

Supplementary Table 2. Characteristics of included observational studies in the meta-analysis

Study	Study type	Soy product type	Exposure assessment	Reference value (control group)	Adjusting parameters
Severson et al. [43] (1989)	Cohort study	Shoyu, tofu	FFQ	Shoyu: never-seldom Tofu: ≤1 time/wk	Subject's marital history, smoking history, occupational history, type of residence, educational history, alcohol consumption, and medical history
Jacobsen et al. [32] (1998)	Cohort study	Soy milk	FFQ	Soy milk: 0 g/day	Body mass index, frequency consumption of coffee, whole fat milk, eggs, and citrus fruits, and age
Greenlee et al. [20] (2004)	Cohort study	Soy foods	FFQ	Soy foods: 0 g/day	Sex, race, and education
Allen et al. [29] (2004)	Cohort study	Soya, miso soup, tofu	FFQ	Soya: low Miso soup: <2 time/wk Tofu: <2 time/wk	Attained age, calendar period, city of residence at the time of the bombings, radiation dose and education level
Nomura et al. [39] (2004)	Cohort study	Tofu	FFQ	Tofu: 0 g/day	Age, cigarette smoking, alcohol intake, total calories, arm muscle area, and body mass index
Kurahashi et al. [22] (2007)	Cohort study	Soy food, miso soup	FFQ	Soy foods: <46.6 g/day Miso soup: <110.0 mL/day	Age, area, smoking status, drinking frequency, marital status, body mass index, and intake of total fatty acids, dairy, vegetables, and fruits
Kirsh et al. [21] (2007)	Cohort study	Dry bean, tofu, soybean	FFQ	Dry beans: <0.06 serving/day Tofu or soybeans: 0 g/day	Age, total energy, race, study center, family history of prostate cancer, body mass index, smoking status, physical activity, supplemental vitamin E intake, total fat intake, red meat intake, diabetes, aspirin use, and previous number of prostate cancer screening examinations during the follow-up period
Park et al. [23] (2008)	Cohort study	Legumes, soy foods	FFQ	All legumes: <6.4 g/1,000 kcal Soy products: 0 g/1,000 kcal Legumes excluding soy products: <3.6 g/1,000 kcal	Time since cohort entry, ethnicity, family history of prostate cancer, education, body mass index, smoking status and energy intake
Petimar et al. [41] (2017)	Cohort study	Mature bean	FFQ	Mature bean: <15 g/day	Marital status, race, education, body mass index, height, multivitamin use, total energy intake, smoking status, prostate cancer family history, physical activity, history of diabetes, age
Sawada et al. [42] (2020)	Cohort study	Soy foods, miso soup, natto, tofu	FFQ	Soy food: <29.8 g/day Miso: <2.9 g/day Natto: 0 g/day Tofu: <7.4 g/day	Age, area, smoking, alcohol frequency, body mass index, leisure time activity, history of diabetes mellitus, screening and intake of green tea, coffee, vegetables and fruit
Oishi et al. [40] (1988)	Case-control study	Miso soup	Interview	Miso soup: 0 g/day	NA
Sung et al. [45] (1999)	Case-control study	Soybean milk	FFQ, interview	Soybean milk: 0 g/day	Age
Villeneuve et al. [46] (1999)	Case-control study	Tofu, soybean, lentils, baked beans	FFQ	Tofu or soybean: 0 g/day Lentils and baked beans: 0 g/day	Age, province of residence, race, years since quitting smoking, cigarette pack-years, body mass index, rice and pasta, coffee, grains and cereals, alcohol, fruit and fruit juices, tofu, meat, income, and family history of cancer
Kolonel et al. [34] (2000)	Case-control study	Soyfoods, legumes	FFQ, interview	Soyfoods: 0 g/day Legumes (excluding soyfoods): <2.6 g/day All legumes: <10 g/day	Age, education, ethnicity, geographic area, and calories
Lee et al. [35] (2003)	Case-control study	Combined soy foods, tofu	Interview	Combined soy foods: <27.5 g/day Tofu: <14.3 g/day	Total calories and age
Sonoda et al. [44] (2004)	Case-control study	Soy foods, natto, tofu	FFQ, interview	Soy products: <77 g/day Natto: <5.7 g/day Tofu: <19.7 g/day	Cigarette smoking and energy intake
Jian et al. [33] (2004)	Case-control study	Fermented soy products	FFQ, interview	Fermented soy products: <0.1 g/day	Age at interview, body mass index, physical activity, locality of residence, education, family income per month, marital status, prostate cancer in first-degree relatives, caloric intake, fresh vegetables and fruits consumption, tea drinking
McCann et al. [37] (2005)	Case-control study	Soy foods	FFQ	Soy products: <2 g/day	Age, education, body mass index, cigarette smoking status, and total energy
Hedelin et al. [31] (2006)	Case-control study	Beans, soy	FFQ	Soy products: <1.18 g/day	Age, intake of antibiotics, zinc, animal fat, total energy intake, alcohol, vegetable fat, red meat, vegetables, fruit, and tocopherol during the last year
Heald et al. [30] (2007)	Case-control study	Soy foods	FFQ	Soy products: 0 g/day	Age, total energy intake, family history of prostate cancer and breast cancer, Carstairs deprivation index, smoking and energy intake
Nagata et al. [38] (2007)	Case-control study	Soy foods	FFQ	Soy products: 30.5 g/day	Cigarette smoking, energy and fatty acids intakes
Li et al. [36] (2008)	Case-control study	Tofu, soy milk	FFQ, interview	Soybean food (tofu and soy milk): ≤2 time/week	Education, body mass index, smoking, alcohol consumption, and food frequency

FFQ, food frequency questionnaire; NA, not available.