

SUPPLEMENTARY MATERIAL

Table S1. Search terms used in databases.

| MEDLINE (via PubMed) |
|---|
| ((("european prospective investigation into cancer" OR "EPIC study") AND ("cancer" OR "tumor" OR "tumour" OR "myelo*" OR "leukaemia" OR "leukemia" OR "neoplasm*" OR "lympho*" OR "carcinoma" OR "sarcoma") AND ("diet" OR "intake" OR "nutrients" OR "physical activity" OR "exercise" OR "BMI" OR "alcohol") AND ("mortality" OR "survival")))) |
| Scopus |
| TITLE-ABS-KEY (("european prospective investigation into cancer" OR "EPIC study") AND ("cancer" OR "tumor" OR "tumour" OR "myelo*" OR "leukaemia" OR "leukemia" OR "neoplasm*" OR "lympho*" OR "carcinoma" OR "sarcoma") AND ("diet" OR "intake" OR "nutrients" OR "physical activity" OR "exercise" OR "BMI" OR "alcohol") AND ("mortality" OR "survival")) |
| Web of Science |
| ((("european prospective investigation into cancer" OR "EPIC study")) AND TEMA: (("cancer" OR "tumor" OR "tumour" OR "myelo*" OR "leukaemia" OR "leukemia" OR "neoplasm*" OR "lympho*" OR "carcinoma" OR "sarcoma")) AND TEMA: (("diet" OR "intake" OR "nutrients" OR "physical activity" OR "exercise" OR "BMI" OR "alcohol")) AND TEMA: (("mortality" OR "survival")) |

Table S2. Joanna Briggs Institute Critical Appraisal Tool for Cohort Studies.

| | Yes | No | Unclear | Not applicable |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| 1. Were the two groups similar and recruited from the same population? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Were the exposures measured similarly to assign people to both exposed and unexposed groups? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Was the exposure measured in a valid and reliable way? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Were confounding factors identified? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Were strategies to deal with confounding factors stated? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Were the groups/participants free of the outcome at the start of the study (or at the moment of exposure)? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Were the outcomes measured in a valid and reliable way? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Was the follow up time reported and sufficient to be long enough for outcomes to occur? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Was follow up complete, and if not, were the reasons to loss to follow up described and explored? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Were strategies to address incomplete follow up utilized? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Was appropriate statistical analysis used? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Table S3. Quality assessment of included articles.

| Study | Item 1 | Item 2 | Item 3 | Item 4 | Item 5 | Item 6 | Item 7 | Item 8 | Item 9 | Item 10 | Item 11 | Quality Category |
|-------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|------------------|
| Aasheim 2015 [60] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Agudo 2017 [63] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Appleby 2016 [43] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Bamia 2010 [70] | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Bergmann 2013 [66] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Buckland 2011 [41] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Buckland 2012 [58] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Burger 2012 [36] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Chuang 2012 [37] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Deschasaux 2020 [64] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Engeset 2015 [39] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Fedirko 2012 [50] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Ferrari 2014 [65] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| González 2021 [76] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Heath 2021 [68] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Huerta 2016 [47] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Kyrø 2015 [56] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Lassale 2016 [42] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Li 2011 [57] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Li 2012 [55] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Leenders 2013 [34] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Mok 2019 [45] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Mullee 2019 [67] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Muller 2014 [51] | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Mulligan 2018 [74] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Myint 2019 [54] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Nimptsch 2010 [52] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Nöthlings 2008 [33] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Pala 2019 [40] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Perez-Cornago 2017 [35] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Perez-Cornago 2020 [75] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Pischon 2008 [69] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Rohrmann 2013 [61] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |

| | | | | | | | | | | | | |
|--------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|
| Romaguera 2015 [49] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Sahlqvist 2013 [46] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Sawada 2017 [71] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Segovia-Siapco 2018 [44] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Sluik 2011 [72] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Sluik 2012 [77] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Vergnaud 2013 [48] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Ward 2016 [38] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Wijndaele 2011 [73] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Zamora-Ros 2013 [59] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Zamora-Ros 2019 [62] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Zwakenberg 2017 [53] | N/A | N/A | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | N/A | ✓ | High |
| Criterion Score % | 100 | 100 | 100 | 100 | 100 | 100 | 100 | 100 | 100 | N/A | 100 | |

Note that the criterion score is calculated by dividing the number of studies meeting one criterion by the total number of studies . ✓: meet the methodological quality criterion; ✖: not meet the methodological quality criterion.; ?: unclear; N/A: not applicable.