swedish men | 9.0 | 38,987/710(inc)/97(mort) | 45-79 | Male | FFQ | Generally healthy population (without history of heart failure, myocardial infarction, or diabetes and no previous diagnosis of cancer (except non-melanoma skin cancer)) |
| Lin, 2013 (52) | Taiwan | CardioVascular Disease risk FACtor Two-township Study (CVDFACTS) | 12.0 | 1,420/123(inc) | 45.5 (mean) | Both | FFQ (49) | Generally healthy population |
| Mertens, 2017 (19) | United Kingdom | Caerphilly  Prospective  Study | 12.0 | 1,867/509(inc)/216(mort) | 45-59 | Male | FFQ | Generally healthy population (no history of myocardial infarction, stroke or diabetes) |
| Neelakantan,  2018 (8) | Singapore | Singapore Chinese  Health Study | 17.0 | 57,078/4,871(mort) | 45-74 | Both | FFQ (165) | Generally healthy population (no CVD or cancer) |
| Park, 2016 (37) | USA | Third National  Health and  Nutrition  Examination  Survey | 18.6 | 2,103/181(mort) | 30-90 | Both | 24-hour dietary recal | Generally healthy population (normal-weight,  without known cardiovascular disease and cancer) |
| Reedy, 2014 (10) | USA | NIH-AARP | 15.0 | 492,823/23,502(mort) | 50-70 | Both | FFQ (124) | Generally healthy population (no previous cancer or heart disease) |
| Shah, 2018 (38) | USA | Cooper Center  Longitudinal Study | 18.0 | 11,376/249(mort) | ≥20 | Both | 3-day diet record | Generally healthy population (excluded participants with prevalent CVD) |
| Sotos-Prieto,  2017 (12) | USA | Nurses’ Health  Study;  Health Professional  Follow-up Study | 12.0 | 73,739/2,341(mort) | 30-75 | Both | FFQ | Generally healthy population (no history of CVD or cancer) |
| Yu, 2014 (13) | China | Shanghai Men’s  Health Study and  Shanghai Women’s  Health Study | 6.5 (male), 12 (female) | 134,455/2,308(mort) | 40-74 | Both | FFQ | Generally healthy population |
| **CVD mortality** | Soltani, 2020 | Folsom, 2007 (45) | Iowa Women  s Health Study | USA | 16 | 20,993/1121 | 55–69 | Female | FFQ (127) | Generally healthy population (excluded participants with hypertension, heart attack, angina or other heart disease, diabetes) |
| George, 2014 (3) | Women’s  Health  Initiative  Study | USA | 12.9 | 63,805/1,483 | 50–79 | Female | FFQ (122) | Generally healthy population (excluded participants with prior diagnosis of CVD or cancer) |
| Reedy, 2014 (10) | NIH-AARP Diet and  Health Study | USA | 15 | 424,663/15,497 | 50–71 | Male and female | FFQ (124) | Generally healthy population (excluded respondents with previous cancer or heart disease) |
| Cuenca-García, 2014 (53) | Aerobics Center  Longitudinal Study | USA | 11.6 | 12,449/102 | 20–84 | Both | 3-day diet  record | Generally healthy population (excluding participants with history of CVD (heart attack or stroke) or cancer, did not achieve at least 85% of their  age-predicted maximal heart rate during the graded modified Balke  treadmill exercise testing) |
| Boggs, 2015 (34) | Black Women s  Health Study | USA | 16 | 37,001/428 | 30-69 | Female | FFQ (98) | Generally healthy population (free of cancer, cardiovascular disease, and diabetes) |
| Harmon, 2015 (4) | Multiethnic Cohort  Study | USA | 13-18 | 215,782/6408 | 45–75 | Both | FFQ (182) | Generally healthy population (no previous history of cancer, heart attack or stroke |
| Lassale, 2016 (36) | European  Prospective  Investigation  into Cancer and  Nutrition (EPIC) | Europe | 12.8 | 451,256/3761 | 25–70 | Both | FFQ | Generally healthy population (excluding participants with previous cancer, CVD or diabetes) |
| Park, 2016 (37) | Third National  Health and  Nutrition  Examination Survey | USA | 18.6 | 2,103/67 | 30 - 90 | Both | 24-h dietary  recall | Generally healthy population (normal-weight,  without known cardiovascular disease and cancer) |
| Jones,2018 (47) | EPIC-Norfolk cohort study | UK | 12.4 | 23,655/1,647 | 39 - 79 | Both | FFQ (130) | Generally healthy population |
| **Type 2 diabetes** | Morze, 2020 | Cespedes, 2016 (22) | USA | WHIj-Dietary  Modification  Trial and WHIObservational  Study | 15.0 | 101,504/10,815(inc) | 50-79 | Female | FFQ | Generally healthy population (without T2D, no prevalent CVD or cancer (excluding skin cancer)) |
| Chen, 2018 (23) | Singapore | Singapore Chinese  Health Study | 11.1 | 45,411/5,207 | 45-74 | Both | FFQ | Generally healthy population free of diabetes, cancer and CVD at baseline |
| de Koning, 2011 (24) | USA | Health Professionals Follow-Up Study | 20.0 | 41,615/2,795 | 40-75 | Male | FFQ | Generally healthy population (without type 2 diabetes, CVD or cancer) |
| Hardy,  2017 (54) | USA | Atherosclerosis Risk in Communities | NR | 10,102/1564 | 49-73 | Both | NR | Generally healthy population |
| Interact, 2014 (26) | Europe | EPIC | 11.7 | 27,779/12,403 | 25-70 | Both | Quantitative or semi-quantitative dietary questionnaires | Generally healthy population without prevalent diabetes |
| Jacobs, 2015 (27) | USA | Multi-ethnic  Cohort | NR | 89,185/11,217 | 45-75 | Both | FFQ | Generally healthy population (excluding participants with prevalent diabetes) |
| Liese, 2009 (55) | USA | Insulin Resistance Athero- sclerosis Study (IRAS) | 5.0 | 862/148 | 40-69 | Both | FFQ (114) | Generally healthy population |
| Otto, 2015 (28) | USA | Multi-Ethnic Study  of Atherosclerosis | 10.0 | 5,160/588 | 45-84 | Both | FFQ | Generally healthy population (without type 2 diabetes) |
| Tobias, 2012 (30) | USA | Nurses Health Study II (NHS II) | 14.0 | 4,413/491 | 24-44 | Female | FFQ | Women with prior gestational diabetes mellitus (GDM) |
| **DII** | | | | | | | | | | |
| **All-cause mortality** | Namazi, 2018 | Zaslavsky, 2017 (56) | Women’s Health Initiative Observational Study | USA | 12.4 | 10,034/3,259 | 65–84 | Female | FFQ | Frail |
| Shivappa, 2017a (57) | National Health and Nutrition Examination Survey (NHANES) III follow-up study | USA | 13.5 | 12,438/2801 | >19 | Both | 24h-dietary  recall | Generally healthy population |
| Shivappa, 2016a (58) | Iowa Women's Health study | USA | 20.7 | 37,525/17,793 | 55-69 | Female | FFQ | Generally healthy population |
| Shivappa, 2016b (59) | Swedish Mammography Cohort | Sweden | 15.0 | 33,747/7,095 | 45-83 | Female | FFQ (96) | (excluded participants with a history of stroke, coronary heart disease, diabetes, or cancer (except nonmelanoma skin cancer) |
| Deng, 2016 (60) | National Health and Nutrition Examination Survey (NHANES) III follow-up study | USA | 7.0 | 9,631/1,623 | 20 – 90 | Both | 24-h dietary  recall | Generally healthy population |
| Graffouilere, 2016 (61) | The Supplémentation en Vitamines et Minéraux Antioxydants study (SU.VI.MAX) | France | 12.4 | 3,931/106 | 35-60 | Both | 24-h dietary  recall | Generally healthy population |
| **CVD incidence** | Ji, 2020 | O’Neil, 2015 (62) | Geelong Osteoporosis Study | Australia | 5.0 | 1363/76 | 20-97 | Male | FFQ | Generally healthy population |
| Garcia-Arellano, 2015 (63) | PREDIMED Study | Spain | 4.8 | 7,216/277 | 55-80 | Both | FFQ (137) | With high cardiovascular risk, but with no history of clinical cardiovascular disease |
| Ramallal, 2015 (64) | SUN Cohort | Spain | 8.9 | 18,794/117 | 38 (mean) | Both | FFQ (136) | Generally healthy population (excluding coronary heart disease or stroke) |
| Vissers, 2016 (65) | Australian Longitudinal Study on Women's Health (ALSWH) | Australia | 11.0 | 6,972/335 | 50-55 | Female | FFQ (111) | Generally healthy population (excluding women with chronic kidney disease stage 4 or 5 during follow up and with prevalent CVD) |
| Neufcourt, 2016 (66) | The Supplémentation en Vitamines et Minéraux Antioxydants study (SU.VI.MAX Cohort) | France | 11.4 | 7.743/292 | 35-60 | Both | 24h-dietary  recall | Generally healthy population |
| Shivappa, 2018 (67) | MONICA-KORA Cohort | Germany | 21.4/13.9 | 1297/213 | 45-64 | Male | 7 day dietary records | Generally healthy population |
| **CVD mortality** | Ji, 2020 | Shivappa, 2017a (57) | NHNES III | USA | 13.5 | 12,366/1233 | >19 | 24h-dietary  recall | 24h-dietary  recall | Generally healthy population |
| Shivappa, 2016a (58) | Iowa Women’s Health study | USA | 20.7 | 37,525/6528 | 55–69 | Both | FFQ | Postmenopausal women (excluding cancer, heart disease and diabetes) |
| Shivappa, 2016 b (59) | Swedish Mammography Cohort | Sweden | 15.0 | 33,747/2399 | 45-83 | Female | FFQ (96) | Generally healthy population (excluded participants with a history of stroke, coronary heart disease, diabetes, or cancer) |
| Bondonno, 2017 (68) | Calcium Intake Fracture Outcome Study | Australia | 15 | 1304/269 | >70 | Female | FFQ | Generally healthy population (excluding women with a history of pre-existing diabetes, myocardial infarction, stroke and/or coronary revascularization) |
| Shivappa, 2018 (67) | MONICA-KORA Cohort | Germany | 25.8/16.7 | 1297/244 | 45–64 | Female | 7 day dietary records | Generally healthy population |
| Agudo, 2017 (69) | EPIC-Spain | Spain | 18 | 41,199/722 | 29-69 | Male | Dietary history questionnare | Generally healthy population |
| Shivappa, 2017b (11) | Whitehall II cohort study | UK | 22 | 7627/264 | 35-55 | Female | FFQ (127) | Generally healthy population |
| Hodge, 2018 (70) | Melbourne Collaborative Cohort Study | Australia | 19 | 41,513/1040 | 40-69 | Both | FFQ (121) | Generally healthy population |
| Park, 2018 (71) | Multiethnic Cohort Study | USA | 18.2 | 150,405/16,212 | 45-75 | Both | FFQ (180) | Generally healthy population (excluding participants with history of cancer, heart attack, angina, or stroke) |
| Okada, 2019 (72) | Japan Collaborative Cohort Study | Japan | 19.3 | 58,782/3408 | 40-79 | Both | FFQ (39) | Generally healthy population (excluding with a history of cancer stroke, or myocardial infarction) |
| **HEI** | | | | | | | | | | |
| **All-cause mortality** | Morze, 2020 | George, 2014 (3) | USA | WHI-Observational  Study | 12.9 | 63,805/5,692 | 50-79 | Female | FFQ (122) | Generally healthy population (excluded participants with prior diagnosis of CVD or cancer) |
| Harmon, 2015 (4) | USA | Multiethnic  Cohort | 13-18 | 215,782/34,430 | 45-75 | Both | FFQ (182) | Generally healthy population (no previous history of cancer, heart attack or stroke). |
| Hashemian,  2019 (5) | Iran | Golestan Cohort  Study | 10.6 | 42,373/4,424 | 40-75 | Both | FFQ | Generally healthy population (no cancer, heart disease or diabetes) |
| Hu, 2020 (6) | USA | Atherosclerosis Risk in Communities | 24.0 | 12,431/5,747 | 46-64 | Both | FFQ (66) | Generally healthy population (excluded individuals with a history of coronary heart disease, stroke, or heart failure) |
| Kappeler, 2013 (73) | USA | NHANES III | 22 | 17,611/3,683 | ≥18 | Both | FFQ | Generally healthy population (excluded individuals who had a history of myocardial infarction, stroke, heart failure or cancer) |
| Lassale, 2016 (36) | Europe | European  Prospective  Investigation  into Cancer and  Nutrition | 12.8 | 451,256/15,200 | 25-70 | Both | FFQ | Generally healthy population (participants with previous cancer, CVD or diabetes diagnosis were excluded) |
| Panizza,  2018 (74) | USA | Multiethnic Cohort | 19.5 | 156,804/51,442 | 45-75 | Both | FFQ (182) | Generally healthy population (no previous history of cancer, heart attack, or stroke) |
| Reedy, 2014 (10) | USA | NIH-AARP | 15 | 492,823/86,419 | 50-70 | Both | FFQ (124) | Generally healthy population (no previous cancer or heart disease) |
| Shahar, 2009 (75) | USA | Health, Aging, and Body Composition  study | 9 | 298/71 | 70-82 | Both | FFQ | Generally healthy population (self-reporting no difficulty in walking a distance of 0.4 km or climbing at least 10 stairs, independently performing activities of daily living, and having no evidence of life-threatening illnesses) |
| Yu, 2014 (13) | China | Shanghai Men’s  Health Study and Shanghai Women’s Health Study | 6.5 (male), 12 (female) | 134,455/7,302 | 40-74 | Both | FFQ | Generally healthy population |
| **CVD incidence/mortality** | Morze, 2020 | Agnoli, 2011 (39) | Europe | EPIC | 7.9 | 40,681/178(inc) | 35-74 | Both | FFQ | Generally healthy population (excluded participants with stroke or myocardial infarction at recruitment) |
| Chiuve, 2012 (15) | USA | Health Professionals and Nurses’ Health Study | ≥24 | 112,524/9,970(inc.) | 30-75 | Both | FFQ | Generally healthy population (no previous CVD, diabetes or cancer) |
| George, 2014 (3) | USA | WHI-Observational  Study | 12.9 | 63,805/1,483(mort) | 50-79 | Female | FFQ (122) | Generally healthy population (excluded participants with prior diagnosis of CVD or cancer) |
| Harmon, 2015 (4) | USA | Multi-ethnic  Cohort | 13-18 | 215,782/11,919(mort) | 45-75 | Both | FFQ (182) | Generally healthy population (no previous history of cancer, heart attack or stroke). |
| Hashemian,  2019 (5) | Iran | Golestan Cohort  Study | 10.6 | 42,373/1,598(mort) | 40-75 | Both | FFQ | Generally healthy population (no cancer, heart disease or diabetes) |
| Hu, 2020 (6) | USA | Atherosclerosis Risk in Communities | 24.0 | 12,431/1,722(mort)/4509(inc) | 46-64 | Both | FFQ (66) | Generally healthy population (excluded individuals with a history of coronary heart disease, stroke, or heart failure) |
| Kappeler, 2013 (73) | USA | NHANES III | 22 | 17,611/1,554(mort) | ≥18 | Both | FFQ | Generally healthy population (excluded individuals who had a history of myocardial infarction, stroke, heart failure or cancer) |
| Lassale, 2016 (36) | Europe | European  Prospective  Investigation  into Cancer and  Nutrition | 12.8 | 451,256/3,761(mort) | 25-70 | Both | FFQ | Generally healthy population (participants with previous cancer, CVD or diabetes diagnosis were excluded) |
| McCullough, 2000a (76) | USA | Nurses' Health Study | 12 | 67,272/1,365(inc+mort) | 30-55 | Female | FFQ | Generally healthy population (no diabetes, no history of CVD or cancer) |
| McCullough, 2000b (77) | USA | Health Professionals study | 8 | 51,529/1,092(inc+mort) | 40-75 | Male | FFQ | Generally healthy population (no diabetes, no history of CVD or cancer) |
| Panizza,  2018 (74) | USA | Multiethnic Cohort | 19.5 | 156,804/17,662(mort) | 45-75 | Both | FFQ (182) | Generally healthy population (no previous history of cancer, heart attack, or stroke) |
| Reedy, 2014 (10) | USA | NIH-AARP | 15 | 492,823/23,502(mort) | 50-70 | Both | FFQ (124) | Generally healthy population (no previous cancer or heart disease) |
| Yu, 2015 (78) | USA | Southern  Community  Cohort Study | 6.2 | 84,735/2,244(mort) | 40-79 | Both | FFQ | Generally healthy population |
| **Type 2 diabetes** | Morze, 2020 | Cespedes, 2016 (22) | USA | WHIj-Dietary  Modification  Trial and WHIObservational  Study | 15.0 | 101,504/10,815 | 50-79 | Female | FFQ | Generally healthy population (without T2D, no prevalent CVD or cancer (excluding skin cancer)) |
| Chiuve, 2012 (15) | USA | Health Professionals and Nurses’ Health Study | ≥24 | 112,524/8,337 | 30-75 | Both | FFQ | Generally healthy population (no previous CVD, diabetes or cancer) |
| Conway,  2018 (79) | USA | Southern  Community  Cohort Study | 7.5 | 38,064/ 6727 | 40-79 | Both | FFQ | Generally healthy population (no self-reported diabetes at study entry) |
| Jacobs, 2015 (27) | USA | Multi-ethnic  Cohort | NR | 89,185/ 11,217 | 45-75 | Both | FFQ | Generally healthy population (excluding participants with prevalent diabetes) |
| Tait, 2020 (80) | Canada | Canadian Community Health Survey | 12.1 | 4,755/577 | ≥18 | Both | 24-h dietary recall | Generally healthy population (without prevalent diabetes, no underweight individuals) |
| Xu, 2020 (32) | USA | Atherosclerosis Risk  in Communities | 22.0 | 10,808/3,452 | 45-64 | Both | FFQ | Generally healthy population (no CVD, diabetes or cancer at baseline) |
| **MedDiet** | | | | | | | | | | |
| **All-cause mortality** | Soltani, 2019 | Trichopoulou, 1995(81) | Village cohort | Greece | 4–5 | 182/53 | ≥70 | Both | FFQ (190) | Generally healthy population |
| Kouris-Blazos, 1999 (82) | Melbourne cohort study | Australia | 4–6 | 330/36 | ≥70 | Both | FFQ (250) | Generally healthy population |
| Trichopoulou, 2005 (83) | EPIC-elderly | Europe | 7.4 | 52621/2675 | ≥60 | Both | FFQ | Generally healthy population (without coronary heart disease, stroke, or cancer) |
| Lagiou, 2006 (84) | Scandinavian Women’s Lifestyle and Health Cohort (SWLHC) | Sweden | 12 | 42,237/572 | 30–49 | Female | FFQ | Generally healthy population |
| Sjogren, 2010 (85) | Uppsala Longitudinal Study of Adult Men (ULSAM) | Sweden | 10.1 | 924/215 | 71 | Male | 7-d dietary records | Generally healthy population (no type 2 diabetes or ischemic heart disease) |
| Tognon , 2011 (86) | Gerontological and Geriatric Population Studies in Gothenburg (GGPSG) | Sweden | 8.5 | 1037/622 | 70 | Both | Diet history | Generally healthy population |
| van den Brandt, 2011 (87) | Netherlands Cohort Study (NLSC) | Netherlands | 4.9 | 120,852/11,506 | 55–69 | Both | FFQ | Generally healthy population (without subjects who reported  a history of cancer (excluding nonmelanoma skin cancer), cardiovascular disease, diabetes |
| Tognon, 2012 (88) | Vasterbotten Intervention Program (VIP) | Sweden | 10 | 77,151/2376 | 30–60 | Both | FFQ | Generally healthy population |
| Tognon, 2014 (89) | MONICA | Denmark | 11 | 1849/553 | ≥35 | Both | 7-d food records | Generally healthy population |
| Cuenca-Garcia, 2014 (53) | Aerobics Center Longitudinal Study (ACLS) | USA | 11.6 | 12,449/358 | 20–84 | Both | 3-d diet records | Generally healthy population (excluding participants with history of CVD (heart attack or stroke) or cancer, did not achieve at least 85% of their  age-predicted maximal heart rate during the graded modified Balke  treadmill exercise testing) |
| George, 2014 (3) | The Women’s Health Initiative (WHI) | USA | 12.9 | 63,805/5692 | 50–79 | Female | FFQ (122) | Generally healthy population (excluded participants with prior diagnosis of CVD or cancer) |
| Reedy, 2014 (10) | NIH-AARP | USA | 15 | 424,663/86,419 | 50–71 | Both | FFQ (124) | Generally healthy population (excluded respondents with previous cancer or heart disease) |
| Vormund, 2014 (90) | Two-cohort study | Switzerland | 32 | 17,800/3934 | ≥16 | Both | 24-h recall checklist | Generally healthy population |
| Steﬂer, 2015 (91) | HAPIEE study | Czech, Poland, Russia | 7 | 19,263/1314 | 40–70 | Both | FFQ (136, 147, 148 | Generally healthy population |
| Prinelli, 2015 (92) | Northern Italy cohort | Italy | 17.4 | 974/193 | 40–74 | Both | FFQ (158) | Generally healthy population |
| Park, 2016 (93) | National Health and Nutrition Examination Survey (NHANES) III follow-up study | USA | 18.5 | 1739/386 | 20–88 | Both | FFQ and the 24-h dietary recall | Obese - BMI≥30  (excluding those with history of myocardial infarction, stroke, congestive heart failure or cancer (other than skin cancer), BMI>60, or pregnant or lactating women) |
| Bo, 2016 (94) | Asti cohort | Italy | 12 | 1658/220 | 45–64 | Both | FFQ (148) | Generally healthy population |
| Lassale, 2016 (36) | European  Prospective  Investigation  into Cancer and  Nutrition (EPIC) | Europe | 10 | 451,256/15,200 | 25–70 | Both | FFQ | Generally healthy population (excluding participants with previous cancer, CVD or diabetes) |
| Bonaccio, 2016 (95) | MOLI-SANI study | Italy | 4 | 1995/109 | ≥35 | Both | Epic FFQ (188) | With type 2 diabetes (without cancer, type 1 diabetes) |
| Alvarez-Alvarez, 2017 (96) | SUN cohort | Spain | 10.3 | 19,467/305 | ≥35 | Both | FFQ (136) | Generally healthy population |
| Limongi, 2017 (97) | Italian Longitudinal Study on Aging (ILSA) | Italy | 7.1 | 4232/655 | 65–84 | Both | FFQ (49) | Generally healthy population |
| Shvetsov, 2017 (98) | Multiethnic Cohort (MEC) | USA | 18 | 193,527/51,702 | 45–75 | Both | FFQ (182) | Generally healthy population |
| Whalen, 2017 (99) | REasons for Geographic and Racial Differences in Stroke (REGARDS) | USA | 6.25 | 21,423/2513 | ≥45 | Both | FFQ (109) | Generally healthy population |
| Cardenas-Fuentes, 2018 (100) | PREDIMED | Spain | 6.8 | 7356/498 | 55-80 | Both | FFQ (137) | Without cardiovascular disease but at high cardiovascular risk |
| Screener Hodge, 2018 (70) | Melbourne Collaborative Cohort Study (MCCS) | Australia | 19 | 41,513/7757 | 40–69 | Both | FFQ (121) | Generally healthy population |
| Lemming, 2018 (101) | Swedish Mammography Cohort | Sweden | 17 | 33,341/10,478 | 40–70 | Female | FFQ (96) | Generally healthy population (excluded participants who had been diagnosed with cancer and CVD) |
| Neelakantan, 2018 (8) | Singapore Chinese  Health Study | China | 17 | 63,257/15,262 | 45–74 | Both | FFQ (165) | Generally healthy population (no CVD or cancer) |
| **CVD incidence** | Grosso, 2015 | Panagiotakos, 2008 (102) | ATTICA | Greece | 5 | 3042/170 | 18-89 | Both | FFQ | Generally healthy population (without history of CVD or having  chronic viral infections) |
| Buckland, 2009 (103) | EPIC – Spain | Spain | 10.4 | 41,078/609 | 29-69 | Both | Dietary history questionnaire | Generally healthy population |
| Fung, 2009 (104) | Nurses’ Health Study | USA | 20 | 74,886/3077 | 30-55 | Female | FFQ (61, 116) | Generally healthy population (excluded those with a history of CHD, stroke, or diabetes) |
| Chrysohoou, 2010 (105) | NR | Greece | 2 | 1000/237 | 65 (mean) | Both | FFQ (75) | Previous CVD (acute myocardial infarction or unstable angina) |
| Gardener, 2011 (106) | Northern Manhattan Study | USA | 9 | 2568/304 | >40 | Both | FFQ | Generally healthy population (had never been diagnosed with ischemic stroke) |
| Martinez- Gonzales, 2011 (107) | SUN cohort | Spain | 4,9 | 13,609/68 | 38 (mean) | Both | FFQ (136) | Generally healthy population (excluding participants with prevalent CVD) |
| Agnoli, 2011 (39) | EPIC OR | Italy | 7.9 | 40,681/178 | 35-74 | Both | FFQ | Generally healthy population (excluded participants with stroke or myocardial infarction at recruitment) |
| Metnotti, 2012 (108) | Seven Countries Study | Italy | 40 | 1139/110 | 40-59 | Male | Dietary history questionnaire | Generally healthy population (without previous coronary events) |
| Misirli, 2012 (109) | EPIC -  Greece | Greece | 10.6 | 23,601/395 | 20-86 | Both | FFQ | Generally healthy population (excluded participants with CVD and cancer) |
| Dilis, 2012 (110) | EPIC -  Greece | Greece | 10.6 | 23,929/636 | 20-86 | Both | FFQ | Generally healthy population (subjects with prevalent CVD or cancer at recruitment were excluded) |
| Hoevenaar- Blom, 2012 (111) | EPIC-NL | Germany | 11.8 | 40,011/6399 | 20-70 | Both | FFQ (178) | Generally healthy population  (excluded participants with prevalent CVD or type 2, women who were pregnant) |
| Tognon, 2013 (112) | MONICA | Denmark | 14 | 1849/1083 | ≥35 | Both | 7 d food record | Generally healthy population |
| Hoevenaar- Blom, 2013 (113) | Doetinche Cohort Study | Germany | 10 | 7769/168 | 20-65 | Both | FFQ | Generally healthy population (excluded participants with prevalent CVD or type 2 diabetes, pregnant women) |
| **CVD mortality** | Grosso, 2015 | Knoops, 2004 (114) | HALE (SENECA and FINE) | Finland, Italy, Netherland | 10 | 2339/122 | 70-90 | Both | Dietary history questionnaire | Generally healthy population (excluding CHD, CVD, cancer, and diabetes) |
| Mitrou, 2007 (115) | NIH- AARP | USA | 10 | 380,296/3451 | 50-71 | Both | FFQ (124) | Generally healthy population (excluding subjects with a self-reported history of cancer, end-stage renal disease, heart disease, stroke, emphysema, or diabetes) |
| Fung, 2009 (104) | Nurses’ Health Study | USA | 20 | 74,886/1077 | 38-63 | Female | FFQ (61, 116) | Generally healthy population (excluded those with a history of CHD, stroke, or diabetes) |
| Buckland, 2011 (116) | EPIC - Spain | Spain | 13.4 | 40,622/399 | 29-69 | Both | Dietary history questionnaire | Generally healthy population |
| Hodge, 2011 (117) | Melbourne Collaborative Cohort | Australia | 12.3 | 2,150/464 | 27-75 | Both | FFQ (121) | Generally healthy population |
| Misirli, 2012 (109) | EPIC -  Greece | Greece | 10.6 | 23,601/196 | 20-86 | Both | FFQ | Generally healthy population |
| Dilis, 2012 (110) | EPIC -  Greece | Greece | 10.6 | 23,929/240 | 20-86 | Both | FFQ | Generally healthy population (subjects with prevalent CVD or cancer at recruitment were excluded) |
| Hoevenaar- Blom, 2012 (111) | EPIC-NL | Germany | 11.8 | 40,011/487 | 20-70 | Both | FFQ (178) | Generally healthy population  (excluded participants with prevalent CVD or type 2 diabetes based, women who were pregnant) |
| Menotti, 2012 (108) | Seven Countries Study | Italy | 40 | 1139/162 | 40-59 | Male | 7 days food record | Generally healthy population |
| Tognon,  2012 (88) | Vasterbotten Intervention Program (VIP) | Sweden | 9 | 77.151/680 | 30-70 | Both | FFQ | Generally healthy population |
| Tognon, 2014 (112) | MONICA | Denmark | 14 | 1849/233 | ≥35 | Both | 7 days food record | Generally healthy population |
| Bertoia, 2014 (41) | Women’s Health Initiative study | USA | 10.5 | 93,122/237 | 50-79 | Female | FFQ | Generally healthy population |
| Lopez-Garcia,  2014 (118) | Health Professionals Follow-Up Study | USA | 7.7/5.8 | 17.415/1775 | 40-75/30-55 | Both | FFQ | Previous CVD |
| **Type 2 diabetes** | Jannasch, 2016 | Abiemo, 2012 (119) | Multi-Ethnic Study of  Atherosclerosis | USA | 12.0 | 5,390/412 | 45 – 84 | Both | FFQ (127) | Generally healthy population |
| De Koning, 2011 (24) | Health Professionals Follow-Up Study | USA | 20 | 41,615/2795 | 40-75 | Male | FFQ (131) | Generally healthy population (without type 2 diabetes, cardiovascular disease or cancer) |
| Dominguez, 2012 (120) | SUN cohort | Spain | 10.0 | 9,109/58 | 20-90 | Both | FFQ (136) | Generally healthy population (excluding patients with cancer and diabetes) |
| InterAct consortium, 2011 (121) | EPIC-InterAct Study | Europe | 15.0 | 15,798/749 | 25-70 | Both | FFQ | Generally healthy population |
| Jacobs, 2015 (122) | Multiethnic Cohort | USA | NR | 89,185/11,217 | 45-75 | Both | FFQ | Generally healthy population (excluding participants with prevalent diabetes) |
| Rossi, 2013 (123) | EPIC-Greek cohort | Greece | 11.34 | 22,295/2,330 | 20-86 | Both | FFQ (150) | Generally healthy population |

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