SUPPLEMENTAL MATERIAL

Supplemental Methods

MEDLINE Search Query.

(meat[tw] OR meats[tiab] OR "meat products"[tw] OR "meat products"[tiab] **OR** beef[tiab] OR veal[tiab] OR goat[tiab] OR lamb[tiab] OR pork[tiab] OR sausage[tiab] OR sausages[tiab] OR ham[tiab] OR hams[tiab] OR pastrami[tiab] OR bacon[tiab] OR bacons[tiab] OR salami[tiab] OR salamis[tiab] OR "meat protein"[tiab] OR "meat proteins"[tiab] OR "luncheon meat"[tiab] OR "luncheon meats"[tiab] OR "deli meat"[tiab] OR "deli meats"[tiab] OR "animal food"[tiab] OR "animal foods"[tiab]) **AND** (("Diabetes Mellitus"[Mesh] OR diabetes[tiab]) **OR** ("cardiovascular diseases"[Mesh] OR "cardiovascular disease"[tiab] OR "cardiovascular diseases"[tiab] OR "heart disease"[tiab] OR "heart diseases"[tiab] OR "myocardial infarction"[tiab] OR "myocardial infarctions"[tiab] OR "heart attack"[tiab] OR "heart attacks"[tiab] OR "sudden death"[tiab] OR "sudden deaths"[tiab] OR stroke[tiab] OR strokes[tiab] OR "cerebrovascular accident"[tiab] OR "cerebrovascular accidents"[tiab]))

List of the 75 Excluded Full-Text Manuscripts and Reasons for Exclusion.

Reference	Reason for Exclusion
1. KeyTJ *et al.* 1999(36)	Review
2. Murakami K *et al.* 2005(48)	Review
3. Key TJ *et al.* 1998(35)	Review
4. Fraser GE 1988(14)	Review
5. Harper AE 1983(23)	Review
6. Wahrburg U *et al.* 2002(74)	Review
7. Willett W 2003(75)	Review
8. Stoeckli R, Keller U 2004(67)	Review
9. Biesalski HK 2005(2)	Review
10. Li D 2005(39)	Review
11. Adams SM, Standridge JB 2006(1)	Review
12. Muntoni S, Muntoni S 2006(47)	Review
13. Hodgson JM *et al.* 2007(28)	Review
14. Tappel A 2007(69)	Review
15. Truswell AS 2007(71)	Review
16. Dobbins MJ *et al.* 2007(10)	Review
17. Bilenko N *et al.* 2005(3)	Cross-sectional study
18. Shimakawa T *et al.* 1993(61)	Cross-sectional study
19. Jafar TH 2006(32)	Cross-sectional study
20. Panagiotakos DB *et al.* 2007(52)	Cross-sectional study
21. Qidwai W *et al.* 2005(55)	Cross-sectional study
22. Yan S 1989(76)	Cross-sectional study
23. Pfister R *et al.* 2004(53)	Cross-sectional study
24. Menotti A *et al.* 1999(44)	Ecological study
25. Takeya Y *et al.* 1984(68)	Ecological study
26. Fraser AG *et al.* 1992(13)	Duplicate publication
27. Schulze MB *et al.* 2007(59)	Duplicate publication
28. Hu FB *et al.* 1999(30)	Duplicate publication
29. van Dam RM *et al.* 2002(72)	Duplicate publication
30. Gramenzi A *et al.* 1990(21)	Duplicate publication
31. Lee DH *et al.* 2004(38)	Duplicate publication
32. Chang-Claude J *et al.* 2005(8)	Vegetarians vs. non vegetarians
33. Thorogood M *et al.* 1994(70)	Vegetarians vs. non vegetarians
34. Mann JI *et al.* 1997(41)	Vegetarians vs. non vegetarians
35. Vang A *et al.* 2008(73)	Vegetarians vs. non vegetarians (Adventist Health Study)
36. Fraser GE 1999(15)	Vegetarians vs. non vegetarians (Adventist Health Study)
37. Fraser GE *et al.* 1992(16)	Vegetarians vs. non vegetarians (Adventist Health Study)
38. Fraser GE *et al.* 1997(17)	Vegetarians vs. non vegetarians (Adventist Health Study)
39. Fraser GE *et al.* 1997(18)	Vegetarians vs. non vegetarians (Adventist Health Study)
40. Snowdon DA 1988(63)	Vegetarians vs. non vegetarians (Adventist Health Study)

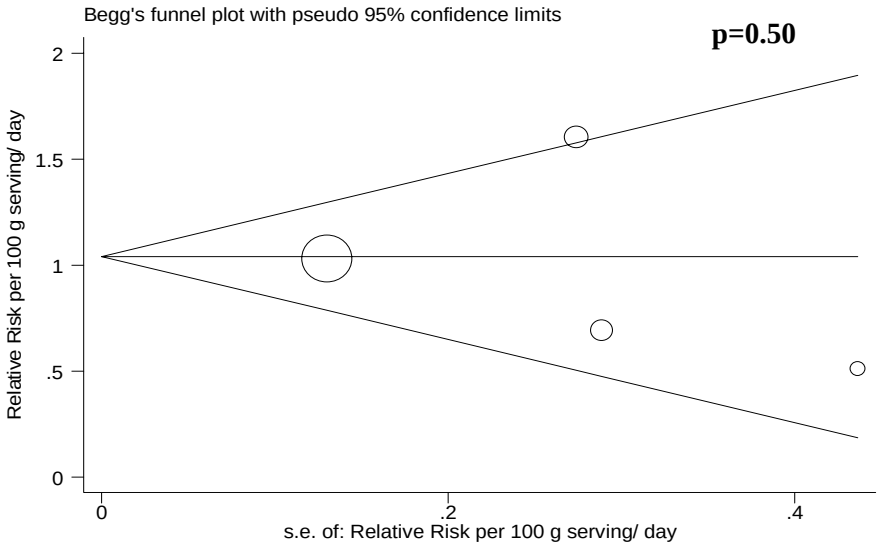
41. Snowdon DA 1984(64)	Vegetarians vs. non vegetarians (Adventist Health Study)
42. Brunner EJ *et al.* 2008(4)	Dietary patterns
43. Drogan D *et al.* 2007(11)	Dietary patterns
44. Fung TT *et al.* 2001(20)	Dietary patterns
45. Harriss LR *et al.* 2007(24)	Dietary patterns
46. Heidemann C *et al.* 2008(26)	Dietary patterns
47. Hu FB *et al.* 2000(29)	Dietary patterns
48. Hu G *et al.* 2006(31)	Dietary patterns
49. Kant AK *et al.* 1995(34)	Dietary patterns
50. Martinez-Ortiz JA *et al.* 2006(42)	Dietary patterns
51. Fung TT *et al.* 2008(19)	Dietary patterns
52. Mitrou PN *et al.* 2007(45)	Dietary patterns
53. McNaughton SA *et al.* 2008(43)	Dietary patterns
54. Hodge AM *et al.* 2007(27)	Dietary patterns
55. Heidemann C *et al.* 2005(25)	Dietary patterns
56. Osler M *et al.* 2001(50)	Dietary patterns
57. Schulze MB *et al.* 2005(60)	Dietary patterns
58. Osler M *et al.* 2002(49)	Dietary patterns
59. Panagiotakos D *et al.* 2007(51)	Dietary patterns
60. Montonen J *et al.* 2005(46)	Dietary patterns
61. Jiang R *et al.* 2004(33)	Iron intake
62. Malaviarachchi D *et al.* 2002(40)	Iron intake
63. Sauvaget C *et al.* 2002(58)	Animal protein/fat
64. Steffen LM *et al.* 2007(66)	Disease outcome other than incident CVD or diabetes
65. Damiao R *et al.* 2006(9)	Disease outcome other than incident CVD or diabetes
66. Burke V *et al.* 2007(5)	Disease outcome other than incident CVD or diabetes
67. Qi L *et al.* 2007(54)	Participants with prevalent disease
68. Qiu D *et al.* 2003(56)	Not meeting meat definition
69. Cai H *et al.* 2007(6)	Not meeting meat definition
70. Kinjo Y *et al.* 1999(37)	Not meeting meat definition
71. Zyriax BC *et al.* 2005(77)	Not meeting meat definition
72. Spencer CA *et al.* 1999(65)	Not meeting meat definition
73. Duc Son le NT *et al.* 2005(12)	Not meeting meat definition
74. Reunanen A *et al.* 1995(57)	Not meeting meat definition
75. Simmons RK *et al.* 2007(62)	Prediction score, not adjusted

Nutritional Qualities of Red and Processed Meats

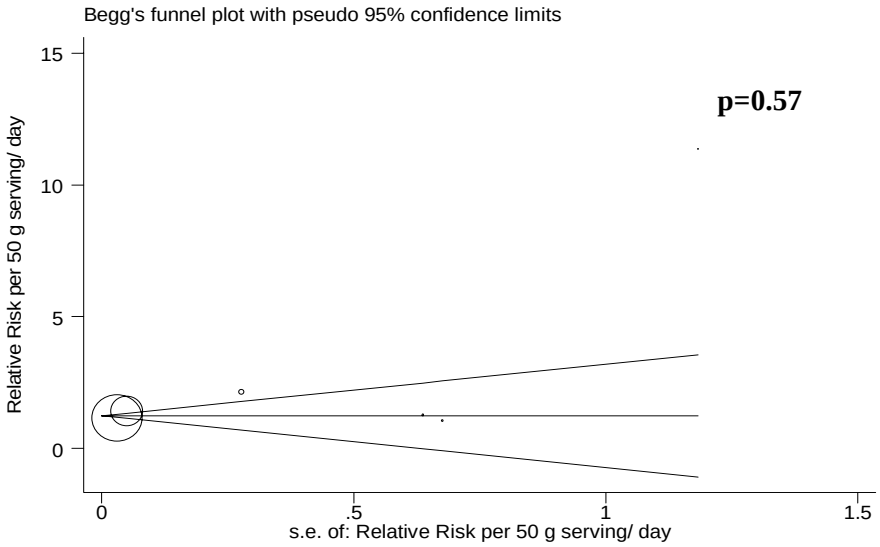
To estimate average nutritional qualities of red and processed meats, we analyzed data from two 24-hr hour diet recalls in the 2005-06 US National Health and Nutrition Examination Survey (NHANES), accounting for NHANES sampling and weighting strategies(7). Foods consumed in this US survey were grouped to match our meta-analysis' definitions for red and processed meat. For red meats the specific codes used in the NHANES were: 210-215 for beef; 220- 222, 224 and 227 for pork; and 230-234 for lamb, veal, and game. For processed meats the specific codes used in the NHANES were: 216 for processed beef; 223 for ham; 225-226 for bacon; and 252 for frankfurters, sausages, lunchmeats, and meat spreads. Preservative contents were obtained from a recent report of published nitrate, nitrite, and nitrosamine contents of foods commonly consumed in the US(22). Preservative contents of subtypes of red and processed meats from this report were applied directly to the subtypes of red and processed meats in the NHANES database, after standardization to the same serving size. The individual subtypes of red and processed meats were first summed, and then averaged across the two days and across all individuals applying the NHANES sampling weights(7) (the survey design was declared in STATA as: svyset [pw=wtdr2d], strata(sdmvstra) psu(sdmvpsu)) to derive the overall average national weighted red and processed meat consumption. Subsequently, average nutrient and preservative contents were estimated for a 50 g serving of red meat and a 50 g serving of processed meat. Analyses were performed using STATA 10.0 (College Station, TX), with two-tailed alpha<0.05.

Supplemental Figure

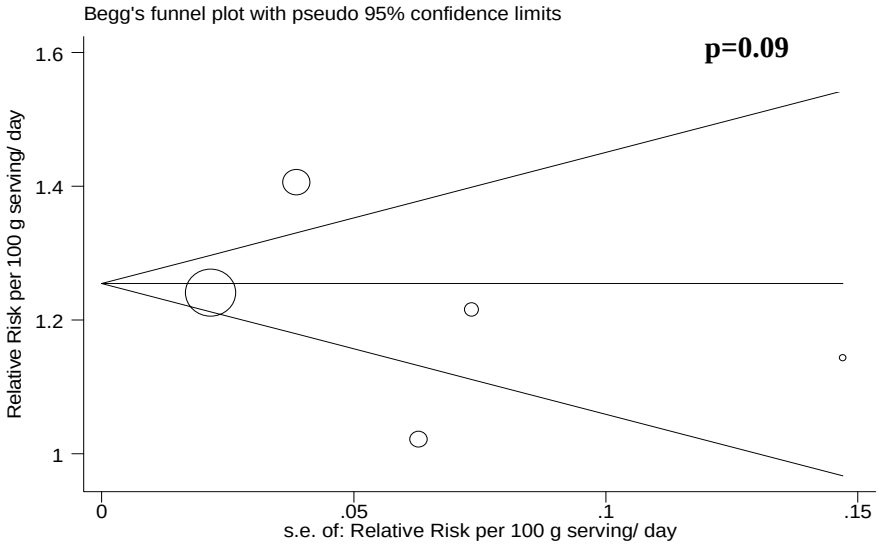
Funnel plots for graphical evaluation of potential publication bias. P values based on the Begg adjusted rank-correlation test for presence of publication bias.



Red meat consumption and risk of CHD

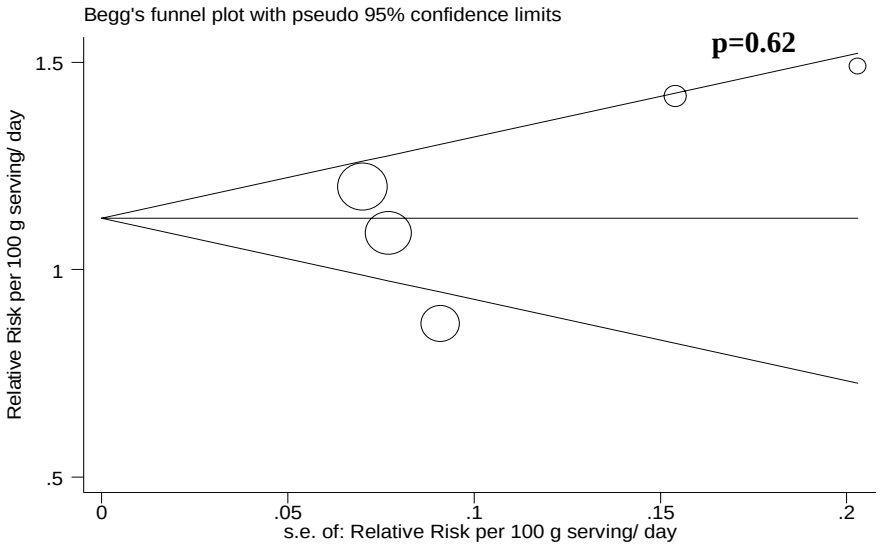


Processed meat consumption and risk of CHD

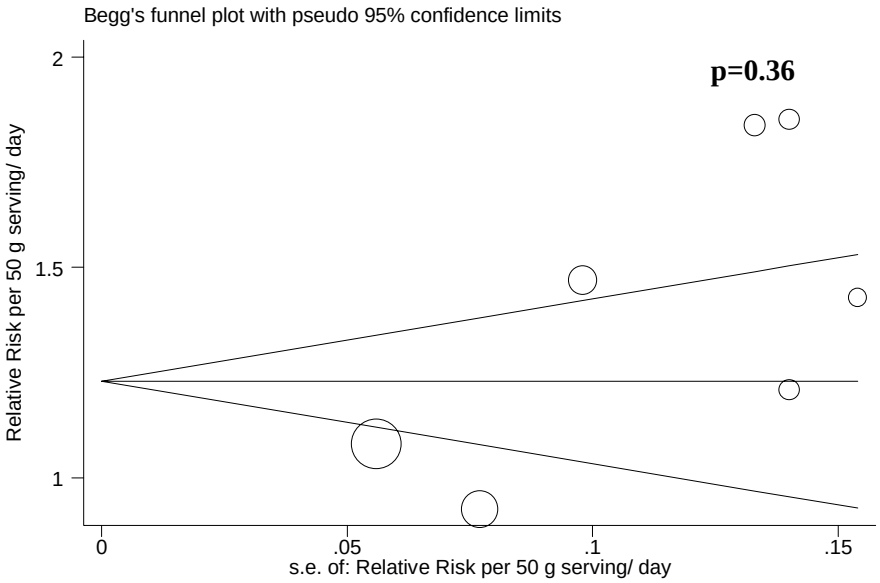


Total meat consumption and risk of CHD

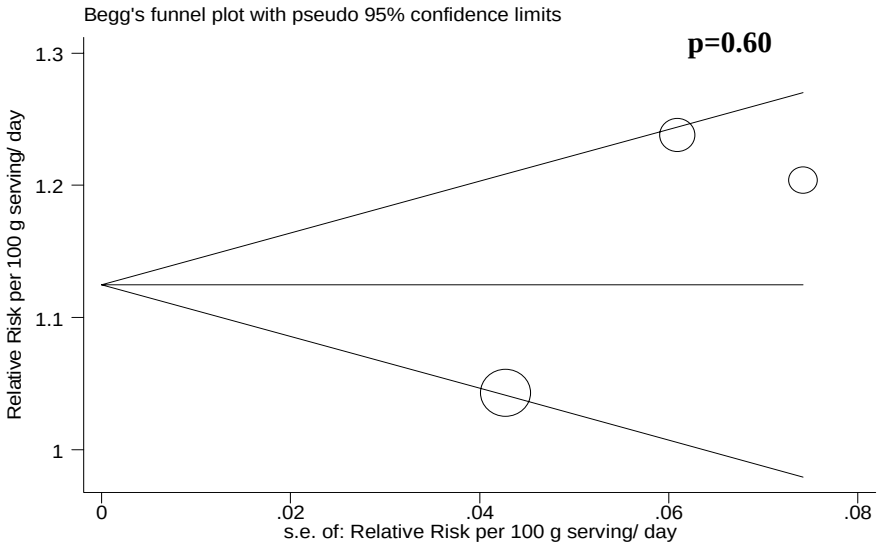
The smallest study with the extreme findings was omitted from the funnel plot, for presentation purposes. The p-value corresponds to the Begg's test when all studies are included.



Red meat consumption and risk of diabetes



Processed meat consumption and risk of diabetes



Total meat consumption and risk of diabetes

Supplemental References

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