Supplementary Table 3. General information of the studies included for evaluation of variables associated fruit and vegetable consumption.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Cohort name** | **No. individuals** | **Sex** | **Exposure** | **Categories** | **Unit** | **BMI** | **BMI >25** | **BMI >30** | **Smoking status** | **Educational status** | **Physical activity** | **Alcohol intake** | **Meat intake** | **Ref.** |
| 45 and Up Study | 150,969 | MF | FV | q1-q4 | serv/d | NA | x | x | x | x | x | NA | NA | [1] |
| ARIC | 11,940 | MF | FV | q1-q5 | serv/d | x | NA | NA | x | x | x | x | NA | [2] |
| ATBC | 27,111 | M | FV | q1-q5 | g/d | x | NA | NA | NA | x | NA | NA | NA | [3] |
| CARDIA | 1,571 | F | FV | q1-q3 | serv/d/2000kcal | x | NA | NA | x | x | x | NA | NA | [4] |
| CARDIA | 935 | M | FV | q1-q3 | serv/d/2000kcal | x | NA | NA | x | x | x | NA | NA | [4] |
| COSM | 45,338 | M | FV | q1-q4 | serv/d | NA | NA | NA | x | x | NA | x | x | [5] |
| DDCHS | 54,505 | MF | FV | q1-q5 | g/d | x | NA | NA | x | x | NA | NA | NA | [6] |
| EPIC | 478,545 | MF | FV | q1-q5 | g/d | x | NA | NA | x | x | x | x | NA | [7] |
| EPIC | 131,985 | M | FV | q1-q5 | g/d | x | NA | NA | x | NA | x | x | NA | [8] |
| EPIC | 320,771 | F | FV | q1-q5 | g/d | x | NA | NA | x | NA | x | x | NA | [8] |
| EPIC | 451,151 | MF | FV | q1-q4 | g/d | x | NA | NA | x | x | x | x | x | [9] |
| HAPIEE | 19,333 | MF | FV | q1-q4 | g/d | x | NA | x | x | x | x | x | NA | [10] |
| HPFS | 47,778 | M | FV | q1-q5 | serv/d | x | NA | NA | x | NA | NA | x | NA | [11] |
| HPFS | 42,135 | M | FV | q1-q5 | serv/d | x | NA | NA | x | NA | NA | x | x | [12] |
| HSE | 65,226 | MF | FV | q1-q5 | serv/d | x | x | x | x | x | x | x | NA | [13] |
| IWHS | 35,159 | F | FV | q1-q5 | serv/d | x | NA | NA | x | x | NA | NA | x | [14] |
| JPHC I+II | 21,269 | M | FV | q1-q4 | g/d | x | NA | NA | x | NA | x | NA | NA | [15] |
| JPHC I+II | 27,168 | F | FV | q1-q4 | g/d | x | NA | NA | x | NA | x | NA | NA | [15] |
| JPHC I+II | 35,909 | M | FV | q1-q4 | g/d | NA | NA | x | x | NA | NA | NA | NA | [16] |
| JPHC I+II | 41,982 | F | FV | q1-q4 | g/d | NA | NA | x | x | NA | NA | NA | NA | [16] |
| KIHD | 2,641 | M | FV | q1-q5 | g/d | x | NA | x | x | NA | NA | X | NA | [17] |
| MORGEN | 20,070 | MF | FV | q1-q4 | g/d | x | NA | NA | x | x | x | NA | NA | [18] |
| NHEFS | 8,608 | MF | FV | q1-q4 | serv/d | x | NA | NA | x | x | NA | NA | NA | [19] |
| NHS | 77,283 | F | FV | q1-q5 | serv/d | x | NA | NA | x | NA | NA | x | NA | [11] |
| NHS | 71,141 | F | FV | q1-q5 | serv/d | x | NA | NA | x | NA | NA | x | x | [12] |
| NIH-AARP | 281,288 | M | FV | q1-q5 | serv/d/1000 | x | NA | NA | x | x | NA | x | NA | [20] |
| NIH-AARP | 190,793 | F | FV | q1-q5 | serv/d/1000 | x | NA | NA | x | x | NA | x | NA | [20] |
| NIH-AARP | 322,347 | M | FV | q1-q5 | serv/d/1000 | NA | NA | NA | NA | x | NA | NA | x | [21] |
| NIH-AARP | 223,423 | F | FV | q1-q5 | serv/d/1000 | NA | NA | NA | NA | x | NA | NA | x | [21] |
| NIH-AARP | 174,636 | M | FV | q1,q3,q5 | serv/d | x | NA | NA | x | x | x | NA | NA | [22] |
| NIH-AARP | 118,167 | F | FV | q1,q3,q5 | serv/d | x | NA | NA | x | x | x | NA | NA | [22] |
| NIPPON DATA80 Study | 9,732 | MF | FV | q1-q4 | g/d/1000 kcal | x | NA | NA | x | NA | NA | NA | NA | [23] |
| Odyssey Cohort (including CLUE I, CLUE II) | 6,151 | MF | FV | q1-q5 | serv/d | NA | x | x | x | NA | NA | x | NA | [24] |
| ONHICS | 16,065 | M | FV | q1-q3 | g/d | NA | x | NA | x | x | x | NA | NA | [25] |
| ONHICS | 16,794 | F | FV | q1-q3 | g/d | NA | x | NA | x | x | x | NA | NA | [25] |
| PLCO | 57,774 | MF | FV | q1-q3 | serv/d/1000 | x | NA | NA | x | x | x | x | x | [26] |
| PRIME | 8,540 | M | FV | q1-q3 | serv/d | x | NA | NA | NA | NA | NA | NA | NA | [27] |
| PRIME | 8,087 | M | FV | q1-q3 | serv/d | NA | NA | NA | x | x | x | NA | NA | [28] |
| SMC | 36,664 | F | FV | q1-q4 | serv/d | NA | NA | NA | x | x | NA | x | x | [5] |
| SMC | 34,319 | F | FV | q1-q5 | serv/d | x | NA | NA | x | x | NA | x | NA | [29] |
| SMC+COSM | 74,971 | MF | FV | q1-q5 | serv/d | NA | x | NA | x | x | NA | x | x | [30] |
| SMCS | 15,119 | M | FV | q1-q6 | g/d | x | NA | NA | NA | x | x | x | x | [31] |
| SMHS | 55,474 | M | FV | q1-q4 | g/d | x | NA | NA | x | x | NA | NA | x | [32] |
| SMHS | 61,436 | M | FV | q1-q5 | g/d | x | NA | NA | x | x | NA | NA | NA | [33] |
| SUN | 8,594 | MF | FV | q1-q4 | serv/d | x | NA | NA | x | NA | NA | x | NA | [34] |
| SUVIMAX | 3,313 | M | FV | q1-q3 | g/d | x | x | NA | x | x | x | x | NA | [35] |
| SWHS | 67,211 | F | FV | q1-q4 | g/d | x | NA | NA | x | x | NA | NA | x | [32] |
| SWHS | 73,360 | F | FV | q1-q5 | g/d | x | NA | NA | x | x | NA | NA | NA | [33] |
| SWLH | 44,838 | F | FV | q1-q5 | g/d |  | x | x | x | x | NA | NA | NA | [36] |
| The Framingham Study | 832 | M | FV | q1-q5 | serv/d | x | NA | NA | NA | NA | NA | NA | NA | [37] |
| 45 and Up Study | 150,969 | MF | F | q1-q4 | serv/d |  | x | x | x | x | x | NA | NA | [1] |
| BCDDP | 41,320 | F | F | q1-q4 | serv/d | x | NA | NA | x | x | NA | x | x | [38] |
| BWHS | 51,928 | F | F | q1-q4 | serv/w | x | NA | NA | x | x | x | NA | NA | [39] |
| CGPS+CCHS | 83,256 | MF | F | q1-q4 | serv/d | x | NA | NA | x | NA | x | x | NA | [40] |
| CPS II | 37,563 | M | F | q1,q3,q5 | serv/d | x | NA | NA | x | x | NA | NA | x | [41] |
| CPS II | 42,330 | F | F | q1,q3,q5 | serv/d | x | NA | NA | x | x | NA | NA | x | [41] |
| EPIC | 486,799 | MF | F | q1-q5 | g/d | NA | x | x | x | x | x | NA | NA | [42] |
| HPFS | 47,325 | M | F | q1-q5 | serv/d | x | NA | NA | NA | NA | NA | x | NA | [43] |
| HPFS | 23,208 | M | F | q1,q3,q5 | serv/d | x | NA | NA | x | NA | NA | NA | NA | [44] |
| JACC | 59,485 | MF | F | q1-q4 | serv/w | x | NA | NA | x | x | x | x | NA | [45] |
| JPHC I+II | 47,279 | F | F | q1-q4 | g/d | x | NA | NA | x | NA | NA | NA | NA | [46] |
| LSS | 38,540 | MF | F | q1-q3 | serv/w | x | NA | NA | x | x | NA | NA | NA | [47] |
| NHIS | 20,004 | MF | F | q1-q4 | serv/d | NA | NA | NA | x | NA | NA | NA | NA | [48] |
| NHS | 34,557 | F | F | q1-q5 | serv/d | x | NA | NA | x | NA | x | x | NA | [49] |
| NHS | 45,357 | F | F | q1,q3,q5 | serv/d | x | NA | NA | x | NA | x | NA | NA | [44] |
| NHS II | 54,196 | F | F | q1,q3,q5 | serv/d | x | NA | NA | x | NA | NA | x | x | [50] |
| PLCO | 17,621 | MF | F | q1,q3,q5 | serv/d | x | NA | NA | x | NA | NA | NA | x | [51] |
| SWHS | 64,191 | F | F | q1-q5 | g/d | x | x | x | x | x | x | NA | NA | [52] |
| Takayama Study | 13,355 | M | F | q1-q4 | g/d | x | NA | NA | x | x | NA | x | NA | [53] |
| Takayama Study | 15,724 | F | F | q1-q4 | g/d | x | NA | NA | x | x | NA | x | NA | [53] |
| The Study of Men Born in 1913 | 730 | M | F | q1-q4 | serv/w | x | NA | NA | x | NA | NA | NA | NA | [54] |
| UK WCS | 30,458 | F | F | q1-q5 | g/d | x | NA | NA | x | x | NA | x | NA | [55] |
| WHS | 22,144 | F | F | q1,q3,q5 | serv/d | x | NA | NA | x | x | NA | x | x | [56] |
| WHS | 39,127 | F | F | q1-q5 | serv/d | x | NA | NA | x | NA | x | NA | NA | [57] |
| 45 and Up Study | 150,969 | MF | V | q1-q4 | serv/d | NA | x | x | x | x | x | NA | NA | [1] |
| BCDDP | 41,320 | F | V | q1-q4 | serv/d | x | NA | NA | x | x | NA | x | x | [38] |
| BWHS | 51,928 | F | V | q1-q4 | serv/w | x | NA | NA | x | x | x | NA | NA | [39] |
| CPS II | 37,563 | M | V | q1,q3,q5 | serv/d | x | NA | NA | x | x | NA | NA | x | [41] |
| CPS II | 42,330 | F | V | q1,q3,q5 | serv/d | x | NA | NA | x | x | NA | NA | x | [41] |
| EPIC | 486,799 | MF | V | q1-q5 | g/d | NA | x | x | x | x | x | NA | NA | [42] |
| EPICOR | 29,689 | F | V | q1-q4 | g/d | x | NA | NA | x | x | x | x | NA | [58] |
| HPFS | 47,325 | M | V | q1-q5 | serv/d | x | NA | NA | NA | NA | NA | x | NA | [43] |
| HPFS | 23,208 | M | V | q1,q3,q5 | serv/d | x | NA | NA | x | NA | NA | NA | NA | [44] |
| JACC | 59,485 | MF | V | q1-q4 | serv/w | x | NA | NA | x | x | x | x | NA | [45] |
| JPHC I | 20,366 | M | V | q1-q3 | g/d | x | NA | NA | x | NA | x | NA | NA | [59] |
| JPHC I | 21,858 | F | V | q1-q3 | g/d | x | NA | NA | x | NA | x | NA | NA | [59] |
| JPHC I+II | 43,475 | M | V | q1-q4 | g/d | NA | x | NA | x | NA | NA | NA | NA | [60] |
| JPHC I+II | 47,288 | F | V | q1-q4 | g/d | x | NA | NA | x | NA | NA | NA | NA | [46] |
| JPHC II | 24,407 | M | V | q1-q3 | g/d | x | NA | NA | x | NA | x | NA | NA | [59] |
| JPHC II | 26,708 | F | V | q1-q3 | g/d | x | NA | NA | x | NA | x | NA | NA | [59] |
| LSS | 38,540 | MF | V | q1-q3 | serv/d | x | NA | NA | x | x | NA | NA | NA | [47] |
| MC | 183,522 | MF | V | q1-q5 | g/d/1000 kcal | x | NA | NA | x | NA | NA | NA | x | [61] |
| NHIS | 20,004 | MF | V | q1-q4 | serv/d | NA | NA | NA | x | NA | NA | NA | NA | [48] |
| NHS | 34,467 | F | V | q1-q5 | serv/d | x | NA | NA | x | NA | x | x | NA | [49] |
| NHS | 45,357 | F | V | q1,q3,q5 | serv/d | x | NA | NA | x | NA | x | NA | NA | [44] |
| NHS II | 54,298 | F | V | q1,q3,q5 | serv/d | x | NA | NA | x | NA | NA | x | x | [50] |
| PLCO | 17,616 | MF | V | q1,q3,q5 | serv/d | x | NA | NA | x | NA | NA | NA | x | [51] |
| SWHS | 64,191 | F | V | q1-q5 | g/d | x | x | x | x | x | x | NA | NA | [52] |
| Takayama Study | 13,355 | M | V | q1-q4 | g/d | x | NA | NA | x | x | NA | x | NA | [53] |
| Takayama Study | 15,724 | F | V | q1-q4 | g/d | x | NA | NA | x | x | NA | x | NA | [53] |
| The Study of Men Born in 1913 | 729 | M | V | q1-q4 | serv/w | x | NA | NA | x | NA | NA | NA | NA | [54] |
| WHS | 22,172 | F | V | q1,q3,q5 | serv/d | x | NA | NA | x | NA | NA | x | x | [56] |
| WHS | 39,127 | F | V | q1-q5 | serv/d | x | NA | NA | x | NA | x | NA | NA | [57] |

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