

**Supplementary Table A.** Quality assessments\* on prospective cohort studies on rice consumption in relation to diabetes risk.

Reference	1. Are the comparison groups from the same source population?	2. Is loss to follow-up rate <20%?	3. Are rice consumption levels measured by using FFQs?	4. Is there a validation study for assessing the validity of rice intake measurements by FFQs?	5. Are diet records used as the reference method in the validation study?	6. Is correlation coefficient $\geq 0.5$ between the FFQ and the reference method in the validation study?	7. Are rice consumption assessments updated during follow-up?	8. Are self-reported diabetes cases confirmed by medical records, physicians, or validated questionnaires?
Hodge et al. 2004	1	1	1	0	0	0	0	1
Villegas et al. 2007	1	1	1	1	0	1	1	0
Sun et al. 2010	1	1	1	1	1	1	1	1
Sun et al. 2010	1	1	1	1	1	1	1	1
Sun et al. 2010	1	1	1	1	1	1	1	1
Nanri et al. 2010	1	1	1	1	1	1	0	1
Nanri et al. 2010	1	1	1	1	1	1	0	1
% Studies scoring "Yes"	100.0%	100.0%	100.0%	85.7%	71.4%	85.7%	57.1%	85.7%

\*1 = "Yes", 0 = "No", "Unable to determine", or "Not applicable".

**Supplementary Table A.** Quality assessments\* on prospective cohort studies on rice consumption in relation to diabetes risk (cont).

Reference	9. Are prevalent diabetes cases excluded at baseline?	10. Is an accurate date of diagnosis available for diabetes cases?	11. Is the total follow-up duration $\geq 5$ years?	12. Is Cox regression used to model associations between rice consumption and diabetes risk?	13. Are age, sex, body mass index, and lifestyle practices controlled for in the statistical analysis?	14. Are dietary factors (other than rice) controlled for in the statistical analysis?	15. Are gender-specific results available?	Overall quality score
Hodge et al. 2004	1	1	0	0	1	0	0	7
Villegas et al. 2007	1	1	1	1	1	0	1	12
Sun et al. 2010	1	1	1	1	1	1	1	15
Sun et al. 2010	1	1	1	1	1	1	1	15
Sun et al. 2010	1	1	1	1	1	1	1	15
Nanri et al. 2010	1	0	1	0	1	1	1	12
Nanri et al. 2010	1	0	1	0	1	1	1	12
% Studies scoring "Yes"	100.0%	71.4%	85.7%	57.1%	100.0%	71.4%	85.7%	

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