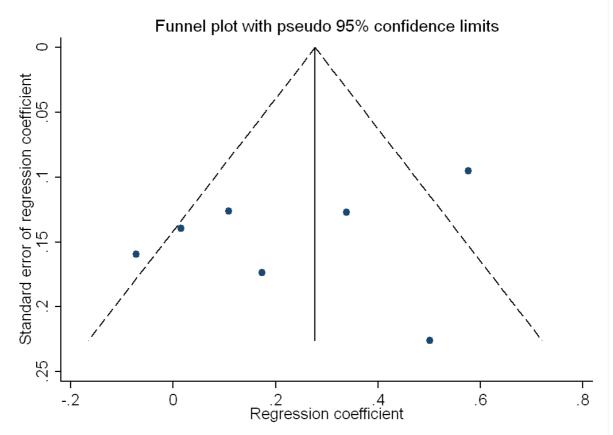
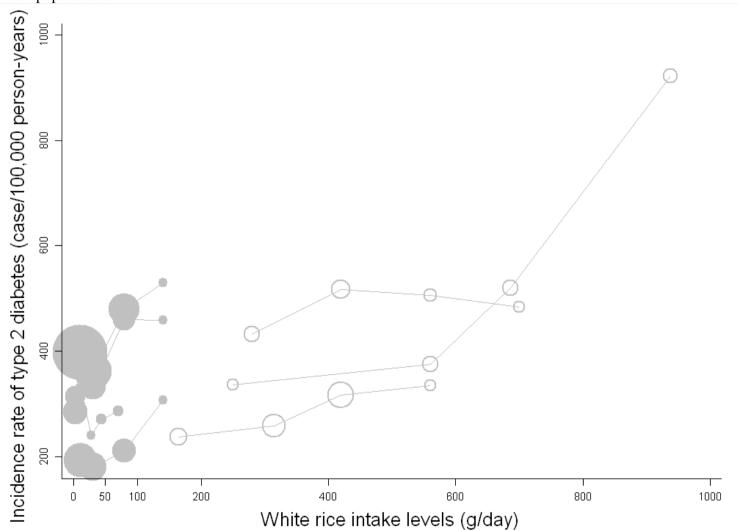
**Supplementary Figure A.** Funnel plot of studies of white rice intake in relation to type 2 diabetes risk. Dotted lines are pseudo 95% CIs.





**Supplementary Figure B.** Incidence rate of type 2 diabetes by white rice intake levels. Grey filled circles are incidence rate corresponding to the comparison categories in studies among Western populations, whereas grey hollow circles are for studies among Asian populations.

## **Supplementary Figure C.** Pooled random-effects relative risk (95% CI) of type 2 diabetes comparing high with low white rice consumption levels by gender.

Study		Relative risk (95% CI)
Women		
Nurses' Health Study		1.11 (0.87, 1.43)
Nurses' Health Study II	<b>_</b>	1.40 (1.09, 1.80)
Japan Public Health Center-based Prospective Study (Women)		1.65 (1.06, 2.57)
Shanghai Women's Health Study		1.78 (1.48, 2.15)
Subtotal (I-squared = 67.4%, p = 0.027)		1.46 (1.16, 1.83)
Men		
Health Professionals Follow-Up Study		1.02 (0.77, 1.34)
Japan Public Health Center-based Prospective Study (Men)	<u> </u>	1.19 (0.85, 1.67)
Subtotal (I-squared = 0.0%, p = 0.477)		1.08 (0.87, 1.34)
Overall (I-squared = 69.1%, p = 0.006)	$\langle$	1.33 (1.09, 1.63)
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