

Web appendix: Web tables

Table A Study quality of included studies on egg consumption and risk of coronary heart disease (CHD)

Reference	Selection		Exposure ascertainment (validated FFQ questionnaires with unit of egg consumption)		Comparability		Outcome		Overall quality
	Representative of cases	Selection of controls	No history of disease	Comparable on confounders	Outcome assessment (by medical record or doctors)	Adequate follow-up time (> 5 years)	Follow-up rate (> 80%)		
Hu et al, 1999	0	1	1	2	1	1	1	8	
Nakamura et al, 2004	1	1	0.5	1	1	1	1	7.5	
Nakamura et al, 2006	1	1	0.5	1	2	1	1	8.5	
Qureshi et al, 2007	1	1	0.5	1	1	1	1	7.5	
Djousse et al, 2008	0	1	0.5	1	2	1	1	7.5	
Scrafford et al, 2011	1	1	0	1	2	1	1	8	

1 = "Yes", 0 = "No", "Unable to determine" or "Not available".

Table B Study quality of included studies on egg consumption and risk of stroke

Reference	Selection		Exposure ascertainment (validated FFQ questionnaires with unit of egg consumption)		Comparability		Outcome		Overall quality
	Representative of cases	Selection of controls	No history of disease	Comparable on confounders	Outcome assessment (by medical record or doctors)	Adequate follow-up time (> 5 years)	Follow-up rate (> 80%)		
Sauvaget et al, 2003	0	1	0.5	1	1	1	1	1	6.5
Nakamura et al, 2004	1	1	0.5	1	1	1	1	1	7.5
Qureshi et al, 2007	1	1	0.5	1	1	1	1	1	7.5
Djousse et al, 2008	0	1	0.5	1	2	1	1	1	7.5
Scrafford et al, 2011	1	1	0	1	2	1	1	1	8
Bernstein et al, 2012	0	1	1	1	2	1	1	0	7

1 = "Yes", 0 = "No", "Unable to determine" or "Not available".

Table C Methods for adjustment for the included studies on coronary heart disease (CHD)

Reference	Statistical Model	Risk Expression	Total CHD	CHD with diabetes	Male	Female	Fatal CHD
Hu et al, 1999	Pooled logistic regression	RR	√	√	√	√	√
Nakamura et al, 2004	Cox	RR			√	√	√
Nakamura et al, 2006	Cox	HR	√				
Qureshi et al, 2007	Cox	RR	√	√			
Djousse et al, 2008	Cox	HR	√	√	√		
Scrafford et al, 2011	Cox	HR		√	√	√	√

Abbreviation: HR, hazard ratio; RR, relative risk.

Table D Methods for adjustment for the included studies on stroke

Reference	Statistical Model	Risk Expression	Total stroke	Stroke with diabetes	Male	Female	Hemorrhagic stroke	Ischemic stroke	Fatal stroke
Sauvaget et al, 2003	Cox	HR			√	√	√	√	√
Nakamura et al, 2004	Cox	RR			√	√			√
Qureshi et al, 2007	Cox	RR	√	√				√	
Djousse et al, 2008	Cox	HR	√	√	√		√	√	
Scrafford et al, 2011	Cox	HR		√	√	√			√
Bernstein et al, 2012	Cox	RR	√		√	√	√	√	

Abbreviation: HR, hazard ratio; RR, relative risk.