

SUPPLEMENTAL MATERIAL

Table S1. Search Strategy

<p>PudMed (https://www.ncbi.nlm.nih.gov/pubmed) 2016.10.07</p>	<p>((“meat”[tw] OR “meats”[tiab] OR “meat product”[tiab] OR “meat products”[tw] OR “red meat”[tw] OR “red meats”[tiab] OR beef[tiab] OR veal[tiab] OR goat[tiab] OR lamb[tiab] OR pork[tiab] OR mutton[tiab] OR sausage[tiab] OR sausages[tiab] OR ham[tiab] OR hams[tiab] OR pastrami[tiab] OR bacon[tiab] OR bacons[tiab] OR salami[tiab] OR salamis[tiab] OR “hot dog”[tiab] OR “hot dogs”[tiab] OR “animal food”[tiab] OR “animal foods”[tiab] OR “animal protein”[tiab] OR “animal proteins”[tiab] OR “diet”[tiab] OR “diets” [tiab] OR “dietary” [tiab] OR “white meat”[tiab] OR “poultry”[tiab] OR “chicken”[tiab] OR “duck”[tiab] OR “turkey”[tiab] OR “rabbit”[tiab]) AND ((“stroke”[tiab]) “Ischemic stroke”[tiab] OR “hemorrhagic stroke”[tiab] OR “cerebrovascular disease”[tiab] OR “cerebrovascular attack”[tiab] OR “cerebral infarct”[tiab] OR “intracranial hemorrhage”[tiab]))</p>
<p>EMBASE (http://www.embase.com/) 2016.10.07</p>	<p>(‘meat’:ab,ti OR ‘meats’:ab,ti OR ‘meat product’:ab,ti OR ‘meat products’:ab,ti OR ‘red meat’:ab,ti OR ‘red meats’:ab,ti OR ‘beef’:ab,ti OR ‘veal’:ab,ti OR ‘goat’:ab,ti OR ‘lamb’:ab,ti OR ‘pork’:ab,ti OR ‘mutton’:ab,ti OR ‘sausage’:ab,ti OR ‘sausages’:ab,ti OR ‘ham’:ab,ti OR ‘hams’:ab,ti OR ‘pastrami’:ab,ti OR ‘bacon’:ab,ti OR ‘bacons’:ab,ti OR ‘salami’:ab,ti OR ‘salamis’:ab,ti OR ‘hot dog’:ab,ti OR ‘hot dogs’:ab,ti OR ‘animal food’:ab,ti OR ‘animal foods’:ab,ti OR ‘animal protein’:ab,ti OR ‘animal proteins’:ab,ti OR ‘diet’:ab,ti OR ‘diets’:ab,ti OR ‘dietary’:ab,ti OR ‘white meat’:ab,ti OR ‘poultry’:ab,ti OR ‘chicken’:ab,ti OR ‘duck’:ab,ti OR ‘turkey’:ab,ti OR ‘rabbit’:ab,ti) AND (‘stroke’:ab,ti ‘Ischemic stroke’:ab,ti OR ‘hemorrhagic stroke’:ab,ti OR ‘cerebrovascular disease’:ab,ti OR ‘cerebrovascular attack’:ab,ti OR ‘cerebral infarct’:ab,ti OR ‘intracranial hemorrhage’:ab,ti)</p>
<p>Cochrane Library (http://www.cochranelibrary.com/) 2016.10.07</p>	<p>(‘meat’ OR ‘meats’ OR ‘meat product’ OR ‘meat products’ OR ‘red meat’ OR ‘red meats’ OR ‘beef’ OR ‘veal’ OR ‘goat’ OR ‘lamb’ OR ‘pork’ OR ‘mutton’ OR ‘sausage’ OR ‘sausages’ OR ‘ham’ OR ‘hams’ OR ‘pastrami’ OR ‘bacon’ OR ‘bacons’ OR ‘salami’ OR ‘salamis’ OR ‘hot dog’</p>

	OR 'hot dogs' OR 'animal food' OR 'animal foods' OR 'animal protein' OR 'animal proteins' OR 'diet' OR 'diets' OR 'dietary' OR 'white meat' OR 'poultry' OR 'chicken' OR 'duck' OR 'turkey' OR 'rabbit') AND ('stroke' OR Ischemic stroke' OR 'hemorrhagic stroke' OR 'cerebrovascular disease' OR 'cerebrovascular attack' OR 'cerebral infarct' OR 'intracranial hemorrhage')
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tw=Text Words, ab,ti/tiab=Title/Abstract

Table S2. Quality assessment of studies selected for final meta-analysis based on the Newcastle-Ottawa Scale

Studies (n =10)	Selection			Comparability			Outcome		Total score (0-9)
	Representativeness of the exposed cohort	Selection of the non exposed cohort	Ascertainment of exposure	Outcome of interest not present at start of study	Control for important factor or additional factor	Assessment of outcome	Follow-up long enough form outcomes to occur	Adequacy of follow up of cohorts	
Stroke Incidence									
1	Larsson et al, 2011 ¹	1	1	1	1	1	1	1	8
2	Larsson et al, 2011 ²	1	1	1	1	1	1	1	8
3	Bernstein et al, 2012 ³	0	1	1	1	1	1	1	7
4	Bernstein et al, 2012 ³	0	1	1	1	1	1	1	7
5	Haring et al, 2015 ⁴	1	1	1	0	1	1	1	7
6	Amiano et al, 2016 ⁵	1	1	1	0	1	1	1	7
7	Amiano et al, 2016 ⁵	1	1	1	0	1	1	1	7
Stroke Mortality									
8	Sauvaget et al, 2003 ⁶	0	1	1	1	1	1	1	7
9	Yaemsiri et al, 2012 ⁷	0	1	1	0	1	1	1	6
10	Nagano et al, 2012 ⁸	0	1	1	0	1	1	1	6
11	Nagano et al, 2012 ⁸	0	1	1	0	1	1	1	6
12	Sharma et al, 2013 ⁹	1	1	1	1	1	1	1	8
13	Sharma et al, 2013 ⁹	1	1	1	1	1	1	1	8
14	Takata et al, 2013 ¹⁰	1	1	1	0	1	1	1	7
15	Takata et al, 2013 ¹⁰	1	1	1	0	1	1	1	7

Supplemental References:

1. Larsson SC, Virtamo J, Wolk A. Red meat consumption and risk of stroke in swedish women. *Stroke*. 2011;42:324-329.
2. Larsson SC, Virtamo J, Wolk A. Red meat consumption and risk of stroke in swedish men. *Am J Clin Nutr*. 2011;94:417-421.
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4. Haring B, Misialek JR, Rebholz CM, Petruski-Ivleva N, Gottesman RF, Mosley TH, Alonso A. Association of dietary protein consumption with incident silent cerebral infarcts and stroke the atherosclerosis risk in communities (aric) study. *Stroke*. 2015;46:3443-3450.
5. Amiano P, Chamosa S, Etxezarreta N, Arriola L, Sánchez M, Ardanaz E, Molina-Montes E, Chirlaque M, Moreno-Iribas C, Huerta J. Unprocessed red meat and processed meat consumption and risk of stroke in the spanish cohort of the european prospective investigation into cancer and nutrition (epic). *Eur J Clin Nutr*. 2016;70:313-9.
6. Sauvaget C, Nagano J, Allen N, Grant EJ, Beral V. Intake of animal products and stroke mortality in the hiroshima/nagasaki life span study. *Int J Epidemiol*. 2003;32:536-543.
7. Yaemsiri S, Sen S, Tinker L, Rosamond W, Wassertheil, Smoller S, He K. Trans fat, aspirin, and ischemic stroke in postmenopausal women. *Ann Neurol*. 2012;72:704-715.
8. Nagao M, Iso H, Yamagishi K, Date C, Tamakoshi A. Meat consumption in relation to mortality from cardiovascular disease among japanese men and women. *Eur J Clin Nutr*. 2012;66:687-693.
9. Sharma S, Cruickshank JK, Green DM, Vik S, Tome A, Kolonel LN. Impact of diet on mortality from stroke: Results from the us multiethnic cohort study. *J Am Coll Nutr*. 2013;32:151-159.
10. Takata Y, Shu X-O, Gao Y-T, Li H, Zhang X, Gao J, Cai H, Yang G, Xiang Y-B, Zheng W. Red meat and poultry intakes and risk of total and cause-specific mortality: Results from cohort studies of chinese adults in shanghai. *PLoS One*. 2013;8:e56963.