

Table S1: Full search strategy

| Set | Database (PubMed/Medline) |
|-----|---|
| | ("Dietary Fibers"[All Fields] OR "Fibers"[Title] OR "Fiber"[Title] OR "fibre"[Title] OR "fibres"[Title] OR "Wheat Bran"[Title/Abstract] OR "Wheat Brans"[Title/Abstract] OR "Roughage"[Title/Abstract] OR "Roughages"[Title/Abstract] OR "grain"[Title/Abstract] OR "grains"[All Fields] OR "Bread"[MeSH Terms] OR "Edible Grain"[MeSH Terms] OR "Fruit"[MeSH Terms] OR "Vegetables"[MeSH Terms] OR "cereal"[Title/Abstract] OR "cereals"[Title/Abstract]) AND ("Pancreatic Neoplasms"[MeSH Terms] OR ("Pancreas"[Title/Abstract] OR "pancreatic"[Title/Abstract]) AND ("Cancer"[Title/Abstract] OR "tumor"[Title/Abstract] OR "neoplasm"[Title/Abstract] OR "cancers"[Title/Abstract] OR "tumors"[Title/Abstract] OR "neoplasms"[Title/Abstract])))) |
| Set | Database (SCOPUS) |
| | ((TITLE-ABS-KEY (dietary)) AND (fiber OR fibre OR fibers OR fibres OR "Wheat Bran" OR "Wheat Brans" OR grain OR grains OR cereal OR cereals)) AND ((TITLE-ABS-KEY (pancreas OR pancreatic)) AND (TITLE-ABS-KEY (cancer OR neoplasm))) |
| | |

Table S2. Detailed description of inclusion/exclusion criteria, based on PECOS (Population, Exposure, Comparison, Outcomes and Study design)

| Search strategy | Details |
|---------------------------|---|
| <i>Inclusion criteria</i> | <p>P: adult population (female and male)</p> <p>I: questionnaire/interview measuring dietary fibre intake</p> <p>C: the highest vs the lowest intake</p> <p>O: risk of pancreatic cancer (if any)</p> <p>S: primary observational studies (cohort, case-control, cross-sectional)</p> |
| <i>Exclusion criteria</i> | <p>P: infants, children and adolescents</p> <p>I: no assessment of dietary intake</p> <p>O: other outcomes not related to pancreatic cancer risk</p> <p>S: not original papers (opinion paper, review article, commentary, letter, article without quantitative data, book chapter)</p> |
| <i>Language filter</i> | English |
| <i>Time filter</i> | No filter (from inception) |
| <i>Database</i> | PubMed/Medline; Scopus |

Table S3. Reasons for exclusion after full-text assessment.

| Author year [Ref] | Number of studies | Reasons for exclusion |
|---|-------------------|--|
| Silverman, 1998 [27]; Jarosz, 2012 [28] | 2 | Data not extractable |
| Chatenoud, 1998 [29]; La Vecchia, 2003 [30]; Schacht, 2021 [31] | 3 | Whole grain without specifying dietary fiber |
| Zheng, 1993 [32] | 1 | Fruits and vegetables without specifying dietary fiber |
| Fraser, 1999 [33]; Ghorbani, 2015 [34] | 2 | Dietary patterns or cooking methods without specifying dietary fiber |

Table S4. Quality assessment of the included studies, using the Newcastle-Ottawa Scale (NOS).

| Author, year [Ref] | Selection | | | | Comparability | | Outcome/Exposure [^] | | | Total score |
|--------------------------------|-----------|--------|--------|--------|---------------|---------|-------------------------------|--------|--------|-------------|
| | Item 1 | Item 2 | Item 3 | Item 4 | Item 5a | Item 5b | Item 6 | Item 7 | Item 8 | |
| Baghurst, 1991 [35] | * | * | * | * | - | * | - | * | - | 6 |
| Bidoli, 2012 [36] | * | - | - | * | * | * | - | * | * | 6 |
| Bueno de Mesquita, 1991 [37] | - | * | * | * | * | * | - | * | - | 6 |
| Chan, 2007 [38] | * | * | * | * | * | * | * | * | * | 9 |
| Ghadirian, 1991 [39] | * | - | * | * | * | * | - | * | - | 6 |
| Gordon-Dseagu, 2017 [40] | * | * | * | * | - | * | * | * | * | 8 |
| Howe, 1990 [42] | * | * | * | * | - | * | - | * | - | 6 |
| Howe, 1992 [41] | - | - | * | * | - | * | - | * | - | 4 |
| Jansen, 2011 [43] | * | * | - | * | * | * | * | * | - | 7 |
| Ji, 1995 [44] | * | * | * | * | * | * | - | * | - | 7 |
| Kalapothaki, 1993 [45] | * | * | - | * | * | * | - | * | - | 6 |
| Koulouris, 2019 [46] | * | * | * | * | * | * | * | * | * | 9 |
| Lin, 2005 [47] | * | * | * | * | * | * | - | * | * | 8 |
| Lyon, 1993 [48] | * | * | * | * | * | * | - | * | - | 7 |
| Stolzenberg-Solomon, 2002 [50] | * | * | * | * | * | * | * | * | * | 9 |
| Stolzenberg-Solomon, 2005 [49] | * | * | * | * | - | - | * | * | * | 7 |
| Zatonski, 1991 [51] | * | * | * | * | - | * | * | * | - | 7 |
| Zhang, 2009 [52] | * | * | * | * | - | * | - | * | * | 7 |

[^] Based on study design: for case-control the NOS assesses the exposure, for cross-sectional and cohort studies the outcome.
 * Each star represents a high-quality criterion accomplished by the study.