

Table S1. Characteristics of participants and follow-up in included studies of protein consumption in relation to risk of T2DM						
Author	Publication year	Study name	country	Age at baseline (years)	No. of participant	No. of cases
Malik et al ¹⁵	2016	Nurses' Health Study	USA	30-55	72992	7214
Malik et al ¹⁵	2016	Nurses' Health Study II	USA	24-42	92088	5032
Malik et al ¹⁵	2016	Health Professionals Follow-up Study	USA	40-75	40722	3334
Akiko et al ¹⁷	2015	Japan Public Health Center-Based Prospective Study	Jpapr	40-59	64674	1191
Monique et al ¹⁰	2014	European Prospective Investigation into Cancer and Nutrition and a stratified sub cohort	Europe		26253	11637
Ulrika et al ¹¹	2013	Malmo Diet and Cancer cohort	USA	47-74	27140	1709
Weo et al ¹²	2013	Women's Health Study	USA	25-44	15294	870
Tinker et al ¹³	2011	Women's Health Initiative	USA	50-79	74155	19111
Sluijs et al ¹⁴	2010	European Prospective Investigation into Cancer and Nutrition(EPIC)-NL Study	Europe	21-64	38094	918

Table S2. Prospective cohort studies of protein consumption and type 2 diabetes.

study	Follow-up period	DM diagnosis and criteria	RR(95%CI) total	RR(95%CI) animal	RR(95%CI) plant	Adjustment variables
Malik et al, 2016(1) ¹⁵ ,USA	1984-2008,24y#	Self-report+ Supplementary questionnaires	1.04(0.96,1.13)	1.08(0.99,1.19)	0.91(0.52,1.02)	age,BMI,race,family history of diabetes, smoking status,alcohol intake, physical activity,total energy intake, menopausal status
Malik et al, 2016(2) ¹⁵ ,USA	1991-2009,18y#	Same as above	1.03(0.92,1.15)	1.11(0.98,1.25)	0.90(0.79,1.04)	
Malik et al, 2016(3) ¹⁵ ,USA	1986-2008,24y#	Same as above	1.18(1.04,1.34)	1.27(1.11,1.46)	0.91(0.77,1.07)	
Akiko et al, 2015 ¹⁷ (men), Jpapn	1993-1998,5y 1993-2003,10y#	self-report+ examine medical records	1.36(0.97,2.14)	1.46(0.94,2.27)	0.88(0.30,1.30)	age,study area, BMI, smoking status,fat, carbohydrate, alcohol consumption,FH-DM total physical activity, history of hypertension
Akiko et al, 2015 ¹⁶ (women),Japan	Same as above#	Same as above	0.87(0.55,1.38)	1.37(0.82,2.28)	0.91(0.61,1.35)	
Monique et al, 2014 ¹⁰ (men), Europe	1991-2007,12y § # &	Self-report	1.04(0.83,1.31)	1.01(0.71,1.43)	1.50(1.16,1.93)	age,energy,sex,smoking ,education,physical activity, alcohol, fiber, SFA,MUFA,PUFA,cholesterol, soft drink,tea,coffee,BMI,waist
Monique et al, 2014 ¹⁰ (women) Europe	Same as above § # &	Same as above	1.37(1.06,1.79)	1.38(1.01,1.90)	1.24(0.91,1.68)	

Table S2. (continued)

Table S3. Characteristics of participants and follow-up in included studies of meat consumption in relation to risk of T2DM

Author	Publication year	Study name	country	Age at baseline (years)	No. of participant	No. of cases
Van Dan et al ¹⁹	2012	Health Professionals' Follow-up stud	USA	40-75	42501	1321
Schulze et al ²²	2003	Nurses' Health Study II	USA	26-46	91246	741
Lee et al ²⁶	2004	Women's Health Study	USA	55-69	35698	1921
Fung et al ²¹	2004	Nurses' Health Study	USA	55-69	35698	1921
Song et al ²³	2004	Women's Health Study	USA	≥45	37309	1558
Montonen et al ²⁸	2005	Finnish Mobile Clinic Health Examination Survey	Finland	40-69	4304	382
Villegas et al ²⁴	2006	Shanghai Women's Health Study	China	40-70	70909	1972
Hodge et al ²⁰	2007	Melbourne Collaborative Cohort Study	Australia	27-75	31641	365
Schulze et al ²⁷	2007	EPIC-Potsdam Cohort Study	Germany	35-65	25167	849
Simmons et al ²⁵	2007	EPIC-Norfolk Cohort Study	Uk	40-79	25038	417
Vang et al ²⁹	2008	Adventist Mortality Study, Adventist Health Study	USA	45-88	8701	543

Table S4. Prospective cohort studies of meat consumption and type 2 diabetes

study	Follow-up period	DM diagnosis and criteria	RR(95%CI)	RR(95%CI)	Adjustment variables
			Red meat	Processed meat	
Van Dan, et al, 2012 ¹⁹ , USA	1986-1998, 12 y#	self-report+Supplemental questionnaires WHO 1985, validated DM2 status	1.04(0.96,1.13)	1.05(0.85-1.30)	Age, total energy, time period, physical activity, cigarette smoking, alcohol, hypercholesterolaemia, cereal hypertension, FH-DM2, fiber, magnesium, BMI
Schulze, et al, 2003 ²² , USA	1991-1999, 8y#	Self-report+supplemental questionnaires,validated method for assessment of DMS NDDG	1.82(1.34,2.46)	1.44(0.92,2.24)	Age, BMI, FH-DM, alcohol, smoking, menopausal status, dietary energy, hypertension, physical activity, HRT, OC use.cereal fiber, magnesium, caffeine, glycaemic index, hypercholesterolaemia,
Lee, et al, 2004 ²⁶ , USA	1986-1997. 11y#	Self-report	1.19(0.97-1.45)		Age, total energy, WHR, BMI, physical activity,HRT, cigarette smoking, alcohol, education, marital status, residential area, animal fat, vegetable fat, cereal fiber, magnesium
Fung, et al, 2004 ²¹ , USA	1984-1998, 14y#	self-report+supplemental questionnaires NDDG, validated DM2 status	1.36(1.18,1.56)	1.60(1.39,1.83)	Age, FH-DM2, smoking, menopausal status, dietary, hypercholesterolaemia, hypertension, physical activity, alcohol, BMI, missing FFQ
Song, et al, 2004 ²³ , USA	1993-2003, 8y#	Self-report+ supplemental questionnaires.Blood samples in subgroup using ADA, validated DMS status	1.25(0.94,1.67)	1.38(1.11,1.71)	age,study area, BMI, smoking status,fat, carbohydrate, alcohol consumption,FH-DM total physical activity, history of hypertension

Table S4. (continued)					
study	Follow-up period	DM diagnosis and criteria	RR(95%CI) Red meat	RR(95%CI) Processed meat	Adjustment variables
Montonen, et al, 2005 ²⁸ , Finland	1967-1990, 23 y#	Identified from register of persons receiving drug imbursement	1.22(0.89,1.69)	0.99(0.72,1.38)	Age, sex, BMI, energy intake, smoking, FH-DM, geographic area
Villegas, et al, 2006 ²⁴ , China	1997-2000-2004, 4.6y, 326581 person-years #	Self-report analysis of 1094 cases confirmed by ADA criteria yielded similar results to all cases	0.94(0.79,1.12)	1.18(0.99,1.37)	Age, energy, BMI, WHR, smoking, alcohol, physical activity, vegetable intake, income level, education level, occupation status, hypertension
Hodge, et al, 2007 ²⁰ ,Australia	1990-1994, 4y#	Self-report+physician confirmation for 76% of cases	0.99(0.72,1.38)	1.22(0.89,1.69)	Age, energy intake, FH-DM, country of birth, BMI, WHR
Schulze, et al, 2007 ²⁷ , Germany	1994-1998-2005,7y #	Self-report+physician verification	1.64(1.23,2.19)		Age, height, alcohol, coffee, waist circumference, sports, hypertension, whole grains, biking, gardening, smoking
Simmons, et al, 2007 ²⁵ ,Uk	1993-1998, 4.6y, 115137 person-years #	Self-report, health checks, hospital and general practice registers, HbA1c>7%, medications	2.26(1.10,4.66)	2.95(1.39,6.25)	Crude

Table S4. (continued)					
study	Follow-up period	DM diagnosis and criteria	RR(95%CI) Red meat	RR(95%CI) Processed meat	Adjustment variables
Vang, et al, 1960-1976, 17 y# 2008 ²⁹ , USA		Self-report	1.27(1.06,1.53)	1.38(1.05,1.82)	Age, sex, Exclusion of smokers, alcohol users and those with pre-existing disease did not alter the results
FH-DM, family history of diabetes; FH-DM2, family history of type 2 diabetes; M, men; W, women; NA, not available; HRT, hormone replacement therapy; OC use, oral contraceptive use					
#Diet assessment method was FFQ					

Table S5. Characteristics of participants and follow-up in included studies of fish consumption in relation to risk of T2DM						
Author	Publication year	Study name	country	Age at baseline (years)	No. of participant	No. of cases
Montonen et al ²⁸	2005	Finnish Mobile Clinic Health Examination Survey	Finland	40-69	4301	383
Kaushik et al ³⁶	2009	Nurses' Health Study	USA	30-55	61031	4159
Kaushik et al ³⁶	2009	Nurses' Health Study II	USA	26-46	91669	2728
Kaushik et al ³⁶	2009	Health Professionals Follow-up Study	USA	39-78	42504	2493
Patel et al ³⁵	2009	EPIC-Norfolk	England	40-79	21442	700
Geertruida et al ³⁴	2005	The Netherlands, Rotterdam Study	Netherlands	≥55	4472	463
Djousse et al ³¹	2011	Women's Health Study	USA	≥ 45	36328	2370
Villegas et al ³²	2011	Shanghai Women's Health Study	China	40-70	64193	3034
Villegas et al ³²	2011	Shanghai men's Health Study	China	40-74	51963	900
Nanri et al ³³	2011	Public Health Center-based Prospective Study	Japan	45-75	52680	971
Wallin et al ³⁰	2015	The Cohort of Swedish Men	Swedish	45-79	35583	3624

Table S6. Prospective cohort studies of fish consumption and type 2 diabetes					
study	Follow-up period	DM diagnosis and criteria	RR(95%CI)	Adjustment variables	
Montonen, et al, 2005 ²⁸ ,Finland	1967-1995, 28 y#	Fasting glucose level ≥ 7.0 mmol/L, plasma glucose level ≥ 11.1 mmol/L, treatment by diet	1.08(0.80,1.45)	Age, sex, BMI, total energy, smoking, FH-DM, geographic area(hypertension, serum cholesterol, self-rated health occupation	
Kaushik, et al, 2009(1) ³⁶ ,USA	1986-2005, 20y#	Self report+ Fasting glucose level ≥ 7.0 mmol/L, plasma glucose level ≥ 11.1 mmol/L	1.29(1.05,1.57)	Age, BMI, physical activity, saturated fat, trans fat, linolenic acid, caffeine, cereal fiber, glycemic index, alcohol, total energy, smoking,FH-DM, hormone replacement therapy, waist circumference, ratio of polyunsaturated to saturated fat, processed meat, carbonated soft drink	
Kaushik, et al, 2009(2) ³⁶ ,USA	1986-2005, 20y#	Same as above	1.32(0.99,1.74)		
Kaushik, et al, 2009(3) ³⁶ ,USA	1986-2005, 20y#	Same as above	1.16(0.96,1.41)		
Patel, et al, 2009 ³⁵ , England	Same as above#	Self-report+diagnosis captured	0.75(0.58,0.96)	Age, sex, BMI, waist circumference, physical activity, plasma vitamin C, alcohol, total energy, smoking, family history of diabetes, education	
Geertruida,et al, 2009 ³⁴ Netherlands	1990-2005, 15y #	Fasting glucose level ≥ 7.0 mmol/L, plasma glucose level ≥ 11.1 mmol/L, treatment by diet,diabetes register	1.05(0.80,1.38)	Age, sex, trans fat, fiber, alcohol, total energy, smoking, education, BMI, waist circumference, saturated fat, α -linolenic acid, linoleic acid, fruit, vegetable, meat, coffee, medically prescribed diet, hypertension, total cholesterol, HDL-C, FH-DM	

Table S6. (continued)					
study	Follow-up period	DM diagnosis and criteria		RR(95%CI)	Adjustment variables
Djousse , et al, 2011 ³¹ (men), USA	1992-2008, 16y #	Fasting plasma glucose ≥7.8mmol/L, casual plasma glucose≥11mmol/L		0.73(0.54,1.00)	Age, sex, BMI, physical activity, alcohol, total energy, smoking, LDL-C, clinic site, race
Djousse , et al, 2011 ³¹ (women), USA	Same as above#	Same as above		1.01(0.69,1.49)	
Nanri, et al 2011 ³³ , (men) Japan	1995-2003,8y#	Fasting plasma glucose≥7.8mmol/L, casual plasma glucose≥11mmol/L		0.73(0.54,1.00)	Age, sex, BMI, physical activity, alcohol, total energy, smoking, LDL-C, clinic site, race
Nanri, et al 2011 ³³ , (men) Japan	Same as above#	Same as above		1.01(0.69,1.49)	
Villegas, et al, 2011 ³² (women), China	1996-2006, 10y#	Fasting glucose concentration≥7mmol/L on ≥2 separate occasions, oral-glucose-tolerance test ≥ 11.1 mmol/L, use of hypoglycemic medication		0.86(0.76,0.98)	Age,sex, BMI, waist circumference, physical activity, plasma vitamin C, alcohol, total energy, smoking, FH-DM, education
Villegas, et al, 2011 ³² (men), China	2002-2008, 6y#	Same as above		0.92(0.73,1.16)	

Table S6. (continued)

study	Follow-up period	DM diagnosis and criteria	RR(95%CI)	Adjustment variables
Wallin, et al, 1998-2012,15y# 2015 ³⁰ (men) Swedish		Diabetes register	1.00(0.85,1.18)	Age, BMI, physical activity, education, cigarette smoking, total energy intake, intake of alcohol, DASH diet component score(based on intake of fruits, vegetables, nuts, legumes, low-fat dairy, whole grains, sodium, sweetened beverages, red and processed meat)
FH-DM, family history of diabetes; W, women; M, men; SFA, saturated fatty acid; MUFA, monounsaturated fatty acid; PUFA, polyunsaturated fatty acid #Diet assessment method was FFQ.				

Table S7. Characteristics of participants and follow-up in included studies of egg consumption in relation to risk of T2DM

Author	Publication year	Study name	country	Age at baseline (years)	No. of participant	No. of cases
Djousse et al ³⁷	2009	Physicians' Health Study I	USA	>40	20703	1921
Djousse et al ³⁷	2009	Women's Health Study	USA	>45	36295	2112
Djousse et al ³⁸	2010	Cardiovascular Health Study	USA	>65	3898	303
Djousse et al ³⁹	2016	The Jackson Heart Study	USA	21-95	4568	513
Virtanen et al ⁴⁰	2015	Kuopio Ischaemic Heart Disease Risk Factor Study	Finland	42-60	2332	432

Table S8. Prospective cohort studies of egg consumption and type 2 diabetes

study	Follow-up period		DM diagnosis and criteria	RR(95%CI)	Adjustment variables
Djousse, et al, 2009(1) ³⁷ (men), USA	1982-2007, 20y#	mean	Self-report or medical record	1.58(1.25,2.01)	Age, smoking, alcohol, physical activity, BMI, FH-DM, hyperliidemia, hypertension, red meat intake, energy, fruits and vegetables, saturated fatty acids, trans fatty acids, polyunsaturated fatty acids
Djousse, et al, 2009(2) ³⁷ (women), USA	1992-2007, 11.7y#	mean	Same as above	1.77(1.28,2.43)	
Djousse, et al, 2010(1) ³⁸ (men), USA	1989-2007, 11.3y#	mean	Medical record	1.81(0.77,4.22)	Age, race, field center, BMI, physical activity, energy, smoking alcohol, fiber intake
Djousse, et al, 2010(2) ³⁸ (women), USA	Same as above#		Same as above	0.38(0.10,1.37)	
Djousse, et al, 2016 ³⁹ ,USA	2000-2004#		Fasting glucose≥126mg/dL,hemoglobi n A1C≥6.5%,or use of insulin or oral hypoglycemic	1.52(1.17,1.97)	Age, smoking, alcohol, BMI, physical activity score, education, energy intake, intake of red meat and fruits and vegetables, dietary trans fat, magnesium, fiber, history of hypertension, CVD

Table S8. (continued)				
study	Follow-up period	DM diagnosis and criteria	RR(95%CI)	Adjustment variables
Virtanen, et al, 2015 ⁴⁰ ,Finland	1984-1989, 19.3y #	Self-report+fasting plasma glucose \geq 7.0mmol/L or 2-h oral-glucose-tolerance-test plasma glucose \geq 11.1mmol/L	0.38(0.27,0.53)	Age, examination year, energy intake, BMI, FH-DM2, hypertension, smoking, education year, leisure-time physical activity, serum long-chain omega-3, PUFAs, intake of alcohol, linoleic acid, fiber,fruit, berries, vegetables, dietary cholesterol intake.
FH-DM, family history of diabetes; FH-DM2, family history of type 2 diabetes; M, men; W, women; CVD,cardiovascular disease; PUFA, polyunsaturated fatty acid; CVD,cardiovascular disease;				
#Diet assessment method was FFQ.				

Table S9. Characteristics of participants and follow-up in included studies of dairy consumption in relation to risk of T2DM						
Author	Publication year	Study name	country	Age at baseline (years)	No. of participant	No. of cases
Grantham et al ⁴¹	2013	the Australian Diabetes Obesity and Lifestyle Study	Australia	≥25	5582	209
Choi et al ⁴²	2005	Health Professionals Follow-up Study	USA	mean age 53	41254	1234
Liu et al ⁴³	2006	Women's Health Study	USA	mean age 55	37183	1603
Van Dam et al ⁴⁴	2006	Black Women's Health Study	USA	mean age 3	41186	1964
Elwood et al ⁴⁸	2007	Caerphilly prospective study	UK	45-59	640	41
Kirii et al ⁴⁷	2009	Japan Public Health Center-based Prospective Study	Japan	mean age 57	25877	634
Kirii et al ⁴⁷	2016	Japan Public Health Center-based Prospective Study	Japan	mean age 57	33919	480
Dial-Lopez et al ⁴⁵	2011	Shanghai men's Health Study	Spanish	55-80	3454	270
Karen et al ⁴⁶	2011	Women's Health Study	USA	40-79	93676	3946

Table S10. Prospective cohort studies of dairy consumption and type 2 diabetes

study	Follow-up period	DM diagnosis and criteria	RR(95%CI)			Adjustment variables
			Total product	dairy	Whole milk yogurt	
Grantham, et al, 2013(1) ⁴¹ (men) Australia	1999-2000-2005, 5y#	Fasting plasma glucose ≥ 7.0 mmol/L or 2h post-load plasma glucose ≥ 11.1 mmol/L or current treatment with insulin or oral hypoglycaemic agents	0.53(0.29,0.96)	1.43(0.83,2.45) 0.57(0.32,1.02)	1.02(0.56,1.88)	Age ,sex, total energy intake, FH-DM, education, physical activity, smoking status, fasting serum TAG, HDL-C, systolic blood pressure, waist circumference, hip circumference
Grantham, et al, 2013(2) ⁴¹ (women) ,Australia	Same as above#	Same as above	0.86(0.50,1.45)	0.89(0.45,1.75) 0.67(0.40,1.12)	1.23(0.74,2.04)	
Choi, et al, 2005 ⁴² (men), USA	12y#	Fasting plasma glucose ≥ 7.8 mmol/l and/or 2h post-load plasma glucose ≥ 11.1 mmol/l or treatment with insulin or oral hypoglycemic medication	0.77(0.62,0.95)	0.97(0.78,1.21) 0.73(0.59,0.89)	0.83(0.66,1.06)	Age, energy, biennial follow-up time, FH-DM, smoking, BMI, hypertension, physical activity, alcohol, dietary factors, hypercholesterolemia
Liu, et al, 2006 ⁴³ (men), USA	10y#	Fasting plasma glucose ≥ 7.0 mmol/L or 2h post-load plasma glucose ≥ 11.1 mmol/L	0.79(0.64,0.94)	1.05(0.88,1.24) 0.79(0.67,0.93)	0.82(0.70,0.97)	Age, energy, BMI, smoking randomized-treatment assignment, FH-DM, hypercholesterolemia, hypertension, physical activity, hormones, alcohol consumption

Table S10. (continued)								
study	Follow-up period	DM diagnosis criteria	and	RR(95%CI) Total dairy product	RR(95%CI) Whole milk	RR(95%CI) yogurt	Adjustment variables	
Van Dam, et al, 8y# 2006 ⁴⁴ (women),USA		Fasting plasma glucose ≥7.0mmol/L or 2h post-load plasma glucose ≥11.1mmol/L		0.93(0.75,1.15)	1.03(0.88,1.20) 0.87(0.76,1.00)		Age, energy, BMI, smoking, physical activity, alcohol consumption, parental history of diabetes, education, coffee, diet.	
Elwood, et al, 25y # 2007 ⁴⁸ (men), UK		Plasma insulin level ≥163mmol/l and/or plasma glucose ≥6.1mmol/l		0.57(0.20,1.63)			Age, smoking, BMI, social class	
Kirii, et al, 12y# 2009 ⁴⁷ (men), Japan		Fasting plasma glucose≥7.8mmol/l and casual plasma glucose≥11mmol/l		1.18(0.90,1.56)		1.02(0.85,1.24)	Age, area, BMI, FH-DM, smoking, alcohol, history of hypertension, exercise frequency, coffee, energy-adjusted magnesium and total energy	
Kirii, et al, Same as above# 2009 ⁴⁷ (women), Japan		Same as above		0.71(0.51,0.98)		0.87(0.70,1.09)		

Table S10. (continued)

study	Follow-up period	DM diagnosis criteria	and	RR(95%CI) Total dairy product	RR(95%CI) Whole milk	RR(95%CI) yogurt	Adjustment variables
Dial-Lopez, et al, 2016 ⁴⁵ Spanish	4.1y#	Fasting plasma glucose≥7.0mmol/L or 2h post-load plasma glucose ≥11.1mmol/L		0.68(0.47,0.98)	0.65(0.45,0.94)	0.60(0.42,0.86)	Age, race/ethnicity, total energy intake, income, education, smoking, alcohol consumption, use of postmenopausal hormone, physical activity, FH-DM, BMI, blood pressure.
Karen, et al, 2011 ⁴⁶ (women) USA	1993-1995,5y#	Self- report+ treated with insulin or oral medication for diabetes		0.93(0.83,1.04)	0.65(0.44,0.96)	0.46(0.31,0.68)	Age, race/ethnicity, total energy intake, income, education, smoking, alcohol consumption, use of postmenopausal hormone, physical activity, FH-DM, BMI, blood pressure.

FH-DM, family history of diabetes; W, women; M, men;HDL-C, high density lipoprotein cholesterol
#Diet assessment method was FFQ.

Table S11. Characteristics of participants and follow-up in included studies of soy consumption in relation to risk of T2DM

Author	Publication year	Study name	country	Age at baseline (years)	No. of participant	No. of cases
Stuapa et al ⁵⁰	2013	India's third National Family Health Survey	India	20-49	99574	56742
Villegas et al ⁵¹	2008	Health Professionals Follow-up Study	China	middle-aged	64227	1608
Mueller et al ⁵²	2012	The Singapore Chinese Health Study(SCHS)	Singapore	mean age 55.2	43176	2252
M aldwaairji et al ⁵³	2013	The UK Women Cohort's Study	UK	middle age	12149	
Morimoto et al ⁵³	2011	the Multiethnic Cohort.	USA	45-75	29719 Caucasian	8594
Morimoto et al ⁵³	2011	the Multiethnic Cohort.	USA	45-75	35141 Japanese	
Morimoto et al ⁵³	2011	the Multiethnic Cohort.	USA	45-75	10484 Native	

Table S12. Prospective cohort studies of soy consumption and type 2 diabetes				
study	Follow-up period	DM diagnosis and criteria	RR(95%CI)	Adjustment variables
Stuapa, et al, 2013(1) ⁴⁹ (men) India	1y#	Self report	0.70(0.39,1.26)	BMI, tobacco smoking, alcohol drinking, age, watching TV, education, living standard of the household, residence, consumption of other food items.
Stuapa, et al, 2013(2) ⁴⁹ (women) India	Same as above#	Same as above	0.55(0.34,0.88)	
Villegas, et al, 2008 ⁵⁰ (women), China	2000-2003- 2004 Average 4.6y#	Fasting glucose concentration≥ 7mmol/L, oral-glucose-tolerance test≥11.1mmol/L, use of hypoglycemic medication	0.62(0.51, 0.75)	Age, race, field center, BMI, physical activity, energy, smoking alcohol, fiber intake
Mueller, et al, 2012 ⁵¹ , Singapore	1999-2004, 6y#	Self-report	0.86(0.67,1.10)	Age, sex, dialect, year of interview, education level, smoking status, alcohol use, physical activity, baseline hypertensive, rice, noodles, vegetable, energy
M aldwairji, et al,2013 ⁵² (women),UK	Average 4 y	Self-report	0.49(0.29,0.84)	Energy, smoking status, adult weight change, socioeconomic status, alcohol intake, physical activity, FH-DM
Morimoto, et al, 2011 ⁵³ (men), USA	1993-1996-2009, 14y #	Self- report+ treated with insulin or oral medication for diabetes	1.18(1.08,1.29)	

Table S12. (continued)

study	Follow-up period	DM diagnosis and criteria	RR(95%CI)	Adjustment variables
Morimoto, et al, 2011 ⁵³ (women), USA	Same as above #	Same as above	1.18(1.08,1.29)	
FH-DM, family history of diabetes; DM, diabetes; W, women; M, men #Diet assessment method was FFQ.				
