

**Supplementary Table 1.** Glycemic load (GL) and glycemic index (GI) of individual fruits.

Items	Serving size	Carbohydrate (g/serving)	Glycemic index (Glucose=100)	Glycemic load (/serving)
High GL fruits (GL per serving = 8.1-19.2)				
Prunes	1/2 cup	32.5	59	19.2
Bananas	1	26.9	62	16.7
Raisins or grapes	1 oz or a bunch			
Raisins		22.2	64	14.2
Grapes		13.8	59	8.1
Fresh apples or pears	1			
Apples		25.1	39	9.8
Pears		27.6	43	11.9
Moderate GL fruits (GL per serving = 5.7-8.0)				
Cantaloupe	1/4	11.3	70	7.9
Oranges	1	15.5	40	6.2
Blueberries	1/2 cup	10.7	53	5.7
Low GL fruits (GL per serving = 1.3-5.6)				
Peaches, apricots, or plums	1 fresh or 1/2 cup canned			
Peaches		14.3	40	5.7
Apricots		3.9	34	1.3
Plums		7.5	39	2.9
Grapefruit	1/2	10.4	47	4.9
Strawberries	1/2 cup	5.9	40	2.3

**Supplementary Table 2.** Intake levels of individual fruits and Spearman correlation coefficients among individual fruits in the Nurses' Health Study (NHS), NHS II, and Health Professionals Follow-up Study (HPFS).

	Intake level* (servings/week)	Blueberries	Strawberries	Grapefruit	Oranges	Apples and pears	Cantaloupe	Bananas	Prunes	Peaches, plums and apricots
Grapes and raisins										
NHS	0.5 [0, 0.5]	0.21	0.21	0.21	0.22	0.28	0.20	0.26	0.27	0.26
NHS II	0.5 [0, 0.5]	0.19	0.20	0.17	0.21	0.27	0.19	0.27	0.22	0.23
HPFS	0.5 [0, 1.0]	0.21	0.22	0.19	0.23	0.27	0.20	0.27	0.28	0.25
Peaches, plums and apricots										
NHS	0.5 [0, 1.0]	0.29	0.44	0.24	0.30	0.30	0.33	0.24	0.17	-
NHS II	0.5 [0, 1.0]	0.34	0.47	0.24	0.34	0.32	0.32	0.23	0.14	-
HPFS	0.5 [0, 1.0]	0.35	0.44	0.23	0.29	0.31	0.32	0.23	0.21	-
Prunes										
NHS	0 [0, 0]	0.13	0.11	0.16	0.15	0.15	0.13	0.16	-	-
NHS II	0 [0, 0]	0.12	0.09	0.15	0.14	0.14	0.10	0.13	-	-
HPFS	0 [0, 0]	0.16	0.13	0.17	0.18	0.16	0.13	0.17	-	-
Bananas										
NHS	1.0 [0.5, 3.0]	0.12	0.19	0.16	0.23	0.28	0.25	-	-	-
NHS II	1.0 [0.5, 3.0]	0.13	0.21	0.14	0.23	0.32	0.25	-	-	-
HPFS	1.0 [0.5, 3.0]	0.15	0.20	0.18	0.28	0.33	0.24	-	-	-
Cantaloupe										
NHS	0.5 [0, 1.0]	0.25	0.41	0.31	0.27	0.27	-	-	-	-
NHS II	0.5 [0, 1.0]	0.25	0.38	0.26	0.29	0.27	-	-	-	-
HPFS	0.5 [0, 0.5]	0.28	0.38	0.34	0.27	0.27	-	-	-	-
Apples and pears										
NHS	1.0 [0.5, 3.0]	0.20	0.24	0.29	0.44	-	-	-	-	-
NHS II	1.0 [0.5, 3.0]	0.20	0.26	0.25	0.42	-	-	-	-	-
HPFS	1.0 [0.5, 3.0]	0.21	0.23	0.23	0.41	-	-	-	-	-
Oranges										
NHS	0.5 [0.5, 3.0]	0.19	0.26	0.37	-	-	-	-	-	-
NHS II	0.5 [0, 1.0]	0.23	0.31	0.38	-	-	-	-	-	-
HPFS	1.0 [0.5, 3.0]	0.22	0.28	0.36	-	-	-	-	-	-

Grapefruit				
NHS	0.5 [0, 1.0]	0.24	0.27	-
NHS II	0 [0, 0.5]	0.23	0.25	-
HPFS	0.5 [0, 1.0]	0.25	0.29	-
Strawberries				
NHS	0.5 [0, 1.0]	0.42	-	
NHS II	0.5 [0.5, 1.0]	0.40	-	
HPFS	0.5 [0, 0.5]	0.48	-	
Blueberries				
NHS	0 [0, 0.5]	-		
NHS II	0 [0, 0.5]	-		
HPFS	0 [0, 0.5]	-		

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HPFS=Health Professionals Follow-up Study; NHS=Nurses' Health Study.

\* Median [interquartile range]

**Supplementary Table 3.** Hazard ratios (95% confidence intervals) of type 2 diabetes for individual fruit consumption in the Nurses' Health Study (NHS), NHS II, and Health Professionals Follow-up Study (HPFS).

	Consumption levels					Linear trend*
	<1 serving/month	1-3 servings/month	1 serving/week	2-4 servings/week	≥5 servings/week	
<b>Raisins and grapes</b>						
<b>NHS</b>						
Age-adjusted HR	1.00	0.75 (0.71 to 0.79)	0.63 (0.58 to 0.68)	0.49 (0.44 to 0.53)	0.44 (0.37 to 0.53)	0.56 (0.52 to 0.60)
Multivariable-adjusted HR†	1.00	0.86 (0.81 to 0.91)	0.80 (0.74 to 0.87)	0.71 (0.64 to 0.79)	0.69 (0.58 to 0.82)	0.78 (0.72 to 0.84)
<b>NHS II</b>						
Age-adjusted HR	1.00	0.59 (0.54 to 0.63)	0.52 (0.46 to 0.58)	0.40 (0.34 to 0.45)	0.40 (0.30 to 0.52)	0.48 (0.42 to 0.54)
Multivariable-adjusted HR†	1.00	0.75 (0.69 to 0.82)	0.76 (0.68 to 0.86)	0.73 (0.63 to 0.84)	0.80 (0.60 to 1.06)	0.82 (0.73 to 0.92)
<b>HPFS</b>						
Age-adjusted HR	1.00	0.84 (0.77 to 0.92)	0.77 (0.68 to 0.87)	0.61 (0.54 to 0.70)	0.54 (0.45 to 0.66)	0.69 (0.63 to 0.75)
Multivariable-adjusted HR†	1.00	0.92 (0.84 to 1.01)	0.92 (0.81 to 1.03)	0.81 (0.71 to 0.93)	0.79 (0.65 to 0.97)	0.86 (0.79 to 0.95)
<b>Peaches, plums and apricots</b>						
<b>NHS</b>						
Age-adjusted HR	1.00	0.84 (0.79 to 0.90)	0.79 (0.74 to 0.85)	0.73 (0.67 to 0.80)	0.71 (0.61 to 0.84)	0.81 (0.76 to 0.87)
Multivariable-adjusted HR†	1.00	0.91 (0.85 to 0.97)	0.90 (0.84 to 0.96)	0.87 (0.80 to 0.95)	0.79 (0.67 to 0.93)	0.90 (0.84 to 0.96)
<b>NHS II</b>						
Age-adjusted HR	1.00	0.79 (0.72 to 0.86)	0.72 (0.65 to 0.79)	0.61 (0.54 to 0.69)	0.70 (0.55 to 0.89)	0.73 (0.66 to 0.80)
Multivariable-adjusted HR†	1.00	0.93 (0.85 to 1.02)	0.89 (0.80 to 0.99)	0.83 (0.73 to 0.94)	0.86 (0.68 to 1.10)	0.88 (0.80 to 0.97)
<b>HPFS</b>						
Age-adjusted HR	1.00	0.85 (0.78 to 0.93)	0.83 (0.74 to 0.93)	0.70 (0.61 to 0.81)	0.59 (0.44 to 0.80)	0.74 (0.66 to 0.83)
Multivariable-adjusted HR†	1.00	0.93 (0.84 to 1.02)	0.98 (0.87 to 1.10)	0.82 (0.71 to 0.94)	0.73 (0.54 to 0.99)	0.84 (0.75 to 0.94)
<b>Prunes</b>						
<b>NHS</b>						
Age-adjusted HR	1.00	0.75 (0.70 to 0.80)	0.59 (0.50 to 0.69)	0.54 (0.46 to 0.64)		0.43 (0.36 to 0.50)
Multivariable-adjusted HR†	1.00	0.91 (0.85 to 0.97)	0.78 (0.66 to 0.92)	0.80 (0.68 to 0.95)		0.74 (0.63 to 0.86)
<b>NHS II</b>						
Age-adjusted HR	1.00	0.60 (0.53 to 0.67)	0.66 (0.51 to 0.86)	0.63 (0.48 to 0.82)		0.41 (0.30 to 0.54)
Multivariable-adjusted HR†	1.00	0.77 (0.68 to 0.87)	0.93 (0.72 to 1.22)	1.07 (0.82 to 1.41)		0.88 (0.67 to 1.15)
<b>HPFS</b>						
Age-adjusted HR	1.00	0.80 (0.70 to 0.91)	0.74 (0.56 to 0.97)	0.65 (0.50 to 0.84)		0.59 (0.45 to 0.76)

Multivariable-adjusted HR†	1.00	0.89 (0.78 to 1.02)	0.81 (0.61 to 1.06)	0.83 (0.64 to 1.08)	0.78 (0.60 to 1.01)	
Bananas						
NHS						
Age-adjusted HR	1.00	1.10 (1.00 to 1.22)	1.05 (0.95 to 1.15)	0.88 (0.80 to 0.97)	0.83 (0.74 to 0.93)	0.84 (0.81 to 0.88)
Multivariable-adjusted HR†	1.00	1.04 (0.94 to 1.14)	0.98 (0.89 to 1.09)	0.93 (0.84 to 1.02)	0.95 (0.85 to 1.06)	0.95 (0.90 to 0.99)
NHS II						
Age-adjusted HR	1.00	0.95 (0.84 to 1.07)	0.81 (0.72 to 0.92)	0.61 (0.54 to 0.69)	0.53 (0.46 to 0.62)	0.68 (0.63 to 0.72)
Multivariable-adjusted HR†	1.00	0.90 (0.79 to 1.01)	0.86 (0.76 to 0.98)	0.73 (0.64 to 0.83)	0.72 (0.61 to 0.84)	0.83 (0.77 to 0.89)
HPFS						
Age-adjusted HR	1.00	1.10 (0.96 to 1.25)	0.97 (0.84 to 1.11)	0.80 (0.70 to 0.91)	0.61 (0.53 to 0.71)	0.73 (0.69 to 0.78)
Multivariable-adjusted HR†	1.00	1.07 (0.94 to 1.22)	1.00 (0.87 to 1.15)	0.89 (0.78 to 1.01)	0.82 (0.70 to 0.96)	0.86 (0.81 to 0.92)
Cantaloupe						
NHS						
Age-adjusted HR	1.00	0.85 (0.79 to 0.91)	0.85 (0.79 to 0.91)	0.77 (0.71 to 0.85)	0.82 (0.75 to 0.89)	
Multivariable-adjusted HR†	1.00	0.93 (0.86 to 0.99)	0.94 (0.87 to 1.01)	0.89 (0.81 to 0.97)	0.91 (0.83 to 1.00)	
NHS II						
Age-adjusted HR	1.00	0.73 (0.67 to 0.80)	0.71 (0.64 to 0.78)	0.65 (0.56 to 0.75)	0.65 (0.56 to 0.75)	
Multivariable-adjusted HR†	1.00	0.90 (0.83 to 0.99)	0.92 (0.83 to 1.01)	0.92 (0.79 to 1.06)	0.93 (0.80 to 1.07)	
HPFS						
Age-adjusted HR	1.00	1.00 (0.91 to 1.10)	0.94 (0.84 to 1.05)	0.88 (0.76 to 1.02)	0.87 (0.75 to 1.00)	
Multivariable-adjusted HR†	1.00	1.08 (0.98 to 1.19)	1.07 (0.96 to 1.21)	1.04 (0.89 to 1.21)	1.02 (0.88 to 1.18)	
Apples and pears						
NHS						
Age-adjusted HR	1.00	0.85 (0.77 to 0.93)	0.82 (0.74 to 0.90)	0.68 (0.62 to 0.74)	0.61 (0.55 to 0.67)	0.79 (0.76 to 0.82)
Multivariable-adjusted HR†	1.00	0.88 (0.80 to 0.97)	0.87 (0.79 to 0.96)	0.76 (0.69 to 0.84)	0.72 (0.64 to 0.80)	0.86 (0.83 to 0.90)
NHS II						
Age-adjusted HR	1.00	0.72 (0.63 to 0.81)	0.63 (0.55 to 0.72)	0.49 (0.43 to 0.56)	0.47 (0.40 to 0.54)	0.71 (0.67 to 0.76)
Multivariable-adjusted HR†	1.00	0.76 (0.67 to 0.87)	0.75 (0.65 to 0.85)	0.67 (0.59 to 0.77)	0.65 (0.56 to 0.76)	0.86 (0.81 to 0.92)
HPFS						
Age-adjusted HR	1.00	0.87 (0.76 to 1.01)	0.85 (0.73 to 0.98)	0.73 (0.63 to 0.84)	0.69 (0.59 to 0.80)	0.84 (0.79 to 0.89)
Multivariable-adjusted HR†	1.00	0.88 (0.76 to 1.02)	0.94 (0.80 to 1.09)	0.83 (0.72 to 0.97)	0.83 (0.71 to 0.97)	0.93 (0.87 to 0.99)
Oranges						
NHS						

Age-adjusted HR	1.00	0.88 (0.81 to 0.94)	0.88 (0.81 to 0.95)	0.75 (0.69 to 0.81)	0.79 (0.72 to 0.88)	0.87 (0.83 to 0.91)
Multivariable-adjusted HR†	1.00	0.89 (0.82 to 0.96)	0.93 (0.85 to 1.01)	0.81 (0.75 to 0.88)	0.85 (0.77 to 0.95)	0.92 (0.87 to 0.96)
NHS II						
Age-adjusted HR	1.00	0.78 (0.71 to 0.85)	0.73 (0.65 to 0.81)	0.63 (0.56 to 0.71)	0.71 (0.58 to 0.86)	0.78 (0.72 to 0.85)
Multivariable-adjusted HR†	1.00	0.85 (0.78 to 0.94)	0.82 (0.74 to 0.92)	0.78 (0.69 to 0.88)	0.80 (0.65 to 0.98)	0.88 (0.80 to 0.96)
HPFS						
Age-adjusted HR	1.00	0.86 (0.77 to 0.97)	0.83 (0.73 to 0.94)	0.74 (0.65 to 0.83)	0.72 (0.62 to 0.83)	0.85 (0.79 to 0.91)
Multivariable-adjusted HR†	1.00	0.88 (0.78 to 0.99)	0.90 (0.79 to 1.02)	0.84 (0.74 to 0.95)	0.83 (0.72 to 0.97)	0.93 (0.86 to 0.99)
Grapefruit						
NHS						
Age-adjusted HR	1.00	0.76 (0.72 to 0.81)	0.75 (0.70 to 0.81)	0.64 (0.59 to 0.69)	0.62 (0.55 to 0.71)	0.75 (0.70 to 0.79)
Multivariable-adjusted HR†	1.00	0.85 (0.80 to 0.91)	0.89 (0.83 to 0.96)	0.79 (0.72 to 0.86)	0.79 (0.69 to 0.89)	0.87 (0.82 to 0.92)
NHS II						
Age-adjusted HR	1.00	0.73 (0.68 to 0.80)	0.78 (0.69 to 0.87)	0.65 (0.56 to 0.75)	0.73 (0.55 to 0.96)	0.72 (0.64 to 0.80)
Multivariable-adjusted HR†	1.00	0.91 (0.83 to 0.99)	0.97 (0.86 to 1.09)	0.87 (0.75 to 1.01)	0.85 (0.65 to 1.13)	0.90 (0.80 to 1.01)
HPFS						
Age-adjusted HR	1.00	0.89 (0.81 to 0.98)	0.89 (0.79 to 1.00)	0.76 (0.67 to 0.86)	0.82 (0.69 to 0.97)	0.86 (0.80 to 0.93)
Multivariable-adjusted HR†	1.00	1.00 (0.90 to 1.10)	1.06 (0.94 to 1.20)	0.88 (0.78 to 1.00)	1.05 (0.88 to 1.25)	0.97 (0.89 to 1.05)
Strawberries						
NHS						
Age-adjusted HR	1.00	0.76 (0.71 to 0.81)	0.75 (0.69 to 0.80)	0.60 (0.55 to 0.67)	0.67 (0.54 to 0.83)	0.72 (0.67 to 0.78)
Multivariable-adjusted HR†	1.00	0.86 (0.81 to 0.93)	0.88 (0.81 to 0.94)	0.73 (0.66 to 0.81)	0.83 (0.66 to 1.03)	0.83 (0.76 to 0.90)
NHS II						
Age-adjusted HR	1.00	0.73 (0.66 to 0.80)	0.66 (0.59 to 0.73)	0.63 (0.55 to 0.72)	0.67 (0.52 to 0.86)	0.78 (0.70 to 0.86)
Multivariable-adjusted HR†	1.00	0.86 (0.78 to 0.95)	0.87 (0.78 to 0.97)	0.85 (0.74 to 0.97)	0.83 (0.64 to 1.08)	0.93 (0.84 to 1.03)
HPFS						
Age-adjusted HR	1.00	0.81 (0.74 to 0.88)	0.78 (0.69 to 0.88)	0.79 (0.67 to 0.94)	1.06 (0.72 to 1.57)	0.86 (0.74 to 0.99)
Multivariable-adjusted HR†	1.00	0.91 (0.83 to 0.99)	0.94 (0.83 to 1.06)	0.97 (0.82 to 1.16)	1.22 (0.82 to 1.81)	1.03 (0.89 to 1.19)
Blueberries						
NHS						
Age-adjusted HR	1.00	0.72 (0.68 to 0.77)	0.71 (0.66 to 0.77)	0.55 (0.47 to 0.65)		0.44 (0.37 to 0.50)
Multivariable-adjusted HR†	1.00	0.84 (0.80 to 0.89)	0.85 (0.78 to 0.92)	0.71 (0.60 to 0.83)		0.65 (0.56 to 0.75)
NHS II						

Age-adjusted HR	1.00	0.59 (0.54 to 0.64)	0.63 (0.56 to 0.72)	0.48 (0.39 to 0.59)	0.33 (0.27 to 0.41)
Multivariable-adjusted HR†	1.00	0.79 (0.72 to 0.86)	0.87 (0.77 to 0.99)	0.67 (0.55 to 0.83)	0.63 (0.52 to 0.77)
HPFS					
Age-adjusted HR	1.00	0.81 (0.74 to 0.88)	0.78 (0.67 to 0.92)	0.63 (0.48 to 0.82)	0.53 (0.41 to 0.67)
Multivariable-adjusted HR†	1.00	0.91 (0.83 to 0.99)	0.97 (0.83 to 1.15)	0.77 (0.58 to 1.00)	0.76 (0.60 to 0.96)

HPFS=Health Professionals Follow-up Study; HR=hazard ratio; NHS=Nurses' Health Study.

\* Linear trend was modeled based on every three servings/week increment.

† Multivariable model was adjusted for age (years), ethnicity (Caucasian, African American, Hispanic, or Asian), body mass index (<23.0, 23.0-24.9, 25.0-26.9, 27.0-28.9, 29.0-30.9, 31.0-32.9, 33.0-34.9, 35.0-36.9, 37.0-38.9, 39.0-40.9, 41.0-42.9, 43.0-44.9, ≥45.0 kg/m<sup>2</sup>, or missing), smoking status [never, past, current smoker (1-14, 15-24, or ≥25 cigarettes/day), or missing], multivitamin use (yes or no), physical activity (<3.0, 3.0-8.9, 9.0-17.9, 18.0-26.9, ≥27.0 Mets-hour/week, or missing), a family history of diabetes (yes or no), menopausal status and post-menopausal hormone use [pre-menopause, post-menopause (never, past, or current hormone use), or missing, for women], oral contraceptive use (yes, no, or missing for NHS II) total energy intake (kcal/day), fruit juice consumption (<1, 1, 2-4, or 5-6 servings/week, or ≥1 serving/day) and the modified alternate healthy eating index score (fifths).

**Supplementary Table 4.** Pooled hazard ratios (95% confidence intervals) of type 2 diabetes\* for consumption of individual fruits, Nurses' Health Study, Nurses' Health Study II, and Health Professionals Follow-up Study.

	Full model <sup>†</sup>	Full model + anthocyanins	Full model + flavonoid subtypes <sup>‡</sup>
Grapes and raisins	0.88 (0.83 to 0.93)	0.88 (0.83 to 0.93)	0.88 (0.83 to 0.93)
Peaches, plums and apricots	0.97 (0.92 to 1.02)	0.97 (0.92 to 1.02)	0.97 (0.92 to 1.02)
Prunes	0.89 (0.79 to 1.01)	0.90 (0.79 to 1.01)	0.90 (0.80 to 1.02)
Bananas	0.95 (0.91 to 0.98)	0.95 (0.92 to 0.98)	0.95 (0.92 to 0.98)
Cantaloupe	1.10 (1.02 to 1.18)	1.10 (1.02 to 1.18)	1.10 (1.02 to 1.18)
Apples and pears	0.93 (0.90 to 0.96)	0.93 (0.90 to 0.96)	0.94 (0.91 to 0.98)
Oranges	0.99 (0.95 to 1.03)	0.99 (0.95 to 1.03)	0.98 (0.94 to 1.03)
Grapefruits	0.95 (0.91 to 0.99)	0.95 (0.91 to 0.99)	0.94 (0.90 to 0.99)
Strawberries	1.03 (0.96 to 1.10)	0.99 (0.92 to 1.07)	0.99 (0.92 to 1.07)
Blueberries	0.74 (0.66 to 0.83)	0.70 (0.61 to 0.81)	0.70 (0.61 to 0.81)

\* Linear trend was estimated based on every three servings/week increment. Study estimates from three cohorts were pooled using a fixed-effects model.

<sup>†</sup> Adjusted for age (years), ethnicity (Caucasian, African American, Hispanic, or Asian), body mass index (<23, 23.0-24.9, 25.0-26.9, 27.0-28.9, 29.0-30.9, 31.0-32.9, 33.0-34.9, 35.0-36.9, 37.0-38.9, 39.0-40.9, 41.0-42.9, 43.0-44.9,  $\geq 45.0$  kg/m<sup>2</sup>, or missing), smoking status [never, past, current (1-14, 15-24, or  $\geq 25$  cigarettes/day), or missing], multivitamin use (yes or no), physical activity (<3, 3.0-8.9, 9.0-17.9, 18.0-26.9,  $\geq 27.0$  MET-hours/week, or missing), a family history of diabetes (yes or no), menopausal status and post-menopausal hormone use [pre-menopause, post-menopause (never, past, or current hormone use), or missing, for women], oral contraceptive use (yes, no, or missing, for Nurses' Health Study II) total energy intake (kcal/day), fruit juice consumption (<1, 1, 2-4, or 5-6 servings/week, or  $\geq 1$  serving/day) and the modified alternate healthy eating index score (fifths). Individual fruit consumption was mutually adjusted.

<sup>‡</sup> Intake levels of flavonols, flavones, flavanones, flavan-3-ols, and anthocyanins were adjusted.



**Supplementary Table 5.** Pooled hazard ratios (95% confidence intervals) of type 2 diabetes\* for three servings/week of individual fruit consumption, results from sensitivity analyses.

	Sensitivity analysis 1 <sup>†</sup>	Sensitivity analysis 2 <sup>‡</sup>	Sensitivity analysis 3 <sup>§</sup>	Sensitivity analysis 4 <sup>¶</sup>
Grapes and raisins	0.90 (0.85 to 0.95)	0.86 (0.81 to 0.90)	0.92 (0.87 to 0.98)	0.91 (0.87 to 0.95)
Peaches, plums and apricots	0.95 (0.90 to 1.00)	0.96 (0.91 to 1.01)	0.95 (0.89 to 1.00)	0.99 (0.94 to 1.04)
Prunes	0.91 (0.80 to 1.03)	0.86 (0.77 to 0.98)	0.91 (0.79 to 1.05)	0.98 (0.89 to 1.08)
Bananas	0.97 (0.94 to 1.00)	0.95 (0.91 to 0.98)	1.04 (1.00 to 1.07)	1.01 (0.97 to 1.04)
Cantaloupe	1.08 (1.01 to 1.17)	1.11 (1.03 to 1.20)	1.17 (1.08 to 1.27)	1.17 (1.10 to 1.24)
Apples and pears	0.94 (0.91 to 0.97)	0.94 (0.91 to 0.98)	0.96 (0.92 to 0.99)	0.93 (0.89 to 0.96)
Oranges	0.99 (0.95 to 1.03)	1.00 (0.96 to 1.04)	1.02 (0.98 to 1.06)	1.03 (0.99 to 1.07)
Grapefruit	0.94 (0.90 to 0.99)	0.96 (0.92 to 1.01)	0.96 (0.92 to 1.01)	0.97 (0.93 to 1.01)
Strawberries	1.02 (0.95 to 1.09)	1.04 (0.97 to 1.11)	1.07 (0.99 to 1.14)	1.06 (1.00 to 1.12)
Blueberries	0.75 (0.67 to 0.85)	0.72 (0.64 to 0.81)	0.83 (0.73 to 0.95)	0.85 (0.77 to 0.94)

\* Adjusted for age (years), ethnicity (Caucasian, African American, Hispanic, or Asian), body mass index (<23.0, 23.0-24.9, 25.0-26.9, 27.0-28.9, 29.0-30.9, 31.0-32.9, 33.0-34.9, 35.0-36.9, 37.0-38.9, 39.0-40.9, 41.0-42.9, 43.0-44.9, ≥45.0 kg/m<sup>2</sup>, or missing), smoking status [never, past, current smoker (1-14, 15-24, or ≥25 cigarettes/day), or missing], multivitamin use (yes or no), physical activity (<3.0, 3.0-8.9, 9.0-17.9, 18.0-26.9, ≥27.0 Mets-hour/week, or missing), a family history of diabetes (yes or no), menopausal status and hormone use [pre-menopause, post-menopause (never, past, or current hormone use), or missing, for women], oral contraceptive use (yes, no, or missing, for Nurses' Health Study II) total energy intake (kcal/day), fruit juice consumption (<1, 1, 2-4, or 5-6 servings/week, or ≥1 serving/day) and the modified alternate healthy eating index score (fifths). Individual fruit intakes were mutually adjusted. Results were pooled using a fixed-effects model.

<sup>†</sup> Sensitivity analysis 1 was adjusted for individual dietary factors [alcohol intake (0, 0.1-4.9, 5.0-14.9, or ≥15.0 g/day for women; 0, 0.1-4.9, 5.0-29.9, or ≥30.0 g/day for men), polyunsaturated-to-saturated fat ratio, and intakes of *trans* fat, red meat, fish, whole grains, sugar-sweetened beverage, coffee, and nuts (all in fifths)] instead of the modified alternate healthy eating index score.

<sup>‡</sup> Sensitivity analysis 2 was adjusted for baseline body mass index instead of updated body mass index.

<sup>§</sup> Sensitivity analysis 3 was conducted using baseline intake levels instead of cumulative average of intake levels.

<sup>¶</sup> Sensitivity analysis 4 was conducted using cumulative average of intake levels updated until diagnosis of gestational diabetes, cancer, or cardiovascular disease.