

| Authors                     | Type of study  | Number of studies                   | Subjects (total)  | End point   | Result   | Conclusion   | Strenght of evidence |
|-----------------------------|----------------|-------------------------------------|---|---|--|--|----------------------|
| Drouin-Chartier et al, 2019 | Meta-analysis. | 3 large prospective cohort studies. | 76,531 women in the Nurses' Health Study (1986-2012); 81,597 women in the Nurses' Health Study II (1991-2013); 34,224 men in the Health Professionals' Follow-up Study (1986-2012). | Investigate the association between long-term changes due to the consumption of sugary drinks (including 100% fruit juices) and drinks containing artificial sweeteners (ASBs) and the consequent risk of DM2 | Over 2,783,210 person-years of follow-up, 11,906 incident cases of DM2 are documented. Increase in total consumption of sugar-sweetened beverages by > 0.5 servings per day over 4 years was associated with a 16% higher risk of DM2 in the following 4 years. Increasing ASB consumption by > 0.5 servings per day was associated with an 18% higher risk of DM2. Replacing a daily serving of sugary drink with water, coffee or tea was associated with a 2-10% lower risk of DM2. | Increased consumption of sugary drinks or ASB was associated with a higher risk of DM2, although the latter association may be influenced by reverse causality and surveillance biases | High                 |