

Supplemental Table 1. Laboratory experiments that have evaluated the effects of dietary restriction protocols on the survival of rats. The table lists 53 experiments involving a group of DR-fed rats paired with a reference group of rats maintained on a control diet (e.g., *ad lib* feeding). Experiments have been ordered chronologically according to the date of publication. Median and maximum lifespan estimates were reported in original research papers, or were otherwise estimated from published survival curves. In most cases, the median lifespan estimate is listed in the table (see “Median LS” columns and footnotes). Estimates listed under the “Max LS” columns correspond to one of several metrics, depending upon data reported in the published study (e.g., maximum survival time, average of longest-lived 10%; see footnotes).

Study	Strain	Sex	Sample Size (n)		Median LS (Months)		Max LS (Months)	
			DR	Control	DR	Control	DR	Control
McCay et al 1935 ¹	White	M	13	14	26.6	17.4	42.8 ^d	23.4 ^d
McCay et al 1935 ¹	White	F	23	22	30.1	27.4	41.8 ^d	35.7 ^d
McCay et al 1943 ²	White	M	10	19	36.2 [†]	19.8 [†]	39.7 ^b	30.8 ^b
McCay et al 1943 ²	White	F	10	19	37.5 [†]	24.1 [†]	41.6 ^b	37.0 ^b
Carlson and Hoelzel 1946 ³	Wistar	M	15	14	22.8 [†]	20.4 [†]	35.2 ^a	27.0 ^a
Carlson and Hoelzel 1946 ³	Wistar	F	15	19	24.4 [†]	22.9 [†]	35.3 ^a	33.7 ^a
Gilbert et al 1958 ⁴	Wistar	M	13	237	28.1	24.7	38.1 ^d	32.3 ^d
Gilbert et al 1958 ⁴	Wistar	F	14	349	30.0	23.1	39.1 ^d	30.5 ^d
Berg and Simms 1961 ⁵	Sprague-Dawley	M	79	89	33.3	25.0	38.3 ^a	31.7 ^a
Berg and Simms 1961 ⁵	Sprague-Dawley	F	39	79	> 40.0	30.3	> 40.0 ^a	38.3 ^a
Ross 1961 ⁶	Sprague-Dawley	M	210	25	31.3	10.2	44.4 ^a	11.6 ^a
Ross 1961 ⁶	Sprague-Dawley	M	120	25	33.0	22.7	49.3 ^a	27.0 ^a
Ross 1961 ⁶	Sprague-Dawley	M	210	25	29.3	30.3	42.9 ^a	41.7 ^a
Ross 1961 ⁶	Sprague-Dawley	M	195	25	33.0	21.7	54.6 ^a	29.8 ^a
Kibler and Johnson 1966 ⁷	Holzman	M	20	40	24.3 [†]	19.6 [†]	28.1 ^d	23.6 ^d
Ross and Bras 1971 ⁸	Chas River	M, F	250	250	29.3	18.7	52.5 ^a	33.1 ^a
Leveille 1972 ⁹	Sprague-Dawley	M	60	60	22.9 [†]	19.6 [†]	28.5 ^d	24.0 ^d
Nolan et al 1972 ¹⁰	Albino	M	50	50	30.8 [†]	23.5 [†]	?	?
Nolan et al 1972 ¹⁰	Albino	F	50	50	29.1 [†]	25.2 [†]	?	?
Ross and Bras 1973 ¹¹	Chas River	M	350	250	28.3	18.3	41.7 ^a	31.7 ^a
Ross and Bras 1973 ¹¹	Chas River	M	249	250	28.3	18.3	48.3 ^a	31.7 ^a
Ross and Bras 1973 ¹¹	Chas River	M	247	250	31.7	21.7	51.7 ^a	35.0 ^a
Drori and Folman 1976 ¹²	Albino	M	49	49	29.5 [†]	24.2 [†]	38.0 ^d	31.7 ^d
Merry and Holehan 1979 ¹³	Sprague-Dawley	F	45	200	36.3	23.5	38.7 ^c	26.9 ^c
Everitt et al 1980 ¹⁴	Wistar	M	25	25	28.6 [†]	26.2 [†]	42.7 ^a	37.3 ^a
Merry and Holehan 1981 ¹⁵	Sprague-Dawley	M	100	497	32.9	23.1	50.0 ^a	35.2 ^a

Everitt et al 1982 ¹⁶	Wistar	M	25	25	31.2	24.3	41.7 ^a	35.0 ^a
Yu et al 1982 ¹⁷	Fischer 344	M	115	115	34.9	23.8	47.8 ^a	32.1 ^a
Goodrick et al 1982 ¹⁸	Wistar	M	24	28	34.7	18.7	46.1 ^a	25.3 ^a
Zamenhof and van Marthens 1982 ¹⁹	Sprague-Dawley	M, F	829	969	14.2	13.2	43.0 ^a	32.0 ^a
Everitt et al 1983 ²⁰	Wistar	M	15	20	30.4 [†]	25.2 [†]	39.6 ^a	36.2 ^a
Wyndham et al 1983 ²¹	Wistar	M	25	25	29.1 [†]	24.2 [†]	42.8 ^a	35.6 ^a
Goodrick et al 1983 ²²	Wistar	M	24	52	31.0 [†]	25.7 [†]	38.9 ^a	32.8 ^a
Davis et al 1983 ²³	Wistar	M	36	36	23.9	22.0	?	?
Yu et al 1985 ²⁴	Fischer 344	M	40	40	35.2	23.4	40.9 ^d	31.4 ^d
Beuchene et al 1986 ²⁵	Wistar	M	45	45	40.9 [†]	33.3 [†]	50.0 ^b	42.3 ^b
Deerberg et al 1990 ²⁶	Han:SPRD	M	96	96	32.2 [†]	28.2 [†]	38.9 ^d	34.6 ^d
Holloszy and Schechtman 1991 ²⁷	Long Evans	M	40	45	35.2 [†]	29.2 [†]	44.1 ^b	40.0 ^b
Shimokawa et al 1993 ²⁸	Fischer 344	M	40	40	36.5	27.5	42.7 ^d	30.7 ^d
Thurman et al 1994 ²⁹	Fischer 344	M	53	49	31.3	25.5	37.8 ^d	30.0 ^d
Thurman et al 1994 ²⁹	Fischer 344	F	52	54	33.0	28.8	39.8 ^d	35.8 ^d
Murtagh-Mark et al 1995 ³⁰	Fischer 344	M	42	41	30.2	22.8	33.8 ^d	25.9 ^d
Murtagh-Mark et al 1995 ³⁰	Fischer 344	M	42	41	25.0	25.4	36.5 ^d	28.5 ^d
McCarter et al 1997 ³¹	Fischer 344	M	40	40	34.1	25.6	40.2 ^d	28.7 ^d
McCarter et al 1997 ³¹	Fischer 344	M	40	40	37.4	26.7	41.2 ^d	31.5 ^d
Fernandes et al 1997 ³²	Fischer 344 x Brown Norway	F	34	34	46.2	34.5	56.2 ^d	41.4 ^d
Shimokawa et al 2003 ³³	Wistar	M	30	30	34.5	31.75	43.0 ^d	36.5 ^d
Vaselli et al 2005 ³⁴	Sprague-Dawley	M	22	25	27.6	23.4	32.6 ^d	27.5 ^d
Vaselli et al 2005 ³⁴	Sprague-Dawley	F	19	24	25.1	20.0	29.2 ^d	27.1 ^d
Merry et al 2008 ³⁵	BN	M	75	102	34.9	30.9	38.7 ^d	34.8 ^d
Zha et al 2008 ³⁶	Wistar	M	30	30	36.0	32.0	48.5 ^a	39.5 ^a
Smith et al 2010 ³⁷	Fischer 344	M	40	31	28.9 [†]	26.5 [†]	35.2 ^b	34.6 ^b
Abalan et al 2010 ³⁸	Long Evans	M	10	8	38.4	26.5	46.7 ^a	35.2 ^a

[†]The value listed is a mean lifespan rather than median lifespan.

^aMaximum survival time in the cohort.

^bAverage of the longest 10% of survival times in the cohort.

^cAge at 25% survival.

^dAge at 10% survival.

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