Supplementary Material to Aune D, Giovannucci E, Boffetta P, Fadnes LT, Keum N, Norat T, Greenwood DC, Riboli E, Vatten LJ, Tonstad S. Fruit and vegetable intake and the risk of cardiovascular disease, total cancer and all-cause mortality - a systematic review and dose-response meta-analysis of prospective studies. Int J Epidemiol 2017; doi:10.1093/ije/dyw319/-/dc1

Supplementary Methods

For coronary heart disease, stroke, cardiovascular disease, and total cancer we used the relative risks from the analyses with mortality as the outcome (incidence-based studies were excluded) because even though the test for heterogeneity was not significant when analyses were stratified by whether the outcome was incidence or mortality, the associations tended to be stronger for mortality than for incidence, and because the attributable risk was calculated as the number of deaths from these outcomes. For convenience we inverted the relative risk estimates using ≥800 grams per day of intake as the optimal level of fruit and vegetable intake (as the reference category). We calculated the prevalence of fruit and vegetable intake in 100 gram per day increment categories (0, >0-<100, 100-<200, 200-<300, 300-<400, 400-<500, 500-<600, 600-<700, 700-<800 compared to ≥800 grams/day (reference)) and used the relative risk at zero intake and at the midpoint of each 100 gram category (50, 150, 250, 350, 450, 550, 650, 750 compared to ≥800 (reference)). As 800 grams per day is a substantial level of intake we also repeated these calculations for a more moderate intake using 500 grams per day as a reference category.

There was a lack of prospective studies from Africa and because the distribution of causes of death differs substantially for Sub-Saharan Africa compared to other regions, with the leading causes of death being HIV/AIDS, lower respiratory infections, tuberculosis, diarrhea, and malaria (conditions that are less likely or not likely to be related to fruit and vegetable intake (with the possible exception of respiratory infections, and tuberculosis) applying the all-cause mortality data from the US, European, and Asian studies might lead to an overestimation of the avoidable deaths in this region, however, only counting the cause-specific deaths would likely lead to an underestimation of the avoidable deaths as well, as the association with mortality in the current analysis is considerably stronger than what would be expected if fruit and vegetable intake only reduced cardiovascular disease and cancer mortality, but not other causes of death. There are also some data supporting an association with other causes of death (Leenders, 2014). To try to avoid both over and underestimation, we first only counted the cause-specific deaths (coronary heart disease, stroke, cardiovascular disease, and cancer) for this region, and then applied the average ratio of the cause-specific deaths to the number of all-cause deaths (0.600 and 0.508 at 800 and 500 g/d) from all the remaining regions. In a conservative sensitivity analysis, we only counted the cause-specific deaths for Sub-Saharan Africa.

Leenders M, Boshuizen HC, Ferrari P, Siersema PD, Overvad K, Tjønneland A, et al. Fruit and vegetable intake and cause-specific mortality in the EPIC study. Eur J Epidemiol. 2014;29(9):639-52.

Supplementary Table 1.Search strategy in PubMed

1. fruits
2. vegetables
3. fruit
4. vegetable
5. berry
6. berries
7. citrus
8. “citrus fruits”
9. cruciferae
10. “cruciferous vegetables”
11. cabbages
12. “allium vegetables”
13. strawberry
14. strawberries
15. tomato
16. tomatoes
17. cereal
18. cereals
19. “breakfast cereal”
20. grain
21. grains
22. “whole grain”
23. “whole grains”
24. rice
25. bread
26. nut
27. seed
28. peanut
29. peanuts
30. legumes
31. soy
32. soya
33. chickpeas
34. chickpea
35. bean
36. beans
37. lentil
38. legume
39. legumes
40. fiber
41. “dietary fiber”
42. “fruit fiber”
43. “vegetable fiber”
44. “legume fiber”
45. “cereal fiber”
46. fibre
47. “dietary fibre”
48. “fruit fibre”
49. “vegetable fibre”
50. “cereal fibre”
51. “DASH diet”
52. diet
53. foods
54. “dietary patterns”
55. “dietary pattern”
56. “dietary score”

57. “diet score”
58. “diet index”
59. “food index”
60. “nutrient index”
61. “Mediterranean diet”
62. “vitamin C”
63 “ascorbic acid”
64. “vitamin E”
65. carotenoids
66. carotenoid
67. flavonoid
68. flavonoids
69. (1 OR 2 OR 3 OR 4 OR 5 OR 6 OR 7 OR 8 OR 9 OR 10 OR 11 OR 12 OR 13 OR 14 OR 15 OR 16 OR 17 OR 18 OR 19 OR 20 OR 21 OR 22 OR 23 OR 24 OR 25 OR 26 OR 27 OR 28 OR 29 OR 30 OR 31 OR 32 OR 33 OR 34 OR 35 OR 36 OR 37 OR 38 OR 39 OR 40 OR 41 OR 42 OR 43 OR 44 OR 45 OR 46 OR 47 OR 48 OR 49 OR 50 OR 51 OR 52 OR 53 OR 54 OR 55 OR 56 OR 57 OR 58 OR 59 OR 60 OR 61 OR 62 OR 63 OR 64 OR 65 OR 66 OR 67 OR 68)
70. “coronary heart disease”
71. “heart disease”
72. “ischemic heart disease”
73. “ischaemic heart disease”
74. CHD
75. “coronary artery disease”
76. “myocardial infarction”
77. stroke
78. “ischemic stroke”
79. “haemorrhagic stroke”
80. “cardiovascular disease”
81. CVD
82. cancer
83. “total cancer”
84. mortality
85. “all-cause mortality”
86. “total mortality”
87. survival
88. (70 OR 71 OR 72 OR 73 OR 74 OR 75 OR 76 OR 77 OR 78 OR 79 OR 80 OR 81 OR 82 OR 83 OR 84 OR 85 OR 86 OR 87)
89. “case-control”
90. cohort
91. cohorts
92. prospective
93. longitudinal
94. retrospective
95. “follow-up”
96. “cross-sectional”
97. “population-based”
98. “relative risk
99. “odds ratio”
100 “hazard ratio”
101 “incidence rate ratio”
102(89 OR 90 OR 91 OR 92 OR 93 OR 94 OR 95 OR 96 OR 97 OR 98 OR 99 OR 100 OR 101)
103. 69 AND 88 AND 102

Supplementary Table 2. List of excluded studies and reason for exclusion

Exclusion reason	Reference number
Abstract only publication	(1-17)
Case-control study	(18-62)
Cross-sectional study	(63-65)
Diabetes patient population	(66-72)
Duplicates	(73-105)
Ecological study	(106-108)
Editorial, letter, news	(109-118)
Household survey	(119-121)
Meta-analysis	(122-135)
No confidence intervals	(136;137)
No risk estimates	(138-147)
Not usable result	(148-151)
Not original data	(152-158)
Not relevant exposure	(159-166)
Not relevant outcome	(167-181)
Only 1 study for the exposure	(182;183)
Review	(184-224)
Secondary prevention trials	(225;226)
Unadjusted risk estimates	(227;228)

Reference List

1. Oude Griep LM, Geleijnse JM, Verschuren WMM, Ocke MC, Kromhout D. Consumption of colored fruit and vegetables and 10-year coronary heart disease incidence in a population-based cohort study in the Netherlands. European Heart Journal 2010;31 (Suppl):684.

2. Yarnell JWG, Patterson CC, Woodside J et al. Can lifestyle and risk factors explain differences in mortality and cardiovascular incidence in men in France and Northern Ireland? Evidence from the Prime study. European Heart Journal 2010;31 (Suppl 1):236.

3. Oude GL, Verschuren W, Kromhout D, Ocke M, Geleijnse J. Variety in fruit and vegetable consumption and 10-year incidence of coronary heart disease and stroke. Annals of Nutrition and Metabolism 2011;58 (Suppl 3):336.

4. Hu G, Zhang Y, Jousilahti P, Wang Y, Antikainen R, Tuomilehto J. Lifestyle factors and antihypertensive treatment on the risks of ischemic and haemorrhagic stroke. Circulation 2012;125 (Suppl 1):AMP052.

5. Lee JE, Kim D-H, Ahn Y-O. Fruit and vegetable intake and cancer incidence in Korean men. Cancer Research 2012;72:Abstract no 658.

6. Bongard V, Arveiler D, Dallongeville J et al. Association of dietary patterns with 14-year all-cause and cause-specific mortality. European Heart Journal 2012;33 (Suppl 1):609.

7. Nunez-Cordoba JM, Bes-Rastrollo M, Toledo E, Gea A, Ruiz-Canela M, Martinez-Gonzalez MA. Cardiovascular preventive effect of fruits and vegetables: Is it modified by olive oil consumption? Annals of Nutrition and Metabolism 2013;63 (Suppl 1):237.

8. Sonestedt E, Hellstrand S, Orho-Melander M. Carbohydrate-rich foods and risk of cardiovascular disease in the Malmo diet and cancer cohort. European Journal of Epidemiology 2013;S184.

9. Du H, Li L, Bennett D et al. Fresh fruit consumption, blood pressure and cardiovascular disease risk: A prospective cohort study of 0.5 million adults in the China Kadoorie Biobank. European Heart Journal 2014;35 (Suppl 1):725: Abstract 4169.

10. Bhupathiraju S, Tinker L, Dubowitz T et al. Quantity and variety in fruit and vegetable intake and cardiovascular disease (CVD) risk: The women's health initiative (WHI). FASEB Journal 2015;29:260.2.

11. Bongard V, Arveiler D, Dallongeville J et al. Food groups associated with a reduced risk of 15year all-cause death. FASEB Journal 2015;29:736.32.

12. Dehghan M, O'Donnell M, Liu L et al. Diet and risk of stroke: Results from interstroke-phase 1. Cerebrovascular Diseases 2010;29 (Suppl 2):37.

13. Bhupathiraju S, Tucker K, Bakun P. Fruit and vegetable intake is associated with coronary heart disease risk and inflammation in older puerto ricans. Atherosclerosis Supplements 2009;10:e320 (P1351).

14. Bertoia ML, Mukamal KJ, Overvad K, Hu FB, Willett WC, Rimm EB. Estimated risk of coronary heart disease associated with the replacement of various foods with vegetables in two large prospective cohorts. Circulation Conference: American Heart Association's Epidemiology and Prevention/Lifestyle and Cardiometabolic Health 2016;Suppl. 1:A39.

15. Key T. Food, nutrition and the development of cardiovascular disease: Insights from EPICHeart and EPIC-CVD projects. Annals of Nutrition and Metabolism Conference: 12th European Nutrition Conference, FENS 2015;67(Suppl. 1):63.

16. Laguzzi F, Carlsson AC, Gigante B, Hellenius M-L, De FU, Leander K. Predictive role of dietary habits in relation to incident CVD and all-cause mortality: Results from a Swedish cohort of 60-yearold. European Journal of Epidemiology Conference: 8th European Congress of Epidemiology Maastricht Netherlands Conference Start: 2015;Abstract O10:724.

17. Olsen A. Nordic diet and disease-results from the Diet, Cancer and Health cohort. Annals of Nutrition and Metabolism Conference: 12th European Nutrition Conference, FENS 2015;67 (Suppl. 1):55.

18. Rodriguez-Campello A, Jimenez-Conde J, Ois A et al. Dietary habits in patients with ischemic stroke: a case-control study. PLoS One 2014;9:e114716.

19. Gramenzi A, Gentile A, Fasoli M, Negri E, Parazzini F, La VC. Association between certain foods and risk of acute myocardial infarction in women. BMJ 1990;300:771-3.

20. al-Roomi KA, Musaiger AO, al-Awadi AH. Lifestyle and the risk of acute myocardial infarction in a Gulf Arab population. Int J Epidemiol 1994;23:931-9.

21. Georgieva LM, Powles JW, Ness AR, Penev BP, Dragoichev TD, Popova SR. Fruit and vegetables and ischaemic heart disease in Eastern Europe: A hospital-based case control study in Sofia, Bulgaria. Central European Journal of Public Health 1999;7:87-90.

22. Genchev GD, Georgieva LM, Weijenberg MP, Powles JW. Does alcohol protect against ischaemic heart disease in Bulgaria? A case-control study of non-fatal myocardial infarction in Sofia. Cent Eur J Public Health 2001;9:83-6.

23. Sasazuki S. Case-control study of nonfatal myocardial infarction in relation to selected foods in Japanese men and women. Jpn Circ J 2001;65:200-6.

24. Martinez-Gonzalez MA, Fernandez-Jarne E, Serrano-Martinez M, Marti A, Martinez JA, Martin-Moreno JM. Mediterranean diet and reduction in the risk of a first acute myocardial infarction: an operational healthy dietary score. Eur J Nutr 2002;41:153-60.

25. Martinez-Gonzalez MA, Fernandez-Jarne E, Martinez-Losa E, Prado-Santamaria M, Brugarolas-Brufau C, Serrano-Martinez M. Role of fibre and fruit in the Mediterranean diet to protect against myocardial infarction: a case-control study in Spain. Eur J Clin Nutr 2002;56:715-22.

26. Panagiotakos DB, Pitsavos C, Kokkinos P et al. Consumption of fruits and vegetables in relation to the risk of developing acute coronary syndromes; the CARDIO2000 case-control study. Nutr J 2003;2:2.

27. Martinez-Gonzalez MA, Alonso A, Fernandez-Jarne E, De IJ. What is protective in the Mediterranean diet? Atherosclerosis 2003;166:405-7.

28. Tavani A, Augustin L, Bosetti C et al. Influence of selected lifestyle factors on risk of acute myocardial infarction in subjects with familial predisposition for the disease. Prev Med 2004;38:468-72.

29. Yusuf PS, Hawken S, Ounpuu S et al. Effect of potentially modifiable risk factors associated with myocardial infarction in 52 countries (the INTERHEART study): Case-control study. Lancet 2004;364:11.

30. Rastogi T, Reddy KS, Vaz M et al. Diet and risk of ischemic heart disease in India. Am J Clin Nutr 2004;79:582-92.

31. Tavani A, Bertuzzi M, Gallus S, Negri E, La VC. Risk factors for non-fatal acute myocardial infarction in Italian women. Prev Med 2004;39:128-34.

32. Effect of potentially modifiable risk factors associated with myocardial infarction in 52 countries: Case-control study. Indian Heart Journal 2004;56:359.

33. Martinez-Gonzalez MA, Fernandez-Jarne E, Serrano-Martinez M, Wright M, Gomez-Gracia E. Development of a short dietary intake questionnaire for the quantitative estimation of adherence to a cardioprotective Mediterranean diet. European Journal of Clinical Nutrition 2004;58:1550-2.

34. Yusuf S, Hawken S, Ounpuu S et al. Effect of potentially modifiable risk factors associated with myocardial infarction in 52 countries (the INTERHEART study): case-control study. Lancet 2004;364:937-52.

35. Zyriax B-C, Boeing H, Windler E. Nutrition is a powerful independent risk factor for coronary heart disease in women -The CORA Study: A population-based case-control study. European Journal of Clinical Nutrition 2005;59:1201-7.

36. Gyarfas I, Keltai M, Salim Y. [Effect of potentially modifiable risk factors associated with myocardial infarction in 52 countries in a case-control study based on the INTERHEART study]. Orv Hetil 2006;147:675-86.

37. Cornelis MC, El-Sohemy A, Campos H. GSTT1 genotype modifies the association between cruciferous vegetable intake and the risk of myocardial infarction. Am J Clin Nutr 2007;86:752-8.

38. Lanas F, Avezum A, Bautista LE et al. Risk factors for acute myocardial infarction in Latin America: the INTERHEART Latin American study. Circulation 2007;115:1067-74.

39. Joshi P, Islam S, Pais P et al. Risk factors for early myocardial infarction in South Asians compared with individuals in other countries. JAMA 2007;297:286-94.

40. Carevic V, Rumboldt M, Rumboldt Z. [Coronary heart disease risk factors in Croatia and worldwide: results of the Interheart study]. Acta Med Croatica 2007;61:299-306.

41. Lockheart MS, Steffen LM, Rebnord HM et al. Dietary patterns, food groups and myocardial infarction: a case-control study. Br J Nutr 2007;98:380-7.

42. Lanas F, Potthoff S, Mercadal E, Santibanez C, Lanas A, Standen D. [Individual and population risk in acute myocardial infarction: the Chilean INTERHEART study]. Rev Med Chil 2008;136:555-60.

43. Nikolic M, Nikic D, Petrovic B. Fruit and vegetable intake and the risk for developing coronary heart disease. Cent Eur J Public Health 2008;16:17-20.

44. Iqbal R, Anand S, Ounpuu S et al. Dietary patterns and the risk of acute myocardial infarction in 52 countries: results of the INTERHEART study. Circulation 2008;118:1929-37.

45. Jain P, Jain P, Bhandari S, Siddhu A. A case-control study of risk factors for coronary heart disease in urban Indian middle-aged males. Indian Heart J 2008;60:233-40.

46. Teo KK, Liu L, Chow CK et al. Potentially modifiable risk factors associated with myocardial infarction in China: the INTERHEART China study. Heart 2009;95:1857-64.

47. Oliveira A, Barros H, Lopes C. Gender heterogeneity in the association between lifestyles and non-fatal acute myocardial infarction. Public health nutrition 2009;12:1799-806.

48. Oliveira A, Barros H, Azevedo A, Bastos J, Lopes C. Impact of risk factors for non-fatal acute myocardial infarction. Eur J Epidemiol 2009;24:425-32.

49. Amani R, Noorizadeh M, Rahmanian S, Afzali N, Haghighizadeh MH. Nutritional related cardiovascular risk factors in patients with coronary artery disease in Iran: a case-control study. Nutr J 2010;9:70.

50. O'Donnell MJ, Xavier D, Liu L et al. Risk factors for ischaemic and intracerebral haemorrhagic stroke in 22 countries (the INTERSTROKE study): a case-control study. Lancet 2010;376:112-23.

51. Shiue I, Arima H, Hankey GJ, Anderson CS. Dietary intake of key nutrients and subarachnoid hemorrhage: a population-based case-control study in Australasia. Cerebrovasc Dis 2011;31:464-70.

52. Shiue I, Arima H, Graeme HJ, Anderson CS. Modifiable lifestyle behaviours including diet account for most cases of subarachnoid haemorrhage: A population-based case-control study. Cerebrovascular Diseases 2011;31 (Suppl 2):287.

53. Rafique R, Amjad N. Dietary predictors of early-onset ischaemic heart disease in a sample drawn from a Pakistani population. Heart Asia 2012;4:129-34.

54. Hariri M, Darvishi L, Maghsoudi Z et al. Intakes of Vegetables and Fruits are Negatively Correlated with Risk of Stroke in Iran. Int J Prev Med 2013;4:S300-S305.

55. Selim S, Rahman R, Yasmin R et al. Risk factors of acute coronary syndrome among Bangladeshi people. Mymensingh Med J 2013;22:513-21.

56. Guo J, Li W, Wang Y et al. Influence of dietary patterns on the risk of acute myocardial infarction in China population: the INTERHEART China study. Chin Med J (Engl) 2013;126:464-70.

57. Thomas GN, Wang MP, Ho SY, Mak KH, Cheng KK, Lam TH. Adverse lifestyle leads to an annual excess of 2 million deaths in China. PLoS One 2014;9:e89650.

58. Turati F, Pelucchi C, Galeone C, Praud D, Tavani A, La VC. Mediterranean diet and non-fatal acute myocardial infarction: a case-control study from Italy. Public Health Nutr 2015;18:713-20.

59. Lipoeto NI, Agus Z, Oenzil F, Wahlqvist M, Wattanapenpaiboon N. Dietary intake and the risk of coronary heart disease among the coconut-consuming Minangkabau in West Sumatra, Indonesia. Asia Pac J Clin Nutr 2004;13:377-84.

60. Liu L, Teo K, Chow C et al. Potentially modifiable risk factors associated with myocardial infarction in China: The INTERHEART China study. Circulation 2010;122:e86.

61. Ou CQ, Wong CM, Ho SY et al. Dietary habits and the short-term effects of air pollution on mortality in the Chinese population in Hong Kong. J Epidemiol Community Health 2012;66:254-8.

62. Ikeya Y, Fukuyama N, Mori H. Low plasma eicosapentaenoic acid concentration as a possible risk factor for intracerebral hemorrhage. Nutrition Research 2015;35:214-20.

63. La VC, Decarli A, Pagano R. Vegetable consumption and risk of chronic disease. Epidemiology 1998;9:208-10.

64. Fuchs SC, Moreira LB, Camey SA, Moreira MB, Fuchs FD. Clustering of risk factors for cardiovascular disease among women in Southern Brazil: a population-based study. Cad Saude Publica 2008;24 Suppl 2:S285-S293.

65. Enkh-Oyun T, Kotani K, Davaalkham D et al. Ischemic heart disease and its related factors in mongolia: a nationwide survey. J Community Health 2013;38:919-25.

66. Iimuro S, Yoshimura Y, Umegaki H et al. Dietary pattern and mortality in Japanese elderly patients with type 2 diabetes mellitus: does a vegetable- and fish-rich diet improve mortality? An explanatory study. Geriatr Gerontol Int 2012;12 Suppl 1:59-67.

67. Tanaka S, Yoshimura Y, Kamada C et al. Intakes of dietary fiber, vegetables, and fruits and incidence of cardiovascular disease in Japanese patients with type 2 diabetes. Diabetes Care 2013;36:3916-22.

68. Yoshimura Y, Kamada C, Tanaka S et al. Intakes of dietary fiber, vegetables, and fruits and incidence of cardiovascular disease in Japanese patients with type 2 diabetes. Diabetes 2013;A398.

69. Toeller M, Buyken AE, Heitkamp G, De PG, Giorgino F, Fuller JH. Fiber intake, serum cholesterol levels, and cardiovascular disease in European individuals with type 1 diabetes. Diabetes Care 1999;22:B21-B28.

70. Trichopoulou A, Psaltopoulou T, Orfanos P, Trichopoulos D. Diet and physical activity in relation to overall mortality amongst adult diabetics in a general population cohort. J Intern Med 2006;259:583-91.

71. Nothlings U, Schulze MB, Weikert C et al. Intake of vegetables, legumes, and fruit, and risk for all-cause, cardiovascular, and cancer mortality in a European diabetic population. J Nutr 2008;138:775-81.

72. Dunkler D, Kohl M, Teo KK et al. Population-Attributable Fractions of Modifiable Lifestyle Factors for CKD and Mortality in Individuals With Type 2 Diabetes: A Cohort Study. Am J Kidney Dis 2016;68:29-40.

73. Hirayama T. Does daily intake of green-yellow vegetables reduce the risk of cancer in man? An example of the application of epidemiological methods to the identification of individuals at low risk. IARC Sci Publ 1982;531-40.

74. Hirayama T. Mortality in Japanese with life-styles similar to Seventh-Day Adventists: strategy for risk reduction by life-style modification. Natl Cancer Inst Monogr 1985;69:143-53.

75. Hirayama T. [A large scale cohort study of dietary habits and cancer mortality]. Gan No Rinsho 1986;32:610-22.

76. Hirayama T. Nutrition and cancer--a large scale cohort study. Prog Clin Biol Res 1986;206:299-311.

77. Hirayama T. Primary cancer prevention by life style modification. [Japanese]. Gan No Rinsho 1989;35:163-70.

78. Hirayama T. Life-style and cancer: from epidemiological evidence to public behavior change to mortality reduction of target cancers. Journal of the National Cancer Institute 1992;Monographs.:65-74.

79. Arts IC, Jacobs DR, Jr., Harnack LJ, Gross M, Folsom AR. Dietary catechins in relation to coronary heart disease death among postmenopausal women. Epidemiology 2001;12:668-75.

80. Trichopoulou A, Costacou T, Bamia C, Trichopoulos D. Adherence to a Mediterranean diet and survival in a Greek population. N Engl J Med 2003;348:2599-608.

81. Sauvaget C, Kasagi F, Waldren CA. Dietary factors and cancer mortality among atomic-bomb survivors. Mutat Res 2004;551:145-52.

82. Trichopoulou A, Orfanos P, Norat T et al. Modified Mediterranean diet and survival: EPIC-elderly prospective cohort study. BMJ 2005;330:991.

83. Agudo A, Cabrera L, Amiano P et al. Fruit and vegetable intakes, dietary antioxidant nutrients, and total mortality in Spanish adults: findings from the Spanish cohort of the European Prospective Investigation into Cancer and Nutrition (EPIC-Spain). Am J Clin Nutr 2007;85:1634-42.

84. Benetou V, Trichopoulou A, Orfanos P et al. Conformity to traditional Mediterranean diet and cancer incidence: the Greek EPIC cohort. Br J Cancer 2008;99:191-5.

85. Trichopoulou A, Bamia C, Trichopoulos D. Anatomy of health effects of Mediterranean diet: Greek EPIC prospective cohort study. BMJ 2009;339:04.

86. Buckland G, Gonzalez CA, Agudo A et al. Adherence to the Mediterranean diet and risk of coronary heart disease in the Spanish EPIC Cohort Study. Am J Epidemiol 2009;170:1518-29.

87. Olsen A, Egeberg R, Halkjaer J, Christensen J, Overvad K, Tjonneland A. Healthy aspects of the Nordic diet are related to lower total mortality. J Nutr 2011;141:639-44.

88. Buckland G, Agudo A, Travier N et al. Adherence to the Mediterranean diet reduces mortality in the Spanish cohort of the European Prospective Investigation into Cancer and Nutrition (EPIC-Spain). Br J Nutr 2011;106:1581-91.

89. Couto E, Boffetta P, Lagiou P et al. Mediterranean dietary pattern and cancer risk in the EPIC cohort. Br J Cancer 2011;104:1493-9.

90. Burger KN, Beulens JW, van der Schouw YT et al. Dietary fiber, carbohydrate quality and quantity, and mortality risk of individuals with diabetes mellitus. PLoS One 2012;7:e43127.

91. Sangita S, Vik SA, Pakseresht M, Kolonel LN. Adherence to recommendations for fruit and vegetable intake, ethnicity and ischemic heart disease mortality. Nutr Metab Cardiovasc Dis 2013;23:1247-54.

92. Li K, Husing A, Kaaks R. Lifestyle risk factors and residual life expectancy at age 40: a German cohort study. BMC Med 2014;12:59.

93. Hindy G, Ericson U, Hamrefors V et al. The chromosome 9p21 variant interacts with vegetable and wine intake to influence the risk of cardiovascular disease: A population based cohort study. BMC Medical Genetics 2014;15:1220.

94. Leenders M, Boshuizen HC, Ferrari P et al. Fruit and vegetable intake and cause-specific mortality in the EPIC study. Eur J Epidemiol 2014;29:639-52.

95. Sluik D, Boeing H, Li K et al. Lifestyle factors and mortality risk in individuals with diabetes mellitus: are the associations different from those in individuals without diabetes? Diabetologia 2014;57:63-72.

96. Yu D, Zhang X, Xiang YB et al. Adherence to dietary guidelines and mortality: a report from prospective cohort studies of 134,000 Chinese adults in urban Shanghai. Am J Clin Nutr 2014;100:693-700.

97. Chiuve SE, Cook NR, Shay CM et al. Lifestyle-based prediction model for the prevention of CVD: the Healthy Heart Score. J Am Heart Assoc 2014;3:e000954.

98. Schroder H, Salas-Salvado J, Martinez-Gonzalez MA et al. Baseline adherence to the Mediterranean diet and major cardiovascular events: Prevencion con Dieta Mediterranea trial. JAMA Intern Med 2014;174:1690-2.

99. Sonestedt E, Hellstrand S, Schulz C-A et al. The association between carbohydrate-rich foods and risk of cardiovascular disease is not modified by genetic susceptibility to dyslipidemia as determined by 80 validated variants. PLoS One 2015;10:e0126104.

100. Key TJ, Thorogood M, Appleby PN, Burr ML. Dietary habits and mortality in 11,000 vegetarians and health conscious people: results of a 17 year follow up. BMJ 1996;313:775-9.

101. Carlsson S, Andersson T, Wolk A, Ahlbom A. Low physical activity and mortality in women: baseline lifestyle and health as alternative explanations. Scand J Public Health 2006;34:480-7.

102. Bingham S, Luben R, Welch A et al. Associations between dietary methods and biomarkers, and between fruits and vegetables and risk of ischaemic heart disease, in the EPIC Norfolk Cohort Study. Int J Epidemiol 2008;37:978-87.

103. Benetou V, Orfanos P, Lagiou P, Trichopoulos D, Boffetta P, Trichopoulou A. Vegetables and fruits in relation to cancer risk: evidence from the Greek EPIC cohort study. Cancer Epidemiol Biomarkers Prev 2008;17:387-92.

104. Eguchi E, Iso H, Tanabe N et al. Healthy lifestyle behaviours and cardiovascular mortality among Japanese men and women: the Japan collaborative cohort study. Eur Heart J 2012;33:467-77.

105. Tran B, Falster MO, Douglas K, Blyth F, Jorm LR. Health behaviours and potentially preventable hospitalisation: a prospective study of older Australian adults. PLoS One 2014;9:e93111.

106. Armstrong BK, Mann JI, Adelstein AM, Eskin F. Commodity consumption and ischemic heart disease mortality, with special reference to dietary practices. J Chronic Dis 1975;28:455-69.

107. Thakur JS, Rao BT, Rajwanshi A, Parwana HK, Kumar R. Epidemiological study of high cancer among rural agricultural community of Punjab in Northern India. Int J Environ Res Public Health 2008;5:399-407.

108. Bellizzi MC, Franklin MF, Duthie GG, James WPT. Vitamin E and coronary heart disease: The European paradox. European Journal of Clinical Nutrition 1994;48:1994.

109. Wersching H. An apple a day keeps stroke away?: Consumption of white fruits and vegetables is associated with lower risk of stroke. Stroke 2011;42:3001-2.

110. Bingham S, Luben R, Welch A et al. Author's response: Associations between dietary methods and biomarkers, and between fruits and vegetables and risk of ischaemic heart disease, in the EPIC Norfolk Cohort Study: Response to letter by McNeill et al. International Journal of Epidemiology 2009;38:885.

111. Bouchardy C, Benhamou S, Rapiti E. Re: Fruit and vegetable intake and overall cancer risk in the European Prospective Investigation into Cancer and Nutrition. J Natl Cancer Inst 2011;103:279-1.

112. Ioannidis JP, Siontis GC. Re: Fruit and vegetable intake and overall cancer risk in the European Prospective Investigation into Cancer and Nutrition. J Natl Cancer Inst 2011;103:279-80.

113. McKevith B. A carrot a day to keep cancer away? Nutrition Bulletin 2005;30:117-9.

114. Stroke: Risk reduction by fruit and vegetables. [German]. Deutsche Apotheker Zeitung 2006;146:34.

115. Fruits and vegetables could lower stroke risk in women. Diets high in antioxidants are associated with fewer strokes, regardless of cardiovascular disease history. Duke Med Health News 2012;18:5-6.

116. Crowe FL. Systematic review with meta-analysis: Fruit and vegetable consumption is associated with reduced all-cause and cardiovascular mortality. Evidence-Based Medicine 2015;20:01.

117. Einecke D. Healthy food for the heart and the vessels: Fruit, vegetables and hibiscus tea act protective, but vitamin pills are without effect. [German]. MMW-Fortschritte der Medizin 2008;150:12-4.

118. Smith J. Risk factors for myocardial infarction in Latin America: Sobrepeso y Obesidad. Circulation 1000;115:March.

119. Maynard M, Gunnell D, Emmett P, Frankel S, Davey SG. Fruit, vegetables, and antioxidants in childhood and risk of adult cancer: the Boyd Orr cohort. J Epidemiol Community Health 2003;57:218-25.

120. Ness AR, Maynard M, Frankel S et al. Diet in childhood and adult cardiovascular and all cause mortality: the Boyd Orr cohort. Heart 2005;91:894-8.

121. Okuda N, Miura K, Okayama A et al. Fruit and vegetable intake and mortality from cardiovascular disease in Japan: a 24-year follow-up of the NIPPON DATA80 Study. Eur J Clin Nutr 2015;69:482-8.

122. Law MR, Morris JK. By how much does fruit and vegetable consumption reduce the risk of ischaemic heart disease: response to commentary. Eur J Clin Nutr 1999;53:903-4.

123. Dauchet L, Amouyel P, Dallongeville J. Fruit and vegetable consumption and risk of stroke: a meta-analysis of cohort studies. Neurology 2005;65:1193-7.

124. Dauchet L, Amouyel P, Dallongeville J. Consumption of fruit and vegetables and cardiovascular risks: Meta-analysis of prospective epidemiological studies. [French]. Cahiers de Nutrition et de Dietetique 2005;40:31-40.

125. Dauchet L, Amouyel P, Hercberg S, Dallongeville J. Fruit and vegetable consumption and risk of coronary heart disease: a meta-analysis of cohort studies. J Nutr 2006;136:2588-93.

126. Vainio H, Weiderpass E. Fruit and vegetables in cancer prevention. Nutr Cancer 2006;54:111-42.

127. He FJ, Nowson CA, MacGregor GA. Fruit and vegetable consumption and stroke: meta-analysis of cohort studies. Lancet 2006;367:320-6.

128. He FJ, Nowson CA, Lucas M, MacGregor GA. Increased consumption of fruit and vegetables is related to a reduced risk of coronary heart disease: meta-analysis of cohort studies. J Hum Hypertens 2007;21:717-28.

129. Mente A, de KL, Shannon HS, Anand SS. A systematic review of the evidence supporting a causal link between dietary factors and coronary heart disease. Arch Intern Med 2009;169:659-69.

130. Reiss R, Johnston J, Tucker K, DeSesso JM, Keen CL. Estimation of cancer risks and benefits associated with a potential increased consumption of fruits and vegetables. Food Chem Toxicol 2012;50:4421-7.

131. Hartley L, Igbinedion E, Holmes J et al. Increased consumption of fruit and vegetables for the primary prevention of cardiovascular diseases. Cochrane Database Syst Rev 2013;6:CD009874.

132. Hu D, Huang J, Wang Y, Zhang D, Qu Y. Fruits and vegetables consumption and risk of stroke: a meta-analysis of prospective cohort studies. Stroke 2014;45:1613-9.

133. Wang X, Ouyang Y, Liu J et al. Fruit and vegetable consumption and mortality from all causes, cardiovascular disease, and cancer: systematic review and dose-response meta-analysis of prospective cohort studies. BMJ 2014;349:g4490.

134. Gan Y, Tong X, Li L et al. Consumption of fruit and vegetable and risk of coronary heart disease: a meta-analysis of prospective cohort studies. Int J Cardiol 2015;183:129-37.

135. Zhan J, Liu YJ, Cai LB, Xu FR, Xie T, He QQ. Fruit and Vegetable Consumption and Risk of Cardiovascular Disease: a Meta-analysis of Prospective Cohort Studies. Crit Rev Food Sci Nutr 2015;0.

136. Tanaka H, Date C, Hayashi M et al. Trends in death and consultation rates of ischemic heart disease in Japan and the risk factors in a rural community. Jpn Circ J 1987;51:306-13.

137. Paganini-Hill A, Chao A, Ross RK, Henderson BE. Vitamin A, beta-carotene, and the risk of cancer: a prospective study. J Natl Cancer Inst 1987;79:443-8.

138. Nube M, Kok FJ, Vandenbroucke JP, van dH-W, van der Heide RM. Scoring of prudent dietary habits and its relation to 25-year survival. J Am Diet Assoc 1987;87:171-5.

139. Trichopoulou A, Kouris-Blazos A, Vassilakou T et al. Diet and survival of elderly Greeks: a link to the past. Am J Clin Nutr 1995;61:1346S-50S.

140. Darmadi I, Horie Y, Wahlqvist ML et al. Food and nutrient intakes and overall survival of elderly Japanese. Asia Pac J Clin Nutr 2000;9:7-11.

141. Knekt P, Kumpulainen J, Jarvinen R et al. Flavonoid intake and risk of chronic diseases. American Journal of Clinical Nutrition 2002;76:560-8.

142. Pitsavos C, Panagiotakos DB, Menotti A et al. Forty-year follow-up of coronary heart disease mortality and its predictors: the Corfu cohort of the seven countries study. Prev Cardiol 2003;6:155-60.

143. Whitley E, Batty GD, Hunt K, Popham F, Benzeval M. The Role of Health Behaviours Across the Life Course in the Socioeconomic Patterning of All-Cause Mortality: The West of Scotland Twenty-07 Prospective Cohort Study. Ann Behav Med 2013;47:148-57.

144. Sofi F, Abbate R, Gensini GF, Casini A, Trichopoulou A, Bamia C. Identification of change-points in the relationship between food groups in the Mediterranean diet and overall mortality: an 'a posteriori' approach. Eur J Nutr 2012;51:167-72.

145. Papandreou C, Tuomilehto H. Coronary heart disease mortality in relation to dietary, lifestyle and biochemical risk factors in the countries of the Seven Countries Study: a secondary dataset analysis. Journal of human nutrition and dietetics : the official journal of the British Dietetic Association 2014;27:168-75.

146. Lancaster KJ, Watts SO, Dixon LB. Dietary intake and risk of coronary heart disease differ among ethnic subgroups of black Americans. J Nutr 2006;136:446-51.

147. Knekt P, Kumpulainen J, Jarvinen R et al. Flavonoid intake and risk of chronic diseases. Am J Clin Nutr 2002;76:560-8.

148. Reedy J, Krebs-Smith SM, Miller PE et al. Higher diet quality is associated with decreased risk of all-cause, cardiovascular disease, and cancer mortality among older adults. J Nutr 2014;144:881-9.

149. Akbaraly TN, Ferrie JE, Berr C et al. Alternative Healthy Eating Index and mortality over 18 y of follow-up: results from the Whitehall II cohort. Am J Clin Nutr 2011;94:247-53.

150. Cox BD, Whichelow MJ, Prevost AT. Seasonal consumption of salad vegetables and fresh fruit in relation to the development of cardiovascular disease and cancer. Public Health Nutr 2000;3:19-29.

151. Chrysohoou C, Pitsavos C, Lazaros G, Skoumas J, Tousoulis D, Stefanadis C. Determinants of All-Cause Mortality and Incidence of Cardiovascular Disease (2009 to 2013) in Older Adults. Angiology 2015;67:541-8.

152. Gundgaard J, Nielsen JN, Olsen J, Sorensen J. Increased intake of fruit and vegetables: Estimation of impact in terms of life expectancy and healthcare costs. Public health nutrition 2003;6:25-30.

153. Gibault T. New evidence of the beneficial role of fruits and vegetables in cardiovascular diseases. [French]. Journal de Pediatrie et de Puericulture 2003;16:229-30.

154. Khatibzadeh S, Afshin A, Micha R et al. The impact of low consumption of fruits and vegetables on mortality from cardiovascular diseases in 187 countries. Circulation 2014;129:MP76.

155. Belanger M, Poirier M, Jbilou J, Scarborough P. Modelling the impact of compliance with dietary recommendations on cancer and cardiovascular disease mortality in Canada. Public Health 2014;128:222-30.

156. Joffe M, Robertson A. The potential contribution of increased vegetable and fruit consumption to health gain in the European Union. Public Health Nutr 2001;4:893-901.

157. Sahan C, Sozmen K, Unal B, O'Flaherty M, Critchley J. Potential benefits of healthy food and lifestyle policies for reducing coronary heart disease mortality in Turkish adults by 2025: a modelling study. BMJ Open 2016;6:e011217.

158. Feigin VL, Roth GA, Naghavi M et al. Global burden of stroke and risk factors in 188 countries, during 1990-2013: a systematic analysis for the Global Burden of Disease Study 2013. Lancet Neurol 2016;15(9):924.

159. Kushi LH, Lew RA, Stare FJ et al. Diet and 20-year mortality from coronary heart disease. The Ireland-Boston Diet-Heart Study. N Engl J Med 1985;312:811-8.

160. Singh RB, Rastogi V, Rastogi SS, Niaz MA, Beegom R. Effect of diet and moderate exercise on central obesity and associated disturbances, myocardial infarction and mortality in patients with and without coronary artery disease. Journal of the American College of Nutrition 1996;15:592-601.

161. Yun YH, Lim MK, Won YJ et al. Dietary preference, physical activity, and cancer risk in men: national health insurance corporation study. BMC Cancer 2008;8:366.

162. Oude Griep LM, Verschuren WM, Kromhout D, Ocke MC, Geleijnse JM. Variety in fruit and vegetable consumption and 10-year incidence of CHD and stroke. Public Health Nutr 2012;15:2280-6.

163. Pati S, Singh RB, Fedacko J et al. Dietary patterns and causes of death due to cardiovascular diseases and other chronic diseases among urban decedents in North India. World Heart Journal 2012;4.

164. Lo YT, Chang YH, Wahlqvist ML, Huang HB, Lee MS. Spending on vegetable and fruit consumption could reduce all-cause mortality among older adults. Nutr J 2012;11:113.

165. Sharma S, Pakserescht M, Cruickshank K, Green DM, Kolonel LN. Adherence to the USDA dietary recommendations for fruit and vegetable intake and risk of fatal stroke among ethnic groups: a prospective cohort study. BMC Neurol 2013;13:120.

166. Dartois L, Fagherazzi G, Boutron-Ruault MC, Mesrine S, Clavel-Chapelon F. Association between five lifestyle habits and cancer risk: Results from the E3N cohort. Cancer Prev Res (Phila) 2014;7:516-25.

167. Hertog MG, Bueno-de-Mesquita HB, Fehily AM, Sweetnam PM, Elwood PC, Kromhout D. Fruit and vegetable consumption and cancer mortality in the Caerphilly Study. Cancer Epidemiol Biomarkers Prev 1996;5:673-7.

168. McCullough ML, Feskanich D, Rimm EB et al. Adherence to the Dietary Guidelines for Americans and risk of major chronic disease in men. Am J Clin Nutr 2000;72:1223-31.

169. McCullough ML, Feskanich D, Stampfer MJ et al. Adherence to the Dietary Guidelines for Americans and risk of major chronic disease in women. Am J Clin Nutr 2000;72:1214-22.

170. Gerber M, Boutron-Ruault M-C, Hercberg S, Riboli E, Scalbert A, Siess M-H. Food and cancer: State of the art about the protective effect of fruits and vegetables. [French]. Bulletin du Cancer 2002;89:293-312.

171. Nettleton JA, Steffen LM, Loehr LR, Rosamond WD, Folsom AR. Incident heart failure is associated with lower whole-grain intake and greater high-fat dairy and egg intake in the Atherosclerosis Risk in Communities (ARIC) study. J Am Diet Assoc 2008;108:1881-7.

172. Bhoopat L, Rojnuckarin P, Hiransuthikul N, Intragumtornchai T. Low vegetable intake is strongly associated with venous thromboembolism in Thai population. Blood Coagul Fibrinolysis 2010;21:758-63.

173. Buyken AE, Flood V, Empson M et al. Carbohydrate nutrition and inflammatory disease mortality in older adults. Am J Clin Nutr 2010;92:634-43.

174. Wang Y, Tuomilehto J, Jousilahti P et al. Lifestyle factors in relation to heart failure among Finnish men and women. Circ Heart Fail 2011;4:607-12.

175. Greco G, Egorova NN, Moskowitz AJ et al. A model for predicting the risk of carotid artery disease. Ann Surg 2013;257:1168-73.

176. Rautiainen S, Levitan EB, Mittleman MA, Wolk A. Fruit and vegetable consumption and the risk of heart failure in women. Circulation 2014;29:AP028.

177. Sharma S, Kolahdooz F, Vik S, Green DM, Kolonel LN. Fruits, vegetables, and hypertensive disease mortality. Epidemiology 2014;25:317-9.

178. Rautiainen S, Levitan EB, Mittleman MA, Wolk A. Fruit and vegetable intake and rate of heart failure: a population-based prospective cohort of women. Eur J Heart Fail 2015;17:20-6.

179. Yu D, Sonderman J, Buchowski MS et al. Healthy Eating and Risks of Total and Cause-Specific Death among Low-Income Populations of African-Americans and Other Adults in the Southeastern United States: A Prospective Cohort Study. PLoS Med 2015;12:e1001830.

180. Bertsias G, Linardakis M, Mammas I, Kafatos A. Fruit and vegetables consumption in relation to health and diet of medical students in Crete, Greece. International Journal for Vitamin and Nutrition Research 1000;75:March.

181. Gopinath B, Flood VM, Kifley A, Louie JC, Mitchell P. Association Between Carbohydrate Nutrition and Successful Aging Over 10 Years. J Gerontol A Biol Sci Med Sci 2016;71(10):1340.

182. Praagman J, Dalmeijer GW, van der Schouw YT et al. The relationship between fermented food intake and mortality risk in the European Prospective Investigation into Cancer and Nutrition-Netherlands cohort. British Journal of Nutrition 2015;113:498-506.

183. Lv J, Qi L, Yu C et al. Consumption of spicy foods and total and cause specific mortality: population based cohort study. BMJ (Clinical research ed) 351 (pp h3942), 2015;2015.

184. Ziegler RG. Vegetables, fruits, and carotenoids and the risk of cancer. Am J Clin Nutr 1991;53:251S-9S.

185. Greenberg ER. Retinoids or carotenoids: Is there another choice? Preventive Medicine 1993;22:723-7.

186. Burr ML. Antioxidants and cancer. Journal of Human Nutrition and Dietetics 1994;7:409-16.

187. Otto C, Richter WO. Diet and cancer. Nutritional risks for the development of various malignancies. [German]. Fortschritte der Medizin 1995;113:41-5.

188. Kushi LH, Lenart EB, Willett WC. Health implications of Mediterranean diets in light of contemporary knowledge. 1. Plant foods and dairy products. American Journal of Clinical Nutrition 1995;61:1407S-15S.

189. Verhoeven DT, Goldbohm RA, van PG, Verhagen H, van den Brandt PA. Epidemiological studies on brassica vegetables and cancer risk. Cancer Epidemiol Biomarkers Prev 1996;5:733-48.

190. Ness AR, Powles JW. Fruit and vegetables, and cardiovascular disease: a review. Int J Epidemiol 1997;26:1-13.

191. La Vecchia C. Fruit, vegetables and cancer. [Italian]. Ricerca e Pratica 1997;13:198-202.

192. van PG, Verhoeven DT, Verhagen H, Goldbohm RA. Brassica vegetables and cancer prevention. Epidemiology and mechanisms. Adv Exp Med Biol 1999;472:159-68.

193. Giovannucci E. Tomatoes, tomato-based products, lycopene, and cancer: review of the epidemiologic literature. J Natl Cancer Inst 1999;91:317-31.

194. Terry P, Terry JB, Wolk A. Fruit and vegetable consumption in the prevention of cancer: an update. J Intern Med 2001;250:280-90.

195. Renaud SC. Diet and stroke. J Nutr Health Aging 2001;5:167-72.

196. Feldman EB. Fruits and vegetables and the risk of stroke. Nutr Rev 2001;59:24-7.

197. Eichholzer M, Luthy J, Gutzwiller F, Stahelin HB. The role of folate, antioxidant vitamins and other constituents in fruit and vegetables in the prevention of cardiovascular disease: the epidemiological evidence. Int J Vitam Nutr Res 2001;71:5-17.

198. Liu S, Manson JE. Dietary carbohydrates, physical inactivity, obesity, and the "metabolic syndrome" as predictors of coronary heart disease. Current Opinion in Lipidology 2001;12:395-404.

199. Key TJ, Allen NE, Spencer EA, Travis RC. The effect of diet on risk of cancer. Lancet 2002;360:861-8.

200. Hu FB, Willett WC. Optimal diets for prevention of coronary heart disease. JAMA 2002;288:2569-78.

201. Rao AV. Lycopene, tomatoes, and the prevention of coronary heart disease. Exp Biol Med (Maywood) 2002;227:908-13.

202. Bazzano LA, Serdula MK, Liu S. Dietary intake of fruits and vegetables and risk of cardiovascular disease. Curr Atheroscler Rep 2003;5:492-9.

203. Riboli E, Norat T. Epidemiologic evidence of the protective effect of fruit and vegetables on cancer risk. Am J Clin Nutr 2003;78:559S-69S.

204. Hu FB. Plant-based foods and prevention of cardiovascular disease: an overview. Am J Clin Nutr 2003;78:544S-51S.

205. Hwang E-S, Bowen PE. Can the consumption of tomatoes or lycopene reduce cancer risk? Integrative Cancer Therapies 2003;1:121-32.

206. Michels KB. The role of nutrition in cancer development and prevention. International Journal of Cancer 2005;114:163-5.

207. Ovesen LF. [Is a high intake of fruits and vegetables related to a lowered risk of cerebrovascular disease?]. Ugeskr Laeger 2005;167:2748-52.

208. Ovesen LF. [Increased consumption of fruits and vegetables reduces the risk of ischemic heart disease]. Ugeskr Laeger 2005;167:2742-7.

209. Gupta R, Joshi P, Mohan V, Reddy KS, Yusuf S. Epidemiology and causation of coronary heart disease and stroke in India. Heart 2008;94:16-26.

210. Dauchet L, Amouyel P, Dallongeville J. Fruits, vegetables and coronary heart disease. Nat Rev Cardiol 2009;6:599-608.

211. Dauchet L, Dallongeville J. Fruits and vegetables and coronary heart disease. [French]. Sang Thrombose Vaisseaux 2010;22:517-22.

212. Ros E, Tapsell LC, Sabate J. Nuts and berries for heart health. Current Atherosclerosis Reports 2010;12:397-406.

213. Martinez-Gonzalez MA, de lF-A, Lopez-Del-Burgo C, Vazquez-Ruiz Z, Benito S, Ruiz-Canela M. Low consumption of fruit and vegetables and risk of chronic disease: a review of the epidemiological evidence and temporal trends among Spanish graduates. Public Health Nutr 2011;14:2309-15.

214. Key TJ. Fruit and vegetables and cancer risk. Br J Cancer 2011;104:6-11.

215. Sherzai A, Heim LT, Boothby C, Sherzai AD. Stroke, food groups, and dietary patterns: A systematic review. Nutrition Reviews 2012;70:423-35.

216. Akesson A, Andersen LF, Kristjansdottir AG et al. Health effects associated with foods characteristic of the Nordic diet: a systematic literature review. Food Nutr Res 2013;57.

217. Woodside JV, Young IS, McKinley MC. Fruit and vegetable intake and risk of cardiovascular disease. Proc Nutr Soc 2013;72:399-406.

218. Clifton PM, Petersen KS, Blanch N, Keogh JB. How do fruit and vegetables prevent heart disease and type 2 diabetes? Current Opinion in Lipidology 2014;25:155-6.

219. Bradbury KE, Appleby PN, Key TJ. Fruit, vegetable, and fiber intake in relation to cancer risk: findings from the European Prospective Investigation into Cancer and Nutrition (EPIC). Am J Clin Nutr 2014;100 Suppl 1:394S-8S.

220. Dickerson JWT. Fruit and vegetable consumption and the prevention of cancer. Journal of The Royal Society for the Promotion of Health 1999;119:212.

221. Potter JD. Vegetables, fruit, and cancer. Lancet 2005;366:527-30.

222. Steinmetz KA, Potter JD. Vegetables, fruit, and cancer. I. Epidemiology. Cancer Causes Control 1991;2:325-57.

223. Block G, Patterson B, Subar A. Fruit, vegetables, and cancer prevention: a review of the epidemiological evidence. Nutr Cancer 1992;18:1-29.

224. Turati F, Rossi M, Pelucchi C, Levi F, La VC. Fruit and vegetables and cancer risk: a review of southern European studies. Br J Nutr 2015;113 Suppl 2:S102-S110.

225. Singh RB, Niaz MA, Ghosh S, Singh R, Rastogi SS. Effect on mortality and reinfarction of adding fruits and vegetables to a prudent diet in the Indian experiment of infarct survival (IEIS). J Am Coll Nutr 1993;12:255-61.

226. Barzi F, Woodward M, Marfisi RM, Tavazzi L, Valagussa F, Marchioli R. Mediterranean diet and all-causes mortality after myocardial infarction: results from the GISSI-Prevenzione trial. Eur J Clin Nutr 2003;57:604-11.

227. Holmberg S, Thelin A, Stiernstrom E-L. Food choices and coronary heart disease: A population based cohort study of rural Swedish men with 12 years of follow-up. International Journal of Environmental Research and Public Health 2009;6:2626-38.

228. Fortes C, Mastroeni S, Sperati A et al. Walking four times weekly for at least 15 min is associated with longevity in a Cohort of very elderly people. Maturitas 2013;74:S0378-S5122.

Supplementary Table 3: Cohort studies of fruit and vegetable intake and coronary heart disease.

Author, publication year, country/ region	Study name	Follow-up period	Study size, gender, age, number of cases	Dietary assess-ment	Exposure	Quantity	RR (95% CI)	Adjustment for confounders
Fraser GE, 1992, USA	Adventist Health Study	1976 – 1982, 6 years follow-up	26473 men and women, age ≥25 years: 134 nonfatal MI cases 260 definite fatal MI cases 463 coronary deaths	FFQ, 65 food items	Fruit index, incidence AMI Fruit index, definite fatal MI Fruit index, coronary deaths	<1 serv/day 1-2 >2 <1 serv/day 1-2 >2 <1 serv/day 1-2 >2	1.00 1.10 (0.57-2.61) 1.07 (0.58-1.96) 1.00 1.30 (0.80-2.12) 1.08 (0.67-1.75) 1.00 1.17 (0.79-1.73) 1.18 (0.82-1.70)	Age, sex, smoking, exercise, relative weight, hypertension
Knekt P et al, 1994, Finland	Finnish Mobile Clinic Health Examination Survey	1967-1972 – 1984, 14 years follow-up	5133 men and women, age 30-69 years: 244 CHD deaths	Dietary history interview, FFQ, >100 food items	Vegetables, men Fruit Vegetables, women Fruits	≤61 g/d 62-117 >117 ≤77 g/d 78-137 >137 ≤75 g/d 76-159 >159 ≤77 g/d 78-137 >137	1.00 0.84 (0.60-1.18) 0.66 (0.46-0.96) 1.00 0.98 (0.70-1.37) 0.77 (0.52-1.12) 1.00 0.42 (0.21-0.85) 0.66 (0.35-1.23) 1.00 0.47 (0.24-0.92) 0.66 (0.36-1.22)	Age, smoking, serum cholesterol, hypertension, BMI, energy intake
Knekt P et al, 1996, Finland	Finnish Mobile Clinic Health Examination Survey	1967-1972 – 1992, 26 years follow-up	5133 men and women, age 30-69 years: 473 CHD deaths	Dietary history interview	Apple, men Other fruits Berries Onion Vegetables Apple, women Other fruits Berries	≥54 vs 0 g/d ≥71 vs <7 ≥19 vs <3 ≥5 vs 0 ≥458 vs <262 ≥71 vs 0 g/d ≥117 vs <20 ≥24 vs <7	0.81 (0.61-1.09) 0.88 (0.65-1.20) 1.21 (0.89-1.64) 0.74 (0.53-1.02) 0.89 (0.65-1.21) 0.57 (0.36-0.91) 0.55 (0.34-0.90) 0.59 (0.36-0.94)	Age, smoking, serum cholesterol, hypertension, BMI

					Onion Vegetables	≥5 vs 0 ≥369 vs <216	0.50 (0.30-0.82) 0.77 (0.49-1.21)	
Sahyoun NR et al, 1996, USA	The Nutrition Status Survey	1981-1984 – 1993, NA	680men and women, age ≥60 years: 101 heart disease deaths	3 day food record	All fruit and juices Citrus fruit and juices All vegetables Dark green/orange vegetables	<163.8 g/d 163.8-<437.6 ≥437.6 <89.2 g/d 89.2-<274.8 ≥274.8 <41.5 g/d 41.5-<219.5 ≥219.5 0 g/d >0-<63.2 ≥63.2	1.00 0.74 (0.46-1.20) 0.64 (0.34-1.21) 1.00 0.96 (0.58-1.60) 0.90 (0.48-1.70) 1.00 0.57 (0.37-0.89) 0.51 (0.27-0.95) 1.00 1.23 (0.80-1.80) 0.43 (0.20-0.92)	Age, sex, disease status, disabilities affecting shopping
Pietinen P et al, 1996, Finland	Alpha-Tocopherol, Beta-carotene Cancer Prevention Study	1986-1987 – 1993, 6.1 years follow-up	21930 smoking men, age 50-69 years: 635 CHD deaths 1399 Major coronary events (AMI – nonfatal, CHD-death)	FFQ, 276 food items	Vegetables, CHD deaths Fruits, berries Potatoes Vegetables (major coronary events)	25.5 g/day 48.1 70.6 99.3 154.4 25.4 65.0 105.1 152.3 246.2 95.3 g/d 135.3 168.6 209.6 286.5 154.4 vs 25.5g/d	1.00 1.03 (0.82-1.28) 0.69 (0.53-0.88) 0.77 (0.60-1.00) 0.60 (0.45-0.79) 1.00 1.02 (0.81-1.30) 0.93 (0.73-1.19) 0.86 (0.66-1.11) 0.78 (0.59-1.03) 1.00 0.91 (0.72-1.16) 0.98 (0.78-1.25) 0.80 (0.62-1.03) 0.74 (0.57-0.97) 0.73 (0.60-0.88)	Age, treatment group, smoking, BMI, blood pressure, intake of energy, alcohol, saturated fatty acids, education, physical activity
Mann JI, 1997, England	The Oxford Vegetarian Study	1980-1984 – 1995, 13.3 years follow-up	10802 men and women, age 16-79 years: 64 IHD deaths	FFQ	Green vegetables Carrots Fresh, dried fruits	<1/wk 1-4 ≥5 <1/wk 1-4 ≥5 <5 5-9	1.00 1.19 (0.42-3.40) 1.34 (0.47-3.84) 1.00 0.57 (0.30-1.08) 0.76 (0.37-1.57) 1.00 1.07 (0.58-1.96)	Age, sex, smoking, social class

						≥10	0.89 (0.44-1.80)	
Hertog MGL et al, 1997, Wales	Caerphilly Prospective Study	1979-1983 – NA, 10 years follow-up	1900 men, age 45-59 years: 186 IHD cases	FFQ, 56 food items	Onions	<1/wk 1 2 >2	1.0 1.0 (0.6-1.6) 1.1 (0.6-1.8) 0.6 (0.4-1.1)	Age, smoking, ischemic heart disease at baseline, social class, BMI, systolic blood pressure serum total cholesterol, total energy, alcohol, fat, vitamin C, vitamin E, beta-carotene
Whiteman D et al, 1999, England	The OXCHECK Study	1989 – 1997, 9 years follow-up	11090 men and women, age 35-64 years: 98 IHD deaths	FFQ	Fresh fruit, fruit juice Fresh or frozen green vegetables or salad	<1/wk 1-3/wk 4-7/wk <3/wk 4-7/wk	1.00 1.18 (0.69-2.04) 0.84 (0.50-1.43) 1.00 0.63 (0.42-0.95)	Age, smoking, sex
Watkins ML et al, 2000, USA	Cancer Prevention Study 2	1982-1989, 7 years follow-up	1063023 men and women, age ≥30 years: 13761 IHD deaths	FFQ	Vegetables, men Vegetables, women	Quartile 4 vs. 1 Quartile 4 vs. 1	0.90 (0.86-0.95) 0.84 (0.78-0.91)	Age, race, marital status, BMI, smoking status, employment, exercise, education, aspirin use, diuretic use, liquor, wine, beer, or coffee consumption, diabetes, hypertension, heart disease, stroke, HRT (women)
Liu S et al, 2000, USA	Women's Health Study	1993 – 1999, 5 years follow-up	39876 women, age ≥45 years: 126 MI cases	Validated FFQ, 131 food items	All fruits, vegetables All fruits All vegetables	2.6 serv./day 4.1 5.5 7.1 10.2 0.6 1.3 1.9 2.6 3.9 1.5 2.5 3.4 4.6 6.9	1.00 0.45 (0.24-0.83) 0.78 (0.46-1.33) 0.51 (0.27-0.94) 0.63 (0.38-1.17) 1.00 0.76 (0.44-1.34) 0.58 (0.32-1.09) 0.82 (0.46-1.47) 0.66 (0.36-1.22) 1.00 0.94 (0.54-1.63) 0.55 (0.29-1.05) 0.87 (0.49-1.55) 0.88 (0.50-1.58)	Age, smoking, exercise, alcohol use, menopausal status, HRT, BMI, multivitamin use, vitamin C supplement use, history of diabetes mellitus, hypertension, high cholesterol, parental history of myocardial infarction

Hirvonen T et al, 2001, Finland	Alpha-Tocopherol, Beta-Carotene Cancer Prevention Study	1986/1987 – 1993, 6.1 years follow-up	25372 smoking men, age 50-69 years: 1122 nonfatal MI cases 815 coronary deaths	Validated FFQ, 276 food items	Berries, nonfatal MI Berries, coronary death	<9 g/d 9-19 20-33 34-56 >56 <9 g/d 9-19 20-33 34-56 >56	1.00 1.07 (0.89-1.29) 1.11 (0.92-1.34) 1.07 (0.88-1.29) 1.05 (0.87-1.27) 1.00 0.96 (0.79-1.20) 0.98 (0.79-1.21) 0.81 (0.65-1.01) 0.91 (0.73-1.13)	Age, supplementation group, systolic blood pressure, diastolic blood pressure, serum total cholesterol, serum HDL-cholesterol, BMI, smoking years, number of cigarettes per day, history of diabetes, history of coronary heart disease, marital status, education, leisure-time physical activity
Joshipura KJ et al, 2001, USA	Nurses' Health Study and Health Professionals Follow-up Study	1980/1986 – 1994, 14/8 years follow-up	84251 women and 42148 men, age 34-59/40-75 years: 1127/ 1063 nonfatal MI and fatal CHD	Validated FFQ	Potatoes	1 2 3 4 5 Per 1 serv/d	1.0 1.19 (0.86-1.64) 0.98 (0.75-1.30) 1.03 (0.56-1.89) 1.15 (0.78-1.70) 1.06 (0.59-1.89)	Age, smoking status, alcohol intake, family history of myocardial infarction, BMI, vitamin supplement use, vitamin E use, physical activity, aspirin use, 2-year follow up period, hypertension, hypercholesterolemia, total calories, HRT (women)
Liu S et al, 2001, USA	Physician's Health Study	1982 – 1995, 12 years follow-up	22071 men, age 40-84 years: 1148 CHD cases 387 MI 761 CABG/ PTCA	FFQ	Vegetables, CHD Vegetables, MI Vegetables, CABG/PTCA	<1 serv/d 1-1.49 1.5-1.99 2-2.49 ≥2.5 <1 serv/d 1-1.49 1.5-1.99 2-2.49 ≥2.5 <1 serv/d 1-1.49 1.5-1.99 2-2.49	1.00 0.99 (0.85-1.15) 0.93 (0.78-1.12) 0.89 (0.71-1.10) 0.77 (0.60-0.98) 1.00 1.05 (0.84-1.31) 0.90 (0.59-1.16) 0.98 (0.67-1.43) 0.81 (0.59-1.31) 1.00 0.94 (0.78-1.14) 0.99 (0.79-1.23) 0.88 (0.67-1.16)	Age, cigarette smoking, alcohol intake, physical activity, BMI, history diabetes mellitus, high cholesterol, hypertension, use of multivitamins

						≥2.5	0.70 (0.51-0.95)	
Bazzano LA et al, 2002, USA	National Health and Nutrition Examination Survey 1 Epidemiologic Follow-up Study	1971-1975 - 1992, 19 years follow-up	9608 men and women, age 25-74 years: 1786 IHD cases 639 IHD deaths	FFQ	Fruits and vegetables Fruits and vegetables	<1 time/day 1 /day 2 ≥3 <1 time/day 1 /day 2 ≥3	1.00 1.07 (0.91-1.27) 0.97 (0.83-1.14) 1.01 (0.84-1.21) 1.00 0.89 (0.68-1.17) 0.84 (0.70-0.99) 0.76 (0.56-1.03)	Age, sex, race, history of diabetes mellitus, physical activity, education level, regular alcohol consumption, current cigarette smoking at baseline, vitamin supplement use, total energy
Appleby PN et al, 2002, UK	The Health Food Shoppers Study	1973-1979 – 1997, 19.8 years follow-up	10741 men and women, age 16-89 years: 605 IHD deaths	FFQ	Fresh fruit Dried fruits, nuts Raw vegetable salads	Daily vs less Daily vs less Daily vs less	0.80 (0.66-0.98) 0.95 (0.79-1.14) 0.85 (0.71-1.02)	Age at recruitment, sex, smoking, wholemeal bread, bran cereals mutual adjustment between fresh fruit, nuts/dried fruit, raw vegetables salads
Steffen LM et al, 2003, USA	Atherosclerosis Risk in Communities Study	1987-1989 – 1999, 11 years follow-up	11940 men and women, age 45-64 years: 535 CAD cases	FFQ, 66 food items	Fruits and vegetables	1.5 serv./day 2.5 3.5 5.0 7.5	1.00 1.10 (0.84-1.45) 1.21 (0.91-1.60) 1.06 (0.78-1.44) 0.82 (0.57-1.17)	Age at baseline, race, sex, time-dependent energy intake, education, smoking, physical activity, alcohol intake, HRT (women), BMI, WHR, systolic blood pressure, Antihypertensive medication use, HDL and LDL-cholesterol
Sesso HD et al, 2003, USA	Women's Health Study	1992 – NA, 7.2 years follow-up	39876 women, age ≥45 years: 201 MI cases	Validated FFQ, 131 food items	Tomato-based products	1.4 serv./wk 2.5 5.0 8.0 12.0	1.00 0.94 (0.65-1.37) 0.67 (0.43-1.06) 0.70 (0.38-1.29) 0.39 (0.12-1.30)	Age, randomized aspirin, randomized vitamin E, randomized beta-carotene, BMI, smoking, HRT, parental history of myocardial infarction, diabetes mellitus,hypertension, high cholesterol, intake of fruit, vegetables, alcohol, fiber, folate,

								nonsupplemental vitamin E, saturated fatty acids
Dauchet L et al, 2004, France, Northern Ireland	The PRIME study	1991 - NA, 5 years follow-up	8087 men, age 50-59 years: 249 IHD events	Interview, FFQ	Raw vegetables Baked vegetables Citrus fruits Other fruits	≤0.29 serv/d 0.43-0.57 ≥1 ≤0.29 serv/d 0.43-0.57 ≥1 ≤0.07 serv/d 0.14-0.29 ≥0.5 ≤0.29 serv/d 0.43-0.57 ≥1	1.00 0.76 (0.46-1.23) 1.17 (0.71-1.91) 1.00 0.69 (0.45-1.07) 0.93 (0.61-1.42) 1.00 0.66 (0.44-1.03) 0.64 (0.41-0.99) 1.00 0.99 (0.61-1.59) 0.85 (0.56-1.29)	Age, centre, smoking, alcohol, physical activity, education, employment status, systolic blood pressure, total cholesterol, HDL-cholesterol, BMI, treatment for hypertension, diabetes mellitus, dyslipidemia
Tucker KL et al, 2005, USA	Baltimore Longitudinal Study of Aging	1961-1965 – NA, 18 years follow-up	501 men, age 34-80 years: 71 CHD deaths	7-day diet records	Fruit and vegetables Fruit Vegetables	Per serv/d Per serv/d Per serv/d	0.90 (0.76-1.05) 0.97 (0.79-1.20) 0.73 (0.54-0.97)	Age, total energy, BMI, smoking, alcohol, physical activity, supplement use, saturated fatty acids, secular trend
Mink PJ et al, 2007, USA	Iowa Women's Health Study	1986 – 2002, 16 years follow-up	34489 women, 55-69 years: 1329 CHD deaths	Validated FFQ, 127 food items	Apples and pears Oranges Grapefruit Blueberries Celery Strawberries Brussels sprouts	<1.00 serv/wk 1.00 >1.00 <1.00 serv/wk 1.00 >1.00 <1.00 serv/wk 1.00 >1.00 0 serv/wk >0 <1.00 serv/wk 1.00 >1.00 0 serv/wk >0 0 serv/wk	1.00 0.88 (0.75-1.04) 0.85 (0.75-0.98) 1.00 1.08 (0.93-1.26) 0.96 (0.84-1.09) 1.00 0.90 (0.77-1.06) 0.85 (0.74-0.98) 1.00 0.89 (0.75-1.06) 1.00 1.02 (0.88-1.18) 0.92 (0.81-1.05) 1.00 0.95 (0.83-1.08) 1.00	Age, energy intake, marital status, education, blood pressure, diabetes, BMI, WHR, physical activity, smoking, estrogen use

					Other fruit juices	>0 0 serv/wk >0	1.09 (0.97-1.23) 1.00 0.97 (0.86-1.09)	
Lin J et al, 2007, USA	Nurses' Health Study	1990-2002, 12 years follow-up	66360 women, age 44-69 years: 938 nonfatal myocardial infarctions 324 CHD deaths	Validated FFQ 131 food items	Onions, nonfatal MI	0-<3 serv/wk 3-<5 5-<7 1-<2 serv/d ≥2	1.00 0.89 (0.73-1.08) 1.19 (0.97-1.48) 1.22 (0.91-1.63) 0.98 (0.74-1.29)	Age, current smoking, parental history of myocardial infarction before age 60 years, history of hypertension, hypercholesterol-emia, diabetes, menopausal status, HRT, aspirin use, use of multivitamins and vitamin E supplements, BMI, physical activity, alcohol, total energy intake
					Apples	0-<3 serv/wk 3-<5 5-<7 1-<2 serv/d ≥2	1.00 0.99 (0.83-1.18) 0.87 (0.67-1.13) 1.06 (0.76-1.50) 1.08 (0.75-1.56)	
					Broccoli	0-<0.5 serv/wk 0.6-<2 2-<5 ≥5	1.00 0.92 (0.75-1.12) 0.85 (0.69-1.04) 0.76 (0.49-1.17)	
					Tomatoes	0-<3 serv/wk 3-<5 5-<7 1-<2 serv/d ≥2	1.00 0.90 (0.74-1.09) 0.84 (0.67-1.04) 0.90 (0.67-1.23) 0.83 (0.63-1.10)	
					Raisins or grapes	0-<0.5 serv/wk 0.6-<2 2-<5 ≥5	1.00 0.96 (0.78-1.17) 0.91 (0.74-1.13) 1.13 (0.77-1.65)	
					Onions, CHD deaths	0-<3 serv/wk 3-<5 5-<7 1-<2 serv/d ≥2	1.00 0.92 (0.68-1.27) 0.98 (0.67-1.44) 1.46 (0.92-2.31) 0.90 (0.55-1.47)	
					Apples	0-<3 serv/wk 3-<5 5-<7 1-<2 serv/d ≥2	1.00 0.91 (0.67-1.23) 1.29 (0.88-1.91) 0.95 (0.51-1.78) 0.73 (0.34-1.58)	
					Broccoli	0-<0.5 serv/wk 0. 6-<2	1.00 1.04 (0.75-1.43) 0.78 (0.55-1.10)	

					  Tomatoes Raisins or grapes	2-<5 ≥5 0-<3 serv/wk 3-<5 5-<7 1-<2 serv/d ≥2 0-<0.5 serv/wk 0. 6-<2 2-<5 ≥5	0.65 (0.30-1.44) 1.00 0.86 (0.61-1.19) 1.13 (0.79-1.61) 1.30 (0.80-2.11) 0.90 (0.55-1.47) 1.00 0.99 (0.70-1.40) 1.22 (0.87-1.72) 1.14 (0.56-2.35)	
Sesso HD et al, 2007, USA	Women's Health Study	1992- , 10.1 years follow-up	38176 women, age ≥45 years: 289 MI	Validated FFQ, 131 food items	Strawberries	None 1-3 serv/mo 1/wk ≥2/wk	1.00 0.99 (0.73-1.35) 1.12 (0.79-1.58) 1.59 (0.99-2.54)	Age, randomized aspirin/vitamin E / beta-carotene treatment, total energy intake, BMI, exercise, alcohol intake, smoking, HRT, parental history of myocardial infarction <60 years
Iso H et al, 2007, Japan	Japan Collaborative Cohort Study	1988-1990-2003, ~12.8 years follow-up	42513 men and 57777 women, age 40-79 years: 617/420 IHD deaths	FFQ, 39 food items	Spinach or garland chysanthemum, men Carrot or pumpkin Tomatoes Cabbage or head lettuce Chinese cabbage Sansai (edible wild plants Fungi (enokidake, shiitake, mushroom)	<3/wk 3-4 ≥5 <1/wk 1-2 ≥3-4 <1/wk 1-2 ≥3-4 <3/wk 3-4 ≥5 <1/wk 1-2 ≥3 <1/wk 1-2 ≥3 <1/wk 1-2	1.00 1.00 (0.81-1.23) 0.87 (0.71-1.07) 1.00 1.04 (0.81-1.32) 0.93 (0.73-1.19) 1.00 1.02 (0.82-1.26) 0.85 (0.68-1.06) 1.00 1.08 (0.87-1.33) 0.95 (0.74-1.20) 1.00 0.86 (0.67-1.09) 0.75 (0.58-0.95) 1.00 0.96 (0.73-1.26) 1.17 (0.87-1.57) 1.00 0.90 (0.73-1.11)	Age, area of study

						≥3	0.80 (0.63-1.03)	
					Potatoes	<1/wk	1.00	
						1-2	0.84 (0.67-1.05)	
						≥3	0.85 (0.68-1.06)	
					Seaweed (algae)	<3/wk	1.00	
						3-4	1.04 (0.85-1.26)	
						≥5	0.93 (0.76-1.14)	
					Pickles	<3/wk	1.00	
						3-4	1.04 (0.81-1.33)	
						≥5	0.75 (0.62-0.91)	
					Citrus fruits	<3/wk	1.00	
						3-4	0.85 (0.67-1.08)	
						≥5	0.98 (0.79-1.22)	
					Fresh fruit juice	<1/wk	1.00	
						1-2	0.94 (0.75-1.19)	
						≥3	0.78 (0.62-0.99)	
					Other fruits	<3/wk	1.00	
						3-4	0.95 (0.74-1.22)	
						≥5	0.94 (0.75-1.18)	
					Spinach or garland chysanthemum, women	<3/wk	1.00	
						3-4	1.07 (0.82-1.39)	
						≥5	0.85 (0.66-1.10)	
					Carrot or pumpkin	<1/wk	1.00	
						1-2	0.90 (0.64-1.27)	
						≥3-4	0.82 (0.59-1.15)	
					Tomatoes	<1/wk	1.00	
						1-2	1.05 (0.79-1.40)	
						≥3-4	1.07 (0.82-1.41)	
					Cabbage or head lettuce	<3/wk	1.00	
						3-4	0.84 (0.65-1.10)	
						≥5	0.82 (0.63-1.07)	
					Chinese cabbage	<1/wk	1.00	
						1-2	1.35 (0.98-1.85)	
						≥3	1.05 (0.77-1.44)	
					Sansai (edible wild plants	<1/wk	1.00	
						1-2	1.42 (1.05-1.92)	
						≥3	0.97 (0.65-1.44)	
					Fungi (enokidake, shiitake, mushroom)	<1/wk	1.00	
						1-2	0.88 (0.68-1.15)	

						≥3	0.78 (0.58-1.04)	
					Potatoes	<1/wk 1-2 ≥3	1.00 0.85 (0.62-1.16) 0.67 (0.49-0.90)	
					Seaweed (algae)	<3/wk 3-4 ≥5	1.00 1.08 (0.84-1.38) 0.90 (0.70-1.14)	
					Pickles	<3/wk 3-4 ≥5	1.00 0.91 (0.65-1.27) 0.76 (0.60-0.96)	
					Citrus fruits	<3/wk 3-4 ≥5	1.00 0.83 (0.61-1.12) 0.77 (0.59-1.00)	
					Fresh fruit juice	<1/wk 1-2 ≥3	1.00 0.99 (0.74-1.32) 0.70 (0.53-0.93)	
					Other fruits	<3/wk 3-4 ≥5	1.00 0.95 (0.70-1.29) 0.75 (0.56-1.00)	
Nagura J et al, 2009, Japan	Japan Collaborative Cohort Study	1988-1990 – 2003, 12.7 years follow-up,	25206 men and 34279 women, age 40-79 years: 258/ 194 CHD deaths	FFQ, 33 foods	Fruit Vegetables	0.9 serv/wk 2.3 3.9 5.9 1.2 serv/wk 2.3 3.4 5.2	1.00 0.97 (0.75-1.24) 0.84 (0.65-1.10) 0.79 (0.58-1.08) 1.00 0.82 (0.63-1.07) 0.83 (0.63-1.10) 0.85 (0.64-1.14)	Age, sex, BMI, smoking status, alcohol, hours of walking, hours of sleep, education years, perceived mental stress, cholesterol intake, saturated fatty acids, n-3 FA intake, sodium intake, hypertension and diabetes history, mutual adjustment between variables
Dauchet L et al, 2010, France, United Kingdom	Prospective Epidemiological Study of Myocardial Infarction (PRIME) study	1991 – NA, 10 years follow-up	8060 men, age 50-59 years: 367 ACS	Interview	Fruit and vegetables, never smokers, ACS Fruit and vegetables, former smokers Fruits and vegetables, current smokers	≤1.57 times/d 1.6-2.57 ≥2.6 ≤1.57 times/d 1.6-2.57 ≥2.6 ≤1.57 times/d 1.6-2.57	1.00 1.13 (0.65-1.95) 1.06 (0.60-1.84) 1.00 0.80 (0.53-1.22) 0.98 (0.66-1.47) 1.00 0.78 (0.54-1.13)	Age, centre, alcohol, physical activity, education, employment status, supplemental vitamin intake, systolic blood pressure, total cholesterol, HDL cholesterol, BMI,

						≥2.6	0.49 (0.30-0.81)	treatment for hypertension, diabetes, and dyslipidemia
					Fruits, never smokers	≤0.57 times/d 0.64-1.14 ≥1.29	1.00 1.93 (1.08-3.46) 1.33 (0.72-2.45)	
					Fruits, former smokers	≤0.57 times/d 0.64-1.14 ≥1.29	1.00 0.66 (0.42-1.02) 0.83 (0.56-1.23)	
					Fruits, current smokers	≤0.57 times/d 0.64-1.14 ≥1.29	1.00 1.00 (0.68-1.45) 0.61 (0.38-0.99)	
					Vegetables, never smokers	≤0.79 times/d 1-1.29 ≥1.5	1.00 0.71 (0.40-1.26) 1.25 (0.74-2.13)	
					Vegetables, former smokers	≤0.79 times/d 1-1.29 ≥1.5	1.00 0.95 (0.62-1.45) 1.29 (0.85-1.95)	
					Vegetables, current smokers	≤0.79 times/d 1-1.29 ≥1.5	1.00 0.65 (0.44-0.96) 0.72 (0.45-1.14)	
Oude Griep LM et al, 2010, Netherlands	Monitoring Project on Risk Factors and Chronic Diseases in the Netherlands (MORGEN Study)	1993-1997 - 2006, 10.5 years follow-up	20069 men and women, age 20-65 years: 245 CHD cases	FFQ, 178 food items	Total fruit and vegetables Raw fruit and vegetables Processed fruits and vegetables	185 g/d 292 404 589 56 g/d 127 197 337 87 g/d 137 196 301	1.00 0.87 (0.62-1.21) 0.79 (0.55-1.13) 0.66 (0.45-0.99) 1.00 0.89 (0.64-1.25) 0.85 (0.59-1.22) 0.70 (0.47-1.04) 1.00 1.02 (0.74-1.42) 0.79 (0.55-1.14) 0.79 (0.54-1.16)	Age, sex, energy intake, alcohol intake, smoking status, educational level, dietary supplement use, HRT use, family history of myocardial infarction before age 60, BMI, fish, whole grain foods, processed meat, mutual adjustment for raw and processed fruits and vegetables
Oude Griep LM et al, 2011, Netherlands	Monitoring Project on Risk Factors and Chronic Diseases in the Netherlands (MORGEN Study)	1993/97 - 2006, 10 years follow-up	20069 men and women, age 20-65 years: 245 CHD cases	FFQ, 178 food items	Green fruits and vegetables Orange/yellow fruits and vegetables	34 g/d 54 72 105 Per 25 g/d 30 g/d 66 110	1.00 0.95 (0.66-1.37) 1.14 (0.80-1.62) 0.83 (0.55-1.24) 0.95 (0.85-1.07) 1.00 0.82 (0.58-1.17) 0.93 (0.63-1.36)	Age, sex, energy intake, alcohol, smoking status, educational level, dietary supplement use, HRT, family history of acute myocardial infarction, BMI, whole grain foods, processed

						193	0.70 (0.44-1.12)	meat, fish, mutual adjustment between other fruit and vegetable subgroups
						Per 25 g/d	0.96 (0.91-1.02)	
					Red/purple fruits and vegetables	29 g/d	1.00	
						48	0.86 (0.61-1.21)	
						67	1.00 (0.68-1.47)	
						100	0.70 (0.41-1.19)	
						Per 25 g/d	0.89 (0.76-1.03)	
					White fruits and vegetables	57 g/d	1.00	
						98	0.92 (0.65-1.31)	
						142	0.88 (0.59-1.31)	
						216	1.11 (0.71-1.74)	
						Per 25 g/d	1.04 (0.99-1.09)	
					Total fruit and vegetables	182 g/d	1.00	
						286	0.92 (0.66-1.28)	
						395	0.81 (0.56-1.16)	
						572	0.70 (0.47-1.04)	
						Per 25 g/d	0.98 (0.97-1.01)	
					Green cabbage family vegetables	5 g/d	1.00	
						10	1.18 (0.86-1.63)	
						19	1.26 (0.91-1.73)	
						Per 25 g/d	1.13 (0.78-1.64)	
					Dark green leafy vegetables	2 g/d	1.00	
						8	0.97 (0.71-1.33)	
						18	0.94 (0.68-1.28)	
						Per 25 g/d	0.89 (0.62-1.27)	
					Lettuce	2 g/d	1.00	
						6	0.84 (0.60-1.17)	
						16	0.93 (0.68-1.27)	
						Per 25 g/d	0.87 (0.63-1.22)	
					Other green fruit and vegetables	17 g/d	1.00	
						31	0.80 (0.59-1.09)	
						55	0.73 (0.50-1.06)	
						Per 25 g/d	0.94 (0.78-1.13)	
					Citrus fruits	21 g/d	1.00	
						64	1.01 (0.73-1.39)	
						142	0.94 (0.85-1.37)	
						Per 25 g/d	0.98 (0.92-1.03)	
					Deep orange fruit and vegetables	9 g/d	1.00	
						20	0.82 (0.60-1.12)	

						36	0.75 (0.53-1.22)	
						Per 25 g/d	0.74 (0.55-1.00)	
					Berries	7 g/d	1.00	
						20	0.88 (0.64-1.21)	
						44	0.80 (0.53-1.22)	
						Per 25 g/d	0.87 (0.69-1.09)	
					Red vegetables	19 g/d	1.00	
						33	0.95 (0.70-1.30)	
						54	1.03 (0.72-1.47)	
						Per 25 g/d	0.93 (0.77-1.12)	
					Allium family bulbs	2 g/d	1.00	
						9	0.91 (0.67-1.24)	
						21	0.94 (0.69-1.29)	
						Per 25 g/d	0.91 (0.70-1.19)	
					Hard fruits	24 g/d	1.00	
						60	1.03 (0.74-1.42)	
						120	1.24 (0.86-1.79)	
						Per 25 g/d	1.05 (0.99-1.11)	
					Other white fruit and vegetables	22 g/d	1.00	
						40	1.02 (0.75-1.39)	
						70	0.99 (0.68-1.44)	
						Per 25 g/d	0.99 (0.86-1.14)	
Crowe FL et al, 2011, Europe	European Prospective Investigation into Cancer and Nutrition	1992-2000 – 2003-2006, 8.4 years follow-up	313074 men and women, age 40-85 years: 1636 IHD deaths	FFQ	Fruit and vegetable intake	<3 portions/d	1.00	Age, sex, centre, smoking, alcohol, BMI, physical activity, marital status, education, current employment, hypertension, angina pectoris, diabetes mellitus, energy intake, cereal fiber, saturated fat
						3-4	0.90 (0.78-1.02)	
						5-7	0.78 (0.67-0.91)	
						≥8	0.76 (0.62-0.93)	
						Per 80 g/d, uncalib.	0.97 (0.95-0.99)	
						Per 80 g/d, calibrated	0.95 (0.91-0.99)	
					Fruit intake	<1.5 portions/d	1.00	
						1.5-2.4	0.89 (0.78-1.02)	
						2.5-3.9	0.78 (0.67-0.90)	
						≥4	0.79 (0.67-0.92)	
						Per 80 g/d, uncalib.	0.96 (0.93-0.99)	
						Per 80 g/d, calibrated	0.95 (0.91-1.00)	
					Vegetable intake	<1.5 portions/d	1.00	
						1.5-2.4	0.95 (0.83-1.08)	
						2.5-3.9	0.95 (0.81-1.11)	
						≥4	0.92 (0.76-1.12)	
						Per 80 g/d, uncalib.	0.97 (0.94-1.01)	

						Per 80 g/d, calibrated	0.89 (0.78-1.01)	
Bendinelli B et al, 2011, Italy	European Prospective Investigation into Cancer and Nutrition – Italy	1993/ 1998 - 2002/2004, 7.85 years follow-up	29689 women, age 35-74 years: 144 major CHD events	Validated FFQ, 140-217 food items	Leafy vegetables	≤17.6 g/d >17.6-30.6 >30.6-50.8 >50.8	1.00 0.64 (0.40-1.03) 0.71 (0.45-1.12) 0.54 (0.33-0.90)	Age, energy intake, education, smoking status, alcohol, weight, height, waist circumference, nonalcoholic energy intake, hypertension, menopausal status, total physical activity, total meat, fruit items adjusted for vegetables and vegetable items adjusted for fruits
					Leafy vegetables, cooked	≤6.2 g/d >6.2-12.0 >12.0-22.9 >22.9	1.00 0.98 (0.61-1.56) 0.85 (0.52-1.39) 0.76 (0.45-1.29)	
					Leafy vegetables, raw	≤6.7 g/d >6.7-14.3 >14.3-28.7 >28.7	1.00 0.82 (0.52-1.28) 0.79 (0.50-1.26) 0.61 (0.37-1.01)	
					Tomatoes, raw	≤17.2 g/d >17.2-37.1 >37.1-66.6 >66.6	1.00 0.91 (0.58-1.42) 0.83 (0.52-1.34) 0.80 (0.47-1.34)	
					Tomatoes, cooked	≤5.4 g/d >5.4-12.5 >12.5-24.9 >24.9	1.00 1.28 (0.79-2.06) 1.15 (0.69-1.92) 1.20 (0.70-2.08)	
					Root vegetables	≤3.2 g/d >3.2-8.6 >8.6-21.4 >21.4	1.00 0.80 (0.50-1.30) 1.08 (0.67-1.75) 1.41 (0.87-2.28)	
					Cabbages	≤1.2 g/d >1.2-3.7 >3.7-8.2 >8.2	1.00 1.24 (0.79-1.95) 0.90 (0.56-1.46) 0.88 (0.53-1.45)	
					Other vegetables	≤17.4 g/d >17.4-30.5 >30.5-50.0 >50.0	1.00 0.62 (0.37-1.02) 0.86 (0.54-1.38) 0.76 (0.44-1.29)	
					Citrus fruits	≤37.5 g/d >37.5-68.8 >68.8-110.4 >110.4	1.00 1.52 (0.95-2.42) 1.31 (0.81-2.11) 1.47 (0.89-2.44)	
					Noncitrus fruits	≤160.3 >160.3-244.7	1.00 2.03 (1.25-3.32)	

						>244.7-338.5 >338.5	1.72 (1.03-2.89) 1.43 (0.82-2.48)	
Yamada T et al, 2011, Japan	The Jichi Medical School Cohort Study	1992-1995 - NA, 10.7 years follow-up	10623 men and women, mean age 55 years: 76 MI cases	FFQ, 30 food items	Citrus fruit, men Citrus fruit, women	Infrequent 1-2/mo 1-2/wk 3-4/wk Almost daily Infrequent 1-2/mo 1-2/wk 3-4/wk Almost daily	1.00 0.60 (0.25-1.49) 0.62 (0.27-1.43) 0.75 (0.30-1.86) 0.99 (0.34-2.80) 1.00 0.83 (0.14-4.98) 1.47 (0.32-6.84) 0.84 (0.16-4.46) 0.67 (0.11-4.15)	Age, study area, BMI, systolic blood pressure, total cholesterol, physical activity index, smoking status, alcohol, education, marital status
Dilis V et al, 2012, Greece	European Prospective Investigation into Cancer and Nutrition – Greece	1994-1999 – 2009, 10 years follow-up	23929 men and women, age 20-86 years: 636 CHD cases 240 CHD deaths	Validated FFQ, ~200 food items	Potatoes, CHD incidence Potatoes, CHD death	Per 63/47 g/d m/w Per 63/47 g/d m/w	1.01 (0.90-1.13) 0.92 (0.73-1.16)	Age, BMI, height, physical activity, years of schooling, energy intake, alcohol, smoking status, arterial blood pressure, vegetables, legumes, fruits and nuts, dairy, cereals, meat, fish, eggs, sugar and confectionaries, non-alcoholic beverages, olive oil, saturated fatty acids, monounsaturated fatty acids, ratio of monounsaturated fatty acids to saturated fatty acids, energy intake
Rautiainen S et al, 2012, Sweden	Swedish Mammography Cohort	1997-2007, 9.9 years follow-up	32561 women, age 49-83 years: 1114 MI cases	Validated FFQ, 96 food items	Fruit and vegetables	≤2 serv/d 3 4 ≥5	1.00 0.95 (0.79-1.15) 0.95 (0.79-1.14) 0.86 (0.73-1.03)	Age, education, smoking, BMI, physical activity, hypertension, hypercholesterolemia, family history of myocardial infarction, aspirin use, HRT, dietary supplement use, total energy, alcohol

Jacques PF et al, 2013, USA	Framingham Offspring Study	1991-2001 – 2008, 11 years follow-up	2525 men and women, age 20-69 years: 171 CHD cases	Validated FFQ	Tomato products	Per 1 serv/d	0.92 (0.86-0.99)	Age, sex, systolic blood pressure, total cholesterol, total/HDL-cholesterol ratio, BMI, smoking, number of packs per day, hypertension treatment, diabetes, SFA, energy intake, beta-carotene, flavonol, vitamin C, vitamin E
Simila ME et al, 2013, Finland	Alpha-Tocopherol, Beta-carotene Cancer Prevention Study	1985-1988 – 2004, 19 years follow-up	21995 male smokers, age 50-69 years: 4379 CHD cases	FFQ, 276 food items	Fruits and berries Fruit juices Roots Potatoes Sugar-sweetened berry juices	Per 100 g/d Per 200 g/d Per 100 g/d Per 100 g/d Per 200 g/d	0.97 (0.94-0.99) 1.01 (0.92-1.11) 0.73 (0.63-0.83) 0.99 (0.96-1.03) 0.98 (0.94-1.03)	Age, intervention group
Gunnell AS et al, 2013, Australia	The Health and Wellbeing Surveillance System	2004-2010-2010, 3 years follow-up	14168 men and women, age 45-97 years: 538 IHD hospitali-sations	Computer assisted telephone interview	Fruit and vegetables	≥3 vs <3 serv/d	0.74 (0.58-0.96)	Age, sex, smoking status, Charlson index, leisure-time physical activity, sedentary activity level, BMI, survey year, diabetes hospitalisation
Bhupathiraju SN et a, 2013, USA	Nurses' Health Study	1984-2008, 24 years follow-up	71141 women, age 38-63 years: 2582 CHD cases	Validated FFQ, 126 food items	All fruit and vegetables Fruit Vegetables	2.25 serv/d 3.38 4.35 5.49 7.59 0.44 serv/d 0.91 1.35 1.85 2.84 1.49 serv/d 2.25 2.90 3.69 5.14	1.00 0.88 (0.78-0.99) 0.78 (0.69-0.89) 0.78 (0.69-0.89) 0.81 (0.70-0.93) 1.00 0.88 (0.78-0.99) 0.86 (0.76-0.97) 0.77 (0.67-0.87) 0.87 (0.76-0.99) 1.00 0.89 (0.79-1.01) 0.79 (0.70-0.90) 0.84 (0.84-0.96) 0.85 (0.74-0.97)	Age, calendar year, BMI, total energy intake, smoking status, physical activity, alcohol, parental history of myocardial infarction, multivitamin use, aspirin use, trans fatty acids, cereal fiber, red meat, fish, menopausal status and HRT

					Citrus fruit Green leafy vegetables Cruciferous vegetables Beta-carotene rich fruit and vegetables Lutein-rich fruit and vegetables Lycopene-rich fruit and vegetables Vitamin C-rich fruit and vegetables	0.02 serv/d 0.12 0.21 0.43 0.86 0.22 serv/d 0.50 0.72 1.00 1.50 0.14 serv/d 0.28 0.39 0.56 0.92 0.14 serv/d 0.26 0.37 0.57 0.93 0.00 serv/d 0.07 0.21 0.18 serv/d 0.32 0.50 0.67 1.04 0.24 serv/d 0.44 0.66 0.95 1.50	1.00 0.89 (0.80-1.01) 0.81 (0.72-0.92) 0.87 (0.77-0.99) 0.89 (0.79-1.00) 1.00 0.81 (0.72-0.91) 0.76 (0.67-0.86) 0.77 (0.6-0.86) 0.78 (0.69-0.88) 1.00 0.97 (0.86-1.10) 1.00 (0.89-1.13) 0.95 (0.84-1.07) 1.03 (0.91-1.17) 1.00 0.94 (0.84-1.06) 0.90 (0.79-1.02) 0.91 (0.80-1.03) 0.79 (0.69-0.90) 1.00 0.96 (0.87-1.06) 1.01 (0.92-1.11) 1.00 0.86 (0.76-0.98) 0.88 (0.78-0.99) 0.82 (0.72-0.94) 0.95 (0.84-1.07) 1.00 0.78 (0.69-0.89) 0.81 (0.72-0.91) 0.86 (0.76-0.97) 0.83 (0.73-0.94)	
Bhupathiraju SN et a, 2013, USA	Health Professionals Follow-up Study	1986-2008, 22 years follow-up	42135 men, age 40-75 years: 3607 CHD cases	Validated FFQ, 126 food items	All fruit and vegetables Fruit	2.14 serv/d 3.29 4.29 5.52 7.83 0.42 serv/d	1.00 0.93 (0.84-1.04) 0.85 (0.76-0.95) 0.84 (0.75-0.94) 0.84 (0.75-0.95) 1.00	Age, calendar year, BMI, total energy intake, smoking status, physical activity, alcohol, parental history of myocardial infarction, multivitamin

						0.89 1.35 1.93 3.07	1.00 (0.90-1.11) 0.91 (0.82-1.01) 0.85 (0.76-0.95) 0.88 (0.78-0.99)	use, aspirin use, trans fatty acids, cereal fiber, red meat, fish
					Vegetables	1.38 serv/d 2.13 2.81 3.65 5.22	1.00 0.99 (0.89-1.09) 0.96 (0.87-1.07) 0.96 (0.86-1.07) 0.92 (0.82-1.03)	
					Citrus fruit	0.00 serv/d 0.14 0.21 0.50 1.00	1.00 0.96 (0.86-1.06) 0.94 (0.82-1.06) 0.83 (0.74-0.93) 0.92 (0.83-1.03)	
					Green leafy vegetables	0.14 serv/d 0.43 0.64 0.93 1.43	1.00 0.93 (0.85-1.03) 0.93 (0.83-1.04) 0.89 (0.80-0.98) 0.88 (0.79-0.99)	
					Cruciferous vegetables	0.14 serv/d 0.28 0.35 0.56 1.00	1.00 0.94 (0.85-1.04) 0.96 (0.86-1.07) 0.96 (0.86-1.07) 0.96 (0.86-1.07)	
					Beta-carotene rich fruit and vegetables	0.14 serv/d 0.21 0.28 0.50 0.86	1.00 0.99 (0.89-1.10) 0.90 (0.80-1.00) 0.95 (0.85-1.06) 0.88 (0.79-0.99)	
					Lutein-rich fruit and vegetables	0.00 serv/d 0.07 0.21	1.00 1.01 (0.93-1.10) 0.94 (0.87-1.03)	
					Lycopene-rich fruit and vegetables	0.14 serv/d 0.28 0.50 0.79 1.14	1.00 1.11 (0.99-1.23) 1.02 (0.92-1.14) 1.10 (0.98-1.24) 1.06 (0.95-1.19)	
					Vitamin C-rich fruit and vegetables	0.21 serv/d 0.42	1.00 0.91 (0.82-1.02)	

						0.71 1.06 1.72	0.94 (0.84-1.04) 0.88 (0.79-0.97) 0.87 (0.78-0.97)	
Yu D et al, 2014, China	Shanghai Women's Health Study	1996-2000 - 2009, 9.8 years follow-up	67211 women, age 40-70 years: 148 CHD cases	Validated FFQ	Total fruit and vegetables	274 g/d 432 581 814 Per 80 g/d	1.00 0.77 (0.50-1.18) 0.71 (0.45-1.13) 0.67 (0.41-1.10) 0.95 (0.90-1.01)	Age, BMI, income, education, smoking, alcohol, physical activity, aspirin, vitamin E, multivitamin supplements, total energy, red meat, fish/shellfish intake, menopause, HRT, diabetes, hypertension, dyslipidemia
					All fruits	83 g/d 188 287 449 Per 80 g/d	1.00 1.01 (0.66-1.55) 1.06 (0.68-1.67) 0.77 (0.45-1.31) 0.93 (0.84-1.02)	
					All vegetables	137 g/d 213 292 429 Per 80 g/d	1.00 1.15 (0.75-1.76) 0.77 (0.48-1.25) 0.83 (0.52-1.33) 0.96 (0.87-1.05)	
					Apples and pears	10.1 g/d 41.9 78.6 138.6	1.00 0.83 (0.53-1.28) 0.76 (0.48-1.21) 0.92 (0.57-1.48)	
					Bananas	0.2 g/d 3.3 11.1 37.9	1.00 0.93 (0.60-1.44) 0.79 (0.49-1.26) 0.60 (0.37-1.00)	
					Citrus fruits	1.5 g/d 11.0 22.4 46.8	1.00 0.66 (0.41-1.05) 0.75 (0.48-1.19) 0.88 (0.56-1.38)	
					Watermelon	23.2 g/d 72.5 124.5 212.1	1.00 1.24 (0.82-1.87) 0.90 (0.56-1.44) 0.71 (0.42-1.20)	
					Other fruits	1.5 g/d 12.2 32.0 86.6	1.00 1.03 (0.68-1.58) 0.77 (0.48-1.26) 0.94 (0.58-1.51)	
					Cruciferous vegetables	32.9 g/d	1.00	

						65.6 98.4 155.9	0.86 (0.66-1.36) 0.90 (0.57-1.42) 0.80 (0.51-1.26)	
					Allium vegetables	1.9 g/d 4.2 7.2 15.0	1.00 0.92 (0.57-1.49) 1.09 (0.69-1.73) 1.27 (0.81-1.99)	
					Other vegetables	59.6 g/d 104.3 153.5 244.0	1.00 0.80 (0.50-1.26) 1.06 (0.69-1.65) 0.86 (0.54-1.38)	
Yu D et al, 2014, China	Shanghai Men's Health Study	2002-2006 – 2009, 5.4 years follow-up	55474 men, age 40-74 years: 217 CHD cases	Validated FFQ	Total fruit and vegetables	242 g/d 379 507 722 Per 80 g/d	1.00 0.80 (0.55-1.16) 0.76 (0.51-1.11) 0.86 (0.59-1.26) 0.99 (0.94-1.05)	Age, BMI, income, education, smoking, alcohol, physical activity, aspirin, vitamin E, multivitamin supplements, total energy, red meat, fish/shellfish intake, diabetes, hypertension, dyslipidemia
					All fruits	23 g/d 90 162 285 Per 80 g/d	1.00 1.01 (0.69-1.47) 0.93 (0.62-1.38) 0.96 (0.63-1.44) 0.96 (0.88-1.06)	
					All vegetables	160 g/d 253 344 502 Per 80 g/d	1.00 0.95 (0.65-1.37) 0.68 (0.45-1.01) 1.02 (0.71-1.48) 1.01 (0.95-1.08)	
					Apples and pears	0.01 g/d 11.1 31.5 78.8	1.00 0.84 (0.57-1.24) 0.96 (0.66-1.40) 0.75 (0.50-1.13)	
					Bananas	0 g/d 1.6 4.9 17.3	1.00 0.83 (0.55-1.24) 0.87 (0.59-1.30) 0.97 (0.66-1.43)	
					Citrus fruits	0 g/d 3.5 10.0 27.3	1.00 0.77 (0.53-1.13) 0.88 (0.60-1.27) 0.74 (0.50-1.09)	
					Watermelon	4.7 g/d	1.00	

						37.1 81.3 167.5	0.75 (0.52-1.10) 0.73 (0.49-1.07) 0.96 (0.66-1.41)	
					Other fruits	0 g/d 5.8 13.3 33.1	1.00 0.59 (0.40-0.86) 0.69 (0.48-0.99) 0.65 (0.44-0.95)	
					Cruciferous vegetables	39.5 g/d 76.3 115.5 186.4	1.00 1.12 (0.76-1.63) 0.94 (0.63-1.40) 1.13 (0.78-1.65)	
					Allium vegetables	4.7 g/d 9.2 15.1 28.5	1.00 0.74 (0.50-1.08) 0.85 (0.59-1.23) 0.86 (0.60-1.25)	
					Other vegetables	68.3 g/d 118.0 170.0 270.2	1.00 0.79 (0.54-1.14) 0.63 (0.42-0.94) 0.91 (0.63-1.31)	
Rebello SA et al, 2014, Singapore	Singapore Chinese Health Study	1993-1998 – 2011, 15 years follow-up	53469 men and women, age 45-75 years: 1660 IHD deaths	Validated FFQ, 165 food items	Vegetables, men Vegetables, women Fruits, men Fruits, women	0.45 serv/d 0.72 0.90 1.13 1.57 Per 1 serv/d 0.51 serv/d 0.72 0.91 1.13 1.58 Per 1 serv/d 0.26 serv/d 0.73 1.10 1.56 2.54 Per 1 serv/d 0.37 serv/d 0.75	1.00 0.92 (0.78-1.10) 0.80 (0.66-0.98) 0.87 (0.71-1.07) 0.84 (0.67-1.05) 0.88 (0.75-1.03) 1.00 0.93 (0.73-1.20) 0.84 (0.65-1.08) 0.86 (0.66-1.12) 0.69 (0.51-0.93) 0.75 (0.60-0.93) 1.00 0.81 (0.67-0.97) 0.78 (0.64-0.95) 0.88 (0.72-1.08) 0.84 (0.68-1.04) 0.92 (0.85-1.00) 1.00 0.85 (0.67-1.07)	Age, year of interview, father’s dialect, total energy, cigarette smoking, alcohol, physical activity, sleep duration, education, BMI, history of hypertension, ratio of polyunsaturated fatty acids to saturated fatty acids, rice, noodles, fish, red meat, poultry, eggs, legumes, soy protein, white bread, whole-wheat bread, and mutual adjustment between fruit and vegetables Women: also adjusted for menopausal status,

						1.10 1.55 2.53 Per 1 serv/d	0.87 (0.68-1.11) 0.79 (0.61-1.04) 0.71 (0.52-0.95) 0.85 (0.76-0.95)	HRT use
Atkins JL et al, 2014, United Kingdom	British Regional Heart Study	1998-2000 – 2010, 11.3 years follow-up	3328 men, age 60-79 years: 307 CHD cases	Validated FFQ, 86 food items	Fruit and vegetables Fruit Vegetables	Daily vs. <daily Daily vs. <1 day/wk Daily vs. <1 day/wk	1.01 (0.74-1.39) 0.86 (0.54-1.35) 1.29 (0.65-2.56)	Age, smoking, alcohol, physical activity, social class, BMI, energy intake, diet score without respective components
Sharma S et al, 2014, USA	Multiethnic Cohort Study	1993-1996 – 2001, NA	164617 men and women, age 45-75 years: 1951 fatal IHD cases	Validated FFQ	Fruits, men Vegetables, men Fruits, women Vegetables, women	<1.0 serv/d 1.0-1.9 1.9-3.0 3.0-4.8 >4.8 <2.3 serv/d 2.3-3.4 3.4-4.6 4.6-6.6 >6.6 <1.0 serv/d 1.0-1.9 1.9-3.0 3.0-4.8 >4.8 <2.3 serv/d 2.3-3.4 3.4-4.6 4.6-6.6 >6.6	1.00 1.08 (0.90-1.30) 0.94 (0.77-1.14) 1.01 (0.83-1.23) 0.96 (0.77-1.19) 1.00 0.93 (0.78-1.11) 0.76 (0.63-0.93) 0.82 (0.67-1.00) 0.73 (0.58-0.92) 1.00 1.02 (0.81-1.28) 0.85 (0.66-1.08) 1.02 (0.80-1.30) 0.96 (0.73-1.26) 1.00 0.99 (0.80-1.23) 0.76 (0.60-0.97) 0.77 (0.59-0.99) 0.95 (0.72-1.24)	Age, ethnicity, time on study, years of education, energy intake, smoking status and pack-years, BMI, physical activity, diabetes, alcohol Women: also adjusted for hormone replacement therapy
Hjartåker A et al, 2015, Norway	The Migrant Study	1964-1967 – 2008, 20.3 years follow-up	9964 men, mean age 58.0 years: 2386 CHD deaths	FFQ	Vegetables Fruits Berries	0-12 serv/mo 12.0-21.0 21.0-31.5 >31.5 8.0 serv/mo 8.0-16.0 16.0-25.0 >25.0 0-1 serv/mo	1.00 0.88 (0.79-0.99) 0.83 (0.74-0.94) 0.89 (0.78-1.01) 1.00 0.97 (0.87-1.09) 0.97 (0.86-1.09) 1.09 (0.96-1.23) 1.00	Age, BMI, exercise, beer spirits, smoking (cigarettes, pipe, cigar), social status, coffee

						1-3	1.06 (0.95-1.19)	
						3-8	1.08 (0.96-1.21)	
						>8	1.08 (0.96-1.22)	
					Total fruit and vegetables (without potatoes)	0-27 serv/mo	1.00	
						27-43	0.84 (0.75-0.94)	
						43-62	0.83 (0.74-0.94)	
						>62	0.97 (0.87-1.09)	
					Cabbage	0 serv/mo	1.00	
						<1	1.07 (0.87-1.32)	
						1-2	0.97 (0.79-1.18)	
						3-5	0.93 (0.76-1.13)	
						6-13	0.91 (0.74-1.13)	
						>14	1.29 (0.98-1.70)?	
					Swede	0 serv/mo	1.00	
						<1	0.84 (0.72-0.98)	
						1-2	0.89 (0.76-1.03)	
						3-5	0.85 (0.73-1.00)	
						6-13	0.84 (0.69-1.01)	
						>14	0.96 (0.72-1.27)	
					Carrots	0 serv/mo	1.00	
						<1	0.98 (0.71-1.37)	
						1-2	1.00 (0.73-1.36)	
						3-5	0.94 (0.70-1.27)	
						6-13	0.90 (0.66-1.21)	
						>14	0.99 (0.73-1.34)	
					Cauliflower	0 serv/mo	1.00	
						<1	1.03 (0.88-1.21)	
						1-2	1.13 (0.96-1.33)	
						3-5	1.08 (0.90-1.28)	
						>6	1.23 (0.99-1.52)	
					Lettuce, green salad	0 serv/mo	1.00	
						<1	0.86 (0.77-0.96)	
						1-2	0.88 (0.78-1.01)	
						3-5	0.90 (0.77-1.06)	
						>6	0.93 (0.77-1.11)	
					Tomatoes	0 serv/mo	1.00	
						<1	0.85 (0.73-1.00)	
						1-2	0.85 (0.72-0.99)	
						3-5	0.84 (0.71-0.98)	

						6-13	0.77 (0.65-0.92)	
						>14	0.92 (0.75-1.13)	
					Peas	0 serv/mo	1.00	
						<1	0.85 (0.72-1.02)	
						1-2	0.86 (0.73-1.02)	
						3-5	0.80 (0.67-0.95)	
						>6	0.79 (0.63-0.97)	
					Rhubarb	0 serv/mo	1.00	
						<1	0.91 (0.81-1.02)	
						1-2	1.01 (0.89-1.14)	
						3-5	1.03 (0.85-1.18)	
						>6	0.95 (0.73-1.22)	
					Oranges	0 serv/mo	1.00	
						<1	0.82 (0.64-1.04)	
						1-2	0.86 (0.69-1.09)	
						3-5	0.85 (0.68-1.06)	
						6-13	0.80 (0.64-1.00)	
						>14	0.89 (0.72-1.11)	
					Apples	0 serv/mo	1.00	
						<1	0.91 (0.77-1.07)	
						1-2	0.87 (0.74-1.03)	
						3-5	0.86 (0.74-1.01)	
						6-13	0.94 (0.79-1.10)	
						>14	0.85 (0.71-1.02)	
					Grapes	0 serv/mo	1.00	
						<1	0.89 (0.75-1.06)	
						1-2	0.96 (0.80-1.14)	
						3-5	0.99 (0.81-1.21)	
						>6	1.05 (0.82-1.34)	
					Banana	0 serv/mo	1.00	
						<1	0.90 (0.76-1.06)	
						1-2	0.90 (0.76-1.07)	
						3-5	0.89 (0.74-1.06)	
						6-13	1.11 (0.91-1.35)	
						>14	1.04 (0.81-1.33)	
					Garden berries	0 serv/mo	1.00	
						<1	0.89 (0.74-1.07)	
						1-2	0.98 (0.82-1.18)	
						3-5	1.00 (0.83-1.21)	

					  Wild berries	6-13 >14 0 serv/mo <1 1-2 3-5 6-13 >14	0.95 (0.77-1.18) 1.07 (0.83-1.39) 1.00 0.91 (0.78-1.06) 0.92 (0.78-1.08) 0.92 (0.78-1.10) 0.97 (0.80-1.18) 0.98 (0.78-1.22)	
Kobylecki CJ et al, 2015, Denmark	Copenhagen General Population Study	2003-2013, ~10 years follow-up	83256 men and women, age 20-100 years: 2823 IHD cases	FFQ	Fruit and vegetables Fruits Vegetables	1 2 3 Almost never <1/day 1 ≥2 Almost never <1/day 1 ≥2	1.00 0.86 (0.78-0.94) 0.87 (0.78-0.97) 1.00 0.89 (0.78-1.02) 0.78 (0.68-0.88) 0.85 (0.74-0.97) 1.00 0.90 (0.79-1.02) 0.82 (0.72-0.93) 0.86 (0.74-0.99)	Age, sex, smoking, alcohol, BMI, income, vitamin supplementation, physical activity at work and in leisure time, C-reactive protein
Eriksen A et al, 2015, United Kingdom	UK SABRE Study	1988-1990 – 2011, 21 years follow-up	2096 men and women, age 40-69 years: 520 CHD cases	FFQ	Raw fruit and vegetables, European Raw fruit and vegetables, South Asian	Frequent Infrequent Frequent Infrequent	1.00 0.91 (0.66-1.26) 1.00 0.99 (0.77-1.28)	Age, sex, BMI, diastolic blood pressure, systolic blood pressure, hypertension treatment, total cholesterol, HDL cholesterol, social class, employment, physical activity, smoking status, alcohol,
Lai HTM et l, 2015, United Kingdom	UK Women's Cohort study	1995-1998 – 2013, 16.7 years follow-up	30458 women, age 35-69 years: 138 CHD deaths	Validated FFQ, 217 food items	Total fruit Fresh fruit	0-200 g/d 200-302 302-410 410-568 568-1498 Per 80 g/d 0-133 g/d 133-210 210-292 292-415 415-1484	1.00 0.76 (0.47-1.23) 0.53 (0.31-0.91) 0.68 (0.41-1.13) 0.45 (0.25-0.81) 0.93 (0.87-0.99) 1.00 0.55 (0.33-0.93) 0.73 (0.45-1.19) 0.63 (0.38-1.05) 0.39 (0.21-0.71)	Age, BMI, physical activity, smoking status, socio-economic status, alcohol, total vegetables Mutual adjustment between specific types of fruits

						Per 80 g/d	0.89 (0.81-0.97)	
					Fresh fruit and juice	0-190 g/d	1.00	
						190-291	0.60 (0.36-0.99)	
						291-395	0.49 (0.29-0.84)	
						395-550	0.61 (0.37-1.00)	
						550-1497	0.47 (0.22-0.98)	
						Per 80 g/d	0.93 (0.87-1.00)	
					Fresh and dried fruit	0-142 g/d	1.00	
						142-221	0.59 (0.30-1.16)	
						221-305	0.67 (0.35-1.29)	
						305-433	0.61 (0.36-1.02)	
						433-1485	0.41 (0.23-0.73)	
						Per 80 g/d	0.89 (0.82-0.97)	
					Total dried fruit	0-3 g/d	1.00	
						3-6	0.56 (0.31-1.01)	
						6-10	0.72 (0.42-1.22)	
						10-19	0.90 (0.55-1.48)	
						19-460	0.79 (0.47-1.32)	
						Per 25 g/d	0.86 (0.66-1.11)	
					Fruit juice	0-10 g/d	1.00	
						13-30	0.74 (0.43-1.28)	
						41-116	0.77 (0.48-1.24)	
						119-148	0.79 (0.47-1.32)	
						155-1015	0.99 (0.62-1.59)	
						Per 125 g/d	1.01 (0.84-1.21)	
					Total citrus intake	0 g/d	1.00	
						2-22	1.13 (0.52-2.44)	
						23-60	1.01 (0.46-2.22)	
						64-102	0.76 (0.34-1.72)	
						112-182	0.91 (0.41-2.00)	
						190-1422	0.86 (0.37-2.01)	
						Per 80 g/d	0.90 (0.77-1.05)	
					Citrus fruit intake	0 g/d	1.00	
						2-6	0.65 (0.38-1.12)	
						13	0.62 (0.33-1.16)	
						37	0.58 (0.32-1.04)	
						74	0.64 (0.31-1.32)	
						92-552	0.61 (0.27-1.37)	
						Per 80 g/d	0.74 (0.52-1.05)	

					Orange juice	0 g/d	1.00	
						3-10	0.86 (0.54-1.38)	
						20	0.71 (0.35-1.43)	
						58	0.75 (0.42-1.34)	
						116-145	0.91 (0.56-1.48)	
						363-870	0.43 (0.10-1.86)	
						Per 250 g/d	0.83 (0.48-1.42)	
					Berries	0-1.6 g/d	1.00	
						1.7-4.0	0.58 (0.35-0.96)	
						4.0-7.7	0.32 (0.17-0.62)	
						7.8-15.3	0.82 (0.52-1.30)	
						15.4-365	0.75 (0.45-1.26)	
						Per 80 g/d	1.39 (0.91-2.12)	
					Pomes (apples, pears)	0-19 g/d	1.00	
						24-55	1.39 (0.85-2.28)	
						62-102	0.99 (0.47-2.66)	
						108-133	1.29 (0.75-2.23)	
						139-1392	1.19 (0.67-2.11)	
						Per 80 g/d	0.97 (0.77-1.20)	
					Tropical fruit (bananas, kiwi,	0-18 g/d	1.00	
					mangoes, papaya,	18-45	0.73 (0.46-1.17)	
					pineapple)	45-76	0.41 (0.18-0.94)	
						76-107	0.76 (0.48-1.21)	
						107-717	0.70 (0.40-1.22)	
						Per 80 g/d	0.83 (0.63-1.09)	
					Drupes (apricots, nectarines,	0-1 g/d	1.00	
					peaches, plums)	1-3	0.56 (0.35-0.91)	
						3-6	0.38 (0.22-0.67)	
						6-10	0.66 (0.40-1.09)	
						10-165	0.72 (0.41-1.25)	
						Per 80 g/d	0.27 (0.02-3.11)	
					Grapes	0-2 g/d	1.00	
						7	0.66 (0.42-1.03)	
						14	0.65 (0.39-1.07)	
						40	0.59 (0.35-0.99)	
						80-600	0.57 (0.31-1.05)	
						Per 80 g/d	0.70 (0.45-1.10)	

Stefler D et al, 2016, Czech Republic, Poland and Russia	Health, Alcohol and Psychosocial Factors in Eastern Europe study	2002-2005 – NA, 7.1 years follow-up	19333 men and women, mean age ~57 years: 226 CHD deaths	FFQ, 136, 148, 147 food items	Fruits and vegetables Fruits Vegetables	214.1 g/d 352.1 514.7 831.4 Per 100 g/d 75.2 g/d 170.2 268.8 482.3 Per 100 g/d 119.4 g/d 189.4 247.0 371.3 Per 100 g/d	1.00 0.79 (0.55-1.13) 0.85 (0.59-1.25) 0.92 (0.60-1.39) 0.99 (0.89-1.09) 1.00 0.91 (0.65-1.28) 0.73 (0.49-1.08) 0.86 (0.55-1.33) 0.95 (0.85-1.07) 1.00 0.94 (0.66-1.34) 0.82 (0.55-1.20) 1.00 (0.66-1.51) 1.01 (0.89-1.14)	Age, sex, cohort, alcohol, smoking, education, household amenities, marital status, energy intake, physical activity, vitamin supplement use, healthy diet index (without fruit and vegetable component, saturated fatty acids, n-3 polyunsaturated fatty acids, n-6 polyunsaturated fatty acids, trans fatty acids, mono and disaccharides, protein, cholesterol, fiber), mutual adjustment between fruits and vegetables
Wang JB et al, 2016, China	Linxian Nutrition Intervention Trial cohort	1984-1991 - 2010, 19-26 years follow-up	2445 men and women, age 40-69 years: 355 heart disease deaths	FFQ, 64 food items	All vegetables Dark green vegetables Yellow orange vegetables Starcy vegetables Cruciferous vegetables Liliacae Other vegetables All fruits Citrus fruits/melon Non-citrus fruits	Per 1 time/d Per 2 times/wk Per 1 time/d Per 1 time/d Per 1 time/d Per 1 time/d Per 1 time/d Per 3 times/mo Per 1 time/mo Per 2 times/mo	0.89 (0.83-0.96) 0.72 (0.48-1.06) 0.77 (0.60-0.97) 0.95 (0.76-1.20) 0.81 (0.60-1.11) 0.98 (0.75-1.28) 0.79 (0.68-0.93) 0.89 (0.82-0.98) 0.92 (0.84-1.01) 0.93 (0.87-0.99)	Age, sex, commune, smoking, drinking, season, BMI

Du H et al, 2016, China	China Kadoorie Biobank Study	2004-2008 - NA, ~7 years follow-up	451665 men and women, age 30-79 years: 2551 major coronary events 16563 other ischemic heart disease cases	FFQ, 12 food items	Fruits fruits, major coronary events Fresh fruits, other ischemic heart disease	Never, rarely Monthly 1-3 days/wk 4-6 days/wk Daily Never, rarely Monthly 1-3 days/wk 4-6 days/wk Daily	1.00 0.83 (0.73-0.94) 0.77 (0.67-0.88) 0.64 (0.52-0.78) 0.66 (0.55-0.78) 1.00 0.96 (0.90-1.02) 0.90 (0.85-0.97) 0.92 (0.85-1.00) 0.88 (0.82-0.95)	Age, sex, region, education, income, alcohol, smoking status, physical activity, survey season, dairy products, meat, preserved vegetables
Buil-Cosiales P et al, 2016, Spain	Prevencion con Dieta Mediterranea (PREDIMED) trial	2003-2009 - 2012, 6 years follow-up	7216 men and women, age 55-80 years: 118 acute MI cases	Validated FFQ, 137 food items	Fruits Vegetables Fruits and vegetables Citrus fruits Apples, pears Green leafy vegetables Cruciferous vegetables	<3 serv/d 3-4 5-7 >7 <3 serv/d 3 4 5 >5 <5 serv/d 5-6 7-8 9-10 >10 <3 serv/wk 3-7 8-12 >12 <3 serv/wk 3-7 8-12 >12 <3 serv/wk 3-4 5-6 >6 <1 serv/wk 1	1.00 1.83 (0.08-3.12) 0.99 (0.52-1.87) 1.02 (0.41-2.54) 1.00 0.77 (0.45-1.33) 0.62 (0.34-1.13) 0.61 (0.30-1.24) 0.64 (0.30-1.34) 1.00 1.10 (0.62-2.32) 1.16 (0.60-2.23) 0.52 (0.23-1.18) 0.58 (0.25-1.35) 1.00 0.84 (0.46-1.54) 1.53 (0.86-2.76) 1.24 (0.70-2.18) 1.00 0.95 (0.50-1.65) 1.06 (0.54-2.65) 0.83 (0.45-1.53) 1.00 0.83 (0.46-1.50) 0.79 (0.45-1.38) 0.52 (0.29-0.94) 1.00 1.10 (0.72-1.69)	Age, sex, smoking status, type 2 diabetes at baseline, waist-to-height ratio, systolic and diastolic blood pressure, intervention group, use of statins, alcohol, educational level, physical activity, total energy intake, family history of premature CHD, dyslipidemia at baseline, intervention centre, olive oil, whole grains, mutual adjustment between fruits and vegetables, total energy intake

						>1	0.32 (0.10-1.32)	
					Carotene-rich fruits and vegetables	<1 serv/wk 1 2-3 >3	1.00 0.75 (0.39-1.45) 0.63 (0.34-1.18) 0.61 (0.33-1.12)	
					Lutein-rich fruits and vegetables	<1 serv/wk 1 >1	1.00 0.84 (0.54-1.30) 0.63 (0.33-1.22)	
					Lycopene-rich fruits and vegetables	<3 serv/wk 3-6 7-9 >9	1.00 0.80 (0.46-1.38) 0.88 (0.52-1.50) 0.86 (0.44-1.67)	
					Vitamin R-rich fruits and vegetables	<3 serv/wk 3-7 8-12 >12	1.00 1.03 (0.51-2.08) 0.83 (0.39-1.78) 1.35 (0.74-2.48)	
Goetz ME et al, 2016, USA	REasons for Geographic and Racial Differences in Stroke (REGARDS) study	2003-2007 - 2011, 6 years follow-up	16678 black and white men and women, age ≥45 years: 589 CHD cases	Validated FFQ, 107 food items	Apples or pears Berries	≥3 serv/wk ≥2 serv/wk	0.74 (0.56-0.99) 0.70 (0.53-0.93)	Age, energy, sex, race, region of residence, education, household income, exercise, smoking status, percentage of calories from sweets, fiber, trans fat, and n-3 fatty acids, BMI, aspirin use, history of or use of medications for hypertension, diabetes, hyperlipidemia
Larsson SC et al, 2016, Sweden	Cohort of Swedish Men	1997-1998 - 2010, 13 years follow-up	36508 men, age 45-79 years: 2979 MI cases	Validated FFQ, 96 food items	Potatoes	0-3.4 times/wk 3.5-4.4 4.5-5.4 5.5-7.0 >7.0	1.00 0.96 (0.85-1.08) 1.00 (0.88-1.14) 1.02 (0.89-1.16) 1.05 (0.92-1.19)	Age, education, family history of MI before age 60 years, smoking status and pack-years of smoking, aspirin use, walking or bicycling, exercise, BMI, history of hypertension, history of hypercholesterolemia, alcohol, total energy intake

Larsson SC et al, 2016, Sweden	Swedish Mammography Cohort	1997-1998 - 2010, 13 years follow-up	32805 women, age 49-83 years: 1437 MI cases	Validated FFQ, 96 food items	Potatoes	0-3.4 times/wk 3.5-4.4 4.5-5.4 5.5-7.0 >7.0	1.00 0.95 (0.80-1.12) 1.10 (0.91-1.33) 0.99 (0.82-1.18) 0.97 (0.80-1.17)	Age, education, family history of MI before age 60 years, smoking status and pack-years of smoking, aspirin use, walking or bicycling, exercise, BMI, history of hypertension, history of hypercholesterolemia, alcohol, total energy intake
Larsson SC et al, 2016, Sweden	Cohort of Swedish Men & Swedish Mammography Cohort	1997-1998 - 2010, 13 years follow-up	36508 men, age 45-79 years: 2979 MI cases 32805 women, age 49-83 years: 1437 MI cases	Validated FFQ, 96 food items	Boiled potatoes Fried potatoes French fries	≤2 times/wk 3-4 5-6 ≥7 ≤3 times/mo 1-2/wk 3-4 ≥5 ≤3 times/mo 1-2/wk 3-4 ≥5	1.00 0.96 (0.88-1.05) 1.00 (0.90-1.11) 1.00 (0.90-1.11) 1.00 0.99 (0.92-1.08) 1.03 (0.95-1.12) 1.03 (0.87-1.21) 1.00 0.97 (0.90-1.04) 1.06 (0.92-1.22) 1.01 (0.71-1.42)	Age, education, family history of MI before age 60 years, smoking status and pack-years of smoking, aspirin use, walking or bicycling, exercise, BMI, history of hypertension, history of hypercholesterolemia, alcohol, total energy intake

ACS= Acute coronary syndrome, BMI=Body mass index, CABG=coronary artery bypass grafting, CAD=coronary artery disease, CHD=coronary heart disease, FFQ=food frequency questionnaire, HDL=high-density lipoprotein-cholesterol, HRT=hormone replacementtherapy, IHD=ischemic heart disease,LDL=low-density lipoprotein-cholesterol, MI=myocardial infarction, n-3 =omega-3, PTCA=percutaneous transluminal coronary angioplasty, RDA=recommended daily allowance, WHR = Waist-to-hip ratio

Supplementary Table 4: Cohort studies of fruit and vegetable intake and stroke.

Author, publication year, country/ region	Study name	Follow-up period	Study size, gender, age, number of cases	Dietary assess-ment	Exposure	Quantity	RR (95% CI)	Adjustment for confounders
Gillman MW et al, 1995, USA	Framingham Study	1966-1969 – NA, 20 years follow-up	832 men, age 45-65 years: 97 cerebro-vascular events 61 ischemic strokes 14 hemorrhagic strokes	24-hour recall interview	Fruits and vegetables, cerebrovascular events Fruits and vegetables, ischemic stroke Fruits and vegetables, hemorrhagic stroke	Per 3 serv/day Per 3 serv/day Per 3 serv/day	0.77 (0.60-0.98) 0.75 (0.55-1.03) 0.64 (0.31-1.30)	Age, systolic blood pressure, serum cholesterol, cigarette smoking, glucose intolerance, BMI, physical activity index, left ventricular hypertrophy, energy, ethanol, fat intake
Keli SO et al, 1996, Netherlands	The Zutphen Study	1970 - 1985, 15 years follow-up	552 men, age 50-69 years: 42 fatal and nonfatal stroke	Dietary history interview	Fruit Vegetables Citrus fruits	41 g/day 41-99.7 99.8 153.2 153.2-215.7 215.8 11.2 g/d 58.9 126.3	1.00 0.83 (0.41-1.66) 0.52 (0.21-1.31) 1.00 0.75 (0.37-1.51) 0.82 (0.35-1.94) 1.00 0.91 (0.44-1.89) 0.93 (0.39-2.22)	Age, systolic blood pressure, serum cholesterol, energy intake, lifetime cigarette smoking exposure until 1970, fish consumption, alcohol consumption
Joshipura KJ et al, 1999, USA	Nurses' Health Study	1980-1994, 14 years follow-up	75596 women, age 34-59 years: 366 ischemic strokes	Validated FFQ	All fruits and vegetables All fruits	1 (2.93 serv/day) 2 3 4 5 (10.15/day) Per 1 serv/d 1 (0.86 serv/d) 2 3 4 5 (4.54 serv/d)	1.00 0.89 (0.66-1.20) 0.75 (0.55-1.04) 0.60 (0.42-0.85) 0.74 (0.52-1.05) 0.93 (0.87-1.00) 1.00 0.88 (0.65-1.20) 0.82 (0.60-1.13) 0.66 (0.47-0.93) 0.69 (0.49-0.98)	Age, smoking, alcohol, family history of myocardial infarction, BMI, vitamin supplement use, vitamin E use, physical activity, aspirin use, time period, hypertension, hypercholesterol-emia, total energy, HRT

						Per 1 serv/d	0.87 (0.78-0.96)	
					All vegetables	1 (1.60 serv/d)	1.00	
						2	1.23 (0.92-1.65)	
						3	0.88 (0.63-1.22)	
						4	0.76 (0.54-1.08)	
						5 (6.21)	0.89 (0.63-1.26)	
						Per 1 serv/d	0.95 (0.86-1.06)	
					Total citrus fruits	1 (0.08 serv/d)	1.00	
						2	0.70 (0.51-0.96)	
						3	0.82 (0.60-1.10)	
						4	0.72 (0.52-0.98)	
						5 (1.80)	0.59 (0.42-0.82)	
						Per 1 serv/d	0.75 (0.62-0.91)	
					Citrus fruit juices	1 (0.00 serv/d)	1.00	
						2	0.80 (0.58-1.11)	
						3	0.77 (0.56-1.05)	
						4	0.91 (0.66-1.25)	
						5 (1.00)	0.61 (0.45-0.84)	
						Per 1 serv/d	0.73 (0.56-0.93)	
					Cruciferous vegetables	1 (0.14 serv/d)	1.00	
						2	1.09 (0.80-1.50)	
						3	1.04 (0.77-1.42)	
						4	0.91 (0.65-1.26)	
						5 (0.95)	0.77 (0.54-1.08)	
						Per 1 serv/d	0.69 (0.44-1.08)	
					Green leafy vegetables	1 (0.16 serv/d)	1.00	
						2	0.65 (0.46-0.91)	
						3	0.71 (0.52-0.96)	
						4	0.77 (0.56-1.06)	
						5 (1.51)	0.76 (0.55-1.05)	
						Per 1 serv/d	0.84 (0.61-1.15)	
					Vitamin C-rich fruits and	1 (0.54 serv/d)	1.00	
					vegetables	2	0.83 (0.62-1.12)	
						3	0.73 (0.54-1.00)	
						4	0.68 (0.49-0.95)	
						5 (3.08)	0.64 (0.46-0.89)	
						Per 1 serv/d	0.80 (0.68-0.93)	
					Potatoes	1 (0.14 serv/d)	1.00	
						2	0.96 (0.61-1.52)	

						3	0.92 (0.61-1.39)	
						4	1.12 (0.74-1.72)	
						5 (0.96)	1.09 (0.69-1.72)	
						Per 1 serv/d	1.15 (0.69-1.90)	
					All fruit and vegetables, total stroke (HPFS and NHS combined)	Per 1 serv/d	0.96 (0.93-1.00)	
Joshipura KJ et al, 1999, USA	Health Professionals Follow-up Study	1986-1994, 8 years follow-up	38683 men, age 40-75 years: 204 ischemic strokes	Validated FFQ	All fruits and vegetables	1 (2.54 serv/d)	1.00	Age, smoking, alcohol, family history of myocardial infarction, BMI, vitamin supplement use, vitamin E use, physical activity, aspirin use, time period, hypertension, hypercholesterol-emia, total energy
						2	0.77 (0.49-1.20)	
						3	0.70 (0.44-1.10)	
						4	1.03 (0.67-1.57)	
						5 (9.15)	0.61 (0.37-1.00)	
						Per 1 serv/d	0.96 (0.89-1.03)	
					All fruits	1 (0.86 serv/d)	1.00	
						2	0.78 (0.50-1.22)	
						3	0.84 (0.54-1.31)	
						4	0.87 (0.56-1.34)	
						5 (4.54)	0.68 (0.42-1.10)	
						Per 1 serv/d	0.93 (0.82-1.05)	
					All vegetables	1 (1.36 serv/d)	1.00	
						2	0.99 (0.65-1.51)	
						3	0.76 (0.49-1.20)	
						4	0.81 (0.51-1.26)	
						5 (5.37)	0.90 (0.58-1.41)	
						Per 1 serv/d	0.98 (0.88-1.09)	
					Total citrus fruits	1 (0.08 serv/d)	1.00	
						2	1.24 (0.80-1.92)	
						3	0.92 (0.59-1.45)	
						4	0.92 (0.59-1.44)	
						5 (1.88)	0.92 (0.59-1.44)	
						Per 1 serv/d	0.93 (0.73-1.18)	
					Citrus fruit juices	1 (0.00 serv/d)	1.00	
						2	0.91 (0.60-1.39)	
						3	0.84 (0.54-1.31)	
						4	0.85 (0.53-1.37)	
						5 (1.00)	0.74 (0.49-1.13)	
						Per 1 serv/d	0.80 (0.57-1.13)	
					Cruciferous vegetables	1 (0.14 serv/d)	1.00	
						2	0.65 (0.42-0.99)	

						3	0.82 (0.54-1.23)	
						4	0.69 (0.45-1.05)	
						5 (1.01)	0.64 (0.42-0.99)	
						Per 1 serv/d	0.70 (0.43-1.14)	
					Green leafy vegetables	1 (0.16 serv/d)	1.00	
						2	1.01 (0.67-1.52)	
						3	1.08 (0.70-1.67)	
						4	0.76 (0.49-1.17)	
						5	0.76 (0.48-1.20)	
						Per 1 serv/d	0.73 (0.52-1.03)	
					Vitamin C-rich fruits and vegetables	1 (0.46 serv/d)	1.00	
						2	0.82 (0.52-1.27)	
						3	0.62 (0.39-0.99)	
						4	1.00 (0.66-1.51)	
						5 (2.96)	0.77 (0.49-1.20)	
						Per 1 serv/d	0.95 (0.80-1.13)	
					Potatoes	1 (0.14 serv/d)	1.00	
						2	1.11 (0.81-1.52)	
						3	1.10 (0.81-1.50)	
						4	1.04 (0.74-1.46)	
						5 (1.02)	1.23 (0.88-1.72)	
						Per 1 serv/d	1.25 (0.85-1.83)	
Hirvonen T et al, 2000, Finland	Alpha-Tocopherol, Beta-Carotene Cancer Prevention Study	NA – 1993, 6.1 years follow-up	26593 male smokers, age 50-69 years: 736 cerebral infarctions 83 subarachnoid hemorrhages 95 intracerebral hemorrhages	Validated FFQ, 276 food items	Berries, cerebral infarction	<12 g/d	1.00	Age, supplementation group, systolic blood pressure, diastolic blood pressure, serum total and HDL cholesterol, BMI, height, smoking-years, number of cigarettes daily, history of coronary heart disease or diabetes mellitus, alcohol intake and education
						12-26	0.75 (0.61-0.92)	
						27-49	0.91 (0.75-1.11)	
						>49	0.81 (0.66-1.00)	
					Berries, subarachnoid hemorrhage	<12 g/d	1.00	
						12-26	0.73 (0.38-1.42)	
						27-49	1.28 (0.72-2.29)	
						>49	1.16 (0.63-2.14)	
					Berries, intracerebral hemorrhage	<12 g/d	1.00	
						12-26	0.65 (0.35-1.19)	
						27-49	0.98 (0.57-1.68)	
						>49	0.87 (0.50-1.51)	

Yokoyama T et al, 2000, Japan	The Shibata Study	1977-1997, 20 years follow-up	2121 men and women, age ≥40 years: 196 strokes 109 cerebral infarctions 54 hemorrhagic stroke	FFQ interview, 66 food items	Vegetables, total stroke Vegeables, CI Vegetables, HS Fruits, total stroke Fruits, CI Fruits, HS	0-2 days/wk 3-5 6-7 0-2 days/wk 3-5 6-7 0-2 days/wk 3-5 6-7 0-2 days/wk 3-5 6-7 0-2 days/wk 3-5 6-7 0-2 days/wk 3-5 6-7	1.00 0.59 (0.23-1.49) 0.46 (0.23-0.92) 1.00 0.83 (0.24-2.92) 0.56 (0.20-1.56) 1.00 0.42 (0.06-3.10) 0.51 (0.12-2.18) 1.00 0.84 (0.57-1.25) 0.85 (0.58-1.23) 1.00 0.74 (0.45-1.23) 0.68 (0.41-1.12) 1.00 0.61 (0.28-1.36) 0.92 (0.46-1.85)	Age, sex, mean blood pressure, total cholesterol, BMI, presence of atrial fibrillation, antihypertensive medication use, personal history of ischemic heart disease, physical activity, smoking, alcohol drinking
Knekt P et al, 2000, Finland	Finnish Mobile Clinic Health Examination Survey	1966-1972 – 1994, 28 years follow-up	9208 men and women, age 30-69 years: 445/378 total stroke cases 309/259 acute strokes 236/197 thrombosis/ embolia cases 55/40 intracerebral hemorrhage cases	Dietary history interview	Apple, total, men Apple, acute Apple, thrombosis Apple, intracerebral hemorrhage Apple, total, women Apple, acute Apple, thrombosis Apple, intracerebral hemorrhage Onion, total, men Onion, acute Onion, thrombosis Onion, intracerebral hemorrhage Onion, total, women Onion, acute Onion, thrombosis Onion, intracerebral hemorrhage	>54 vs 0 g/day >54 vs 0 g/day >54 vs 0 g/day >54 vs 0 g/day >71 vs <5 g/day >71 vs <5 g/day >71 vs <5 g/day >71 vs <5 g/day >5 vs <3 g/day >5 vs <3 g/day >5 vs <3 g/day >5 vs <3 g/day >4 vs <2 g/day >4 vs <2 g/day >4 vs <2 g/day >4 vs <2 g/day	0.65 (0.45-0.94) 0.70 (0.60-1.51) 0.59 (0.35-0.99) 0.84 (0.32-2.19) 0.95 (0.60-1.51) 0.77 (0.44-1.33) 0.61 (0.33-1.12) 0.61 (0.15-2.49) 0.83 (0.61-1.14) 0.87 (0.60-1.25) 1.11 (0.72-1.71) 0.60 (0.26-1.37) 1.01 (0.71-1.42) 1.37 (0.91-2.08) 1.44 (0.90-2.31) 1.12 (0.38-3.30)	Age, serum cholesterol, BMI, smoking, hypertension, geographical region, diabetes mellitus, occupation, intakes of quercetin, beta-carotene, vitamin E, vitamin C, fibre, saturated fatty acids, monounsaturated fatty acids, polyunsaturated fatty acids, energy intake

Bazzano LA et al, 2002, USA	National Health and Nutrition Examination Survey 1 Epidemiologic Follow-up Study	1971-1975 - 1992, 19 years follow-up	9608 men and women, age 25-74 years: 888 total strokes 218 fatal strokes	FFQ	Fruit and vegetables, total strokes Fruit and vegetables, fatal strokes	<1 time/day 1 /day 2 ≥3 <1 time/day 1 /day 2 ≥3	1.00 1.04 (0.86-1.26) 0.93 (0.76-1.13) 0.73 (0.57-0.95) 1.00 0.83 (0.56-1.22) 0.74 (0.48-1.12) 0.58 (0.33-1.02)	Age, sex, race, diabetes mellitus, physical activity, education level, regular alcohol consumption, current cigarette smoking at baseline, vitamin supplement use, total energy
Appleby PN et al, 2002, UK	The Health Food Shoppers Study	1973-1979 – 1997, 19.8 years follow-up	10741 men and women, age 16-89 years: 356 stroke deaths	FFQ	Fresh fruit Dried fruit, nuts Raw vegetable salads	Daily vs less Daily vs less Daily vs less	0.85 (0.64-1.12) 0.92 (0.73-1.17) 1.11 (0.88-1.41)	Age at recruitment, sex, smoking, wholemeal bread, bran cereals mutual adjustment between fresh fruit, nuts/dried fruit, raw vegetables salads
Qiu D et al, 2003, China	NA	1994-1996 – 2000, 6 years follow-up	50252 men and women, age ≥40 years: 632 cerebro-vascular disease deaths	FFQ, 12 food items	Chinese pickles	Never or seldom 1-2/mo >1/wk	1.00 0.91 (0.74-1.13) 0.79 (0.63-0.98)	Age, sex, area, cigarette smoking, alcohol, blood pressure, BMI, marital status, fatty foods, salty foods, meat, sleeping hours per day
Johnsen SP et al, 2003, Denmark	Danish Diet, Cancer, and Health study	1993-1997 – 1998-1999, 3.09 years follow-up	54506 men and women, age 50-64 years: 266 ischemic strokes	Validated FFQ, 192 food items	All fruits and vegetables All fruit All vegetables Leafy vegetables	147 g/d 253 346 460 673 41 g/d 107 167 249 423 66 g/d 117 162 215 312 1.4 g/d	1.00 0.85 (0.60-1.21) 0.88 (0.61-1.27) 0.73 (0.49-1.11) 0.72 (0.47-1.12) 1.00 0.92 (0.65-1.32) 1.04 (0.72-1.49) 0.72 (0.48-1.10) 0.60 (0.38-0.95) 1.00 1.03 (0.72-1.48) 1.08 (0.74-1.57) 1.13 (0.76-1.67) 1.00 (0.66-1.53) 1.00	Sex, total energy, smoking status, systolic blood pressure, diastolic blood pressure, total serum cholesterol, history of diabetes mellitus, BMI, alcohol intake, red meat, n-3 fatty acids, physical activity, education

						7.8 28.0	0.65 (0.44-0.96) 0.77 (0.52-1.14)	
					Fruiting vegetables	21.3 g/d 57.9 120.5	1.00 0.88 (0.60-1.29) 0.79 (0.51-1.20)	
					Root vegetables	4.4 g/d 21.1 87.2	1.00 0.89 (0.61-1.31) 1.01 (0.67-1.53)	
					Cruciferous vegetables	4.0 g/d 15.4 35.4	1.00 0.72 (0.49-1.06) 0.92 (0.63-1.33)	
					Mushrooms	3.0 g/d 8.3 24.2	1.00 1.12 (0.75-1.66) 1.14 (0.76-1.71)	
					Onion and garlic	7.0 g/d 18.2 43.1	1.00 1.11 (0.74-1.65) 0.95 (0.61-1.47)	
					Stalk vegetables and sprouts	2.5 g/d 6.8 14.9	1.00 0.59 (0.39-0.90) 0.86 (0.58-1.25)	
					Citrus fruit	2.9 g/d 14.4 100.0	1.00 0.77 (0.52.1.14) 0.63 (0.41-0.96)	
					Other fruit	24.1 g/d 112.6 318.3	1.00 0.89 (0.62-1.28) 0.67 (0.43-1.04)	
					Fruit and vegetable juice	0.2 g/d 8.7 100.4	1.00 1.38 (0.90-2.10) 1.02 (0.68-1.54)	
Sauvaget C et al, 2003, Japan	The Life Span Study	1980-1981 – 1998, 18 years follow-up	40349 men and women, age 34-97 years: 1926 stroke deaths	FFQ, 22 food items	Fruits, men	0-1serv./wk 2-4/wk daily	1.00 0.81 (0.67-0.99) 0.65 (0.53-0.80)	Age, radiation dose, city, BMI, smoking status, alcohol habits, education level, hypertension history, mycardial infarction history, diabetes, consumption of animal products (egg, dairy, fish)
					Fruits, women	0-1serv./wk 2-4/wk Daily	1.00 0.97 (0.83-1.15) 0.75 (0.64-0.88)	
					Green-yellow vegetables, men	0-1serv./wk 2-4/wk daily	1.00 0.83 (0.69-0.99) 0.77 (0.62-0.95)	
					Green-yellow vegetables,	0-1serv./wk	1.00	

					women	2-4/wk Daily	0.96 (0.83-1.10) 0.81 (0.68-0.96)	
Steffen LM et al, 2003, USA	Atherosclerosis Risk in Communities Study	1987-1989 – 1999, 11 years follow-up	11940 men and women, age 45-64 years: 214 ischemic strokes	FFQ, 66 food items	Fruits and vegetables	1.5 serv./day 2.5 3.5 5.0 7.5	1.00 1.55 (1.02-2.37) 1.10 (0.69-1.76) 1.04 (0.63-1.70) 0.94 (0.54-1.63)	Age at baseline, race, sex, time-dependent energy intake, education, smoking, physical activity, alcohol intake, BMI, waist-to-hip ratio, systolic blood pressure, Antihypertensive medication use, HDL cholesterol, LDL cholesterol Women: HRT
Sesso HD et al, 2003, USA	Women's Health Study	1992 - , 7.2 years follow-up	39876 women, age ≥45 years:247 strokes	Validated FFQ, 131 food items	Tomato-based products	1.4 serv./wk 2.5 5.0 8.0 12.0	1.00 0.97 (0.66-1.41) 1.34 (0.91-1.99) 0.72 (0.41-1.27) 0.20 (0.05-0.84)	Age, randomized aspirin, randomized vitamin E, randomized beta-carotene, BMI, smoking, HRT, parental history of myocardial prem. infarction, diabetes mellitus, hypertension, high cholesterol, intake of fruit, vegetables, alcohol, fiber, folate, nonsupplemental vitaminE, saturated fatty acids

Pham TM et al, 2007, Japan	The Miyako Study	1986-2003, 13.8 years follow-up	9651 men and women, age ≥40 years: 226 stroke deaths	Question-naire	Vegetables, total stroke Vegetables, intracerebral hemorrhage Vegetables, cerebral infarction Fruits, total stroke Fruits, intracerebral hemorrhage Fruits, cerebral infarction	Not daily Daily Not daily Daily Not daily Daily Not daily Daily Not daily Daily Not daily Daily	1.0 1.0 (0.72-1.25) 1.0 1.1 (0.60-1.99) 1.0 1.2 (0.87-1.88) 1.0 0.9 (0.56-1.28) 1.0 1.2 (0.51-2.74) 1.0 1.0 (0.54-1.65)	Age, sex, BMI, diabetes history, history of hypertension, transfusion, smoking, alcohol, mutual adjustment between fruit and vegetables
Sesso HD et al, 2007, USA	Women's Health Study	1992- , 10.1 years follow-up	38176 women, age ≥45 years: 339 stroke cases	Validated FFQ, 131 food items	Strawberries	None 1-3 serv/mo 1/wk ≥2/wk	1.00 1.02 (0.77-1.36) 1.07 (0.78-1.46) 1.59 (1.06-2.41)	Age, randomized aspirin/vitamin E / beta-carotene treatment, total energy intake, BMI, exercise, alcohol intake, smoking, HRT, parental history of myocardial infarction<60 years
Mink PJ et al, 2007, USA	Iowa Women's Health Study	1986-2002, 16 years follow-up	34489 women, age 55-69 years: 469 stroke deaths	FFQ,	Apples and pears Orange juice	<1.00 serv/wk 1.00 >1.00 <1.00 serv/wk 1.00 >1.00	1.00 0.85 (0.64-1.12) 0.85 (0.68-1.07) 1.00 0.68 (0.47-0.98) 0.91 (0.75-1.12)	Age, energy intake, marital status, education, blood pressure, diabetes, BMI, waist-to-hip ratio, physical activity, smoking, estrogen use
Iso H et al, 2007, Japan	Japan Collaborative Cohort Study	1988-1990 – 2003, ~12.8 years follow-up	42513 men and 57777 women, age 40-79 years: 1229/ 1032 stroke deaths	FFQ, 39 food items	Spinach or garland chysanthemum, men Carrot or pumpkin Tomatoes Cabbage or head lettuce	<3/wk 3-4 ≥5 <1/wk 1-2 ≥3-4 <1/wk 1-2 ≥3-4 <3/wk 3-4 ≥5	1.00 1.01 (0.87-1.18) 0.87 (0.75-1.01) 1.00 0.98 (0.82-1.16) 0.99 (0.83-1.17) 1.00 1.00 (0.86-1.17) 1.00 (0.86-1.17) 1.00 0.94 (0.81-1.09) 0.90 (0.76-1.06)	Age, area of study

					Chinese cabbage	<1/wk	1.00	
						1-2	0.91 (0.76-1.09)	
						≥3	0.97 (0.82-1.16)	
					Sansai (edible wild plants	<1/wk	1.00	
						1-2	1.14 (0.95-1.36)	
						≥3	1.14 (0.93-1.40)	
					Fungi (enokidake, shiitake, mushroom)	<1/wk	1.00	
						1-2	1.09 (0.93-1.27)	
						≥3	1.04 (0.88-1.23)	
					Potatoes	<1/wk	1.00	
						1-2	0.95 (0.80-1.12)	
						≥3	1.03 (0.87-1.21)	
					Seaweed (algae)	<3/wk	1.00	
						3-4	1.09 (0.95-1.26)	
						≥5	1.03 (0.90-1.18)	
					Pickles	<3/wk	1.00	
						3-4	0.97 (0.81-1.17)	
						≥5	0.79 (0.69-0.91)	
					Citrus fruits	<3/wk	1.00	
						3-4	0.93 (0.79-1.09)	
						≥5	0.82 (0.70-0.96)	
					Fresh fruit juice	<1/wk	1.00	
						1-2	0.91 (0.78-1.07)	
						≥3	0.69 (0.58-0.82)	
					Other fruits	<3/wk	1.00	
						3-4	0.75 (0.63-0.90)	
						≥5	0.85 (0.72-0.99)	
					Spinach or garland chysanthemum, men	<3/wk	1.00	
						3-4	1.07 (0.91-1.26)	
						≥5	0.84 (0.71-0.98)	
					Carrot or pumpkin	<1/wk	1.00	
						1-2	0.86 (0.69-1.07)	
						≥3-4	0.89 (0.72-1.09)	
					Tomatoes	<1/wk	1.00	
						1-2	1.07 (0.90-1.27)	
						≥3-4	1.01 (0.86-1.20)	
					Cabbage or head lettuce	<3/wk	1.00	
						3-4	1.01 (0.86-1.19)	
						≥5	0.95 (0.80-1.12)	

					Chinese cabbage	<1/wk	1.00	
						1-2	0.96 (0.79-1.16)	
						≥3	0.87 (0.72-1.05)	
					Sansai (edible wild plants	<1/wk	1.00	
						1-2	1.03 (0.84-1.26)	
						≥3	0.96 (0.76-1.20)	
					Fungi (enokidake, shiitake, mushroom)	<1/wk	1.00	
						1-2	1.07 (0.87-1.32)	
						≥3	0.81 (0.69-0.95)	
					Potatoes	<1/wk	1.00	
						1-2	1.08 (0.92-1.28)	
						≥3	0.98 (0.82-1.17)	
					Seaweed (algae)	<3/wk	1.00	
						3-4	0.91 (0.77-1.08)	
						≥5	0.88 (0.74-1.04)	
					Pickles	<3/wk	1.00	
						3-4	0.90 (0.77-1.05)	
						≥5	0.82 (0.70-0.97)	
					Citrus fruits	<3/wk	1.00	
						3-4	0.95 (0.79-1.14)	
						≥5	0.71 (0.60-0.84)	
					Fresh fruit juice	<1/wk	1.00	
						1-2	0.85 (0.70-1.02)	
						≥3	0.66 (0.55-0.78)	
					Other fruits	<3/wk	1.00	
						3-4	0.88 (0.73-1.08)	
						≥5	0.86 (0.73-1.02)	
Nagura J et al, 2009, Japan	Japan Collaborative Cohort Study	1988-1990 - 2003, 12.7years follow-up	25206 men and 34279 women, age 40-79 years: 559/ 494 stroke deaths	FFQ, 33 foods	Fruit, total stroke	0.9 serv/wk	1.00	Age, sex, BMI, smoking status, alcohol, hours of walking, hours of sleep, education years, perceived mental stress, cholesterol intake, saturated fatty acids, n-3 fatty acids, sodium intake, hyperstension and diabetes history
						2.3	0.81 (0.69-0.96)	
						3.9	0.76 (0.64-0.90)	
						5.9	0.65 (0.53-0.80)	
					Fruit, haemorrhagic stroke	0.9 serv/wk	1.00	
						2.3	0.76 (0.58-1.00)	
						3.9	0.72 (0.55-0.95)	
						5.9	0.59 (0.42-0.82)	
					Fruit, ischaemic stroke	0.9 serv/wk	1.00	
						2.3	0.76 (0.57-1.01)	
						3.9	0.83 (0.63-1.11)	
						5.9	0.71 (0.50-1.00)	

					Vegetables, total stroke Vegetables, haemorrhagic stroke Vegetables, ischaemic stroke	1.2 serv/wk 2.3 3.4 5.2 1.2 serv/wk 2.3 3.4 5.2 1.2 serv/wk 2.3 3.4 5.2	1.00 1.02 (0.85-1.22) 1.11 (0.92-1.34) 1.09 (0.90-1.33) 1.00 1.09 (0.82-1.45) 0.88 (0.64-1.21) 1.22 (0.89-1.66) 1.00 0.87 (0.64-1.20) 1.24 (0.91-1.70) 1.03 (0.74-1.43)	
Larsson SC et al, 2009, Finland	Alpha-Tocopherol, Beta-carotene Cancer Prevention Study	1985-1988 - , 13.6 years follow-up	26556 male smokers, age 50-69 years: 2702 cerebral infarctions 383 intracerebral hemorrhages 196 subarachnoid hemorrhages	FFQ, 276 food items	Fruits, cerebral infarction Vegetables Fruits, intracerebral hemorrhage Vegetables Fruits, subarachnoid hemorrhage Vegetables	11.6 g/d 40.7 74.0 113.5 192.9 25.4 g/d 47.9 70.3 98.6 153.7 11.6 g/d 40.7 74.0 113.5 192.9 25.4 g/d 47.9 70.3 98.6 153.7 11.6 g/d 40.7 74.0 113.5 192.9 25.4 g/d 47.9	1.00 0.90 (0.80–1.02) 0.91 (0.81–1.02) 0.85 (0.76–0.96) 0.82 (0.73–0.93) 1.00 0.94 (0.84–1.06) 0.90 (0.80–1.01) 0.91 (0.81–1.02) 0.75 (0.66–0.85) 1.00 1.14 (0.84–1.55) 1.04 (0.75–1.43) 1.14 (0.83–1.57) 0.84 (0.59–1.20) 1.00 0.91 (0.67–1.23) 0.97 (0.72–1.32) 0.73 (0.53–1.02) 0.80 (0.58–1.11) 1.00 0.64 (0.40–1.04) 0.98 (0.63–1.50) 0.98 (0.64–1.51) 0.80 (0.51–1.26) 1.00 0.76 (0.49–1.17)	Age, supplementation group, cigarettes smoked daily, BMI, systolic blood pressure, diastolic blood pressure, serum total cholesterol, HDL-cholesterol, diabetes, coronary heart diseasehistory, leisure-time physical activity, alcohol, total energy intake

						70.3 98.6 153.7	0.83 (0.54–1.26) 0.60 (0.38–0.95) 0.62 (0.40–0.98)	
Mizrahi A et al, 2009, Finland	Finnish Mobile Clinic Health Examination Survey	1968-72 - 1994, 24 years follow-up	3932 men and women, age 40-74 years: 625 cerebro-vascular disease cases	Dietary history interview	Fruits and berries, cerebrovascular diseases	0-47/0-81 g/d m/w 48-101/82-151 102-174/152-238 175-1094/239-1325	1.00 0.79 (0.64-0.98) 0.77 (0.61-0.96) 0.81 (0.64-1.02)	Age, sex, BMI, smoking, physical activity, serum cholesterol, blood pressure, energy intake
					Fruits	0-12/0-36 g/d 13-52/37-94 53-118/95-168 119-1007/169-1082	1.00 0.94 (0.76-1.17) 0.80 (0.64-1.01) 0.75 (0.59-0.94)	
					Citrus fruits	0/ 0-8 g/d 1-36/11-67 37-740/69-1040	1.00 0.99 (0.82-1.19) 0.77 (0.63-0.93)	
					Other fruits	0-3/0-10 g/d 4-21/11-42 22-57/43-94 58-522/95-876	1.00 1.09 (0.88-1.36) 0.85 (0.68-1.07) 0.93 (0.74-1.17)	
					Berries	0-2/0-5 g/d 3-9/6-12 10-18/13-23 19-308/24-246	1.00 0.84 (0.67-1.04) 0.83 (0.66-1.04) 0.92 (0.73-1.15)	
					Vegetables	9-252/10-203 g/d 253-337/204-273 338-448/274-353 449-1354/354-1026	1.00 0.77 (0.61-0.96) 0.91 (0.73-1.13) 0.93 (0.73-1.17)	
					Vegetables excluding potatoes	0-44/1-56 g/d 45-84/57-95 85-137/96-150 138-535/151-800	1.00 0.90 (0.72-1.12) 1.02 (0.82-1.28) 1.11 (0.88-1.41)	
					Potatoes	2-169/0-108 g/d 170-239/109-156 240-326/157-223 327-1072/224-896	1.00 0.89 (0.71-1.10) 0.84 (0.67-1.05) 0.86 (0.68-1.09)	
					Cruciferous vegetables	0-1/0-2 2-6/3-7 7-13/8-15 14-269/16-188	1.00 0.90 (0.73-1.10) 0.86 (0.69-1.07) 0.79 (0.63-0.99)	
					Root vegetables	0-5/0-11 g/d	1.00	

						6-17/12-29	0.99 (0.79-1.23)	
						18-40/30-56	0.97 (0.78-1.21)	
						41-356/57-579	0.92 (0.73-1.17)	
					Fruits and berries, ischemic stroke	0-47/0-81 g/d m/w	1.00	
						48-101/82-151	0.77 (0.57-1.03)	
						102-174/152-238	0.70 (0.52-0.96)	
						175-1094/239-1325	0.84 (0.62-1.14)	
					Fruits	0-12/0-36 g/d	1.00	
						13-52/37-94	0.89 (0.67-1.19)	
						53-118/95-168	0.78 (0.57-1.05)	
						119-1007/169-1082	0.73 (0.54-1.00)	
					Citrus fruits	0/ 0-8 g/d	1.00	
						1-36/11-67	0.96 (0.75-1.24)	
						37-740/69-1040	0.79 (0.60-1.03)	
					Other fruits	0-3/0-10 g/d	1.00	
						4-21/11-42	1.12 (0.84-1.49)	
						22-57/43-94	0.79 (0.58-1.08)	
						58-522/95-876	0.94 (0.69-1.28)	
					Berries	0-2/0-5 g/d	1.00	
						3-9/6-12	0.83 (0.62-1.11)	
						10-18/13-23	0.82 (0.61-1.11)	
						19-308/24-246	0.90 (0.66-1.21)	
					Vegetables	9-252/10-203 g/d	1.00	
						253-337/204-273	0.76 (0.56-1.03)	
						338-448/274-353	0.94 (0.70-1.26)	
						449-1354/354-1026	0.92 (0.67-1.27)	
					Vegetables excluding potatoes	0-44/1-56 g/d	1.00	
						45-84/57-95	0.70 (0.52-0.95)	
						85-137/96-150	0.78 (0.58-1.06)	
						138-535/151-800	0.92 (0.68-1.25)	
					Potatoes	2-169/0-108 g/d	1.00	
						170-239/109-156	0.97 (0.72-1.31)	
						240-326/157-223	0.98 (0.73-1.33)	
						327-1072/224-896	1.01 (0.74-1.39)	
					Cruciferous vegetables	0-1/0-2	1.00	
						2-6/3-7	0.81 (0.61-1.07)	
						7-13/8-15	0.75 (0.56-1.01)	
						14-269/16-188	0.67 (0.49-0.92)	
					Root vegetables	0-5/0-11 g/d	1.00	

						6-17/12-29	0.84 (0.63-1.12)	
						18-40/30-56	0.77 (0.57-1.03)	
						41-356/57-579	0.72 (0.53-0.98)	
					Fruits and berries, intracerebral hemorrhage	0-47/0-81 g/d m/w	1.00	
						48-101/82-151	0.43 (0.22-0.86)	
						102-174/152-238	0.40 (0.19-0.82)	
						175-1094/239-1325	0.55 (0.28-1.08)	
					Fruits	0-12/0-36 g/d	1.00	
						13-52/37-94	0.38 (0.19-0.76)	
						53-118/95-168	0.41 (0.20-0.81)	
						119-1007/169-1082	0.47 (0.24-0.92)	
					Citrus fruits	0/ 0-8 g/d	1.00	
						1-36/11-67	0.70 (0.39-1.25)	
						37-740/69-1040	0.54 (0.29-1.01)	
					Other fruits	0-3/0-10 g/d	1.00	
						4-21/11-42	0.88 (0.46-1.67)	
						22-57/43-94	0.53 (0.25-1.12)	
						58-522/95-876	0.72 (0.36-1.44)	
					Berries	0-2/0-5 g/d	1.00	
						3-9/6-12	0.74 (0.38-1.44)	
						10-18/13-23	0.65 (0.32-1.32)	
						19-308/24-246	0.84 (0.43-1.66)	
					Vegetables	9-252/10-203 g/d	1.00	
						253-337/204-273	0.60 (0.27-1.32)	
						338-448/274-353	0.93 (0.46-1.91)	
						449-1354/354-1026	1.48 (0.74-2.96)	
					Vegetables excluding potatoes	0-44/1-56 g/d	1.00	
						45-84/57-95	0.96 (0.45-2.07)	
						85-137/96-150	1.45 (0.71-2.95)	
						138-535/151-800	1.45 (0.69-3.03)	
					Potatoes	2-169/0-108 g/d	1.00	
						170-239/109-156	0.75 (0.37-1.51)	
						240-326/157-223	0.66 (0.31-1.38)	
						327-1072/224-896	1.03 (0.52-2.07)	
					Cruciferous vegetables	0-1/0-2	1.00	
						2-6/3-7	0.40 (0.20-0.80)	
						7-13/8-15	0.53 (0.27-1.04)	
						14-269/16-188	0.49 (0.25-0.98)	
					Root vegetables	0-5/0-11 g/d	1.00	

						6-17/12-29 18-40/30-56 41-356/57-579	0.85 (0.41-1.75) 1.01 (0.51-2.02) 1.08 (0.54-2.19)	
Yamada T et al, 2011, Japan	The Jichi Medical School Cohort Study	1992-1995, 10.7 years follow-up	10623 men and women, mean age 55 years: 201/182 total stroke cases 146/103 cerebral infarctions 55/78 hemorrhagic strokes	FFQ, 30 food items	Citrus fruit, all stroke, men	Infrequent 1-2/mo 1-2/wk 3-4/wk Almost daily	1.00 0.61 (0.39-0.96) 0.68 (0.45-1.03) 0.57 (0.35-0.92) 0.40 (0.20-0.81)	Age, study area, BMI, systolic blood pressure, total cholesterol, physical activity index, smoking status, alcohol, education, marital status
					Citrus fruit, cerebral infarction	Infrequent 1-2/mo 1-2/wk 3-4/wk Almost daily	1.00 0.65 (0.38-1.11) 0.73 (0.45-1.18) 0.62 (0.35-1.08) 0.28 (0.11-0.72)	
					Citrus fruit, hemorrhagic stroke	Infrequent 1-2/mo 1-2/wk 3-4/wk Almost daily	1.00 0.52 (0.22-1.25) 0.57 (0.26-1.25) 0.45 (0.17-1.20) 0.71 (0.24-2.11)	
					Citrus fruit, all stroke, women	Infrequent 1-2/mo 1-2/wk 3-4/wk Almost daily	1.00 0.84 (0.47-1.49) 0.67 (0.39-1.14) 0.73 (0.42-1.25) 0.47 (0.26-0.87)	
					Citrus fruit, cerebral infarction	Infrequent 1-2/mo 1-2/wk 3-4/wk Almost daily	1.00 1.04 (0.47-2.33) 0.80 (0.37-1.73) 1.02 (0.48-2.20) 0.39 (0.15-1.00)	
					Citrus fruit, hemorrhagic stroke	Infrequent 1-2/mo 1-2/wk 3-4/wk Almost daily	1.00 0.66 (0.29-1.52) 0.53 (0.25-1.13) 0.49 (0.22-1.08) 0.55 (0.24-1.23)	
Zhang Y et al, 2011, Finland	Monitoring Trends and Determinants of Cardiovascular Disease Study (MONICA) -	1982, 1987, 1992, 1997, 2002 – 2007, 13.7 years follow-up	36686 men and women, age 25-74 years: 1478 total stroke cases	FFQ	Fruits, total stroke	<1 times/wk 1-2 3-6 ≥7	1.00 0.93 (0.79-1.11) 0.95 (0.80-1.14) 0.99 (0.82-1.20)	Age, study year, sex, smoking, physical activity, education, alcohol, family history of stroke, diabetes mellitus, BMI, systolic
					Fruits, ischemic stroke	<1 times/wk 1-2	1.00 0.90 (0.74-1.08)	

	Finland		1167 ischemic strokes 311 hemorrhagic strokes			3-6 ≥7	0.89 (0.73-1.09) 0.99 (0.80-1.22)	blood pressure, total cholesterol, mutual adjustment between fruit and vegetables
					Fruits, hemorrhagic stroke	<1 times/wk 1-2 3-6 ≥7	1.00 1.07 (0.73-1.58) 1.21 (0.81-1.81) 1.04 (0.67-1.59)	
					Vegetables, total stroke	<1 times/wk 1-2 3-6 ≥7	1.00 0.96 (0.82-1.11) 0.83 (0.71-0.98) 0.82 (0.67-1.00)	
					Vegetables, ischemic stroke	<1 times/wk 1-2 3-6 ≥7	1.00 0.98 (0.83-1.16) 0.84 (0.70-1.01) 0.84 (0.67-1.04)	
					Vegetables, hemorrhagic stroke	<1 times/wk 1-2 3-6 ≥7	1.00 0.86 (0.61-1.21) 0.80 (0.55-1.15) 0.71 (0.46-1.09)	
Oude Griep LM et al, 2011, Netherlands	Monitoring Project on Risk Factors and Chronic Diseases in the Netherlands (MORGEN Study)	1993/97 - 2006, 10 years follow-up	20069 men and women, age 20-65 years: 233 stroke cases	FFQ, 178 food items	Raw fruit and vegetables	56 g/d 127 197 337	1.00 0.83 (0.59–1.18) 0.72 (0.49–1.05) 0.70 (0.47–1.03)	Age, sex, energy intake, alcohol, smoking status, education, dietary supplement use, HRT, family history of acute myocardial infarction, BMI, fish, whole grain foods, processed meat
					Raw fruit	34 g/d 94 154 293	1.00 1.17 (0.82–1.69) 0.89 (0.60–1.32) 1.01 (0.68–1.50)	
					Raw vegetables	8 g/d 20 36 66	1.00 0.84 (0.61–1.16) 0.56 (0.38–0.82) 0.53 (0.36–0.80)	
					Processed fruit and vegetables	86 g/d 137 196 301	1.00 0.97 (0.67–1.41) 1.30 (0.91–1.86) 1.20 (0.81–1.76)	
					Processed fruit	8 g/d 39 95 176	1.00 0.98 (0.69–1.41) 1.12 (0.78–1.60) 1.10 (0.75–1.60)	
					Processed vegetables	55 g/d	1.00	

					Total fruit and vegetables	82 106 145 185 g/d 292 404 589	0.92 (0.63–1.34) 1.10 (0.76–1.58) 1.14 (0.79–1.65) 1.00 1.02 (0.72–1.46) 0.95 (0.65–1.39) 0.97 (0.66–1.44)	
Oude Griep LM et al, 2011, Netherlands	Monitoring Project on Risk Factors and Chronic Diseases in the Netherlands (MORGEN Study)	1993/97 - 2006, 10 years follow-up	20069 men and women, age 20-65 years: 233 stroke cases	FFQ, 178 food items	Green fruits and vegetables Orange, yellow fruits and vegetables Red, purple fruits and vegetables White fruits and vegetables	34 g/d 54 72 105 Per 25 g/d 30 g/d 66 110 193 Per 25 g/d 29 g/d 48 67 100 Per 25 g/d 57 g/d 98 142 216 Per 25 g/d	1.00 1.30 (0.89-1.91) 1.28 (0.86-1.90) 1.25 (0.83-1.90) 1.06 (0.95-1.18) 1.00 0.94 (0.64-1.38) 1.25 (0.84-1.85) 1.37 (0.87-2.14) 1.04 (0.99-1.10) 1.00 0.56 (0.38-0.82) 0.69 (0.46-1.04) 0.90 (0.56-1.45) 1.02 (0.89-1.17) 1.00 0.83 (0.59-1.18) 0.70 (0.48-1.04) 0.48 (0.29-0.77) 0.91 (0.85-0.97)	Age, sex, energy intake, alcohol, smoking status, education, dietary supplement use, HRT, family history of acute myocardial infarction, BMI, fish, whole grain foods, processed meat, mutually adjusted between groups
Cassidy A et al, 2012, USA	Nurses' Health Study	1990 – 2006, 14 years follow-up	69622 women, age 34-59 years: stroke 943 ischemic stroke cases	Validated FFQ	Citrus fruit	Quintile 5 vs. 1	0.90 (0.77-1.05)	Age, physical activity, smoking, HRT, BMI, aspirin use, type 2 diabetes, hypercholesterolemia, history of coronary heart disease, alcohol, menopausal status, energy, use of multivitamins, history of hypertension

Misirli G et al, 2012, Greece	European Prospective Investigation into Cancer and Nutrition - Greece	1994-1999 – 2009, 10.6 years follow-up	23601 men and women, age 25-67 years: 395 stroke cases 196 stroke deaths	FFQ, 150 food items	Vegetables, stroke incidence Fruits and nuts Vegetables, stroke mortality Fruits and nuts	Per 231 g/d Per 209 g/d Per 231 g/d Per 209 g/d	0.84 (0.72-0.98) 0.88 (0.76-1.02) 0.76 (0.60-0.96) 0.93 (0.75-1.15)	Age, education, smoking status, BMI, physical activity, hypertension, diabetes, total energy intake
Jacques PF et al, 2013, USA	Framingham Offspring Study	1991-2001 – 2008, 11 years follow-up	2525 men and women, age 20-69 years: 99 stroke cases	Validated FFQ	Tomato products	Per 1 serv/d	1.02 (0.96-1.10)	Age, sex, systolic blood pressure, total cholesterol, total/HDL-cholesterol ratio, BMI, smoking, number of packs per day, hypertension treatment, diabetes, saturated fatty acids, energy intake, beta-carotene, flavonol, vitamin C, vitamin E

Larsson SC et al, 2013, Sweden	Swedish Mammography Cohort and the Cohort of Swedish Men	1997 – 2008, 10.2 years follow-up	34670 women and 40291 men, age 45-83 years: 4089 strokes 3159 cerebral infarctions 435 intracerebral hemorrhages 148 sub-arachnoidal hemorrhages 347 unspecified	FFQ, 96 food items	Total fruit and vegetables, total stroke	1.6 serv/d	1.00	Age, sex, smoking status, pack-years of smoking, education, BMI, total physical activity, aspirin use, history of hypertension, diabetes mellitus, family history of myocardial infarction, total energy, alcohol, coffee, fresh red meat, processed meat, fish, mutual adjustment between fruits and vegetables
						2.8	0.93 (0.85-1.03)	
						3.9	0.91 (0.82-1.00)	
						5.2	0.87 (0.79-0.97)	
						7.6	0.87 (0.78-0.97)	
					Total fruits	0.4 serv/d	1.00	
						0.9	0.94 (0.85-1.04)	
						1.2	0.95 (0.86-1.05)	
						1.8	0.92 (0.83-1.01)	
						3.1	0.87 (0.78-0.97)	
					Total vegetables	0.9 serv/d	1.00	
						1.8	0.97 (0.88-1.06)	
						2.5	0.91 (0.82-1.01)	
						3.4	0.98 (0.88-1.08)	
						5.1	0.90 (0.80-1.01)	
					Total fruit and vegetables, cerebral infarction	1.6 serv/d	1.00	
						2.8	0.91 (0.82-1.01)	
						3.9	0.88 (0.79-0.99)	
						5.2	0.86 (0.79-1.00)	
						7.6	0.87 (0.77-0.99)	
					Total fruits	0.4 serv/d	1.00	
						0.9	0.91 (0.81-1.02)	
						1.2	0.98 (0.88-1.10)	
						1.8	0.96 (0.86-1.08)	
						3.1	0.91 (0.80-1.03)	
					Total vegetables	0.9 serv/d	1.00	
						1.8	0.95 (0.85-1.06)	
						2.5	0.88 (0.78-0.98)	
						3.4	0.94 (0.83-1.06)	
						5.1	0.88 (0.77-1.00)	

					Total fruit and vegetables, intracerebral hemorrhage	1.6 serv/d 2.8 3.9 5.2 7.6	1.00 0.94 (0.71-1.24) 1.03 (0.77-1.38) 1.02 (0.76-1.38) 0.57 (0.39-0.84)	
					Total fruits	0.4 serv/d 0.9 1.2 1.8 3.1	1.00 1.11 (0.83-1.47) 0.90 (0.66-1.23) 1.00 (0.74-1.34) 0.67 (0.47-0.96)	
					Total vegetables	0.9 serv/d 1.8 2.5 3.4 5.1	1.00 0.95 (0.72-1.27) 0.96 (0.71-1.31) 0.98 (0.71-1.36) 0.88 (0.62-1.27)	
					Total fruit and vegetables, subarachnoid hemorrhage	1.6 serv/d 2.8 3.9 5.2 7.6	1.00 1.13 (0.68-1.89) 0.89 (0.52-1.55) 0.43 (0.22-0.84) 1.10 (0.63-1.93)	
					Total fruits	0.4 serv/d 0.9 1.2 1.8 3.1	1.00 0.77 (0.47-1.29) 0.63 (0.37-1.05) 0.43 (0.24-0.76) 0.73 (0.43-1.25)	
					Total vegetables	0.9 serv/d 1.8 2.5 3.4 5.1	1.00 1.55 (0.91-2.67) 1.15 (0.64-2.08) 1.18 (0.65-2.16) 1.45 (0.78-2.70)	

					Apples/pears, total stroke	0.1 serv/d 0.2 0.5 1.0	1.00 0.96 (0.88-1.06) 0.88 (0.80-0.97) 0.89 (0.80-0.98)	
					Banana	0.1 serv/d 0.2 0.5 1.0	1.00 0.98 (0.90-1.06) 0.99 (0.90-1.10) 0.94 (0.85-1.03)	
					Citrus fruits	0.0 serv/d 0.1 0.2 0.8	1.00 0.94 (0.85-1.03) 0.98 (0.89-1.08) 0.95 (0.86-1.05)	
					Berries	0.0 serv/d 0.1 0.2 0.5	1.00 1.01 (0.93-1.11) 1.05 (0.95-1.16) 1.13 (1.00-1.26)	
					Root vegetables	0.1 serv/d 0.3 0.6 1.1	1.00 1.07 (0.95-1.19) 1.05 (0.93-1.19) 1.04 (0.90-1.19)	
					Leafy vegetables	0.1 serv/d 0.2 0.6 1.1	1.00 1.00 (0.92-1.09) 0.89 (0.80-0.98) 0.92 (0.81-1.04)	
					Cruciferous vegetables	0.1 serv/d 0.2 0.4 0.8	1.00 1.02 (0.93-1.12) 1.00 (0.91-1.11) 1.10 (0.97-1.23)	
					Onion and leek	0.0 serv/d 0.2 0.5 0.9	1.00 0.95 (0.88-1.03) 0.98 (0.89-1.08) 0.89 (0.79-1.01)	

					Apples/pears, cerebral infarction	0.1 serv/d	1.00	
						0.2	0.98 (0.88-1.09)	
						0.5	0.91 (0.82-1.01)	
						1.0	0.92 (0.82-1.03)	
					Banana	0.1 serv/d	1.00	
						0.2	1.00 (0.91-1.09)	
						0.5	1.04 (0.93-1.17)	
						1.0	0.96 (0.85-1.07)	
					Citrus fruits	0.0 serv/d	1.00	
						0.1	0.96 (0.86-1.07)	
						0.2	1.01 (0.90-1.13)	
						0.8	0.97 (0.87-1.09)	
					Berries	0.0 serv/d	1.00	
						0.1	1.01 (0.91-1.12)	
						0.2	1.07 (0.96-1.20)	
						0.5	1.14 (0.99-1.30)	
					Root vegetables	0.1 serv/d	1.00	
						0.3	1.09 (0.96-1.24)	
						0.6	1.11 (0.96-1.28)	
						1.1	1.04 (0.89-1.22)	
					Leafy vegetables	0.1 serv/d	1.00	
						0.2	1.02 (0.92-1.12)	
						0.6	0.86 (0.77-0.97)	
						1.1	0.94 (0.81-1.08)	
					Cruciferous vegetables	0.1 serv/d	1.00	
						0.2	1.00 (0.90-1.11)	
						0.4	0.96 (0.86-1.08)	
						0.8	1.04 (0.91-1.18)	
					Onion and leek	0.0 serv/d	1.00	
						0.2	0.95 (0.87-1.04)	
						0.5	1.02 (0.91-1.13)	
						0.9	0.89 (0.77-1.03)	

					Apples/pears, intracerebral hemorrhage	0.1 serv/d 0.2 0.5 1.0	1.00 0.94 (0.71-1.26) 0.93 (0.70-1.23) 0.91 (0.66-1.24)	
					Banana	0.1 serv/d 0.2 0.5 1.0	1.00 0.85 (0.66-1.08) 0.93 (0.69-1.26) 0.74 (0.53-1.02)	
					Citrus fruits	0.0 serv/d 0.1 0.2 0.8	1.00 0.82 (0.62-1.08) 0.86 (0.63-1.16) 0.81 (0.59-1.10)	
					Berries	0.0 serv/d 0.1 0.2 0.5	1.00 1.01 (0.77-1.33) 1.16 (0.86-1.57) 1.03 (0.72-1.48)	
					Root vegetables	0.1 serv/d 0.3 0.6 1.1	1.00 0.87 (0.63-1.19) 0.81 (0.56-1.16) 0.96 (0.64-1.44)	
					Leafy vegetables	0.1 serv/d 0.2 0.6 1.1	1.00 0.94 (0.72-1.23) 1.02 (0.75-1.38) 0.77 (0.51-1.16)	
					Cruciferous vegetables	0.1 serv/d 0.2 0.4 0.8	1.00 1.31 (0.98-1.75) 1.40 (1.03-1.92) 1.35 (0.94-1.93)	
					Onion and leek	0.0 serv/d 0.2 0.5 0.9	1.00 0.96 (0.76-1.21) 0.77 (0.57-1.04) 0.73 (0.49-1.10)	

					Apples/pears, subarachnoid hemorrhage	0.1 serv/d	1.00	
						0.2	0.76 (0.47-1.22)	
						0.5	0.56 (0.34-0.92)	
						1.0	0.63 (0.37-1.08)	
					Banana	0.1 serv/d	1.00	
						0.2	1.16 (0.76-1.78)	
						0.5	0.70 (0.39-1.28)	
						1.0	1.18 (0.72-1.94)	
					Citrus fruits	0.0 serv/d	1.00	
						0.1	1.66 (0.95-2.90)	
						0.2	1.49 (0.81-2.71)	
						0.8	1.23 (0.66-2.30)	
					Berries	0.0 serv/d	1.00	
						0.1	1.34 (0.79-2.28)	
						0.2	0.97 (0.52-1.80)	
						0.5	2.17 (1.14-4.11)	
					Root vegetables	0.1 serv/d	1.0	
						0.3	1.23 (0.66-2.28)	
						0.6	0.92 (0.45-1.87)	
						1.1	1.37 (0.64-2.94)	
					Leafy vegetables	0.1 serv/d	1.00	
						0.2	1.27 (0.75-2.17)	
						0.6	1.19 (0.66-2.15)	
						1.1	1.39 (0.72-2.69)	
					Cruciferous vegetables	0.1 serv/d	1.00	
						0.2	0.96 (0.58-1.59)	
						0.4	0.62 (0.35-1.10)	
						0.8	1.10 (0.61-1.98)	
					Onion and leek	0.0 serv/d	1.00	
						0.2	1.53 (0.96-2.42)	
						0.5	1.21 (0.70-2.10)	
						0.9	1.43 (0.77-2.68)	

Sharma S et al, 2013, USA	Multiethnic Cohort Study	1993-1996 – 2001, 8 years follow-up	174888 men and women, age 40-75 years: 860 stroke deaths	Validated FFQ	Vegetables, men Fruit Vegetables, women Fruit Vegetables, all Fruit	0-3.0 serv/d 3.1-5.1 ≥5.2 0-1.6 serv/d 1.7-3.4 ≥3.5 0-3.0 serv/d 3.1-5.1 ≥5.2 0-1.8 serv/d 1.9-4.0 ≥4.1 0-3.0 serv/d 3.1-5.1 ≥5.2 0-1.7 serv/d 1.8-3.7 ≥3.8	1.00 1.19 (0.93-1.53) 1.19 (0.89-1.60) 1.00 0.96 (0.75-1.24) 1.15 (0.88-1.50) 1.00 0.93 (0.73-1.19) 0.86 (0.64-1.15) 1.00 1.01 (0.79-1.29) 0.98 (0.74-1.29) 1.00 0.94 (0.79-1.12) 0.85 (0.70-1.05) 1.00 0.94 (0.79-1.12) 1.01 (0.84-1.21)	Age, ethnicity, time on study, years of education, energy intake, smoking, BMI, physical activity, diabetes mellitus, alcohol intake Women: HRT
Bos MJ et al, 2014, Netherlands	The Rotterdam Study	1990-1993 – 2012, 12.9 years follow-up	3570 men and women, age ≥55 years: 545 stroke cases	FFQ	Fruit and vegetables	≥5 serv/d 3-5 <3	1.00 1.21 (0.99-1.47) 0.96 (0.60-1.55)	Age, sex, hypertension, diabetes mellitus, atrial fibrillation, coronary disease, overweight and obesity
Tognon G et al, 2014, Denmark	The 1982-83 Danish Monitoring trends and determinants of Cardiovascular disease study (MONICA)	1982-1983 – 2007, 14 years follow-up	948 women and 901 men, age NA: 167 stroke cases 40 stroke deaths	7 day food record	Vegetables, incidence Fruits Vegetables, mortality Fruits	>median vs. <median >median vs. <median >median vs. <median >median vs. <median	0.94 (0.69-1.27) 0.87 (0.64-1.18) 0.90 (0.48-1.68) 0.59 (0.31-1.12)	Age, sex, BMI, education, physical activity, cigarette smoking
Hjartåker A et al, 2015, Norway	The Migrant Study	1964-1967 – 2008, 20.3 years follow-up	9964 men, mean age 58.0 years: 1034 stroke deaths	FFQ	Vegetables Fruits	0-12 serv/mo 12.0-21.0 21.0-31.5 >31.5 8.0 serv/mo 8.0-16.0 16.0-25.0	1.00 0.97 (0.82-1.15) 0.79 (0.66-0.95) 0.95 (0.78-1.15) 1.00 0.92 (0.78-1.09) 0.83 (0.69-0.99)	Age, BMI, exercise, beer spirits, smoking (cigarettes, pipe, cigar), social status, coffee

						>25.0	0.89 (0.73-1.08)	
					Berries	0-1 serv/mo	1.00	
						1-3	0.94 (0.80-1.11)	
						3-8	1.04 (0.87-1.23)	
						>8	0.96 (0.79-1.15)	
					Total fruit and vegetables	0-27 serv/mo	1.00	
					(without potatoes)	27-43	0.79 (0.67-0.94)	
						43-62	0.78 (0.65-0.92)	
						>62	0.79 (0.66-0.94)	
					Cabbage	0 serv/mo	1.00	
						<1	1.10 (0.79-1.52)	
						1-2	0.99 (0.73-1.35)	
						3-5	1.08 (0.79-1.47)	
						6-13	0.96 (0.69-1.33)	
						>14	1.12 (0.72-1.77)	
					Swede	0 serv/mo	1.00	
						<1	0.95 (0.75-1.20)	
						1-2	0.89 (0.71-1.12)	
						3-5	0.80 (0.62-1.01)	
						6-13	0.89 (0.67-1.18)	
						>14	0.61 (0.36-1.02)	
					Carrots	0 serv/mo	1.00	
						<1	0.49 (0.32-0.77)	
						1-2	0.61 (0.41-0.90)	
						3-5	0.58 (0.41-0.84)	
						6-13	0.58 (0.41-0.84)	
						>14	0.54 (0.47-0.79)	
					Cauliflower	0 serv/mo	1.00	
						<1	0.92 (0.73-1.16)	
						1-2	1.03 (0.82-1.31)	
						3-5	0.93 (0.71-1.20)	
						>6	1.12 (0.81-1.54)	
					Lettuce, green salad	0 serv/mo	1.00	
						<1	0.88 (0.74-1.04)	
						1-2	0.95 (0.78-1.16)	
						3-5	0.92 (0.72-1.17)	
						>6	0.93 (0.69-1.24)	
					Tomatoes	0 serv/mo	1.00	
						<1	0.90 (0.70-1.16)	

						1-2	1.03 (0.80-1.31)	
						3-5	0.93 (0.72-1.18)	
						6-13	0.81 (0.62-1.07)	
						>14	1.06 (0.77-1.45)	
					Peas	0 serv/mo	1.00	
						<1	0.84 (0.64-1.09)	
						1-2	0.88 (0.68-1.14)	
						3-5	0.76 (0.59-0.99)	
						>6	0.74 (0.54-1.03)	
					Rhubarb	0 serv/mo	1.00	
						<1	0.96 (0.80-1.14)	
						1-2	1.06 (0.87-1.29)	
						3-5	0.98 (0.77-1.26)	
						>6	0.99 (0.68-1.43)	
					Oranges	0 serv/mo	1.00	
						<1	0.70 (0.49-0.99)	
						1-2	0.71 (0.51-1.00)	
						3-5	0.69 (0.50-0.95)	
						6-13	0.67 (0.49-0.92)	
						>14	0.61 (0.44-0.84)	
					Apples	0 serv/mo	1.00	
						<1	1.12 (0.86-1.50)	
						1-2	1.00 (0.77-1.31)	
						3-5	1.01 (0.78-1.31)	
						6-13	0.91 (0.69-1.19)	
						>14	0.95 (0.71-1.27)	
					Grapes	0 serv/mo	1.00	
						<1	0.94 (0.72-1.23)	
						1-2	0.95 (0.71-1.25)	
						3-5	0.96 (0.71-1.32)	
						>6	0.85 (0.57-1.26)	
					Banana	0 serv/mo	1.00	
						<1	1.00 (0.76-1.30)	
						1-2	0.96 (0.73-1.26)	
						3-5	0.94 (0.71-1.24)	
						6-13	0.81 (0.58-1.13)	
						>14	1.04 (0.70-1.54)	
					Garden berries	0 serv/mo	1.00	
						<1	0.84 (0.64-1.09)	

						1-2	0.81 (0.62-1.06)	
						3-5	0.81 (0.61-1.07)	
						6-13	0.78 (0.56-1.07)	
						>14	0.67 (0.44-1.03)	
					Wild berries	0 serv/mo	1.00	
						<1	0.94 (0.74-1.19)	
						1-2	0.82 (0.63-1.06)	
						3-5	0.98 (0.76-1.28)	
						6-13	0.97 (0.72-1.31)	
						>14	0.82 (0.57-1.18)	
Lai HTM et l, 2015, United Kingdom	UK Women's Cohort study	1995-1998 – 2013, 16.7 years follow-up	30458 women, age 35-69 years: 148 stroke deaths	Validated FFQ, 217 food items	Total fruit	0-200 g/d	1.00	Age, BMI, physical activity, smoking status, socioeconomic status, alcohol, total vegetables Mutual adjustment between specific types of fruits
						200-302	0.60 (0.36-0.99)	
						302-410	0.74 (0.46-1.20)	
						410-568	0.59 (0.35-0.99)	
						568-1498	0.70 (0.42-1.17)	
						Per 80 g/d	0.96 (0.90-1.02)	
					Fresh fruit	0-133 g/d	1.00	
						133-210	0.87 (0.54-1.40)	
						210-292	0.74 (0.38-1.45)	
						292-415	0.68 (0.40-1.16)	
						415-1484	0.78 (0.45-1.34)	
						Per 80 g/d	0.95 (0.88-1.03)	
					Fresh fruit and juice	0-190 g/d	1.00	
						190-291	0.56 (0.34-0.92)	
						291-395	0.69 (0.43-1.11)	
						395-550	0.51 (0.30-0.86)	
						550-1497	0.68 (0.40-1.15)	
						Per 80 g/d	0.95 (0.88-1.03)	
					Fresh and dried fruit	0-142 g/d	1.00	
						142-221	0.88 (0.55-1.42)	
						221-305	0.70 (0.42-1.16)	
						305-433	0.72 (0.36-1.43)	
						433-1485	0.73 (0.42-1.27)	
						Per 80 g/d	0.95 (0.88-1.03)	
					Total dried fruit	0-3 g/d	1.00	
						3-6	0.63 (0.35-1.12)	
						6-10	1.01 (0.62-1.65)	
						10-19	0.96 (0.58-1.58)	
						19-460	0.93 (0.48-1.81)	

						Per 25 g/d	0.93 (0.75-1.16)	
					Fruit juice	0-10 g/d	1.00	
						13-30	0.82 (0.51-1.32)	
						41-116	0.72 (0.46-1.13)	
						119-148	0.52 (0.30-0.89)	
						155-1015	0.67 (0.41-1.10)	
						Per 125 g/d	0.92 (0.75-1.12)	
					Total citrus intake	0 g/d	1.00	
						2-22	0.36 (0.20-0.64)	
						23-60	0.40 (0.22-0.73)	
						64-102	0.39 (0.22-0.70)	
						112-182	0.33 (0.18-0.60)	
						190-1422	0.34 (0.17-0.67)	
						Per 80 g/d	0.93 (0.81-1.07)	
					Citrus fruit intake	0 g/d	1.00	
						2-6	0.44 (0.22-0.89)	
						13	0.56 (0.31-1.00)	
						37	0.60 (0.36-1.01)	
						74	0.70 (0.37-1.34)	
						92-552	0.49 (0.27-0.88)	
						Per 80 g/d	0.95 (0.72-1.26)	
					Orange juice	0 g/d	1.00	
						3-10	0.66 (0.43-1.02)	
						20	0.56 (0.29-1.07)	
						58	0.71 (0.42-1.19)	
						116-145	0.51 (0.31-0.83)	
						363-870	0.66 (0.23-1.85)	
						Per 250 g/d	0.75 (0.44-1.29)	
					Berries	0-1.6 g/d	1.00	
						1.7-4.0	0.76 (0.45-1.28)	
						4.0-7.7	0.86 (0.51-1.44)	
						7.8-15.3	1.00 (0.62-1.62)	
						15.4-365	1.08 (0.64-1.81)	
						Per 80 g/d	0.89 (0.34-2.33)	
					Pomes	0-19 g/d	1.00	
						24-55	0.79 (0.49-1.28)	
						62-102	0.91 (0.56-1.49)	
						108-133	0.68 (0.39-1.18)	
						139-1392	1.13 (0.68-1.88)	

						Per 80 g/d	1.10 (0.95-1.27)	
					Tropical fruit	0-18 g/d	1.00	
						18-45	0.82 (0.52-1.30)	
						45-76	0.62 (0.35-1.08)	
						76-107	0.78 (0.49-1.25)	
						107-717	0.99 (0.59-1.67)	
						Per 80 g/d	0.93 (0.72-1.20)	
					Drupes	0-1 g/d	1.00	
						1-3	0.97 (0.62-1.53)	
						3-6	0.75 (0.46-1.23)	
						6-10	0.81 (0.48-1.36)	
						10-165	0.78 (0.43-1.40)	
						Per 80 g/d	0.41 (0.04-3.93)	
					Grapes	0-2 g/d	1.00	
						7	0.63 (0.41-0.97)	
						14	0.70 (0.44-1.12)	
						40	0.58 (0.35-0.96)	
						80-600	0.54 (0.30-0.98)	
						Per 80 g/d	0.61 (0.38-0.98)	
Manuel DG et al, 2015, Canada	Canadian Community Health Surveys	2001-2012, 8.6 years follow-up	82259 men and women, age 20-83 years: 3236 stroke cases	Question-naire	Fruit and vegetables, men	≥14 serv/wk	1.00	Age
						7-<14	1.23 (1.02-1.49)	
						<7	1.50 (1.22-1.84)	
					Fruit and vegetables, women	≥14 serv/wk	1.00	
						7-<14	1.23 (1.06-1.44)	
						<7	1.42 (1.17-1.71)	
Stefler D et al, 2016, Czech Republic, Poland and Russia	Health, Alcohol and Psychosocial Factors in Eastern Europe study	2002-2005 – NA, 7.1 years follow-up	19333 men and women, mean age ~57 years: 109 stroke deaths	FFQ, 136, 148, 147 food items	Fruits and vegetables	214.1 g/d	1.00	Age, sex, cohort, alcohol, smoking, education, household amenities, marital status, energy intake, physical activity, vitamin supplement use, healthy diet index (without fruit and vegetable component), mutual adjustment between fruits and vegetables
						352.1	0.67 (0.40-1.12)	
						514.7	0.73 (0.44-1.24)	
						831.4	0.52 (0.28-0.98)	
						Per 100 g/d	0.91 (0.78-1.05)	
					Fruits	75.2 g/d	1.00	
						170.2	1.12 (0.69-1.82)	
						268.8	0.79 (0.45-1.38)	
						482.3	0.66 (0.34-1.29)	
						Per 100 g/d	0.87 (0.73-1.03)	
					Vegetables	119.4 g/d	1.00	
						189.4	0.76 (0.45-1.26)	
						247.0	0.65 (0.38-1.13)	
						371.3	0.69 (0.39-1.24)	

						Per 100 g/d	0.94 (0.79-1.12)	
Wang JB et al, 2016, China	Linxian Nutrition Intervention Trial cohort	1984-1991 - 2010, 19-26 years follow-up	2445 men and women, age 40-69 years: 452 stroke deaths	FFQ, 64 food items	All vegetables Dark green vegetables Yellow orange vegetables Starcy vegetables Cruciferous vegetables Liliacae Other vegetables All fruits Citrus fruits/melon Non-citrus fruits	Per 1 time/d Per 2 times/wk Per 1 time/d Per 1 time/d Per 1 time/d Per 1 time/d Per 1 time/d Per 3 times/mo Per 1 time/mo Per 2 times/mo	1.01 (0.95-1.07) 0.62 (0.43-0.91) 0.92 (0.76-1.12) 1.16 (0.96-1.41) 1.06 (0.83-1.34) 1.17 (0.93-1.47) 1.01 (0.89-1.14) 0.98 (0.93-1.04) 0.96 (0.90-1.03) 0.99 (0.95-1.04)	Age, sex, commune, smoking, drinking, season, BMI
Du H et al, 2016, China	China Kadoorie Biobank Study	2004-2008 - NA, ~7 years follow-up	451665 men and women, age 30-79 years: 14579 ischemic stroke cases 3523 hemorrhagic stroke cases 11054 other cerebro-vascular disease cases	FFQ, 12 food items	Fruits fruits, ischemic stroke Fresh fruits, hemorrhagic stroke Fresh fruits, other cerebrovascular disease	Never, rarely Monthly 1-3 days/wk 4-6 days/wk Daily Never, rarely Monthly 1-3 days/wk 4-6 days/wk Daily Never, rarely Monthly 1-3 days/wk 4-6 days/wk Daily	1.00 0.90 (0.85-0.95) 0.83 (0.79-0.88) 0.79 (0.73-0.86) 0.75 (0.70-0.81) 1.00 0.86 (0.77-0.97) 0.81 (0.72-0.92) 0.76 (0.64-0.90) 0.64 (0.54-0.76) 1.00 1.02 (0.94-1.11) 0.96 (0.88-1.05) 0.82 (0.83-1.02) 0.88 (0.80-0.97)	Age, sex, region, education, income, alcohol, smoking status, physical activity, survey season, dairy products, meat, preserved vegetables
Buil-Cosiales P et al, 2016, Spain	Prevencion con Dieta Mediterranea (PREDIMED) trial	2003-2009 - 2012, 6 years follow-up	7216 men and women, age 55-80 years: 169 stroke cases	Validated FFQ, 137 food items	Fruits Vegetables Fruits and vegetables	<3 serv/d 3-4 5-7 >7 <3 serv/d 3 4 5 >5 <5 serv/d 5-6 7-8 9-10	1.00 0.78 (0.50-1.21) 0.94 (0.60-1.49) 0.74 (0.35-1.57) 1.00 0.67 (0.42-1.07) 0.84 (0.52-1.35) 0.66 (0.36-1.20) 0.65 (0.34-1.22) 1.00 0.91 (0.53-1.56) 0.71 (0.40-1.25) 0.75 (0.41-1.39)	Age, sex, smoking status, type 2 diabetes at baseline, waist-to-height ratio, systolic and diastolic blood pressure, intervention group, use of statins, alcohol, educational level, physical activity, total energy intake, family history of premature CHD, dyslipidemia at baseline, intervention

					Citrus fruits Apples, pears Green leafy vegetables Cruciferous vegetables Carotene-rich fruits and vegetables Lutein-rich fruits and vegetables Lycopene-rich fruits and vegetables Vitamin R-rich fruits and vegetables	>10 <3 serv/wk 3-7 8-12 >12 <3 serv/wk 3-7 8-12 >12 <3 serv/wk 3-4 5-6 >6 <1 serv/wk 1 >1 <1 serv/wk 1 2-3 >3 <1 serv/wk 1 >1 <3 serv/wk 3-6 7-9 >9 <3 serv/wk 3-7 8-12 >12	0.73 (0.38-1.38) 1.00 0.80 (0.49-1.32) 1.23 (0.75-2.02) 0.98 (0.58-1.66) 1.00 0.85 (0.52-1.41) 1.25 (0.73-2.13) 0.69 (0.42-1.17) 1.00 0.59 (0.35-1.01) 0.79 (0.47-1.31) 0.69 (0.43-1.11) 1.00 0.60 (0.40-0.89) 0.85 (0.45-1.58) 1.00 0.98 (0.55-1.76) 0.59 (0.33-1.07) 0.83 (0.47-1.44) 1.00 0.94 (0.64-1.37) 1.14 (0.69-1.87) 1.00 0.80 (0.49-1.28) 0.86 (0.54-1.39) 0.54 (0.29-1.01) 1.00 0.78 (0.44-1.39) 0.85 (0.46-1.56) 0.90 (0.52-1.56)	centre, olive oil, whole grains, mutual adjustment between fruits and vegetables
Goetz ME et al, 2016, USA	REasons for Geographic and Racial Differences in Stroke (REGARDS) study	2003-2007 - 2011, 6 years follow-up	20024 men and women, age ≥45 years: 524 ischemic stroke cases	Validated FFQ, 107 food items	Citrus fruits and juices	5.1 g/d 21.0 60.8 142.3 266.9	1.00 0.89 (0.68-1.16) 0.74 (0.56-0.97) 0.82 (0.63-1.07) 0.69 (0.53-0.91)	Age, energy, sex, race, region of residence, education, household income, exercise, smoking status, percentage of calories from sweets, fiber, trans fat, and n-3 fatty acids,

								BMI, aspirin use, history of or use of medications for hypertension, diabetes, hyperlipidemia
Larsson SC et al, 2016, Sweden	Cohort of Swedish Men	1997-1998 - 2010, 13 years follow-up	36508 men, age 45-79 years: 2509 stroke cases 1834 ischemic stroke cases 389 hemorrhagic stroke cases	Validated FFQ, 96 food items	Potatoes, total stroke Potatoes, ischemic stroke Potatoes, hemorrhagic stroke	0-3.4 times/wk 3.5-4.4 4.5-5.4 5.5-7.0 >7.0 0-3.4 times/wk 3.5-4.4 4.5-5.4 5.5-7.0 >7.0 0-3.4 times/wk 3.5-4.4 4.5-5.4 5.5-7.0 >7.0	1.00 0.89 (0.77-1.01) 0.96 (0.83-1.11) 0.97 (0.84-1.12) 1.00 (0.87-1.15) 1.00 0.90 (0.77-1.05) 0.94 (0.80-1.12) 0.98 (0.83-1.15) 0.98 (0.83-1.16) 1.00 0.90 (0.63-1.27) 1.15 (0.81-1.64) 1.03 (0.72-1.48) 1.13 (0.79-1.62)	Age, education, family history of MI before age 60 years, smoking status and pack-years of smoking, aspirin use, walking or bicycling, exercise, BMI, history of hypertension, history of hypercholesterolemia, alcohol, total energy intake
Larsson SC et al, 2016, Sweden	Swedish Mammography Cohort	1997-1998 - 2010, 13 years follow-up	32805 women, age 49-83 years: 2022 stroke cases 1508 ischemic stroke cases 290 hemorrhagic stroke cases	Validated FFQ, 96 food items	Potatoes, total stroke Potatoes, ischemic stroke Potatoes, hemorrhagic stroke	0-3.4 times/wk 3.5-4.4 4.5-5.4 5.5-7.0 >7.0 0-3.4 times/wk 3.5-4.4 4.5-5.4 5.5-7.0 >7.0 0-3.4 times/wk 3.5-4.4 4.5-5.4 5.5-7.0 >7.0	1.00 0.84 (0.73-0.97) 0.91 (0.78-1.07) 0.94 (0.81-1.09) 0.86 (0.73-1.00) 1.00 0.90 (0.77-1.06) 0.97 (0.81-1.16) 0.99 (0.83-1.18) 0.85 (0.70-1.02) 1.00 0.83 (0.59-1.19) 0.88 (0.58-1.32) 0.80 (0.54-1.20) 1.00 (0.67-1.47)	Age, education, family history of MI before age 60 years, smoking status and pack-years of smoking, aspirin use, walking or bicycling, exercise, BMI, history of hypertension, history of hypercholesterolemia, alcohol, total energy intake
Larsson SC et al, 2016, Sweden	Cohort of Swedish Men & Swedish Mammography Cohort	1997-1998 - 2010, 13 years follow-up	36508 men, age 45-79 years: 2509 stroke cases 32805 women,	Validated FFQ, 96 food items	Boiled potatoes Fried potatoes	≤2 times/wk 3-4 5-6 ≥7 ≤3 times/mo	1.00 0.91 (0.84-1.00) 0.97 (0.88-1.07) 0.97 (0.87-1.07) 1.00	Age, education, family history of MI before age 60 years, smoking status and pack-years of smoking, aspirin use,

			age 49-83 years: 2022 stroke cases			1-2/wk 3-4 ≥5	0.92 (0.85-0.99) 1.02 (0.94-1.11) 0.99 (0.84-1.17)	walking or bicycling, exercise, BMI, history of hypertension, history of hypercholesterolemia, alcohol, total energy intake
					French fries	≤3 times/mo 1-2/wk 3-4 ≥5	1.00 1.00 (0.93-1.08) 1.05 (0.91-1.23) 0.70 (0.46-1.05)	

BMI=Body Mass Index, CHD=coronary heart disease, FFQ=food frequency questionnaire, HDL=high-density lipoprotein, HRT=hormone replacementtherapy, LDL=low-density lipoprotein, MI=myocardial infarction, NA, not available, n-3=omega 3, WHR=waist-to-hip ratio

Supplementary Table 5: Cohort studies of fruit and vegetable intake and cardiovascular disease.

Author, publication year, country/ region	Study name	Follow-up period	Study size, gender, age, number of cases	Dietary assess-ment	Exposure	Quantity	RR (95% CI)	Adjustment for confounders
Gaziano JM et al, 1995, USA	Massachusetts Health Care Panel Study	1976 – 1980, 4.75 years follow-up	1299 men and women, age ≥66 years: 161 CVD deaths	FFQ, 43 food items	Carrots and/or squash Tomatoes Salads, green leafy veg. Dried fruits Fresh strawberries and/or melons Broccoli and/or brussels sprouts	≥1 vs <1 serv./d ≥1 vs <1 serv./d ≥1 vs <1 serv./d ≥1 vs <1 serv./d ≥1 vs <1 serv./d ≥1 vs <1 serv./d	0.40 (0.17-0.98) 0.73 (0.46-1.19) 0.49 (0.31-0.77) 1.13 (0.57-2.22) 0.70 (0.10-4.97) 0.29 (0.04-2.12)	Age, sex, smoking, alcohol consumption, cholesterol intake, functional status
Liu S et al, 2000, USA	Women's Health Study	1993 – 1999, 5 years follow-up	39876 women, age ≥45 years: 418 CVD cases	Validated FFQ, 131 food items	All fruits, vegetables	2.6 serv./day 4.1 5.5 7.1 10.2	1.00 0.75 (0.54-1.04) 0.83 (0.60-1.14) 0.80 (0.57-1.10) 0.85 (0.61-1.17)	Age, smoking, exercise, alcohol use, menopausal status, HRT, BMI, multivitamin use, vitamin C supplement use, history of diabetes mellitus, hypertension, high cholesterol, parental history of myocardial infarction
Bazzano LA et al, 2002, USA	National Health and Nutrition Examination Survey 1 Epidemiologic Follow-up Study	1971-1975 - 1992, 19 years follow-up	9608 men and women, age 25-74 years: 1145 CVD deaths	FFQ	Fruits and vegetables	<1 time/day 1 /day 2 ≥3	1.00 0.91 (0.75-1.10) 0.84 (0.70-0.99) 0.73 (0.58-0.92)	Age, sex, race, diabetes mellitus history, physical activity, education level, regular alcohol consumption, current cigarette smoking at baseline, vitamin supplement use, total energy

Appleby PN et al, 2002, UK	The Health Food Shoppers Study	1973-1979 – 1997, 19.8 years follow-up	11000, age : 1202 circulatory disease deaths	FFQ	Fresh fruit Nuts, dried fruit Raw vegetable salads	Daily vs less Daily vs less Daily vs less	0.89 (0.77-1.03) 0.94 (0.83-1.07) 0.94 (0.83-1.07)	Age at recruitment, sex, smoking, wholemeal bread, bran cereals, mutual adjustment between fresh fruit, nuts/dried fruit, raw vegetables salads
Sesso HD et al, 2003, USA	Women's Health Study	1992 – NA, 7.2 years follow-up	38445 women, age ≥45 years: 719 CVD cases	Validated FFQ, 131 food items	Tomato-based products Tomatoes Tomato juice Tomato sauce	1.4 serv./wk 2.5 5.0 8.0 12.0 none 1-3 serv/mo 1-4/wk ≥5/wk none 1-3 serv/mo 1/wk 2/wk none 1-3 serv/mo 1/wk 2/wk	1.00 1.02 (0.82-1.26) 1.04 (0.82-1.31) 0.68 (0.49-0.96) 0.71 (0.42-1.17) 1.00 1.38 (0.93-2.06) 1.22 (0.84-1.79) 1.03 (0.66-1.61) 1.00 1.23 (1.02-1.48) 1.42 (1.11-1.82) 1.14 (0.83-1.56) 1.00 0.99 (0.78-1.27) 1.04 (0.81-1.34) 0.76 (0.55-1.05)	Age, randomized aspirin, randomized vitamin E, randomized beta-carotene, BMI, smoking, HRT, parental history of myocardial prem. infarction, diabetes mellitus, hypertension, high cholesterol, intake of fruit, vegetables, alcohol, fiber, folate, nonsupplemental vitamin E, saturated fatty acids
Rissanen TH et al, 2003, Finland	Kuopio Ischaemic Heart Disease Risk Factor Study	1984-1989 - 2000, 12.8 years follow-up	2641 men, age 42-61 years: 115 CVD cases	4-day food record	Fruits, berries, vegetables	<133 g/day 133-214 215-293 294-408 >408	1.00 0.76 (0.45-1.30) 0.49 (0.26-0.91) 0.60 (0.34-1.03) 0.61 (0.34-1.10)	Age, examination years, urinary excretion of nicotine metabolites, alcohol, BMI, blood pressure, diabetes mellitus, serum LDL-cholesterol, HDL-cholesterol, triglycerides, maximal oxygen uptake
Sesso HD et al, 2003, USA	Women's Health Study	1992 – NA, 6.9 years follow-up	38445 women, age ≥45 years: 729 CVD	Validated FFQ, 131 food items	Broccoli Apples	none ≤1 serv/wk 2-4 ≥5 none	1.00 0.75 (0.57-0.99) 0.70 (0.51-0.96) 0.71 (0.44-1.15) 1.00	Age, randomized aspirin, randomized vitamin E, randomized beta-carotene, BMI, smoking, HRT, parental

					   Onions	≤1 pieces/wk 2-6 ≥1/day none ≤1 serv/wk 2-4 ≥5	0.82 (0.64-1.04) 0.87 (0.66-1.14) 0.78 (0.52-1.16) 1.00 1.00 (0.85-1.19) 1.18 (0.91-1.54) 1.00 (0.68-1.46)	history of myocardial prem. infarction, diabetes mellitus, hypertension, high cholesterol, intake of fruit, vegetables, alcohol, fiber, folate, nonsupplemental vitamin E, saturated fatty acids
Genkinger JM et al, 2004, USA	CLUE2	1989 – 2002, ~12.2 years follow-up	6151 men and women, age 30-93 years: 378 CVD deaths	FFQ, 61 food items	Fruits and vegetables Cruciferous vegetables Fruits and vegetables, ever smokers Fruits and vegetables, never smokers	0.87 serv/d 1.61 2.31 3.21 4.89 0.03 serv/d 0.12 0.17 027 0.53 1 2 3 1 2 3	1.00 0.80 (0.56-1.12) 0.86 (0.62-1.20) 0.79 (0.56-1.09) 0.76 (0.54-1.06) 1.00 0.99 (0.70-1.43) 1.17 (0.84-1.62) 1.03 (0.74-1.45) 0.89 (0.64-1.25) 1.00 0.95 (0.68-1.32) 0.87 (0.62-1.23) 1.00 0.84 (0.55-1.27) 0.78 (0.51-1.18)	Age, energy, smoking status, BMI, cholesterol
Hung HC et al, 2004, USA	Nurses' Health Study and Health Professionals Follow-up Study	1984 – 1998, 14 years follow-up 1986 – 1998, 12 years follow-up	71910 women and 37725 men age 38-63/40-75 years: 3864 CVD cases	Validated FFQ	All fruits and vegetables All fruit All vegetables Total citrus fruits Citrus fruit juice Cruciferous vegetables Green leafy vegetables Vitamin C-rich fruit and vegetables Potatoes	≥8 vs. <1.5 serv/d Per 5 serv/d increase Per 3 serv/d increase Per 3 serv/d increase Per 1 serv/d increase Per 1 serv/d increase Per 1 serv/d increase Per 1 serv/d increase Per 1 serv/d increase Per 1 serv/d increase	0.70 (0.55-0.89) 0.88 (0.81-0.95) 0.87 (0.80-0.94) 0.93 (0.86-1.00) 0.95 (0.90-1.00) 0.97 (0.91-1.04) 0.91 (0.81-1.01) 0.89 (0.83-0.96) 0.94 (0.91-0.98) 1.10 (0.97-1.24)	Age, total caloric intake, smoking status, alcohol use, BMI, multivitamins, vitamin E supplement use, physical activity, family history of myocardial infarction, family history of colon cancer or breast cancer, menopausal status, use of HRT, history of diabetes, hypertension, hypercholesterolemia

Mink PJ et al, 2007, USA	Iowa Women's Health Study	1986 – 2002, 16 years follow-up	34489 women, age 55-69 years: 2316 CVD deaths	Validated FFQ	Apples and pears Oranges Grapefruit Blueberries Broccoli Celery Grapes and raisins Strawberries Tomatoes	<1.00 serv/wk 1.00 >1.00 <1.00 serv/wk 1.00 >1.00 <1.00 serv/wk 1.00 >1.00 0 serv/wk >0 <1.00 serv/wk 1.00 >1.00 <1.00 serv/wk 1.00 >1.00 <1.00 serv/wk 1.00 >1.00 0 serv/wk >0 <1.00 serv/wk 1.00 >1.00	1.00 0.90 (0.79-1.01) 0.87 (0.78-0.96) 1.00 1.05 (0.93-1.18) 0.99 (0.90-1.09) 1.00 0.90 (0.80-1.02) 0.93 (0.84-1.03) 1.00 0.93 (0.82-1.06) 1.00 0.94 (0.85-1.03) 0.95 (0.85-1.07) 1.00 0.97 (0.87-1.08) 0.91 (0.83-1.01) 1.00 0.96 (0.85-1.07) 0.94 (0.81-1.09) 1.00 0.91 (0.82-1.00) 1.00 0.83 (0.74-0.92) 0.93 (0.83-1.03)	Age, energy intake, marital status, education, blood pressure, diabetes, BMI, WHR, physical activity, smoking, HRT
Sesso HD et al, 2007, USA	Women's Health Study	1992- NA, 10.1 years follow-up	38176 women, age ≥45 years: 1004 total CVD 204 CVD deaths	FFQ, 131 food items	Strawberries, total CVD Strawberries, CVD death	None 1-3 serv/mo 1/wk ≥2/wk None 1-3 serv/mo 1/wk ≥2/wk	1.00 1.00 (0.85-1.18) 0.94 (0.78-1.13) 1.23 (0.95-1.59) 1.00 0.92 (0.66-1.29) 0.59 (0.39-0.92) 0.79 (0.43-1.46)	Age, randomized aspirin/vitamin E/beta-carotene treatment, total energy intake, BMI, exercise, alcohol intake, smoking, HRT, parental history of MI <60 years
Buijsse B et al, 2008, Netherlands	Zutphen Elderly Study	1985-2000, 15 years follow-up	559 men, 65-84 years: 197 CVD deaths	Dietary history	Carrots	H vs l	0.83 (0.68-1.00)	Age, energy intake, smoking, BMI, physical activity, alcohol, socio-economic status, multivitamin supplements, vitamin C

								supplements, aspirin, antihypertensive drugs, anticoagulants, diet prescription, fiber
Joshipura KJ et al, 2009, USA	Nurses' Health Study and Health Professionals Follow-up Study	1984-2000, 16 years follow-up 1986-2000, 14 years follow-up	70870 women, age 38-63 years: 1852 ischemic CVD cases 38918 men, age 40-75 years: 2040 ischemic CVD cases	Validated FFQ, 126 food items	Total fruits, low carb Total fruits, medium carb Total fruits, high carb Total vegetables, low carb Total vegetables, medium carb Total vegetables, high carb Total citrus fruit, low carb Total citrus fruit, medium carb Total citrus fruit, high carb Citrus fruit juice, low carb Citrus fruit juice, medium carb Citrus fruit juice, high carb Cruciferous vegetables, low carb Cruciferous vegetables, medium carb Cruciferous vegetables, high carb Green leafy vegetables, low carb Green leafy vegetables, medium carb Green leafy vegetables, high carb Carotene-rich fruits and vegetables, low carb Carotene-rich fruits and vegetables, medium carb Carotene-rich fruits and vegetables, high carb Potatoes, low carb	H vs l 5 H vs l 5 H vs l 5 H vs l 5 H vs l 5 H vs l 5 H vs l 5 H vs l 5 H vs l 5 H vs l 5 H vs l 5 H vs l 5 H vs l 5 H vs l 5 H vs l 5 H vs l 5 H vs l 5 H vs l 5 H vs l 5 Per 1 serv/d H vs l 5 Per 1 serv/d H vs l 5 Per 1 serv/d H vs l 5	1.11 (0.78-1.58) 0.81 (0.70-0.94) 1.25 (0.87-1.78) 0.86 (0.67-1.12) 0.93 (0.81-1.07) 0.96 (0.74-1.25) 0.92 (0.67-1.26) 0.92 (0.81-1.05) 1.05 (0.81-1.37) 1.07 (0.79-1.45) 0.96 (0.85-1.09) 1.25 (0.98-1.61) 1.05 (0.83-1.34) 1.05 (0.91-1.36) 0.89 (0.71-1.13) 0.76 (0.60-0.96) 0.85 (0.75-0.97) 0.92 (0.72-1.18) 0.90 (0.69-1.17) 0.90 (0.81-0.99) 0.94 (0.82-1.07) 0.96 (0.91-1.01) 0.84 (0.65-1.08) 0.98 (0.89-1.07) 1.21 (0.93-1.56)	Age, smoking, total energy, whole grains, alcohol, BMI, multivitamin and vitamin E supplement use, aspirin use, physical activity, family history of myocardial infarction, history of hypertension, hypercholesterolemia, diabetes, women only: menopausal status, HRT

					Potatoes, medium carb Potatoes, high carb	H vs l 5 H vs l 5	1.14 (0.86-1.52) 1.12 (0.86-1.47)	
Takachi R et al, 2008, Japan	Japan Public Health Center-based Prospective Study	1995-1998 – 2002, ~5.9 years follow-up	77891 men and women, age 45-74 years: 1386 CVD cases	FFQ, 138 food items	Total fruits and vegetables Fruits Citrus fruits Vegetables Cruciferous vegetables Green leafy vegetables Yellow vegetables Total fruits and vegetables, men Fruits Vegetables	186 g/d 335 482 733 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 186 g/d 335 482 733 1 2 3 4 1	1.00 1.02 (0.87-1.18) 0.93 (0.79-1.10) 0.90 (0.75-1.07) 1.00 0.94 (0.81-1.09) 0.83 (0.70-0.98) 0.81 (0.67-0.97) 1.00 0.92 (0.79-1.07) 0.95 (0.81-1.12) 0.80 (0.67-0.95) 1.00 0.97 (0.83-1.13) 0.89 (0.75-1.05) 0.97 (0.82-1.15) 1.00 1.02 (0.87-1.19) 1.04 (0.89-1.23) 1.10 (0.93-1.29) 1.00 1.04 (0.89-1.22) 1.00 (0.85-1.17) 1.04 (0.88-1.23) 1.00 0.98 (0.84-1.15) 1.08 (0.92-1.27) 1.04 (0.89-1.23) 1.00 0.99 (0.83-1.18) 0.92 (0.75-1.14) 0.97 (0.76-1.24) 1.00 0.92 (0.77-1.10) 0.88 (0.71-1.08) 0.83 (0.64-1.07) 1.00	Age, sex, public center area, BMI, physical activity, smoking status, alcohol consumption, energy intake, screening examination, medication, daily vitamin supplement use

						2	0.97 (0.80-1.16)	
						3	0.93 (0.76-1.14)	
						4	1.03 (0.83-1.29)	
					Total fruits and vegetables,	186 g/d	1.00	
					women	335	1.06 (0.78-1.44)	
						482	0.93 (0.69-1.26)	
						733	0.86 (0.64-1.16)	
					Fruits	1	1.00	
						2	0.96 (0.72-1.27)	
						3	0.76 (0.57-1.01)	
						4	0.77 (0.58-1.02)	
					Vegetables	1	1.00	
						2	0.93 (0.69-1.24)	
						3	0.80 (0.60-1.06)	
						4	0.88 (0.67-1.15)	
					Total fruits and vegetables,	186 g/d	1.00	
					ever smoker	335	0.99 (0.81-1.21)	
						482	1.01 (0.80-1.28)	
						733	0.94 (0.71-1.25)	
					Fruits	1	1.00	
						2	0.94 (0.77-1.15)	
						3	0.93 (0.74-1.17)	
						4	0.84 (0.63-1.13)	
					Vegetables	1	1.00	
						2	0.92 (0.75-1.14)	
						3	0.96 (0.77-1.20)	
						4	0.96 (0.75-1.23)	
					Total fruits and vegetables,	186 g/d	1.00	
					nonsmoker	335	1.03 (0.81-1.31)	
						482	0.86 (0.68-1.10)	
						733	0.86 (0.67-1.11)	
					Fruits	1	1.00	
						2	0.93 (0.74-1.17)	
						3	0.75 (0.59-0.95)	
						4	0.76 (0.60-0.97)	
					Vegetables	1	1.00	
						2	1.02 (0.81-1.29)	
						3	0.83 (0.65-1.06)	
						4	0.98 (0.77-1.23)	

Nakamura K et al, 2008, Japan	Takayama Study	1992 – 1999, 7 years follow-up,	13355 men and 15724 women, age ≥35 years: 200/184 CVD deaths	FFQ, 169 food items	Total fruit, men Total vegetables Total fruit, women Total vegetables	0.3 serv/d 0.7 1.3 2.6 2.2 serv/d 3.4 4.6 7.1 0.4 serv/d 0.9 1.5 2.7 2.5 serv/d 3.6 4.8 7.4	1.00 1.09 (0.73-1.62) 0.90 (0.58-1.38) 1.16 (0.77-1.74) 1.00 0.68 (0.42-1.09) 0.83 (0.52-1.32) 0.81 (0.49-1.34) 1.00 0.99 (0.65-1.50) 0.74 (0.47-1.18) 0.99 (0.66-1.50) 1.00 0.80 (0.50-1.28) 0.76 (0.47-1.25) 0.62 (0.36-1.08)	Age, total energy, marital status, years of education, BMI, smoking status, alcohol, exercise, history of hypertension, diabetes mellitus, menopausal status, total protein, saturated fatty acids, sodium intake
Nagura J et al, 2009, Japan	Japan Collaborative Cohort Study	1988-1990 – 2003, 12.7 years follow-up,	25206 men and 34279 women, age 40-79 years: 1207/ 1036 CVD deaths	FFQ, 33 foods	Fruit, total CVD Vegetables	0.9 serv/wk 2.3 3.9 5.9 1.2 serv/wk 2.3 3.4 5.2	1.00 0.90 (0.80-1.00) 0.89 (0.79-0.99) 0.77 (0.67-0.88) 1.00 0.93 (0.82-1.05) 0.95 (0.83-1.08) 0.96 (0.84-1.10)	Age, sex, BMI, smoking status, alcohol, hours of walking, hours of sleep, education years, perceived mental stress, cholesterol intake, saturated fatty acids, n-3 FA intake, sodium intake, hyperstension and diabetes history, beans, mutual adjustment between fruit and vegetables
Nechuta SJ et al, 2010, China	Shanghai Women's Health Study	1996-2000 - 2007, 9 years follow-up	71243 women, age 40-70 years: 775 CVD deaths	Validated FFQ	Fruits and vegetables	<404.3 g/d 404.3-<626.5 ≥626.5	1.00 0.81 (0.68-0.96) 0.84 (0.70-1.00)	Age, education, occupation, income, BMI, WHR, exercise, spouse smoke
Dauchet L et al, 2010, France, United Kingdom	Prospective Epidemiological Study of Myocardial Infarction (PRIME) study	1991 – NA, 10 years follow-up	8060 men, age 50-59 years: 612 CVD events	Interview	Fruit and vegetables, never smokers Fruit and vegetables, former smokers	≤1.57 times/d 1.6-2.57 ≥2.6 ≤1.57 times/d 1.6-2.57 ≥2.6	1.00 1.32 (0.87-1.99) 1.27 (0.84-1.93) 1.00 0.85 (0.62-1.17) 0.93 (0.68-1.27)	Age, centre, alcohol, physical activity, education, employment status, supplemental vitamin intake, systolic blood pressure, total

					Fruits and vegetables, current smokers Fruits, never smokers Fruits, former smokers Fruits, current smokers Vegetables, never smokers Vegetables, former smokers Vegetables, current smokers	≤1.57 times/d 1.6-2.57 ≥2.6 ≤0.57 times/d 0.64-1.14 ≥1.29 ≤0.57 times/d 0.64-1.14 ≥1.29 ≤0.57 times/d 0.64-1.14 ≥1.29 ≤0.79 times/d 1-1.29 ≥1.5 ≤0.79 times/d 1-1.29 ≥1.5 ≤0.79 times/d 1-1.29 ≥1.5	1.00 0.80 (0.59-1.08) 0.64 (0.44-0.93) 1.00 1.55 (1.00-2.39) 1.45 (0.94-2.23) 1.00 0.92 (0.66-1.28) 1.06 (0.77-1.45) 1.00 1.05 (0.77-1.43) 0.82 (0.57-1.16) 1.00 0.86 (0.57-1.30) 1.14 (0.77-1.71) 1.00 0.98 (0.71-1.34) 1.04 (0.76-1.44) 1.00 0.77 (0.57-1.05) 0.74 (0.51-1.07)	cholesterol, HDL cholesterol, BMI, treatment for hypertension, diabetes, and dyslipidemia
Gardener H et al, 2011, USA	The Northern Manhattan Study	NA – NA, 9 years follow-up	2568 men and women, age >40 years: 518 cardiovascular events	FFQ	Fruits Vegetables	≥131vs. <131 g/d ≥67 vs. <67 g/d	1.13 (0.90-1.41) 0.89 (0.71-1.12)	Age, sex, race-ethnicity, education, moderate to heavy physical activity, energy, cigarette smoking
Zhang X et al, 2011, China	Shanghai Women's Health Study	1996-2000 - 2009, 10.2 years follow-up	73360 women, age 40-70 years: 1023 CVD deaths	Validated FFQ, 41 fruit and vegetable items	Total vegetables Total fruits Cruciferous vegetables	124 g/d 196 261 345 506 62 g/d 155 238 330 489 28 g/d 57 83	1.00 0.99 (0.83, 1.18) 0.84 (0.69, 1.02) 0.86 (0.71, 1.05) 0.84 (0.67, 1.04) 1.00 0.76 (0.64, 0.91) 0.86 (0.72, 1.04) 0.72 (0.58, 0.89) 0.78 (0.62, 0.98) 1.00 0.91 (0.76, 1.09) 0.94 (0.78, 1.13)	Age, education, occupation, family income, cigarette smoking, alcohol consumption, BMI, amount ofregular exercise, multivitamin supplement use, intakes of total energy and saturated fat, andhistory of coronary heart disease, stroke, hypertension, or

						114	0.82 (0.68, 1.00)	diabetes, menopausal
						166	0.76 (0.62, 0.92)	status and hormone
					Noncruciferous vegetables	73 g/d	1.00	therapy use
						124	0.93 (0.78, 1.11)	
						173	0.90 (0.74, 1.08)	
						236	0.98 (0.81, 1.20)	
						362	0.85 (0.68, 1.06)	
Zhang X et al, 2011, China	Shanghai Men's Health Study	2002-2006 - 2009, 4.6 years follow-up	61436 men, age 40-70 years: 635 CVD deaths	Validated FFQ, 46 fruit and vegetable items	Total vegetables	144 g/d	1.00	Age, education, occupation, family income, cigarette smoking, alcohol consumption, BMI, amount ofregular exercise, multivitamin supplement use, intakes of total energy and saturated fat, andhistory of coronary heart disease, stroke, hypertension, or diabetes.
						232	0.79 (0.64, 0.98)	
						307	0.70 (0.55, 0.89)	
						398	0.45 (0.34, 0.60)	
						583	0.64 (0.49, 0.83)	
					Total fruits	14 g/d	1.00	
						71	0.94 (0.76, 1.18)	
						129	0.79 (0.61, 1.01)	
						196	0.77 (0.59, 1.00)	
						308	0.63 (0.48, 0.85)	
					Cruciferous vegetables	34 g/d	1.00	
						66	0.90 (0.73, 1.12)	
						94	0.68 (0.53, 0.87)	
						133	0.66 (0.52, 0.85)	
						208	0.61 (0.47, 0.78)	
					Noncruciferous vegetables	89 g/d	1.00	
						148	0.88 (0.71-1.09)	
						201	0.66 (0.52-0.84)	
						269	0.59 (0.45-0.78)	
						413	0.66 (0.50-0.86)	
Yamada T et al, 2011, Japan	The Jichi Medical School Cohort Study	1992-1995 - NA, 10.7 years follow-up	10623 men and women, mean age 55 years: 488 CVD cases	FFQ, 30 food items	Citrus fruit, CVD, men	Infrequent	1.00	Age, study area, BMI, systolic blood pressure, total cholesterol, physical activity index, smoking status, alcohol, education, marital status
						1-2/mo	0.70 (0.47-1.05)	
						1-2/wk	0.75 (0.52-1.09)	
						3-4/wk	0.63 (0.41-0.97)	
						Almost daily	0.57 (0.33-1.01)	
					Citrus fruit, CVD, women	Infrequent	1.00	
						1-2/mo	0.83 (0.49-1.41)	
						1-2/wk	0.68 (0.42-1.11)	
						3-4/wk	0.75 (0.46-1.22)	
						Almost daily	0.51 (0.29-0.88)	

Belin RJ et al, 2011, USA	Women's Health Initiative	NA, 10 years follow-up	79752 women, age 50-79 years: 6006 CVD cases	Validated FFQ	Fruit and vegetables Fruit Vegetables	<4.01 serv/d ≥4.01 <2.57 serv/d ≥2.57 <3.01 serv/d ≥3.01	1.00 0.92 (0.87-0.97) 1.00 0.91 (0.85-0.96) 1.00 0.96 (0.91-1.02)	Age, race, education, physical activity, energy intake, BMI, smoking, diabetes medications, taking pills for hypertension or cholesterol
Fitzgerald KC et al, 2012, USA	Women's Health Study	1992-1994 - NA, 14.6 years follow-up	34827 women, age ≥45 years: 1094 CVD cases	Validated FFQ, 133 food items	Fruit Vegetables	<0.63 0.63-1.05 1.06-1.55 1.56-2.20 ≥2.21 <1.95 1.95-2.82 2.83-3.76 3.77-5.19 ≥5.20	1.00 0.94 (0.78-1.13) 0.80 (0.65-0.97) 0.84 (0.69-1.03) 0.82 (0.67-1.01) 1.00 0.94 (0.78-1.14) 0.88 (0.73-1.07) 0.97 (0.80-1.18) 0.89 (0.72-1.09)	Age, randomization status, smoking, postmenopausal status, HRT, alcohol intake, energy, physical activity, cigarettes per day, highest education level
Jacques PF et al, 2013, USA	Framingham Offspring Study	1991-2001 – 2008, 11 years follow-up	2525 men and women, age 20-69 years: 314 CVD cases	Validated FFQ	Tomato products	Per 1 serv/d	0.97 (0.93-1.02)	Age, sex, systolic blood pressure, total cholesterol, total/HDL-cholesterol ratio, BMI, smoking, number of packs per day, hypertension treatment, diabetes, saturated fatty acids, energy intake, beta-carotene, flavonol, vitamin C, vitamin E

Leenders M et al, 2013, Europe	European Prospective Investigation into Cancer and Nutrition	1992-2000 – 2010, 13 years follow-up	451151 men and women, age 25-70 years: 5125 CVD deaths	Validated FFQ, dietary history, 7-day record	Fruit and vegetables, all Fruit Vegetables Raw vegetables Cooked vegetables	178.8 g/d 316.8 468.4 725.3 0-106.8 g/d 106.8-193.7 193.7-312.1 312-1014.5 0-108.8 g/d 108.8-172.9 172.9-271.1 271.1-820.9 0-22.9 g/d 22.9-50.1 50.1-100.0 100.0-770.7 0-49.9 g/d 49.9-90.8 90.8-157.8 157.8-722.7	1.00 0.95 (0.87-1.02) 0.89 (0.82-0.97) 0.85 (0.77-0.93) 1.00 0.91 (0.84-0.98) 0.95 (0.87-1.03) 0.96 (0.87-1.05) 1.00 0.91 (0.84-0.98) 0.82 (0.75-0.90) 0.79 (0.71-0.87) 1.00 0.90 (0.84-0.97) 0.82 (0.75-0.90) 0.74 (0.67-0.82) 1.00 0.99 (0.91-1.08) 0.89 (0.81-0.98) 0.88 (0.79-0.98)	Age, smoking status, smoking duration, time since stopped smoking, number of cigarettes per day, alcohol, BMI, physical activity, education, processed meat, mutual adjustment between fruit and vegetables
Von Ruesten A et al, 2013, Germany	European Prospective Investigation into Cancer and Nutrition – Potsdam	1994-1998 - NA, 8 years follow-up	23531 men and women, age 35-65 years: 363 CVD cases	Validated FFQ, 148 food items	Potatoes Fried potatoes Fresh fruit Canned fruit Cabbages Garlic Mushrooms Fruit juice	Per 100 g/d Per 100 g/d Per 100 g/d Per 100 g/d Per 100 g/d Per 2 g/d Per 100 g/d Per 200 g/d	1.07 (0.83-1.38) 0.63 (0.27-1.46) 1.14 (0.99-1.30) 0.76 (0.47-1.22) 1.37 (0.63-2.97) 1.03 (0.58-1.84) 0.84 (0.52-1.38) 1.01 (0.87-1.18)	Age, sex, smoking status, pack-years of smoking, alcohol, leisure-time physical activity, BMI, WHR, prevalent hypertension, history of high blood lipids, education, vitamin supplementation, total energy, mutual adjustment between food groups and further adjusted for other food groups
Elwood PC et al, 2013, United Kingdom	Caerphilly Prospective Study	1979-2004, 25 years follow-up	2235 men, age 45-59 years: 752 CVD cases	FFQ	Fruit and vegetables	≥3 vs. <3 portions/d	0.95 (0.75-1.21)	Age, social class

Oyebode O et al, 2014, United Kingdom	Health Surveys for England	2001-2008 – 2013, 7.7 years follow-up	65226 men and women, age ≥35 years: 1554 CVD deaths	24 hour recall	Fruit and vegetables Fruit Vegetables	0-<1 portions/d 1-<3 3-<5 5-<7 ≥7 0-<1 portions/d 1-<2 2-<3 3-<4 ≥4 0-<1 portions/d 1-<2 2-<3 ≥3	1.00 0.91 (0.78-1.05) 0.82 (0.70-0.95) 0.80 (0.66-0.96) 0.69 (0.53-0.88) 1.00 0.90 (0.78-1.03) 0.87 (0.76-1.01) 0.91 (0.76-1.08) 0.82 (0.68-0.98) 1.00 0.89 (0.79-0.99) 0.87 (0.74-1.03) 0.78 (0.60-1.01)	Age, sex, social class, cigarette smoking, BMI, physical activity, education, alcohol
Atkins JL et al, 2014, United Kingdom	British Regional Heart Study	1998-2000 – 2010, 11.3 years follow-up	3328 men, age 60-79 years: 582 CVD cases 327 CVD deaths	Validated FFQ, 86 food items	Fruit and vegetables, CVD cases Fruit Vegetables Fruit and vegetables, CVD deaths Fruit Vegetables	Daily vs. <daily Daily vs. <1 day/wk Daily vs. <1 day/wk Daily vs. <daily Daily vs. <1 day/wk Daily vs. <1 day/wk	1.01 (0.80-1.28) 1.02 0.90 (0.64-1.28) 1.17 (0.69-2.01) 0.92 (0.66-1.28) 0.95 (0.59-1.53) 0.88 (0.47-1.65)	Age, smoking, alcohol, physical activity, social class, BMI, energy intake, diet score without respective components
Tognon G et al, 2014, Denmark	The 1982-83 Danish Monitoring trends and determinants of Cardiovascular disease study (MONICA)	1982-1983 – 2007, 14 years follow-up	948 women and 901 men, age NA: 755 CVD cases 223 CVD deaths	7 day food record	Vegetables, CVD incidence Fruits Vegetables, CVD mortality Fruits	>median vs. <median >median vs. <median >median vs. <median >median vs. <median	0.88 (0.76-1.02) 0.81 (0.62-1.06) 0.86 (0.75-1.00) 0.72 (0.55-0.94)	Age, sex, BMI, education, physical activity, cigarette smoking
Vormund K et al, 2015, Switzerland	The National Research Program 1A & The Swiss MONICA study	1977-1979 & 1982-1993 – 2000, 21.4 years follow-up	17861 men and women, age 16-92 years: 1385 CVD deaths	24-hr recall, 11 food groups	Salad Vegetables Fruits	Yes vs. no Yes vs. no Yes vs. no	0.99 (0.87-1.13) 1.03 (0.90-1.17) 0.90 (0.78-1.03)	Age, sex, survey wave, marital status, smoking, BMI, region, nationality, dairy products, whole grains, red or processed meat, fish,

								monounsaturated fat, alcohol, mutual adjustment between fruits, vegetables and salad
Hjartåker A et al, 2015, Norway	The Migrant Study	1964-1967 – 2008, 20.3 years follow-up	9766 men, mean age 58.0 years: 4595 CVD deaths	FFQ	Vegetables	0-12 serv/mo 12.0-21.0 21.0-31.5 >31.5	1.00 0.92 (0.85-1.00) 0.89 (0.81-0.97) 0.95 (0.87-1.04)	Age, BMI, exercise, beer spirits, smoking (cigarettes, pipe, cigar), social status, coffee
					Fruits	8.0 serv/mo 8.0-16.0 16.0-25.0 >25.0	1.00 0.95 (0.88-1.04) 0.98 (0.90-1.06) 1.04 (0.95-1.13)	
					Berries	0-1 serv/mo 1-3 3-8 >8	1.00 1.02 (0.94-1.11) 1.02 (0.94-1.11) 1.03 (0.94-1.12)	
					Total fruit and vegetables (without potatoes)	0-27 serv/mo 27-43 43-62 >62	1.00 0.88 (0.81-0.96) 0.88 (0.81-0.96) 0.99 (0.92-1.08)	
					Cabbage	0 serv/mo <1 1-2 3-5 6-13 >14	1.00 1.09 (0.94-1.27) 0.97 (0.84-1.12) 0.95 (0.83-1.10) 0.94 (0.81-1.10) 1.22 (0.99-1.49)	
					Swede	0 serv/mo <1 1-2 3-5 6-13 >14	1.00 0.87 (0.78-0.98) 0.89 (0.80-0.99) 0.88 (0.78-0.98) 0.87 (0.76-1.00) 0.94 (0.77-1.16)	
					Carrots	0 serv/mo <1 1-2 3-5 6-13 >14	1.00 0.77 (0.61-0.96) 0.77 (0.62-0.94) 0.79 (0.65-0.96) 0.77 (0.63-0.94) 0.79 (0.64-0.97)	

					Cauliflower	0 serv/mo	1.00	
						<1	0.94 (0.85-1.05)	
						1-2	1.02 (0.91-1.14)	
						3-5	0.98 (0.87-1.11)	
						>6	1.07 (0.92-1.24)	
					Lettuce, green salad	0 serv/mo	1.00	
						<1	0.88 (0.81-0.96)	
						1-2	0.93 (0.85-1.02)	
						3-5	0.91 (0.81-1.02)	
						>6	0.95 (0.83-1.08)	
					Tomatoes	0 serv/mo	1.00	
						<1	0.87 (0.77-0.98)	
						1-2	0.90 (0.80-1.01)	
						3-5	0.92 (0.82-1.03)	
						6-13	0.86 (0.76-0.97)	
						>14	1.00 (0.86-1.16)	
					Peas	0 serv/mo	1.00	
						<1	0.87 (0.77-0.99)	
						1-2	0.90 (0.80-1.02)	
						3-5	0.83 (0.73-0.95)	
						>6	0.86 (0.74-1.00)	
					Rhubarb	0 serv/mo	1.00	
						<1	0.95 (0.87-1.03)	
						1-2	1.00 (0.91-1.09)	
						3-5	1.02 (0.90-1.14)	
						>6	1.01 (0.85-1.21)	
					Oranges	0 serv/mo	1.00	
						<1	0.87 (0.73-1.04)	
						1-2	0.88 (0.74-1.05)	
						3-5	0.86 (0.73-1.01)	
						6-13	0.85 (0.72-0.99)	
						>14	1.00 (0.76-1.06)	
					Apples	0 serv/mo	1.00	
						<1	0.92 (0.81-1.04)	
						1-2	0.93 (0.82-1.05)	
						3-5	0.90 (0.80-1.01)	
						6-13	0.96 (0.85-1.08)	
						>14	0.89 (0.78-1.02)	
					Grapes	0 serv/mo	1.00	

						<1 1-2 3-5 >6	0.90 (0.79-1.02) 0.93 (0.81-1.05) 1.02 (0.89-1.18) 0.93 (0.77-1.11)	
					Banana	0 serv/mo <1 1-2 3-5 6-13 >14	1.00 0.99 (0.88-1.13) 0.98 (0.86-1.11) 0.98 (0.86-1.12) 1.09 (0.94-1.27) 1.06 (0.88-1.28)	
					Garden berries	0 serv/mo <1 1-2 3-5 6-13 >14	1.00 0.88 (0.77-1.00) 0.90 (0.79-1.02) 0.90 (0.79-1.03) 0.88 (0.75-1.02) 0.96 (0.80-1.16)	
					Wild berries	0 serv/mo <1 1-2 3-5 6-13 >14	1.00 0.97 (0.86-1.08) 0.92 (0.81-1.03) 0.96 (0.84-1.08) 0.98 (0.85-1.13) 0.97 (0.82-1.14)	
Odegaard AO et al, 2015, Singapore	Singapore Chinese Health Study	1993-1998 – 2011, 16.3 years follow-up	52584 men and women, age 45-74 years: 3097 CVD deaths	Validated FFQ, 165 food items	Juice	None Monthly 1/wk ≥2/wk	1.00 0.88 (0.76-1.02) 1.19 (0.96-1.46) 1.16 (0.94-1.43)	Age, sex, dialect, education, year of interview, smoking, moderate and vigorous activity, sleep, BMI, hypertension, nonbeverage vegetable-fruit-soy dietary pattern score, energy intake, coffee, black tea, alcohol, soft drinks, green tea
Eriksen A et al, 2015, United Kingdom	UK SABRE Study	1988-1990 – 2011, 21 years follow-up	2096 men and women, age 40-69 years: 601 CVD cases	FFQ	Raw fruit and vegetables, European Raw fruit and vegetables, South Asian	Frequent Infrequent Frequent Infrequent	1.00 0.92 (0.69-1.24) 1.00 1.03 (0.81-1.31)	Age, sex, BMI, diastolic blood pressure, systolic blood pressure, hypertension treatment, total cholesterol, HDL

								cholesterol, social class, employment, physical activity, smoking status, alcohol
Aasheim ET et al, 2015, United Kingdom	European Prospective Investigation into Cancer and Nutrition – Norfolk	1993-2012, 17 years follow-up	22421 men and women, age 39-79 years: 1490 CVD deaths	Validated FFQ, 130 food items	Tinned fruit	<1/mo 1-3 1/wk ≥2	1.00 1.09 (0.96-1.24) 1.28 (1.10-1.48) 1.32 (1.09-1.60)	Age, sex, alcohol, physical activity, diabetes, smoking status, BMI, socioeconomic status, energy intake, antihypertensive drug use, lipid lowering drug use, family history of heart attack, family history of cancer
Aasheim ET et al, 2015, United Kingdom	European Prospective Investigation into Cancer and Nutrition – Oxford	1993-2012, 16 years follow-up	52625 men and women, age 20-97 years: 956 CVD deaths	Validated FFQ, 130 food items	Tinned fruit	<1/mo 1-3 1/wk ≥2	1.00 1.22 (1.05-1.42) 1.27 (1.03-1.56) 1.10 (0.84-1.43)	Age, sex, alcohol, physical activity, diabetes, smoking status, BMI, socioeconomic status, energy intake, long-term medical treatment, parental history of heart attack or cancer, method of recruitment
Aasheim ET et al, 2015, United Kingdom	Whitehall 2 Study	1991-2012, 20 years follow-up	7440 men and women, age 36-60 years: 189 CVD deaths	Validated FFQ, 127 food items	Tinned fruit	<1/mo 1-3 1/wk ≥2	1.00 1.01 (0.71-1.43) 1.18 (0.75-1.85) 1.09 (0.60-2.12)	Age, sex, alcohol, physical activity, diabetes, smoking status, BMI, socioeconomic status, energy intake, antihypertensive drug use, lipid lowering drug use, ethnicity, diet pattern
Lai HTM et l, 2015, United Kingdom	UK Women's Cohort study	1995-1998 – 2013, 16.7 years follow-up	30458 women, age 35-69 years: 286 CVD deaths	Validated FFQ, 217 food items	Total fruit	0-200 g/d 200-302 302-410 410-568	1.00 0.67 (0.48-0.94) 0.64 (0.45-0.91) 0.64 (0.45-0.91)	Age, BMI, physical activity, smoking status, socio-economic status, alcohol, total vegetables

						568-1498	0.57 (0.39-0.84)	Mutual adjustment between specific types of fruits
						Per 80 g/d	0.94 (0.90-0.98)	
					Fresh fruit	0-133 g/d	1.00	
						133-210	0.71 (0.50-1.01)	
						210-292	0.74 (0.52-1.06)	
						292-415	0.65 (0.45-0.94)	
						415-1484	0.56 (0.37-0.84)	
						Per 80 g/d	0.92 (0.86-0.98)	
					Fresh fruit and juice	0-190 g/d	1.00	
						190-291	0.58 (0.41-0.82)	
						291-395	0.59 (0.41-0.84)	
						395-550	0.56 (0.39-0.80)	
						550-1497	0.57 (0.39-0.84)	
						Per 80 g/d	0.94 (0.90-0.98)	
					Fresh and dried fruit	0-142 g/d	1.00	
						142-221	0.72 (0.51-1.02)	
						221-305	0.69 (0.48-0.99)	
						305-433	0.66 (0.46-0.95)	
						433-1485	0.55 (0.37-0.83)	
						Per 80 g/d	0.92 (0.87-0.97)	
					Total dried fruit	0-3 g/d	1.00	
						3-6	0.59 (0.39-0.88)	
						6-10	0.86 (0.60-1.24)	
						10-19	0.93 (0.65-1.33)	
						19-460	0.85 (0.53-1.37)	
						Per 25 g/d	0.90 (0.76-1.06)	
					Fruit juice	0-10 g/d	1.00	
						13-30	0.78 (0.54-1.12)	
						41-116	0.74 (0.53-1.03)	
						119-148	0.64 (0.44-0.93)	
						155-1015	0.81 (0.58-1.14)	
						Per 125 g/d	0.96 (0.84-1.10)	
					Total citrus intake	0 g/d	1.00	
						2-22	0.59 (0.38-0.92)	
						23-60	0.58 (0.36-0.93)	
						64-102	0.50 (0.31-0.80)	
						112-182	0.50 (0.31-0.79)	
						190-1422	0.49 (0.29-0.82)	
						Per 80 g/d	0.91 (0.82-1.01)	

					Citrus fruit intake	0 g/d	1.00	
						2-6	0.54 (0.37-0.78)	
						13	0.58 (0.38-0.89)	
						37	0.59 (0.40-0.87)	
						74	0.67 (0.42-1.08)	
						92-552	0.54 (0.35-0.83)	
						Per 80 g/d	0.85 (0.68-1.06)	
					Orange juice	0 g/d	1.00	
						3-10	0.74 (0.54-1.02)	
						20	0.62 (0.38-1.00)	
						58	0.72 (0.49-1.06)	
						116-145	0.68 (0.49-0.95)	
						363-870	0.56 (0.24-1.28)	
						Per 250 g/d	0.79 (0.54-1.16)	
					Berries	0-1.6 g/d	1.00	
						1.7-4.0	0.66 (0.46-0.95)	
						4.0-7.7	0.56 (0.38-0.83)	
						7.8-15.3	0.90 (0.65-1.26)	
						15.4-365	0.89 (0.62-1.28)	
						Per 80 g/d	1.18 (0.81-1.72)	
					Pomes	0-19 g/d	1.00	
						24-55	1.03 (0.73-1.45)	
						62-102	0.94 (0.65-1.36)	
						108-133	0.94 (0.64-1.38)	
						139-1392	1.14 (0.78-1.67)	
						Per 80 g/d	1.03 (0.92-1.15)	
					Tropical fruit	0-18 g/d	1.00	
						18-45	0.77 (0.56-1.07)	
						45-76	0.51 (0.33-0.78)	
						76-107	0.77 (0.55-1.08)	
						107-717	0.84 (0.58-1.23)	
						Per 80 g/d	0.88 (0.73-1.06)	
					Drupes	0-1 g/d	1.00	
						1-3	0.74 (0.48-1.14)	
						3-6	0.54 (0.38-0.78)	
						6-10	0.72 (0.50-1.03)	
						10-165	0.74 (0.50-1.10)	
						Per 80 g/d	0.33 (0.07-1.67)	
					Grapes	0-2 g/d	1.00	

						7 14 40 80-600 Per 80 g/d	0.64 (0.47-0.87) 0.67 (0.48-0.94) 0.58 (0.40-0.83) 0.56 (0.37-0.86) 0.66 (0.48-0.92)	
Jacques PF et al, 2015, USA	Framingham Offspring Cohort Study	1991-2008, 14.9 years follow-up	2880 men and women, mean age 54 years: 518 CVD cases	Validated FFQ	Apples, pears	<118 g/wk 118-138 ≥148	1.00 0.82 (0.63-1.06) 0.74 (0.50-1.10)	Age, sex, current smoking status, BMI, total energy intake
Stefler D et al, 2016, Czech Republic, Poland and Russia	Health, Alcohol and Psycho-social Factors in Eastern Europe study	2002-2005 – NA, 7.1 years follow-up	19333 men and women, mean age ~57 years: 438 CVD deaths	FFQ, 136, 148, 147 food items	Fruits and vegetables Fruits Vegetables	214.1 g/d 352.1 514.7 831.4 Per 100 g/d 75.2 g/d 170.2 268.8 482.3 Per 100 g/d 119.4 g/d 189.4 247.0 371.3 Per 100 g/d	1.00 0.80 (0.62-1.03) 0.83 (0.64-1.09) 0.74 (0.54-1.01) 0.95 (0.89-1.02) 1.00 1.00 (0.79-1.28) 0.75 (0.56-0.99) 0.78 (0.57-1.07) 0.92 (0.84-0.99) 1.00 0.93 (0.72-1.20) 0.81 (0.62-1.07) 0.88 (0.66-1.19) 0.99 (0.90-1.07)	Age, sex, cohort, alcohol, smoking, education, household amenities, marital status, energy intake, physical activity, vitamin supplement use, healthy diet index (without fruit and vegetable component), mutual adjustment between fruits and vegetables
Hodgson JM et al, 2016, Australia	The Calcium Intake Fracture Outcome Study	1998 - 2013, 15 years follow-up	1456 women, age >70 years: 235 CVD deaths	Validated FFQ	Apples Pear Oranges and other citrus fruits Banana Total fruit	1 g/d 39 154 Per 53 g/d Per 33 g/d Per 59 g/d Per 41 g/d Per 129 g/d	1.00 0.90 (0.64-1.26) 0.76 (0.47-1.24) 0.91 (0.79-1.05) 0.95 (0.84-1.08) 0.98 (0.86-1.13) 0.85 (0.74-0.98) 0.86 (0.74-0.99)	Age, BMI, treatment code, smoking status, socio-economic status, prevalent diabetes, prevalent CVD, prevalent cancer, antihypertensive medication use, cholesterol-lowering medications, low-dose aspirin, physical activity, energy intake, alcohol

Wang JB et al, 2016, China	Linxian Nutrition Intervention Trial cohort	1984-1991 - 2010, 19-26 years follow-up	2445 men and women, age 40-69 years: 807 CVD deaths	FFQ, 64 food items	All vegetables Dark green vegetables Yellow orange vegetables Starcy vegetables Cruciferous vegetables Liliacae Other vegetables All fruits Citrus fruits/melon Non-citrus fruits	Per 1 time/d Per 2 times/wk Per 1 time/d Per 1 time/d Per 1 time/d Per 1 time/d Per 1 time/d Per 3 times/mo Per 1 time/mo Per 2 times/mo	0.96 (0.92-1.01) 0.67 (0.51-0.87) 0.86 (0.74-1.00) 1.07 (0.92-1.24) 0.96 (0.79-1.16) 1.09 (0.91-1.29) 0.92 (0.83-1.01) 0.95 (0.91-1.00) 0.95 (0.90-1.00) 0.97 (0.93-1.01)	Age, sex, commune, smoking, drinking, season, BMI
Du H et al, 2016, China	China Kadoorie Biobank Study	2004-2008 - NA, ~7 years follow-up	451665 men and women, age 30-79 years: 5173 CVD deaths 48270 CVD cases	FFQ, 12 food items	Fruits fruits, CVD deaths Fresh fruits, CVD cases (pooled from CHD, stroke)	Never, rarely Monthly 1-3 days/wk 4-6 days/wk Daily Never, rarely Monthly 1-3 days/wk 4-6 days/wk Daily	1.00 0.82 (0.75-0.90) 0.76 (0.69-0.84) 0.64 (0.55-0.74) 0.60 (0.52-0.69) 1.00 0.93 (0.90-0.96) 0.86 (0.83-0.89) 0.83 (0.79-0.87) 0.80 (0.77-0.84)	Age, sex, region, education, income, alcohol, smoking status, physical activity, survey season, dairy products, meat, preserved vegetables
Buil-Cosiales P et al, 2016, Spain	Prevencion con Dieta Mediterranea (PREDIMED) trial	2003-2009 - 2012, 6 years follow-up	7216 men and women, age 55-80 years: 342 CVD cases 104 CVD deaths	Validated FFQ, 137 food items	Fruits, CVD incidence Vegetables Fruits and vegetables Citrus fruits	153 g/d 256 339 439 613 178 g/d 255 316 386 503 <5 serv/d 5-6 7-8 9-10 >10 8.6 g/d 52.6 74.3 141.6	1.00 0.87 (0.62-1.22) 0.96 (0.68-1.33) 0.74 (0.52-1.10) 0.76 (0.52-1.10) 1.00 0.88 (0.64-1.20) 0.80 (0.57-1.12) 0.86 (0.62-1.21) 0.67 (0.46-0.97) 1.00 0.90 (0.60-1.34) 0.69 (0.44-1.06) 0.62 (0.40-0.96) 0.56 (0.34-0.92) 1.00 0.87 (0.62-1.22) 0.77 (0.53-1.12) 1.07 (0.77-1.47)	Age, sex, smoking status, type 2 diabetes at baseline, waist-to-height ratio, systolic and diastolic blood pressure, intervention group, use of statins, alcohol, educational level, physical activity, total energy intake, family history of premature CHD, dyslipidemia at baseline, intervention centre, olive oil, whole grains, mutual adjustment between fruits and vegetables

						167.6	0.93 (0.65-1.33)	
					Apples, pears	10.4 g/d	1.00	
						62.9	0.95 (0.68-1.34)	
						107	1.02 (0.72-1.44)	
						148	0.89 (0.63-1.28)	
						165	0.70 (0.48-1.03)	
					Green leafy vegetables	24.7 g/d	1.00	
						49.5	0.58 (0.41-0.82)	
						70.8	0.76 (0.56-1.04)	
						88.15	0.65 (0.47-0.91)	
						118.26	0.65 (0.47-0.91)	
					Cruciferous vegetables	0.10 g/d	1.00	
						8.8	0.96 (0.69-1.34)	
						9.9	0.91 (0.66-1.26)	
						19.7	0.75 (0.53-1.06)	
						22.8	0.62 (0.42-0.90)	
					Carotene-rich fruits and vegetables	11.0 g/d	1.00	
						24.1	0.90 (0.65-1.24)	
						33.1	0.76 (0.54-1.07)	
						50.7	0.78 (0.55-1.11)	
						89.55	0.90 (0.64-1.27)	
					Lutein-rich fruits and vegetables	0.7 g/d	1.00	
						9.6	0.84 (0.60-1.17)	
						19.7	0.89 (0.63-1.25)	
						20.3	0.84 (0.59-1.20)	
						59.84	0.94 (0.67-1.32)	
					Lycopene-rich fruits and vegetables	16.0 g/d	1.00	
						28.1	0.95 (0.69-1.32)	
						78.5	0.88 (0.63-1.23)	
						104.1	0.96 (0.69-1.33)	
						123.2	0.75 (0.52-1.09)	
					Vitamin C-rich fruits and vegetables	26.6 g/d	1.00	
						73.2	0.73 (0.51-1.04)	
						112.6	1.01 (0.72-1.41)	
						163.6	0.96 (0.69-1.32)	
						244.4	0.94 (0.66-1.33)	
					Fruits, CVD mortality	<3 serv/d	1.00	
						3-4	0.65 (0.37-1.18)	
						5-7	0.34 (0.15-0.76)	

						>7	0.48 (0.16-1.45)	
					Vegetables	<3 serv/d	1.00	
						3	1.07 (0.55-2.07)	
						4	1.08 (0.54-2.14)	
						5	0.62 (0.22-1.73)	
						>5	1.16 (0.44-3.09)	
					Fruits and vegetables	<5 serv/d	1.00	
						5-6	0.95 (0.46-1.94)	
						7-8	0.80 (0.38-1.68)	
						9-10	0.51 (0.21-1.23)	
						>10	0.37 (0.12-1.09)	
					Citrus fruits	<3 serv/wk	1.00	
						3-7	0.84 (0.43-1.64)	
						8-12	1.07 (0.44-2.09)	
						>12	0.85 (0.41-1.75)	
					Apples, pears	<3 serv/wk	1.00	
						3-7	0.92 (0.48-1.75)	
						8-12	0.86 (0.40-1.86)	
						>12	0.49 (0.23-1.03)	
					Green leafy vegetables	<3 serv/wk	1.00	
						3-4	1.11 (0.53-2.33)	
						5-6	1.00 (0.45-2.20)	
						>6	1.01 (0.50-2.06)	
					Cruciferous vegetables	<1 serv/wk	1.00	
						1	0.56 (0.30-1.04)	
						>1	0.50 (0.15-1.64)	
					Carotene-rich fruits and vegetables	<1 serv/wk	1.00	
						1	1.00 (0.45-2.32)	
						2-3	0.57 (0.24-1.37)	
						>3	0.85 (0.38-1.90)	
					Lutein-rich fruits and vegetables	<1 serv/wk	1.00	
						1	0.88 (0.52-1.50)	
						>1	0.86 (0.37-2.00)	
					Lycopene-rich fruits and vegetables	<3 serv/wk	1.00	
						3-6	1.40 (0.70-2.81)	
						7-9	1.22 (0.58-2.54)	
						>9	1.11 (0.45-2.78)	
					Vitamin C-rich fruits and vegetables	<3 serv/wk	1.00	
						3-7	0.72 (0.31-1.69)	

						8-12 >12	0.91 (0.39-2.07) 0.91 (0.44-1.90)	
Larsson SC et al, 2016, Sweden	Cohort of Swedish Men	1997-1998 - 2010, 13 years follow-up	36508 men, age 45-79 years: 6096 CVD cases 2290 CVD deaths	Validated FFQ, 96 food items	Potatoes, CVD incidence Potatoes, CVD mortality	0-3.4 times/wk 3.5-4.4 4.5-5.4 5.5-7.0 >7.0 0-3.4 times/wk 3.5-4.4 4.5-5.4 5.5-7.0 >7.0	1.00 0.92 (0.86-0.98) 0.96 (0.90-1.04) 0.98 (0.91-1.05) 1.00 (0.91-1.09) 1.00 0.83 (0.72-0.96) 0.83 (0.72-0.97) 0.87 (0.75-1.01) 0.88 (0.75-1.02)	Age, education, family history of MI before age 60 years, smoking status and pack-years of smoking, aspirin use, walking or bicycling, exercise, BMI, history of hypertension, history of hypercholesterol-emia, alcohol, total energy intake
Larsson SC et al, 2016, Sweden	Swedish Mammography Cohort	1997-1998 - 2010, 13 years follow-up	32805 women, age 49-83 years: 4051 CVD cases 1713 CVD deaths	Validated FFQ, 96 food items	Potatoes, CVD incidence Potatoes, CVD mortality	0-3.4 times/wk 3.5-4.4 4.5-5.4 5.5-7.0 >7.0 0-3.4 times/wk 3.5-4.4 4.5-5.4 5.5-7.0 >7.0	1.00 0.92 (0.83-1.01) 0.99 (0.88-1.11) 0.96 (0.86-1.07) 0.92 (0.82-1.06) 1.00 0.98 (0.83-1.15) 0.99 (0.83-1.18) 0.97 (0.82-1.15) 0.94 (0.79-1.12)	Age, education, family history of MI before age 60 years, smoking status and pack-years of smoking, aspirin use, walking or bicycling, exercise, BMI, history of hypertension, history of hypercholesterol-emia, alcohol, total energy intake
Larsson SC et al, 2016, Sweden	Cohort of Swedish Men & Swedish Mammography Cohort	1997-1998 - 2010, 13 years follow-up	36508 men, age 45-79 years: 6096 CVD cases 2290 CVD deaths 32805 women, age 49-83 years: 4051 CVD cases 1713 CVD deaths	Validated FFQ, 96 food items	Boiled potatoes, CVD incidence Fried potatoes French fries Boiled potatoes, CVD mortality	≤2 times/wk 3-4 5-6 ≥7 ≤3 times/mo 1-2/wk 3-4 ≥5 ≤3 times/mo 1-2/wk 3-4 ≥5 ≤2 times/wk 3-4 5-6	1.00 0.95 (0.89-1.01) 0.96 (0.90-1.03) 0.99 (0.92-1.06) 1.00 0.93 (0.89-0.98) 0.99 (0.93-1.04) 1.01 (0.91-1.13) 1.00 0.99 (0.95-1.05) 1.06 (0.96-1.17) 0.90 (0.71-1.14) 1.00 0.92 (0.83-1.01) 0.86 (0.77-0.96)	Age, education, family history of MI before age 60 years, smoking status and pack-years of smoking, aspirin use, walking or bicycling, exercise, BMI, history of hypertension, history of hypercholesterol-emia, alcohol, total energy intake

						≥7	0.94 (0.85-1.05)	
					Fried potatoes	≤3 times/mo 1-2/wk 3-4 ≥5	1.00 0.86 (0.80-0.93) 0.89 (0.82-0.97) 1.10 (0.94-1.29)	
					French fries	≤3 times/mo 1-2/wk 3-4 ≥5	1.00 0.96 (0.88-1.04) 1.22 (1.03-1.45) 1.19 (0.86-1.66)	

BMI=Body Mass Index, CHD = coronary heart disease, CVD= cardiovascular disease, FFQ=food frequency questionnaire, HDL=high-density lipoprotein, HRT=hormone replacement therapy, LDL=low-density lipoprotein, MI=myocardial infarction, n-3 FA=omega 3 fatty acids, WHR = waist-to-hip ratio

Supplementary Table 6: Cohort studies of fruit and vegetable intake and total cancer.

Author, publication year, country/ region	Study name	Follow-up period	Study size, gender, age, number of cases	Dietary assess-ment	Exposure	Quantity	RR (95% CI)	Adjustment for confounders
Colditz GA et al, 1985, USA	Massachusetts Health Care Panel Study	1976-1980, 4.75 years follow-up	1184 men and women, age ≥65 years: 42 cancer deaths	FFQ interview, 41 food items	Green and yellow vegetables	<0.7 serv/d 0.7-1.0 1.1-1.5 1.6-2.1 ≥2.2	1.0 0.8 0.9 0.4 0.3 (0.1-0.96)	Age
					Strawberries	≥1 vs. <1/wk	0.3 (0.1-0.7)	
					Tomatoes	>1 vs. ≤1/wk	0.5 (0.3-0.8)	
					Dried fruits	>1 vs. ≤1/wk	0.6 (0.3-1.4)	
					Broccoli	≥1 vs. <1/wk	0.8 (0.4-1.6)	
					Carrots or squash	>1 vs. ≤1/wk	1.0 (0.5-1.8)	
					Salads	>1 vs. ≤1/wk	1.1 (0.5-1.9)	
Hirayama T, 1985, Japan	The Six Prefectures Cohort Study	1966-1982, 17 years follow-up	265118 men and women, age ≥40 years: 8794/5946 cancer deaths	FFQ	Green-yellow vegetables, men	0-3/year 1-3/mo 1-3/wk ≥4-5/wk	1.00 0.84 (0.61-1.16) 0.78 (0.58-1.05) 0.76 (0.57-1.02)	Age
					Green-yellow vegetables, women	0-3/year 1-3/mo 1-3/wk ≥4-5/wk	1.00 0.99 (0.62-1.57) 0.90 (0.59-1.38) 0.87 (0.57-1.33)	
Shibata et al, 1992, USA	Leisure World Cohort Study	1981-1989, ~8 years follow-up	11580 men and women, mean age 74.9/73.8 years: 1335 cases	FFQ, 59 food items	Vegetables and fruit, men	4.14 serv/d 6.64 9.66	1.00 1.14 (0.94-1.38) 1.01 (0.83-1.23)	Age, smoking
					Vegetables	2.16 serv/d 3.74 5.70	1.00 1.09 (0.90-1.32) 1.05 (0.89-1.27)	
					Fruit	1.45 serv/d 2.80 4.38	1.00 1.02 (0.85-1.23) 0.94 (0.78-1.14)	
					Dark green vegetables	0.03 serv/d 0.15 0.63	1.00 1.22 (1.01-1.45) 1.15 (0.95-1.39)	

					Yellow vegetables	0.14 serv/d 0.60 1.10	1.00 0.97 (0.80-1.18) 0.90 (0.74-1.09)	
					Vegetables and fruit, women	4.54 serv/d 7.10 10.06	1.00 0.83 (0.69-1.00) 0.80 (0.67-0.96)	
					Vegetables	2.34 serv/d 3.97 5.98	1.00 0.93 (0.78-1.11) 0.84 (0.70-1.01)	
					Fruit	1.66 serv/d 3.04 4.58	1.00 0.82 (0.68-0.98) 0.76 (0.63-0.91)	
					Dark green vegetables	0.05 serv/d 0.21 0.73	1.00 1.07 (0.90-1.28) 0.84 (0.70-1.01)	
					Yellow vegetables	0.19 serv/d 0.62 1.14	1.00 0.94 (0.78-1.13) 0.92 (0.77-1.10)	
Sahyoun NR et al, 1996, USA	The Nutrition Status Survey	1981-1984 – 1993, 9-12 years follow-up	680 men and women, age ≥60 years: 57 cancer deaths	3-day food record	All fruit and juices	<163.8 g/d 163.8-<437.6 ≥437.6	1.00 1.31 (0.63-2.73) 1.26 (0.53-2.99)	Age, sex, disease status, disabilities affecting shopping
					All vegetables	<89.2 g/d 89.2-<274.8 ≥274.8	1.00 0.73 (0.38-1.39) 0.80 (0.36-1.76)	
					Citrus fruit and juices	<41.5 g/d 41.5-<219.5 ≥219.5	1.00 2.06 (0.87-4.87) 1.75 (0.64-4.76)	
					Dark green/orange vegetables	0 g/d >0-<63.2 ≥63.2	1.00 0.76 (0.43-1.34) 0.79 (0.36-1.71)	
Hertog MGL et al, 1997, Wales	Caerphilly Prospective Study	1979-1983 – NA, 10 years follow-up	1900 men, age 45-59 years: 104 cancer deaths	FFQ, 56 food items	Onions	<1/wk 1 2 >2	1.0 0.6 (0.3-1.1) 0.7 (0.4-1.3) 0.7 (0.4-1.2)	Age, smoking, social class, BMI, total energy, alcohol, fat, vitamin C, vitamin E, beta-carotene

Whiteman D et al, 1999, England	The OXCHECK Study	1989 – 1997, 9 years follow-up	10522 men and women, age 35-64 years: 223 cancer deaths	FFQ	Fresh fruit, fruit juice Fresh or frozen green vegetables or salad	<1/wk 1-3/wk 4-7/wk <3/wk 4-7/wk	1.00 1.01 (0.68-1.49) 0.91 (0.63-1.32) 1.00 0.77 (0.58-1.03)	Age, smoking, sex
Appleby PN et al, 2002, UK	The Health Food Shoppers Study	1973-1979 – 1997, 19.8 years follow-up	10741 men and women, age 16-89 years: 680 cancer deaths	FFQ	Fresh fruit Dried fruit, nuts Raw vegetable salads	Daily vs less Daily vs less Daily vs less	0.78 (0.65-0.96) 0.98 (0.83-1.17) 1.03 (0.87-1.23)	Age at recruitment, sex, smoking, wholemeal bread, bran cereals, mutual adjustment between fresh fruit, nuts/dried fruit, raw vegetables salads
Sauvaget C et al, 2003, Japan	The Life Span Study	1980-1981 – 1998, 16 years follow-up	38540 men and women, age 34-103 years years: 3136 cancer deaths	FFQ, 22 food items	Green-yellow vegetables Fruit	0-1/wk 2-4/wk Daily 0-1/wk 2-4/wk Daily	1.00 0.94 (0.86-1.02) 0.92 (0.84-1.01) 1.00 0.94 (0.85-1.03) 0.88 (0.80-0.96)	Age, sex, radiation dose, city, BMI, smoking status, alcohol habits, education level
Jansen MC et al, 2004, Netherlands	Zutphen Elderly Study	1985 – 1995, 10 years follow-up	730 men, mean age ~71 years: 138 cases	Dietary history interview	Vegetables and fruits Vegetables Fruits	282 g/d (mean) 407 601 112 g/d 173 260 41 g/d 144 319	1.00 0.79 (0.55-1.14) 0.56 (0.31-1.00) 1.00 0.87 (0.58-1.29) 0.83 (0.54-1.25) 1.00 0.77 (0.50-1.18) 0.62 (0.40-0.96)	Age, smoking status, pack-years of cigarette smoking, total energy intake, physical activity, BMI, alcohol intake
Genkinger JM et al, 2004, USA	CLUE2	1989 – 2002, ~12.2 years follow-up	6151 men and women, age 30-93 years: 307 cancer deaths	FFQ, 61 food items	Fruits and vegetables Cruciferous vegetables Fruits and vegetables, ever smokers	0.87 serv/d 1.61 2.31 3.21 4.89 0.03 serv/d 0.12 0.17 0.27 0.53 1 2	1.00 0.73 (0.50-1.05) 0.75 (0.52-1.06) 0.82 (0.58-1.15) 0.65 (0.45-0.93) 1.00 0.73 (0.50-1.07) 0.71 (0.50-1.02) 0.89 (0.63-1.25) 0.77 (0.55-1.10) 1.00 0.80 (0.56-1.12)	Age, energy, smoking status, BMI, cholesterol, energy Age, BMI

					Fruits and vegetables, never smokers	3 1 2 3	0.85 (0.60-1.20) 1.00 1.01 (0.62-1.64) 0.69 (0.41-1.17)	
Khan MMH et al, 2004, Japan	The Hokkaido Study	1984-1985 – 2002, 14.3 years follow-up	1524 men and 1634 women, age ≥40 years: 155/89 cancer deaths	FFQ, 37 food items	Raw green-yellow vegetables, men Raw white/pale vegetables Cooked green-yellow vegetables Cooked white/pale vegetables Wild plants Fruit Seaweed Japanese pickle Potato Mushroom	≥2/wk vs ≤1mo ≥2/wk vs ≤1mo ≥2/wk vs ≤1mo ≥2/wk vs ≤1mo ≥2/wk vs ≤1mo ≥2/wk vs ≤1mo ≥2/wk vs ≤1mo ≥2/wk vs ≤1mo ≥2/wk vs ≤1mo ≥2/wk vs ≤1mo	0.8 (0.6-1.2) 1.0 (0.7-1.4) 0.9 (0.6-1.4) 1.0 (0.6-1.6) 1.1 (0.7-1.6) 1.0 (0.6-1.6) 0.9 (0.6-1.2) 0.8 (0.5-1.5) 1.2 (0.8-1.9) 0.8 (0.6-1.1)	Age, smoking
					Raw green-yellow vegetables, women Raw white/pale vegetables Cooked green-yellow vegetables Cooked white/pale vegetables Wild plants Fruit Seaweed Japanese pickle Potato Mushroom	≥2/wk vs ≤1mo ≥2/wk vs ≤1mo ≥2/wk vs ≤1mo ≥2/wk vs ≤1mo ≥2/wk vs ≤1mo ≥2/wk vs ≤1mo ≥2/wk vs ≤1mo ≥2/wk vs ≤1mo ≥2/wk vs ≤1mo ≥2/wk vs ≤1mo	0.9 (0.6-1.4) 1.1 (0.7-1.9) 1.2 (0.6-2.7) 0.9 (0.5-1.9) 1.3 (0.8-2.0) 1.1 (0.4-2.9) 1.0 (0.6-1.5) 1.6 (0.6-3.9) 1.3 (0.7-2.5) 1.18 (0.8-1.8)	Age, health status, health education, health screening, smoking
Hung HC et al, 2004, USA	Nurses' Health Study and Health Professionals Follow-up Study	1984 – 1998, 14 years follow-up 1986 – 1998, 12 years follow-up	71910 women, age 38-63 years and 37725 men, age 40-75 years: 6584/ 2500 cases	Validated FFQ	All fruits and vegetables All fruit All vegetables Total citrus fruits Citrus fruit juice Cruciferous vegetables Green leafy vegetables Vit. C rich fruit, veg.	≥8 vs. <1.5 serv/d 5 serv/d increase 3 serv/d increase 3 serv/d increase 1 serv/d increase 1 serv/d increase 1 serv/d increase 1 serv/d increase 1 serv/d increase	1.05 (0.83-1.31) 1.00 (0.95-1.05) 1.01 (0.95-1.06) 0.99 (0.95-1.04) 1.03 (0.99-1.07) 1.05 (1.00-1.10) 0.99 (0.92-1.06) 0.98 (0.93-1.04) 1.02 (0.99-1.04)	Age, total caloric intake, smoking status, alcohol use, BMI, multivitamins, vitamin E supplement use, physical activity, family history of myocardial infarction, family history of colon cancer or breast cancer,

					Legumes Potatoes	1 serv/d increase 1 serv/d increase	1.00 (0.88-1.16) 0.99 (0.91-1.07)	menopausal status, use of HRT, history of diabetes, hypertension, hypercholesterolemia
Olsen A et al, 2005, Denmark	Danish Diet, Cancer, and Health Study	1993-1997 – NA, NA	29068 women and 26492 men, age 50-64 years: 1844/ 1519 cases	FFQ, 192 food items	Juice	Per 100 g/d increase	0.99 (0.92-1.06)	Age, BMI, alcohol, smoking, HRT
Iso H et al, 2007, Japan	Japan Collaborative Cohort Study	1988-1990-2003, ~12.8 years follow-up	42513 men and 57777 women, age 40-79 years: 3579/ 2138 cancer deaths	FFQ	Spinach or garland chrysanthemum, men Carrot or pumpkin Tomatoes Cabbage or head lettuce Chinese cabbage Sansai (edible wild plants Fungi (enokidake, shiitake, mushroom) Potatoes Seaweed (algae) Pickles	<3/wk 3-4 ≥5 <1/wk 1-2 ≥3-4 <1/wk 1-2 ≥3-4 <3/wk 3-4 ≥5 <1/wk 1-2 ≥3 <1/wk 1-2 ≥3 <1/wk 1-2 ≥3 <1/wk 1-2 ≥3 <3/wk 3-4 ≥5 <3/wk 3-4	1.00 0.99 (0.91-1.08) 0.96 (0.88-1.04) 1.00 0.97 (0.88-1.07) 0.96 (0.87-1.06) 1.00 0.93 (0.85-1.02) 0.95 (0.87-1.04) 1.00 1.02 (0.94-1.12) 1.07 (0.97-1.17) 1.00 1.10 (0.99-1.22) 1.15 (1.04-1.28) 1.00 1.05 (0.95-1.18) 1.14 (1.01-1.29) 1.00 1.04 (0.95-1.14) 1.02 (0.92-1.13) 1.00 1.05 (0.95-1.15) 0.98 (0.89-1.07) 1.00 1.03 (0.95-1.12) 0.93 (0.86-1.01) 1.00 0.92 (0.82-1.03)	Age, area of study

						≥5	0.96 (0.89-1.04)	
					Citrus fruits	<3/wk	1.00	
						3-4	1.01 (0.91-1.11)	
						≥5	1.01 (0.92-1.10)	
					Fresh fruit juice	<1/wk	1.00	
						1-2	0.99 (0.90-1.09)	
						≥3	0.96 (0.87-1.05)	
					Other fruits	<3/wk	1.00	
						3-4	0.89 (0.81-0.99)	
						≥5	0.98 (0.89-1.07)	
					Spinach or garland chrysanthemum, women	<3/wk	1.00	
						3-4	1.03 (0.91-1.15)	
						≥5	0.96 (0.86-1.08)	
					Carrot or pumpkin	<1/wk	1.00	
						1-2	1.03 (0.87-1.22)	
						≥3-4	1.11 (0.94-1.30)	
					Tomatoes	<1/wk	1.00	
						1-2	0.87 (0.77-0.98)	
						≥3-4	0.98 (0.87-1.10)	
					Cabbage or head lettuce	<3/wk	1.00	
						3-4	1.01 (0.90-1.14)	
						≥5	1.05 (0.93-1.18)	
					Chinese cabbage	<1/wk	1.00	
						1-2	1.02 (0.88-1.17)	
						≥3	1.06 (0.93-1.21)	
					Sansai (edible wild plants	<1/wk	1.00	
						1-2	0.95 (0.82-1.10)	
						≥3	1.12 (0.96-1.32)	
					Fungi (enokidake, shiitake, mushroom)	<1/wk	1.00	
						1-2	1.07 (0.94-1.21)	
						≥3	1.16 (1.02-1.32)	
					Potatoes	<1/wk	1.00	
						1-2	0.95 (0.82-1.11)	
						≥3	0.99 (0.85-1.14)	
					Seaweed (algae)	<3/wk	1.00	
						3-4	0.98 (0.88-1.10)	
						≥5	1.01 (0.91-1.12)	
					Pickles	<3/wk	1.00	
						3-4	0.96 (0.83-1.12)	

						≥5	0.96 (0.86-1.07)	
					Citrus fruits	<3/wk	1.00	
						3-4	1.04 (0.91-1.18)	
						≥5	1.03 (0.92-1.16)	
					Fresh fruit juice	<1/wk	1.00	
						1-2	1.02 (0.89-1.18)	
						≥3	1.05 (0.93-1.19)	
					Other fruits	<3/wk	1.00	
						3-4	0.97 (0.85-1.12)	
						≥5	1.04 (0.93-1.17)	
Takachi R et al, 2008, Japan	Japan Public Health Center-based Prospective Study	1995-1998 – 2002, ~5.9 years follow-up	77891 men and women, age 45-74 years: 3230 cases	FFQ, 138 food items	Total fruits and vegetables, men and women	186 g/d	1.00	Age, sex, public center area, BMI, physical activity, smoking status, alcohol consumption, energy intake, screening examination, medication, daily vitamin supplement use
						335	0.94 (0.85-1.04)	
						482	0.94 (0.84-1.05)	
						733	0.96 (0.85-1.07)	
					Fruits	1	1.00	
						2	1.05 (0.95-1.17)	
						3	1.05 (0.94-1.17)	
						4	1.02 (0.90-1.14)	
					Citrus fruits	1	1.00	
						2	0.94 (0.85-1.05)	
						3	1.00 (0.90-1.11)	
						4	1.05 (0.94-1.17)	
					Vegetables	1	1.00	
						2	1.01 (0.91-1.11)	
						3	0.91 (0.82-1.02)	
						4	0.94 (0.84-1.05)	
					Cruciferous vegetables	1	1.00	
						2	1.08 (0.97-1.19)	
						3	0.96 (0.86-1.06)	
						4	0.94 (0.85-1.05)	
					Green leafy vegetables	1	1.00	
						2	1.06 (0.95-1.17)	
						3	1.11 (1.00-1.23)	
						4	1.03 (0.93-1.16)	
					Yellow vegetables	1	1.00	
						2	0.92 (0.83-1.02)	
						3	1.00 (0.90-1.11)	
						4	0.97 (0.87-1.07)	
					Total fruits and vegetables,	186 g/d	1.00	

					men	335 482 733	0.95 (0.85-1.07) 0.94 (0.82-1.08) 0.90 (0.77-1.06)	
					Fruits	1 2 3 4	1.00 1.03 (0.92-1.16) 1.03 (0.90-1.18) 0.90 (0.77-1.07)	
					Vegetables	1 2 3 4	1.00 0.94 (0.84-1.07) 0.91 (0.80-1.04) 0.95 (0.82-1.10)	
					Total fruits and vegetables, women	186 g/d 335 482 733	1.00 0.82 (0.67-1.01) 0.86 (0.70-1.04) 0.93 (0.77-1.13)	
					Fruits	1 2 3 4	1.00 1.10 (0.89-1.36) 1.09 (0.89-1.34) 1.14 (0.93-1.39)	
					Vegetables	1 2 3 4	1.00 1.07 (0.89-1.30) 0.89 (0.74-1.08) 0.94 (0.78-1.12)	
					Total fruits and vegetables, ever smoker	186 g/d 335 482 733	1.00 0.90 (0.78-1.03) 0.95 (0.81-1.10) 0.92 (0.77-1.10)	
					Fruits	1 2 3 4	1.00 0.93 (0.82-1.07) 1.03 (0.89-1.20) 0.95 (0.79-1.14)	
					Vegetables	1 2 3 4	1.00 0.92 (0.80-1.05) 0.87 (0.75-1.01) 0.94 (0.80-1.11)	
					Total fruits and vegetables, nonsmoker	186 g/d 335 482 733	1.00 0.97 (0.83-1.14) 0.93 (0.79-1.10) 0.98 (0.83-1.15)	

					Fruits Vegetables	1 2 3 4 1 2 3 4	1.00 1.24 (1.05-1.46) 1.12 (0.95-1.32) 1.12 (0.95-1.33) 1.00 1.10 (0.95-1.29) 0.96 (0.82-1.12) 0.97 (0.83-1.13)	
Cutler GJ et al, 2008, USA	Iowa Women's Health Study	1986-2004, 16 years follow-up	34708 women, age 55-69 years: 7441 cases	Validated FFQ, 127 food items	Citrus fruit or juice, never smokers Citrus fruit or juice, ever smokers	<4 serv/wk 4-8 >8 <4 serv/wk 4-8 >8	1.00 0.96 (0.89-1.04) 0.93 (0.87-1.00) 1.00 0.97 (0.89-1.07) 0.92 (0.84-1.01)	Age, energy intake, education, race, BMI, multivitamin use, physical activity level, pack-years of smoking
George SM et al, 2009, USA	NIH-AARP Diet and Health Study	1995-1996 – 2003	288109 men and 195229 women, age 50-71 years: 35071/ 15792 cases	FFQ, 124 food items	Total fruit, women Total vegetables Total fruit, men Total vegetables	0-0.60 cup eq./d 0.60-0.97 0.97-1.35 1.35-1.90 1.90-5.58 0-0.56 cup eq./d 0.56-0.79 0.79-1.04 1.04-1.43 1.43-4.38 0-0.44 cup eq./d 0.44-0.75 0.75-1.09 1.09-1.59 1.59-5.13 0.06-0.44cupeq./d 0.44-0.61 0.61-0.81 0.81-1.10 1.10-3.25	1.00 1.01 (0.96-1.06) 0.98 (0.93-1.03) 0.99 (0.94-1.05) 0.99 (0.94-1.05) 1.00 1.01 (0.96-1.06) 1.02 (0.97-1.07) 1.03 (0.98-1.09) 1.04 (0.98-1.09) 1.00 1.01 (0.98-1.04) 0.98 (0.95-1.01) 0.98 (0.95-1.02) 0.98 (0.95-1.02) 1.00 0.97 (0.94-1.00) 0.96 (0.93-0.99) 0.98 (0.94-1.01) 0.94 (0.91-0.97)	Age, smoking, energy intake, BMI, alcohol, physical activity, education, race, marital status, family history of cancer, HRT (women), mutual adjustment between fruit and vegetables
Wang L et al, 2009, USA	Women's Health Study	1992-1995 – 2007, 11.5 years follow-up	38408 women, age 45 years: 3234 cases	Validated FFQ, 131 food items	Apples Broccoli	<1 serv/mo 1-3 1/wk ≥2 <1 serv/mo	1.00 1.07 (0.92-1.23) 1.14 (0.98-1.32) 1.13 (0.97-1.30) 1.00	Age, race, total energy, randomized treatment assignment, smoking, alcohol use, physical activity, postmenopausal

					Onion	1-3 1/wk ≥2 <1 serv/mo 1-3 1/wk ≥2	1.00 (0.85-1.19) 1.00 (0.85-1.18) 1.05 (0.88-1.25) 1.00 1.00 (0.91-1.09) 0.95 (0.85-1.06) 0.92 (0.82-1.03)	status, hormone replacement therapy use, multivitamin use, BMI, family history of colorectal cancer, ovarian cancer or breast cancer, intake of fruit and vegetables, fiber, folate, saturated fat
Nechuta SJ et al, 2010, China	Shanghai Women's Health Study	1996-2000 - 2007, 9 years follow-up	71243 women, age 40-70 years: 1351 cancer deaths	Validated FFQ	Fruits and vegetables	<404.3 g/d 404.3-<626.5 ≥626.5	1.00 1.05 (0.92-1.19) 1.03 (0.90-1.18)	Age, education, occupation, income, BMI, WHR, exercise, spouse smoke
Li WQ et al, 2010, China	Ohsaki National Health Insurance Cohort	1995-2003, 9 years follow-up	42470 men and women, age 40-79 years: 3398 cases	FFQ, 40 food items	Citrus fruits	≤2 times/wk 3-4 Daily	1.00 0.96 (0.88-1.04) 0.89 (0.80-0.98)	Age, sex, job status, years of education, BMI, sports or exercise, walking, cigarette smoking, alcohol, hypertension, diabetes, gastric ulcer, family history of cancer, total energy, rice, miso soup, soybean products, total meat, total fish, dairy products, other fruits, vegetables, oolong tea, black tea, coffee, green tea
Lof M et al, 2011, Sweden	Swedish Women's Lifestyle and Health Cohort	1991-1992 – 2006, 14 years follow-up	49261 women, age 30-49 years: 2347 cases	Validated FFQ, ~80 food items	Vegetables and fruits Fruits	88 g/d 146 198 263 395 Per 200 g/d 47 g/d 94 134 184 288	1.00 0.98 (0.85-1.13) 0.99 (0.86-1.14) 0.89 (0.77-1.03) 1.01 (0.88-1.16) 0.99 (0.93-1.05) 1.00 0.97 (0.84-1.11) 0.94 (0.81-1.08) 0.92 (0.80-1.06) 0.97 (0.84-1.12)	Age, education, BMI, smoking, energy intake, alcohol intake

					 Vegetables	Per 100 g/d 36 g/d 51 62 75 98 Per 100 g/d	0.99 (0.95-1.03) 1.00 1.04 (0.90-1.20) 1.05 (0.91-1.22) 0.97 (0.84-1.12) 1.09 (0.85-1.25) 1.02 (0.96-1.08)	
Zhang X et al, 2011, China	Shanghai Women's Health Study	1996-2000 – 2009, 10.2 years follow-up	73360 women, age 40-70 years: 1485 cancer deaths	Validated FFQ, 41 fruit and vegetable items	Total vegetables Cruciferous vegetables Non-cruciferous vegetables Total fruits	124 g/d 196 261 345 506 28 g/d 57 83 114 166 73 g/d 124 173 236 362 62 g/d 155 238 330 489	1.00 0.97 (0.83, 1.14) 1.03 (0.88, 1.21) 0.93 (0.78, 1.10) 1.11 (0.93, 1.32) 1.00 0.91 (0.77, 1.06) 1.01 (0.86, 1.18) 0.99 (0.84, 1.16) 0.91 (0.77, 1.08) 1.00 1.05 (0.90, 1.23) 1.07 (0.91, 1.25) 1.02 (0.86, 1.21) 1.12 (0.94, 1.34) 1.00 1.03 (0.89, 1.20) 0.97 (0.82, 1.14) 0.99 (0.83, 1.17) 0.91 (0.76, 1.09)	Age, education, occupation, family income, cigarette smoking, alcohol consumption, BMI, amount of regular exercise, multivitamin supplement use, intakes of total energy and saturated fat, menopausal status, HRT, and history of coronary heart disease, stroke, hypertension, or diabetes.
Zhang X et al, 2011, China	Shanghai Men's Health Study	2002-2006 – 2009, 4.6 years follow-up	61436 men, age 40-70 years: 853 cancer deaths	Validated FFQ, 46 fruit and vegetable items	Total vegetables Cruciferous vegetables Non-cruciferous vegetables	144 g/d 232 307 398 583 34 g/d 66 94 133 208 89 g/d 148	1.00 0.90 (0.73, 1.10) 1.02 (0.83, 1.25) 0.91 (0.73, 1.14) 0.95 (0.75, 1.20) 1.00 1.02 (0.83, 1.24) 0.94 (0.76, 1.16) 0.89 (0.72, 1.11) 0.89 (0.72, 1.11) 1.00 0.94 (0.77, 1.15)	Age, education, occupation, family income, cigarette smoking, alcohol consumption, BMI, amount of regular exercise, multivitamin supplement use, intakes of total energy and saturated fat, and history of coronary heart disease, stroke,

						201 269 413	0.97 (0.79, 1.20) 0.98 (0.78, 1.22) 0.95 (0.75, 1.20)	hypertension, or diabetes
					Total fruits	14 g/d 71 129 196 308	1.00 1.04 (0.85, 1.27) 1.00 (0.81, 1.24) 0.82 (0.65, 1.04) 1.03 (0.82, 1.30)	
Boffetta P et al, 2011, Europe	European Prospective Investigation into Cancer and Nutrition	1992-2000 – 2005, 8.7 years follow-up	142605 men and 335873 women, age 25-≥70 years: 9604/ 21000 cases	FFQ, dietary history, food record	Fruit and vegetables	0-226 g/d 227-338 339-462 463-646 ≥647 Per 200 g/d, unc. Per 200 g/d, cal.	1.00 0.95 (0.92-0.99) 0.91 (0.88-0.95) 0.93 (0.89-0.97) 0.89 (0.85-0.93) 0.97 (0.96-0.99) 0.96 (0.94-0.98)	Age, sex, center, current amount of smoking, duration of smoking, time since quitting, smoking of pipe or cigar, occasional smoking and missing smoking information, alcohol, physical activity, education, height, weight, energy from fat sources, energy from nonfat sources Women: also adjusted for age at menarche, pregnancy, OC use, HRT, menopausal status
					Vegetables	0-97 g/d 98-146 147-208 209-306 ≥307 Per 200 g/d, unc. Per 200 g/d, cal.	1.00 0.97 (0.94-1.01) 0.97 (0.93-1.00) 0.95 (0.91-0.98) 0.93 (0.89-0.97) 0.98 (0.97-0.99) 0.97 (0.94-0.99)	
					Fruits	0-90 g/d 91-162 163-246 247-366 ≥367 Per 200 g/d, unc. Per 200 g/d, cal.	1.00 0.96 (0.93-0.99) 0.94 (0.91-0.97) 0.95 (0.91-0.98) 0.94 (0.90-0.98) 0.99 (0.98-1.00) 0.99 (0.98-1.00)	
					Fruit and vegetables, men	0-226 g/d 227-338 339-462 463-646 ≥647 Per 200 g/d, unc. Per 200 g/d, cal.	1.00 0.98 (0.92-1.03) 0.93 (0.87-0.97) 0.88 (0.82-0.94) 0.89 (0.82-0.97) 0.96 (0.94-0.98) 0.95 (0.92-0.99)	
					Vegetables	0-97 g/d 98-146 147-208	1.00 0.99 (0.93-1.05) 0.97 (0.91-1.03)	

						209-306	0.92 (0.85-0.97)	
						≥307	0.95 (0.87-1.03)	
						Per 200 g/d, unc.	0.98 (0.96-1.00)	
						Per 200 g/d, cal.	1.02 (0.97-1.07)	
					Fruits	0-90 g/d	1.00	
						91-162	0.97 (0.91-1.02)	
						163-246	0.94 (0.88-1.00)	
						247-366	0.90 (0.84-0.97)	
						≥367	0.89 (0.82-0.97)	
						Per 200 g/d, unc.	0.98 (0.97-1.00)	
						Per 200 g/d, cal.	0.98 0.96-1.01)	
					Fruit and vegetables, women	0-226 g/d	1.00	
						227-338	0.94 (0.90-0.99)	
						339-462	0.91 (0.87-0.96)	
						463-646	0.95 (0.90-0.99)	
						≥647	0.90 (0.85-0.96)	
						Per 200 g/d, unc.	0.98 (0.97-0.99)	
						Per 200 g/d, cal.	0.96 (0.93-0.98)	
					Vegetables	0-97 g/d	1.00	
						98-146	0.97 (0.92-1.01)	
						147-208	0.97 (0.92-1.01)	
						209-306	0.95 (0.91-1.00)	
						≥307	0.92 (0.87-0.97)	
						Per 200 g/d, unc.	0.98 (0.97-0.99)	
						Per 200 g/d, cal.	0.95 (0.92-0.98)	
					Fruits	0-90 g/d	1.00	
						91-162	0.96 (0.92-1.01)	
						163-246	0.95 (0.90-0.99)	
						247-366	0.97 (0.92-1.02)	
						≥367	0.97 (0.92-1.02)	
						Per 200 g/d, unc.	1.00 (0.99-1.01)	
						Per 200 g/d, cal.	0.99 (0.97-1.01)	
Sharma S et al, 2013, USA	Multiethnic Cohort Study	1993-1996 – 2001, ~6.5 years follow-up	146389 men and women, age 45-75 years: 2082/1464 cancer deaths	FFQ, 180 food items	Fruits, men, all	≤1.2 serv/d	1.00	Age, time on study, years of education, energy intake, smoking status, pack-years, BMI, physical activity, diabetes, alcohol Women: also adjusted
						1.3-2.3	0.88 (0.78-1.00)	
						2.4-4.0	0.93 (0.82-1.05)	
						>4.0	0.96 (0.84-1.09)	
					Fruits, women, all	≤1.5 serv/d	1.00	
						1.6-2.8	0.83 (0.72-0.97)	
						2.9-4.7	0.87 (0.75-1.01)	

					 Vegetables, men Vegetables, women	>4.8 ≤2.6 serv/d 2.7-3.9 4.0-5.8 >5.8 ≤2.6 serv/d 2.7-3.9 4.0-5.9 >5.9	0.82 (0.69-0.92) 1.00 0.94 (0.84-1.06) 0.88 (0.77-1.01) 0.82 (0.71-0.95) 1.00 0.87 (0.75-1.01) 0.84 (0.71-0.98) 0.93 (0.78-1.11)	for HRT, oophorectomy
Von Ruesten A et al, 2013, Germany	European Prospective Investigation into Cancer and Nutrition – Potsdam	1994-1998 - NA, 8 years follow-up	23531 men and women, age 35-65 years: 844 cases	Validated FFQ, 148 food items	Potatoes Fried potatoes Fresh fruit Canned fruit Cabbage Garlic Mushrooms Fruit juice	Per 100 g/d Per 100 g/d Per 100 g/d Per 100 g/d Per 100 g/d Per 2 g/d Per 100 g/d Per 200 g/d	0.94 (0.79-1.11) 0.67 (0.38-1.18) 0.93 (0.85-1.03) 0.81 (0.60-1.10) 0.63 (0.36-1.10) 0.84 (0.56-1.27) 1.17 (0.89-1.55) 0.98 (0.88-1.09)	Age, sex, smoking status, pack-years of smoking, alcohol, leisure-time physical activity, BMI, WHR, prevalent hypertension, history of high blood lipids, education, vitamin supplementation, total energy, mutual adjustment between food groups and further adjusted for other food groups
Elwood PC et al, 2013, United Kingdom	Caerphilly Prospective Study	1979-2004, 25 years follow-up	2235 men, age 45-59 years: 648 cases	FFQ	Fruit and vegetables	≥3 vs. <3 portions/d	0.97 (0.76-1.23)	Age, social class
Oyebode O et al, 2014, United Kingdom	Health Surveys for England	2001-2008 – 2013, 7.7 years follow-up	65226 men and women, age ≥35 years: 1398 cancer deaths	24 hour recall	Fruit and vegetables Fruit Vegetables	0-<1 portions/d 1-<3 3-<5 5-<7 ≥7 0-<1 portions/d 1-<2 2-<3 3-<4 ≥4 0-<1 portions/d 1-<2	1.00 0.89 (0.76-1.04) 0.81 (0.69-0.95) 0.75 (0.62-0.91) 0.75 (0.59-0.96) 1.00 0.99 (0.86-1.14) 0.98 (0.84-1.14) 0.85 (0.70-1.11) 0.93 (0.77-1.11) 1.00 0.85 (0.76-0.96)	Age, sex, social class, cigarette smoking, BMI, physical activity, education, alcohol

						2-<3 ≥3	0.76 (0.63-0.90) 0.76 (0.59-0.97)	
Wie GA et al, 2014, Korea	Cancer Screening Examination Cohort of the National Cancer Center of Korea	2004-2008 – 2013, 7 years follow-up	8024 men and women, mean age 48.6 years: 387 cases	3 day food records	Fruit and vegetables Fruits Vegetables	<100 g/d 100-<200 200-<300 300-<400 400-<500 500-<600 ≥600 <100 g/d 100-<200 200-<300 300-<400 400-<500 500-<600 ≥600 <100 g/d 100-<200 200-<300 300-<400 400-<500 500-<600 ≥600	1.00 0.82 (0.44-1.52) 0.73 (0.40-1.35) 0.80 (0.43-1.48) 0.80 (0.43-1.50) 0.85 (0.55-1.65) 0.81 (0.43-1.52) 1.00 0.93 (0.68-1.27) 0.65 (0.37-1.34) 1.12 (0.76-1.66) 0.91 (0.52-1.59) 0.83 (0.36-1.88) 1.10 (0.66-1.85) 1.00 0.76 (0.53-1.10) 0.86 (0.59-1.27) 0.95 (0.61-1.49) 0.65 (0.33-1.28) 0.51 (0.18-1.43) 0.85 (0.36-2.03)	Age, sex, energy intake, BMI, physical activity, smoking, alcohol, income, education, marital status
Buil-Cosiales P et al, 2014, Spain	Prevencion con Dieta Mediterranea (PREDIMED) trial	2003-2009 – 2012, 5.9 years follow-up	7216 men and women, age 55-75 years: 169 cancer deaths	Validated FFQ, 137 food items	Fruit Vegetables	153 g/d 256 339 439 613 178 g/d 255 316 386 503	1.00 0.66 (0.43-1.03) 0.61 (0.38-0.99) 0.83 (0.52-1.34) 0.63 (0.37-1.07) 1.00 0.79 (0.50-1.25) 1.11 (0.72-1.71) 0.66 (0.40-1.10) 0.60 (0.34-1.03)	Age, sex, smoking status, diabetes, BMI, baseline systolic and diastolic arterial blood pressure, and intervention group use of statins, alcohol intake, educational level, physical activity and total energy intake, and stratified by recruitment center, whole grains, and mutual adjustment between fruit and vegetables

Vormund K et al, 2015, Switzerland	The National Research Program 1A & The Swiss MONICA study	1977-1979 & 1982-1993 – 2000, 21.4 years follow-up	17861 men and women, age 16-92 years: 1347 cancer deaths	24-hr recall, 11 food groups	Salad Vegetables Fruits	Yes vs. no Yes vs. no Yes vs. no	0.95 (0.83-1.08) 0.91 (0.80-1.03) 0.83 (0.73-0.95)	Age, sex, survey wave, marital status, smoking, BMI, region, nationality, dairy products, whole grains, red or processed meat, fish, monounsaturated fat, alcohol, mutual adjustment between fruits, vegetables and salad
Hjartåker A et al, 2015, Norway	The Migrant Study	1964-1967 – 2008, 20.3 years follow-up	9648 men, mean age 58.0 years: 1924 cancer deaths	FFQ	Vegetables Fruits Berries Total fruit and vegetables (without potatoes) Cabbage Swede	0-12 serv/mo 12.0-21.0 21.0-31.5 >31.5 8.0 serv/mo 8.0-16.0 16.0-25.0 >25.0 0-1 serv/mo 1-3 3-8 >8 0-27 serv/mo 27-43 43-62 >62 0 serv/mo <1 1-2 3-5 6-13 >14 0 serv/mo <1 1-2 3-5 6-13 >14	1.00 1.01 (0.88-1.15) 1.02 (0.89-1.17) 1.14 (0.99-1.31) 1.00 0.94 (0.83-1.07) 0.84 (0.74-0.96) 0.79 (0.69-0.91) 1.00 0.94 (0.83-1.06) 1.02 (0.90-1.15) 0.87 (0.76-1.00) 1.00 0.97 (0.85-1.10) 0.98 (0.86-1.12) 0.88 (0.77-1.01) 1.00 1.03 (0.81-1.31) 0.97 (0.78-1.22) 0.95 (0.76-1.19) 0.99 (0.78-1.15) 0.78 (0.55-1.11) 1.00 1.09 (0.91-1.30) 1.13 (0.94-1.35) 1.12 (0.93-1.35) 0.94 (0.75-1.18) 1.01 (0.71-1.42)	Age, BMI, exercise, beer spirits, smoking status and type (cigarettes, pipe, cigar), social status, coffee, mutual adjustment between fruits, vegetables and berries

					Carrots	0 serv/mo	1.00	
						<1	1.01 (0.68-1.50)	
						1-2	1.08 (0.75-1.55)	
						3-5	1.00 (0.70-1.42)	
						6-13	1.08 (0.76-1.53)	
						>14	1.02 (0.71-1.46)	
					Cauliflower	0 serv/mo	1.00	
						<1	1.07 (0.90-1.28)	
						1-2	1.00 (0.83-1.20)	
						3-5	1.13 (0.93-1.38)	
						>6	0.88 (0.69-1.13)	
					Lettuce, green salad	0 serv/mo	1.00	
						<1	1.00 (0.88-1.13)	
						1-2	1.07 (0.92-1.23)	
						3-5	1.02 (0.85-1.21)	
						>6	0.96 (0.78-1.18)	
					Tomatoes	0 serv/mo	1.00	
						<1	1.08 (0.89-1.31)	
						1-2	1.02 (0.84-1.23)	
						3-5	1.06 (0.87-1.28)	
						6-13	1.11 (0.91-1.35)	
						>14	0.96 (0.75-1.22)	
					Peas	0 serv/mo	1.00	
						<1	1.07 (0.86-1.34)	
						1-2	1.16 (0.94-1.44)	
						3-5	1.10 (0.89-1.36)	
						>6	1.14 (0.89-1.47)	
					Rhubarb	0 serv/mo	1.00	
						<1	1.02 (0.90-1.15)	
						1-2	0.95 (0.82-1.09)	
						3-5	0.79 (0.65-0.96)	
						>6	0.70 (0.50-0.97)	
					Oranges	0 serv/mo	1.00	
						<1	1.36 (1.01-1.84)	
						1-2	1.18 (0.88-1.58)	
						3-5	1.23 (0.93-1.62)	
						6-13	1.22 (0.92-1.62)	
						>14	1.03 (0.77-1.36)	
					Apples	0 serv/mo	1.00	

						<1 1-2 3-5 6-13 >14	0.99 (0.81-1.19) 1.00 (0.83-1.20) 0.93 (0.76-1.11) 0.91 (0.76-1.10) 0.82 (0.67-1.01)	
					Grapes	0 serv/mo <1 1-2 3-5 >6	1.00 1.00 (0.82-1.21) 0.99 (0.81-1.22) 1.01 (0.80-1.26) 0.66 (0.48-0.91)	
					Banana	0 serv/mo <1 1-2 3-5 6-13 >14	1.00 1.09 (0.89-1.34) 1.15 (0.94-1.42) 1.15 (0.93-1.42) 1.07 (0.84-1.35) 1.00 (0.74-1.36)	
					Garden berries	0 serv/mo <1 1-2 3-5 6-13 >14	1.00 0.96 (0.78-1.17) 0.90 (0.73-1.11) 0.96 (0.77-1.19) 0.85 (0.66-1.09) 0.78 (0.57-1.07)	
					Wild berries	0 serv/mo <1 1-2 3-5 6-13 >14	1.00 0.97 (0.81-1.16) 0.93 (0.78-1.12) 0.96 (0.80-1.17) 0.84 (0.67-1.05) 0.77 (0.58-1.01)	
Choi Y et al, 2015, Korea	Seoul Male Cohort Study	1991-1993 – 2008, 15.3/15.6 years follow-up (incidence/mortality)	14198 men, age 40-59 years: 1343 cases 507 cancer deaths	Validated FFQ, 84 food items	Fruit and vegetable intake, cancer incidence	<200 g/d 200-<300 300-<400 400-<600 600-<800 ≥800	1.00 1.08 (0.91-1.27) 0.92 (0.77-1.10) 0.92 (0.78-1.09) 0.80 (0.65-0.99) 1.07 (0.88-1.30)	Age, vigorous physical activity, total energy, red meat, alcohol, multivitamin use, pack-years of smoking, BMI, education, family history of cancer
					Fruit	<50 g/d 50-<100 100-<200 200-<300 ≥300	1.00 1.07 (0.91-1.26) 0.90 (0.77-1.06) 1.10 (0.91-1.33) 1.04 (0.87-1.25)	

					Vegetables Kimchi Fruit and vegetable intake, cancer mortality Fruit Vegetables Kimchi	<100 g/d 100-<200 200-<300 300-<500 ≥500 <50 g/d 50-<100 100-<200 200-<300 ≥300 <200 g/d 200-<300 300-<400 400-<600 600-<800 ≥800 <50 g/d 50-<100 100-<200 200-<300 ≥300 <100 g/d 100-<200 200-<300 300-<500 ≥500 <50 g/d 50-<100 100-<200 200-<300 ≥300	1.00 0.81 (0.70-0.95) 0.82 (0.69-0.97) 0.84 (0.70-1.00) 0.72 (0.58-0.90) 1.00 0.80 (0.67-0.96) 0.81 (0.69-0.96) 0.71 (0.59-0.84) 0.73 (0.59-0.91) 1.00 1.00 (0.76-1.32) 1.02 (0.77-1.36) 0.91 (0.69-1.19) 0.79 (0.56-1.12) 1.06 (0.77-1.46) 1.00 1.05 (0.80-1.37) 0.89 (0.68-1.15) 1.28 (0.96-1.71) 0.89 (0.6-1.21) 1.00 0.68 (0.53-0.88) 0.75 (0.57-0.98) 0.72 (0.54-0.95) 0.67 (0.47-0.95) 1.00 0.60 (0.45-0.79) 0.65 (0.51-0.84) 0.60 (0.46-0.79) 0.67 (0.48-0.94)	
Odegaard AO et al, 2015, Singapore	Singapore Chinese Health Study	1993-1998 – 2011, 16.3 years follow-up	52584 men and women, age 45-74 years: 4092 cancer deaths	Validated FFQ, 165 food items	Juice	None Monthly 1/wk ≥2/wk	1.00 0.88 (0.77-0.99) 1.08 (0.90-1.30) 0.98 (0.81-1.19)	Age, sex, dialect, education, year of interview, smoking, moderate and vigorous activity, sleep, BMI, nonbeverage vegetable-fruit-soy dietary pattern score, energy intake,

								coffee, black tea, alcohol, soft drinks, green tea
Aasheim ET et al, 2015, United Kingdom	European Prospective Investigation into Cancer and Nutrition – Norfolk	1993-2012, 17 years follow-up	22421 men and women, age 39-79 years: 1755 cancer deaths	Validated FFQ, 130 food items	Tinned fruit	<1/mo 1-3 1/wk ≥2	1.00 1.01 (0.90-1.12) 1.08 (0.94-1.24) 0.90 (0.73-1.11)	Age, sex, alcohol, physical activity, diabetes, smoking status, BMI, socioeconomic status, energy intake, antihypertensive drug use, lipid lowering drug use, family history of heart attack, family history of cancer
Aasheim ET et al, 2015, United Kingdom	European Prospective Investigation into Cancer and Nutrition – Oxford	1993-2012, 16 years follow-up	52625 men and women, age 20-97 years: 1429 cancer deaths	Validated FFQ, 130 food items	Tinned fruit	<1/mo 1-3 1/wk ≥2	1.00 1.07 (0.94-1.21) 0.87 (0.72-1.06) 0.90 (0.70-1.17)	Age, sex, alcohol, physical activity, diabetes, smoking status, BMI, socioeconomic status, energy intake, long-term medical treatment, parental history of heart attack or cancer, method of recruitment
Aasheim ET et al, 2015, United Kingdom	Whitehall 2 Study	1991-2012, 20 years follow-up	7440 men and women, age 36-60 years: 334 cancer deaths	Validated FFQ, 127 food items	Tinned fruit	<1/mo 1-3 1/wk ≥2	1.00 0.89 (0.69-1.16) 0.94 (0.65-1.36) 0.89 (0.51-1.54)	Age, sex, alcohol, physical activity, diabetes, smoking status, BMI, socioeconomic status, energy intake, antihypertensive drug use, lipid lowering drug use, ethnicity, diet pattern

Orenstein L et al, 2016, Israel	Glucose Intolerance Obesity and Hypertension (GOH) Study	1982 - 2010, 24.2 years follow-up	632 men and women, age 40-70 years: 146 cancer cases	FFQ, 240 food items	Fruits Vegetables	<149 g/d 149-244 >244 <163.4 g/d 163.4-267.1 >267.1	1.00 1.66 (1.08-2.55) 1.45 (0.88-2.38) 1.00 0.62 (0.40-0.95) 0.70 (0.44-1.14)	Age, sex, ethnic origin, BMI, smoking, calorie intake, alcohol, dairy, beef, fiber, total physical activity, mutual adjustment between fruits and vegetables
Hodgson JM et al, 2016, Australia	The Calcium Intake Fracture Outcome Study	1998 - 2013, 15 years follow-up	1456 women, age >70 years: 156 cancer deaths	Validated FFQ	Apples Pear Oranges and other citrus fruits Banana Total fruit	1 g/d 39 154 Per 53 g/d Per 33 g/d Per 59 g/d Per 41 g/d Per 129 g/d	1.00 0.65 (0.45-0.95) 0.53 (0.29-0.97) 0.81 (0.67-0.99) 0.94 (0.80-1.11) 1.00 (0.85-1.17) 0.86 (0.73-1.02) 0.85 (0.72-1.00)	Age, BMI, treatment code, smoking status, socioeconomic status, prevalent diabetes, prevalent CVD, prevalent cancer, antihypertensive medication use, cholesterol-lowering medications, low-dose aspirin, physical activity, energy intake, alcohol

BMI=Body Mass Index, CVD=cardiovascular disease, FFQ=food frequency questionnaire, HRT=hormone replacement therapy, OC use = oral contraceptive use, WHR = Waist-to-hip ratio

Supplementary Table 7: Cohort studies of fruit and vegetable intake and all-cause mortality.

Author, publication year, country/ region	Study name	Follow-up period	Study size, gender, age, number of cases	Dietary assessment	Exposure	Quantity	RR (95% CI)	Adjustment for confounders
Kahn HA et al, 1984, USA	Adventist Mortality Study	1960-1980, 21 years follow-up	27530 men and women, age ≥30 years: 5751 deaths	FFQ, 28 food items	Fruit, fruit juice Cooked vegetables Green salad Potatoes Fruit and vegetables	<4 /wk 4-6 7 <4 /wk 4-6 7 <1/wk 1-3 4-6 7 <1 /wk 1-3 4-5 6-7 h vs l	1.00 0.94 (0.86-1.03) 0.85 (0.79-0.91) 1.00 0.91 (0.84-0.98 0.82 (0.77-0.87) 1.00 0.79 (0.74-0.84) 0.71 (0.67-0.75) 0.67 (0.63-0.71) 1.00 0.85 (0.73-1.00) 0.76 (0.63-0.92) 0.81 (0.67-0.97) 0.72 (0.57-0.90)	Age, sex, smoking, history of heart disease, stroke, hypertension, diabetes, or cancer, age at initial exposure to the Seventh-Day-Adventist-church
Rotevatn S et al, 1989, Norway	NA	1964-1967 – 1978, ~11 years follow-up	10187 men, age 35-74 years: 2032 deaths	FFQ	Fruits and vegetables Potatoes	H vs l ≥3 vs. <3 potatoes/d	0.84 (0.76-0.93) 0.76 (0.71-0.81)	Age, physical exercise, cigarette smoking, alcohol, bread, mutual adjustment between fruit and vegetables and potatoes
Trichopoulou A, 1995, Greece,	NA	1988 – 1990 – 1993-1994, ~5 years follow-up	182 men and women, age >70 years: 53 deaths	FFQ	Vegetables Fruits and nuts	Per 20 g/d Per 20 g/d	0.97 (0.93-1.02) 1.01 (0.97-1.04)	Age, smoking status, sex, energy
Knekt P et al, 1996, Finland	Finnish Mobile Clinic Health Examination Survey	1967-1972 – 1992, 26 years follow-up	5133 men and women, age 30-69 years: 1364 deaths	Dietary history interview	Apple, men Other fruits Berries Onion Vegetables Apple, women	≥54 vs 0 g/d ≥71 vs <7 ≥19 vs <3 ≥5 vs 0 ≥458 vs <262 ≥71 vs 0 g/d	0.84 (0.71-1.00) 0.77 (0.64-0.93) 1.08 (0.90-1.30) 0.72 (0.59-0.87) 0.88 (0.73-1.06) 0.76 (0.59-0.97)	Age, smoking, serum cholesterol, hypertension, BMI

					Other fruits Berries Onion Vegetables	≥117 vs <20 ≥24 vs <7 ≥5 vs 0 ≥369 vs <216	0.70 (0.54-0.91) 0.70 (0.55-0.90) 0.80 (0.62-1.04) 0.97 (0.76-1.24)	
Sahyoun NR et al, 1996, USA	The Nutrition Status Survey	1981-1984 – 1993, 9-12 years follow-up	680 men and women, age ≥60 years: 217 deaths	3-day food record	All fruit and juices All vegetables Citrus fruit and juices Dark green/orange vegetables	<163.8 g/d 163.8-<437.6 ≥437.6 <89.2 g/d 89.2-<274.8 ≥274.8 <41.5 g/d 41.5-<219.5 ≥219.5 0 g/d >0-<63.2 ≥63.2	1.00 0.95 (0.67-1.36) 0.84 (0.53-1.33) 1.00 0.64 (0.46-0.88) 0.49 (0.31-0.77) 1.00 1.26 (0.86-1.84) 1.10 (0.69-1.76) 1.00 1.06 (0.78-1.44) 0.61 (0.38-0.96)	Age, sex, disease status, disabilities affecting shopping, fruits and vegetables were mutually adjusted
Fraser GE et al, 1997, USA	Adventist Health Study	1974-1976 – 1985, ~9.5 years follow-up	1668 black men and women, age ≥25 years: 416 deaths	FFQ, 65 food items	Fruit index Cooked green vegetables Salads Tomatoes	<1/wk 1-14/wk >2/day 2/wk 3-6/wk ≥1/d <3/wk 3-6/wk ≥1/d <1/wk 1-4/wk ≥5/wk	1.00 0.4 (0.2-0.7) 0.6 (0.4-0.9) 1.0 0.6 (0.4-1.0) 0.7 (0.4-1.1) 1.0 0.5 (0.4-0.9) 0.7 (0.4-1.1) 1.0 1.0 (0.6-1.6) 0.9 (0.5-1.6)	Age, smoking, exercise
Fraser GE et al, 1997, USA	Adventist Health Study	1974-1976 – 1988, 12 years follow-up	603 white men and women, age >84 years at baseline + additional subjects who became >84 years during follow-up (number not available):	FFQ, 65 food items	Fruits Green salad	<1 serv/d 1 ≥2 <3/wk 3-6 ≥7	1.00 0.96 (0.77-1.19) 0.93 (0.76-1.15) 1.00 0.95 (0.84-1.09) 0.91 (0.78-1.05)	Age, sex, diabetes, smoking, exercise, nuts, bread, donuts, sweet desserts, beef, fish Age, sex

			1387 deaths					
Mann JI, 1997, England	The Oxford Vegetarian Study	1980-1984 – 1995, 13.3 years follow-up	10802 men and women, age 16-79 years: 392 deaths	FFQ	Green vegetables Carrots Fresh, dried fruits	<1/wk 1-4 ≥5 <1/wk 1-4 ≥5 <5 5-9 ≥10	1.00 0.74 (0.52-1.05) 0.89 (0.63-1.26) 1.00 1.07 (0.80-1.42) 0.99 (0.72-1.38) 1.00 0.89 (0.69-1.14) 0.97 (0.74-1.27)	Age, sex, smoking, social class
Osler M et al, 1997, Denmark	Danish part of the Euronut SENECA study	1988-1989 – 1995, 6 years follow-up	202 men and women, mean age 72 years: 52 deaths	Diet history with 3-day dietary record and FFQ	Vegetables Fruits	Per 20 g/d Per 20 g/d	0.99 (0.95-1.04) 1.02 (0.97-1.08)	Age, sex, smoking
Hertog MGL et al, 1997, Wales	Caerphilly Prospective Study	1979-1983 – NA, 14 years follow-up	1900 men, age 45-59 years: 338 deaths	FFQ, 56 food items	Onions	<1/wk 1 2 >2	1.0 0.8 (0.6-1.1) 1.0 (0.7-1.4) 0.7 (0.5-1.0)	Age, smoking, social class, BMI, total energy, alcohol, fat, vitamin C, vitamin E, beta-carotene
Whiteman D et al, 1999, England	The OXCHECK Study	1989 – 1997, 9 years follow-up	10522 men and women, age 35-64 years: 514 deaths	FFQ	Fresh fruit, fruit juice Fresh or frozen green vegetables or salad	<1/wk 1-3/wk 4-7/wk <3/wk 4-7/wk	1.00 1.07 (0.83-1.38) 0.84 (0.66-1.08) 1.00 0.68 (0.56-0.83)	Age, smoking, sex
Kouris-Blazos A et al, 1999, Australia	NA	1990-1992 – 1996, ~5 years follow-up	330 men and women, age ≥70 years: 32 deaths	FFQ, 250 food items	Vegetables Fruits and nuts	Per 20 g/d Per 20 g/d	1.02 (0.99-1.07) 0.95 (0.90-0.99)	Age, sex, smoking status, ethnic origin
Strandhagen E et al, 2000, Sweden	The Study of Men Born in 1913	1967-1993, 26 years follow-up	792 men, age 54 years: 390 deaths	FFQ	Fruit	High vs. Low	0.92 (0.84-1.00)	Smoking, hypertension, cholesterol
Fortes C et al, 2000, Italy	NA	1993-1998, 5 years follow-up	162 men and women, mean age 80 years: 53 deaths	Validated FFQ, 114 food items	Oranges, tangerines Carotenoid-rich vegetables Apples, pears, melons,	<1/wk 1-2/wk >2/wk <1/wk 1-2/wk >2/wk <1/wk	1.00 0.47 (0.16-1.42) 0.52 (0.28-0.95) 1.00 0.95 (0.48-1.92) 0.39 (0.09-1.68) 1.00	Age, sex, education, BMI, smoking, cognitive function, chronic diseases

					bananas	1-2/wk >2/wk	0.94 (0.47-1.79) 0.80 (0.35-1.81)	
Appleby PN et al, 2002, UK	The Health Food Shoppers Study	1973-1979 – 1997, 19.8 years follow-up	10741 men and women, age 16-89 years: 2529 deaths	FFQ	Fresh fruit Nuts, dried fruit Raw vegetable salads	Daily vs less Daily vs less Daily vs. less	0.83 (0.75-0.91) 1.00 (0.92-1.10) 0.98 (0.90-1.07)	Age at recruitment, sex, smoking, wholemeal bread, bran cereals mutual adjustment between fresh fruit, nuts/dried fruit, raw vegetables salads,
Bazzano LA et al, 2002, USA	National Health and Nutrition Examination Survey 1 Epidemiologic Follow-up Survey	1971-1975 - 1992, 19 years follow-up	9156 men and women, age 25-74 years: 2530 deaths	FFQ	Fruits and vegetables	<1 time/day 1 /day 2 >3	1.00 0.88 (0.74-1.06) 0.82 (0.71-0.94) 0.85 (0.72-1.00)	Age, sex, race, history of diabetes mellitus, physical activity, education level, regular alcohol consumption, current cigarette smoking at baseline, vitamin supplement use, total energy
Rissanen TH et al, 2003, Finland	Kuopio Ischaemic Heart Disease Risk Factor Study	1984-1989 – 2000, 12.8 years follow-up	2641 men, age 42-60 years: 485 deaths	4-day food records	Fruit, berries, vegetables	<133 g/day 133-214 215-293 294-408 >408	1.00 0.90 (0.70-1.15) 0.80 (0.61-1.05) 0.62 (0.46-0.83) 0.74 (0.55-0.98)	Age, examination years, urinary excretion of nicotine metabolites, alcohol cons., BMI, blood pressure, diabetes mellitus, serum LDL, HDL, triglycerides, maximal oxygen uptake
Steffen LM et al, 2003, USA	Atherosclerosis Risk in Communities Study	1987-1989 – 1999, 11 years follow-up	11940 men and women, age 45-64 years: 867 deaths	FFQ, 66 food items	Fruits and vegetables	1.5 serv./day 2.5 3.5 5.0 7.5	1.00 1.08 (0.88-1.33) 0.94 (0.75-1.17) 0.87 (0.68-1.10) 0.78 (0.61-1.01)	Age at baseline, race, sex, time-dependent energy intake, education, smoking, physical activity, alcohol intake, HRT (women), BMI, WHR, systolic blood pressure, antihypertensive medication use
Seccareccia F et al, 2003, Italy	Italian contingent of the Seven Countries	1965-1995, 30 years follow-up	1536 men, age 40-59 years: 1096 deaths	Diet history	Vegetables	Per 20 g/d	0.97 (0.94-0.99)	Age, energy intake, smoking, physical activity, systolic blood

	Study on Cardiovascular Diseases							pressure, total cholesterol, BMI, fruit
Genkinger JM et al, 2004, USA	CLUE2	1989 – 2002, ~12.2 years follow-up	6151 men and women, age 30-93 years: 910 deaths	FFQ, 61 food items	Fruits and vegetables Cruciferous vegetables Fruits and vegetables, ever smokers Fruits and vegetables, never smokers	0.87 serv/d 1.61 2.31 3.21 4.89 0.03 serv/d 0.12 0.17 0.27 0.53 1 2 3 1 2 3	1.00 0.68 (0.55-0.84) 0.74 (0.60-0.90) 0.71 (0.58-0.87) 0.63 (0.51-0.78) 1.00 0.76 (0.61-0.96) 0.82 (0.67-1.01) 0.88 (0.71-1.08) 0.78 (0.64-0.96) 1.00 0.76 (0.62-0.93) 0.77 (0.63-0.95) 1.00 0.94 (0.71-1.23) 0.72 (0.55-0.95)	Age, energy, smoking status, BMI, cholesterol, energy Age, BMI, cholesterol
Tucker KL et al, 2005, USA	Baltimore Longitudinal Study of Aging	1961-1965 – NA, 18 years follow-up	501 men, age 34-80 years: 306 deaths	7-day diet records	Fruit and vegetables Fruit Vegetables	Per serv/d Per serv/d Per serv/d	0.95 (0.89-1.01) 0.93 (0.84-1.03) 0.94 (0.85-1.04)	Age, total energy, BMI, smoking, alcohol, physical activity, supplement use, SFA, secular trend
Hays JC et al, 2005, USA	Established Population for Epidemiologic Studies of the Elderly – Duke University	1992-1993 – 1996, 4 years follow-up	1920 men and women, mean age 76.1 (whites)/ 77.0 (black): 226 deaths	Short interview	Fruit or fruit juice, white men Vegetables, white men Fruit or fruit juice, black men Vegetables, black men Fruit or fruit juice, white women Vegetables, white women Fruit or fruit juice, black women Vegetables, black women	≥2 vs. <2 serv/d ≥2 vs. <2 serv/d ≥2 vs. <2 serv/d ≥2 vs. <2 serv/d ≥2 vs. <2 serv/d ≥2 vs. <2 serv/d ≥2 vs. <2 serv/d ≥2 vs. <2 serv/d	2.26 (1.12-4.53) 0.62 (0.24-1.60) 1.62 (0.92-2.64) 0.46 (0.23-0.90) 0.73 (0.39-1.35) 0.68 (0.32-1.44) 0.86 (0.55-1.33) 0.94 (0.57-1.56)	Age, lived alone, below poverty threshold, impaired food related activities of daily living, non-dairy protein, dairy, grains, smoking, alcohol, BMI, waist circumference, cognitive status, self-rated health
Bazelmans C et al, 2006, Belgium	Belgian Interuniversity Research on Nutrition and Health	1979-84 - 1994, 10 years follow-up	5887 men and 5306 women, age 25-74 years: 1117 deaths	One day food record	Fruit, vegetables, men Fruits, vegetables, women	≥400 vs. <400 g/d ≥400 vs. <400 g/d	0.65 (0.55-0.76) 0.79 (0.63-1.01)	Age

Knoops KTB et al, 2006, Europe	Healthy Ageing – a Longitudinal Study in Europe (HALE)	1988-1991 - 2000, 10 years follow-up	2068 men and 1049 women, mean age 73.7 years: 1382 deaths	Dietary history	Fruit Vegetables, potatoes	≥median vs. <median ≥median vs. <median	0.86 (0.78-0.94) 0.99 (0.90-1.09)	Age, sex, physical activity, smoking, alcohol, education, BMI, chronic disease at baseline, study centre
Iso H et al, 2007, Japan	Japan Collaborative Cohort Study	1988-1990 – 2003, ~12.7 years follow-up	43850 men and 60169 women, age 40-79 years: 9560/6575 deaths	Validated FFQ, 39 food items	Spinach or garland chysanthemum, men Carrot or pumpkin Tomatoes Cabbage or head lettuce Chinese cabbage Sansai (edible wild plants Fungi (enokidake, shiitake, mushroom) Potatoes Seaweed (algae) Pickles Citrus fruits Fresh fruit juice	<3/wk 3-4 ≥5 <1/wk 1-2 ≥3-4 <1/wk 1-2 ≥3-4 <3/wk 3-4 ≥5 <1/wk 1-2 ≥3 <1/wk 1-2 ≥3 <1/wk 1-2 ≥3 <1/wk 1-2 ≥3 <3/wk 3-4 ≥5 <3/wk 3-4 ≥5 <3/wk 3-4 ≥5 <1/wk	1.00 0.96 (0.91-1.01) 0.91 (0.86-0.96) 1.00 0.96 (0.90-1.03) 0.95 (0.89-1.01) 1.00 0.96 (0.91-1.02) 0.96 (0.91-1.02) 1.00 0.94 (0.89-1.00) 0.96 (0.90-1.02) 1.00 0.96 (0.90-1.02) 0.98 (0.92-1.05) 1.00 1.10 (1.03-1.18) 1.11 (1.02-1.19) 1.00 0.99 (0.94-1.05) 0.97 (0.91-1.03) 1.00 0.95 (0.90-1.01) 0.93 (0.87-0.98) 1.00 0.99 (0.95-1.04) 0.95 (0.90-1.00) 1.00 0.87 (0.81-0.93) 0.84 (0.80-0.88) 1.00 0.94 (0.88-1.00) 0.92 (0.87-0.98) 1.00	Age, area of study

						1-2	0.92 (0.86-0.98)	
						≥3	0.88 (0.82-0.93)	
					Other fruits	<3/wk	1.00	
						3-4	0.87 (0.82-0.93)	
						≥5	0.93 (0.88-0.98)	
					Spinach or garland chysanthemum, men	<3/wk	1.00	
						3-4	0.98 (0.92-1.05)	
						≥5	0.88 (0.82-0.94)	
					Carrot or pumpkin	<1/wk	1.00	
						1-2	0.93 (0.84-1.01)	
						≥3-4	0.91 (0.84-1.00)	
					Tomatoes	<1/wk	1.00	
						1-2	0.95 (0.89-1.02)	
						≥3-4	0.98 (0.92-1.05)	
					Cabbage or head lettuce	<3/wk	1.00	
						3-4	0.90 (0.84-0.97)	
						≥5	0.94 (0.88-1.00)	
					Chinese cabbage	<1/wk	1.00	
						1-2	0.96 (0.89-1.04)	
						≥3	0.93 (0.87-1.01)	
					Sansai (edible wild plants	<1/wk	1.00	
						1-2	1.12 (1.04-1.22)	
						≥3	1.05 (0.95-1.15)	
					Fungi (enokidake, shiitake, mushroom)	<1/wk	1.00	
						1-2	0.98 (0.91-1.05)	
						≥3	0.96 (0.89-1.03)	
					Potatoes	<1/wk	1.00	
						1-2	0.91 (0.84-0.99)	
						≥3	0.85 (0.79-0.93)	
					Seaweed (algae)	<3/wk	1.00	
						3-4	0.92 (0.86-0.98)	
						≥5	0.89 (0.83-0.94)	
					Pickles	<3/wk	1.00	
						3-4	0.96 (0.88-1.04)	
						≥5	0.83 (0.78-0.89)	
					Citrus fruits	<3/wk	1.00	
						3-4	0.99 (0.92-1.07)	
						≥5	0.84 (0.79-0.90)	
					Fresh fruit juice	<1/wk	1.00	

					Other fruits	1-2 ≥3 <3/wk 3-4 ≥5	0.96 (0.89-1.04) 0.86 (0.81-0.93) 1.00 1.01 (0.94-1.09) 0.94 (0.88-1.01)	
Gonzalez S et al, 2008, Spain	NA	1999-2002 – 2007, 6 years follow-up	288 men and women, age 60-85 years: 83 deaths	FFQ	Vegetables and roots Potatoes Fruits	Per 84.5 g/d Per 29.2 g/d Per 188 g/d	1.20 (0.92-1.57) 1.32 (1.03-1.69) 0.71 (0.52-0.98)	Age, sex, BMI, energy intake, smoking, hyperglycemia, hypercholesterolemia, chewing ability, physical activity, self-perceived health, education level, institution
Nagura J et al, 2009, Japan	Japan Collaborative Cohort Study	1988-1990 – 2003, 12.7 years follow-up,	25206 men and 34279 women, age 40-79 years: 4514/3092 deaths	FFQ, 33 foods	Fruit Vegetables	0.9 serv/wk 2.3 3.9 5.9 1.2 serv/wk 2.3 3.4 5.2	1.00 0.92 (0.86-0.98) 0.93 (0.87-0.99) 0.86 (0.80-0.93) 1.00 0.95 (0.89-1.02) 0.99 (0.93-1.06) 1.03 (0.96-1.10)	Age, sex, BMI, smoking status, alcohol, hours of walking, hours of sleep, education years, perceived mental stress, cholesterol intake, saturated fatty acids, n-3 FA intake, sodium intake, hyperstension and diabetes history, mutual adjustment between variables
Kvaavik E et al, 2010, United Kingdom	The Health and Lifestyle Survey (HALS)	1984-1985 – 2005, 20 years follow-up	4886 men and women, age ≥18 years: 1080 deaths	FFQ	Fruit and vegetable	<1 times/d 1 2 3 4 ≥5	1.31 (0.78-2.21) 1.10 (0.67-1.80) 1.12 (0.69-1.82) 0.92 (0.56-1.50) 0.84 (0.49-1.45) 1.00	Age, sex, social class, BMI, blood pressure
Nechuta SJ et al, 2010, China	Shanghai Women's Health Study	1996-2000 - 2007, 9 years follow-up	71243 women, age 40-70 years: 2860 deaths	Validated FFQ	Fruits and vegetables	<404.3 g/d 404.3-<626.5 ≥626.5	1.00 0.85 (0.78-0.93) 0.85 (0.77-0.93)	Age, education, occupation, income, BMI, waist-to-hip ratio, exercise, spouse smoke
Tognon G et al, 2011, Sweden	The Gerontoligical and Geriatric Population	1971, 1981, 1992, 2000 – 2009, 8.5 years follow-	1037 men and women, age 70 years: 630 deaths	Diet history	Vegetables and potatoes Fruits	H vs. l H vs. l	1.06 (0.90-1.24) 1.03 (0.87-1.21)	Age, sex, baseline BMI, waist circumference, physical activity, marital status, smoking status,

	Studies in Gothenburg	up						birth cohort, education
Van den Brandt et al, 2011, Netherlands	Netherlands Cohort Study	1986-1996, ~10 years follow-up	120852 men and women, age 55-69 years: 9691 deaths 3576 subcohort members	FFQ, 150 food items	Vegetables (no potatoes), men Vegetables, women Fruit, men Fruit, women	Per 114.7 g/d Per 121.1 g/d Per 154.5 g/d Per 173.4 g/d	0.92 (0.85-1.01) 0.87 (0.80-0.94) 0.96 (0.88-1.04) 0.94 (0.82-1.07)	Age, cigarette smoking, cigarettes per day, years of smoking, BMI, nonoccupational physical activity, hypertension, education, energy intake
Zhang X et al, 2011, China	Shanghai Women's Health Study	1996-2000 - 2009, 10.2 years follow-up	73360 women age 40-70 years: 3442 deaths	Validated FFQ, 71 food items	Total vegetables Cruciferous vegetables Non-cruciferous vegetables Total fruits	124 g/d 196 261 345 506 28 g/d 57 83 114 166 73 g/d 124 173 236 362 62 g/d 155 238 330 489	1.00 0.92 (0.83-1.01) 0.92 (0.83-1.02) 0.83 (0.74-0.93) 0.91 (0.81-1.03) 1.00 0.90 (0.82-1.00) 0.93 (0.84-1.04) 0.90 (0.81-1.00) 0.80 (0.72-0.89) 1.00 0.98 (0.88-1.08) 0.88 (0.79-0.98) 0.95 (0.85-1.06) 0.95 (0.84-1.06) 1.00 0.87 (0.79-0.96) 0.85 (0.77-0.94) 0.84 (0.75-0.94) 0.81 (0.72-0.92)	Age, education, occupation, family income, cigarette smoking, alcohol consumption, BMI, amount of regular exercise, multivitamin supplement use, intakes of total energy and saturated fat, menopausal status and hormone therapy use, history of coronary heart disease, stroke, hypertension, or diabetes
Zhang X et al, 2011, China	Shanghai Men's Health Study	2002-2006 - 2009, 4.6 years follow-up	61436 men, age 40-74 years: 1951 deaths	Validated FFQ, 46 food items	Total vegetables Cruciferous vegetables	144 g/d 232 307 398 583 34 g/d 66 94	1.00 0.83 (0.73-0.94) 0.82 (0.72-0.94) 0.68 (0.59-0.79) 0.75 (0.65-0.88) 1.00 0.91 (0.80-1.04) 0.82 (0.71-0.94)	Age, education, occupation, family income, cigarette smoking, alcohol consumption, BMI, amount of regular exercise, multivitamin supplement use, intakes

						133 208	0.79 (0.69-0.91) 0.73 (0.64-0.85)	of total energy and saturated fat, history of coronary heart disease, stroke, hypertension, or diabetes
					Non-cruciferous vegetables	89 g/d 148 201 269 413	1.00 0.89 (0.78-1.01) 0.81 (0.70-0.93) 0.78 (0.67-0.90) 0.75 (0.64-0.87)	
					Total fruits	14 g/d 71 129 196 308	1.00 0.97 (0.86-1.11) 0.88 (0.77-1.02) 0.79 (0.68-0.93) 0.88 (0.75-1.02)	
Matheson EM et al, 2012, USA	National Health and Nutrition Examination Survey (NHANES) 3	1988-1994 - 2006, 14.2 years follow-up	11761 men and women, age ≥21 years: 2281 deaths	24-hour recall	Fruits, vegetables, BMI 18.5-24.9 Fruits, vegetables, BMI 25-29.9 Fruits, vegetables, BMI ≥30	<5 serv/d ≥5 <5 serv/d ≥5 <5 serv/d ≥5	1.00 0.75 (0.61-0.93) 1.00 0.83 (0.70-0.98) 1.00 0.93 (0.67-1.30)	Age, sex, race, education, marital status, smoking, alcohol, regular exercise
Martinez-Gonzalez MA et al, 2012, Spain	Seguimiento Universidad de Navarra Project	1999 – 2009, 6.8 years follow-up	15535 men and women, mean age 38 years: 185 deaths	FFQ, 136 food items	Fruits and nuts Vegetables	≥median vs. <median ≥median vs. <median	0.64 (0.43-0.95) 0.79 (0.53-1.17)	Age, years of university education, BMI, smoking, physical activity, hours spent watching television, history of depression, hypertension, hypercholesterolemia, total energy, egg intake, potato, adoption of special diets, ratio of monounsaturated fatty acids to saturated fatty acids, cereals, legumes, fish, meat/meat products, dairy, alcohol, mutual adjustment between fruits/nuts and vegetables

Regidor E et al, 2012, Spain	NA	2000-2001 – 2008, 7.5 years follow-up	4008 men and women, age ≥60 years: 972 deaths	Interview	Vegetables, men Fruits Vegetables, women Fruits	No Some days Every day No Some days Every day No Some days Every day No Some days Every day	1.65 (1.09-2.50) 1.16 (0.96-1.40) 1.00 1.56 (0.91-2.65) 1.17 (0.93-1.46) 1.00 2.32 (1.56-3.45) 1.18 (0.98-1.42) 1.00 1.49 (0.99-2.23) 1.25 (0.98-1.58) 1.00	Age

Leenders M et al, 2013, Europe	European Prospective Investigation into Cancer and Nutrition	1992-2000 – 2010, 13 years follow-up	451151 men and women, age 25-70 years: 25682 deaths	FFQ, dietary history, food record	Fruit and vegetables, all	178.8 g/d 316.8 468.4 725.3 Per 200 g/d, obs. Per 200 g/d, cal.	1.00 0.93 (0.90-0.97) 0.90 (0.86-0.93) 0.90 (0.86-0.94) 0.97 (0.96-0.98) 0.94 (0.91-0.96)	Age, smoking status, smoking duration, time since stopped smoking, number of cigarettes per day, alcohol, BMI, physical activity, education, processed meat, mutual adjustment between fruit and vegetables
					Fruit	0-106.8 g/d 106.8-193.7 193.7-312.1 312-1014.5 Per 100 g/d, obs. Per 100 g/d, cal.	1.00 0.95 (0.92-0.98) 0.94 (0.91-0.98) 0.97 (0.93-1.01) 1.00 (0.99-1.01) 0.98 (0.96-1.00)	
					Vegetables	0-108.8 g/d 108.8-172.9 172.9-271.1 271.1-820.9 Per 100 g/d, obs. Per 100 g/d, cal.	1.00 0.93 (0.89-0.96) 0.89 (0.86-0.93) 0.90 (0.86-0.94) 0.97 (0.96-0.98) 0.93 (0.90-0.97)	
					Raw vegetables	0-22.9 g/d 22.9-50.1 50.1-100.0 100.0-770.7 Per 100 g/d, obs. Per 100 g/d, cal.	1.00 0.92 (0.89-0.95) 0.85 (0.81-0.88) 0.84 (0.80-0.88) 0.92 (0.90-0.94) 0.85 (0.80-0.91)	
					Cooked vegetables	0-49.9 g/d 49.9-90.8 90.8-157.8 157.8-722.7 Per 100 g/d, obs. Per 100 g/d, cal.	1.00 0.96 (0.92-1.00) 0.92 (0.88-0.96) 0.93 (0.89-0.98) 0.99 (0.97-1.01) 0.94 (0.88-1.02)	

					Fruit and vegetables, men	178.8 g/d	1.00	
						316.8	0.93 (0.89-0.98)	
						468.4	0.90 (0.85-0.95)	
						725.3	0.93 (0.87-1.00)	
						Per 200 g/d, obs.	0.97 (0.95-0.99)	
						Per 200 g/d, cal.	0.93 (0.89-0.98)	
					Fruit	0-106.8 g/d	1.00	
						106.8-193.7	0.98 (0.93-1.03)	
						193.7-312.1	0.98 (0.92-1.03)	
						312-1014.5	1.03 (0.97-1.10)	
						Per 100 g/d, obs.	1.01 (0.99-1.02)	
						Per 100 g/d, cal.	1.00 (0.97-1.03)	
					Vegetables	0-108.8 g/d	1.00	
						108.8-172.9	0.94 (0.90-0.99)	
						172.9-271.1	0.88 (0.83-0.93)	
						271.1-820.9	0.88 (0.83-0.95)	
						Per 100 g/d, obs.	0.95 (0.93-0.97)	
						Per 100 g/d, cal.	0.89 (0.85-0.94)	
					Fruit and vegetables, women	178.8 g/d	1.00	
						316.8	0.94 (0.89-0.98)	
						468.4	0.89 (0.85-0.94)	
						725.3	0.89 (0.84-0.94)	
						Per 200 g/d, obs.	0.97 (0.96-0.99)	
					Fruit	Per 200 g/d, cal.	0.94 (0.91-0.97)	
						0-106.8 g/d	1.00	
						106.8-193.7	0.92 (0.88-0.97)	
						193.7-312.1	0.91 (0.87-0.96)	
						312-1014.5	0.92 (0.87-0.97)	
						Per 100 g/d, obs.	0.99 (0.98-1.00)	
					Vegetables	Per 100 g/d, cal.	0.97 (0.95-1.00)	
						0-108.8 g/d	1.00	
						108.8-172.9	0.91 (0.87-0.96)	
						172.9-271.1	0.90 (0.86-0.95)	
						271.1-820.9	0.91 (0.86-0.96)	
						Per 100 g/d, obs.	0.98 (0.97-1.00)	
						Per 100 g/d, cal.	0.96 (0.93-1.00)	

					Citrus fruits	1	1.14 (1.09-1.19)	
						2	1.00	
						3	0.99 (0.96-1.03)	
						4	1.01 (0.97-1.05)	
					Hard fruits	1	1.08 (1.03-1.15)	
						2	1.00	
						3	0.96 (0.93-1.00)	
						4	0.97 (0.94-1.01)	
					Stone fruits	1	1.09 (1.04-1.14)	
						2	1.00	
						3	0.98 (0.94-1.01)	
						4	0.99 (0.94-1.04)	
					Grapes	1	1.08 (1.03-1.13)	
						2	1.00	
						3	1.01 (0.97-1.05)	
						4	1.03 (0.98-1.08)	
					Berries	1	1.16 (1.10-1.23)	
						2	1.00	
						3	1.01 (0.97-1.06)	
						4	1.02 (0.97-1.07)	
					Leafy vegetables	1	1.11 (1.06-1.17)	
						2	1.00	
						3	0.99 (0.95-1.03)	
						4	0.93 (0.88-0.97)	
					Fruiting vegetables	1	1.17 (1.05-1.31)	
						2	1.00	
						3	0.95 (0.92-0.98)	
						4	0.94 (0.91-0.98)	
					Root vegetables	1	1.07 (1.00-1.13)	
						2	1.00	
						3	0.94 (0.91-0.98)	
						4	0.91 (0.88-0.95)	
					Cabbage	1	0.96 (0.91-1.01)	
						2	1.00	
						3	0.94 (0.90-0.97)	
						4	0.93 (0.89-0.97)	
					Mushrooms	1	1.07 (1.02-1.12)	
						2	1.00	
						3	0.96 (0.92-1.00)	

						4	0.94 (0.90-0.98)	
					Grain and pod vegetables	1 2 3 4	1.12 (1.07-1.17) 1.00 0.99 (0.95-1.02) 1.00 (0.96-1.05)	
					Onion and garlic	1 2 3 4	0.97 (0.91-1.03) 1.00 0.95 (0.92-0.98) 0.97 (0.93-1.01)	
					Stalk vegetables	1 2 3 4	1.04 (0.99-1.09) 1.00 0.96 (0.93-1.00) 0.98 (0.95-1.02)	
					Mixed salad	1 2 3 4	1.05 (0.98-1.13) 1.00 0.96 (0.91-1.01) 0.91 (0.85-0.96)	
					Olives	1 2 3 4	1.07 (0.99-1.14) 1.00 1.01 (0.93-1.11) 1.02 (0.93-1.11)	
					Potatoes and other tubers	1 2 3 4	1.16 (1.01-1.32) 1.00 1.00 (0.96-1.04) 1.00 (0.99-1.01)	
Bellavia A et al, 2013, Sweden	Swedish Mammography Cohort and the Cohort of Swedish Men	1997/1998 – 2010, 13 years follow-up	38221 men and 33485 women, age 45-83 years: 11439 deaths	FFQ, 96 food items	Fruit and vegetables	0 serv/d 0.5 1 2 3 4 5 8	1.53 (1.19-1.99) 1.37 (1.20-1.56) 1.26 (1.17-1.37) 1.16 (1.09-1.24) 1.11 (1.05-1.17) 1.05 (1.02-1.09) 1.00 0.97 (0.93-1.01)	Age, BMI, total physical activity, smoking status, alcohol, energy intake, education
Elwood PC et al, 2013, United Kingdom	Caerphilly Prospective Study	1979-2004, 25 years follow-up	2235 men, age 45-59 years: 1208 deaths	FFQ	Fruit and vegetables	≥3 vs. <3 portions/d	0.82 (0.65-1.03)	Age, social class
Tognon G et al, 2014,	The 1982-83 Danish	1982-1983 – 2007, 14	948 women and 901 men,	7 day food record	Vegetables, MI incidence	>median vs. <median	0.73 (0.54-1.00)	Age, sex, BMI, education, physical

Denmark	Monitoring trends and determinants of Cardiovascular disease study (MONICA)	years follow-up	age NA: 161 MI cases 64 MI deaths		Fruits Vegetables, MI death Fruits	>median vs. <median >median vs. <median >median vs. <median	1.01 (0.73-1.38) 0.58 (0.35-0.96) 0.85 (0.52-1.42)	activity, cigarette smoking
Oyebode O et al, 2014, United Kingdom	Health Surveys for England	2001-2008 – 2013, 7.7 years follow-up	65226 men and women, age ≥35 years: 4399 deaths	24 hour recall	Fruit and vegetables Fruit Vegetables Fruit and vegetables, non-smokers Fruit Vegetables	0-<1 portions/d 1-<3 3-<5 5-<7 ≥7 0-<1 portions/d 1-<2 2-<3 3-<4 ≥4 0-<1 portions/d 1-<2 2-<3 ≥3 0-<1 portions/d 1-<3 3-<5 5-<7 ≥7 0-<1 portions/d 1-<2 2-<3 3-<4 ≥4 0-<1 portions/d 1-<2 2-<3 ≥3	1.00 0.88 (0.80-0.95) 0.76 (0.69-0.83) 0.70 (0.63-0.79) 0.67 (0.58-0.78) 1.00 0.94 (0.84-0.99) 0.90 (0.82-0.98) 0.84 (0.76-0.93) 0.86 (0.77-0.96) 1.00 0.85 (0.79-0.91) 0.81 (0.73-0.89) 0.68 (0.58-0.79) 1.00 0.94 (0.80-1.11) 0.76 (0.64-0.90) 0.72 (0.60-0.88) 0.77 (0.61-0.97) 1.00 0.96 (0.84-1.10) 0.94 (0.82-1.09) 0.78 (0.65-0.93) 0.86 (0.73-1.01) 1.00 0.84 (0.75-0.95) 0.85 (0.72-1.00) 0.76 (0.59-0.97)	Age, sex, social class, cigarette smoking, BMI, physical activity, education, alcohol
					Vegetables Salad Vegetables in composites Fresh fruit Dried fruit	Per portion Per portion Per portion Per portion Per portion	0.85 (0.81-0.89) 0.87 (0.82-0.92) 0.92 (0.82-1.02) 0.96 (0.95-0.98) 0.91 (0.84-0.99)	 Age, sex, social class, cigarette smoking, BMI, mutual adjustment between fruit and

					Fruit in composites Fruit juice Frozen/canned fruit	Per portion Per portion Per portion	0.93 (0.84-1.03) 0.97 (0.91-1.04) 1.17 (1.07-1.28)	vegetable variables
Atkins JL et al, 2014, United Kingdom	British Regional Heart Study	1998-2000 – 2010, 11.3 years follow-up	3328 men, age 60-79 years: 933 deaths	Validated FFQ, 86 food items	Fruit and vegetables Fruit Vegetables	Daily vs. <daily Daily vs. <1 day/wk Daily vs. <1 day/wk	0.92 (0.75-1.11) 0.86 (0.66-1.11) 1.05 (0.70-1.58)	Age, smoking, alcohol, physical activity, social class, BMI, energy intake, diet score without respective components
Buil-Cosiales P et al, 2014, Spain	Prevencion con Dieta Mediterranea (PREDIMED) trial	2003-2009 – 2012, 5.9 years follow-up	7216 men and women, age 55-75 years: 425 deaths	Validated FFQ, 137 food items	Fruit Vegetables	153 g/d 256 339 439 613 178 g/d 255 316 386 503	1.00 0.61 (0.46-0.82) 0.73 (0.55-0.97) 0.61 (0.44-0.84) 0.59 (0.42-0.82) 1.00 0.87 (0.65-1.16) 1.04 (0.79-1.38) 0.92 (0.68-1.25) 0.77 (0.55-1.08)	Age, sex, smoking status, diabetes, BMI, baseline systolic and diastolic arterial blood pressure, andintervention group use of statins, alcohol intake, educational level, physical activity and total energy intake, and stratified byrecruitment center, whole grains, and mutual adjustment between fruit and vegetables
Vormund K et al, 2015, Switzerland	The National Research Program 1A & The Swiss MONICA study	1977-1979 & 1982-1993 – 2000, 21.4 years follow-up	17861 men and women, age 16-92 years: 3935 deaths	24-hr recall, 11 food groups	Salad Vegetables Fruits	Yes vs. no Yes vs. no Yes vs. no	0.94 (0.88-1.02) 0.99 (0.92-1.07) 0.88 (0.81-0.95)	Age, sex, survey wave, marital status, smoking, BMI, region, nationality, dairy products, whole grains, red or processed meat, fish, monounsaturated fat, alcohol, mutual adjustment between fruits, vegetables and salad

Hjartåker A et al, 2015, Norway	The Migrant Study	1968- 2008, 20.3 years follow-up	9964 men, mean age 58.0 years: 9160 deaths	FFQ	Vegetables	0-12 serv/mo 12.0-21.0 21.0-31.5 >31.5	1.00 0.97 (0.91-1.03) 0.91 (0.86-0.97) 1.00 (0.93-1.06)	Age, BMI, exercise, beer spirits, smoking status and type (cigarettes, pipe, cigar), social status, coffee, mutual adjustment between fruits, vegetables and berries
					Fruits	8.0 serv/mo 8.0-16.0 16.0-25.0 >25.0	1.00 0.94 (0.89-1.00) 0.94 (0.88-1.00) 0.94 (0.88-1.00)	
					Berries	0-1 serv/mo 1-3 3-8 >8	1.00 0.97 (0.91-1.02) 0.99 (0.94-1.05) 0.95 (0.89-1.01)	
					Total fruit and vegetables (without potatoes)	0-27 serv/mo 27-43 43-62 >62	1.00 0.91 (0.86-0.97) 0.90 (0.85-0.95) 0.92 (0.87-0.98)	
					Cabbage	0 serv/mo <1 1-2 3-5 6-13 >14	1.00 0.99 (0.89-1.10) 0.90 (0.82-1.00) 0.90 (0.82-0.99) 0.91 (0.82-1.01) 1.02 (0.88-1.18)	
					Swede	0 serv/mo <1 1-2 3-5 6-13 >14	1.00 0.95 (0.87-1.03) 0.94 (0.87-1.02) 0.95 (0.88-1.03) 0.91 (0.83-1.01) 0.94 (0.80-1.09)	
					Carrots	0 serv/mo <1 1-2 3-5 6-13 >14	1.00 0.87 (0.74-1.02) 0.84 (0.72-0.98) 0.85 (0.73-0.98) 0.83 (0.72-0.96) 0.81 (0.70-0.94)	
					Cauliflower	0 serv/mo <1 1-2 3-5 >6	1.00 0.97 (0.90-1.05) 0.99 (0.92-1.07) 1.02 (0.94-1.12) 0.97 (0.87-1.09)	

					Lettuce, green salad	0 serv/mo	1.00	
						<1	0.90 (0.85-0.96)	
						1-2	0.96 (0.90-1.03)	
						3-5	0.91 (0.84-0.99)	
						>6	0.94 (0.85-1.03)	
					Tomatoes	0 serv/mo	1.00	
						<1	0.91 (0.84-0.99)	
						1-2	0.90 (0.82-0.97)	
						3-5	0.91 (0.84-0.99)	
						6-13	0.90 (0.82-0.98)	
						>14	0.93 (0.83-1.04)	
					Peas	0 serv/mo	1.00	
						<1	0.93 (0.85-1.02)	
						1-2	0.95 (0.87-1.04)	
						3-5	0.88 (0.80-0.96)	
						>6	0.90 (0.81-1.01)	
					Rhubarb	0 serv/mo	1.00	
						<1	0.96 (0.91-1.02)	
						1-2	0.96 (0.90-1.03)	
						3-5	0.96 (0.88-1.04)	
						>6	0.92 (0.80-1.04)	
					Oranges	0 serv/mo	1.00	
						<1	0.94 (0.82-1.06)	
						1-2	0.96 (0.85-1.08)	
						3-5	0.88 (0.79-0.99)	
						6-13	0.89 (0.80-1.00)	
						>14	0.88 (0.78-0.98)	
					Apples	0 serv/mo	1.00	
						<1	0.92 (0.85-1.01)	
						1-2	0.91 (0.83-0.99)	
						3-5	0.87 (0.80-0.94)	
						6-13	1.00 (0.82-0.98)	
						>14	0.84 (0.76-0.92)	
					Grapes	0 serv/mo	1.00	
						<1	0.85 (0.78-0.93)	
						1-2	0.86 (0.79-0.94)	
						3-5	0.93 (0.84-1.02)	
						>6	0.83 (0.73-0.95)	

					Banana Garden berries Wild berries	0 serv/mo <1 1-2 3-5 6-13 >14 0 serv/mo <1 1-2 3-5 6-13 >14 0 serv/mo <1 1-2 3-5 6-13 >14	1.00 0.90 (0.83-0.98) 0.91 (0.83-0.99) 0.93 (0.85-1.01) 0.92 (0.83-1.02) 0.95 (0.84-1.08) 1.00 0.82 (0.75-0.89) 0.80 (0.73-0.88) 0.81 (0.74-0.89) 0.78 (0.70-0.87) 0.77 (0.67-0.88) 1.00 0.90 (0.83-0.98) 0.87 (0.80-0.94) 0.90 (0.82-0.98) 0.86 (0.78-0.96) 0.84 (0.74-0.94)	
Odegaard AO et al, 2015, Singapore	Singapore Chinese Health Study	1993-1998 – 2011, 16.3 years follow-up	52584 men and women, age 45-74 years: 10029 deaths	Validated FFQ, 165 food items	Juice	None Monthly 1/wk ≥2/wk	1.00 0.90 (0.84-0.98) 1.10 (0.97-1.24) 1.01 (0.90-1.14)	Age, sex, dialect, education, year of interview, smoking, moderate and vigorous activity, sleep, BMI, hypertension, nonbeverage vegetable-fruit-soy dietary pattern score, energy intake, coffee, black tea, alcohol, soft drinks, green tea
Roswall N et al, 2015, Sweden	Swedish Women's Lifestyle and Health Cohort	1991-1992 - 2012, 21.3 years follow-up	44961 women, age 29-49 years: 1855 deaths	Validated FFQ	Cabbages Apples, pears Root vegetables	<median ≥median <median ≥median <median ≥median	1.00 0.94 (0.85-1.04) 1.00 0.88 (0.79-0.97) 1.00 1.03 (0.93-1.13)	Age, smoking status, duration, current tobacco consumption, time since smoking cessation, education, BMI, alcohol, red meat, processed meat, energy intake

Boggs DA et al, 2015, USA	Black Women's Health Study	1995-2011, 16 years follow-up	37001 women, age 30-69 years: 1678 deaths	Validated FFQ, 68 food items	Fruits Vegetables	0.22 serv/d 0.66 1.17 1.82 3.43 0.28 serv/d 0.63 1.04 1.65 3.28	1.00 0.96 (0.82-1.13) 0.92 (0.78-1.08) 0.99 (0.84-1.18) 1.06 (0.89-1.27) 1.00 0.90 (0.77-1.06) 0.82 (0.70-0.98) 0.91 (0.76-1.08) 1.04 (0.86-1.25)	Age, total energy intake, education, marital status, vigorous exercise, television watching, smoking, alcohol, whole grains, nuts/legumes, low-fat dairy, red or processed meat, sugar-sweetened beverages, sodium
Kobylecki CJ et al, 2015, Denmark	Copenhagen General Population Study	2003-2013, ~10 years follow-up	83256 men and women, age 20-100 years: 3940 deaths	FFQ	Fruit and vegetables Fruits Vegetables	1 2 3 Almost never <1/day 1 ≥2 Almost never <1/day 1 ≥2	1.00 0.81 (0.75-0.87) 0.80 (0.73-0.88) 1.00 0.84 (0.75-0.93) 0.78 (0.70-0.87) 0.76 (0.68-0.85) 1.00 0.87 (0.78-0.96) 0.75 (0.68-0.83) 0.73 (0.64-0.83)	Age, sex, smoking, alcohol, BMI, income, vitamin supplementation, physical activity at work and in leisure time, C-reactive protein
Aasheim ET et al, 2015, United Kingdom	European Prospective Investigation into Cancer and Nutrition - Norfolk	1993-2012, 17 years follow-up	22421 men and women, age 39-79 years: 4759 deaths	Validated FFQ, 130 food items	Tinned fruit	<1/mo 1-3 1/wk ≥2 Per 1 serv/wk	1.00 1.02 (0.95-1.09) 1.13 (1.04-1.23) 1.16 (1.04-1.30) 1.03 (1.01-1.06)	Age, sex, alcohol, physical activity, diabetes, smoking status, BMI, socioeconomic status, energy intake, antihypertensive drug use, lipid lowering drug use, family history of heart attack, family history of cancer
Aasheim ET et al, 2015, United Kingdom	European Prospective Investigation into Cancer and Nutrition – Oxford	1993-2012, 16 years follow-up	52625 men and women, age 20-97 years: 3399 deaths	Validated FFQ, 130 food items	Tinned fruit, EPIC-Oxford	<1/mo 1-3 1/wk ≥2 Per 1 serv/wk	1.00 1.11 (1.02-1.21) 1.07 (0.95-1.21) 1.09 (0.95-1.27) 1.01 (0.98-1.05)	Age, sex, alcohol, physical activity, diabetes, smoking status, BMI, socioeconomic status, energy intake, long-term medical treatment,

								parental history of heart attack or cancer, method of recruitment
Aasheim ET et al, 2015, United Kingdom	Whitehall 2 Study	1991-2012, 20 years follow-up	7440 men and women, age 36-60 years: 698 deaths	Validated FFQ, 127 food items	Tinned fruit, Whitehall 2	<1/mo 1-3 1/wk ≥2 Per 1 serv/wk	1.00 1.00 (0.83-1.19) 0.98 (0.76-1.27) 1.04 (0.74-1.38) 0.99 (0.91-1.08)	Age, sex, alcohol, physical activity, diabetes, smoking status, BMI, socioeconomic status, energy intake, antihypertensive drug use, lipid lowering drug use, ethnicity, diet pattern
Prinelli F et al, 2015, Italy	NA	1991-1995 – 2012, 17.4 years follow-up	974 men and women, age 40-69 years: 193 deaths	FFQ, 158 food items	Fruits Vegetables	>median vs. ≤median >median vs. ≤median	0.70 (0.51-0.95) 0.93 (0.68-1.27)	Age, sex, education, BMI, physical activity, smoking status, time spent watching TV, energy intake, cereals legumes, potatoes, fish and seafood, dairy products, red meat and meat products, poultry, olive oil, ethanol
Shi Z et al, 2015, China	Chinese Longitudinal Healthy Longevity Survey	1998-1999 - 2011, 4.3 years follow-up	8959 men and women, age ≥80 years: 6626 deaths	Interview, FFQ	Fruits Vegetables Salt-preserved vegetables Garlic	Never Occasionally Daily Never Occasionally Daily Never Occasionally Daily Never Occasionally Daily	1.00 0.96 (0.91-1.02) 0.85 (0.77-0.92) 1.00 0.80 (0.70-0.93) 0.74 (0.66-0.83) 1.00 1.12 (1.06-1.19) 1.10 (1.03-1.18) 1.00 0.95 (0.90-1.00) 0.95 (0.87-1.04)	Age, urban/rural status, sex, number of chronic diseases, manual vs. non-manual job, smoking status, alcohol drinking, physical activity, meat, fish, tea, sugar, egg, beans, mutual adjustment
Stefler D et al, 2016, Czech Republic,	Health, Alcohol and Psychosocial Factors in	2002-2005 – NA, 7.1 years follow-up	19333 men and women, mean age ~57 years: 1314	FFQ, 136, 148, 147 food items	Fruits and vegetables	214.1 g/d 352.1 514.7 831.4	1.00 0.93 (0.80-1.08) 0.97 (0.83-1.13) 0.91 (0.76-1.08)	Age, sex, cohort, alcohol, smoking, education, household amenities, marital

Poland and Russia	Eastern Europe study		deaths		 Fruits Vegetables 	Per 100 g/d 75.2 g/d 170.2 268.8 482.3 Per 100 g/d 119.4 g/d 189.4 247.0 371.3 Per 100 g/d	0.98 (0.94-1.02) 1.00 0.95 (0.82-1.10) 0.97 (0.83-1.13) 0.99 (0.83-1.18) 1.00 (0.96-1.04) 1.00 0.82 (0.70-0.95) 0.84 (0.72-0.98) 0.85 (0.72-1.00) 0.98 (0.93-1.03)	status, energy intake, physical activity, vitamin supplement use, healthy diet index (without fruit and vegetable component), mutual adjustment between fruits and vegetables
Wang JB et al, 2016, China	Linxian Nutrition Intervention Trial cohort	1984-1991 - 2010, 19-26 years follow-up	2445 men and women, age 40-69 years: 1501 deaths	FFQ, 64 food items	All vegetables Dark green vegetables Yellow orange vegetables Starcy vegetables Cruciferous vegetables Liliacae Other vegetables All fruits Citrus fruits/melon Non-citrus fruits	Per 1 time/d Per 2 times/wk Per 1 time/d Per 1 time/d Per 1 time/d Per 1 time/d Per 1 time/d Per 3 times/mo Per 1 time/mo Per 2 times/mo	0.98 (0.95-1.01) 0.88 (0.73-1.07) 0.95 (0.86-1.06) 1.01 (0.90-1.18) 1.03 (0.95-1.17) 1.05 (0.93-1.19) 0.93 (0.87-1.00) 0.99 (0.96-1.02) 0.98 (0.95-1.00) 1.00 (0.98-1.02)	Age, sex, commune, smoking, drinking, season, BMI
Bongard V et al, 2016, France	MONitoring of trends and determinants in CArdiovascular disease Project (MONICA) - France	1995-1997 - 2010, 14.8 years follow-up	960 men, age 45-64 years: 150 deaths	3-day food record	Fruits and vegetables Potatoes	200-<400 g/d 400-<500 500-<600 ≥600 <50 g/d 50-<100 100-<179 ≥179	1.00 0.86 (0.55-1.33) 0.63 (0.38-1.03) 0.65 (0.38-1.13) 1.00 1.02 (0.61-1.70) 0.89 (0.53-1.50) 1.12 (0.69-1.83)	Age, center, payment of income tax, obesity, alcohol, smoking habits, physical activity, presence of a serious chronic condition (cardiovascular disease, cancer, cirrhosis, hemorrhagic stroke, chronic cardiac failure, chronic renal failure), diet quality score
Nguyen B et al, 2016, Australia	The 45 and Up Study	2006-2009 - 2014, 6.2 years follow-up	150969 men and women, age ≥45 years: 6038 deaths	FFQ	Fruits and vegetables Fruits	2.44 serv/d 4.49 6.44 10.27 0.001 serv/d 1.01	1.00 0.99 (0.93-1.06) 0.92 (0.86-0.99) 0.90 (0.84-0.97) 1.00 0.91 (0.83-0.99)	Age, sex, education, marital status, location of residence, SES, smoking status, physical activity, multivitamin use, processed meat,

						2.00	0.86 (0.78-0.94)	diabetes, BMI, mutual adjustment between fruits and vegetables
						3.73	0.84 (0.76-0.93)	
					Vegetables	1.65 serv/d	1.00	
						2.99	0.95 (0.88-1.02)	
						4.39	0.92 (0.86-0.99)	
						7.83	0.93 (0.87-1.00)	
					Cooked vegetables	≤1.0 serv/d	1.00	
						1.0-2.0	0.92 (0.85-1.00)	
						2.0-3.0	0.98 (0.90-1.06)	
						>3.0	0.87 (0.80-0.95)	
					Raw vegetables	<1.0 serv/d	1.00	
						1.0-<1.3	0.87 (0.81-0.94)	
						1.3-2.0	0.92 (0.84-1.02)	
						>2.0	0.94 (0.85-1.04)	
					Fruits and vegetables, men	2.44 serv/d	1.00	
						4.49	1.03 (0.95-1.12)	
						6.44	0.97 (0.88-1.06)	
						10.27	1.01 (0.92-1.11)	
					Fruits and vegetables, women	2.44 serv/d	1.00	
						4.49	0.89 (0.79-0.99)	
						6.44	0.80 (0.71-0.91)	
						10.27	0.76 (0.67-0.85)	
					Vegetables, men	1.65 serv/d	1.00	
						2.99	0.94 (0.86-1.04)	
						4.39	0.94 (0.86-1.03)	
						7.83	1.04 (0.94-1.14)	
					Vegetables, women	1.65 serv/d	1.00	
						2.99	0.94 (0.77-1.14)	
						4.39	0.84 (0.76-0.93)	
						7.83	0.82 (0.73-0.92)	

Hodgson JM et al, 2016, Australia	The Calcium Intake Fracture Outcome Study	1998 - 2013, 15 years follow-up	1456 women, age >70 years: 607 deaths	Validated FFQ	Apples Pear Oranges and other citrus fruits Banana Total fruit	1 g/d 39 154 Per 53 g/d 1.1 g/d 11.3 54.8 Per 33 g/d 2.0 g/d 35.5 106.9 Per 59 g/d 11.4 g/d 44.2 86.5 Per 41 g/d 106 g/d 230 366 Per 129 g/d	1.00 0.80 (0.65-0.98) 0.65 (0.48-0.89) 0.89 (0.81-0.97) 1.00 0.88 (0.72-1.07) 0.94 (0.77-1.14) 0.96 (0.89-1.04) 1.00 0.85 (0.69-1.03) 1.02 (0.84-1.24) 1.05 (0.97-1.14) 1.00 1.02 (0.84-1.24) 0.83 (0.68-1.02) 0.92 (0.95-1.00) 1.00 0.84 (0.69-1.02) 0.81 (0.66-0.99) 0.93 (0.85-1.01)	Age, BMI, treatment code, smoking status, SES, prevalent diabetes, prevalent CVD, prevalent cancer, antihypertensive medication use, cholesterol-lowering medications, low-dose aspirin, physical activity, energy intake, alcohol
Letois F et al, 2016, France	Three-City Study	1999-2000 - NA, 8.85 years follow-up	8937 men and women, age ≥65 years: 2016 deaths	FFQ	Fruit and vegetables (cooked or raw) Cooked fruits or vegetables	≥1 of each vs. <1/d ≥4-6 vs. <4/wk	0.90 (0.82-0.99) 0.80 (0.70-0.90)	Age, sex, centre, education, income, occupation, smoking status, alcohol, history of CVD, BMI, depression, diabetes, hypertension, hypercholesterolemia, dependence, self-rated health, self-rated diet quality, number of drugs, number of chronic diseases

BMI=Body Mass Index, cal.=calibrated, CVD=cardiovascular disease, FFQ=food frequency questionnaire, HDL=high-density lipoprotein, HRT=hormone replacementtherapy, LDL=low-density lipoprotein,n-3 FA=omega 3 fatty acids, obs.=observed, SES=socioeconomic status, SFA=saturated fatty acids, WHR = waist-to-hip ratio

Supplementary Table 8: Relative risks from nonlinear dose-response analysis of fruit and vegetables and coronary heart disease using restricted cubic splines

Fruit and vegetables and coronary heart disease incidence/mortality		Fruit and vegetables and coronary heart disease incidence		Fruit and vegetables and coronary heart disease mortality	
g/d	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**
35.6	1.00	35.6	1.00	35.6	1.00
50	0.99 (0.99-1.00)	50	0.99 (0.99-1.00)	50	0.99 (0.98-0.99)
100	0.97 (0.96-0.98)	100	0.98 (0.97-0.98)	100	0.96 (0.94-0.98)
150	0.95 (0.94-0.97)	150	0.96 (0.94-0.97)	150	0.93 (0.90-0.96)
200	0.93 (0.92-0.95)	200	0.94 (0.92-0.96)	200	0.91 (0.87-0.94)
250	0.92 (0.90-0.94)	250	0.92 (0.90-0.95)	250	0.88 (0.84-0.93)
300	0.90 (0.87-0.92)	300	0.90 (0.88-0.93)	300	0.86 (0.82-0.91)
350	0.88 (0.86-0.91)	350	0.89 (0.86-0.92)	350	0.84 (0.79-0.90)
400	0.86 (0.84-0.89)	400	0.87 (0.84-0.90)	400	0.83 (0.78-0.88)
450	0.85 (0.82-0.88)	450	0.86 (0.83-0.89)	450	0.81 (0.76-0.87)
500	0.84 (0.81-0.86)	500	0.84 (0.81-0.87)	500	0.80 (0.75-0.85)
550	0.82 (0.80-0.85)	550	0.83 (0.80-0.85)	550	0.79 (0.73-0.84)
600	0.81 (0.78-0.83)	600	0.81 (0.78-0.84)	600	0.77 (0.72-0.83)
650	0.79 (0.77-0.82)	650	0.80 (0.77-0.82)	650	0.76 (0.71-0.82)
700	0.78 (0.76-0.81)	700	0.78 (0.76-0.81)	700	0.75 (0.70-0.81)
750	0.77 (0.74-0.79)	750	0.77 (0.74-0.80)	750	0.74 (0.69-0.80)
800	0.76 (0.73-0.78)	800	0.75 (0.73-0.78)	800	0.73 (0.68-0.79)
850	0.74 (0.72-0.77)	850	0.74 (0.71-0.77)	850	0.72 (0.67-0.78)
900	0.73 (0.71-0.76)	900	0.73 (0.70-0.76)	900	
$p_{nonlinearity}$	0.30	$p_{nonlinearity}$	0.81	$p_{nonlinearity}$	0.06

Supplementary Table 9. Relative risks from nonlinear dose-response analysis of fruit and vegetables and coronary heart disease using restricted cubic splines

Fruits and coronary heart disease incidence/mortality		**Fruits and coronary heart disease incidence**		**Fruits and coronary heart disease mortality**		**Vegetables and coronary heart disease incidence/ mortality**		**Vegetables and coronary heart disease incidence**		**Vegetables and coronary heart disease mortality**	
g/d	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**
0	1.00	0	1.00	5.7	1.00	0	1.00	0	1.00	11.4	1.00
50	0.95 (0.94-0.96)	50	0.92 (0.90-0.93)	50	0.98 (0.96-0.99)	50	0.93 (0.91-0.94)	50	0.95 (0.93-0.97)	50	0.92 (0.90-0.95)
100	0.91 (0.89-0.93)	100	0.86 (0.84-0.88)	100	0.95 (0.92-0.99)	100	0.86 (0.84-0.89)	100	0.91 (0.87-0.94)	100	0.84 (0.80-0.88)
150	0.87 (0.85-0.90)	150	0.83 (0.81-0.86)	150	0.93 (0.89-0.98)	150	0.81 (0.78-0.85)	150	0.87 (0.82-0.91)	150	0.78 (0.72-0.83)
200	0.85 (0.83-0.88)	200	0.83 (0.80-0.86)	200	0.91 (0.86-0.96)	200	0.78 (0.73-0.82)	200	0.84 (0.79-0.89)	200	0.73 (0.67-0.79)
250	0.84 (0.81-0.87)	250	0.84 (0.81-0.87)	250	0.89 (0.84-0.94)	250	0.75 (0.71-0.80)	250	0.82 (0.76-0.87)	250	0.70 (0.64-0.77)
300	0.83 (0.80-0.87)	300	0.86 (0.82-0.90)	300	0.87 (0.81-0.92)	300	0.73 (0.69-0.78)	300	0.80 (0.75-0.86)	300	0.68 (0.62-0.75)
350	0.83 (0.79-0.87)	350	0.88 (0.83-0.93)	350	0.85 (0.79-0.90)	350	0.72 (0.68-0.77)	350	0.79 (0.74-0.85)	350	0.67 (0.60-0.73)
400	0.82 (0.78-0.87)	400	0.90 (0.84-0.97)	400	0.82 (0.77-0.88)	400	0.72 (0.68-0.76)	400	0.79 (0.74-0.84)	400	0.66 (0.60-0.73)
450	0.82 (0.77-0.87)	450	0.92 (0.84-1.01)	450	0.81 (0.75-0.86)	450	0.71 (0.67-0.76)	450	0.78 (0.73-0.83)	450	0.65 (0.59-0.72)
500	0.81 (0.76-0.87)	500	0.94 (0.85-1.05)	500	0.79 (0.73-0.85)	500	0.71 (0.67-0.75)	500	0.78 (0.73-0.83)	500	0.65 (0.59-0.71)
550	0.81 (0.75-0.88)	550	0.96 (0.85-1.09)	550	0.77 (0.71-0.83)	550	0.70 (0.66-0.75)	550	0.77 (0.72-0.82)	550	0.64 (0.58-0.71)
600	0.80 (0.74-0.88)	600	0.98 (0.86-1.13)	600	0.75 (0.69-0.82)	600	0.70 (0.65-0.74)	600		600	0.64 (0.58-0.70)
650	0.80 (0.72-0.88)	650	1.01 (0.86-1.18)	650	0.73 (0.67-0.80)	650		650		650	
700	0.80 (0.71-0.89)	700	1.03 (0.86-1.22)	700	0.71 (0.65-0.79)	700		700		700	
750	0.79 (0.70-0.89)	750		750	0.70 (0.63-0.78)	750		750		750	
800	0.79 (0.70-0.90)	800		800	0.69 (0.62-0.77)	800		800		800	
$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	0.95	$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	<0.0001

Supplementary Table 10: Relative risks from nonlinear dose-response analysis of fruit and vegetables and total stroke using restricted cubic splines

Fruit and vegetables and stroke incidence/mortality		**Fruit and vegetables and stroke incidence**		**Fruit and vegetables and stroke mortality**	
g/d	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**
34.3	1.00	34.3	1.00	35.6	1.00
50	0.98 (0.97-0.99)	50	0.98 (0.97-0.99)	50	0.98 (0.97-0.98)
100	0.93 (0.91-0.95)	100	0.93 (0.91-0.95)	100	0.90 (0.87-0.93)
150	0.88 (0.85-0.91)	150	0.89 (0.86-0.92)	150	0.83 (0.79-0.87)
200	0.84 (0.80-0.88)	200	0.85 (0.81-0.89)	200	0.77 (0.72-0.83)
250	0.80 (0.76-0.85)	250	0.82 (0.77-0.87)	250	0.73 (0.67-0.79)
300	0.78 (0.73-0.83)	300	0.79 (0.74-0.85)	300	0.69 (0.63-0.76)
350	0.76 (0.71-0.81)	350	0.77 (0.72-0.83)	350	0.66 (0.60-0.73)
400	0.74 (0.69-0.79)	400	0.75 (0.70-0.82)	400	0.63 (0.57-0.70)
450	0.73 (0.67-0.78)	450	0.75 (0.69-0.82)	450	0.61 (0.55-0.68)
500	0.72 (0.66-0.77)	500	0.74 (0.68-0.81)	500	0.59 (0.53-0.67)
550	0.71 (0.65-0.77)	550	0.73 (0.67-0.81)	550	0.57 (0.50-0.65)
600	0.70 (0.64-0.76)	600	0.73 (0.66-0.81)	600	0.56 (0.48-0.64)
650	0.69 (0.63-0.76)	650	0.72 (0.65-0.81)	650	0.54 (0.46-0.63)
700	0.69 (0.62-0.76)	700	0.72 (0.64-0.80)	700	0.52 (0.44-0.61)
750	0.68 (0.61-0.75)	750	0.72 (0.64-0.80)	750	0.50 (0.42-0.60)
800	0.67 (0.60-0.75)	800	0.71 (0.63-0.80)	800	0.49 (0.40-0.59)
850	0.67 (0.59-0.75)	850	0.71 (0.62-0.81)	850	0.48 (0.39-0.59)
900	0.66 (0.58-0.74)	900	0.70 (0.61-0.81)	900	
$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	0.003

Supplementary Table 11. Relative risks from nonlinear dose-response analysis of fruit and vegetables and total stroke using restricted cubic splines

Fruits and stroke incidence/mortality		Fruits and stroke incidence		Fruits and stroke mortality		Vegetables and stroke incidence/ mortality		Vegetables and stroke incidence		Vegetables and stroke mortality	
g/d	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**
0	1.00	0	1.00	5.7	1.00	5.1	1.00	5.1	1.00	11.4	1.00
50	0.92 (0.91-0.93)	50	0.91 (0.90-0.93)	50	0.88 (0.84-0.92)	50	0.94 (0.92-0.96)	50	0.93 (0.91-0.95)	50	0.98 (0.94-1.02)
100	0.86 (0.84-0.88)	100	0.86 (0.84-0.88)	100	0.77 (0.70-0.84)	100	0.88 (0.84-0.92)	100	0.86 (0.82-0.91)	100	0.95 (0.87-1.03)
150	0.82 (0.80-0.85)	150	0.84 (0.82-0.86)	150	0.70 (0.61-0.79)	150	0.84 (0.79-0.89)	150	0.81 (0.76-0.87)	150	0.92 (0.82-1.04)
200	0.80 (0.78-0.83)	200	0.83 (0.81-0.85)	200	0.64 (0.55-0.75)	200	0.80 (0.75-0.86)	200	0.78 (0.71-0.84)	200	0.90 (0.78-1.04)
250	0.80 (0.77-0.83)	250	0.82 (0.80-0.85)	250	0.61 (0.52-0.72)	250	0.78 (0.72-0.84)	250	0.75 (0.68-0.83)	250	0.88 (0.76-1.03)
300	0.80 (0.76-0.83)	300	0.82 (0.78-0.86)	300	0.59 (0.49-0.70)	300	0.76 (0.71-0.83)	300	0.73 (0.66-0.81)	300	0.86 (0.74-1.01)
350	0.80 (0.76-0.84)	350	0.81 (0.77-0.86)	350	0.57 (0.48-0.69)	350	0.75 (0.69-0.82)	350	0.72 (0.65-0.80)	350	0.85 (0.72-1.00)
400	0.81 (0.76-0.86)	400	0.81 (0.75-0.87)	400	0.57 (0.47-0.69)	400	0.74 (0.68-0.81)	400	0.71 (0.64-0.79)	400	0.83 (0.71-0.98)
450	0.81 (0.76-0.88)	450	0.80 (0.74-0.87)	450	0.56 (0.46-0.69)	450	0.73 (0.67-0.80)	450	0.71 (0.63-0.79)	450	0.82 (0.69-0.97)
500	0.82 (0.75-0.89)	500	0.80 (0.72-0.88)	500	0.56 (0.46-0.69)	500	0.72 (0.66-0.79)	500	0.70 (0.62-0.78)	500	0.81 (0.68-0.96)
550	0.83 (0.75-0.91)	550	0.79 (0.71-0.88)	550	0.56 (0.45-0.69)	550		550		550	
600	0.83 (0.74-0.93)	600	0.78 (0.69-0.89)	600	0.56 (0.45-0.69)	600		600		600	
650	0.84 (0.74-0.95)	650	0.78 (0.68-0.89)	650	0.55 (0.44-0.70)	650		650		650	
700	0.84 (0.74-0.97)	700	0.77 (0.67-0.90)	700	0.55 (0.43-0.70)	700		700		700	
750	0.85 (0.73-0.99)	750		750	0.55 (0.43-0.71)	750		750		750	
800	0.85 (0.73-1.00)	800		800	0.55 (0.42-0.71)	800		800		800	
$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	

Supplementary Table 12. Relative risks from nonlinear dose-response analysis of fruit and vegetables and ischemic stroke using restricted cubic splines

Fruit and vegetables		Fruits		Vegetables	
g/d	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**
35.6	1.00	5.1	1.00	5.1	1.00
50	0.99 (0.98-0.99)	50	0.94 (0.92-0.96)	50	0.95 (0.93-0.97)
100	0.95 (0.94-0.97)	100	0.89 (0.85-0.93)	100	0.90 (0.87-0.94)
150	0.92 (0.89-0.95)	150	0.84 (0.80-0.89)	150	0.86 (0.82-0.91)
200	0.89 (0.85-0.93)	200	0.80 (0.76-0.85)	200	0.84 (0.78-0.89)
250	0.87 (0.82-0.91)	250	0.77 (0.72-0.82)	250	0.82 (0.76-0.88)
300	0.84 (0.80-0.90)	300	0.74 (0.69-0.79)	300	0.80 (0.74-0.86)
350	0.83 (0.78-0.88)	350	0.71 (0.65-0.77)	350	0.79 (0.73-0.85)
400	0.82 (0.76-0.87)	400	0.68 (0.62-0.74)	400	0.78 (0.72-0.84)
450	0.81 (0.75-0.86)			450	0.77 (0.72-0.84)
500	0.80 (0.75-0.85)			500	0.77 (0.71-0.83)
550	0.79 (0.74-0.85)				
600	0.79 (0.74-0.84)				
650	0.78 (0.73-0.84)				
700	0.78 (0.73-0.83)				
$p_{nonlinearity}$	0.001	$p_{nonlinearity}$	0.14	$p_{nonlinearity}$	0.001

Supplementary Table 13. Relative risks from nonlinear dose-response analysis of fruit and vegetables and hemorrhagic stroke using restricted cubic splines

Fruit and vegetables		Fruits		Vegetables	
g/d	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**
35.6	-	5.1	1.00	5.1	1.00
50		50	0.92 (0.85-1.00)	50	0.89 (0.85-0.93)
100		100	0.85 (0.75-0.96)	100	0.80 (0.74-0.86)
150		150	0.81 (0.72-0.91)	150	0.75 (0.68-0.82)
200		200	0.77 (0.70-0.86)	200	0.72 (0.65-0.79)
250		250	0.74 (0.67-0.83)	250	0.70 (0.64-0.78)
300		300		300	0.69 (0.63-0.77)
350		350		350	0.68 (0.62-0.76)
400		400		400	0.67 (0.60-0.76)
450				450	
500				500	
550					
600					
650					
700					
$p_{nonlinearity}$		$p_{nonlinearity}$	0.46	$p_{nonlinearity}$	<0.0001

Supplementary Table 14: Relative risks from nonlinear dose-response analysis of fruit and vegetables and cardiovascular disease using restricted cubic splines

Fruit and vegetables and cardiovascular disease incidence/mortality		Fruit and vegetables and cardiovascular disease incidence		Fruit and vegetables and cardiovascular disease mortality	
g/d	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**
35.6	1.00			35.6	1.00
50	0.99 (0.98-0.99)	86.8	1.00	50	0.98 (0.97-0.99)
100	0.96 (0.94-0.97)	100	0.99 (0.98-1.00)	100	0.95 (0.93-0.97)
150	0.93 (0.90-0.95)	150	0.97 (0.95-0.99)	150	0.93 (0.90-0.96)
200	0.90 (0.87-0.92)	200	0.95 (0.91-0.99)	200	0.91 (0.87-0.95)
250	0.87 (0.83-0.90)	250	0.93 (0.87-0.99)	250	0.89 (0.85-0.93)
300	0.84 (0.81-0.88)	300	0.91 (0.84-0.98)	300	0.87 (0.83-0.92)
350	0.82 (0.78-0.87)	350	0.89 (0.81-0.97)	350	0.86 (0.81-0.91)
400	0.81 (0.76-0.85)	400	0.87 (0.79-0.96)	400	0.84 (0.79-0.89)
450	0.79 (0.75-0.84)	450	0.86 (0.78-0.95)	450	0.83 (0.78-0.88)
500	0.78 (0.73-0.82)	500	0.85 (0.76-0.94)	500	0.81 (0.76-0.87)
550	0.77 (0.72-0.81)	550	0.84 (0.75-0.93)	550	0.80 (0.75-0.86)
600	0.76 (0.71-0.80)	600	0.83 (0.74-0.92)	600	0.79 (0.74-0.85)
650	0.75 (0.70-0.79)	650	0.82 (0.74-0.91)	650	0.78 (0.73-0.83)
700	0.74 (0.70-0.78)	700	0.81 (0.73-0.90)	700	0.77 (0.72-0.82)
750	0.73 (0.69-0.77)	750	0.80 (0.73-0.88)	750	0.76 (0.71-0.81)
800	0.72 (0.68-0.76)	800	0.79 (0.72-0.87)	800	0.75 (0.70-0.80)
850	0.71 (0.67-0.76)	850	0.79 (0.72-0.86)	850	0.74 (0.70-0.80)
900	0.70 (0.66-0.75)	900	0.78 (0.71-0.86)	900	
$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	0.31	$p_{nonlinearity}$	<0.0001

Supplementary Table 15. Relative risks from nonlinear dose-response analysis of fruit and vegetables and cardiovascular disease using restricted cubic splines

Fruits and cardiovascular disease incidence/mortality		Fruits and cardiovascular disease incidence		Fruits and cardiovascular disease mortality		Vegetables and cardiovascular disease incidence/ mortality		Vegetables and cardiovascular disease incidence		Vegetables and cardiovascular disease mortality	
g/d	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**
0	1.00	32.8	1.00	0	1.00	13.7	1.00			13.7	1.00
50	0.95 (0.94-0.96)	50	0.98 (0.97-0.99)	50	0.92 (0.90-0.94)	50	0.97 (0.96-0.98)	51.6	1.00	50	0.97 (0.96-0.98)
100	0.90 (0.88-0.92)	100	0.92 (0.91-0.93)	100	0.85 (0.82-0.88)	100	0.93 (0.92-0.95)	100	0.98 (0.96-1.00)	100	0.93 (0.91-0.95)
150	0.86 (0.84-0.89)	150	0.88 (0.87-0.89)	150	0.80 (0.75-0.84)	150	0.90 (0.88-0.92)	150	0.96 (0.93-1.00)	150	0.89 (0.87-0.92)
200	0.84 (0.80-0.87)	200	0.84 (0.83-0.86)	200	0.75 (0.71-0.80)	200	0.87 (0.84-0.90)	200	0.95 (0.90-0.99)	200	0.86 (0.83-0.89)
250	0.82 (0.78-0.85)	250	0.82 (0.81-0.84)	250	0.73 (0.67-0.78)	250	0.84 (0.82-0.88)	250	0.93 (0.88-0.99)	250	0.83 (0.80-0.86)
300	0.80 (0.77-0.84)	300	0.81 (0.79-0.83)	300	0.71 (0.65-0.77)	300	0.82 (0.79-0.85)	300	0.92 (0.86-0.98)	300	0.80 (0.77-0.83)
350	0.79 (0.75-0.83)	350	0.80 (0.78-0.82)	350	0.69 (0.63-0.76)	350	0.80 (0.77-0.83)	350	0.91 (0.85-0.97)	350	0.77 (0.74-0.81)
400	0.78 (0.74-0.82)	400	0.79 (0.76-0.82)	400	0.68 (0.62-0.75)	400	0.78 (0.75-0.82)	400	0.90 (0.84-0.95)	400	0.75 (0.72-0.78)
450	0.78 (0.74-0.82)	450	0.79 (0.75-0.83)	450	0.68 (0.61-0.75)	450	0.77 (0.73-0.80)	450	0.89 (0.83-0.94)	450	0.73 (0.70-0.76)
500	0.77 (0.73-0.82)	500	0.78 (0.74-0.83)	500	0.67 (0.60-0.75)	500	0.75 (0.72-0.78)	500	0.88 (0.83-0.93)	500	0.71 (0.68-0.74)
550	0.76 (0.71-0.81)	550	0.78 (0.73-0.83)	550	0.66 (0.59-0.75)	550	0.73 (0.70-0.77)	550		550	0.68 (0.65-0.72)
600	0.76 (0.70-0.81)	600	0.77 (0.71-0.83)	600	0.66 (0.58-0.74)	600	0.72 (0.68-0.76)	600		600	0.67 (0.64-0.71)
650	0.75 (0.69-0.81)	650		650	0.65 (0.57-0.74)	650		650		650	
700	0.74 (0.68-0.80)	700		700	0.64 (0.56-0.74)	700		700		700	
750	0.73 (0.67-0.80)	750		750	0.64 (0.55-0.74)	750		750		750	
800	0.73 (0.67-0.80)	800		800	0.64 (0.54-0.74)	800		800		800	
$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	0.04	$p_{nonlinearity}$	0.51	$p_{nonlinearity}$	0.13

Supplementary Table 16. Relative risks from nonlinear dose-response analysis of fruit and vegetables and total cancer using restricted cubic splines

Fruit and vegetables and total cancer incidence/mortality		Fruit and vegetables and total cancer incidence		Fruit and vegetables and total cancer mortality	
g/d	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**
40	1.00	-	-	40	1.00
50	1.00 (0.99-1.00)	50	1.00	50	0.99 (0.99-1.00)
100	0.98 (0.97-0.98)	100	0.99 (0.98-0.99)	100	0.97 (0.96-0.98)
150	0.95 (0.94-0.97)	150	0.98 (0.97-0.98)	150	0.94 (0.93-0.96)
200	0.94 (0.92-0.95)	200	0.96 (0.95-0.97)	200	0.92 (0.89-0.94)
250	0.92 (0.90-0.94)	250	0.95 (0.94-0.96)	250	0.90 (0.87-0.93)
300	0.90 (0.88-0.93)	300	0.94 (0.93-0.96)	300	0.88 (0.84-0.91)
350	0.89 (0.86-0.92)	350	0.93 (0.92-0.95)	350	0.86 (0.83-0.90)
400	0.88 (0.85-0.91)	400	0.92 (0.91-0.94)	400	0.85 (0.81-0.89)
450	0.87 (0.85-0.90)	450	0.92 (0.90-0.93)	450	0.84 (0.80-0.88)
500	0.87 (0.84-0.90)	500	0.91 (0.89-0.93)	500	0.83 (0.79-0.88)
550	0.86 (0.84-0.89)	550	0.90 (0.89-0.92)	550	0.83 (0.79-0.87)
600	0.86 (0.84-0.89)	600	0.90 (0.88-0.92)	600	0.83 (0.79-0.86)
650	0.86 (0.84-0.89)	650	0.90 (0.88-0.91)	650	0.82 (0.79-0.86)
700	0.86 (0.84-0.88)	700	0.89 (0.87-0.91)	700	0.82 (0.79-0.86)
750	0.86 (0.84-0.88)	750	0.89 (0.87-0.90)	750	0.82 (0.79-0.86)
800	0.86 (0.84-0.88)	800	0.88 (0.87-0.90)	800	0.82 (0.78-0.85)
850	0.86 (0.84-0.88)	850	0.88 (0.86-0.90)	850	0.82 (0.78-0.85)
900	0.86 (0.84-0.88)	900	0.88 (0.86-0.89)	900	0.82 (0.78-0.85)
$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	<0.0001

Supplementary Table 17. Relative risks from nonlinear dose-response analysis of fruit and vegetables and total cancer using restricted cubic splines

Fruits and total cancer incidence/mortality		Fruits and total cancer incidence		Fruits and total cancer mortality		Vegetables and total cancer incidence/ mortality		Vegetables and total cancer incidence		Vegetables and total cancer mortality	
g/d	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**
5.7	1.00	24.5	1.00	5.7	1.00	20	1.00	27.8	1.00	20	1.00
50	0.99 (0.98-0.99)	50	0.99 (0.98-1.00)	50	0.97 (0.95-0.98)	50	0.98 (0.97-0.99)	50	0.99 (0.98-1.00)	50	0.96 (0.95-0.98)
100	0.98 (0.97-0.99)	100	0.98 (0.97-0.99)	100	0.94 (0.91-0.97)	100	0.96 (0.94-0.98)	100	0.98 (0.96-0.99)	100	0.93 (0.91-0.95)
150	0.97 (0.96-0.98)	150	0.98 (0.96-0.99)	150	0.92 (0.88-0.96)	150	0.94 (0.92-0.97)	150	0.96 (0.94-0.99)	150	0.90 (0.86-0.93)
200	0.96 (0.95-0.97)	200	0.97 (0.95-0.98)	200	0.90 (0.86-0.95)	200	0.93 (0.90-0.96)	200	0.95 (0.93-0.98)	200	0.87 (0.83-0.91)
250	0.95 (0.94-0.97)	250	0.96 (0.95-0.98)	250	0.89 (0.84-0.94)	250	0.92 (0.89-0.95)	250	0.94 (0.92-0.97)	250	0.85 (0.80-0.89)
300	0.95 (0.94-0.96)	300	0.96 (0.95-0.97)	300	0.88 (0.83-0.93)	300	0.91 (0.88-0.94)	300	0.93 (0.90-0.96)	300	0.83 (0.78-0.88)
350	0.94 (0.93-0.96)	350	0.96 (0.94-0.97)	350	0.88 (0.83-0.93)	350	0.90 (0.87-0.93)	350	0.92 (0.89-0.96)	350	0.82 (0.77-0.88)
400	0.94 (0.93-0.95)	400	0.95 (0.94-0.97)	400	0.87 (0.83-0.92)	400	0.90 (0.87-0.93)	400	0.92 (0.89-0.95)	400	0.82 (0.76-0.87)
450	0.94 (0.92-0.95)	450	0.95 (0.93-0.97)	450	0.87 (0.83-0.92)	450	0.89 (0.87-0.92)	450	0.91 (0.88-0.94)	450	0.82 (0.76-0.87)
500	0.93 (0.92-0.95)	500	0.95 (0.93-0.97)	500	0.87 (0.83-0.91)	500	0.89 (0.86-0.91)	500	0.90 (0.87-0.93)	500	0.81 (0.76-0.88)
550	0.93 (0.91-0.94)	550	0.94 (0.92-0.97)	550	0.87 (0.82-0.91)	550	0.88 (0.86-0.91)	550	0.89 (0.86-0.92)	550	0.81 (0.75-0.88)
600	0.92 (0.90-0.94)	600	0.94 (0.92-0.97)	600	0.86 (0.82-0.91)	600	0.88 (0.85-0.90)	600	0.88 (0.85-0.91)	600	0.81 (0.75-0.88)
650	0.92 (0.90-0.94)	650	0.94 (0.91-0.97)	650	-	650	0.87 (0.85-0.90)	650	0.87 (0.84-0.91)	650	-
$p_{nonlinearity}$	0.10	$p_{nonlinearity}$	0.19	$p_{nonlinearity}$	0.005	$p_{nonlinearity}$	0.03	$p_{nonlinearity}$	0.66	$p_{nonlinearity}$	<0.0001

Supplementary Table 18: Relative risks from nonlinear dose-response analysis of fruit and vegetables and all-cause mortality using restricted cubic splines

Fruit and vegetables		**Fruits**		**Vegetables**	
g/d	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**
0	1.00	0	1.00	0	1.00
50	0.96 (0.95-0.97)	50	0.94 (0.93-0.95)	50	0.93 (0.91-0.95)
100	0.92 (0.90-0.93)	100	0.89 (0.88-0.90)	100	0.87 (0.84-0.90)
150	0.88 (0.86-0.90)	150	0.86 (0.84-0.87)	150	0.83 (0.79-0.86)
200	0.84 (0.82-0.87)	200	0.84 (0.82-0.86)	200	0.80 (0.75-0.84)
250	0.82 (0.79-0.84)	250	0.82 (0.80-0.85)	250	0.78 (0.74-0.83)
300	0.79 (0.76-0.82)	300	0.82 (0.79-0.84)	300	0.77 (0.73-0.82)
350	0.77 (0.74-0.80)	350	0.81 (0.79-0.84)	350	0.77 (0.72-0.82)
400	0.76 (0.73-0.79)	400	0.81 (0.78-0.84)	400	0.76 (0.72-0.81)
450	0.74 (0.71-0.78)	450	0.81 (0.78-0.84)	450	0.76 (0.72-0.81)
500	0.73 (0.70-0.77)	500	0.81 (0.78-0.84)	500	0.76 (0.71-0.80)
550	0.73 (0.70-0.76)	550	0.81 (0.77-0.85)	550	0.75 (0.71-0.80)
600	0.72 (0.69-0.75)	600	0.81 (0.76-0.85)	600	0.75 (0.70-0.80)
650	0.71 (0.68-0.75)				
700	0.71 (0.68-0.74)				
750	0.70 (0.67-0.73)				
800	0.69 (0.66-0.73)				
830	0.69 (0.66-0.73)				
$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	<0.0001

Supplementary Table 19: Relative risks from nonlinear dose-response analysis of types of fruits and coronary heart disease using restricted cubic splines

Apples, pears and coronary heart disease		**Berries and coronary heart disease**		**Citrus fruits and coronary heart disease**		**Grapes and coronary heart disease**	
g/d	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**
0	1.00	0	1.00	0	1.00	0	1.00
50	0.96 (0.94-0.99)	20	1.07 (1.02-1.11)	25	0.93 (0.91-0.95)	50	0.95 (0.88-1.04)
100	0.95 (0.91-0.99)	40	1.07 (1.02-1.12)	50	0.89 (0.86-0.92)	100	0.94 (0.83-1.06)
150	0.95 (0.90-1.00)	60	1.05 (0.99-1.11)	75	0.88 (0.85-0.92)	150	0.94 (0.83-1.06)
200	0.96 (0.91-1.01)	70	1.04 (0.97-1.10)	100	0.90 (0.87-0.94)	200	0.95 (0.85-1.06)
250	0.97 (0.91-1.04)			125	0.93 (0.90-0.97)	250	0.96 (0.87-1.07)
300	0.99 (0.90-1.08)			150	0.97 (0.93-1.01)	300	0.98 (0.88-1.09)
350	1.00 (0.90-1.11)			175	1.00 (0.95-1.06)	350	0.99 (0.88-1.11)
				200	1.04 (0.97-1.11)		
$p_{nonlinearity}$	0.03	$p_{nonlinearity}$	0.006	$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	0.30

Supplementary Table 20. Relative risks from nonlinear dose-response analysis of types of vegetables and coronary heart disease using restricted cubic splines

Cruciferous vegetables and coronary heart disease		Green leafy vegetables and coronary heart disease		Potatoes and coronary heart disease		Tomatoes and coronary heart disease	
g/d	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**
0	1.00	0	1.00	28.1	1.00	0	1.00
25	0.98 (0.96-1.00)	10	0.94 (0.92-0.97)	50	0.99 (0.97-1.01)	50	0.92 (0.88-0.96)
50	0.97 (0.94-1.01)	20	0.90 (0.85-0.94)	100	0.97 (0.93-1.02)	100	0.88 (0.83-0.93)
75	0.98 (0.94-1.02)	30	0.86 (0.81-0.92)	150	0.97 (0.91-1.02)	150	0.86 (0.81-0.92)
100	0.99 (0.95-1.03)	40	0.84 (0.78-0.90)	200	0.97 (0.92-1.02)	200	0.85 (0.79-0.91)
125	1.00 (0.95-1.05)	50	0.82 (0.77-0.88)	250	0.97 (0.93-1.02)	250	0.84 (0.78-0.91)
150	1.01 (0.95-1.08)	60	0.81 (0.77-0.86)	286	0.98 (0.93-1.03)	300	0.83 (0.76-0.91)
175	1.02 (0.94-1.11)	70	0.80 (0.76-0.85)				
200	1.03 (0.94-1.12)	80	0.79 (0.75-0.83)				
$p_{nonlinearity}$	0.09	$p_{nonlinearity}$	0.02	$p_{nonlinearity}$	0.32	$p_{nonlinearity}$	0.008

Supplementary Table 21: Relative risks from nonlinear dose-response analysis of types of fruits and total stroke using restricted cubic splines

Apples, pears and stroke		**Berries and stroke**		**Citrus fruits and stroke**	
g/d	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**
0	1.00	0	1.00	0	1.00
50	0.85 (0.82-0.88)	10	0.99 (0.96-1.02)	25	0.91 (0.88-0.93)
100	0.79 (0.76-0.82)	20	0.98 (0.93-1.04)	50	0.84 (0.81-0.88)
150	0.78 (0.75-0.81)	30	0.99 (0.93-1.05)	75	0.81 (0.77-0.85)
200	0.78 (0.74-0.82)	40	1.00 (0.93-1.07)	100	0.78 (0.74-0.83)
250	0.78 (0.72-0.84)	50	1.02 (0.94-1.10)	125	0.77 (0.72-0.82)
300	0.78 (0.70-0.86)	60	1.04 (0.94-1.14)	150	0.75 (0.69-0.82)
				175	0.73 (0.66-0.82)
				200	0.72 (0.63-0.82)
$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	0.24	$p_{nonlinearity}$	0.002

Supplementary Table 22. Relative risks from nonlinear dose-response analysis of types of vegetables and total stroke using restricted cubic splines

Cruciferous vegetables and stroke		**Green leafy vegetables and stroke**		**Potatoes and stroke**		**Tomatoes and stroke**	
g/d	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**
0	1.00	0	1.00	10.1	1.00	0	1.00
10	0.95 (0.92-0.98)	10	0.97 (0.95-1.00)	50	0.94 (0.92-0.97)	25	1.04 (1.01-1.07)
20	0.93 (0.88-0.97)	20	0.95 (0.91-0.99)	100	0.89 (0.83-0.94)	50	1.06 (1.00-1.11)
30	0.93 (0.88-0.98)	30	0.93 (0.88-0.98)	150	0.85 (0.78-0.92)	75	1.04 (0.98-1.10)
40	0.95 (0.90-1.01)	40	0.91 (0.86-0.96)	200	0.83 (0.76-0.91)	100	1.00 (0.94-1.06)
50	0.98 (0.93-1.03)	50	0.89 (0.85-0.94)	250	0.83 (0.76-0.90)	125	0.94 (0.87-1.02)
60	1.00 (0.94-1.06)	60	0.87 (0.83-0.92)	300	0.83 (0.76-0.90)	150	0.89 (0.79-0.99)
						175	0.84 (0.72-0.97)
						200	0.79 (0.65-0.95)
$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	0.003	$p_{nonlinearity}$	<0.0001

Supplementary Table 23. Relative risks from nonlinear dose-response analysis of types of fruit and vegetables and ischemic stroke using restricted cubic splines

Citrus fruits and ischemic stroke		**Cruciferous vegetables and ischemic stroke**		**Green leafy vegetables**	
g/d	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**
0	1.00	0	1.00	0	1.00
50	0.89 (0.84-0.95)	10	0.94 (0.90-0.98)	10	0.97 (0.95-1.00)
100	0.82 (0.75-0.90)	20	0.88 (0.81-0.95)	20	0.95 (0.91-0.99)
150	0.77 (0.71-0.84)	30	0.84 (0.76-0.93)	30	0.93 (0.88-0.98)
200	0.73 (0.67-0.80)	40	0.82 (0.73-0.92)	40	0.91 (0.86-0.96)
250	0.70 (0.63-0.77)	50	0.80 (0.70-0.90)	50	0.89 (0.85-0.94)
		60	0.78 (0.69-0.89)	60	0.87 (0.83-0.92)
		70	0.77 (0.67-0.89)		
$p_{nonlinearity}$	0.21	$p_{nonlinearity}$	0.06	$p_{nonlinearity}$	0.74

Supplementary Table 24: Relative risks from nonlinear dose-response analysis of types of fruits and cardiovascular disease using restricted cubic splines

Apples, pears and cardiovascular disease		**Citrus fruits and cardiovascular disease**		**Tinned fruits and cardiovascular disease**	
g/d	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**
0	1.00	0	1.00	2	1.00
25	0.99 (0.98-1.00)	25	0.91 (0.89-0.94)	10	1.15 (1.11-1.18)
50	0.98 (0.96-1.00)	50	0.86 (0.82-0.90)	20	1.27 (1.21-1.34)
75	0.96 (0.93-0.99)	75	0.84 (0.79-0.90)	30	1.32 (1.25-1.40)
100	0.94 (0.91-0.97)	100	0.84 (0.78-0.91)	40	1.31 (1.24-1.38)
125	0.91 (0.88-0.95)	125	0.85 (0.78-0.93)	50	1.26 (1.18-1.34)
150	0.89 (0.84-0.93)	150	0.86 (0.77-0.96)		
177	0.86 (0.81-0.92)	175	0.87 (0.76-1.00)		
		200	0.88 (0.75-1.03)		
$p_{nonlinearity}$	0.08	$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	<0.0001

Supplementary Table 25. Relative risks from nonlinear dose-response analysis of types of vegetables and cardiovascular disease using restricted cubic splines

Cruciferous vegetables and cardiovascular disease		**Green leafy vegetables and cardiovascular disease**		**Tomatoes and cardiovascular disease**	
g/d	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**
0	1.00	0	1.00	0	1.00
25	0.97 (0.94-1.01)	20	1.02 (0.99-1.05)	25	1.01 (0.98-1.04)
50	0.95 (0.89-1.01)	40	1.00 (0.96-1.06)	50	1.00 (0.96-1.04)
75	0.92 (0.85-1.00)	60	0.96 (0.91-1.02)	75	0.96 (0.92-1.02)
100	0.89 (0.81-0.98)	80	0.90 (0.84-0.96)	100	0.92 (0.86-0.98)
125	0.87 (0.78-0.97)	100	0.84 (0.77-0.91)	125	0.86 (0.80-0.93)
150	0.84 (0.74-0.95)	120	0.79 (0.71-0.87)	150	0.81 (0.74-0.89)
175	0.82 (0.70-0.95)			175	0.76 (0.68-0.85)
200	0.79 (0.67-0.94)			200	0.71 (0.62-0.82)
$p_{nonlinearity}$	0.88	$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	<0.0001

Supplementary Table 26. Relative risks from nonlinear dose-response analysis of types of fruit and vegetables and total cancer using restricted cubic splines

Citrus fruits and total cancer		Tinned fruit and total cancer		Cruciferous vegetables and total cancer		Green yellow vegetables and total cancer	
g/d	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**
0	1.00	2	1.00	0	1.00	0	1.00
25	0.98 (0.97-1.00)	10	1.01 (0.98-1.04)	25	0.93 (0.89-0.98)	25	0.97 (0.94-0.99)
50	0.97 (0.95-0.99)	20	1.01 (0.96-1.06)	50	0.89 (0.82-0.96)	50	0.94 (0.90-0.98)
75	0.96 (0.92-0.99)	30	0.98 (0.94-1.04)	75	0.86 (0.78-0.94)	75	0.91 (0.88-0.95)
100	0.95 (0.91-0.98)	40	0.95 (0.90-1.00)	100	0.84 (0.77-0.92)	100	0.89 (0.86-0.92)
125	0.94 (0.90-0.98)	50	0.91 (0.85-0.97)	125	0.84 (0.76-0.91)	125	0.87 (0.83-0.92)
150	0.94 (0.90-0.98)			150	0.83 (0.76-0.90)	150	0.85 (0.78-0.93)
175	0.93 (0.89-0.98)			175	0.82 (0.76-0.90)	175	0.84 (0.74-0.95)
200	0.93 (0.89-0.98)			200	0.82 (0.75-0.89)	200	0.82 (0.70-0.96)
$p_{nonlinearity}$	0.10	$p_{nonlinearity}$	0.06	$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	0.71

Supplementary Table 27: Relative risks from nonlinear dose-response analysis of types of fruit and vegetables and all-cause mortality using restricted cubic splines

Citrus fruits and all-cause mortality		Tinned fruits and all-cause mortality		Green leafy vegetables or salads and all-cause mortality	
g/d	**RR (95% CI)**	**g/d**	**RR (95% CI)**	**g/d**	**RR (95% CI)**
0	1.00	2	1.00	0	1.00
25	0.95 (0.93-0.97)	10	1.05 (1.04-1.07)	10	0.95 (0.90-0.99)
50	0.92 (0.90-0.95)	20	1.10 (1.07-1.14)	20	0.91 (0.84-0.98)
75	0.92 (0.90-0.94)	30	1.13 (1.09-1.16)	30	0.88 (0.81-0.97)
100	0.94 (0.92-0.96)	40	1.14 (1.10-1.17)	40	0.87 (0.79-0.96)
125	0.96 (0.92-1.00)	50	1.13 (1.09-1.17)	50	0.86 (0.79-0.95)
150	0.98 (0.93-1.04)			60	0.86 (0.79-0.94)
175	1.01 (0.93-1.09)			70	0.86 (0.78-0.94)
200	1.03 (0.93-1.14)				
225	1.05 (0.93-1.19)				
$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	<0.0001	$p_{nonlinearity}$	0.10

Supplementary Table 28: Subgroup analyses of fruits, vegetables and coronary heart disease, per 200 g/d

		Fruits and vegetables					Fruits					Vegetables				
		n	RR (95% CI)	I^2	P_h^1	P_h^2	*n*	RR (95% CI)	I^2	P_h^1	P_h^2	*n*	RR (95% CI)	I^2	P_h^1	P_h^2
All studies		15	0.92 (0.90-0.94)	0	0.96		24	0.90 (0.86-0.94)	43.7	0.01		20	0.84 (0.79-0.90)	60.6	<0.0001	
Duration of follow-up																
<10 years follow-up		7	0.92 (0.88-0.95)	0	0.87	0.73	10	0.92 (0.88-0.97)	37.9	0.11	0.27	8	0.89 (0.80-0.98)	59.3	0.02	0.24
≥10 years follow-up		8	0.93 (0.90-0.95)	0	0.80		14	0.87 (0.81-0.93)	49.1	0.02		12	0.79 (0.71-0.88)	64.1	0.001	
Outcome																
Incidence		12	0.92 (0.89-0.94)	0	0.85	0.63	11	0.89 (0.84-0.94)	42.6	0.07	0.39	10	0.91 (0.85-0.96)	26.3	0.20	0.20
Mortality		5	0.93 (0.89-0.97)	0	0.47		14	0.92 (0.86-0.98)	38.8	0.07		10	0.76 (0.66-0.87)	73.4	<0.0001	
Outcome subtype																
Myocardial infarction		3	0.89 (0.82-0.97)	0	0.70	0.40	3	0.92 (0.77-1.10)	0	0.69	0.74	3	0.87 (0.73-1.04)	0	0.55	0.71
Coronary heart disease		13	0.92 (0.90-0.95)	0	0.88		22	0.88 (0.83-0.93)	76.3	<0.001		18	0.84 (0.78-0.90)	63.9	<0.0001	
Sex																
Men		6	0.93 (0.89-0.97)	0	0.80	0.90/ 0.18	9	0.91 (0.86-0.97)	52.9	0.03	0.87/ 0.24	10	0.77 (0.68-0.89)	69.5	0.001	0.43/ 0.40
Women		5	0.88 (0.82-0.94)	29.3	0.23		8	0.84 (0.76-0.92)	42.5	0.10		6	0.89 (0.81-0.98)	33.5	0.19	
Men and women		6	0.93 (0.89-0.98)	0	0.54		11	0.91 (0.84-0.99)	22.1	0.23		7	0.86 (0.76-0.97)	56.6	0.03	
Geographic location																
Europe		7	0.93 (0.90-0.97)	0	0.74	0.43	11	0.93 (0.89-0.96)	0.2	0.44	0.44	8	0.80 (0.69-0.93)	69.1	0.002	0.95
America		6	0.91 (0.88-0.95)	0	0.91		7	0.90 (0.84-0.97)	28.6	0.21		7	0.89 (0.82-0.96)	52.8	0.05	
Asia		2	0.91 (0.81-1.02)	0	0.44		6	0.85 (0.75-0.97)	76.5	0.001		5	0.78 (0.65-0.95)	54.5	0.07	
Australia		0					0					0				
Number of cases																
Cases <500		7	0.89 (0.82-0.96)	0	0.79	0.33	15	0.88 (0.80-0.96)	30.1	0.13	0.89	11	0.80 (0.70-0.92)	45.6	0.05	0.48
Cases 500-<1000		1	0.92 (0.79-1.06)				0					1	0.42 (0.28-0.63)			
Cases ≥1000		7	0.93 (0.90-0.95)	0	0.90		9	0.90 (0.86-0.95)	60.5	0.009		8	0.90 (0.86-0.95)	43.5	0.09	
Study quality																
0-3 stars		0				NC	0				0.23	0				0.68
4-6		0					2	0.25 (0.02-3.48)	76.6	0.04		1	0.75 (0.63-0.90)			
7-9		15	0.92 (0.90-0.94)	0	0.96		22	0.90 (0.87-0.94)	39.4	0.03		19	0.85 (0.79-0.91)	59.2	0.001	
Adjustment for confounding factors																
Age	Yes	15	0.92 (0.90-0.94)	0	0.96	NC	24	0.90 (0.86-0.94)	43.7	0.01	NC	20	0.84 (0.79-0.90)	60.6	<0.0001	NC
	No	0					0					0				
Education	Yes	9	0.92 (0.88-0.95)	0	0.93	0.80	10	0.90 (0.85-0.96)	55.8	0.02	0.88	9	0.90 (0.83-0.97)	25.0	0.22	0.29
	No	6	0.93 (0.90-0.95)	0	0.67		14	0.89 (0.84-0.96)	36.5	0.08		11	0.79 (0.70-0.88)	73.1	<0.0001	
Family history of	Yes	6	0.91 (0.88-0.94)	0	0.91	0.32	4	0.86 (0.80-0.93)	0	0.79	0.40	4	0.93 (0.88-0.98)	0	0.56	0.22

CHD	No	9	0.93 (0.90-0.97)	0	0.88		20	0.91 (0.86-0.95)	49.0	0.007		16	0.79 (0.72-0.88)	65.7	<0.0001	
Body mass index	Yes	12	0.92 (0.90-0.95)	0	0.93	0.99	17	0.90 (0.85-0.95)	50.8	0.008	0.86	17	0.85 (0.79-0.91)	61.9	<0.0001	0.97
	No	3	0.92 (0.83-1.02)	0	0.48		7	0.90 (0.85-0.95)	22.8	0.26		3	0.79 (0.56-1.11)	66.0	0.05	
Smoking	Yes	14	0.92 (0.90-0.95)	0	0.96	0.37	21	0.90 (0.85-0.94)	46.7	0.01	0.82	18	0.85 (0.80-0.91)	61.2	<0.0001	0.24
	No	1	0.79 (0.56-1.10)				3	0.90 (0.80-1.02)	18.8	0.29		2	0.58 (0.38-0.90)	0	0.49	
Alcohol	Yes	15	0.92 (0.90-0.94)	0	0.96	NC	18	0.90 (0.85-0.94)	50.5	0.008	0.78	18	0.86 (0.81-0.92)	57.4	0.001	0.10
	No	0					6	0.91 (0.82-1.01)	10.9	0.35		2	0.61 (0.46-0.80)	0	0.54	
Physical activity	Yes	15	0.92 (0.90-0.94)	0	0.96	NC	18	0.90 (0.86-0.94)	42.7	0.03	0.89	16	0.90 (0.86-0.95)	30.6	0.12	0.003
	No	0					6	0.80 (0.63-1.02)	53.1	0.06		4	0.60 (0.47-0.78)	58.2	0.07	
Hypertension	Yes	7	0.92 (0.88-0.95)	0	0.93	0.67	9	0.87 (0.80-0.96)	49.8	0.04	0.73	9	0.82 (0.72-0.94)	49.4	0.05	0.96
	No	8	0.93 (0.90-0.95)	0	0.74		15	0.90 (0.86-0.95)	43.5	0.04		11	0.84 (0.78-0.92)	68.9	<0.0001	
Triglycerides	Yes	0				NC	0				NC	0				NC
	No	15	0.92 (0.90-0.94)	0	0.96		24	0.90 (0.86-0.94)	43.7	0.01		20	0.84 (0.79-0.90)	60.6	<0.0001	
Serum cholesterol	Yes	8	0.90 (0.85-0.95)	0	0.91	0.41	7	0.95 (0.90-1.00)	0	0.48	0.61	8	0.86 (0.75-0.98)	31.4	0.18	0.58
	No	7	0.93 (0.90-0.95)	0	0.82		17	0.89 (0.85-0.94)	51.9	0.007		12	0.83 (0.77-0.91)	70.8	<0.0001	
Dietary fat	Yes	4	0.92 (0.88-0.95)	0	0.66	0.64	6	0.84 (0.78-0.90)	0	0.52	0.07	7	0.78 (0.66-0.93)	77.8	<0.0001	0.63
	No	11	0.93 (0.90-0.96)	0	0.92		18	0.92 (0.88-0.96)	43.1	0.03		13	0.86 (0.80-0.92)	42.6	0.05	
Red or processed meat	Yes	4	0.91 (0.88-0.95)	0	0.78	0.54	6	0.87 (0.81-0.94)	64.3	0.02	0.24	5	0.91 (0.83-0.99)	44.0	0.13	0.32
	No	11	0.93 (0.90-0.96)	0	0.90		18	0.92 (0.88-0.97)	27.6	0.14		15	0.80 (0.72-0.88)	64.4	<0.0001	
Fish	Yes	4	0.91 (0.88-0.95)	0	0.78	0.54	5	0.87 (0.80-0.96)	64.2	0.03	0.56	5	0.91 (0.83-0.99)	44.0	0.13	0.32
	No	11	0.93 (0.90-0.96)	0	0.90		19	0.91 (0.86-0.96)	39.3	0.04		15	0.80 (0.72-0.88)	64.4	<0.0001	
Whole grains	Yes	1	0.77 (0.50-1.13)			0.32	2	0.84 (0.67-1.05)	62.7	0.10	0.30	2	0.69 (0.55-0.87)	0	0.44	0.32
	No	14	0.92 (0.90-0.95)	0	0.97		22	0.91 (0.87-0.95)	41.1	0.02		18	0.86 (0.80-0.92)	60.1	0.001	
Dairy	Yes	0				NC	1	0.85 (0.79-0.91)			NC	0				NC
	No	15	0.92 (0.90-0.95)	0	0.96		23	0.91 (0.87-0.95)	37.7	0.04		20	0.84 (0.79-0.90)	60.6	<0.0001	
Energy intake	Yes	11	0.92 (0.89-0.94)	0	0.97	0.37	11	0.90 (0.86-0.95)	37.5	0.10	0.91	12	0.86 (0.80-0.93)	64.5	0.001	0.55
	No	4	0.94 (0.89-1.00)	0	0.56		13	0.89 (0.82-0.97)	50.8	0.02		8	0.78 (0.67-0.91)	54.4	0.03	

n denotes the number of studies.

[1] P for heterogeneity within each subgroup,

[2] P for heterogeneity between subgroups with meta-regression analysis,

[3] P for heterogeneity between men and women (studies with genders mixed were excluded),

NC = not calculable

Supplementary Table 29: Subgroup analyses of fruits, vegetables and stroke, per 200 g/d

	Fruits and vegetables					Fruits					Vegetables				
	n	**RR (95% CI)**	I^2	P_h[1]	P_h[2]	***n***	**RR (95% CI)**	I^2	P_h[1]	P_h[2]	***n***	**RR (95% CI)**	I^2	P_h[1]	P_h[2]
All studies	10	0.84 (0.76-0.92)	73.3	<0.0001		16	0.82 (0.74-0.90)	72.9	<0.0001		13	0.87 (0.79-0.96)	63.4	0.001	
Duration of follow-up															
<10 years follow-up	3	0.78 (0.62-0.97)	73.6	0.02	0.28	4	0.87 (0.71-1.05)	86.9	<0.0001	0.43	3	0.90 (0.81-0.99)	0	0.83	0.86
≥10 years follow-up	7	0.87 (0.80-0.95)	61.1	0.02		12	0.78 (0.69-0.89)	64.1	0.001		10	0.86 (0.75-0.98)	72.2	<0.0001	
Outcome															
Incidence	8	0.85 (0.77-0.94)	76.9	<0.0001	0.32	10	0.84 (0.77-0.92)	58.3	0.01	0.54	8	0.82 (0.71-0.95)	74.6	<0.0001	0.39
Mortality	3	0.75 (0.63-0.89)	0	0.62		7	0.74 (0.59-0.93)	80.1	<0.0001		6	0.91 (0.82-1.02)	25.1	0.25	
Outcomesubtype															
Ischemic stroke	7	0.92 (0.87-0.97)	9.3	0.36	0.56	11	0.78 (0.69-0.89)	57.5	0.009	0.51	9	0.86 (0.76-0.97)	55.4	0.02	0.86
Hemorrhagic stroke	2	0.88 (0.78-0.99)	0	0.42		7	0.66 (0.50-0.86)	56.9	0.03		5	0.76 (0.55-1.06)	42.1	0.14	
Intracerebral hemorrhage	1	0.86 (0.74-0.99)				3	0.70 (0.53-0.93)	29.8	0.24		3	0.96 (0.68-1.35)	59.0	0.09	
Subarachnoidic hemorrhage	1	0.96 (0.78-1.19)				2	0.81 (0.58-1.12)	0	0.42		2	0.66 (0.42-1.06)	47.6	0.17	
Sex															
Men	3	0.71 (0.62-0.81)	28.6	0.25	0.007/ NC	11	0.78 (0.69-0.88)	57.5	0.009	0.49/ 0.76	5	0.74 (0.55-0.99)	75.2	0.003	0.16/ 0.51
Women	0					5	0.74 (0.57-0.96)	80.5	<0.0001		2	0.91 (0.81-1.03)	0	0.95	
Men and women	7	0.91 (0.86-0.97)	26.8	0.22		8	0.82 (0.71-0.96)	68.0	0.003		8	0.92 (0.85-1.00)	37.0	0.13	
Geographic location															
Europe	6	0.92 (0.87-0.98)	14.9	0.32	0.06	10	0.87 (0.81-0.92)	12.3	0.33	0.07	9	0.83 (0.74-0.94)	66.4	0.002	0.19
America	4	0.76 (0.66-0.88)	70.1	0.02		1	1.01 (0.89-1.13)				1	0.91 (0.81-1.03)			
Asia	0					5	0.53 (0.35-0.80)	73.8	0.004		3	0.92 (0.42-1.98)	65.5	0.06	
Australia	0					0					0				
Number of cases															
Cases <500	4	0.89 (0.80-0.98)	0	0.54	0.25	7	0.89 (0.80-0.97)	0	0.74	0.40	6	0.90 (0.78-1.04)	38.6	0.15	0.40
Cases 500-<1000	2	0.88 (0.78-0.99)	16.4	0.27		2	0.85 (0.59-1.22)	84.4	0.01		2	0.93 (0.85-1.03)	0	0.47	
Cases ≥1000	4	0.76 (0.61-0.95)	89.9	<0.0001		7	0.76 (0.66-0.88)	81.2	<0.0001		5	0.79 (0.61-1.03)	83.1	<0.0001	
Study quality															
0-3 stars	0				NC	0				0.75	0				0.28
4-6	0					1	0.60 (0.16-2.67)				1	1.03 (0.88-1.18)			
7-9	10	0.84 (0.76-0.92)	73.3	<0.0001		15	0.82 (0.74-0.90)	74.6	<0.0001		12	0.85 (0.76-0.94)	63.2	0.002	
Adjustment for confounding factors															

Age	Yes	10	0.84 (0.76-0.92)	73.3	<0.0001	NC	16	0.82 (0.74-0.90)	72.9	<0.0001	NC	13	0.87 (0.79-0.96)	63.4	0.001	NC
	No	0					0					0				
Education	Yes	5	0.89 (0.81-0.98)	46.2	0.12	0.23	9	0.82 (0.72-0.94)	84.2	<0.0001	0.68	7	0.90 (0.83-0.97)	34.1	0.17	0.78
	No	5	0.79 (0.69-0.91)	67.7	0.02		7	0.81 (0.74-0.89)	0	0.57		6	0.82 (0.64-1.06)	77.8	<0.0001	
Family history of CHD	Yes	4	0.92 (0.87-0.97)	27.3	0.25	0.02	3	0.91 (0.84-0.99)	0.3	0.37	0.15	3	0.83 (0.66-1.04)	68.1	0.04	0.77
	No	6	0.76 (0.68-0.86)	42.2	0.12		13	0.77 (0.68-0.86)	73.2	<0.0001		10	0.87 (0.77-0.99)	63.7	0.003	
Body mass index	Yes	6	0.89 (0.83-0.97)	50.5	0.07	0.09	12	0.82 (0.72-0.92)	69.7	<0.0001	0.99	10	0.87 (0.78-0.97)	72.0	<0.0001	0.89
	No	4	0.76 (0.65-0.89)	61.1	0.05		4	0.80 (0.68-0.94)	51.5	0.10		3	0.85 (0.68-1.05)	0	0.93	
Smoking	Yes	8	0.86 (0.80-0.93)	54.6	0.03	0.33	16	0.82 (0.74-0.90)	72.9	<0.0001	NC	13	0.87 (0.79-0.96)	63.4	0.001	NC
	No	2	0.80 (0.51-1.23)	86.1	0.007		0					0				
Alcohol	Yes	7	0.87 (0.80-0.94)	56.9	0.03	0.31	14	0.81 (0.73-0.91)	75.3	<0.0001	0.98	11	0.85 (0.75-0.96)	68.1	0.001	0.60
	No	3	0.79 (0.62-1.01)	75.1	0.02		2	0.80 (0.64-1.02)	61.1	0.11		2	0.91 (0.80-1.03)	30.4	0.23	
Physical activity	Yes	7	0.85 (0.78-0.92)	59.6	0.02	0.99	13	0.84 (0.76-0.92)	75.0	<0.0001	0.08	11	0.85 (0.76-0.94)	66.5	0.001	0.32
	No	3	0.85 (0.62-1.16)	85.8	0.001		3	0.53 (0.38-0.73)	0	0.85		2	1.02 (0.88-1.18)	0	0.60	
Hypertension	Yes	3	0.92 (0.85-0.99)	50.3	0.13	0.12	5	0.68 (0.52-0.88)	82.2	<0.0001	0.26	4	0.92 (0.77-1.09)	61.5	0.05	0.53
	No	7	0.79 (0.70-0.89)	58.4	0.03		11	0.85 (0.76-0.94)	68.3	<0.0001		9	0.84 (0.74-0.96)	64.3	0.004	
Triglycerides	Yes	0				NC	0				NC	0				NC
	No	10	0.84 (0.76-0.92)	73.3	<0.0001		16	0.82 (0.74-0.90)	72.9	<0.0001		13	0.87 (0.79-0.96)	63.4	0.001	
Serum cholesterol	Yes	4	0.85 (0.79-0.92)	0	0.89	0.81	7	0.84 (0.74-0.96)	30.6	0.20	0.63	7	0.77 (0.63-0.95)	64.9	0.009	0.11
	No	6	0.83 (0.70-0.97)	83.7	<0.0001		9	0.79 (0.69-0.91)	82.6	<0.0001		6	0.94 (0.88-0.99)	14.7	0.32	
Dietary fat	Yes	2	0.81 (0.69-0.96)	0	0.87	0.82	2	0.43 (0.14-1.38)	89.4	0.002	0.09	2	1.03 (0.64-1.64)	33.5	0.22	0.52
	No	8	0.84 (0.76-0.93)	78.2	<0.0001		14	0.84 (0.77-0.92)	68.8	<0.0001		11	0.86 (0.78-0.95)	67.9	0.001	
Red or processed meat	Yes	2	0.95 (0.91-0.99)	0	0.73	0.07	2	0.81 (0.69-0.95)	88.5	0.003	0.88	1	0.95 (0.89-1.02)			0.50
	No	8	0.80 (0.72-0.88)	52.9	0.04		14	0.80 (0.71-0.91)	66.7	<0.0001		12	0.85 (0.76-0.95)	61.5	0.003	
Fish	Yes	2	0.95 (0.91-0.99)	0	0.73	0.07	3	0.67 (0.42-1.07)	77.8	0.01	0.52	2	0.95 (0.89-1.02)	0	0.68	0.54
	No	8	0.80 (0.72-0.88)	52.9	0.04		13	0.83 (0.74-0.92)	73.5	<0.0001		11	0.85 (0.75-0.96)	64.9	0.001	
Whole grains	Yes	2	0.93 (0.82-1.06)	0	0.50	0.27	1	0.95 (0.78-1.16)			0.48	1	0.83 (0.63-1.10)			0.84
	No	8	0.81 (0.73-0.91)	78.7	<0.0001		15	0.80 (0.72-0.89)	73.6	<0.0001		12	0.87 (0.79-0.96)	66.0	0.001	
Dairy	Yes	0				NC	2	0.66 (0.48-0.91)	72.2	0.06	0.18	0				NC
	No	10	0.84 (0.76-0.92)	73.3	<0.0001		14	0.85 (0.77-0.94)	58.4	0.003		13	0.87 (0.79-0.96)	63.4	0.001	
Energy intake	Yes	7	0.88 (0.82-0.95)	49.5	0.07	0.13	8	0.88 (0.81-0.95)	42.0	0.10	0.24	8	0.87 (0.79-0.96)	63.0	0.008	0.98
	No	3	0.76 (0.60-0.98)	72.3	0.03		8	0.70 (0.56-0.88)	71.8	0.001		5	0.82 (0.57-1.19)	70.6	0.009	

n denotes the number of studies.

1 P for heterogeneity within each subgroup,

2 P for heterogeneity between subgroups with meta-regression analysis,

3 P for heterogeneity between men and women (studies with genders mixed were excluded),

NC = not calculable

Supplementary Table 30: Subgroup analyses of fruits, vegetables and cardiovascular disease, per 200 g/d

		Fruits and vegetables					Fruits					Vegetables				
		n	**RR (95% CI)**	I^2	$P_h{}^1$	$P_h{}^2$	***n***	**RR (95% CI)**	I^2	$P_h{}^1$	$P_h{}^2$	***n***	**RR (95% CI)**	I^2	$P_h{}^1$	$P_h{}^2$
All studies		13	0.92 (0.90-0.95)	31.3	0.13		17	0.87 (0.82-0.92)	79.1	<0.0001		14	0.90 (0.87-0.93)	11.5	0.33	
Duration of follow-up																
<10 years follow-up		6	0.92 (0.89-0.95)	12.0	0.34	0.56	7	0.86 (0.80-0.92)	64.6	0.009	0.58	6	0.87 (0.80-0.95)	47.7	0.09	0.26
≥10 years follow-up		7	0.92 (0.88-0.96)	46.6	0.08		10	0.88 (0.81-0.95)	71.6	<0.0001		8	0.91 (0.88-0.94)	0	0.85	
Outcome																
Incidence		6	0.92 (0.88-0.96)	40.5	0.14	0.91	6	0.86 (0.80-0.93)	69.0	0.007	0.69	4	0.95 (0.90-1.00)	0	0.95	0.03
Mortality		7	0.92 (0.89-0.96)	33.8	0.17		13	0.83 (0.75-0.91)	83.9	<0.0001		9	0.87 (0.84-0.91)	0	0.61	
Sex																
Men		4	0.93 (0.85-1.03)	53.0	0.09	0.41/ 0.89	6	0.85 (0.70-1.05)	86.9	<0.0001	0.83/ 0.95	5	0.89 (0.78-1.00)	46.4	0.11	0.66/ 0.69
Women		3	0.94 (0.89-0.99)	0	0.76		7	0.83 (0.77-0.90)	44.2	0.10		4	0.92 (0.86-0.98)	0	0.60	
Men and women		7	0.91 (0.88-0.95)	44.4	0.10		7	0.85 (0.76-0.94)	79.9	<0.0001		6	0.90 (0.87-0.94)	0	0.44	
Geographic location																
Europe		7	0.91 (0.87-0.95)	43.5	0.10	0.54	7	0.92 (0.86-0.98)	52.9	0.05	0.18	6	0.88 (0.84-0.92)	0	0.69	0.87
America		4	0.91 (0.84-0.98)	50.3	0.11		2	0.88 (0.81-0.95)	9.2	0.29		2	0.95 (0.91-1.00)	0	0.79	
Asia		2	0.94 (0.90-0.99)	0	0.47		7	0.83 (0.75-0.93)	77.0	<0.0001		6	0.88 (0.83-0.95)	29.0	0.22	
Australia		0					1	0.79 (0.63-0.98)				0				
Number of cases																
Cases <500		6	0.88 (0.83-0.94)	10.7	0.35	0.15	6	0.88 (0.83-0.93)	0	0.74	0.75	4	0.89 (0.80-0.99)	0	0.55	0.33
Cases 500-<1000		1	0.92 (0.85-1.00)				2	0.58 (0.23-1.49)	58.8	0.12		2	0.84 (0.73-0.97)	65.4	0.09	
Cases ≥1000		6	0.93 (0.91-0.96)	42.3	0.12		9	0.88 (0.81-0.97)	88.1	<0.0001		8	0.91 (0.88-0.94)	0	0.48	
Study quality																
0-3 stars		0				0.36	0				0.98	0				0.52
4-6		1	0.90 (0.85-0.95)				2	0.60 (0.20-1.78)	66.8	0.08		2	0.87 (0.79-0.96)	7.0	0.30	
7-9		12	0.93 (0.90-0.95)	31.8	0.14		15	0.87 (0.82-0.93)	80.9	<0.0001		12	0.90 (0.87-0.94)	15.9	0.29	
Adjustment for confounding factors																
Age	Yes	13	0.92 (0.90-0.95)	31.3	0.13	NC	17	0.87 (0.82-0.92)	79.1	<0.0001	NC	14	0.90 (0.87-0.93)	11.5	0.33	NC
	No	0					0					0				
Education	Yes	7	0.90 (0.87-0.94)	40.9	0.12	0.28	11	0.86 (0.79-0.92)	85.0	<0.0001	0.56	10	0.88 (0.84-0.92)	6.2	0.38	0.07
	No	6	0.94(0.90-0.98)	22.4	0.27		6	0.90 (0.81-0.99)	47.7	0.09		4	0.94 (0.89-0.98)	0	0.74	
Family history of CVD	Yes	2	0.90 (0.77-1.05)	72.5	0.06	0.67	1	0.88 (0.76-1.03)			0.93	1	0.81 (0.66-1.00)			0.36
	No	11	0.93 (0.90-0.95)	26.1	0.20		16	0.87 (0.72-0.93)	80.4	<0.0001		13	0.90 (0.87-0.93)	12.3	0.32	

Body mass index	Yes	10	0.94 (0.92-0.95)	0	0.45	0.03	13	0.89 (0.84-0.95)	68.4	<0.0001	0.15	11	0.89 (0.86-0.93)	11.9	0.33	0.39
	No	3	0.84 (0.76-0.92)	13.9	0.31		4	0.80 (0.77-0.83)	0	0.49		3	0.93 (0.85-1.02)	12.8	0.32	
Smoking	Yes	12	0.92 (0.90-0.95)	36.1	0.10	0.70	16	0.87 (0.82-0.93)	80.4	<0.0001	0.99	13	0.90 (0.87-0.93)	18.2	0.26	0.90
	No	1	0.89 (0.68-1.13)				1	0.87 (0.68-1.13)				1	0.87 (0.52-1.45)			
Alcohol	Yes	11	0.92 (0.89-0.95)	40.5	0.08	0.66	17	0.87 (0.82-0.92)	79.1	<0.0001	NC	14	0.90 (0.87-0.93)	11.5	0.33	NC
	No	2	0.91 (0.85-0.98)	0	0.56		0					0				
Physical activity	Yes	12	0.92 (0.90-0.95)	34.9	0.11	0.56	16	0.87 (0.82-0.93)	79.6	<0.0001	0.17	13	0.90 (0.87-0.93)	18.3	0.26	0.93
	No	1	0.86 (0.71-1.05)				1	0.28 (0.07-1.00)				1	0.90 (0.81-1.01)			
Hypertension	Yes	2	0.95 (0.87-1.05)	0	0.47	0.68	6	0.83 (0.75-0.93)	65.1	0.01	0.47	5	0.85 (0.79-0.91)	0	0.54	0.12
	No	11	0.92 (0.89-0.95)	40.0	0.08		11	0.89 (0.82-0.96)	83.7	<0.0001		9	0.91 (0.88-0.94)	4.6	0.40	
Triglycerides	Yes	1	0.81 (0.71-0.94)			0.13	0				NC	0				NC
	No	12	0.93 (0.91-0.95)	21.3	0.23		17	0.87 (0.82-0.92)	79.1	<0.0001		14	0.90 (0.87-0.93)	11.5	0.33	
Serum cholesterol	Yes	6	0.88 (0.83-0.94)	10.7	0.35	0.16	4	0.85 (0.78-0.94)	0	0.89	0.71	3	0.90 (0.79-1.03)	0	0.38	0.94
	No	7	0.93 (0.91-0.96)	32.1	0.18		13	0.87 (0.81-0.94)	84.0	<0.0001		11	0.90 (0.86-0.93)	21.6	0.24	
Dietary fat	Yes	1	0.90 (0.79-1.04)			0.73	5	0.84 (0.75-0.94)	71.0	0.008	0.55	5	0.87 (0.80-0.94)	25.7	0.25	0.30
	No	12	0.92 (0.90-0.95)	36.3	0.10		12	0.88 (0.82-0.95)	82.3	<0.0001		9	0.91 (0.88-0.94)	0	0.46	
Red or processed meat	Yes	1	0.94 (0.92-0.97)			0.50	2	0.88 (0.71-.09)	98.1	<0.0001	0.89	1	0.88 (0.84-0.93)			0.75
	No	12	0.92 (0.88-0.95)	33.2	0.13		15	0.87 (0.83-0.92)	43.6	0.04		13	0.90 (0.87-0.94)	14.4	0.30	
Fish	Yes	0				NC	0				NC	0				NC
	No	13	0.92 (0.90-0.95)	31.3	0.13		17	0.87 (0.82-0.92)	79.1	<0.0001		14	0.90 (0.87-0.93)	11.5	0.33	
Whole grains	Yes	1	0.82 (0.72-0.94)			0.13	1	0.86 (0.76-1.03)			0.93	1	0.81 (0.66-1.00)			0.36
	No	12	0.93 (0.91-0.95)	21.6	0.23		16	0.87 (0.82-0.93)	80.4	<0.0001		13	0.90 (0.87-0.93)	12.3	0.32	
Dairy	Yes	0				NC	1	0.79 (0.76-0.82)			0.16	0				NC
	No	13	0.92 (0.90-0.95)	31.3	0.13		16	0.88 (0.84-0.93)	63.7	<0.0001		14	0.90 (0.87-0.93)	11.5	0.33	
Energy intake	Yes	8	0.93 (0.90-0.96)	33.9	0.16	0.36	10	0.89 (0.84-0.94)	59.8	0.008	0.38	9	0.90 (0.86-0.95)	38.2	0.11	0.47
	No	5	0.91 (0.86-0.96)	28.0	0.24		7	0.84 (0.75-0.94)	74.7	0.001		5	0.87 (0.80-0.95)	0	0.90	

n denotes the number of studies.
[1] P for heterogeneity within each subgroup,
[2] P for heterogeneity between subgroups with meta-regression analysis,
[3] P for heterogeneity between men and women (studies with genders mixed were excluded),
NC = not calculable

Supplementary Table 31: Subgroup analyses of fruits, vegetables and total cancer, per 200 g/d

		Fruits and vegetables					**Fruits**					**Vegetables**				
		n	**RR (95% CI)**	I^2	P_h^1	P_h^2	***n***	**RR (95% CI)**	I^2	P_h^1	P_h^2	***n***	**RR (95% CI)**	I^2	P_h^1	P_h^2
All studies		12	0.97 (0.95-0.99)	48.7	0.03		20	0.96 (0.94-0.99)	52.1	0.004		17	0.96 (0.93-0.99)	55.2	0.003	
Duration of follow-up																
<10 years follow-up		6	0.97 (0.95-0.99)	40.6	0.14	0.24	10	0.97 (0.96-0.98)	0	0.50	0.73	9	0.95 (0.92-0.98)	57.1	0.02	0.30
≥10 years follow-up		6	0.97 (0.93-1.02)	50.4	0.07		10	0.92 (0.85-1.00)	71.0	<0.0001		8	0.99 (0.93-1.06)	51.2	0.05	
Outcome																
Incidence		8	0.98 (0.97-1.00)	23.8	0.24	0.61	11	0.98 (0.96-1.00)	30.4	0.16	0.42	10	0.96 (0.95-0.98)	0.2	0.44	0.79
Mortality		5	0.97 (0.93-1.01)	57.5	0.05		10	0.93 (0.87-0.98)	62.9	0.004		9	0.94 (0.88-1.01)	72.9	<0.0001	
Sex																
Men		6	0.96 (0.94-0.98)	7.6	0.37	0.18/ 0.11	8	0.94 (0.89-1.00)	64.9	0.006	0.75/ 0.65	9	0.98 (0.93-1.03)	65.4	0.003	0.14/ 0.42
Women		6	0.98 (0.96-1.01)	27.5	0.23		7	0.97 (0.93-1.00)	58.4	0.03		7	0.95 (0.92-0.98)	27.3	0.22	
Men and women		3	0.97 (0.92-1.02)	77.3	0.01		6	0.95 (0.86-1.04)	48.1	0.09		5	0.85 (0.73-1.00)	76.2	0.002	
Geographic location																
Europe		5	0.95 (0.90-0.99)	59.7	0.04	0.19	7	0.93 (0.87-1.00)	71.8	0.002	0.94	6	0.93 (0.82-1.05)	73.8	0.002	0.58
America		3	0.96 (0.90-1.03)	67.3	0.05		5	0.96 (0.93-0.99)	20.4	0.29		5	0.97 (0.94-0.99)	12.6	0.33	
Asia		4	0.99 (0.96-1.02)	0	0.84		7	0.98 (0.92-1.04)	38.5	0.14		6	0.97 (0.92-1.03)	55.2	0.05	
Australia		0					0					0				
Number of cases																
Cases <500		3	0.87 (0.71-1.07)	67.5	0.05	0.97	7	0.91 (0.78-1.05)	40.0	0.13	0.62	5	0.86 (0.75-0.99)	0	0.62	0.57
Cases 500-<1000		1	1.01 (0.95-1.08)				1	0.97 (0.84-1.12)				1	1.02 (0.96-1.09)			
Cases ≥1000		8	0.97 (0.95-0.99)	47.8	0.06		12	0.97 (0.94-0.99)	62.2	0.002		11	0.96 (0.93-0.99)	63.8	0.002	
Study quality																
0-3 stars		0				0.07	0				0.70	0				0.02
4-6		1	0.91 (0.86-0.96)				1	0.94 (0.85-1.05)				1	0.74 (0.63-0.87)			
7-9		11	0.98 (0.96-1.00)	35.2	0.12		19	0.96 (0.94-0.99)	54.3	0.003		16	0.97 (0.95-0.99)	40.2	0.05	
Adjustment for confounding factors																
Age	Yes	12	0.97 (0.95-0.99)	48.7	0.03	NC	20	0.96 (0.94-0.99)	52.1	0.004	NC	17	0.96 (0.93-0.99)	55.2	0.003	NC
	No	0					0					0				
Education	Yes	6	0.97 (0.95-1.00)	37.7	0.16	0.94	11	0.97 (0.95-0.99)	20.3	0.25	0.66	10	0.96 (0.92-0.99)	66.2	0.002	0.78
	No	6	0.96 (0.92-1.01)	58.3	0.04		9	0.89 (0.80-0.99)	70.1	0.001		7	0.97 (0.92-1.02)	25.3	0.24	
Family history of cancer	Yes	2	1.00 (0.97-1.02)	0	0.50	0.13	3	0.98 (0.95-1.00)	0	0.68	0.71	3	0.97 (0.93-1.01)	54.7	0.11	0.97
	No	10	0.96 (0.94-0.99)	45.4	0.06		17	0.95 (0.91-0.98)	58.6	0.001		14	0.96 (0.92-1.00)	57.9	0.004	
Body mass index	Yes	11	0.98 (0.95-1.00)	51.0	0.03	0.50	17	0.97 (0.94-0.99)	53.7	0.005	0.20	15	0.96 (0.93-0.99)	60.5	0.001	0.89
	No	1	0.95 (0.89-1.01)				3	0.88 (0.79-0.98)	0	0.47		2	0.95 (0.87-1.04)	0	0.64	
Smoking	Yes	12	0.97 (0.95-0.99)	48.7	0.03	NC	19	0.96 (0.93-0.99)	54.2	0.003	0.69	16	0.96 (0.93-0.99)	57.7	0.002	0.71

	No	0					1	1.10 (0.73-1.65)				1	0.82 (0.43-1.56)			
Alcohol	Yes	9	0.97 (0.95-1.00)	50.2	0.04	0.88	17	0.97 (0.94-0.99)	53.7	0.005	0.20	15	0.96 (0.93-0.99)	60.5	0.001	0.89
	No	3	0.96 (0.88-1.04)	62.5	0.07		3	0.88 (0.79-0.98)	0	0.47		2	0.95 (0.87-1.04)	0	0.64	
Physical activity	Yes	9	0.98 (0.95-1.00)	53.8	0.03	0.60	15	0.97 (0.94-0.99)	45.5	0.03	0.84	14	0.96 (0.93-0.99)	61.6	0.001	0.64
	No	3	0.95 (0.90-1.02)	44.2	0.17		5	0.90 (0.78-1.04)	71.2	0.008		3	0.98 (0.92-1.06)	0	0.46	
Hypertension	Yes	0				NC	3	0.94 (0.87-1.02)	18.5	0.29	0.57	2	1.03 (0.98-1.08)	0	0.59	0.08
	No	12	0.97 (0.95-0.99)	48.7	0.03		17	0.96 (0.94-0.99)	56.2	0.002		15	0.95 (0.92-0.98)	50.5	0.01	
Triglycerides	Yes	0				NC	0				NC	0				NC
	No	12	0.97 (0.95-0.99)	48.7	0.03		20	0.96 (0.94-0.99)	52.1	0.004		17	0.96 (0.93-0.99)	55.2	0.003	
Serum cholesterol	Yes	1	0.81 (0.66-1.00)			0.19	1	0.78 (0.60-1.00)			0.25	0				NC
	No	11	0.98 (0.96-0.99)	46.0	0.05		19	0.97 (0.94-0.99)	51.0	0.006		17	0.96 (0.93-0.99)	55.2	0.003	
Dietary fat	Yes	0				NC	2	0.96 (0.89-1.03)	0	0.84	0.79	2	1.03 (0.98-1.08)	0	0.59	0.08
	No	12	0.97 (0.95-0.99)	48.7	0.03		18	0.96 (0.93-0.99)	56.9	0.002		15	0.95 (0.92-0.98)	50.5	0.01	
Red or processed meat	Yes	1	0.98 (0.94-1.03)			0.80	2	1.03 (0.93-1.13)	0	0.40	0.45	2	0.90 (0.81-0.99)	4.9	0.31	0.26
	No	11	0.97 (0.95-0.99)	53.1	0.02		18	0.96 (0.93-0.99)	54.9	0.003		15	0.97 (0.94-1.00)	55.3	0.005	
Fish	Yes	0				NC	0				NC	0				NC
	No	12	0.97 (0.95-0.99)	48.7	0.03		20	0.96 (0.94-0.99)	52.1	0.004		17	0.96 (0.93-0.99)	55.2	0.003	
Whole grains	Yes	0				NC	1	0.86(0.69-1.07)			0.46	1	0.75 (0.55-1.02)			0.23
	No	12	0.97 (0.95-0.99)	48.7	0.03		19	0.96 (0.94-0.99)	53.2	0.003		16	0.96 (0.94-0.99)	54.7	0.005	
Dairy	Yes	0				NC	1	1.27 (0.77-2.09)			0.49	1	0.71 (0.45-1.13)			0.33
	No	12	0.97 (0.95-0.99)	48.7	0.03		19	0.96 (0.94-0.99)	53.4	0.003		16	0.96 (0.94-0.99)	56.0	0.003	
Energy intake	Yes	8	0.98 (0.96-1.00)	36.1	0.14	0.23	14	0.98 (0.96-0.99)	12.5	0.32	0.03	13	0.97 (0.94-0.99)	42.1	0.06	0.35
	No	4	0.95 (0.89-1.00)	61.7	0.05		6	0.82 (0.69-0.96)	67.8	0.008		4	0.93 (0.75-1.17)	77.3	0.004	

n denotes the number of studies.
[1] P for heterogeneity within each subgroup,
[2] P for heterogeneity between subgroups with meta-regression analysis,
[3] P for heterogeneity between men and women (studies with genders mixed were excluded),
NC = not calculable

Supplementary Table 32: Subgroup analyses of fruits, vegetables and all-cause mortality, per 200 g/d

		Fruits and vegetables					**Fruits**					**Vegetables**				
		n	**RR (95% CI)**	I^2	P_h^1	P_h^2	***n***	**RR (95% CI)**	I^2	P_h^1	P_h^2	***n***	**RR (95% CI)**	I^2	P_h^1	P_h^2
All studies		15	0.90 (0.87-0.93)	82.5	<0.0001		27	0.85 (0.80-0.91)	89.5	<0.0001		22	0.87 (0.82-0.92)	82.3	<0.0001	
Duration of follow-up																
<10 years follow-up		4	0.93 (0.88-0.98)	86.2	<0.0001	0.16	12	0.85 (0.78-0.93)	68.4	<0.0001	0.73	11	0.83 (0.74-0.93)	88.2	<0.0001	0.64
≥10 years follow-up		11	0.87 (0.82-0.92)	80.8	<0.0001		15	0.86 (0.79-0.94)	93.3	<0.0001		11	0.89 (0.83-0.95)	70.4	<0.0001	
Sex																
Men		5	0.95 (0.91-0.99)	70.9	0.008	0.09/ 0.88	7	0.88 (0.78-1.00)	83.1	<0.0001	0.20/ 0.48	7	0.91 (0.84-0.99)	83.3	<0.0001	0.24/ 0.87
Women		3	0.94 (0.90-0.98)	81.1	0.005		5	0.96 (0.90-1.02)	71.9	0.007		6	0.93 (0.86-0.99)	82.1	<0.0001	
Men and women		8	0.88 (0.84-0.93)	65.6	0.005		15	0.81 (0.76-0.88)	78.9	<0.0001		12	0.80 (0.71-0.89)	68.5	<0.0001	
Geographic location																
Europe		9	0.90 (0.86-0.95)	85.4	<0.0001	0.42	13	0.88 (0.80-0.97)	93.8	<0.0001	0.36	12	0.84 (0.76-0.92)	82.9	<0.0001	0.51
America		4	0.83 (0.76-0.90)	31.6	0.22		6	0.83 (0.69-1.02)	80.9	<0.0001		3	0.83 (0.58-1.18)	84.9	0.001	
Asia		1	0.93 (0.89-0.97)				5	0.81 (0.72-0.91)	73.3	0.005		5	0.83 (0.72-0.95)	83.1	<0.0001	
Australia		1	0.96 (0.94-0.99)				3	0.86 (0.78-0.95)	30.0	0.24		2	1.00 (0.87-1.15)	21.3	0.26	
Number of deaths																
Deaths<500		3	0.86 (0.78-0.94)	0	0.63	0.13	9	0.85 (0.76-0.95)	9.1	0.36	0.64	7	0.88 (0.72-1.06)	53.7	0.04	0.90
Deaths 500-<1000		2	0.84 (0.75-0.93)	50.5	0.16		3	0.55 (0.29-1.03)	78.6	0.009		1	0.28 (0.16-0.49)			
Deaths ≥1000		10	0.91 (0.88-0.95)	85.1	<0.0001		15	0.87 (0.81-0.93)	93.7	<0.0001		14	0.88 (0.84-0.93)	84.9	<0.0001	
Study quality																
0-3 stars		0				0.65	0				0.27	0				0.07
4-6		1	0.87 (0.84-0.91)				7	0.80 (0.69-0.92)	70.7	0.002		3	0.68 (0.52-0.89)	80.0	0.007	
7-9		14	0.91 (0.88-0.93)	76.4	<0.0001		20	0.87 (0.81-0.94)	91.4	<0.0001		19	0.90 (0.86-0.95)	74.5	<0.0001	
Adjustment for confounding factors																
Age	Yes	15	0.90 (0.87-0.93)	82.5	<0.0001	NC	27	0.85 (0.80-0.91)	89.5	<0.0001	NC	22	0.87 (0.82-0.92)	82.3	<0.0001	NC
	No	0					0					0				
Education	Yes	8	0.91 (0.88-0.95)	87.6	<0.0001	0.19	11	0.91 (0.86-0.97)	83.1	<0.0001	0.05	11	0.91 (0.86-0.96)	80.9	<0.0001	0.05
	No	7	0.88 (0.84-0.92)	11.0	0.35		16	0.80 (0.74-0.87)	51.9	0.008		11	0.74 (0.63-0.87)	75.6	<0.0001	
Body mass index	Yes	13	0.90 (0.87-0.93)	83.1	<0.0001	0.82	14	0.86 (0.80-0.93)	93.3	<0.0001	0.74	14	0.88 (0.84-0.92)	79.2	<0.0001	0.27
	No	2	0.85 (0.66-1.10)	86.6	0.006		13	0.82 (0.71-0.95)	78.2	<0.0001		8	0.74 (0.57-0.95)	87.4	<0.0001	
Smoking	Yes	14	0.90 (0.87-0.93)	83.4	<0.0001	0.62	25	0.86 (0.81-0.91)	89.9	<0.0001	0.44	20	0.89 (0.84-0.93)	79.3	<0.0001	0.003
	No	1	0.84 (0.67-1.05)				2	0.60 (0.25-1.46)	87.2	0.005		2	0.41 (0.21-0.78)	74.8	0.05	
Alcohol	Yes	11	0.89 (0.85-0.93)	84.9	<0.0001	0.71	14	0.87 (0.81-0.94)	93.7	<0.0001	0.37	13	0.88 (0.82-0.93)	81.9	<0.0001	0.57
	No	4	0.91 (0.85-0.97)	77.7	0.004		13	0.81 (0.72-0.91)	68.4	<0.0001		9	0.80 (0.68-0.95)	83.1	<0.0001	
Physical activity	Yes	13	0.91 (0.88-0.94)	82.6	<0.0001	0.09	18	0.87 (0.82-0.93)	91.9	<0.0001	0.26	16	0.88 (0.84-0.93)	83.0	<0.0001	0.22

	No	2	0.80 (0.72-0.89)	0	0.60		9	0.77 (0.62-0.96)	70.2	0.001		6	0.71 (0.50-0.99)	78.0	<0.0001	
Hypertension	Yes	1	0.88 (0.80-0.97)			0.80	5	0.86 (0.79-0.94)	68.9	0.01	0.89	4	0.89 (0.83-0.95)	57.5	0.07	0.63
	No	14	0.90 (0.87-0.93)	83.2	<0.0001		22	0.85 (0.79-0.92)	91.0	<0.0001		18	0.86 (0.80-0.92)	84.2	<0.0001	
Triglycerides	Yes	1	0.86 (0.77-0.97)			0.63	0				NC	0				NC
	No	14	0.90 (0.87-0.93)	83.1	<0.0001		27	0.85 (0.80-0.91)	89.5	<0.0001		22	0.87 (0.82-0.92)	82.3	<0.0001	
Serum cholesterol	Yes	4	0.88 (0.81-0.95)	61.0	0.05	0.55	3	0.88 (0.74-1.05)	70.5	0.03	0.71	3	0.93 (0.71-1.21)	66.0	0.05	0.54
	No	11	0.91 (0.87-0.94)	84.4	<0.0001		24	0.85 (0.80-0.91)	90.4	<0.0001		19	0.86 (0.81-0.91)	84.0	<0.0001	
Dietary fat	Yes	2	0.94 (0.88-1.01)	0	0.33	0.47	5	0.87 (0.78-0.96)	78.2	0.001	0.95	5	0.92 (0.88-0.96)	17.1	0.31	0.40
	No	13	0.89 (0.86-0.93)	84.8	<0.0001		22	0.85 (0.79-0.92)	90.8	<0.0001		17	0.84 (0.79-0.90)	85.9	<0.0001	
Red or processed meat	Yes	2	0.97 (0.96-0.98)	0	0.61	<0.0001	5	0.93 (0.85-1.03)	82.7	<0.0001	0.20	4	0.94 (0.87-1.01)	90.2	<0.0001	0.77
	No	13	0.88 (0.86-0.91)	40.7	0.06		22	0.84 (0.79-0.89)	76.5	<0.0001		18	0.85 (0.79-0.91)	71.9	<0.0001	
Fish	Yes	0				NC	2	0.80 (0.61-1.04)	61.5	0.11	0.60	1	0.47 (0.36-0.63)			0.02
	No	15	0.90 (0.87-0.93)	82.5	<0.0001		25	0.86 (0.81-0.91)	90.1	<0.0001		21	0.88 (0.84-0.93)	79.4	<0.0001	
Whole grains	Yes	0				NC	3	0.97 (0.84-1.12)	40.9	0.18	0.22	2	0.99 (0.81-1.22)	64.9	0.09	0.34
	No	15	0.90 (0.87-0.93)	82.5	<0.0001		24	0.84 (0.79-0.90)	90.5	<0.0001		20	0.85 (0.81-0.90)	83.3	<0.0001	
Dairy	Yes	0				NC	1	1.07 (0.94-1.21)			0.13	1	1.09 (0.95-1.26)			0.26
	No	15	0.90 (0.87-0.93)	82.5	<0.0001		26	0.84 (0.79-0.90)	89.7	<0.0001		21	0.86 (0.81-0.90)	82.5	<0.0001	
Energy intake	Yes	7	0.88 (0.82-0.94)	84.0	<0.0001	0.67	11	0.93 (0.88-0.99)	72.8	<0.0001	0.02	10	0.92 (0.88-0.97)	55.7	0.02	0.11
	No	8	0.91 (0.87-0.94)	74.9	<0.0001		16	0.80 (0.74-0.86)	71.1	<0.0001		12	0.77 (0.67-0.88)	88.8	<0.0001	

n denotes the number of studies.
[1] P for heterogeneity within each subgroup,
[2] P for heterogeneity between subgroups with meta-regression analysis,
[3] P for heterogeneity between men and women (studies with genders mixed were excluded),
NC = not calculable

Supplementary Table 33. Attributable fractions and number of deaths due to coronary heart disease, stroke, cancer and all-cause mortality by country due to a fruit and vegetable intake below 500 grams per day or 800 grams per day, analysis using studies reporting on coronary heart disease, stroke and cancer mortality only (excluding studies on incidence).

		Coronary heart disease				Stroke				Total cancer				All-cause mortality			
		500 g/d		800 g/d		500 g/d		800 g/d		500 g/d		800 g/d		500 g/d		800 g/d	
Region	Country	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N
America A	Canada	9.1	4832	16.9	8970	23.2	4061	41.2	7215	7.3	5785	8.5	6716	11.9	32326	16.9	45767
	Cuba	9.1	2016	16.9	3743	23.2	2645	41.2	4698	7.3	1695	8.5	1967	11.9	11423	16.9	16173
	United States	9.1	48891	16.9	90769	23.2	38017	41.2	67535	7.3	46434	8.5	53903	11.9	316695	16.9	448382
America B	Antigua and Barbuda	12.5	11	20.7	18	31.1	22	49.7	36	10.1	9	11.4	10	16.9	91	22.0	119
	Argentina	12.5	6575	20.7	10907	31.1	9432	49.7	15082	10.1	7104	11.4	8034	16.9	54563	22.0	71301
	Barbados	12.5	42	20.7	69	31.1	92	49.7	146	10.1	44	11.4	50	16.9	390	22.0	510
	Belize	12.5	31	20.7	51	31.1	56	49.7	90	10.1	29	11.4	32	16.9	295	22.0	386
	Brazil	12.5	22663	20.7	37593	31.1	44604	49.7	71324	10.1	21465	11.4	24272	16.9	200931	22.0	262573
	Chile	12.5	1472	20.7	2442	31.1	3490	49.7	5580	10.1	2683	11.4	3034	16.9	17983	22.0	23500
	Colombia	12.5	4572	20.7	7584	31.1	6417	49.7	10261	10.1	4369	11.4	4940	16.9	38442	22.0	50236
	Costa Rica	12.5	384	20.7	636	31.1	461	49.7	736	10.1	490	11.4	555	16.9	3461	22.0	4523
	Dominica	12.5	7	20.7	12	31.1	19	49.7	31	10.1	9	11.4	10	16.9	81	22.0	106
	Dominican Republic	12.5	1445	20.7	2397	31.1	2436	49.7	3896	10.1	913	11.4	1032	16.9	9525	22.0	12447
	El Salvador	12.5	849	20.7	1408	31.1	618	49.7	988	10.1	478	11.4	541	16.9	6379	22.0	8337
	Grenada	12.5	16	20.7	27	31.1	34	49.7	55	10.1	14	11.4	16	16.9	138	22.0	181
	Guyana	12.5	110	20.7	183	31.1	214	49.7	342	10.1	71	11.4	80	16.9	893	22.0	1167
	Honduras	12.5	933	20.7	1548	31.1	1100	49.7	1758	10.1	438	11.4	495	16.9	6333	22.0	8275
	Jamaica	12.5	262	20.7	434	31.1	860	49.7	1374	10.1	326	11.4	369	16.9	2941	22.0	3844
	Mexico	12.5	9935	20.7	16481	31.1	12587	49.7	20127	10.1	8390	11.4	9487	16.9	103095	22.0	134723
	Panama	12.5	297	20.7	493	31.1	672	49.7	1074	10.1	332	11.4	375	16.9	2994	22.0	3913
	Paraguay	12.5	661	20.7	1097	31.1	1331	49.7	2128	10.1	577	11.4	652	16.9	5455	22.0	7128
	Saint Lucia	12.5	23	20.7	38	31.1	59	49.7	95	10.1	24	11.4	27	16.9	225	22.0	295
	Saint Vincent and the	12.5	15	20.7	25	31.1	29	49.7	47	10.1	13	11.4	14	16.9	121	22.0	158

	Grenadines															
	Suriname	12.5	62	20.7	103	31.1	172	49.7	275	10.1	59	11.4	67	16.9	613	22.0	801
	The Bahamas	12.5	52	20.7	86	31.1	100	49.7	160	10.1	51	11.4	58	16.9	468	22.0	611
	Trinidad and Tobago	12.5	229	20.7	380	31.1	415	49.7	664	10.1	181	11.4	205	16.9	1979	22.0	2587
	Uruguay	12.5	568	20.7	943	31.1	1278	49.7	2043	10.1	871	11.4	985	16.9	5570	22.0	7278
	Venezuela	12.5	2903	20.7	4816	31.1	4030	49.7	6444	10.1	2658	11.4	3005	16.9	24806	22.0	32415
America D	Bolivia	8.5	529	16.5	1024	21.6	784	39.9	1444	7.4	512	8.1	600	11.0	4910	16.1	7180
	Ecuador	8.5	886	16.5	1714	21.6	1294	39.9	2385	7.4	943	8.1	1105	11.0	8529	16.1	12472
	Guatemala	8.5	583	16.5	1128	21.6	735	39.9	1355	7.4	562	8.1	659	11.0	7108	16.1	10394
	Haiti	8.5	502	16.5	972	21.6	2007	39.9	3697	7.4	462	8.1	541	11.0	7039	16.1	10293
	Nicaragua	8.5	314	16.5	607	21.6	441	39.9	812	7.4	204	8.1	239	11.0	2346	16.1	3431
	Peru	8.5	1362	16.5	2636	21.6	1929	39.9	3554	7.4	1750	8.1	2052	11.0	13751	16.1	20107
Europa A	Andorra	4.5	6	10.2	13	11.4	8	24.2	18	3.6	7	4.4	8	5.6	36	9.2	60
	Austria	4.5	991	10.2	2246	11.4	866	24.2	1841	3.6	797	4.4	969	5.6	4705	9.2	7779
	Belgium	4.5	917	10.2	2079	11.4	1181	24.2	2511	3.6	1083	4.4	1316	5.6	6320	9.2	10448
	Croatia	4.5	590	10.2	1339	11.4	961	24.2	2043	3.6	473	4.4	574	5.6	2877	9.2	4756
	Czech Republic	4.5	1416	10.2	3211	11.4	1986	24.2	4222	3.6	1037	4.4	1260	5.6	6214	9.2	10273
	Denmark	4.5	401	10.2	908	11.4	573	24.2	1219	3.6	506	4.4	615	5.6	2990	9.2	4944
	Finland	4.5	549	10.2	1246	11.4	619	24.2	1315	3.6	442	4.4	537	5.6	2942	9.2	4863
	France	4.5	4173	10.2	9464	11.4	5576	24.2	11850	3.6	6587	4.4	8000	5.6	32760	9.2	54157
	Germany	4.5	9970	10.2	22610	11.4	9316	24.2	19800	3.6	8718	4.4	10589	5.6	51088	9.2	84456
	Greece	4.5	1712	10.2	3882	11.4	2524	24.2	5364	3.6	1165	4.4	1415	5.6	7541	9.2	12466
	Iceland	4.5	18	10.2	40	11.4	20	24.2	42	3.6	20	4.4	24	5.6	107	9.2	176
	Ireland	4.5	267	10.2	605	11.4	288	24.2	612	3.6	309	4.4	375	5.6	1710	9.2	2827
	Israel	4.5	322	10.2	731	11.4	305	24.2	647	3.6	398	4.4	483	5.6	2362	9.2	3905
	Italy	4.5	4918	10.2	11154	11.4	8017	24.2	17039	3.6	6483	4.4	7873	5.6	35399	9.2	58519
	Luxembourg	4.5	37	10.2	83	11.4	51	24.2	108	3.6	42	4.4	51	5.6	221	9.2	365
	Malta	4.5	34	10.2	78	11.4	35	24.2	74	3.6	29	4.4	35	5.6	158	9.2	261
	Netherlands	4.5	1061	10.2	2405	11.4	1350	24.2	2870	3.6	1813	4.4	2202	5.6	8405	9.2	13895
	Norway	4.5	340	10.2	771	11.4	457	24.2	971	3.6	412	4.4	500	5.6	2342	9.2	3872
	Portugal	4.5	719	10.2	1630	11.4	2173	24.2	4618	3.6	1006	4.4	1221	5.6	6098	9.2	10082
	Slovenia	4.5	159	10.2	362	11.4	289	24.2	614	3.6	203	4.4	246	5.6	1165	9.2	1927
	Spain	4.5	3395	10.2	7699	11.4	4868	24.2	10347	3.6	4133	4.4	5020	5.6	23715	9.2	39204

	Sweden	4.5	1024	10.2	2322	11.4	1071	24.2	2277	3.6	837	4.4	1017	5.6	5195	9.2	8588
	Switzerland	4.5	600	10.2	1361	11.4	765	24.2	1626	3.6	671	4.4	815	5.6	3617	9.2	5980
	United Kingdom	4.5	4245	10.2	9628	11.4	6493	24.2	13800	3.6	5931	4.4	7203	5.6	32250	9.2	53313
Europe B	Albania	8.4	366	15.6	678	21.6	1348	38.3	2395	6.8	291	7.9	337	11.1	2622	15.7	3707
	Armenia	8.4	739	15.6	1371	21.6	827	38.3	1468	6.8	366	7.9	424	11.1	3079	15.7	4351
	Azerbaijan	8.4	1535	15.6	2847	21.6	1853	38.3	3292	6.8	491	7.9	570	11.1	5934	15.7	8387
	Bosnia and Herzegovina	8.4	543	15.6	1008	21.6	1414	38.3	2512	6.8	552	7.9	641	11.1	4011	15.7	5669
	Bulgaria	8.4	2387	15.6	4428	21.6	5659	38.3	10053	6.8	1184	7.9	1373	11.1	12174	15.7	17207
	Georgia	8.4	1472	15.6	2730	21.6	2763	38.3	4909	6.8	419	7.9	486	11.1	5886	15.7	8319
	Kyrgyzstan	8.4	848	15.6	1573	21.6	1304	38.3	2317	6.8	244	7.9	283	11.1	3714	15.7	5249
	Macedonia	8.4	267	15.6	496	21.6	1151	38.3	2045	6.8	242	7.9	281	11.1	1993	15.7	2816
	Montenegro	8.4	109	15.6	203	21.6	383	38.3	681	6.8	81	7.9	94	11.1	680	15.7	960
	Poland	8.4	6657	15.6	12347	21.6	14820	38.3	26328	6.8	6559	7.9	7607	11.1	44017	15.7	62212
	Romania	8.4	5549	15.6	10293	21.6	12404	38.3	22036	6.8	2837	7.9	3290	11.1	26466	15.7	37406
	Serbia	8.4	1265	15.6	2346	21.6	3525	38.3	6263	6.8	1333	7.9	1546	11.1	10226	15.7	14454
	Slovakia	8.4	1614	15.6	2993	21.6	1543	38.3	2741	6.8	844	7.9	979	11.1	5903	15.7	8344
	Tajikistan	8.4	775	15.6	1437	21.6	1114	38.3	1979	6.8	225	7.9	260	11.1	3491	15.7	4934
	Turkey	8.4	5625	15.6	10433	21.6	9635	38.3	17117	6.8	6317	7.9	7326	11.1	42722	15.7	60382
	Turkmenistan	8.4	874	15.6	1621	21.6	981	38.3	1743	6.8	255	7.9	296	11.1	3299	15.7	4663
	Uzbekistan	8.4	4570	15.6	8477	21.6	5533	38.3	9829	6.8	973	7.9	1128	11.1	17609	15.7	24888
Europe C	Belarus	12.3	8251	21.5	14448	30.9	6880	51.9	11569	9.9	2112	11.3	2423	16.2	23513	22.0	31971
	Estonia	12.3	710	21.5	1243	30.9	633	51.9	1065	9.9	336	11.3	3657	16.2	2557	22.0	3477
	Hungary	12.3	4495	21.5	7871	30.9	5544	51.9	9323	9.9	3187	11.3	386	16.2	20412	22.0	27755
	Kazakhstan	12.3	5396	21.5	9448	30.9	8359	51.9	14057	9.9	2187	11.3	2509	16.2	23594	22.0	32080
	Latvia	12.3	1239	21.5	2170	30.9	1567	51.9	2636	9.9	512	11.3	588	16.2	4340	22.0	5901
	Lithuania	12.3	2073	21.5	3629	30.9	1604	51.9	2698	9.9	723	11.3	829	16.2	6316	22.0	8588
	Moldova	12.3	2064	21.5	3614	30.9	1870	51.9	3144	9.9	530	11.3	608	16.2	6288	22.0	8549
	Russia	12.3	82427	21.5	144328	30.9	111272	51.9	187110	9.9	28835	11.3	33084	16.2	297474	22.0	404478
	Ukraine	12.3	42387	21.5	74219	30.9	34084	51.9	57314	9.9	8990	11.3	10315	16.2	107945	22.0	146773
Africa D	Algeria	7.0	1581	14.2	3221	24.2	5370	34.2	7591	7.4	963	6.7	866	8.9	11915	13.5	18110
	Angola	7.0	390	14.2	795	24.2	2686	34.2	3797	7.4	575	6.7	517	8.9	7187	13.5	8515
	Benin	7.0	213	14.2	434	24.2	1068	34.2	1510	7.4	303	6.7	272	8.9	3118	13.5	3693

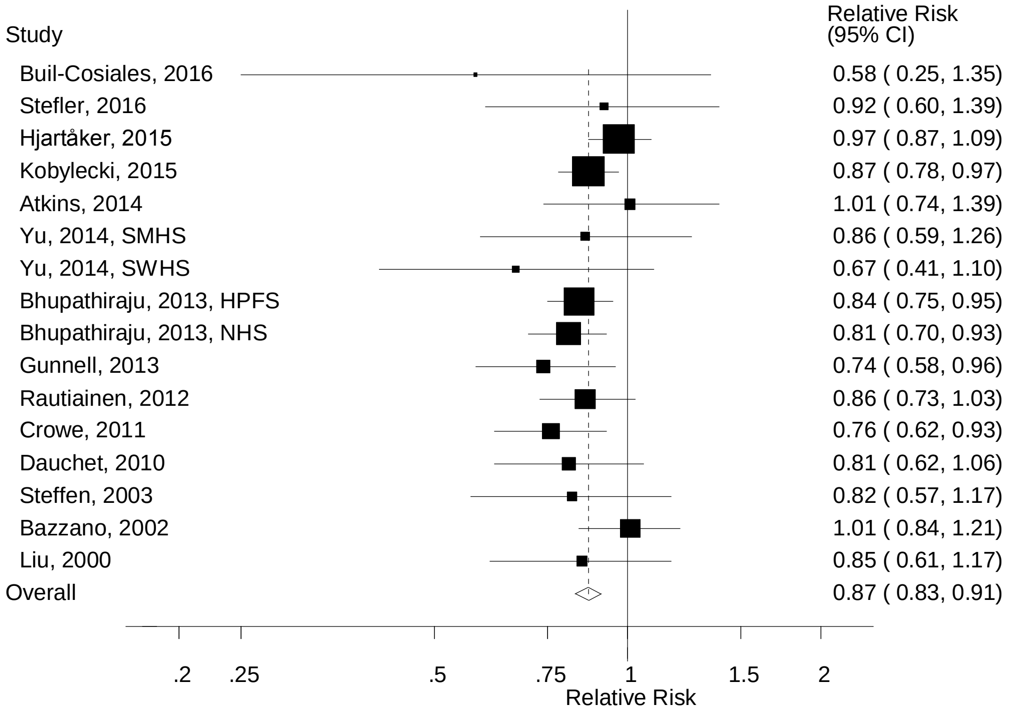
	Burkina Faso	7.0	256	14.2	521	24.2	961	34.2	1358	7.4	440	6.7	396	8.9	3262	13.5	3792
	Cameroon	7.0	475	14.2	968	24.2	2839	34.2	4014	7.4	695	6.7	625	8.9	7891	13.5	9345
	Cape Verde	7.0	19	14.2	38	24.2	102	34.2	145	7.4	34	6.7	31	8.9	218	13.5	331
	Chad	7.0	213	14.2	434	24.2	772	34.2	1091	7.4	251	6.7	226	8.9	2433	13.5	2918
	Comoros	7.0	14	14.2	28	24.2	120	34.2	169	7.4	30	6.7	27	8.9	323	13.5	373
	Equatorial Guinea	7.0	13	14.2	27	24.2	115	34.2	163	7.4	29	6.7	26	8.9	309	13.5	360
	Gabon	7.0	60	14.2	122	24.2	539	34.2	762	7.4	89	6.7	80	8.9	1354	13.5	1607
	Ghana	7.0	665	14.2	1355	24.2	3781	34.2	5345	7.4	686	6.7	617	8.9	10102	13.5	12195
	Guinea	7.0	242	14.2	494	24.2	1483	34.2	2096	7.4	487	6.7	438	8.9	4354	13.5	5047
	Guinea-Bissau	7.0	56	14.2	115	24.2	279	34.2	394	7.4	64	6.7	58	8.9	785	13.5	945
	Liberia	7.0	94	14.2	192	24.2	577	34.2	815	7.4	130	6.7	117	8.9	1477	13.5	1873
	Madagascar	7.0	300	14.2	611	24.2	6432	34.2	9092	7.4	626	6.7	563	8.9	9686	13.5	14722
	Mali	7.0	347	14.2	706	24.2	1638	34.2	2316	7.4	583	6.7	525	8.9	5055	13.5	5912
	Mauritania	7.0	83	14.2	170	24.2	488	34.2	690	7.4	130	6.7	117	8.9	1380	13.5	1628
	Mauritius	7.0	114	14.2	233	24.2	311	34.2	440	7.4	89	6.7	80	8.9	891	13.5	1255
	Niger	7.0	310	14.2	631	24.2	1038	34.2	1467	7.4	417	6.7	375	8.9	3474	13.5	4122
	Nigeria	7.0	2554	14.2	5202	24.2	12992	34.2	18367	7.4	3932	6.7	3555	8.9	38343	13.5	45173
	Sao Tome and Principe	7.0	5	14.2	10	24.2	28	34.2	39	7.4	5	6.7	5	8.9	73	13.5	90
	Senegal	7.0	293	14.2	596	24.2	1590	34.2	2247	7.4	447	6.7	402	8.9	4586	13.5	5408
	Seychelles	7.0	9	14.2	18	24.2	22	34.2	32	7.4	9	6.7	8	8.9	64	13.5	97
	Sierra Leone	7.0	99	14.2	202	24.2	683	34.2	966	7.4	189	6.7	170	8.9	1911	13.5	2230
	The Gambia	7.0	27	14.2	54	24.2	169	34.2	238	7.4	63	6.7	57	8.9	510	13.5	582
	Togo	7.0	100	14.2	204	24.2	600	34.2	848	7.4	166	6.7	150	8.9	1705	13.5	2003
Africa E	Botswana	10.3	32	19.5	61	25.7	120	46.6	217	8.3	54	9.7	64	13.1	406	19.0	570
	Burundi	10.3	339	19.5	645	25.7	1244	46.6	2253	8.3	350	9.7	411	13.1	3805	19.0	5515
	Central African Republic	10.3	241	19.5	459	25.7	707	46.6	1280	8.3	178	9.7	209	13.1	2217	19.0	3247
	Congo	10.3	167	19.5	317	25.7	1002	46.6	1815	8.3	181	9.7	212	13.1	2657	19.0	3907
	Cote d'Ivoire	10.3	511	19.5	973	25.7	2939	46.6	5323	8.3	676	9.7	792	13.1	8122	19.0	11813
	Democratic Republic of Congo	10.3	1869	19.5	3557	25.7	9837	46.6	17816	8.3	2236	9.7	2621	13.1	27445	19.0	39990
	Eritrea	10.3	193	19.5	367	25.7	647	46.6	1172	8.3	221	9.7	259	13.1	2089	19.0	2997
	Ethiopia	10.3	3148	19.5	5991	25.7	13803	46.6	25000	8.3	3599	9.7	4218	13.1	40453	19.0	58682

	Kenya	10.3	457	19.5	869	25.7	2953	46.6	5349	8.3	1355	9.7	1588	13.1	9380	19.0	13010
	Lesotho	10.3	117	19.5	222	25.7	342	46.6	620	8.3	99	9.7	116	13.1	1098	19.0	1597
	Malawi	10.3	348	19.5	661	25.7	1404	46.6	2543	8.3	473	9.7	555	13.1	4380	19.0	6265
	Mozambique	10.3	494	19.5	940	25.7	2567	46.6	4649	8.3	780	9.7	914	13.1	7561	19.0	10838
	Namibia	10.3	96	19.5	184	25.7	342	46.6	619	8.3	47	9.7	55	13.1	955	19.0	1430
	Rwanda	10.3	309	19.5	588	25.7	1073	46.6	1943	8.3	346	9.7	406	13.1	3402	19.0	4895
	South Africa	10.3	3458	19.5	6580	25.7	8943	46.6	16198	8.3	3422	9.7	4011	13.1	31148	19.0	44648
	Swaziland	10.3	50	19.5	96	25.7	176	46.6	319	8.3	54	9.7	64	13.1	551	19.0	798
	Tanzania	10.3	1130	19.5	2151	25.7	2845	46.6	5154	8.3	1444	9.7	1692	13.1	10667	19.0	14995
	Uganda	10.3	747	19.5	1422	25.7	2698	46.6	4887	8.3	1286	9.7	1508	13.1	9313	19.0	13028
	Zambia	10.3	415	19.5	789	25.7	1730	46.6	3133	8.3	404	9.7	474	13.1	5018	19.0	7327
	Zimbabwe	10.3	4832	19.5	792	25.7	1716	46.6	3109	8.3	562	9.7	658	13.1	5303	19.0	7598
Eastern Mediter-ranean B	Bahrain	7.8	23	15.5	45	19.9	38	37.4	71	6.3	27	7.5	32	10.1	266	15.0	396
	Cyprus	7.8	97	15.5	191	19.9	111	37.4	209	6.3	83	7.5	98	10.1	601	15.0	893
	Iran	7.8	4867	15.5	9628	19.9	5639	37.4	10597	6.3	2473	7.5	2914	10.1	26271	15.0	39053
	Jordan	7.8	174	15.5	344	19.9	391	37.4	734	6.3	174	7.5	205	10.1	1571	15.0	2336
	Kuwait	7.8	48	15.5	95	19.9	107	37.4	201	6.3	52	7.5	61	10.1	553	15.0	822
	Lebanon	7.8	493	15.5	975	19.9	411	37.4	772	6.3	346	7.5	408	10.1	2403	15.0	3572
	Libya	7.8	437	15.5	865	19.9	712	37.4	1339	6.3	237	7.5	279	10.1	2386	15.0	3547
	Oman	7.8	114	15.5	226	19.9	186	37.4	349	6.3	52	7.5	61	10.1	989	15.0	1470
	Palestine	7.8	183	15.5	362	19.9	302	37.4	568	6.3	98	7.5	116	10.1	1101	15.0	1636
	Qatar	7.8	10	15.5	20	19.9	24	37.4	44	6.3	18	7.5	21	10.1	218	15.0	324
	Saudi Arabia	7.8	869	15.5	1719	19.9	1883	37.4	3538	6.3	403	7.5	475	10.1	7452	15.0	11078
	Syria	7.8	1548	15.5	3062	19.9	2606	37.4	4896	6.3	309	7.5	470	10.1	6690	15.0	9946
	Tunisia	7.8	1030	15.5	2037	19.9	1501	37.4	2820	6.3	542	7.5	639	10.1	5520	15.0	8206
	United Arab Emirates	7.8	56	15.5	111	19.9	164	37.4	308	6.3	102	7.5	120	10.1	1215	15.0	1806
Eastern Mediter-ranean D	Afghanistan	6.8	2955	13.9	6066	21.6	3983	33.4	7737	5.5	923	6.5	1097	8.6	16227	13.2	24809
	Djibouti	6.8	25	13.9	51	21.6	105	33.4	204	5.5	29	6.5	35	8.6	472	13.2	722
	Egypt	6.8	5439	13.9	11164	21.6	14485	33.4	28136	5.5	2470	6.5	2934	8.6	42374	13.2	64783
	Iraq	6.8	2041	13.9	4190	21.6	2937	33.4	5705	5.5	744	6.5	884	8.6	10255	13.2	15679
	Morocco	6.8	1302	13.9	2671	21.6	2292	33.4	4452	5.5	1360	6.5	1616	8.6	12303	13.2	18809
	Pakistan	6.8	10862	13.9	22294	21.6	20305	33.4	39440	5.5	6887	6.5	8182	8.6	81163	13.2	124086
	Somalia	6.8	159	13.9	326	21.6	756	33.4	1469	5.5	221	6.5	263	8.6	4900	13.2	7492

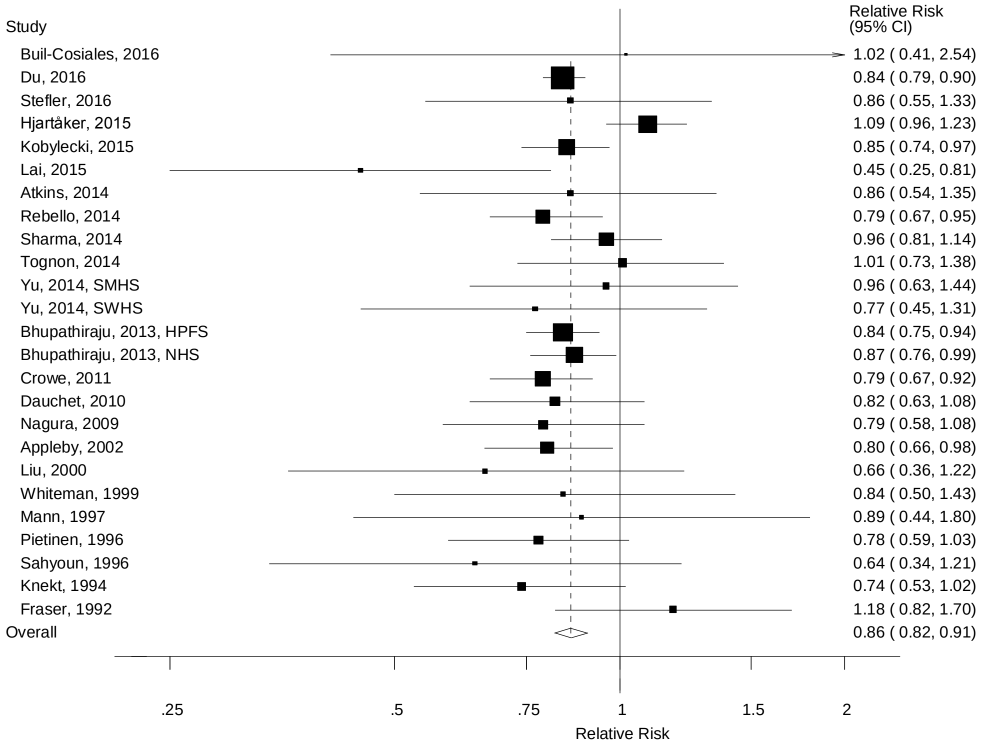
	South Sudan	6.8	170	13.9	349	21.6	1032	33.4	2005	5.5	281	6.5	334	8.6	6352	13.2	9712
	Sudan	6.8	1962	13.9	4027	21.6	3215	33.4	6245	5.5	720	6.5	856	8.6	12311	13.2	18822
	Yemen	6.8	1537	13.9	3155	21.6	2536	33.4	4926	5.5	492	6.5	584	8.6	8059	13.2	12321
South-East Asia B	Indonesia	12.2	22851	21.9	41005	30.6	88605	52.6	152177	9.8	14339	11.4	16587	15.9	224295	22.0	311309
	Sri Lanka	12.2	2813	21.9	5047	30.6	3761	52.6	6460	9.8	910	11.4	1052	15.9	19965	22.0	27710
	Thailand	12.2	7702	21.9	13820	30.6	18858	52.6	32388	9.8	9429	11.4	10908	15.9	79915	22.0	110918
	Timor-Leste	12.2	85	21.9	153	30.6	144	52.6	247	9.8	37	11.4	43	15.9	521	22.0	724
South-East Asia D	Bangladesh	11.4	8061	20.9	14817	28.5	50853	50.1	89261	9.2	10014	10.7	11646	14.7	120438	20.8	170159
	Bhutan	11.4	57	20.9	104	28.5	154	50.1	271	9.2	34	10.7	39	14.7	569	20.8	804
	India	11.4	141246	20.9	259620	28.5	202383	50.1	355241	9.2	60128	10.7	69930	14.7	1292052	20.8	1825463
	Maldives	11.4	14	20.9	25	28.5	37	50.1	66	9.2	7	10.7	8	14.7	139	20.8	196
	Myanmar	11.4	3089	20.9	5677	28.5	16081	50.1	28227	9.2	5988	10.7	6964	14.7	57660	20.8	81464
	Nepal	11.4	2034	20.9	3739	28.5	4580	50.1	8040	9.2	1177	10.7	1369	14.7	19436	20.8	27461
	South Korea	11.4	3996	20.9	7344	28.5	14366	50.1	25217	9.2	9271	10.7	10783	14.7	46791	20.8	66109
Western Pacific A	Australia	5.9	1634	12.3	3422	15.0	2190	29.6	4335	4.7	2253	5.7	2688	7.5	12203	11.6	18930
	Brunei	5.9	12	12.3	25	15.0	26	29.6	51	4.7	13	5.7	16	7.5	96	11.6	150
	Japan	5.9	8521	12.3	17845	15.0	27776	29.6	54974	4.7	19835	5.7	23658	7.5	99579	11.6	154469
	New Zealand	5.9	355	12.3	743	15.0	434	29.6	859	4.7	456	5.7	544	7.5	2451	11.6	3801
	Singapore	5.9	258	12.3	540	15.0	373	29.6	739	4.7	294	5.7	351	7.5	1742	11.6	2703
Western Pacific B	Cambodia	7.9	1542	16.9	3289	19.6	3230	39.3	6476	6.4	692	7.7	834	9.8	9870	15.5	15714
	China	7.9	94306	16.9	201135	19.6	376428	39.3	754619	6.4	134971	7.7	162576	9.8	863856	15.5	1375295
	Federated States of Micronesia	7.9	7	16.9	14	19.6	16	39.3	32	6.4	3	7.7	3	9.8	67	15.5	107
	Fiji	7.9	96	16.9	205	19.6	126	39.3	253	6.4	42	7.7	51	9.8	672	15.5	1070
	Kiribati	7.9	5	16.9	12	19.6	22	39.3	44	6.4	3	7.7	3	9.8	79	15.5	125
	Laos	7.9	437	16.9	933	19.6	967	39.3	1939	6.4	242	7.7	291	9.8	3327	15.5	5296
	Malaysia	7.9	1650	16.9	3520	19.6	2922	39.3	5857	6.4	1353	7.7	1629	9.8	13707	15.5	21822
	Marshall Islands	7.9	4	16.9	8	19.6	9	39.3	19	6.4	2	7.7	2	9.8	43	15.5	69
	Mongolia	7.9	264	16.9	563	19.6	705	39.3	1414	6.4	279	7.7	336	9.8	1900	15.5	3024
	North Korea	7.9	3160	16.9	6740	19.6	8829	39.3	17700	6.4	3017	7.7	3634	9.8	19844	15.5	31592
	Oceania	7.9	848	16.9	1810	19.6	653	39.3	1309	6.4	427	7.7	514	9.8	6701	15.5	10668
	Papua New Guinea	7.9	668	16.9	1425	19.6	321	39.3	643	6.4	345	7.7	415	9.8	5147	15.5	8194
	Philippines	7.9	5273	16.9	11247	19.6	12097	39.3	24250	6.4	4279	7.7	5155	9.8	44730	15.5	71212

	Samoa	7.9	13	16.9	28	19.6	25	39.3	51	6.4	6	7.7	8	9.8	104	15.5	166
	Solomon Islands	7.9	33	16.9	70	19.6	82	39.3	163	6.4	13	7.7	16	9.8	359	15.5	572
	Taiwan	7.9	1021	16.9	2178	19.6	2784	39.3	5580	6.4	2939	7.7	3541	9.8	15813	15.5	25175
	Tonga	7.9	7	16.9	14	19.6	13	39.3	26	6.4	6	7.7	8	9.8	66	15.5	106
	Vanuatu	7.9	15	16.9	33	19.6	39	39.3	78	6.4	7	7.7	8	9.8	163	15.5	259
	Vietnam	7.9	2676	16.9	5707	19.6	28580	39.3	57293	6.4	7241	7.7	8722	9.8	49253	15.5	78412

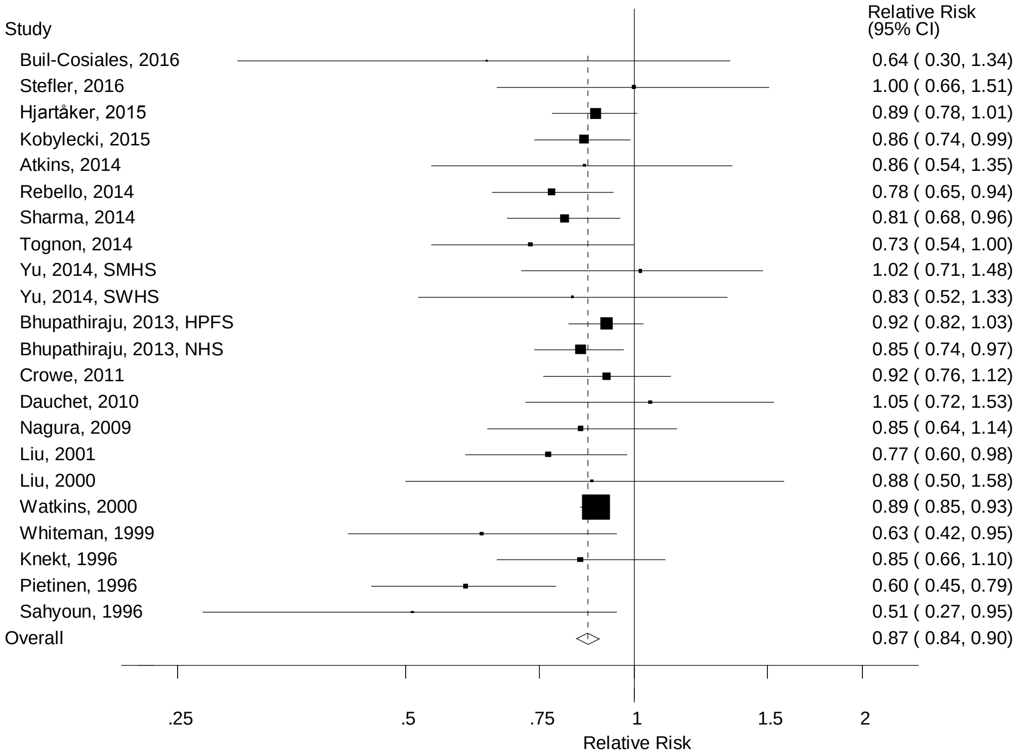
Supplementary Figure 1. Fruits, vegetables and coronary heart disease, high vs. low analysis



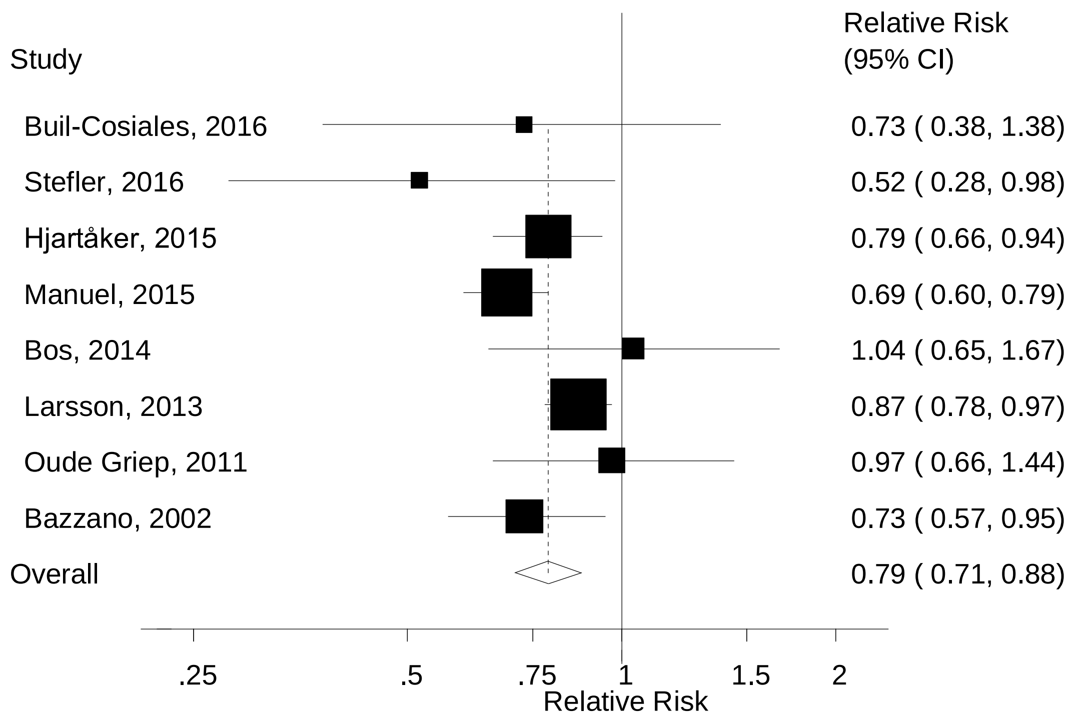
Supplementary Figure 2. Fruits and coronary heart disease, high vs. low analysis



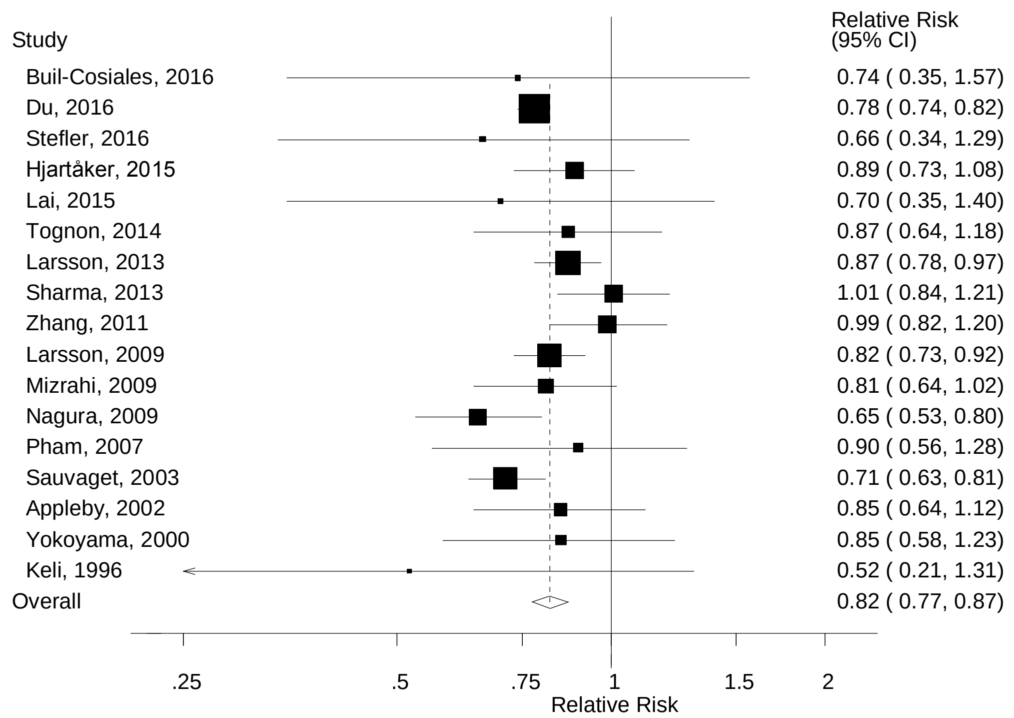
Supplementary Figure 3. Vegetables and coronary heart disease, high vs. low analysis



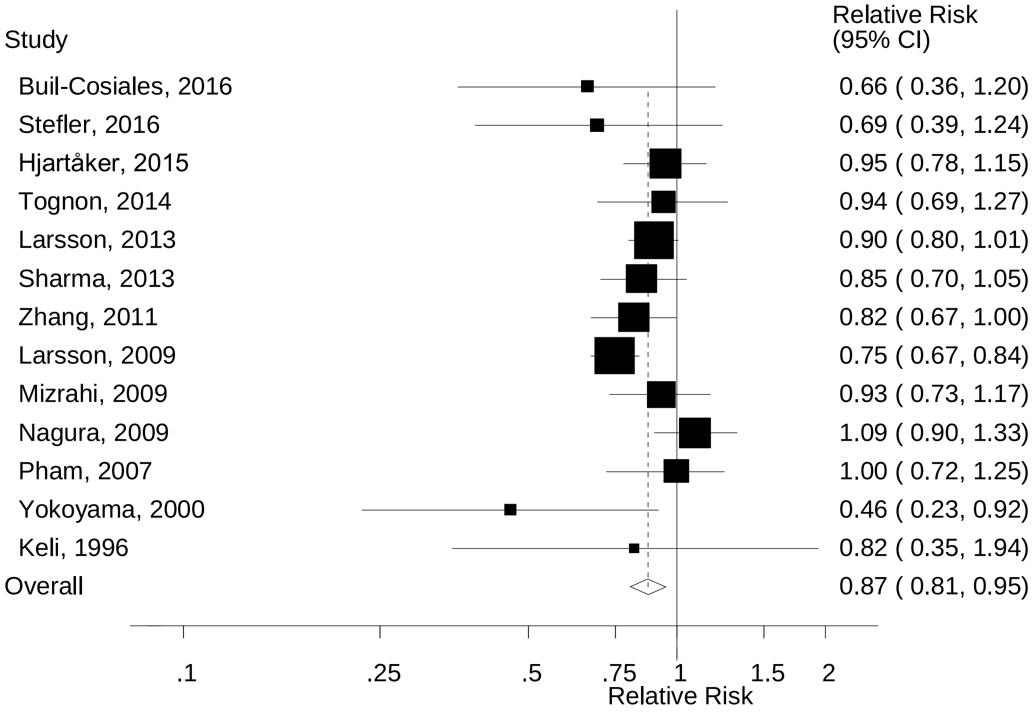
Supplementary Figure 4. Fruits, vegetables and total stroke, high vs. low analysis



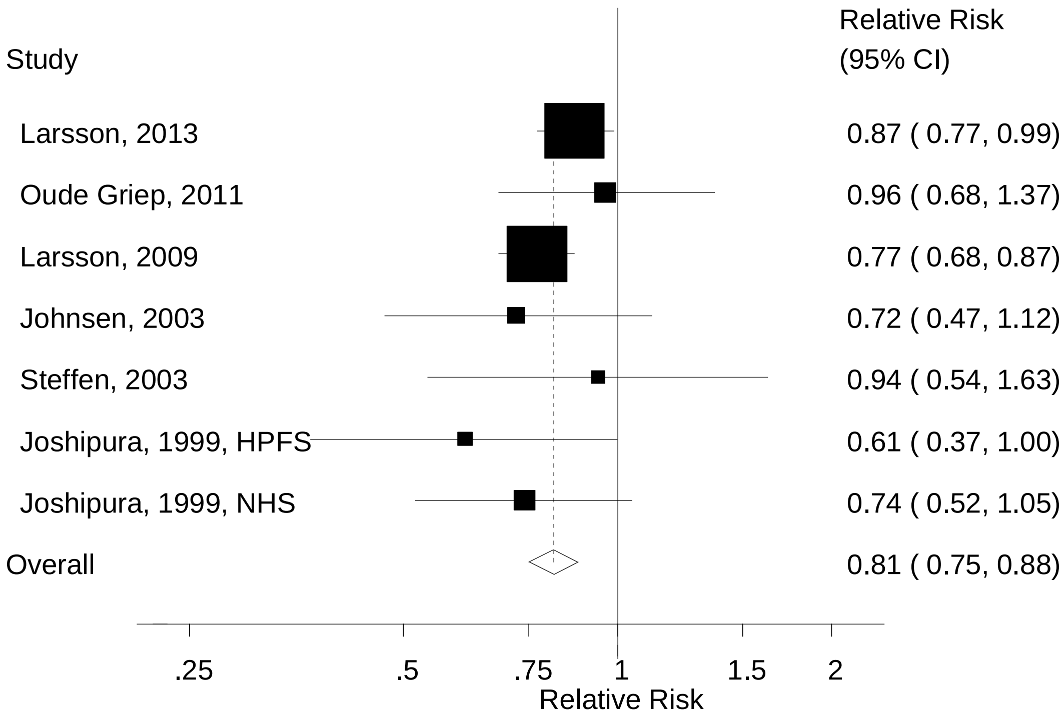
Supplementary Figure 5. Fruits and total stroke, high vs. low analysis



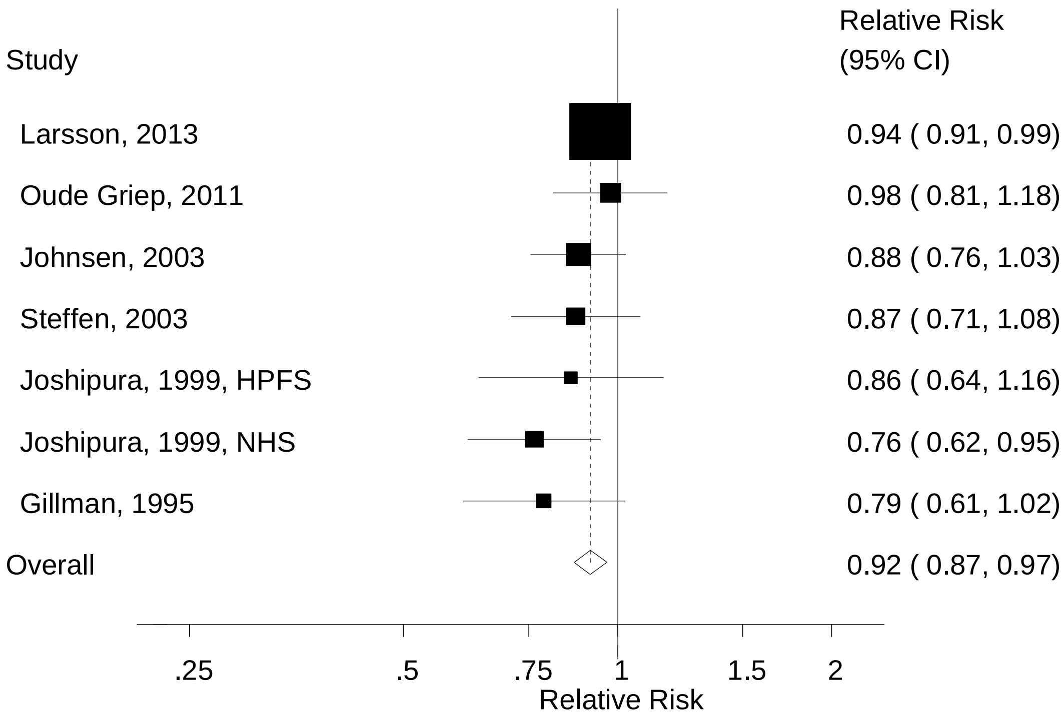
Supplementary Figure 6. Vegetables and total stroke, high vs. low analysis



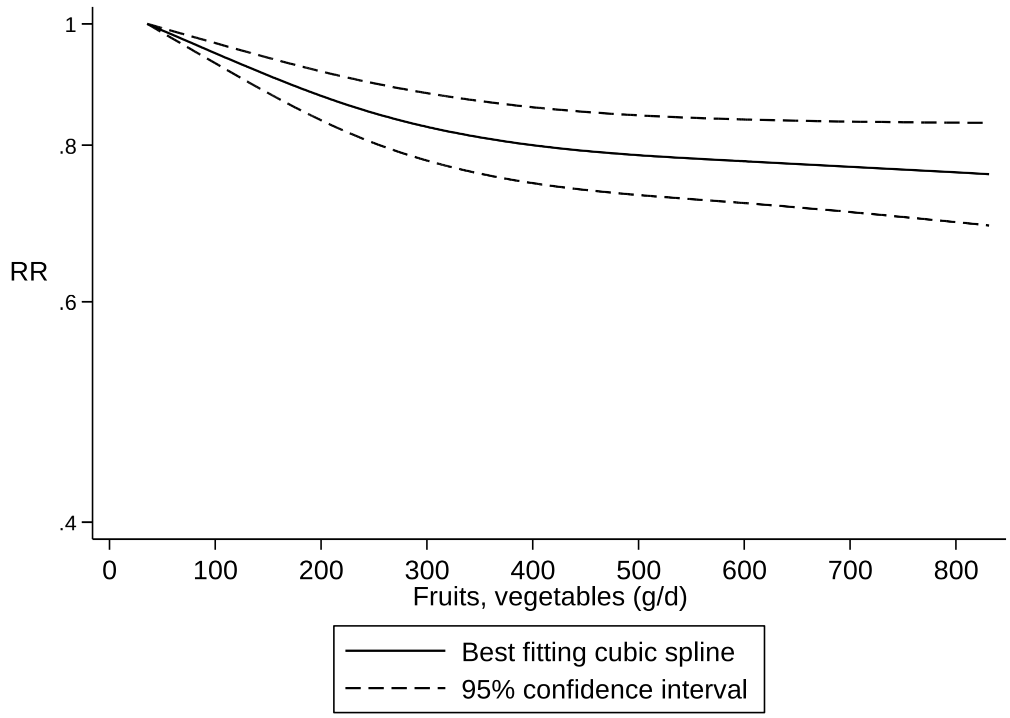
Supplementary Figure 7. Fruits, vegetables and ischemic stroke, high vs. low analysis



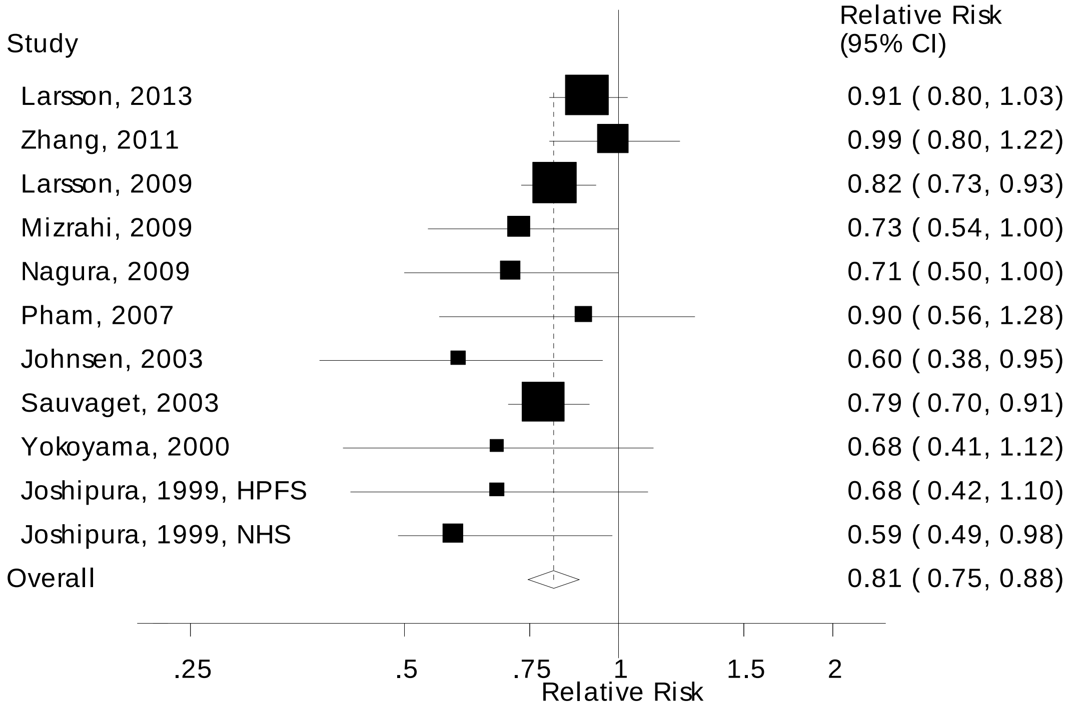
Supplementary Figure 8. Fruits, vegetables and ischemic stroke, dose-response analysis, per 100 g/d



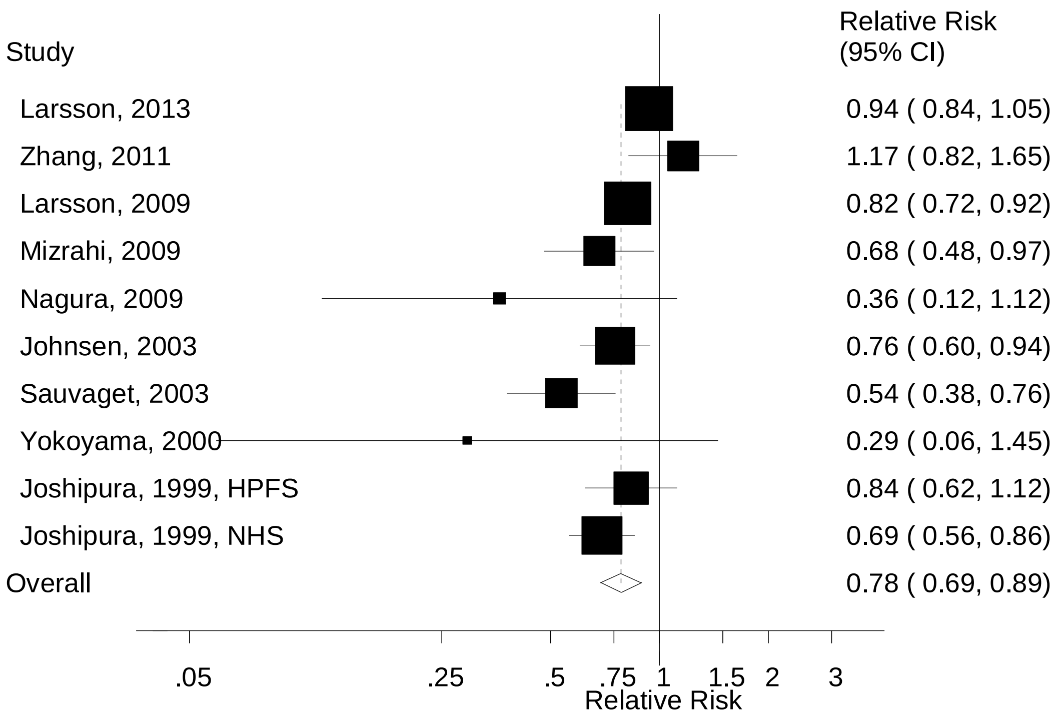
Supplementary Figure 9. Fruits, vegetables and ischemic stroke, nonlinear dose-response



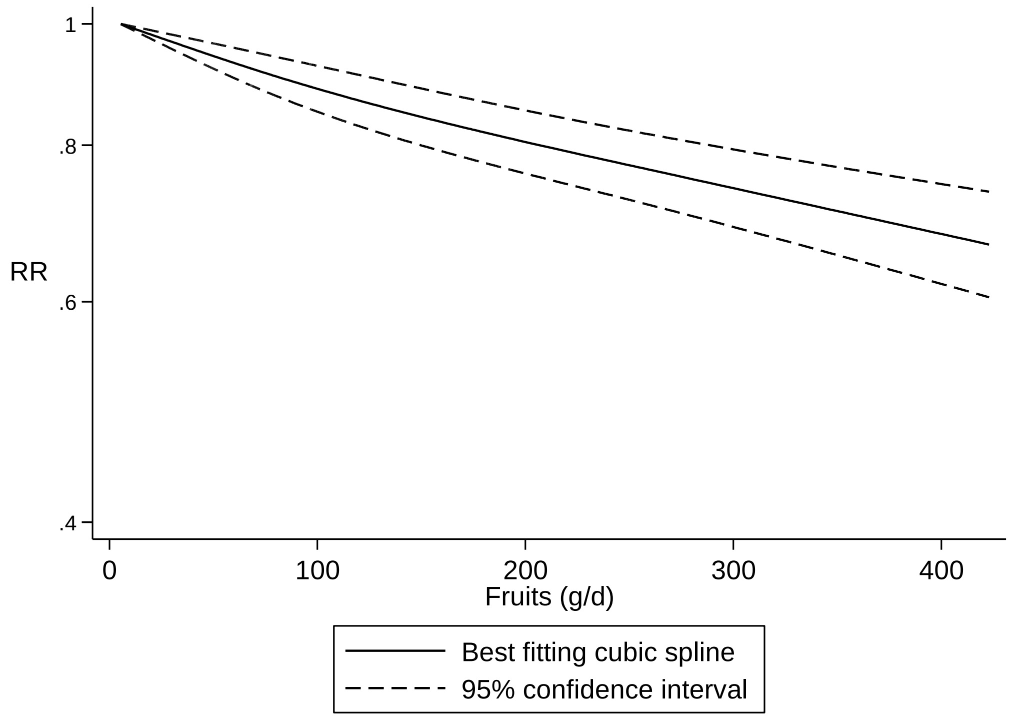
Supplementary Figure 10. Fruits and ischemic stroke, high vs. low analysis



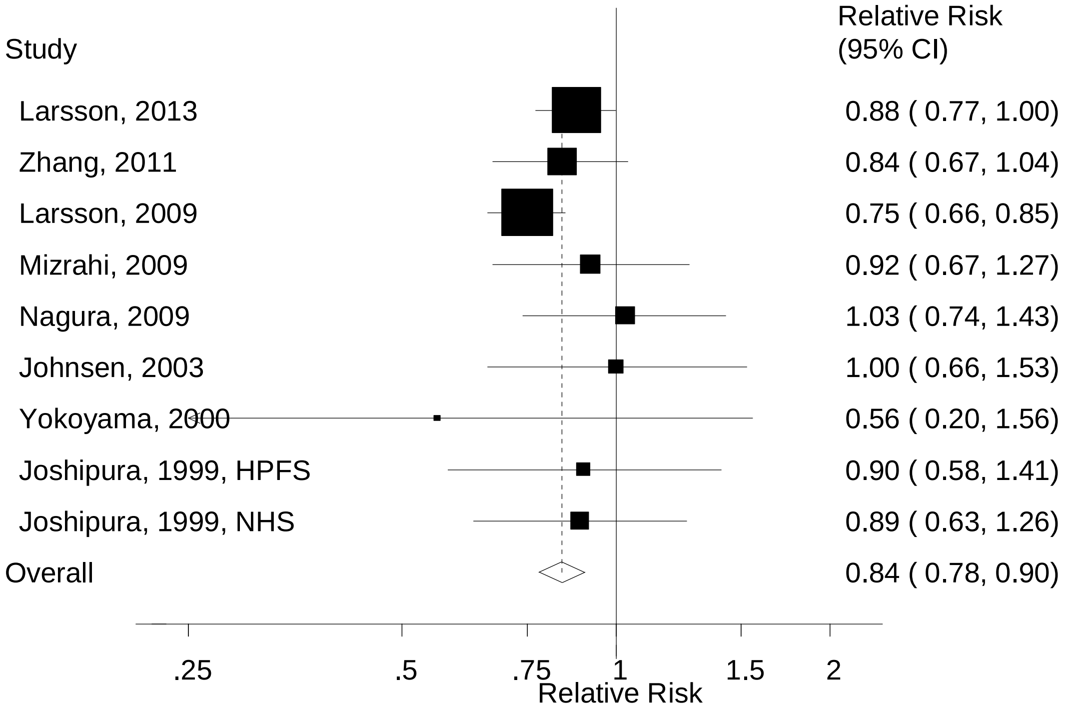
Supplementary Figure 11. Fruits and ischemic stroke, dose-response analysis, per 200 g/d



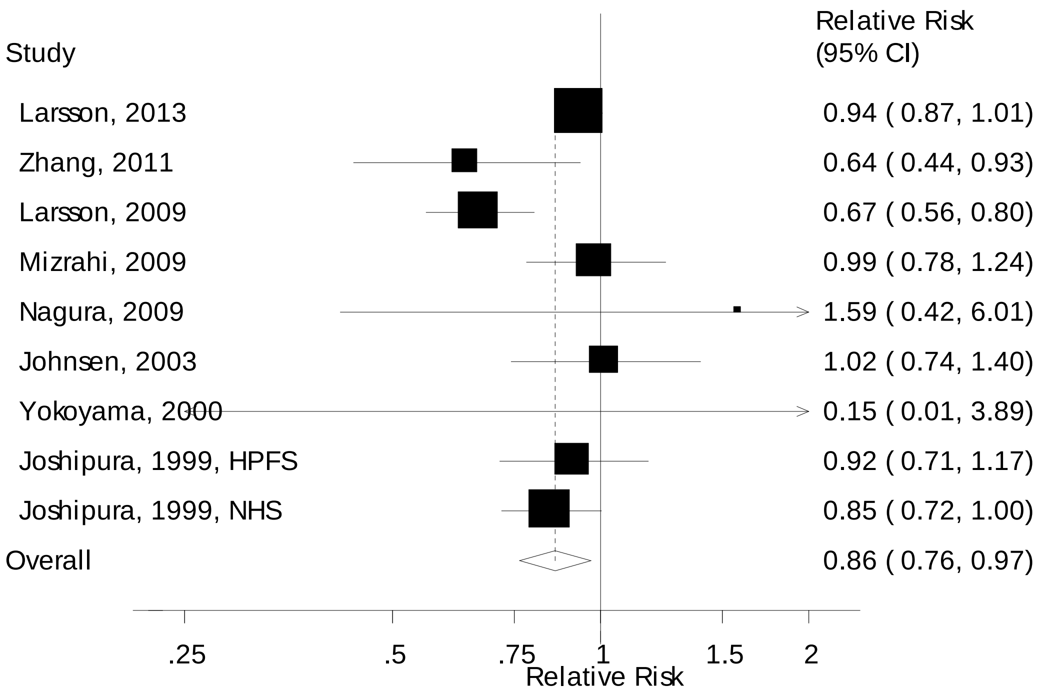
Supplementary Figure 12. Fruits and ischemic stroke, nonlinear dose-response analysis



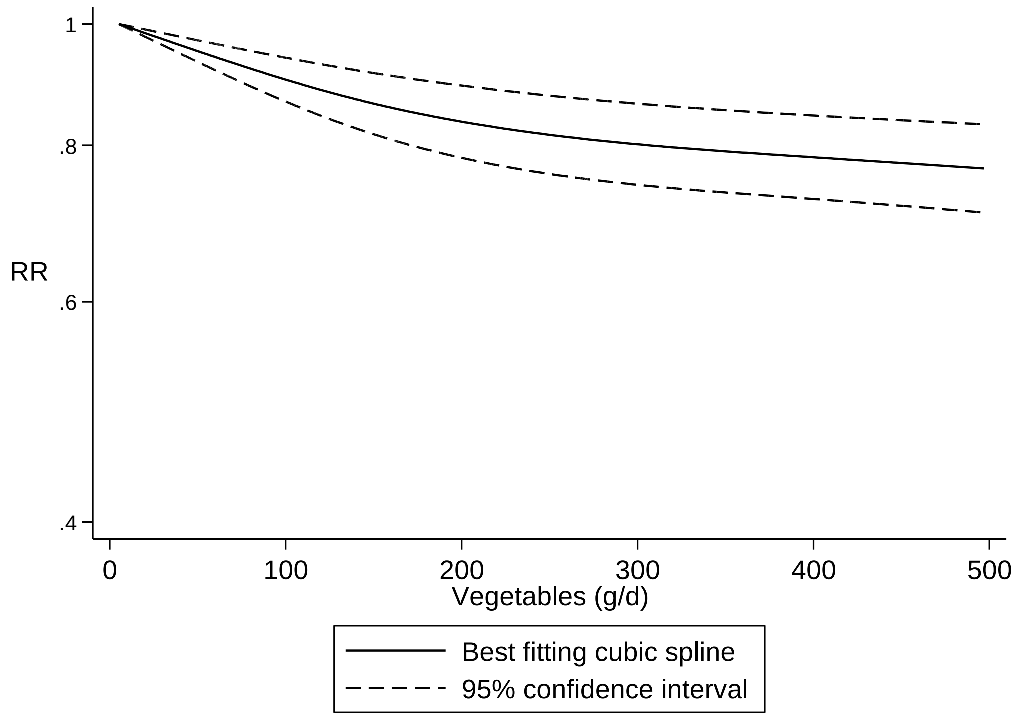
Supplementary Figure 13. Vegetables and ischemic stroke, high vs. low analysis



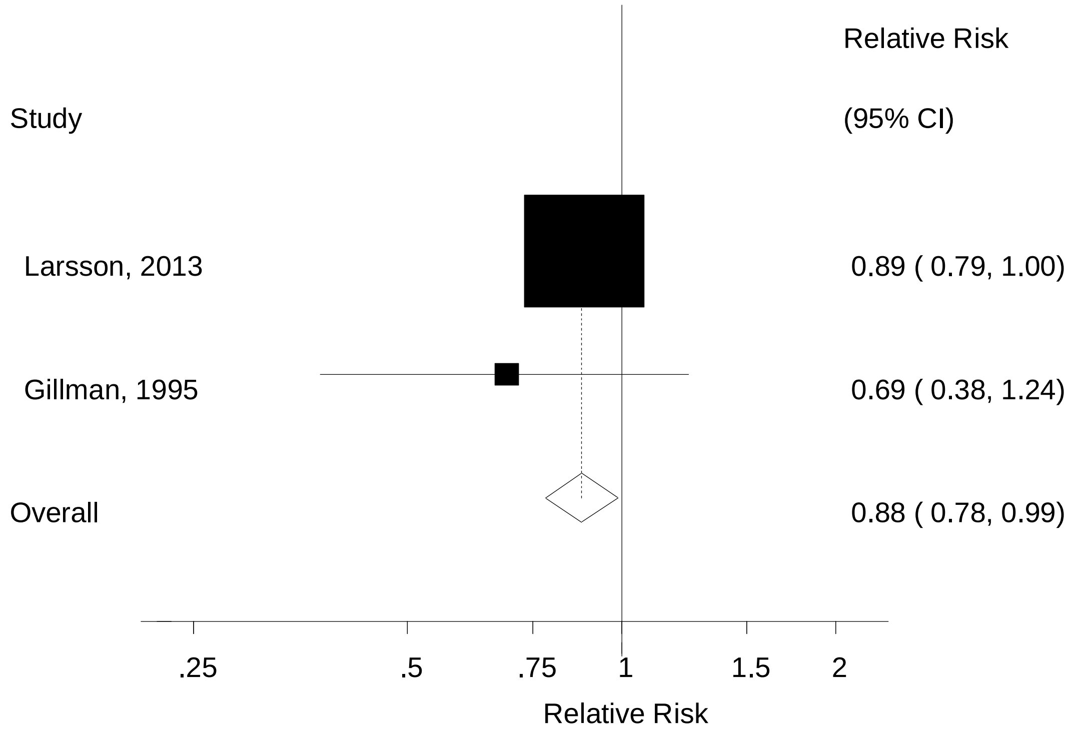
Supplementary Figure 14. Vegetables and ischemic stroke, dose-response analysis, per 200 g/d



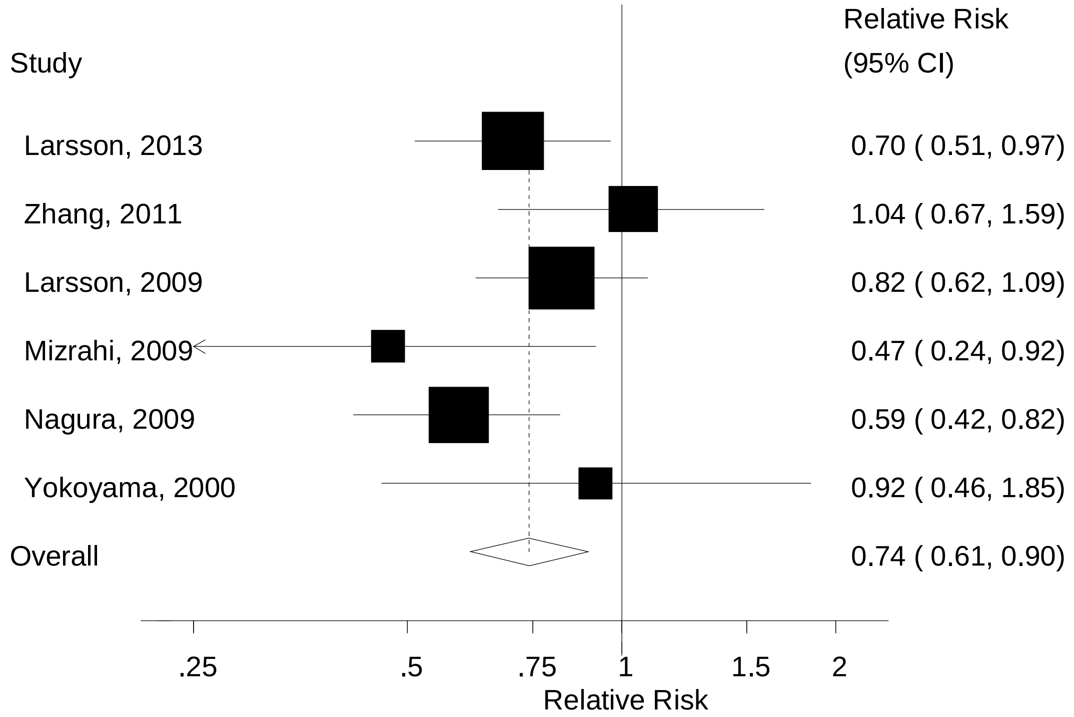
Supplementary Figure 15. Vegetables and ischemic stroke, nonlinear dose-response analysis



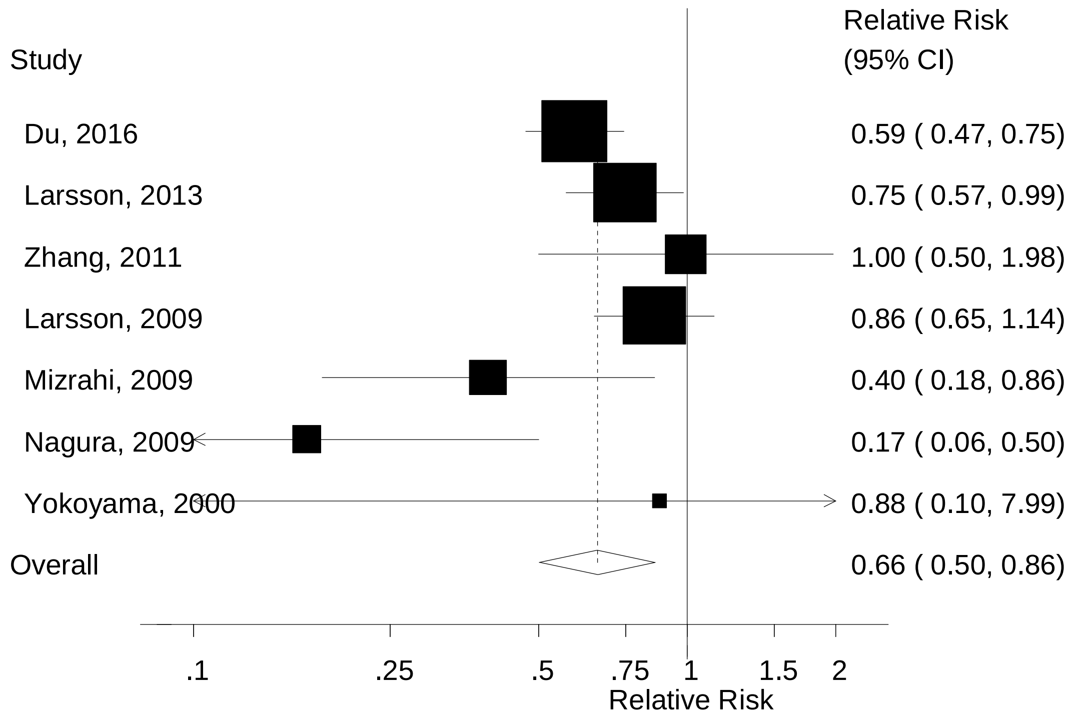
Supplementary Figure 16. Fruits, vegetables and hemorrhagic stroke, dose-response analysis, per 100 g/d



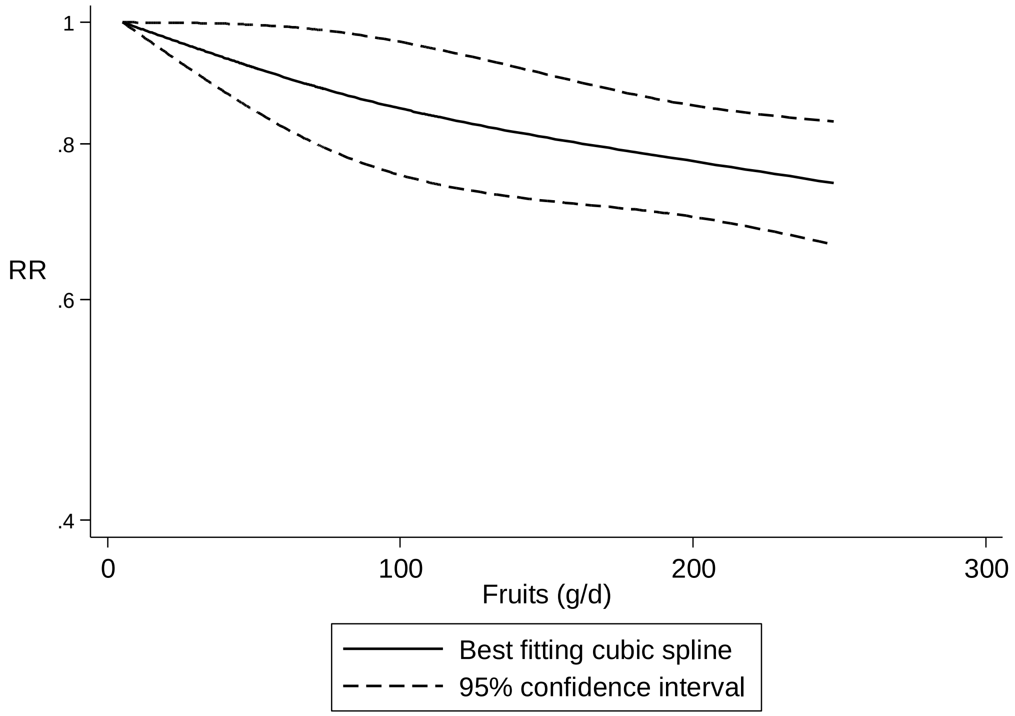
Supplementary Figure 17. Fruits and hemorrhagic stroke, high vs. low analysis



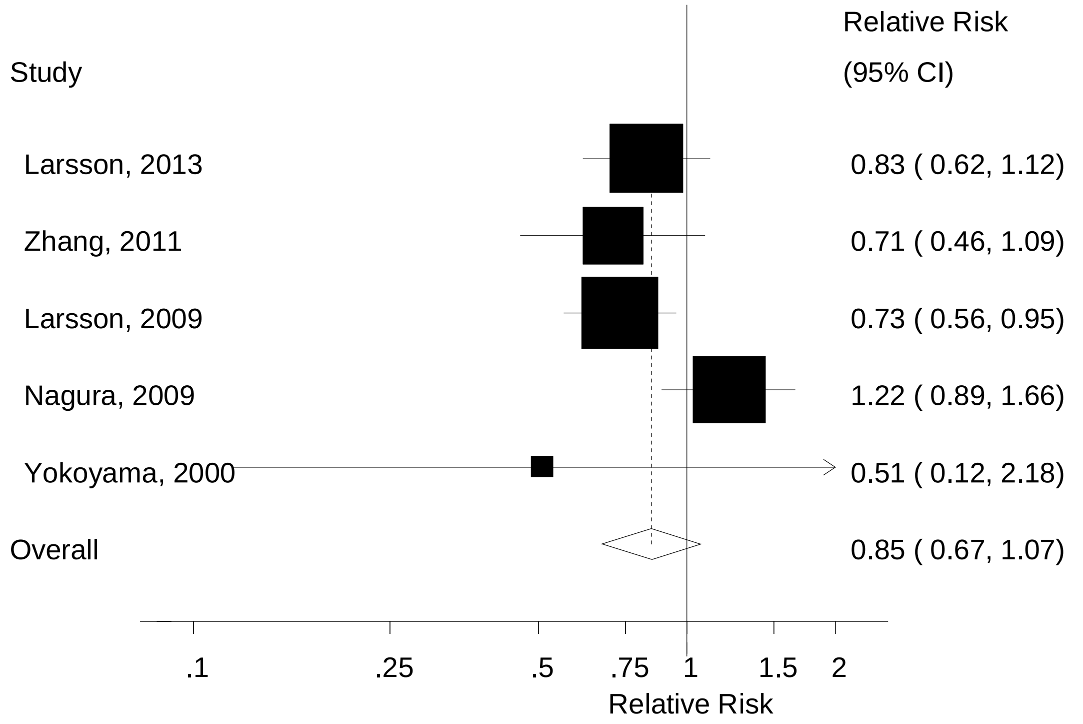
Supplementary Figure 18. Fruits and hemorrhagic stroke, dose-response analysis, per 100 g/d



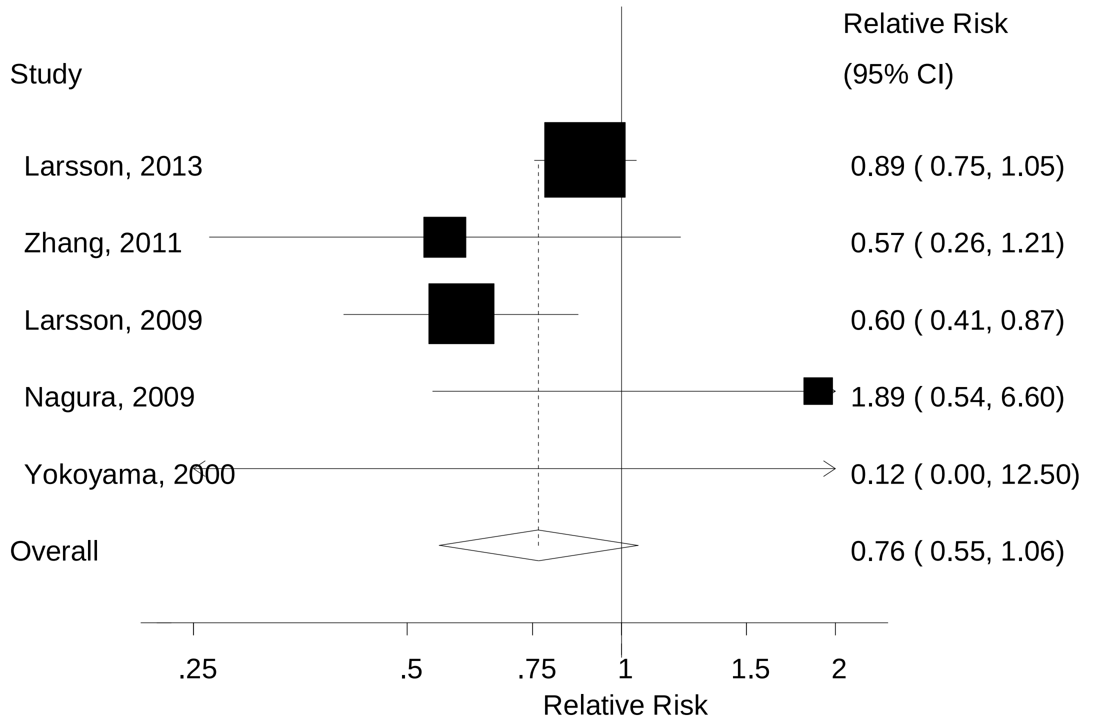
Supplementary Figure 19. Fruits and hemorrhagic stroke, nonlinear dose-response



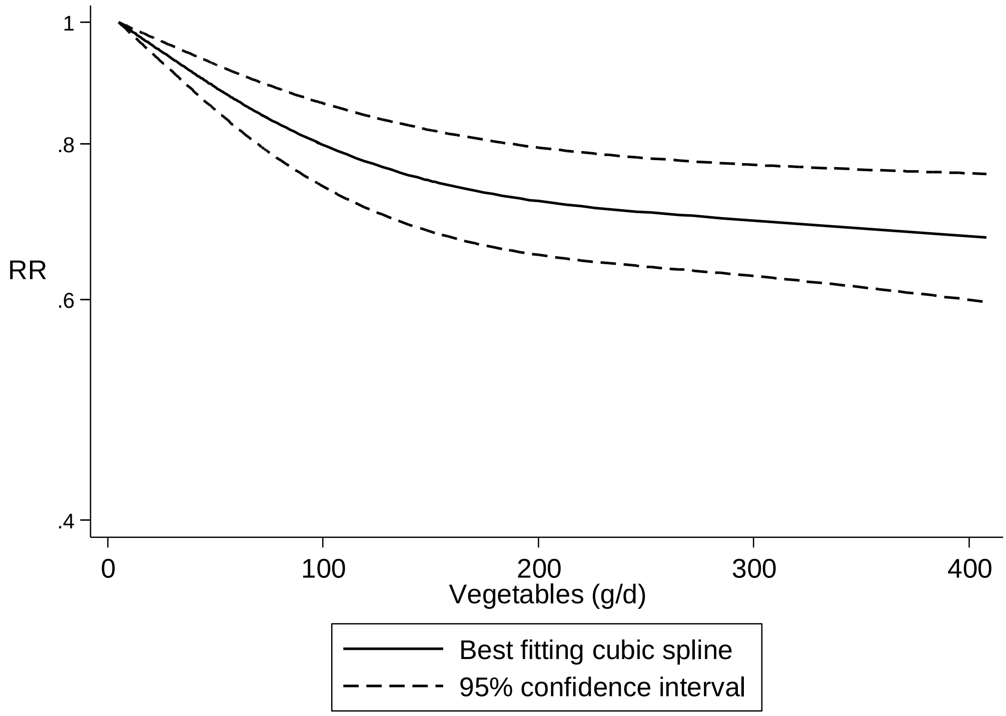
Supplementary Figure 20. Vegetables and hemorrhagic stroke, high vs. low analysis



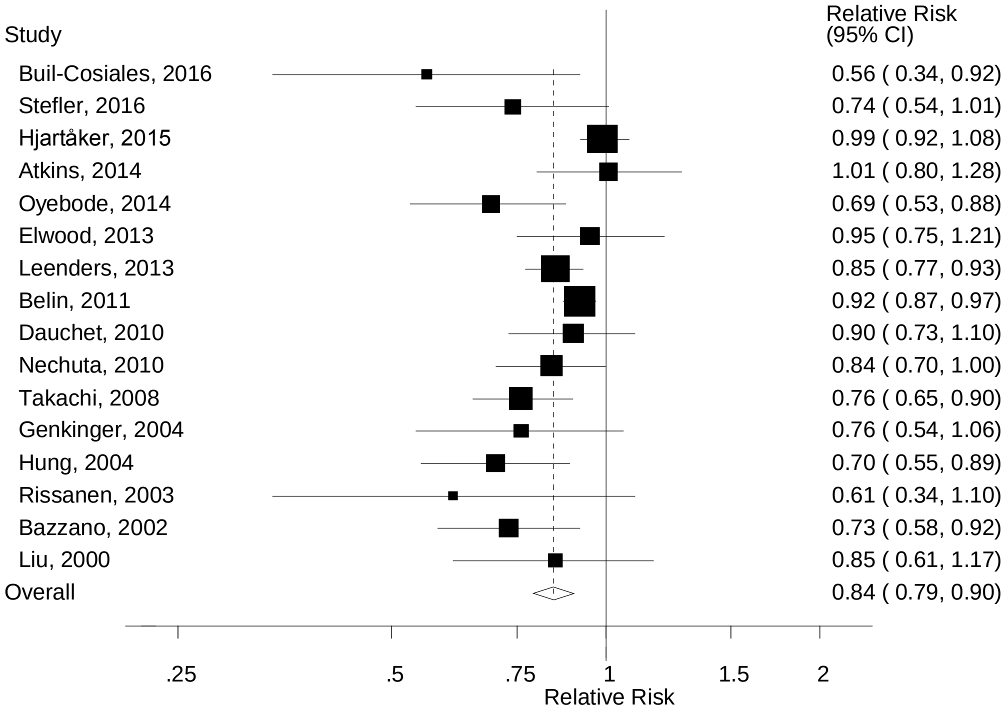
Supplementary Figure 21. Vegetables and hemorrhagic stroke, dose-response analysis, per 100 g/d



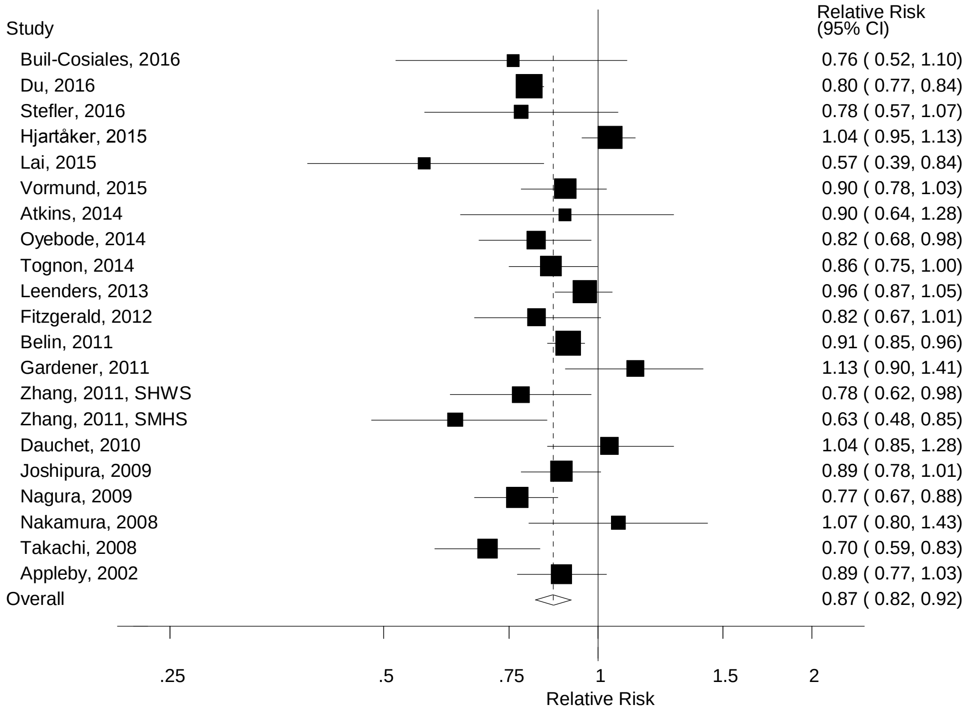
Supplementary Figure 22. Vegetables and hemorrhagic stroke, nonlinear dose-response



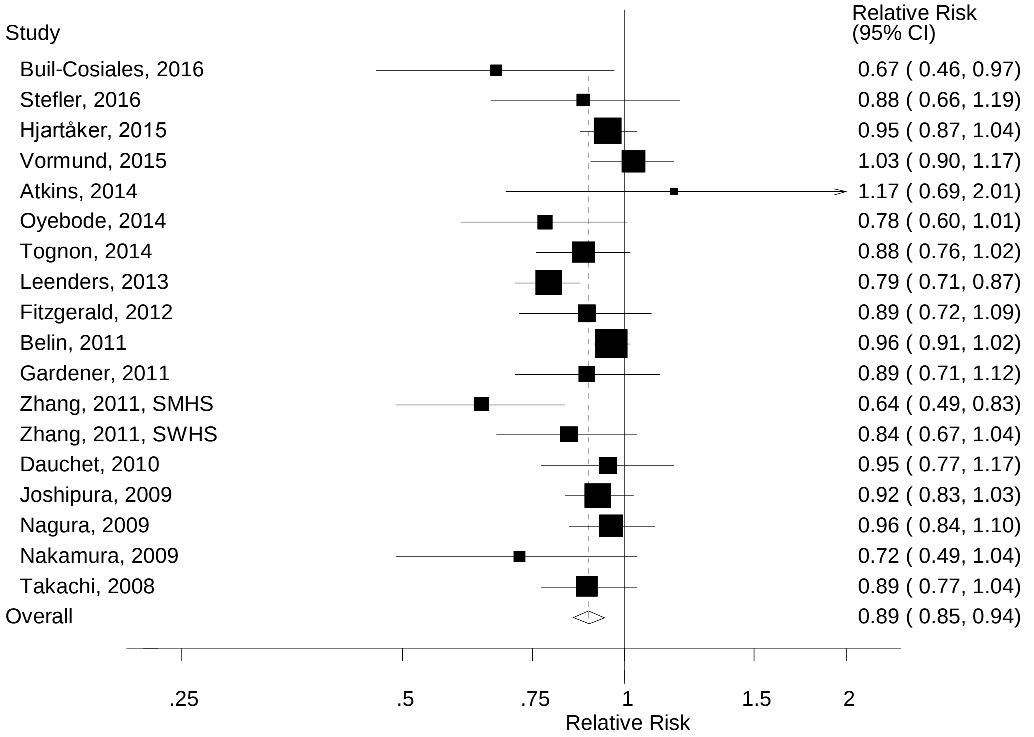
Supplementary Figure 23. Fruits, vegetables and cardiovascular disease, high vs. low analysis



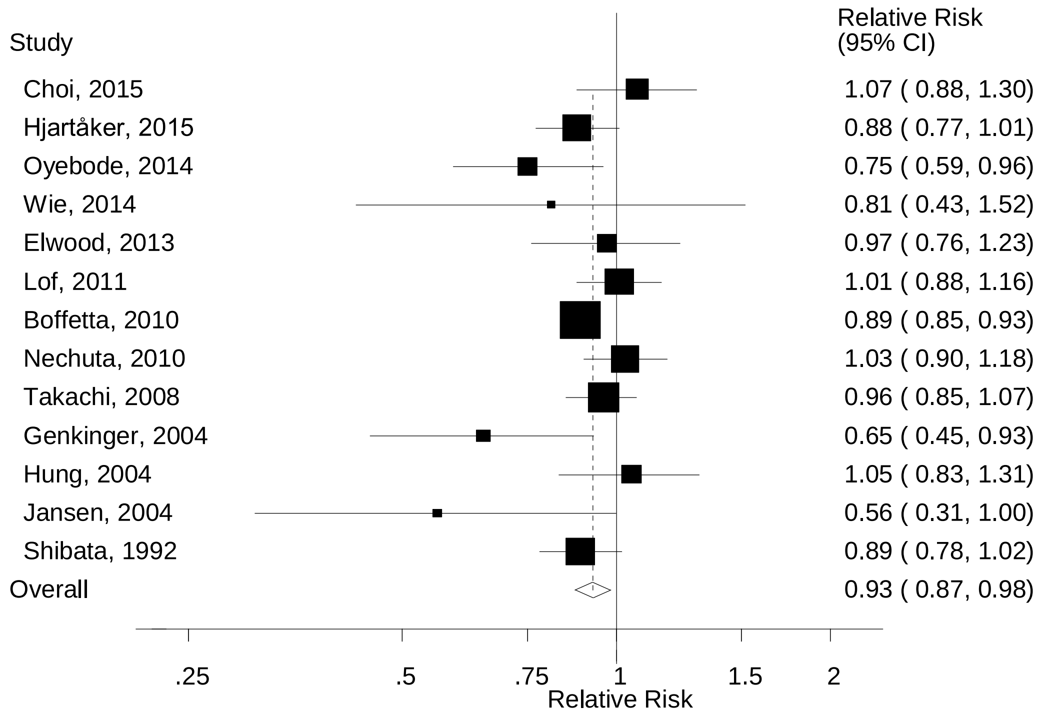
Supplementary Figure 24. Fruits and cardiovascular disease, high vs. low analysis



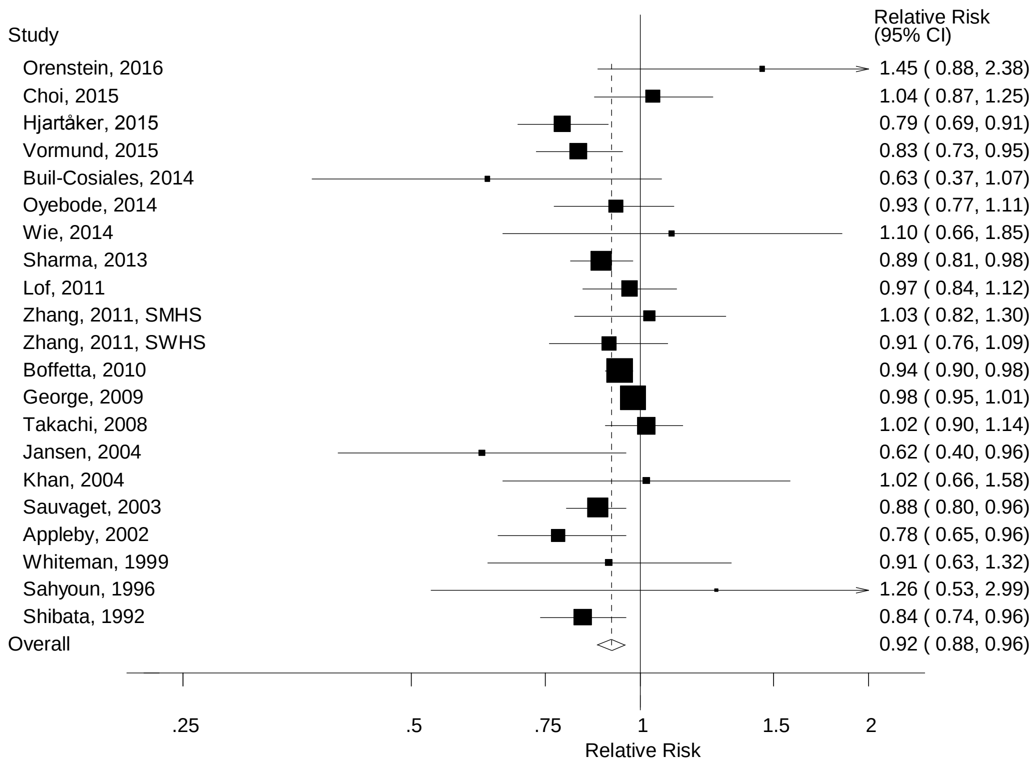
Supplementary Figure 25. Vegetables and cardiovascular disease, high vs. low analysis



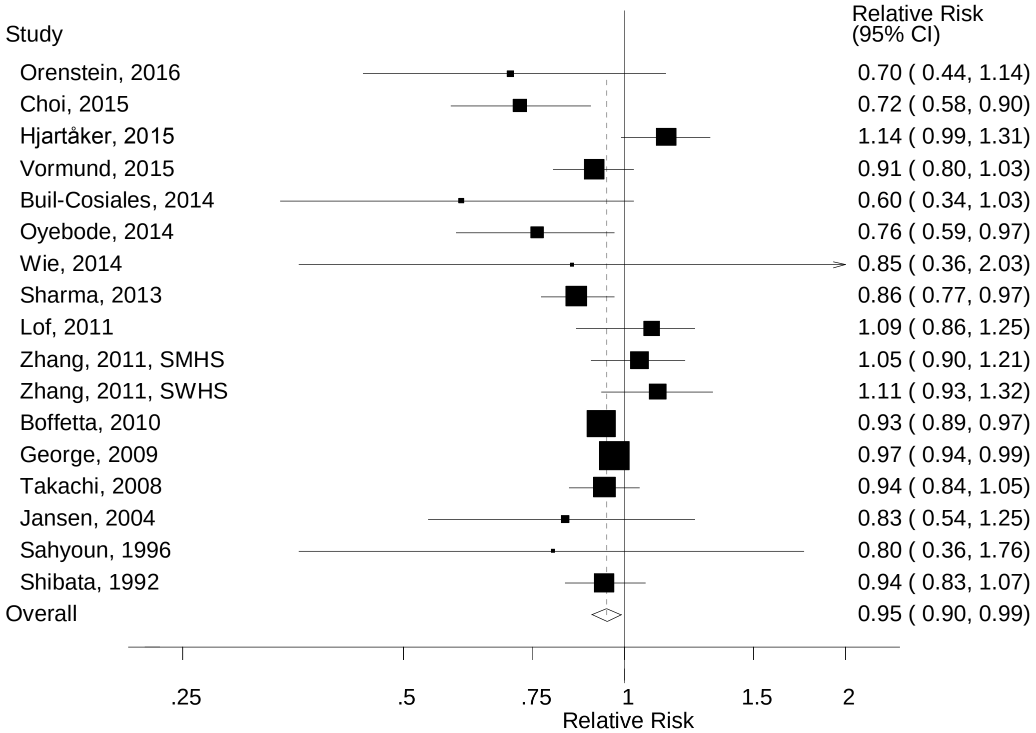
Supplementary Figure 26. Fruits, vegetables and total cancer, high vs. low analysis



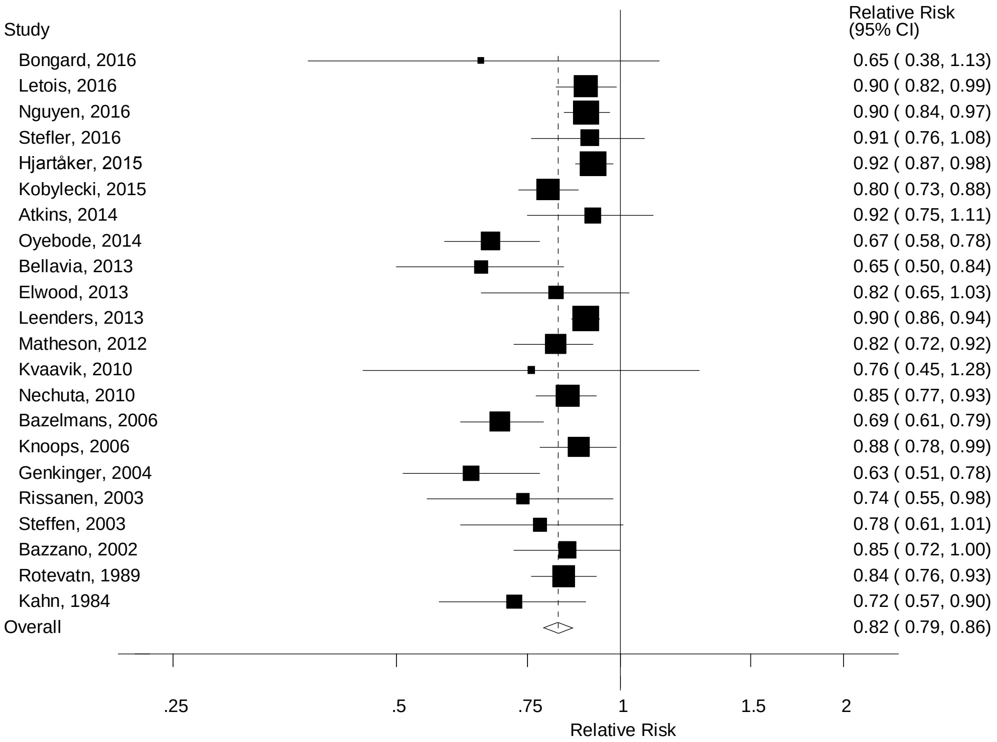
Supplementary Figure 27. Fruits and total cancer, high vs. low analysis



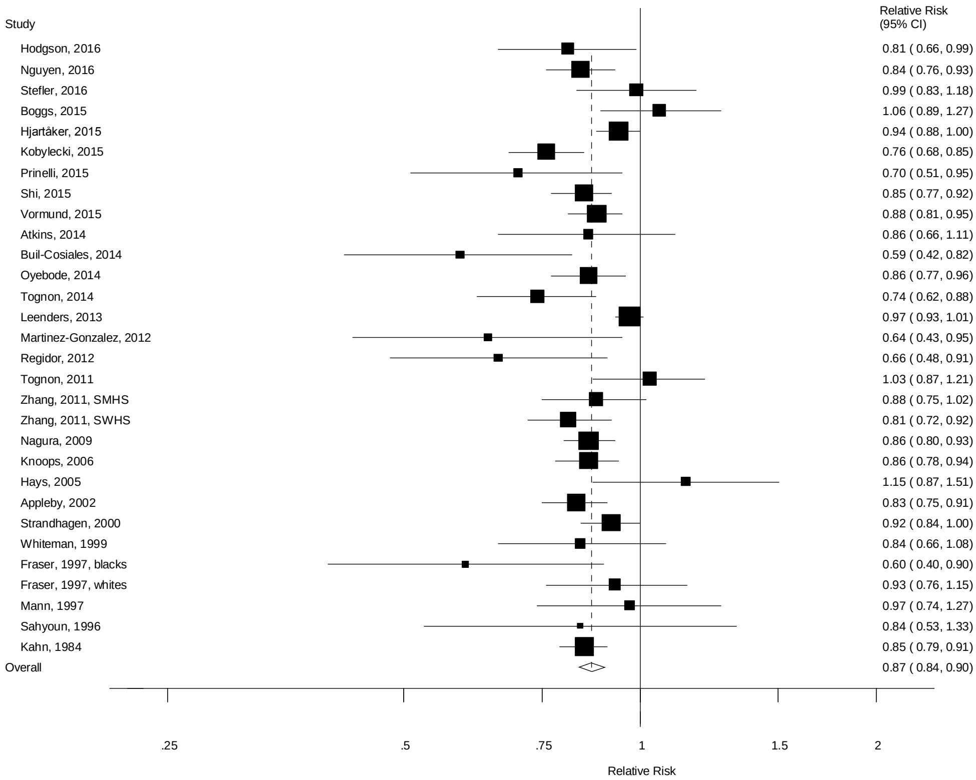
Supplementary Figure 28. Vegetables and total cancer, high vs. low analysis



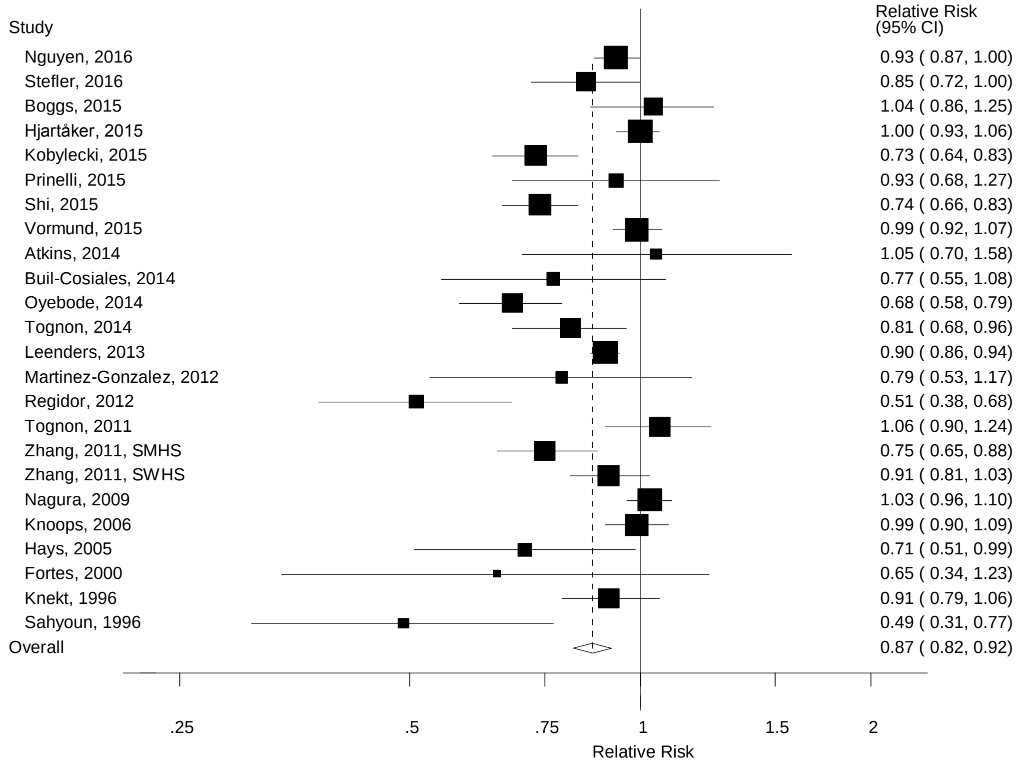
Supplementary Figure 29. Fruits, vegetables and all-cause mortality, high vs. low analysis



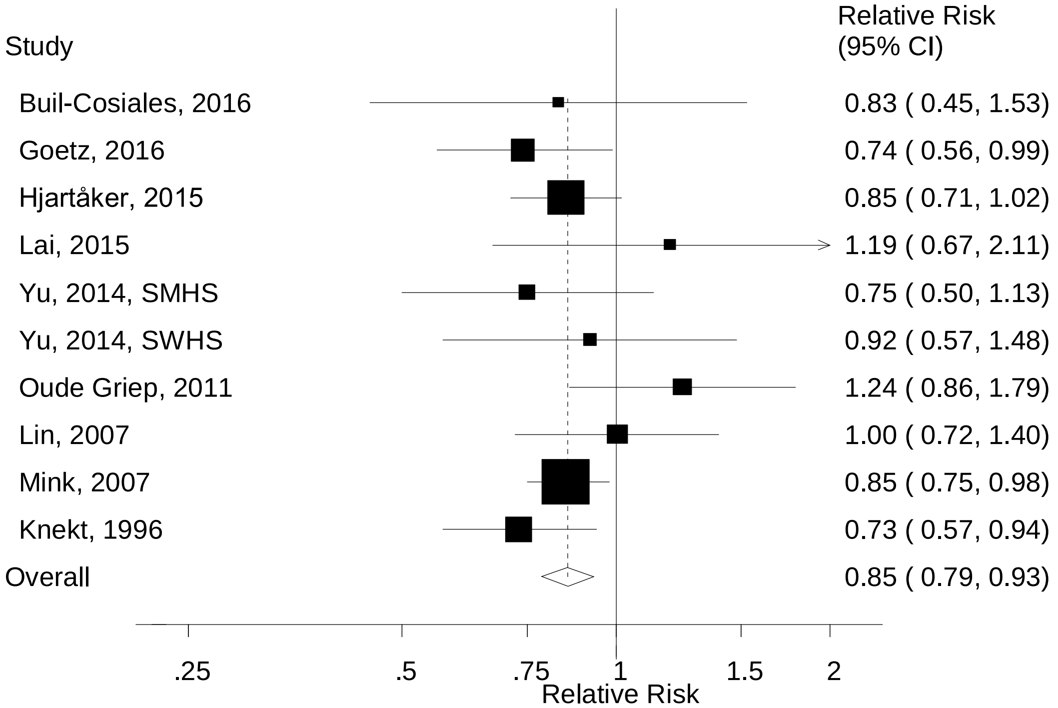
Supplementary Figure 30. Fruits and all-cause mortality, high vs. low analysis



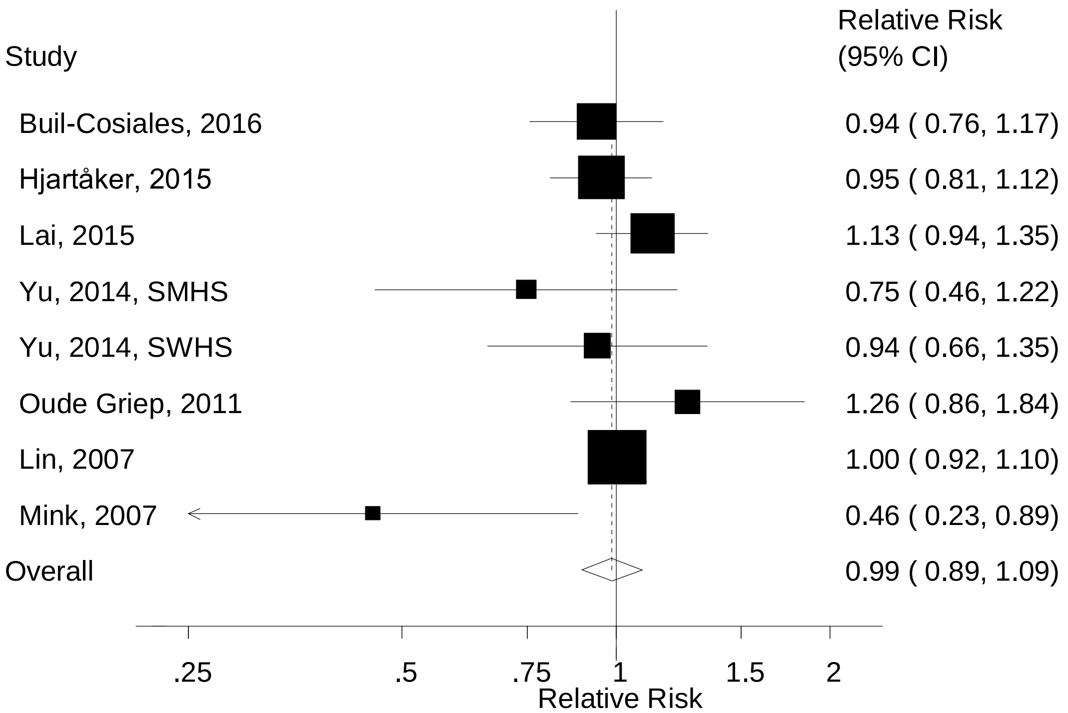
Supplementary Figure 31. Vegetables and all-cause mortality, high vs. low analysis



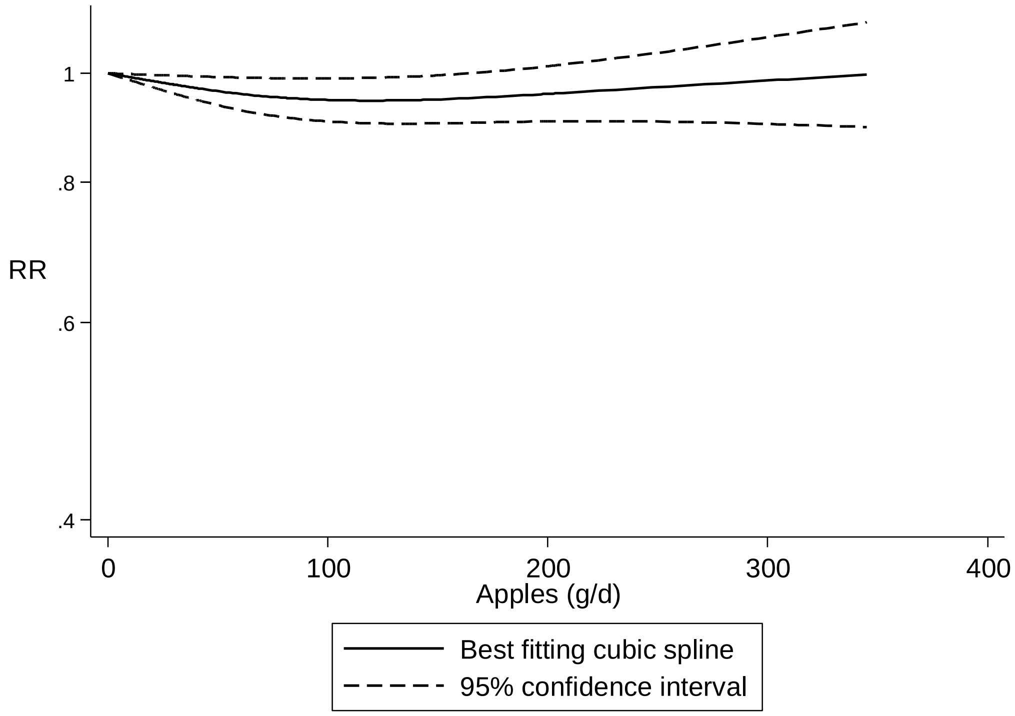
Supplementary Figure 32. Apples and pears and coronary heart disease, high vs. low analysis



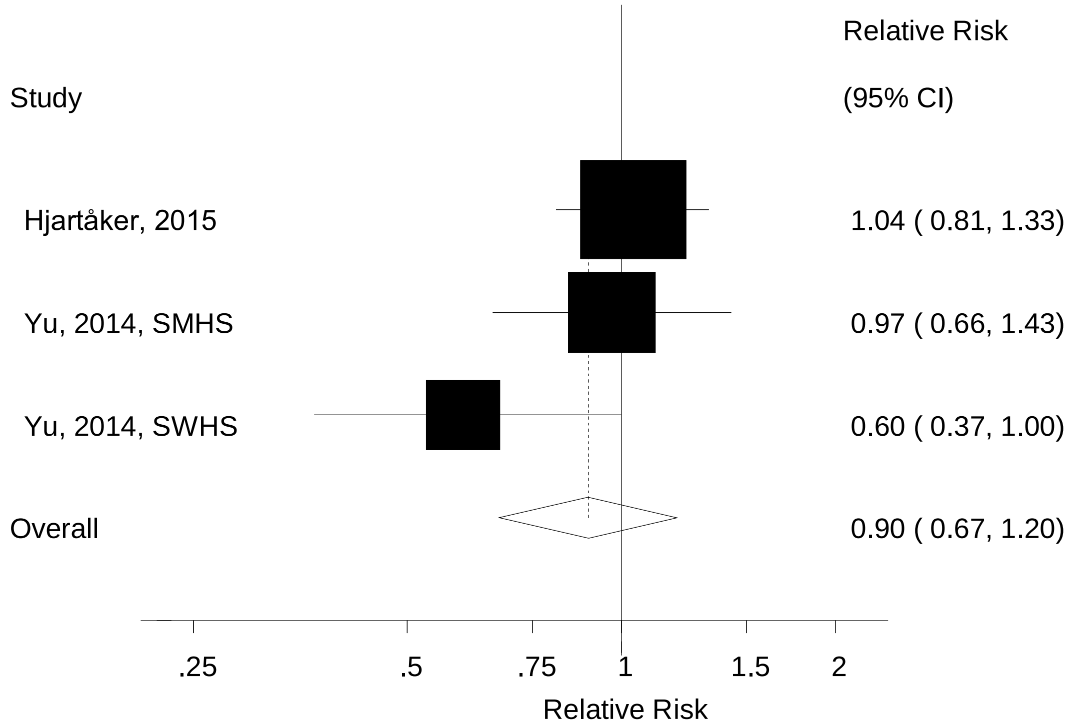
Supplementary Figure 33. Apples and pears and coronary heart disease, dose-response analysis, per 100 g/d



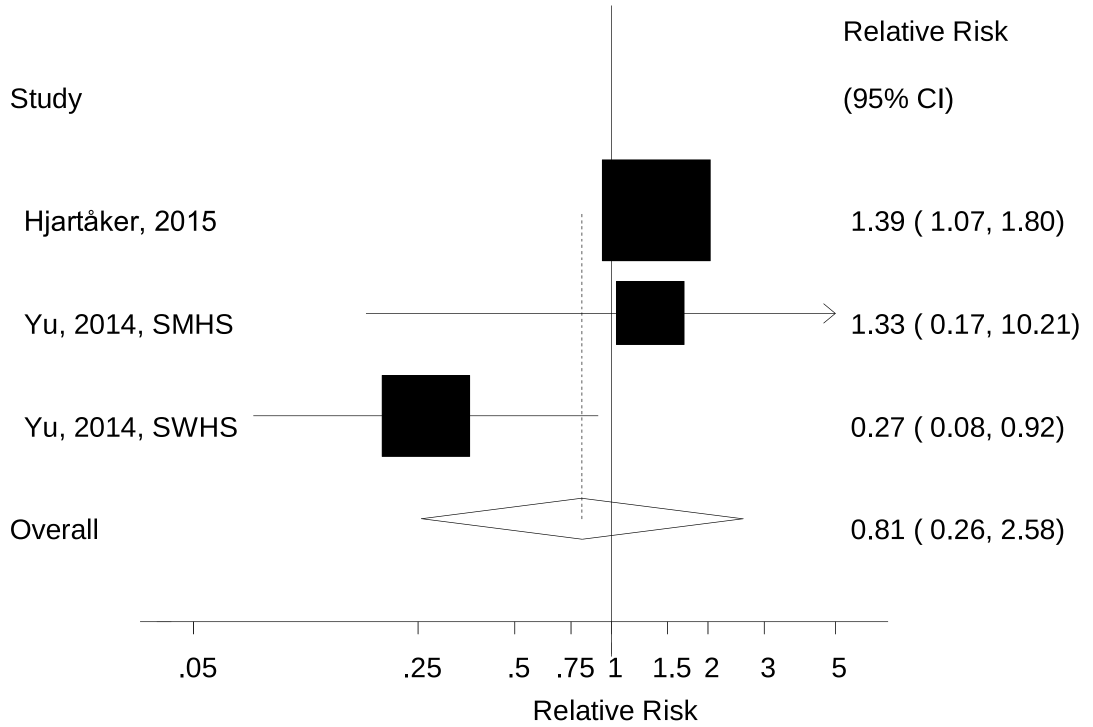
Supplementary Figure 34. Apples and pears and coronary heart disease, nonlinear dose-response analysis



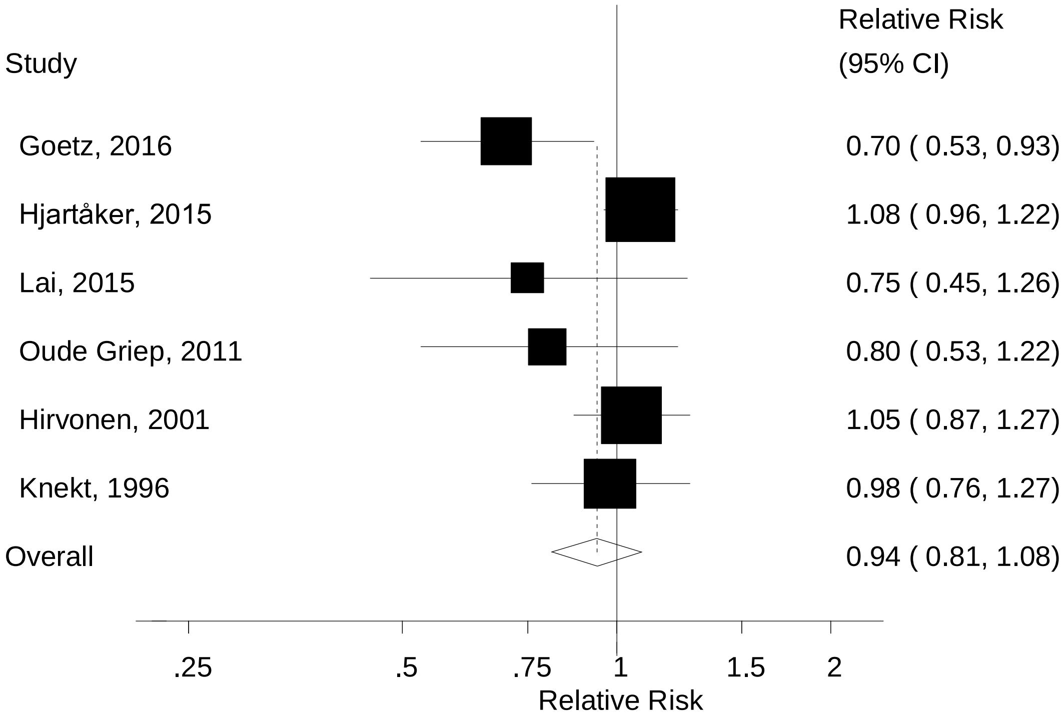
Supplementary Figure 35. Bananas and coronary heart disease, high vs. low analysis



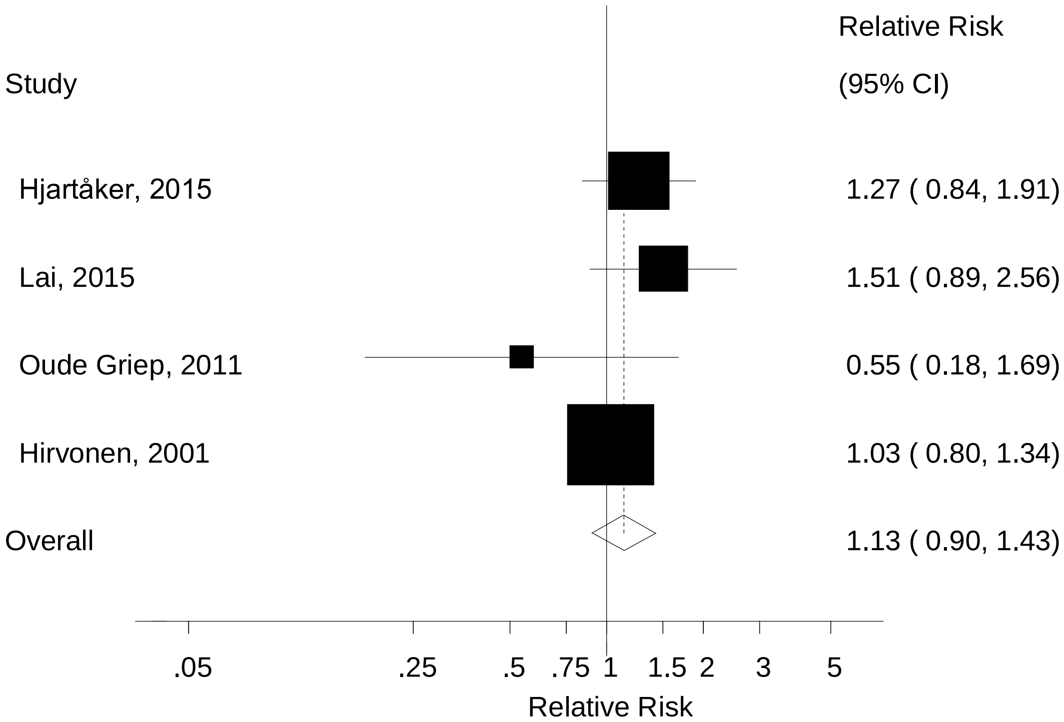
Supplementary Figure 36. Bananas and coronary heart disease, dose-response analysis, per 100 g/d



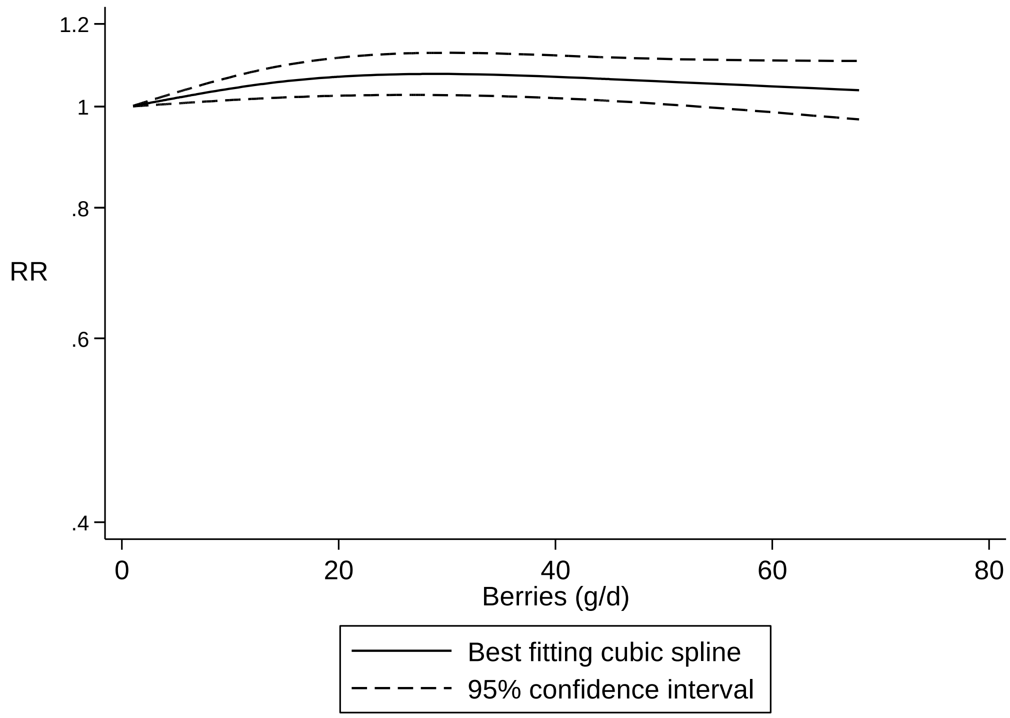
Supplementary Figure 37. Berries and coronary heart disease, high vs. low analysis



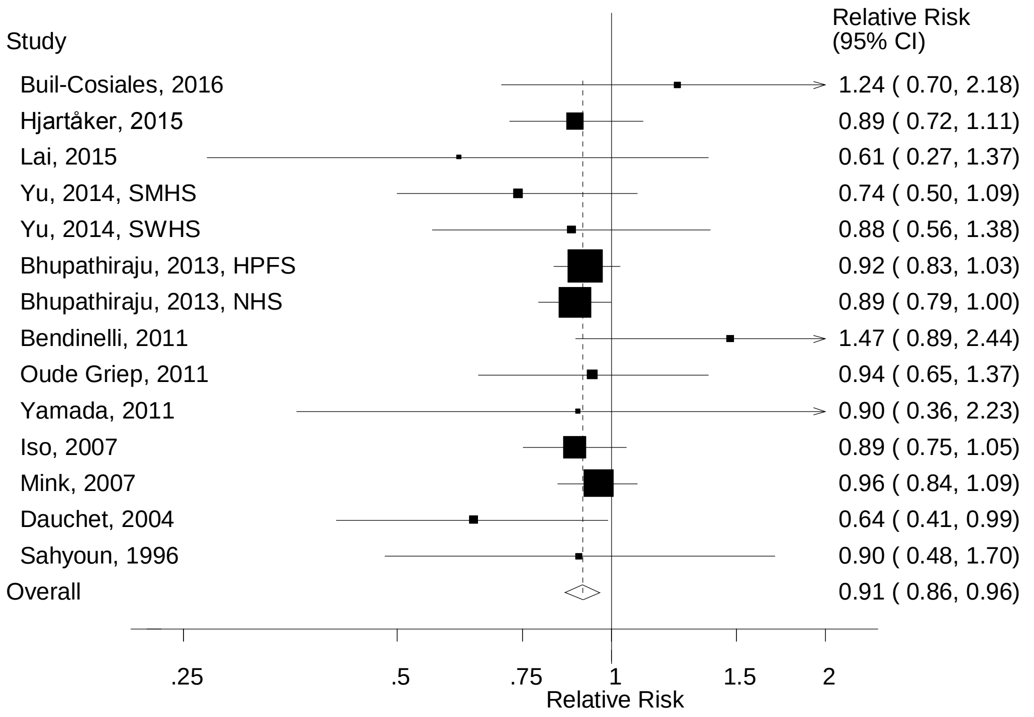
Supplementary Figure 38. Berries and coronary heart disease, dose-response analysis



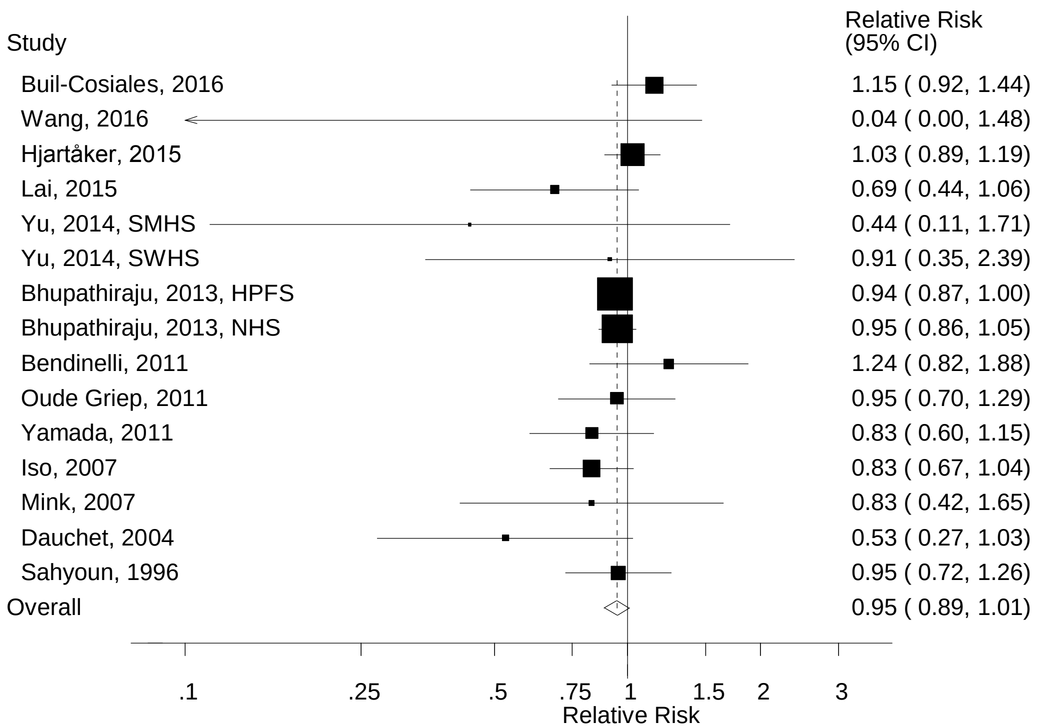
Supplementary Figure 39. Berries and coronary heart disease, nonlinear dose-response analysis



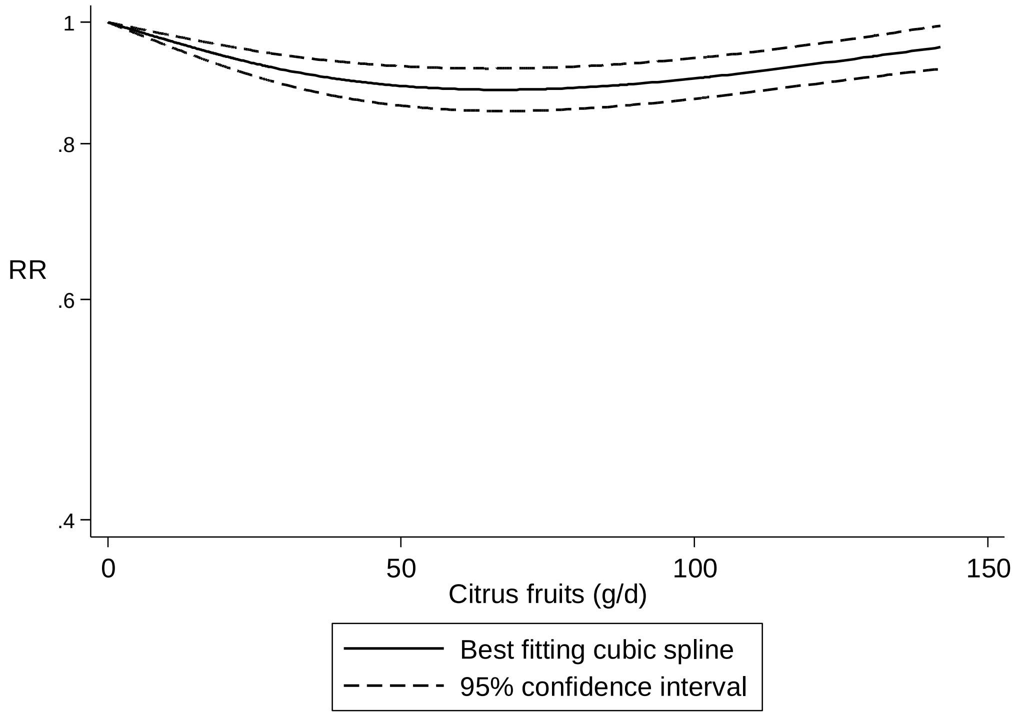
Supplementary Figure 40. Citrus fruits and coronary heart disease, high vs. low analysis



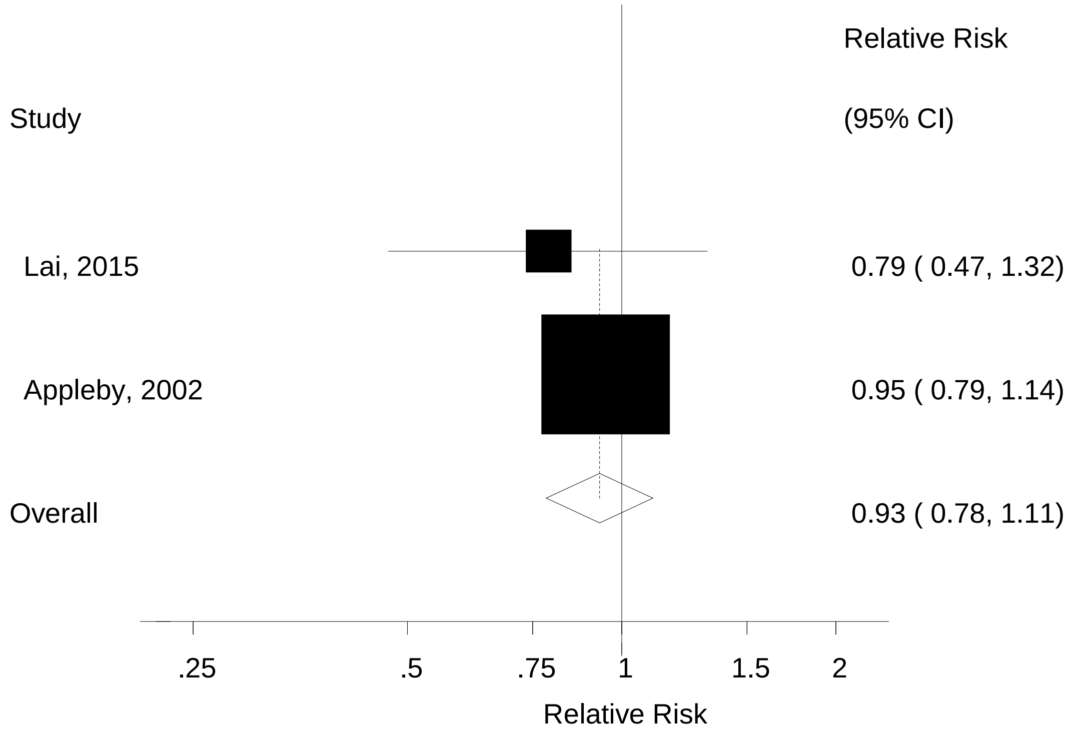
Supplementary Figure 41. Citrus fruits and coronary heart disease, dose-response analysis, per 100 g/d



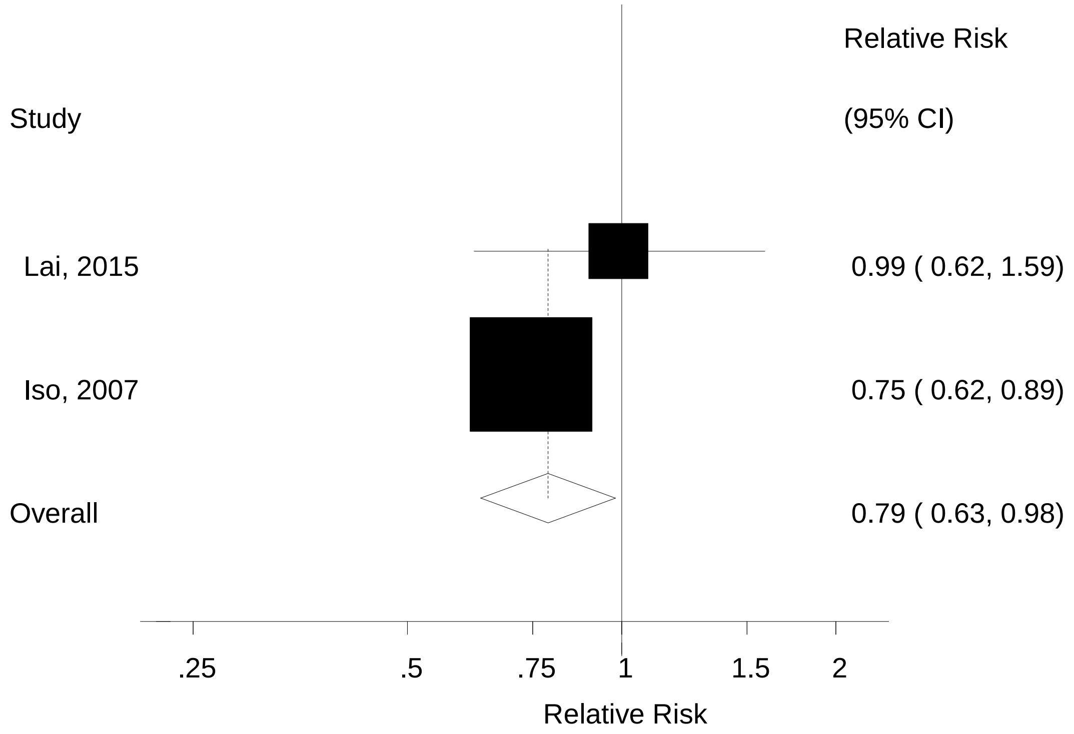
Supplementary Figure 42. Citrus fruits and coronary heart disease, nonlinear dose-response analysis



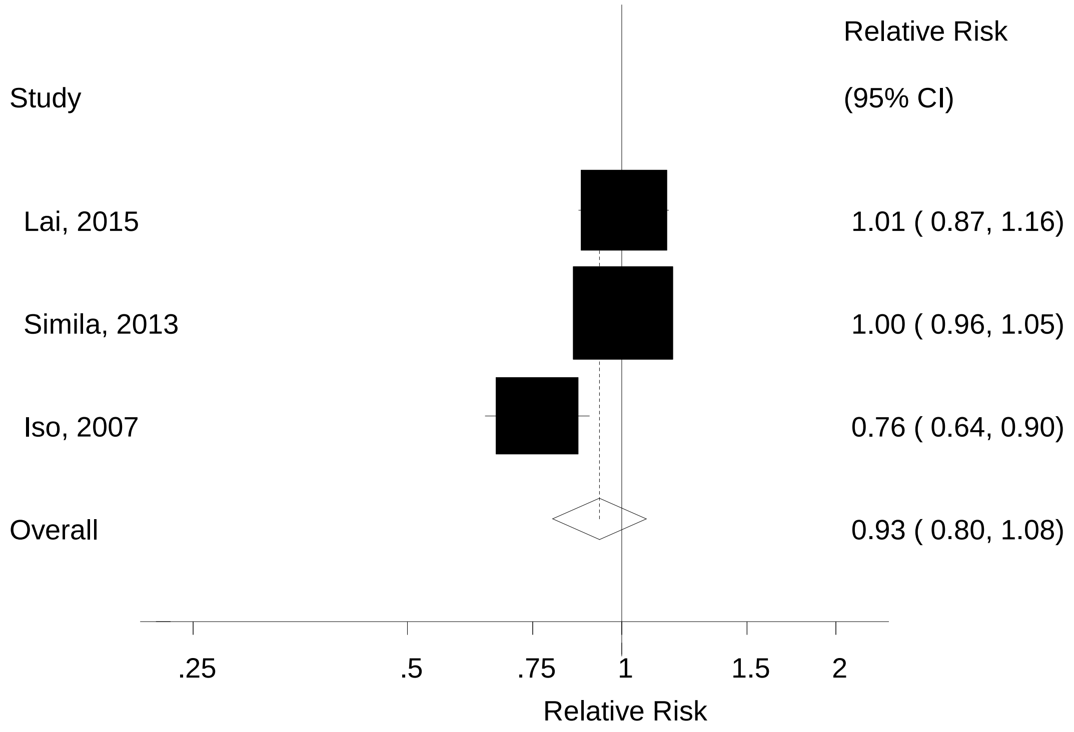
Supplementary Figure 43. Dried fruits and coronary heart disease, high vs. low analysis



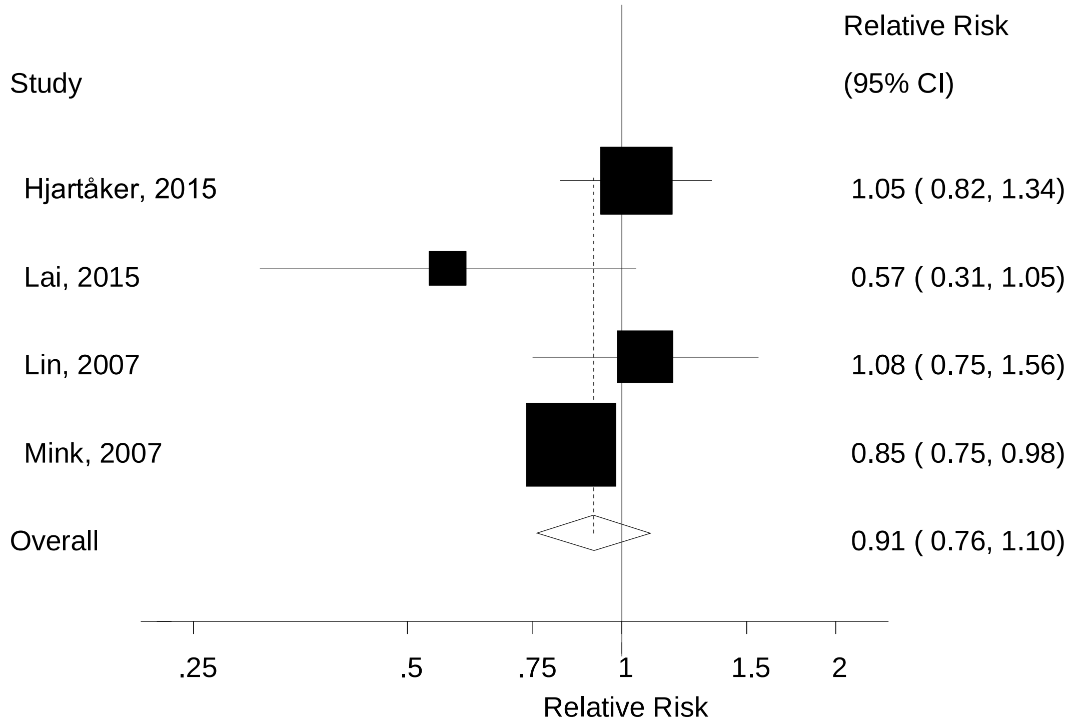
Supplementary Figure 44. Fruit juices and coronary heart disease, high vs. low analysis



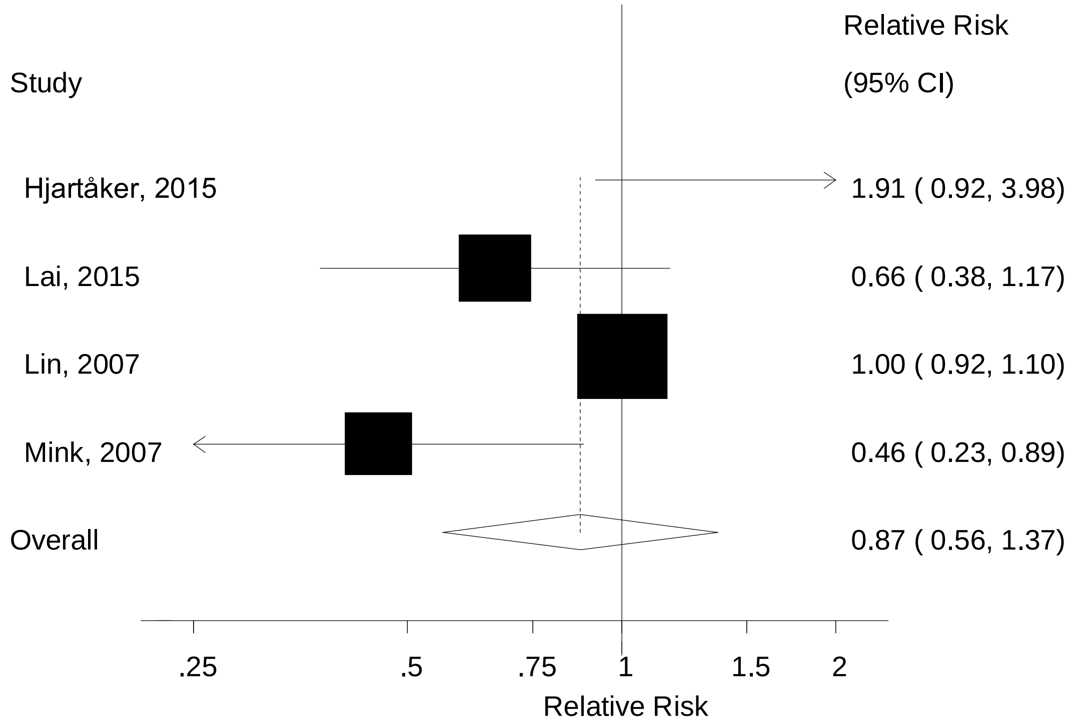
Supplementary Figure 45. Fruit juices and coronary heart disease, dose-response analysis



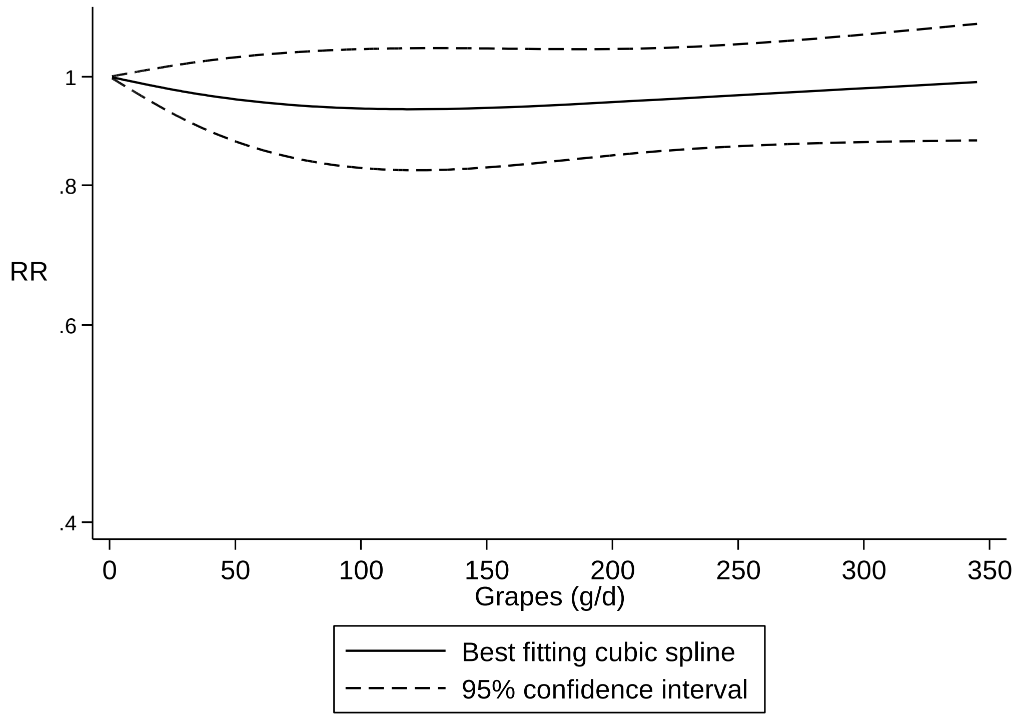
Supplementary Figure 46. Grapes and coronary heart disease, high vs. low analysis



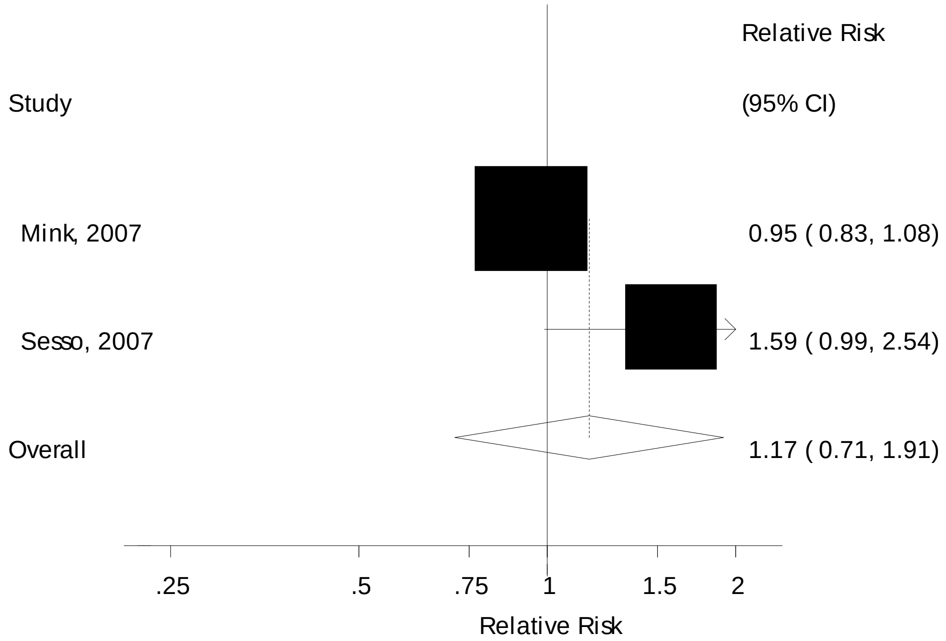
Supplementary Figure 47. Grapes and coronary heart disease, dose-response analysis



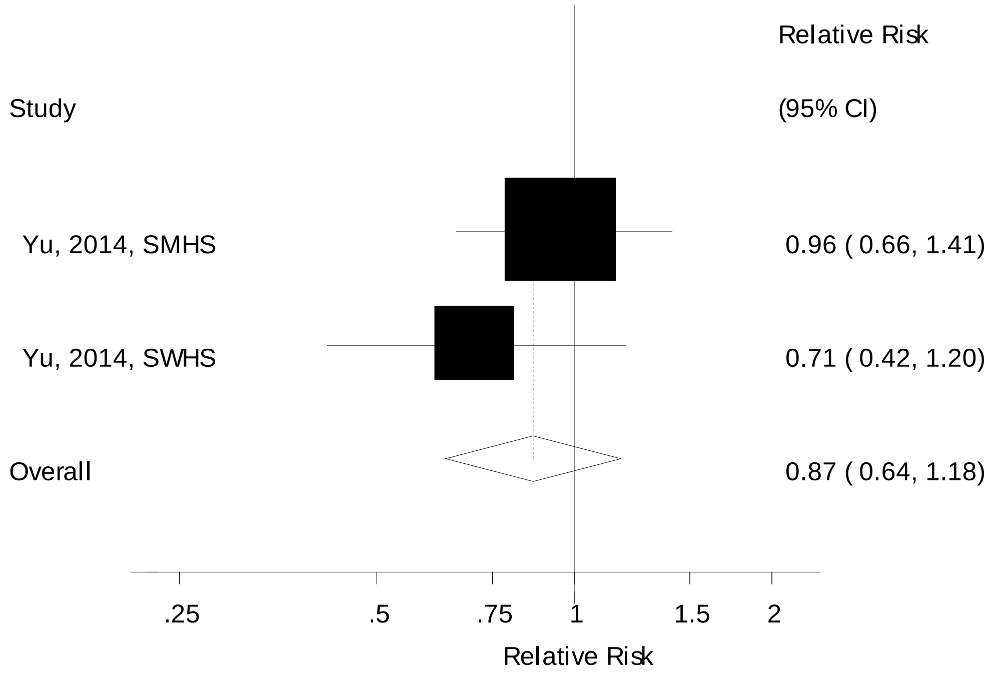
Supplementary Figure 48. Grapes and coronary heart disease, nonlinear dose-response analysis



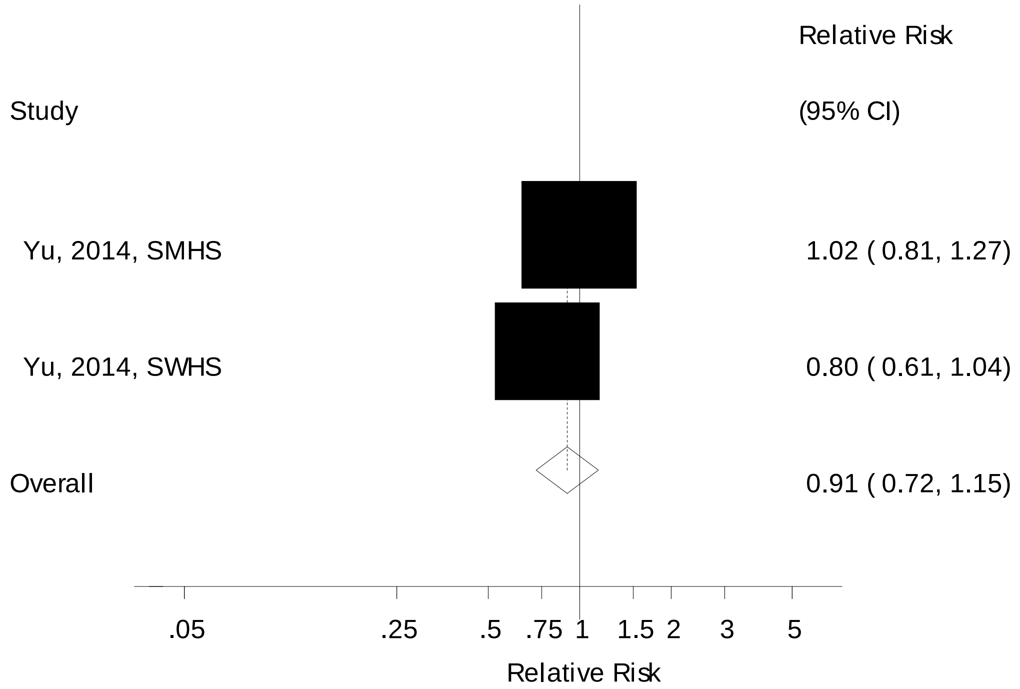
Supplementary Figure 49. Strawberries and coronary heart disease, high vs. low analysis



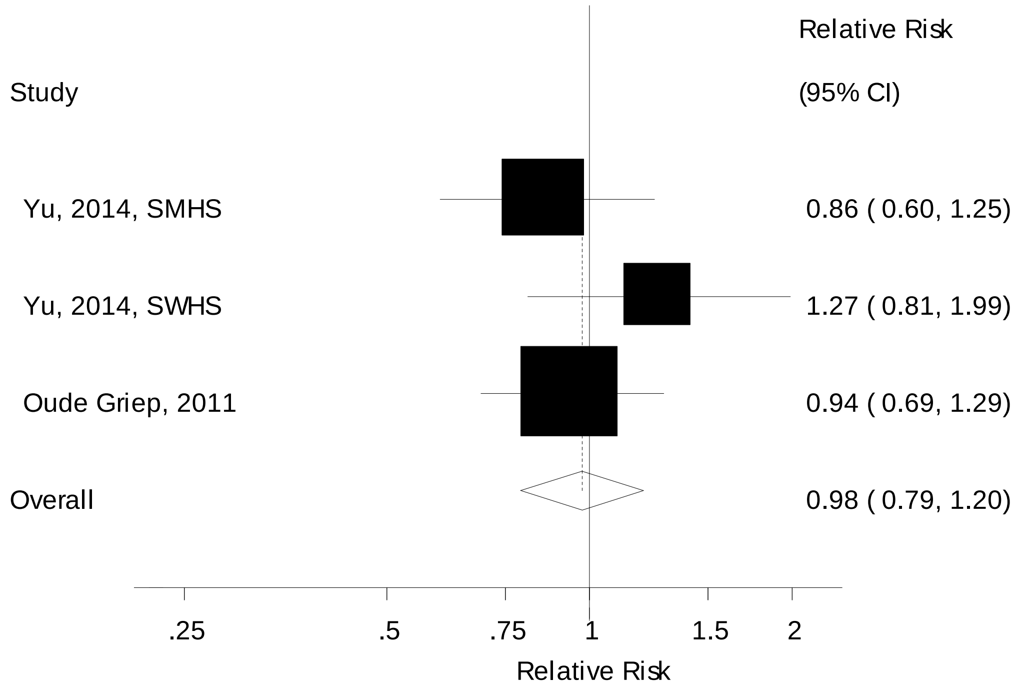
Supplementary Figure 50. Watermelon and coronary heart disease, high vs. Low



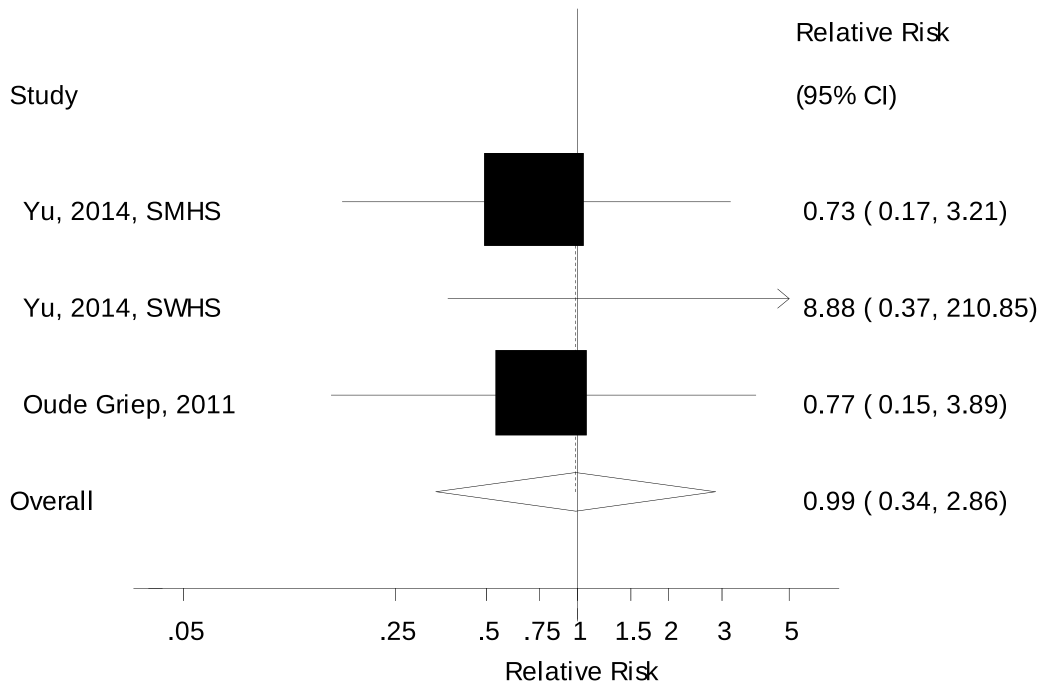
Supplementary Figure 51. Watermelon and coronary heart disease, dose-response analysis, per 100 g/d



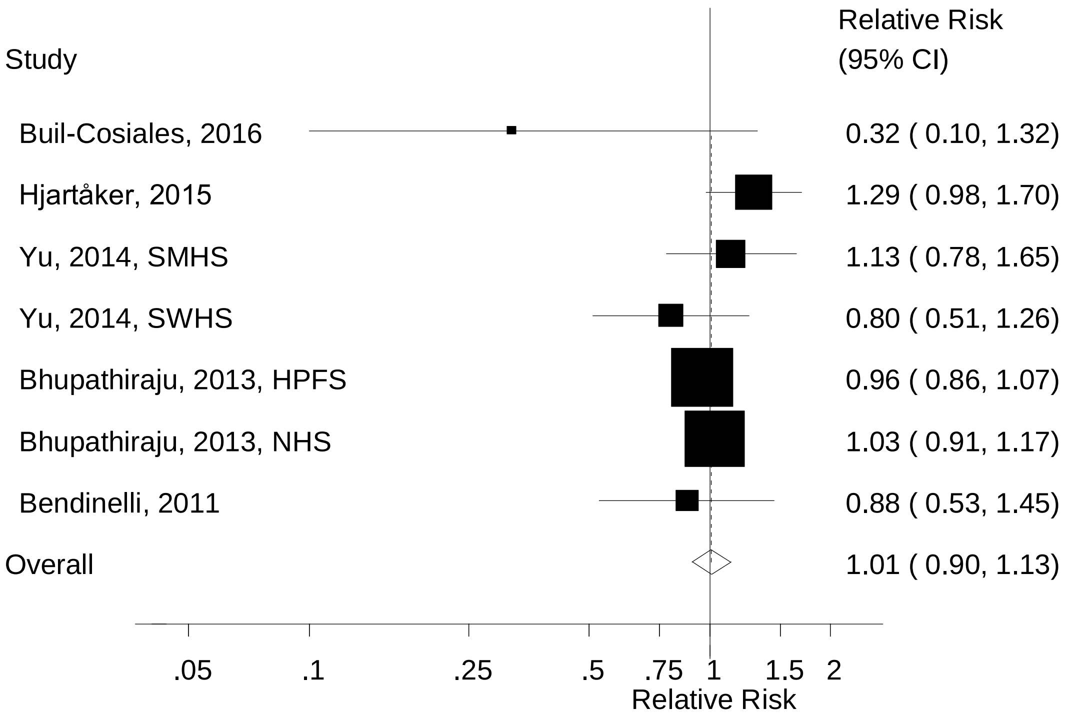
Supplementary Figure 52. Allium vegetables and coronary heart disease, high vs. low analysis



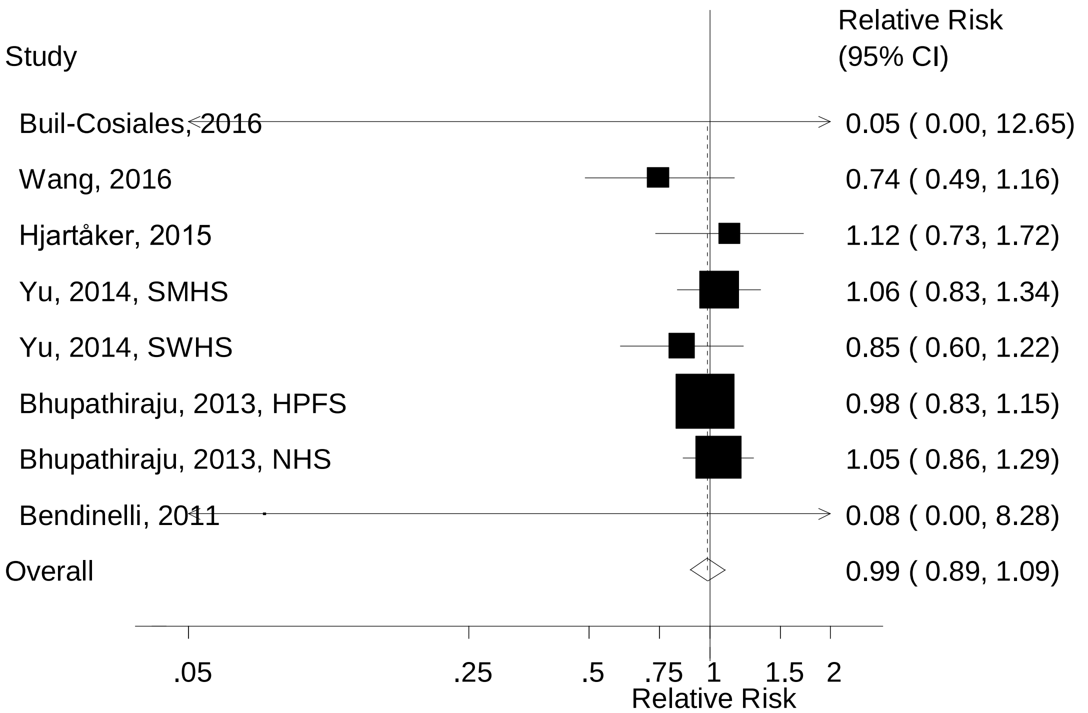
Supplementary Figure 53. Allium vegetables and coronary heart disease, dose-response analysis, per 100 g/d



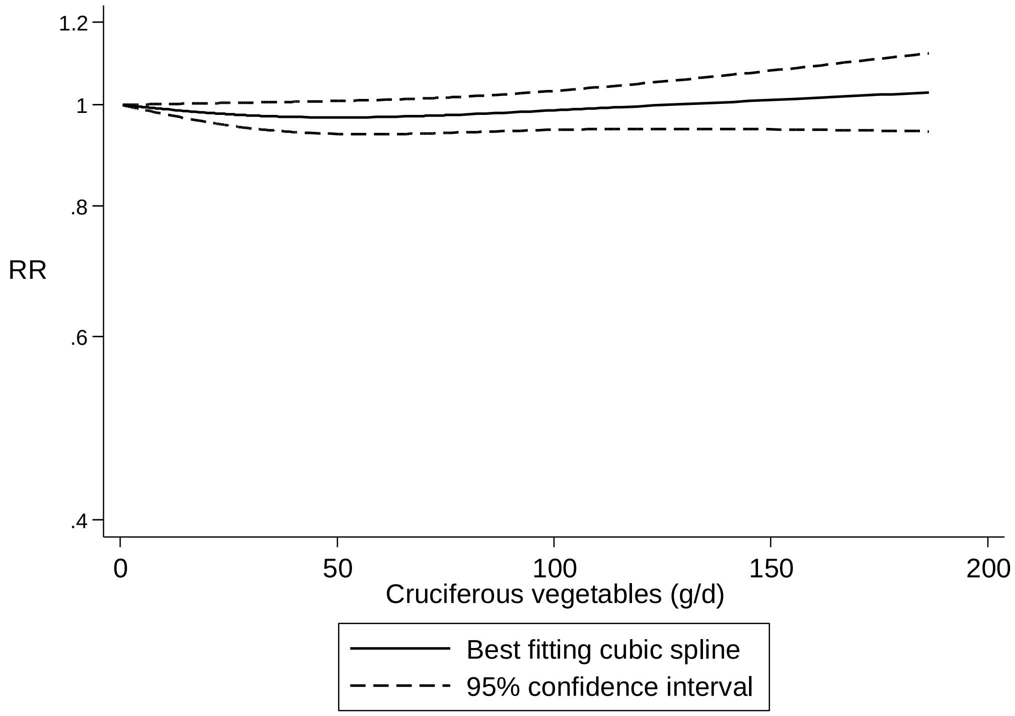
Supplementary Figure 54. Cruciferous vegetables and coronary heart disease, high vs. low analysis



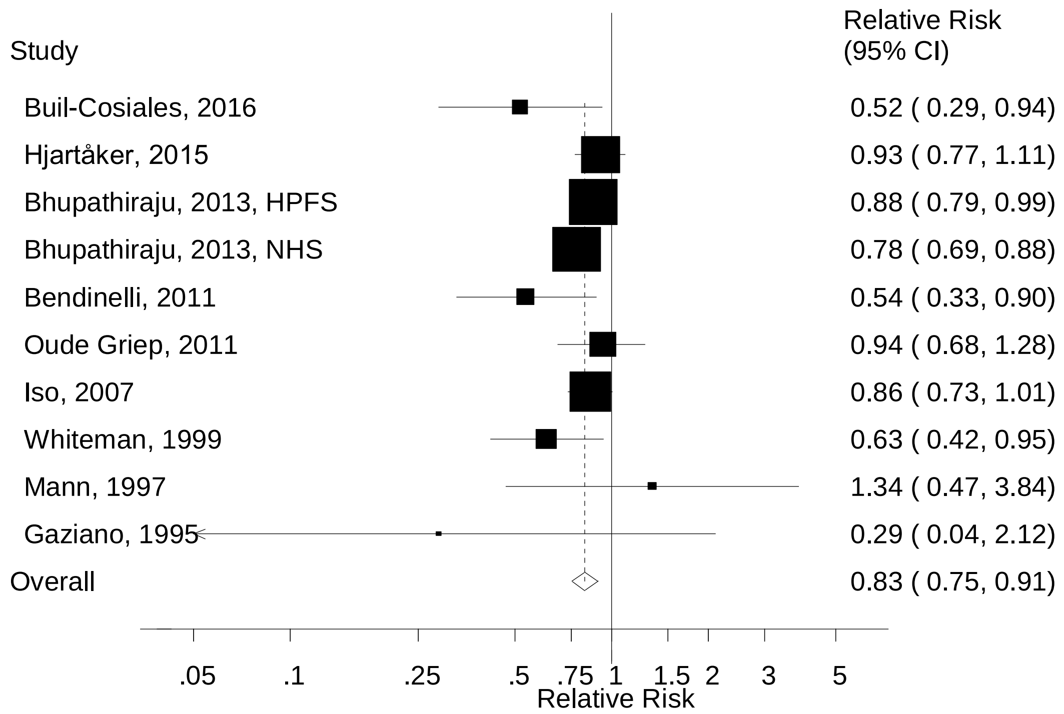
Supplementary Figure 55. Cruciferous vegetables and coronary heart disease, dose-response analysis, per 100 g/d



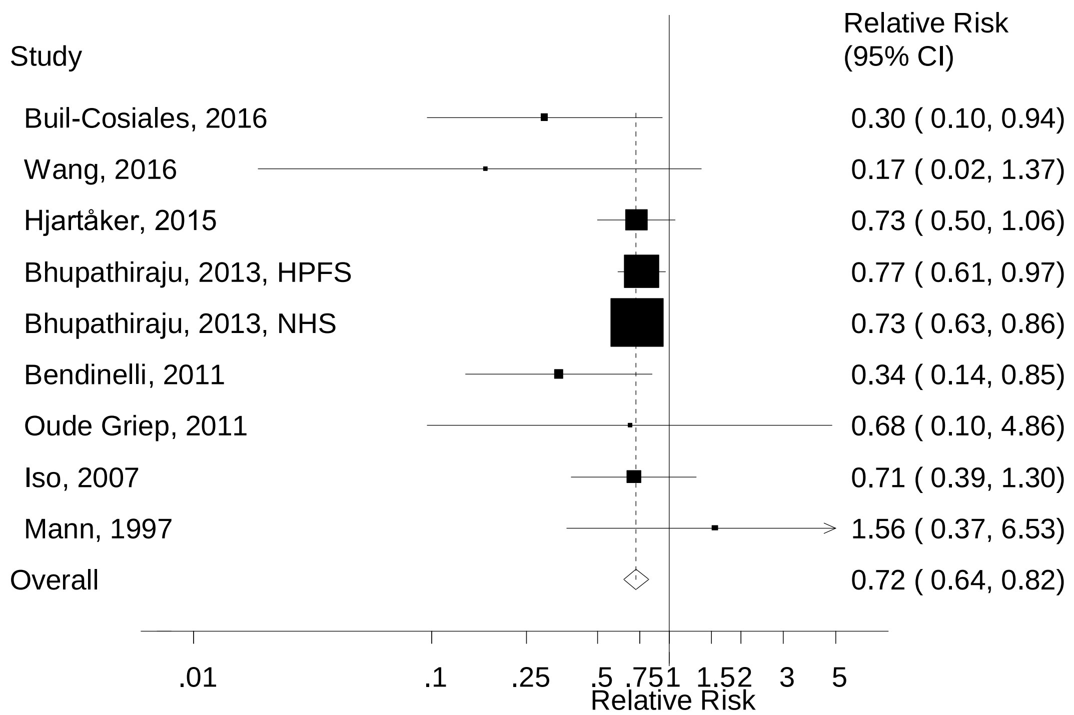
Supplementary Figure 56. Cruciferous vegetables and coronary heart disease, nonlinear dose-response analysis



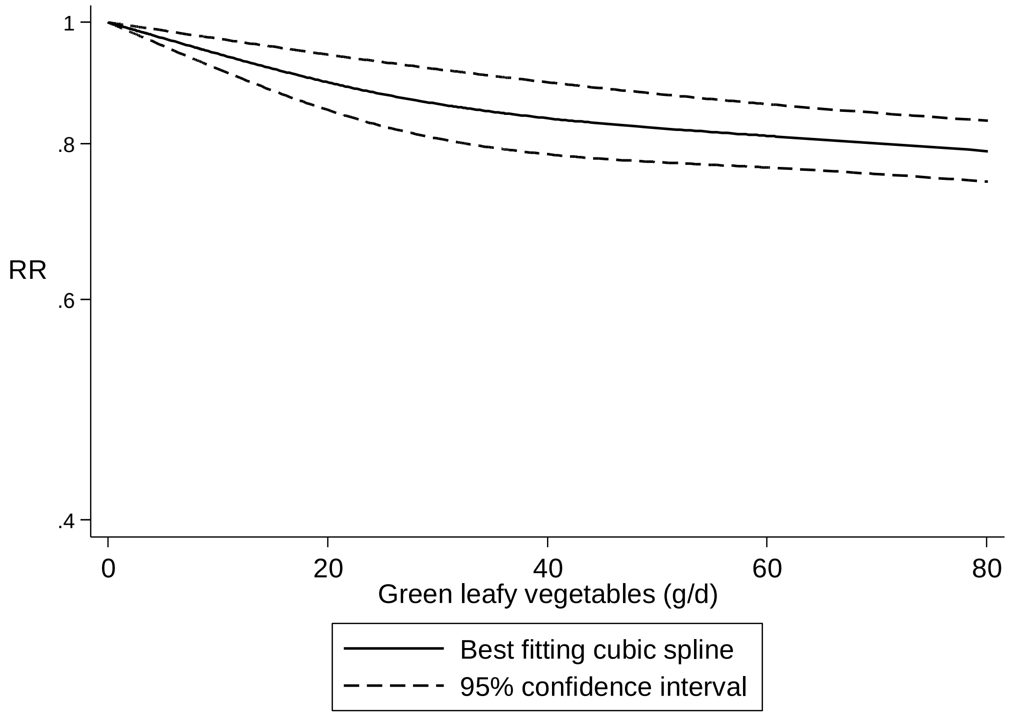
Supplementary Figure 57. Green leafy vegetables and coronary heart disease, high vs. low analysis



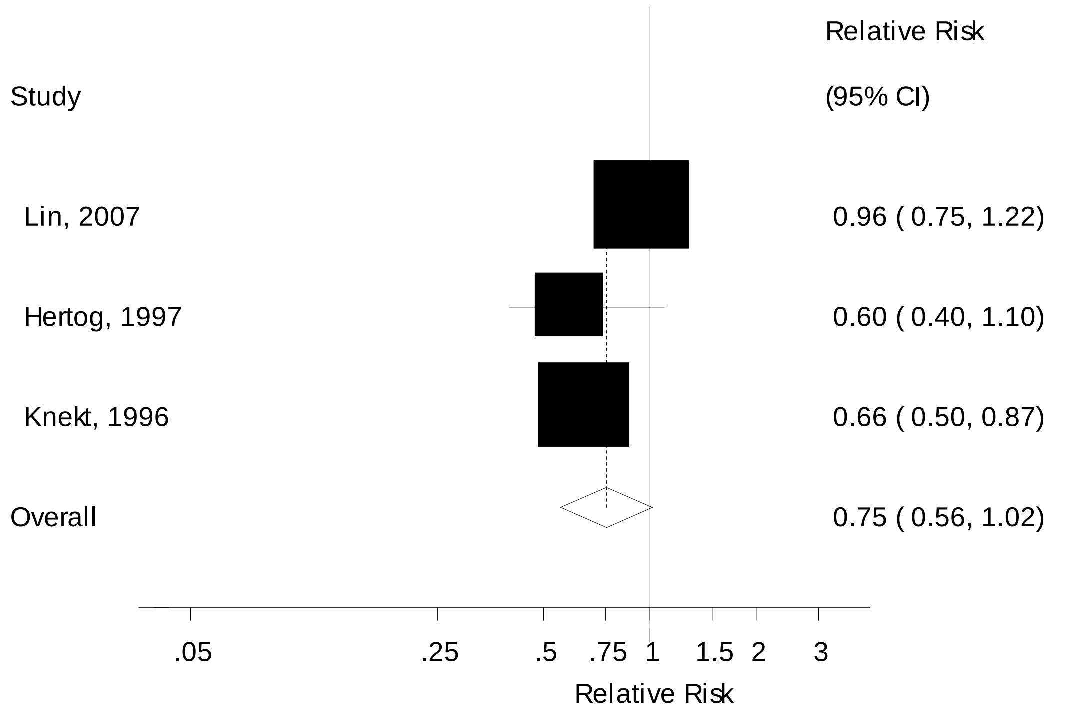
Supplementary Figure 58. Green leafy vegetables and coronary heart disease, dose-response analysis, per 100 g/d



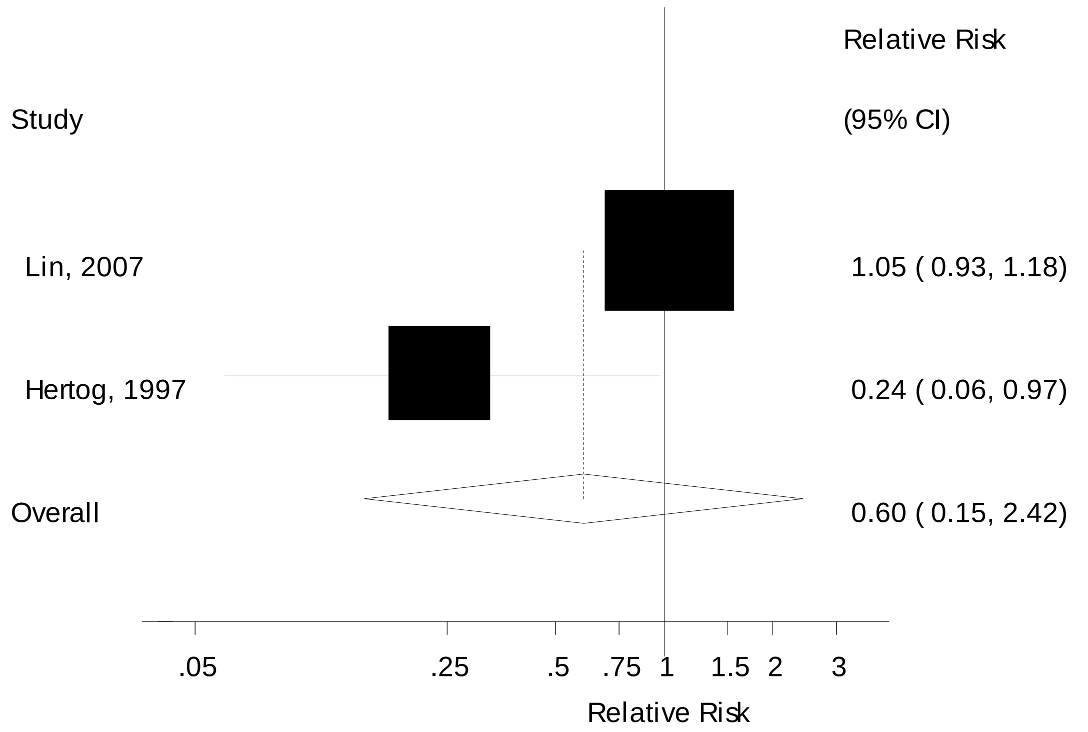
Supplementary Figure 59. Green leafy vegetables and coronary heart disease, nonlinear dose-response analysis



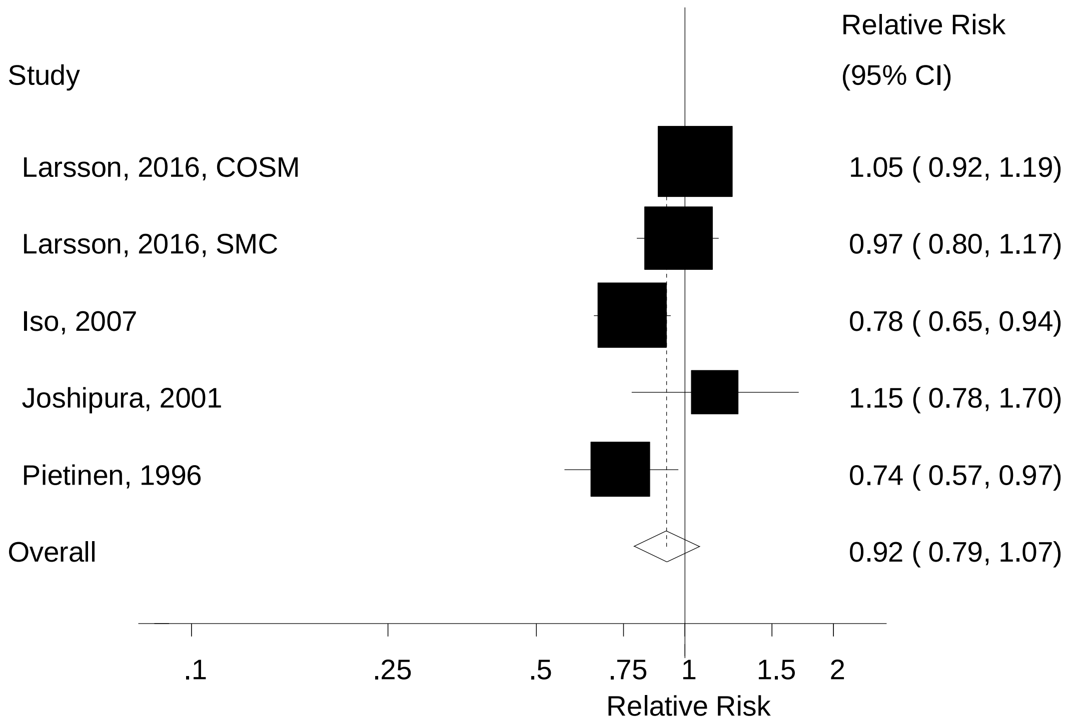
Supplementary Figure 60. Onions and coronary heart disease, high vs. low analysis



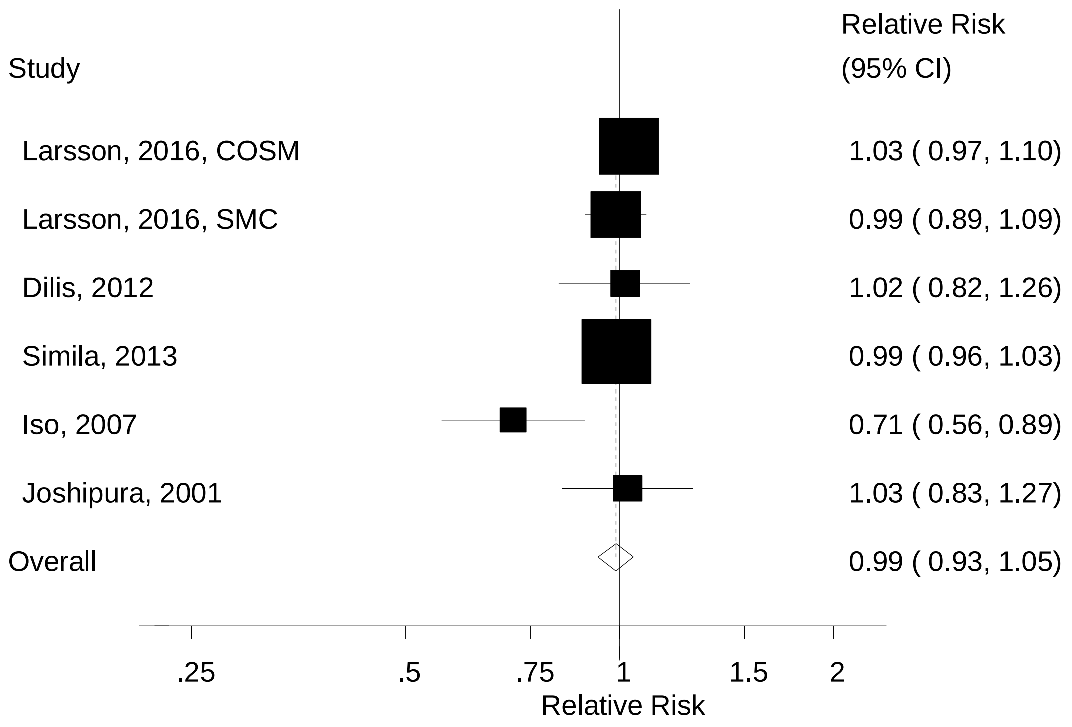
Supplementary Figure 61. Onions and coronary heart disease, dose-response analysis, per 100 g/d



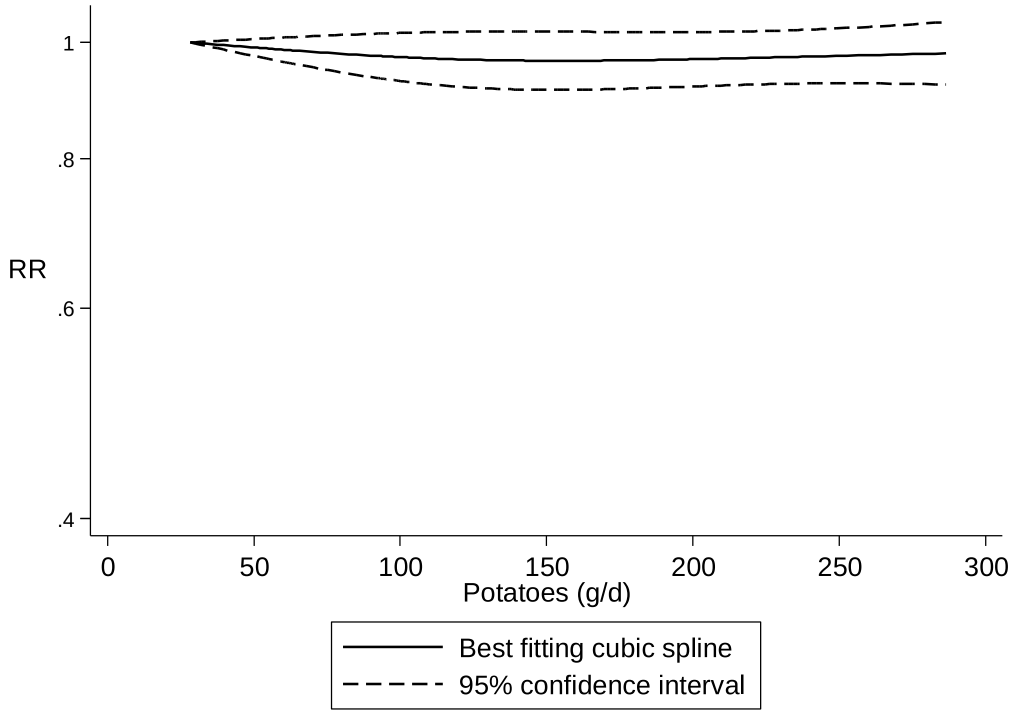
Supplementary Figure 62. Potatoes and coronary heart disease, high vs. low analysis



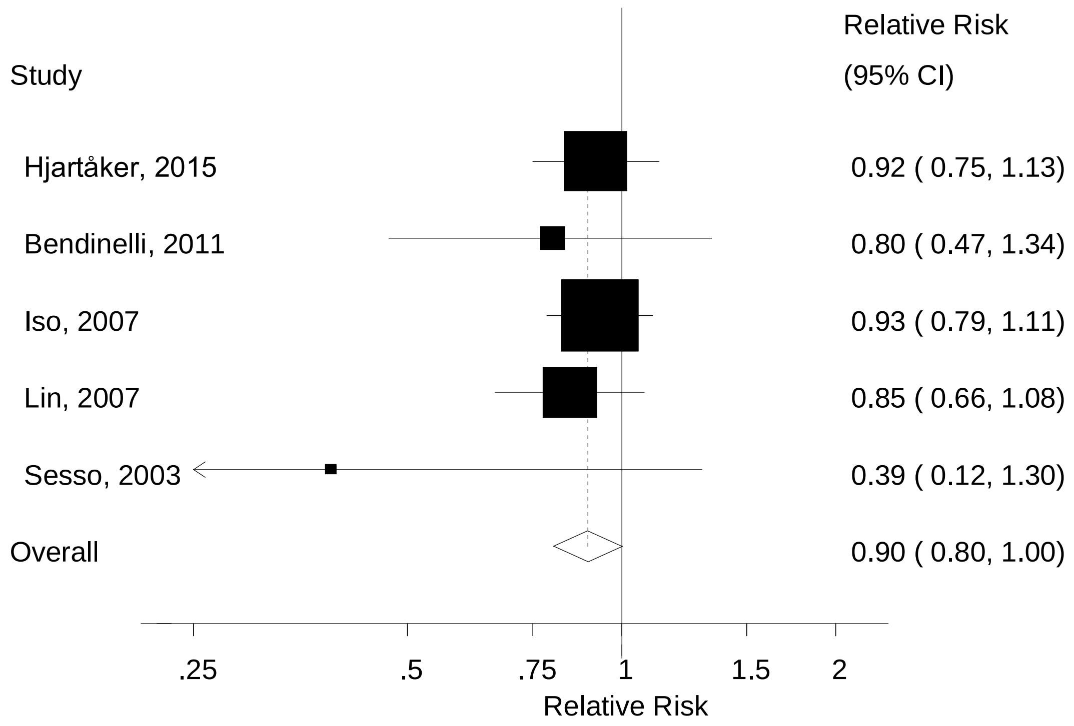
Supplementary Figure 63. Potatoes and coronary heart disease, dose-response analysis, per 100 g/d



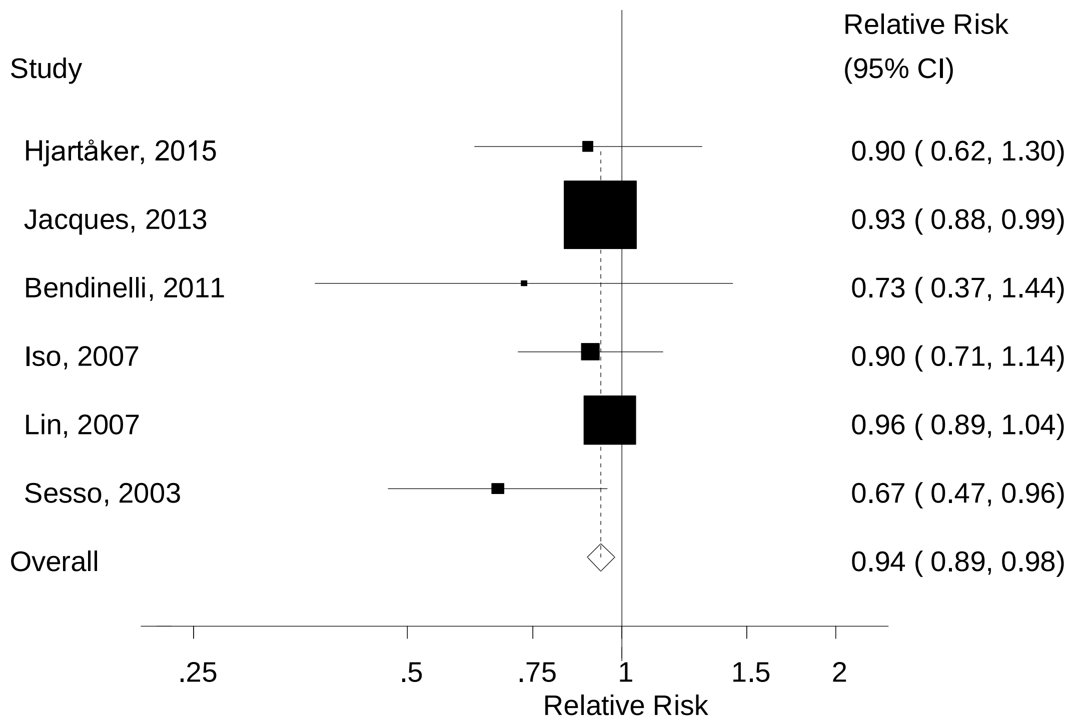
Supplementary Figure 64. Potatoes and coronary heart disease, nonlinear dose-response analysis



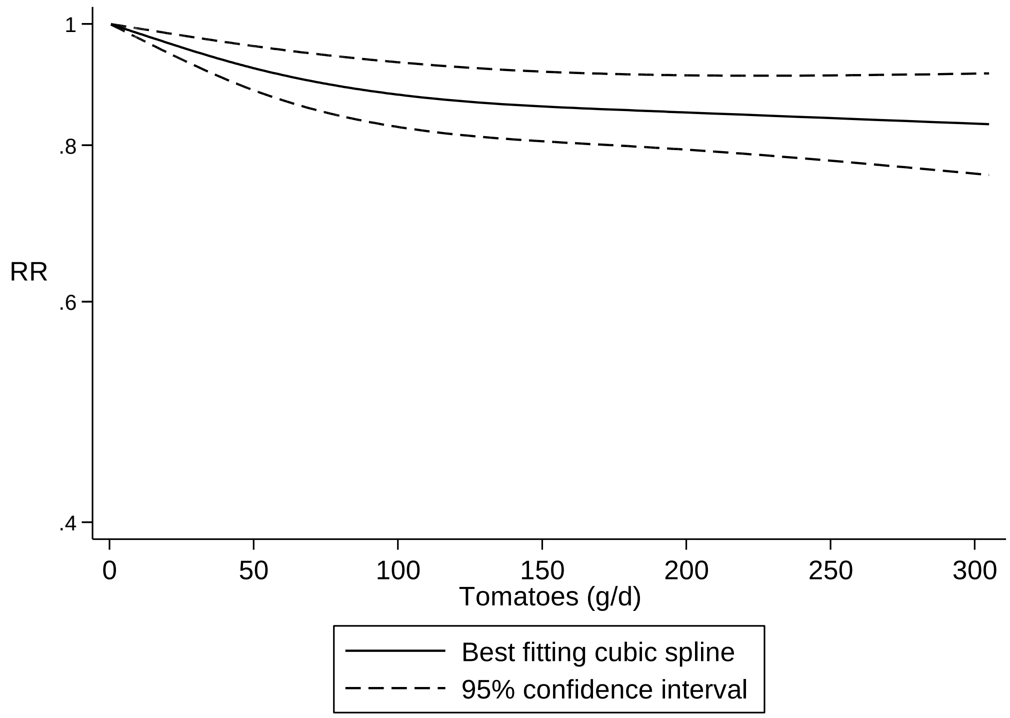
Supplementary Figure 65. Tomatoes and coronary heart disease, high vs. low analysis



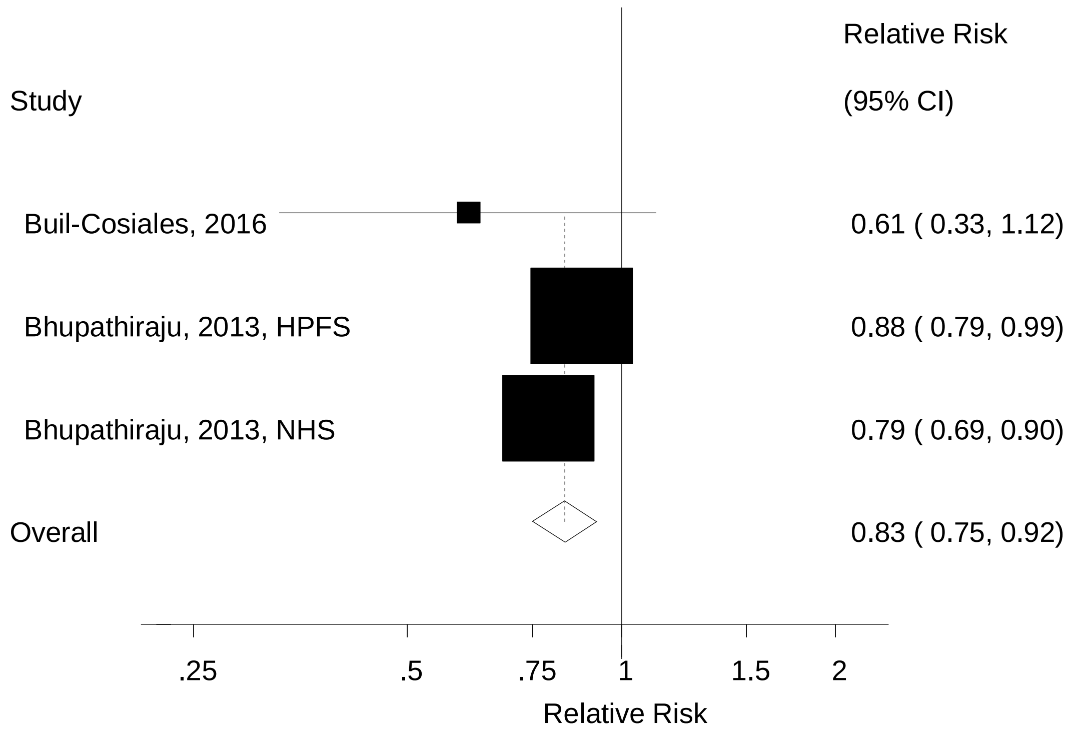
Supplementary Figure 66. Tomatoes and coronary heart disease, dose-response analysis, per 100 g/d



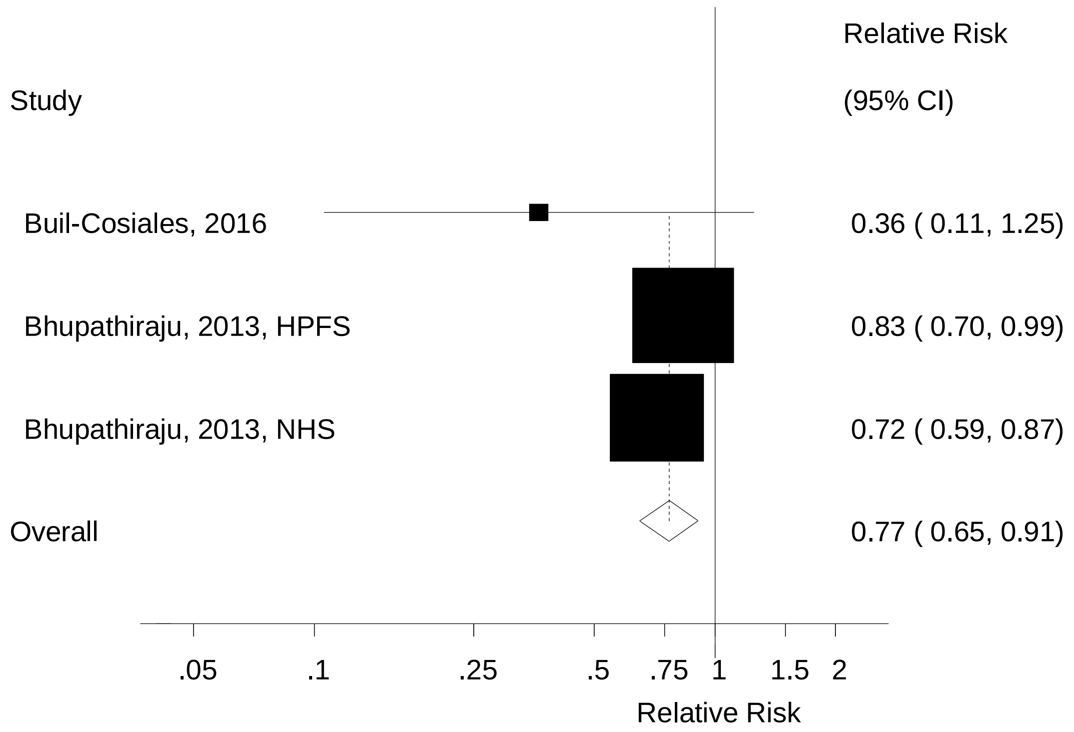
Supplementary Figure 67. Tomatoes and coronary heart disease, nonlinear dose-response analysis



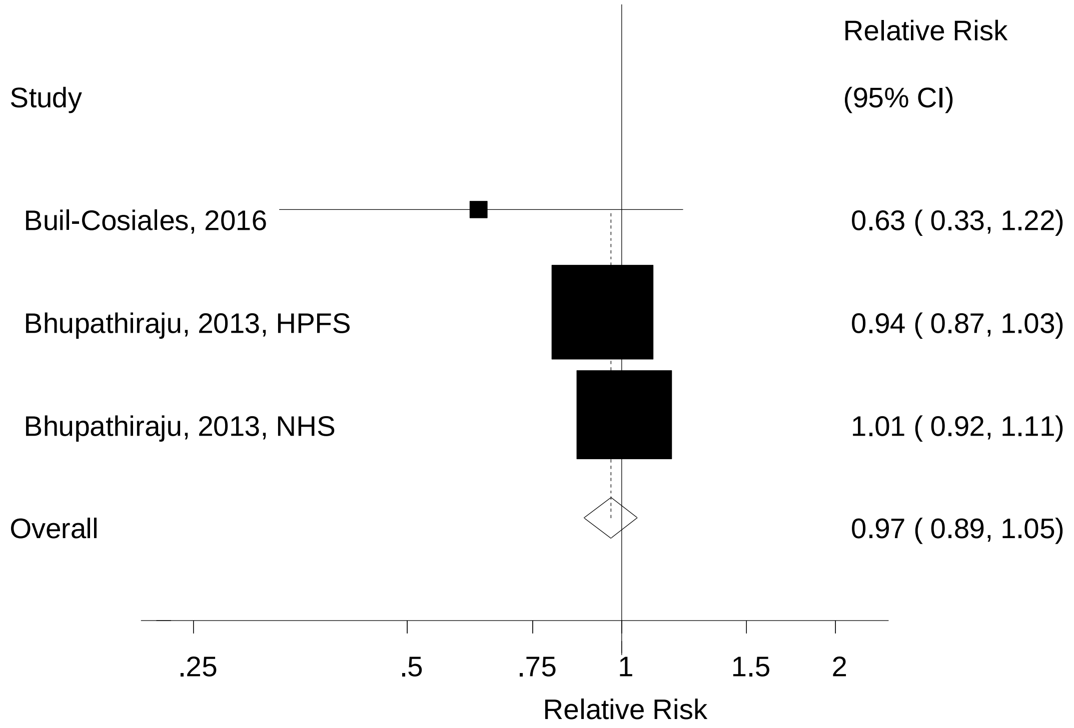
Supplementary Figure 68. Beta-carotene rich fruits and vegetables and coronary heart disease, high vs. low analysis



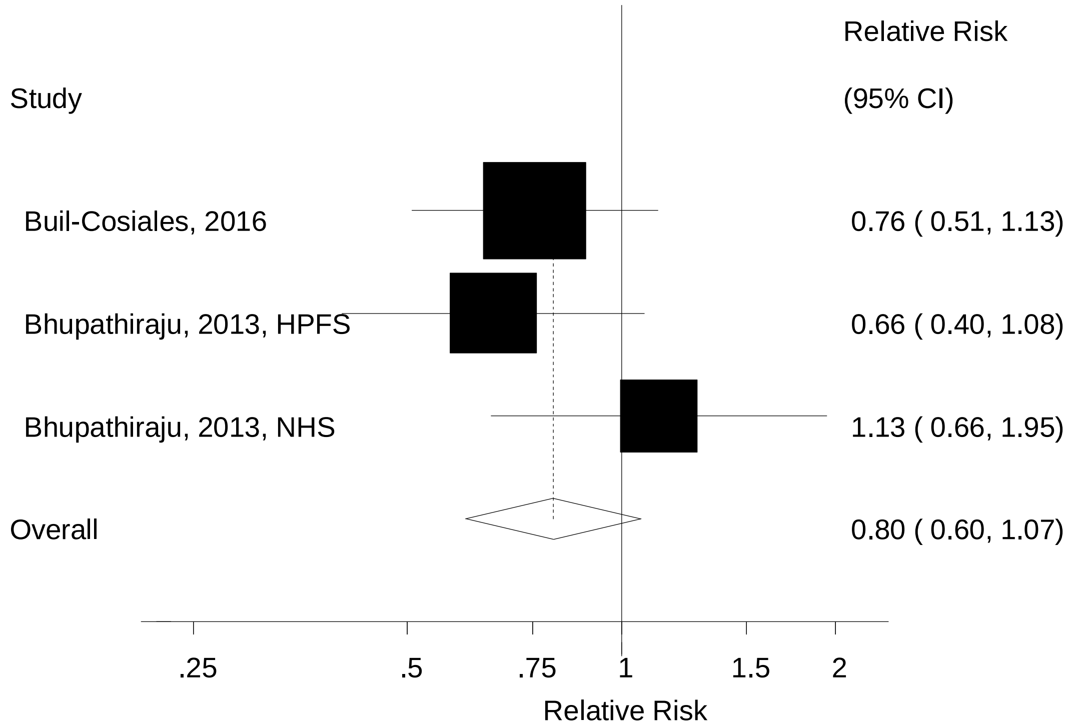
Supplementary Figure 69. Beta-carotene rich fruits and vegetables and coronary heart disease, dose-response analysis, per 100 g/d



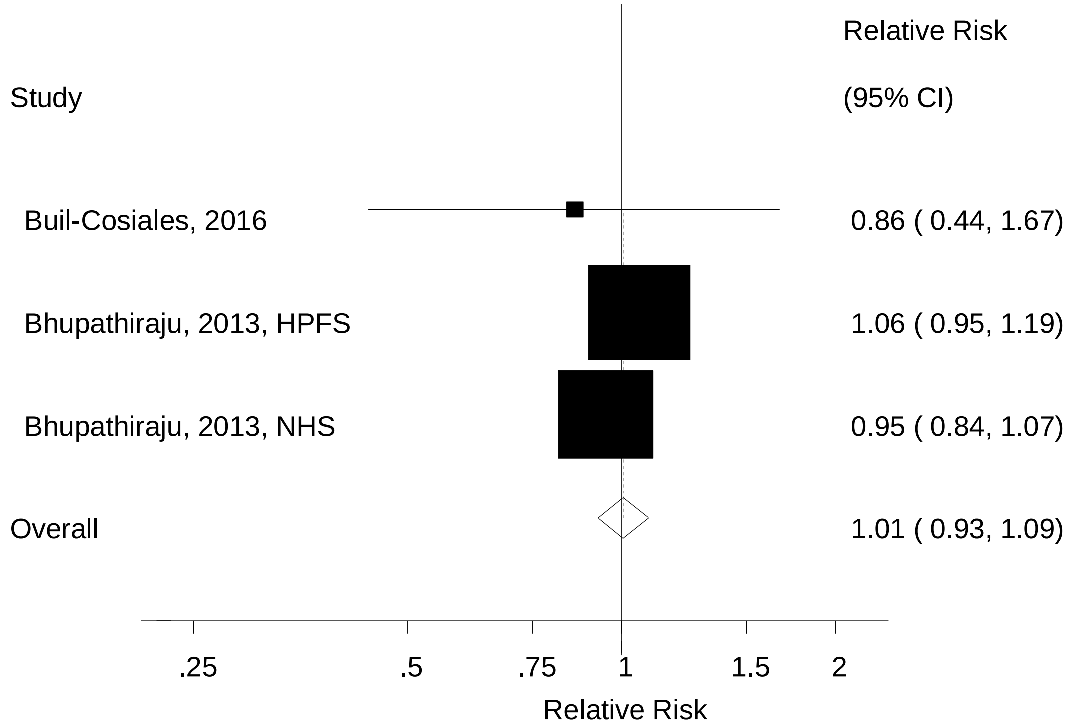
Supplementary Figure 70. Lutein rich fruits and vegetables and coronary heart disease, high vs. low analysis



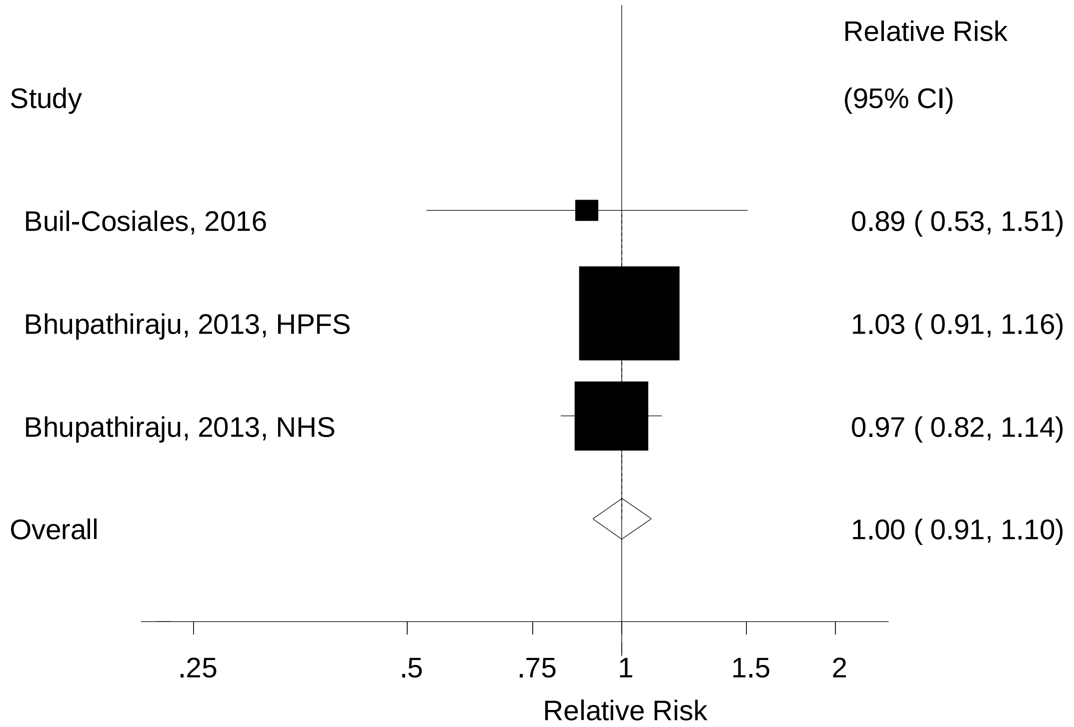
Supplementary Figure 71. Lutein rich fruits and vegetables and coronary heart disease, per 100 g/d



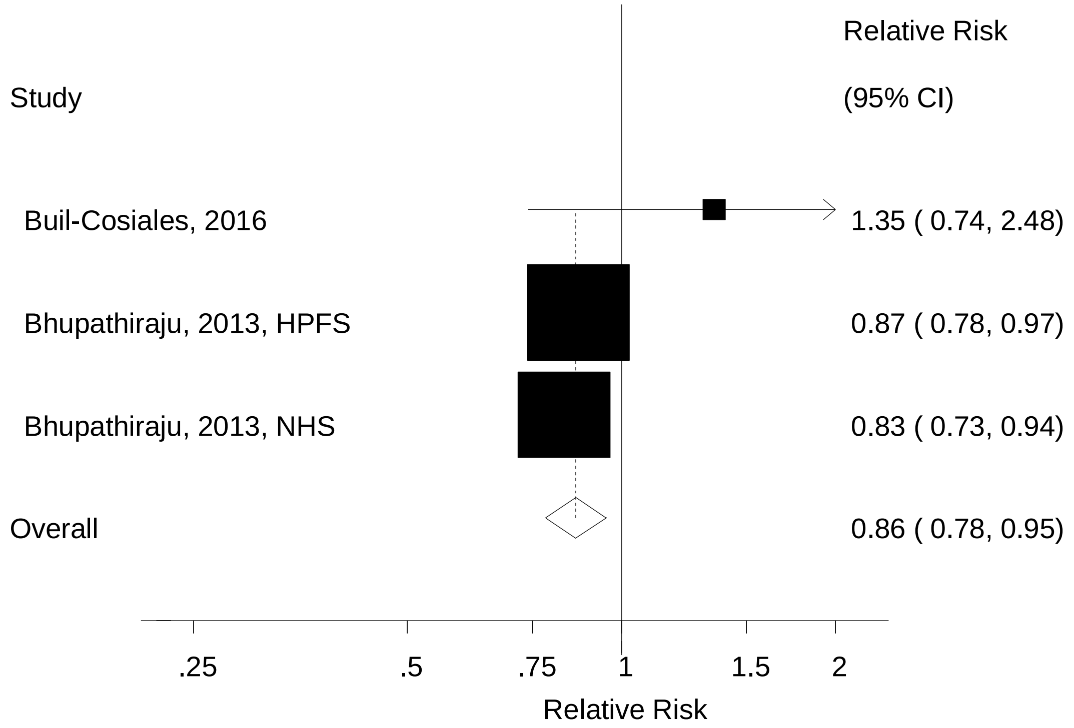
Supplementary Figure 72. Lycopene rich fruits and vegetables and coronary heart disease, high vs. low analysis



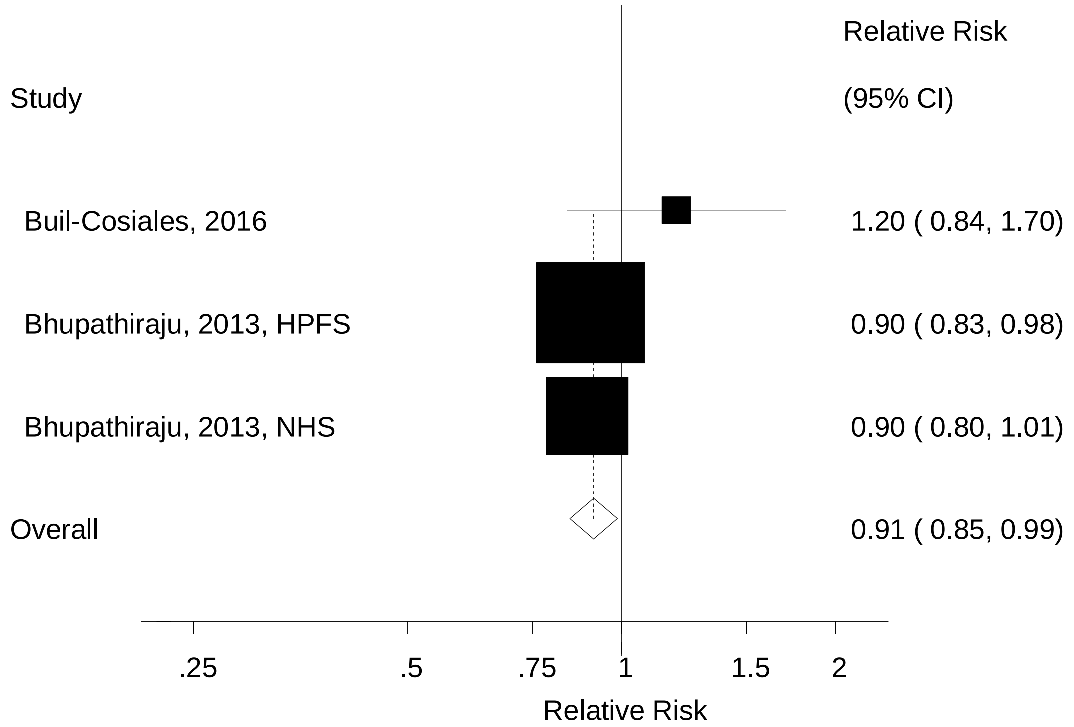
Supplementary Figure 73. Lycopene rich fruits and vegetables and coronary heart disease, dose-response analysis, per 100 g/d



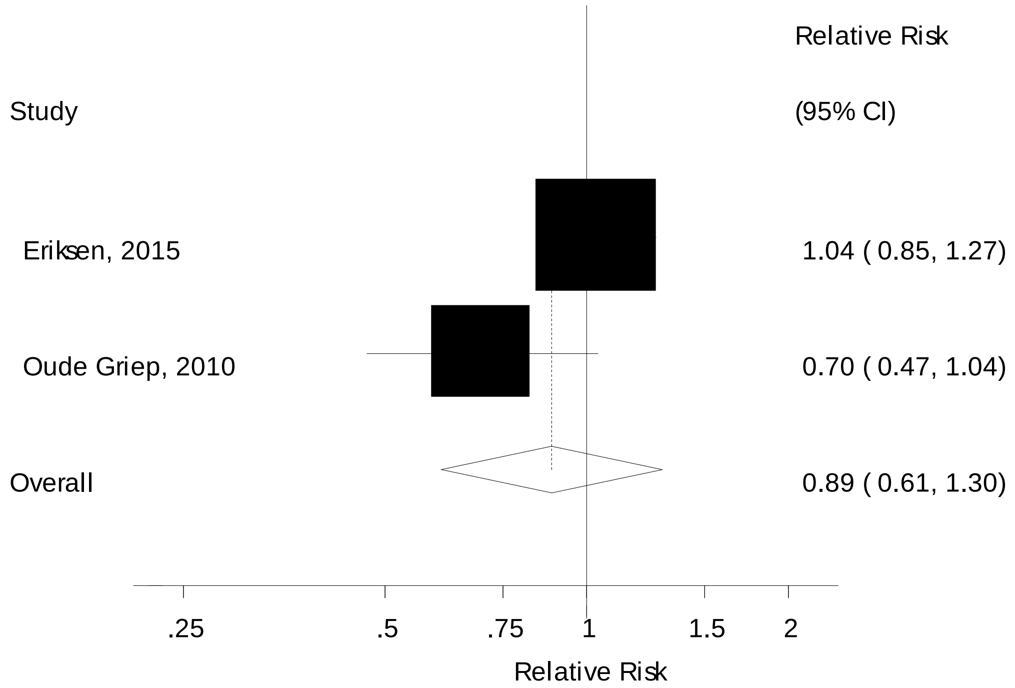
Supplementary Figure 74. Vitamin C rich fruits and vegetables and coronary heart disease, high vs. low analysis



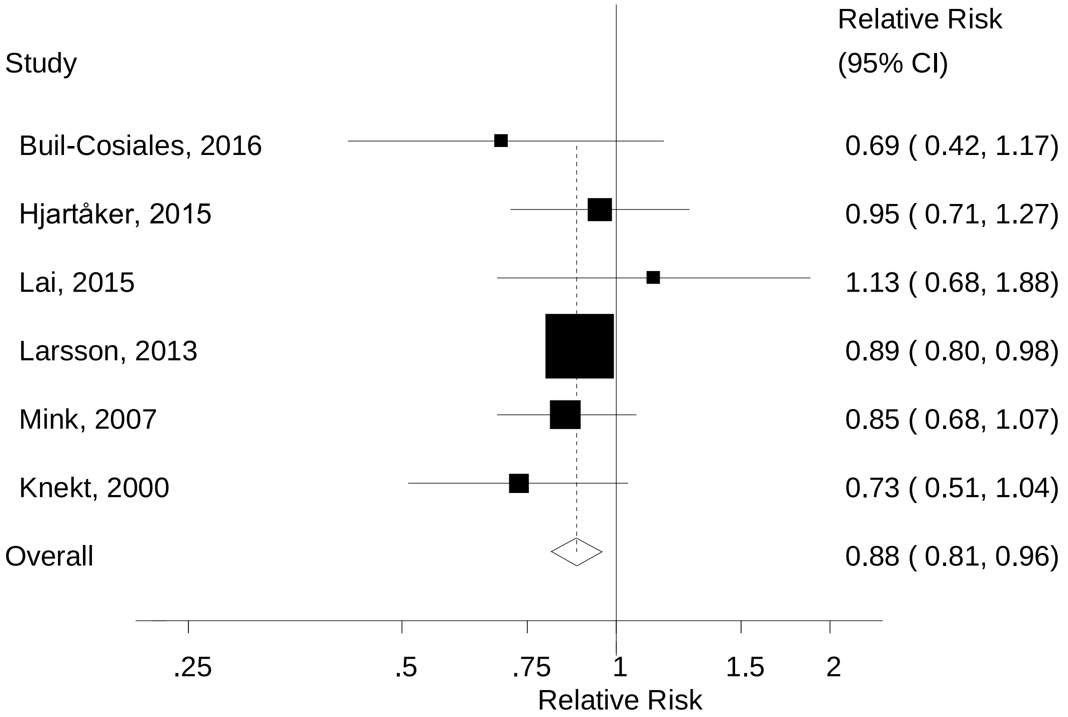
Supplementary Figure 75. Vitamin C rich fruits and vegetables and coronary heart disease, dose-response analysis, per 100 g/d



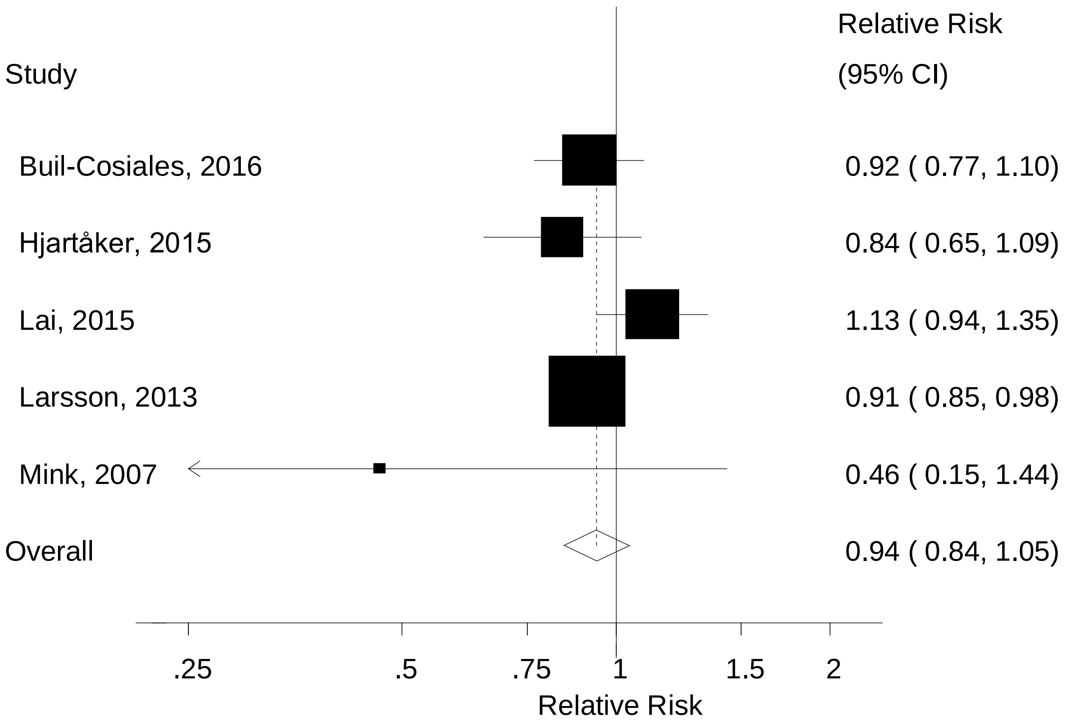
Supplementary Figure 76. Raw fruits and vegetables and coronary heart disease, high vs. low analysis



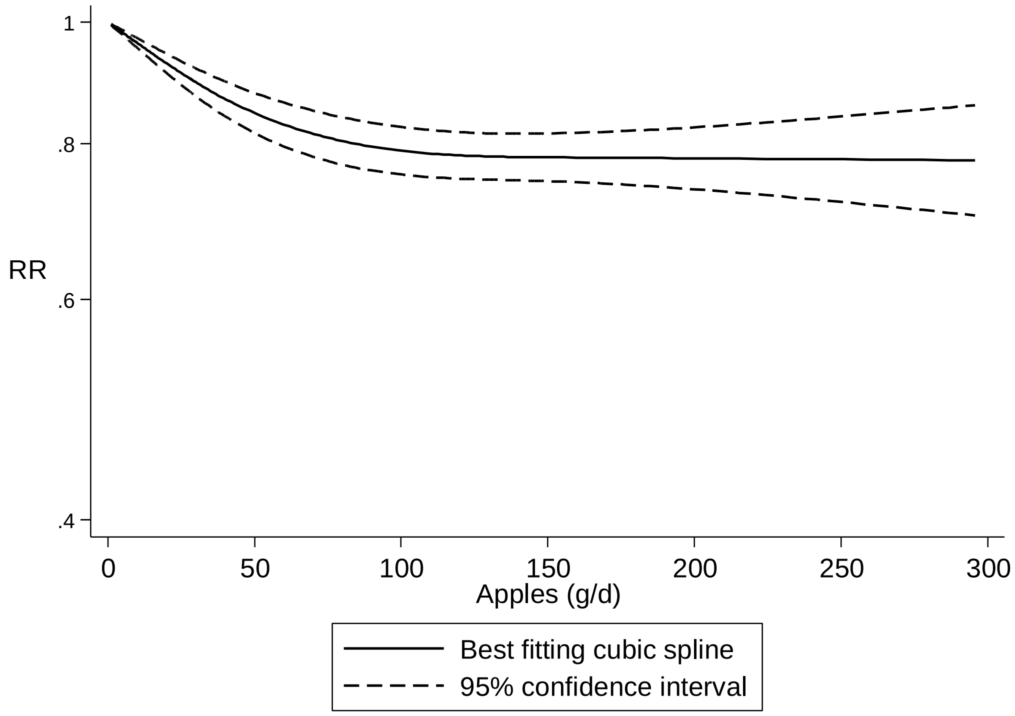
Supplementary Figure 77. Apples and pears and stroke, high vs. low analysis



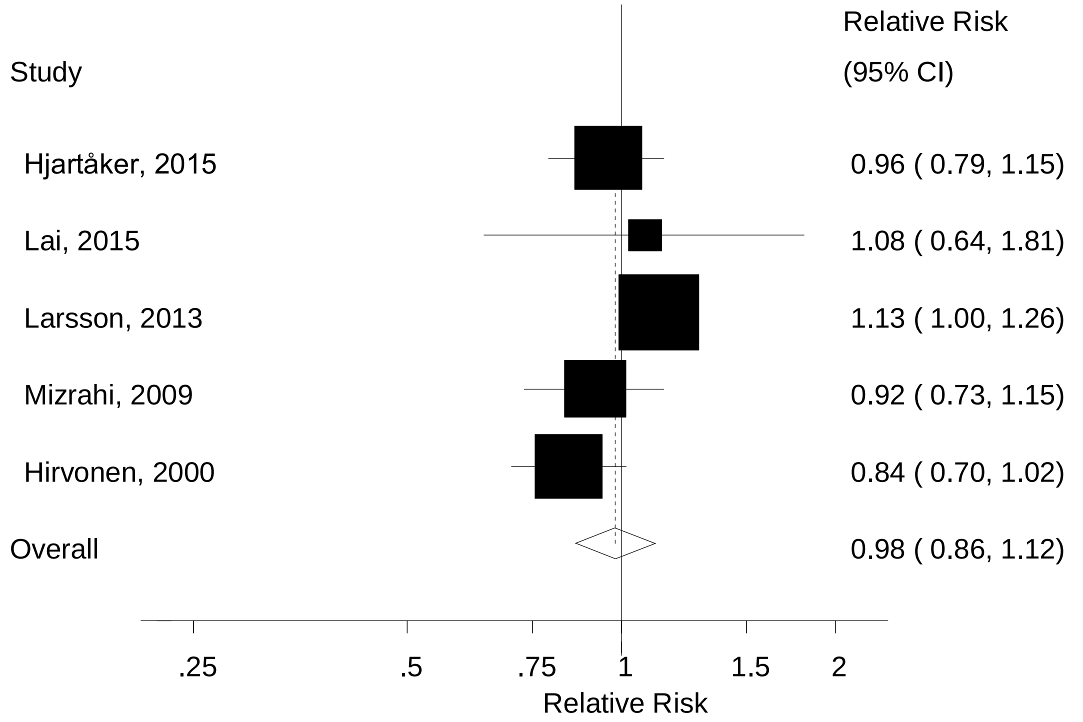
Supplementary Figure 78. Apples and pears and stroke, dose-response analysis, per 100 g/d



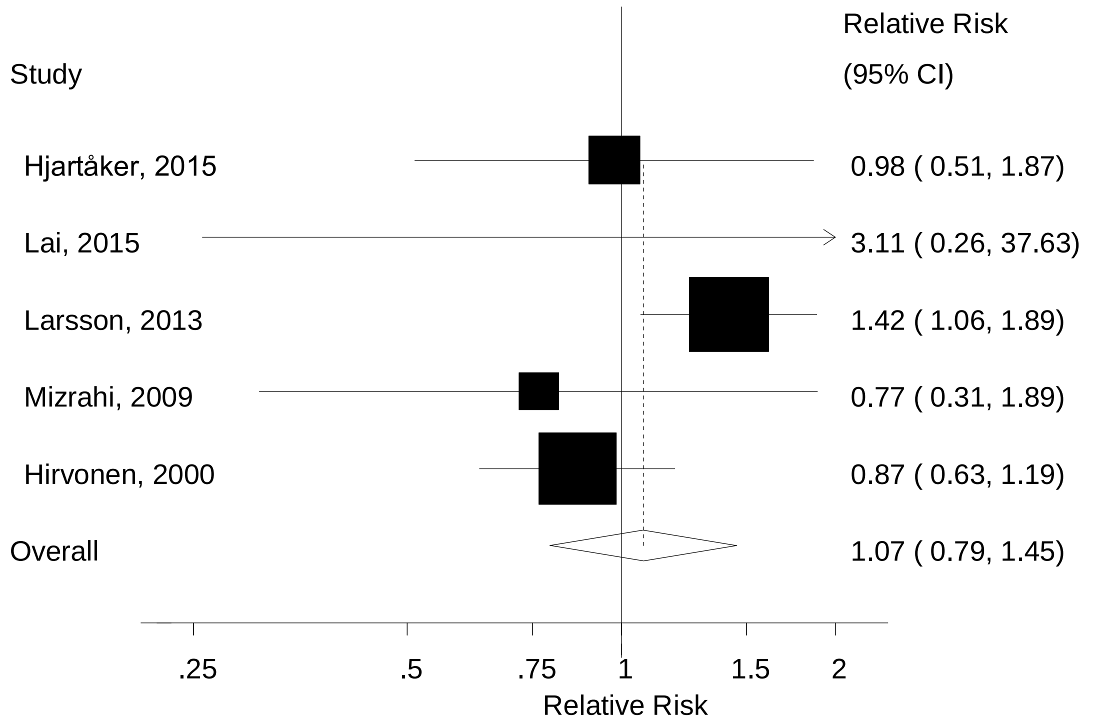
Supplementary Figure 79. Apples and pears and stroke, dose-response analysis, nonlinear dose-response analysis



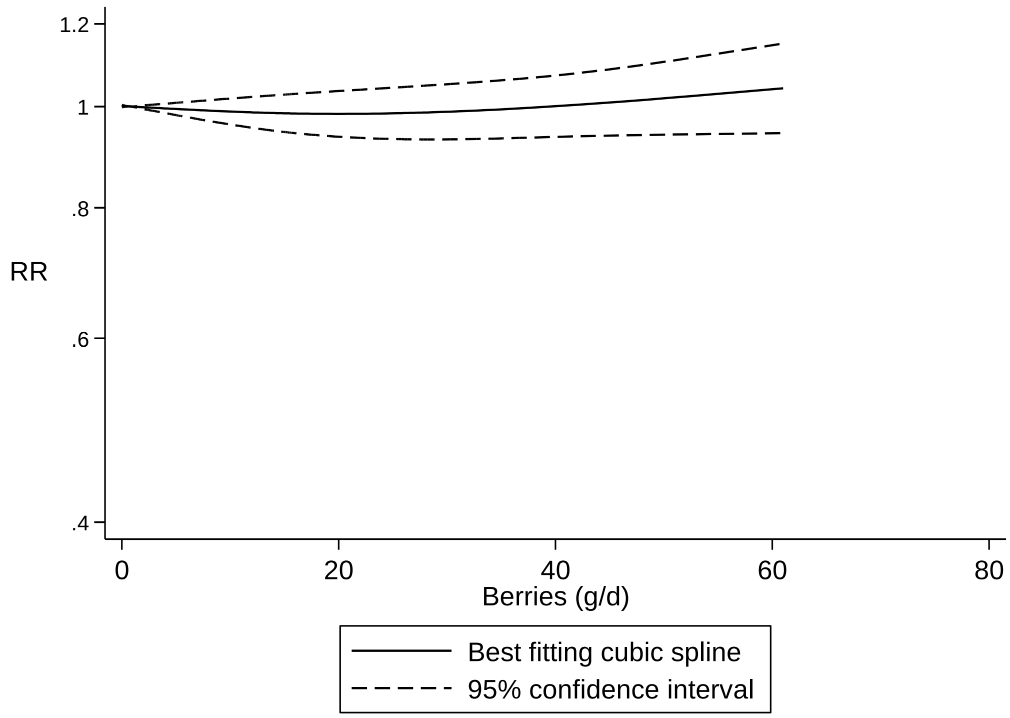
Supplementary Figure 80. Berries and stroke, high vs. low analysis



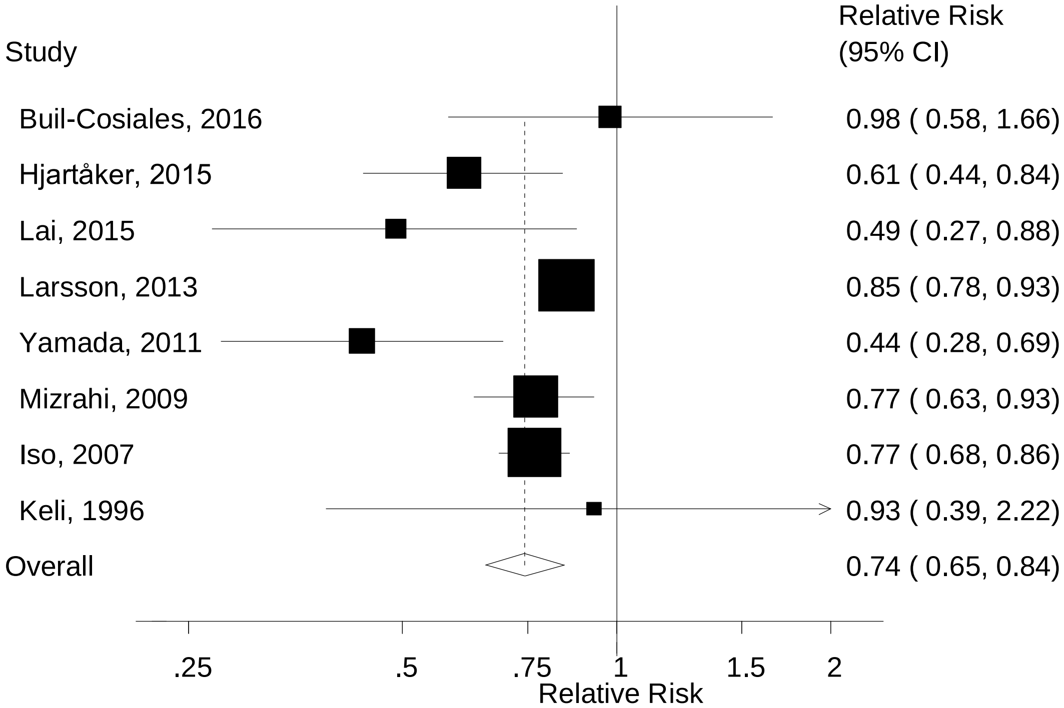
Supplementary Figure 81. Berries and stroke, dose-response analysis, per 100 g/d



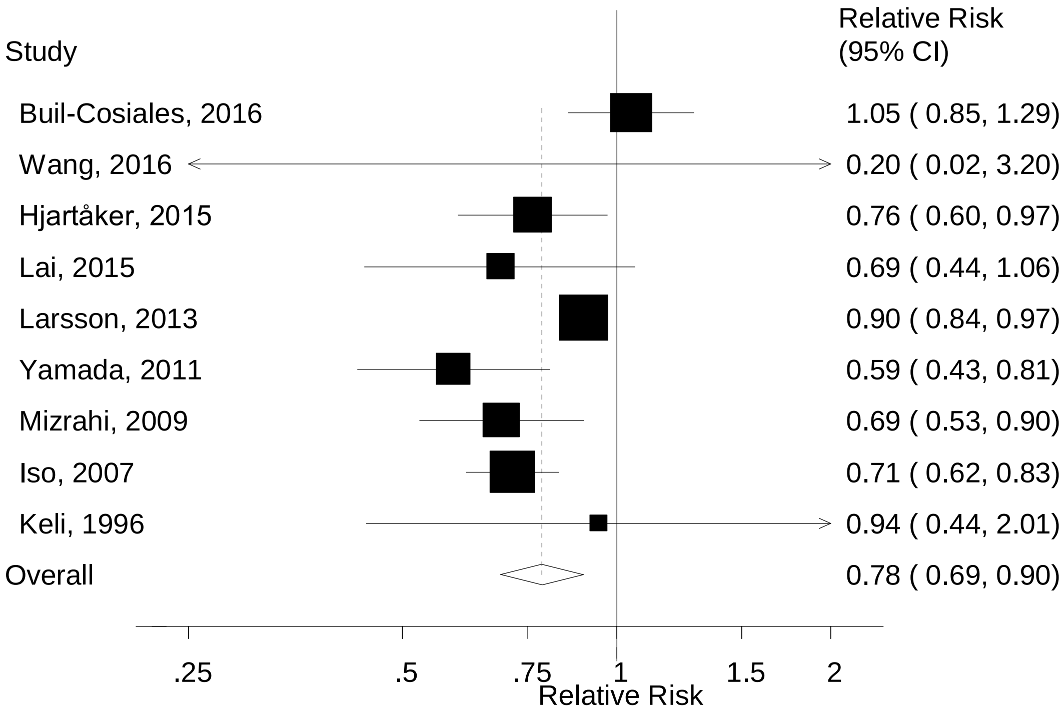
Supplementary Figure 82. Berries and stroke, nonlinear dose-response analysis



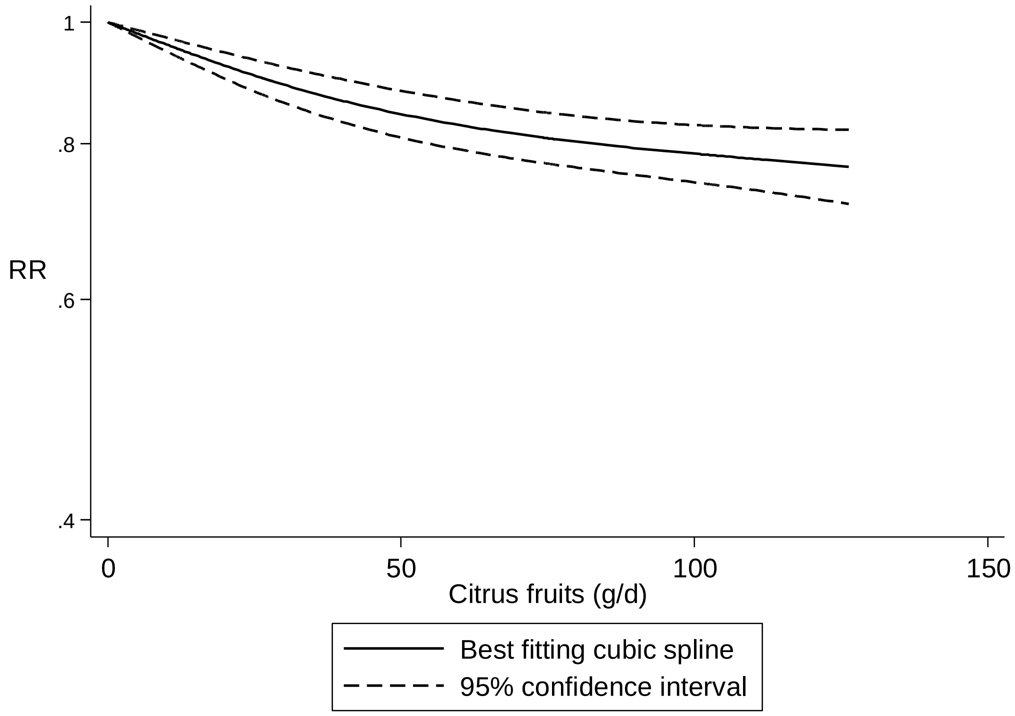
Supplementary Figure 83. Citrus fruits and stroke, high vs. low analysis



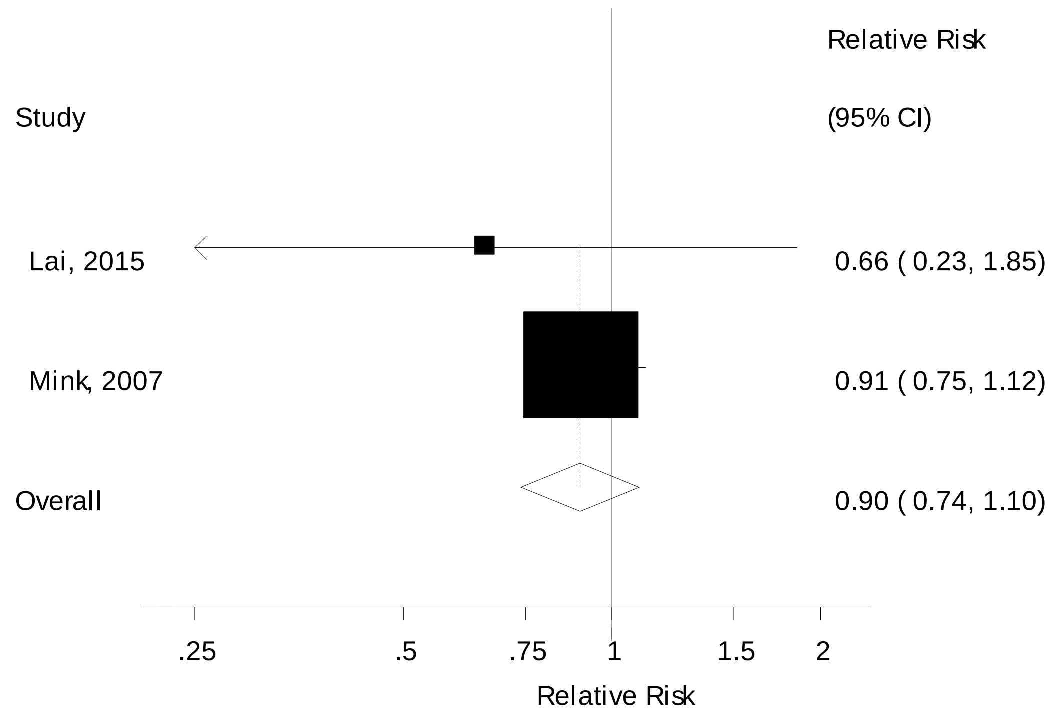
Supplementary Figure 84. Citrus fruits and stroke, dose-response analysis, per 100 g/d



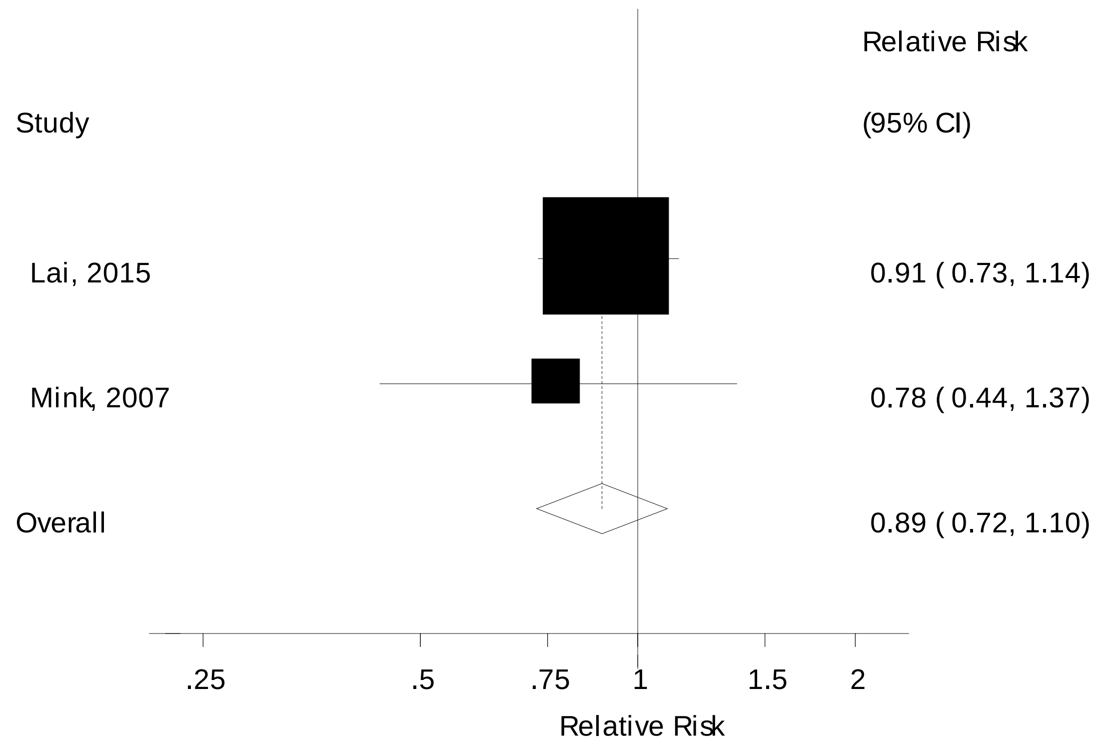
Supplementary Figure 85. Citrus fruits and stroke, nonlinear dose-response analysis



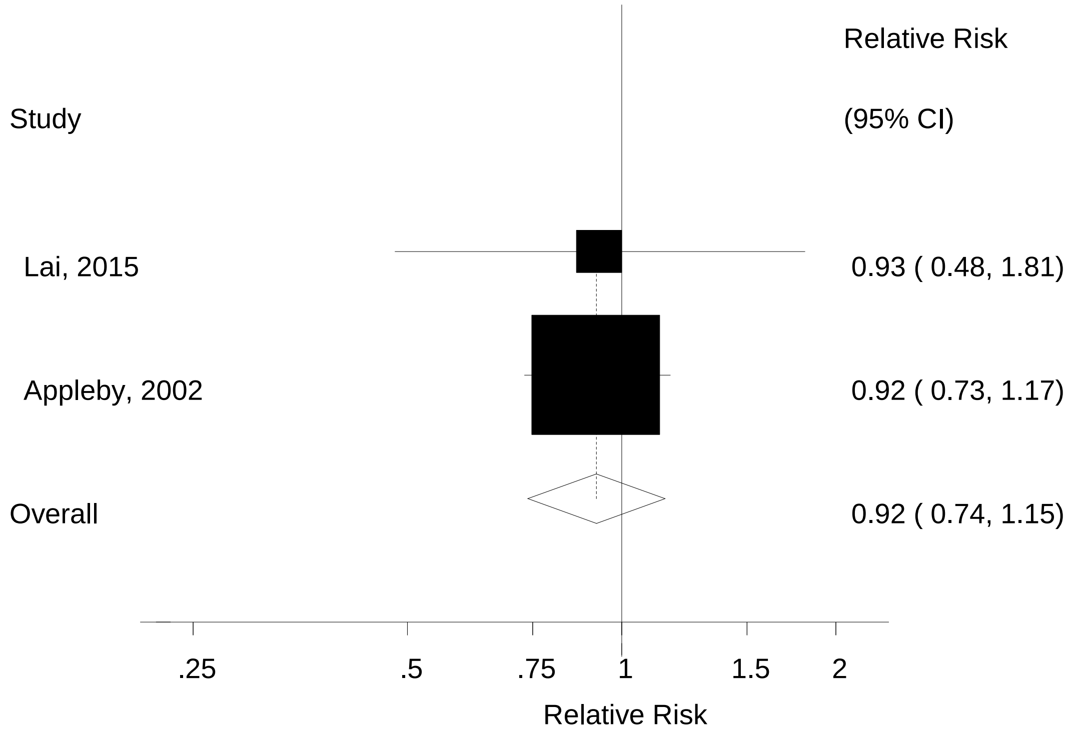
Supplementary Figure 86. Citrus fruit juice and stroke, high vs. low analysis



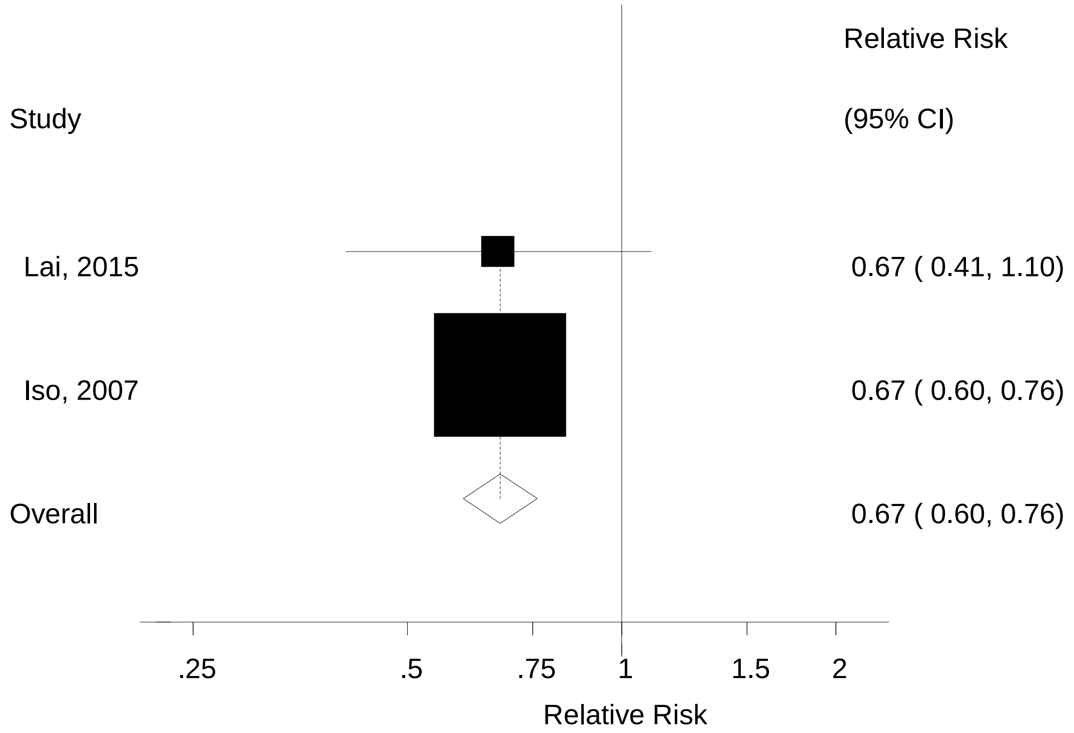
Supplementary Figure 87. Citrus fruit juice and stroke, dose-response analysis, per 100 g/d



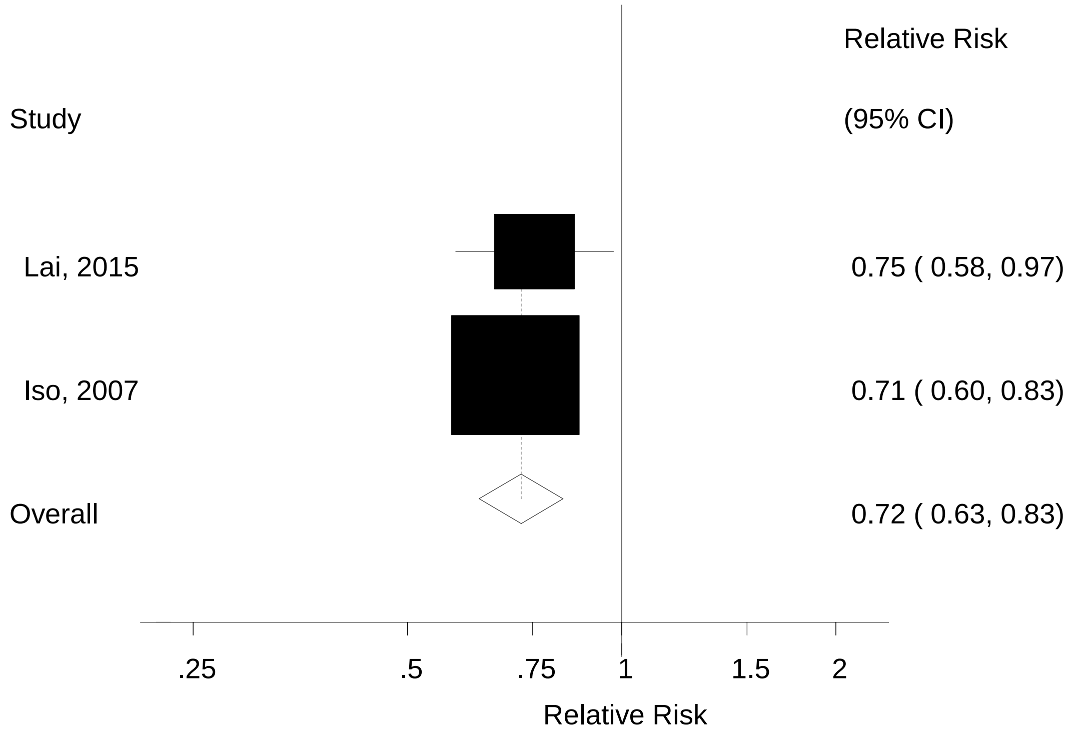
Supplementary Figure 88. Dried fruits and stroke, high vs. low analysis



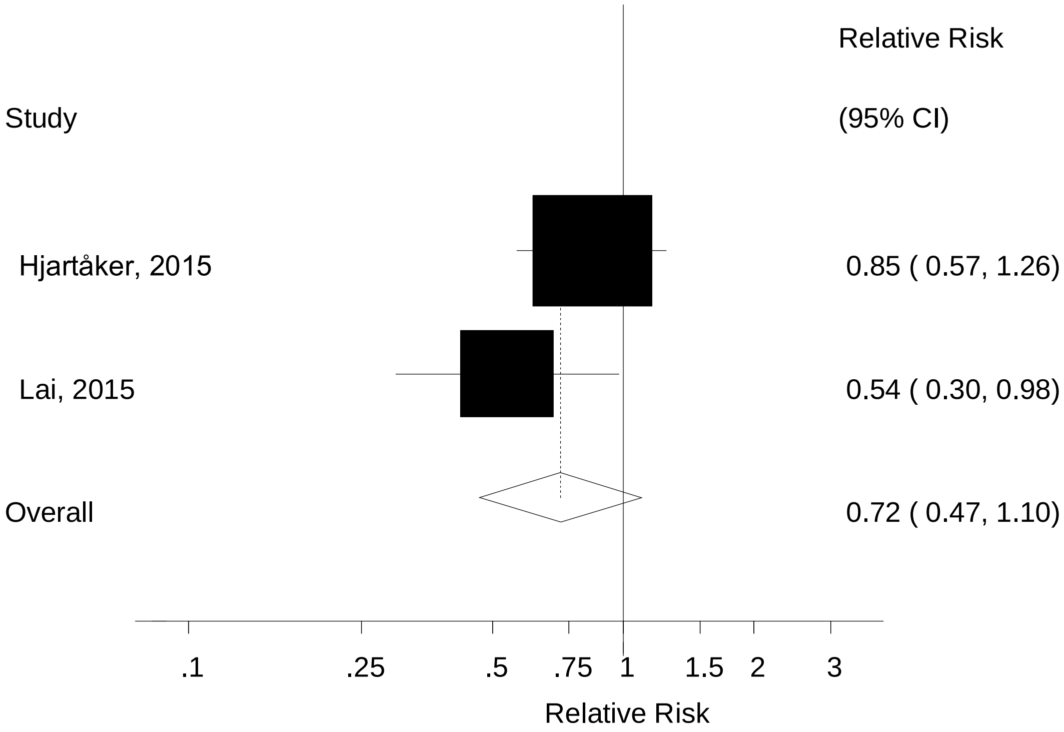
Supplementary Figure 89. Fruit juice and stroke, high vs. low analysis



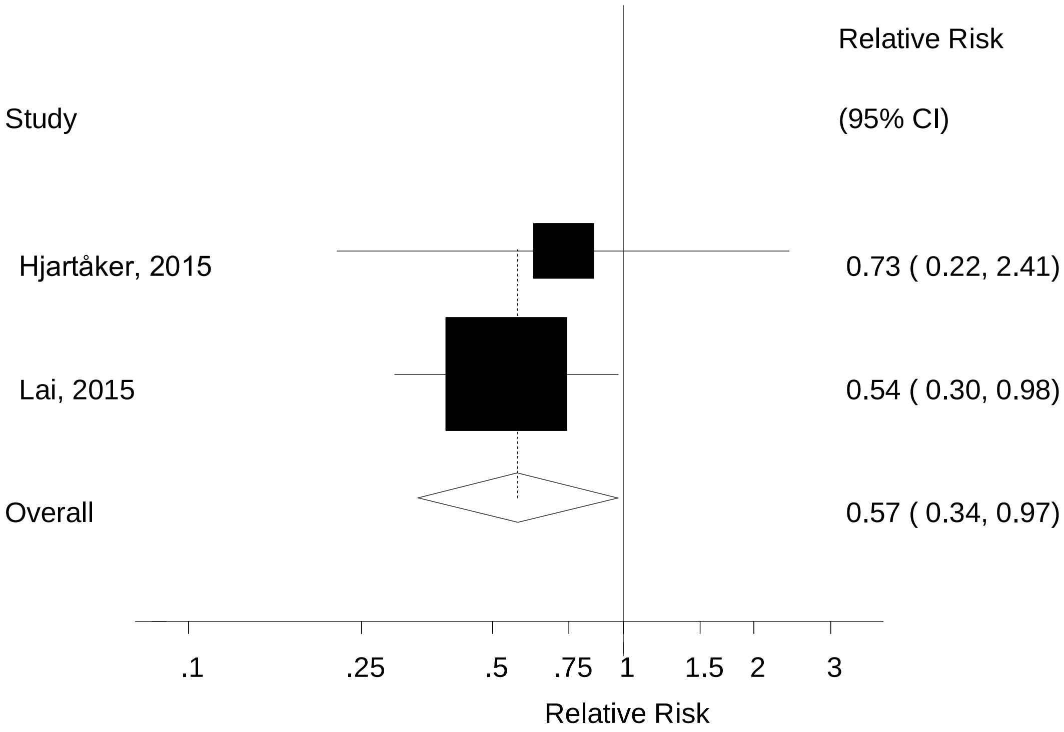
Supplementary Figure 90. Fruit juice and stroke, dose-response analysis, per 100 g/d



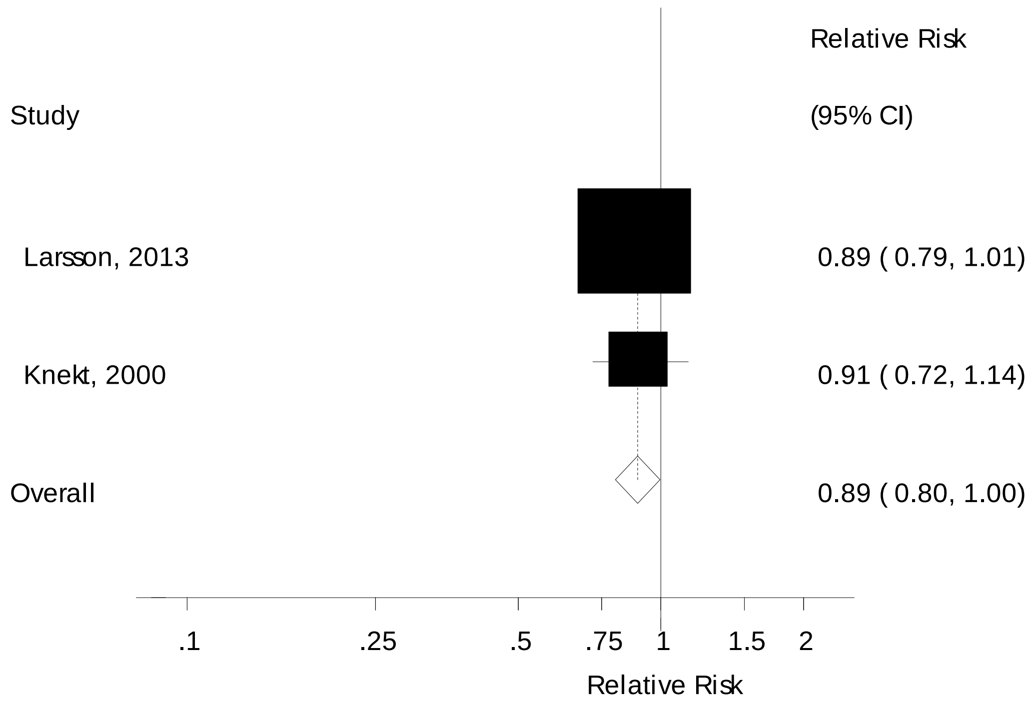
Supplementary Figure 91. Grapes and stroke, high vs. low analysis



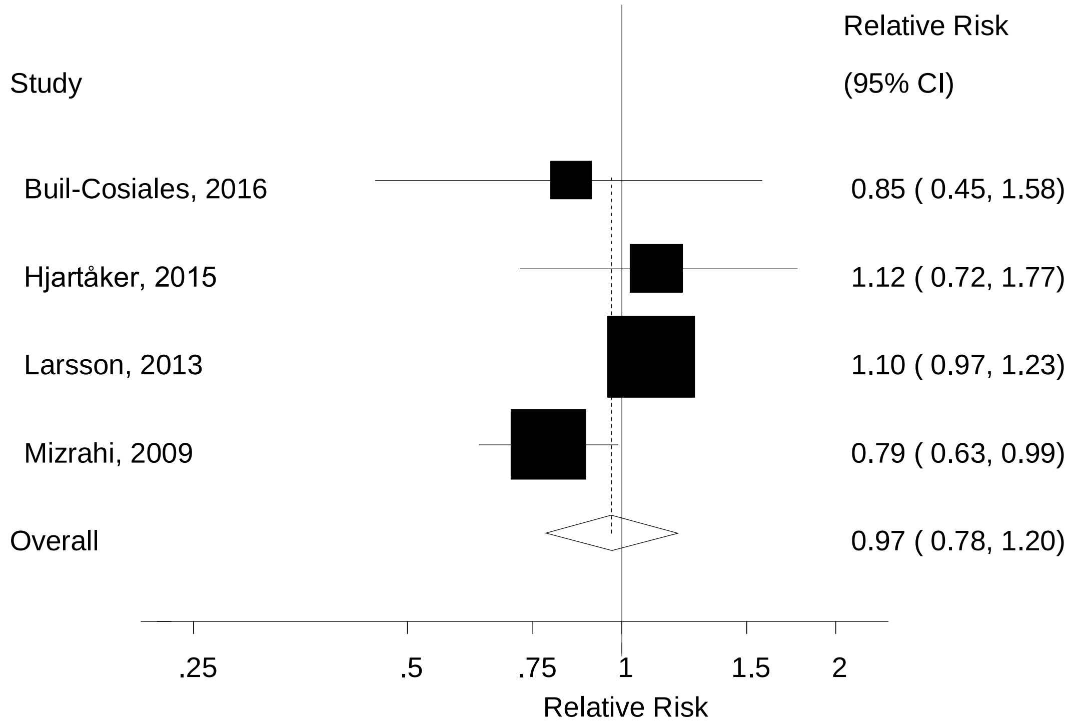
Supplementary Figure 92. Grapes and stroke, dose-response analysis, per 100 g/d



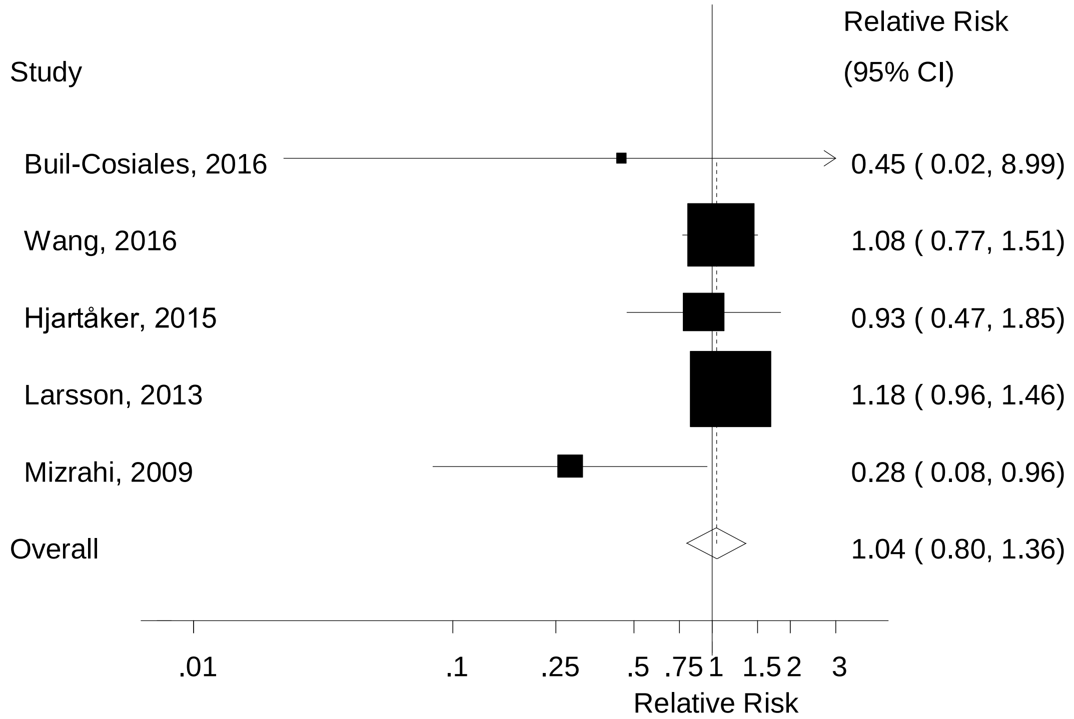
Supplementary Figure 93. Allium vegetables and stroke, high vs. low analysis



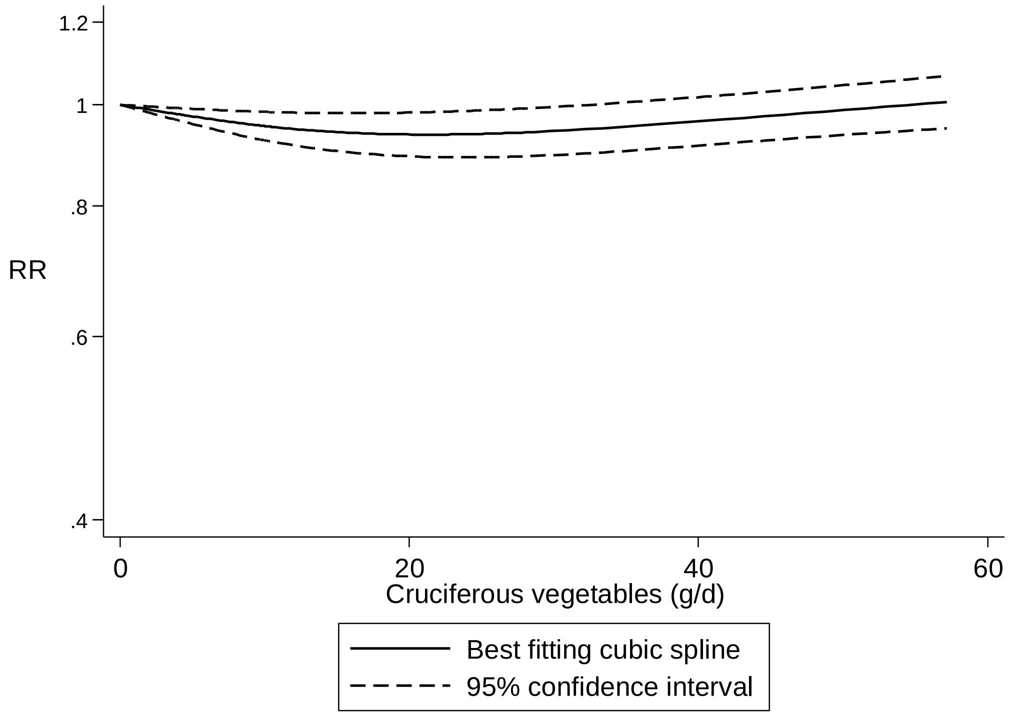
Supplementary Figure 94. Cruciferous vegetables and stroke, high vs. low analysis



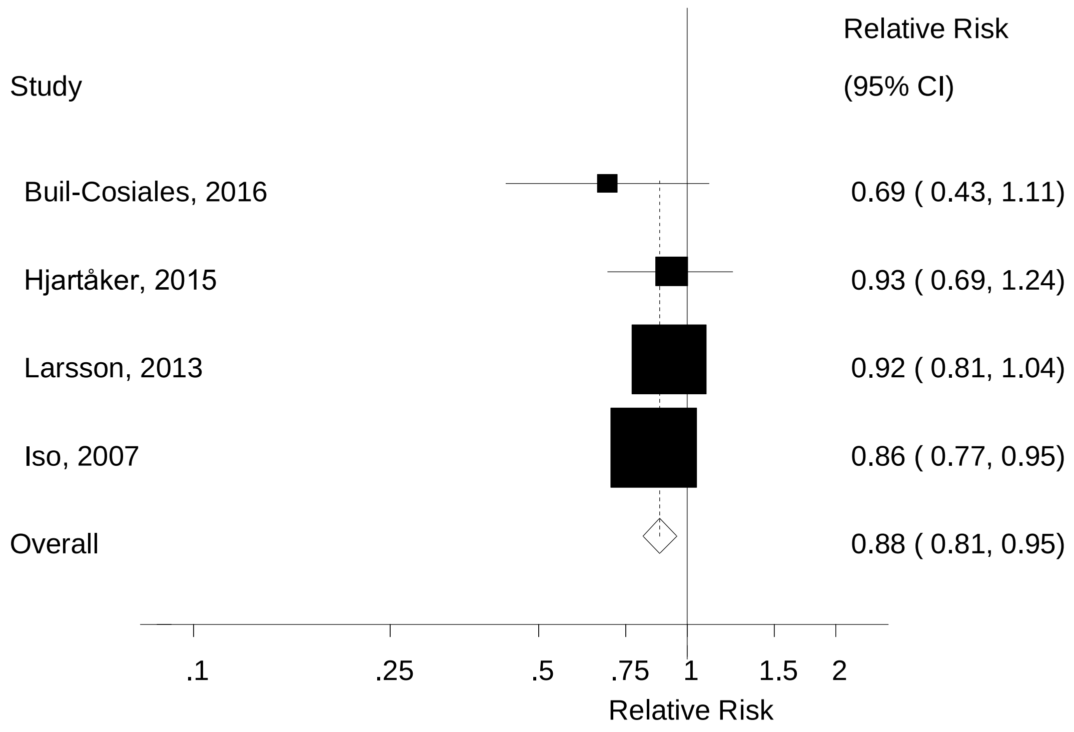
Supplementary Figure 95. Cruciferous vegetables and stroke, dose-response analysis, per 100 g/d



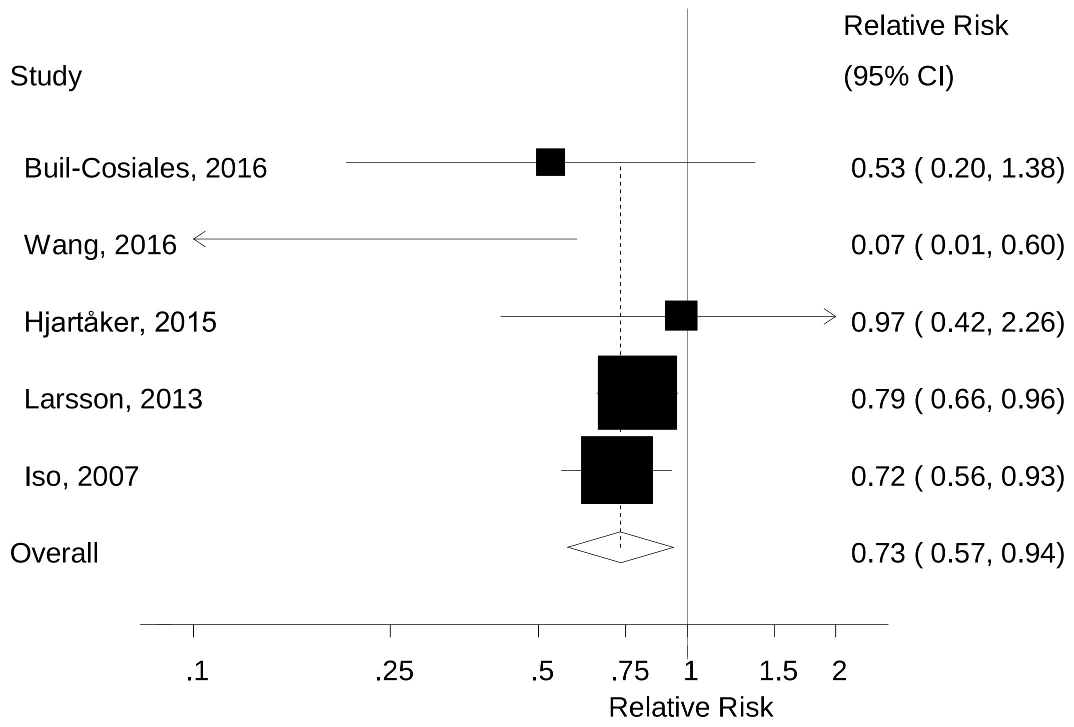
Supplementary Figure 96. Cruciferous vegetables and stroke, nonlinear dose-response analysis



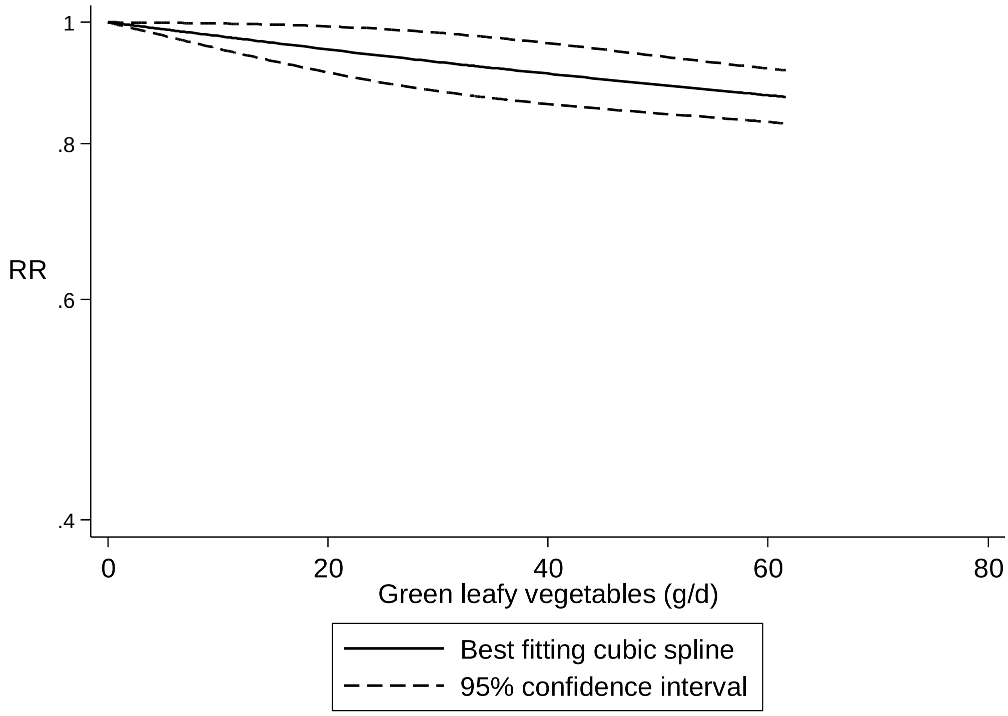
Supplementary Figure 97. Green leafy vegetables and stroke, high vs. low analysis



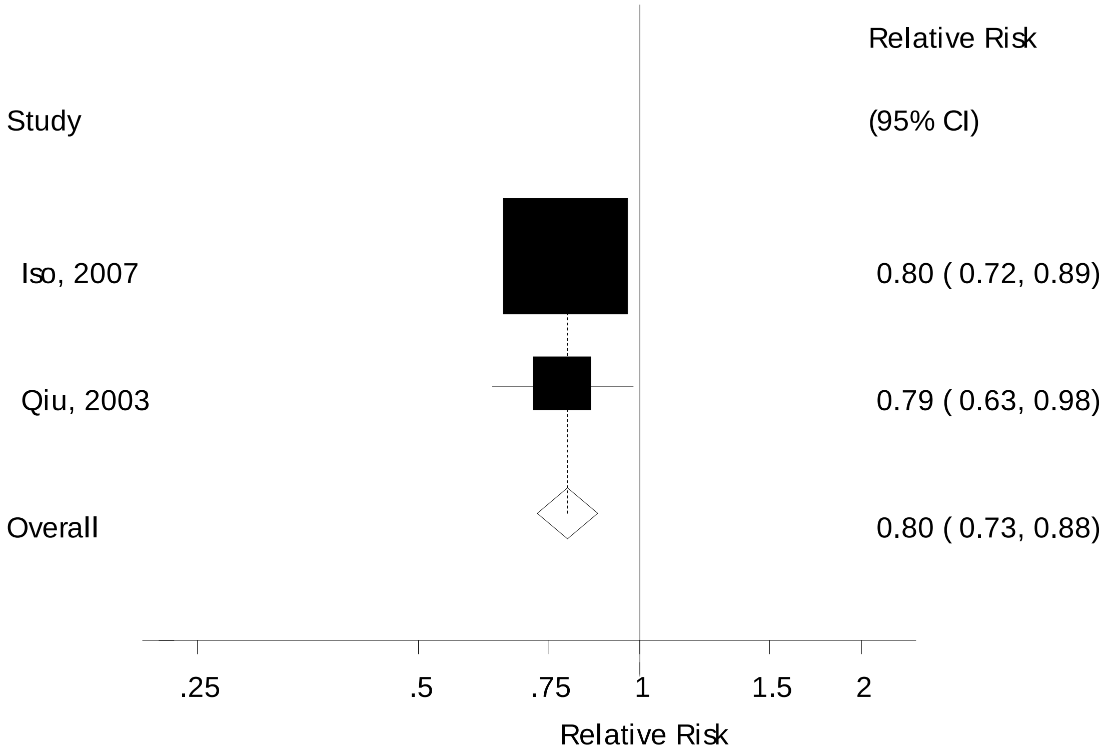
Supplementary Figure 98. Green leafy vegetables and stroke, dose-response analysis, per 100 g/d



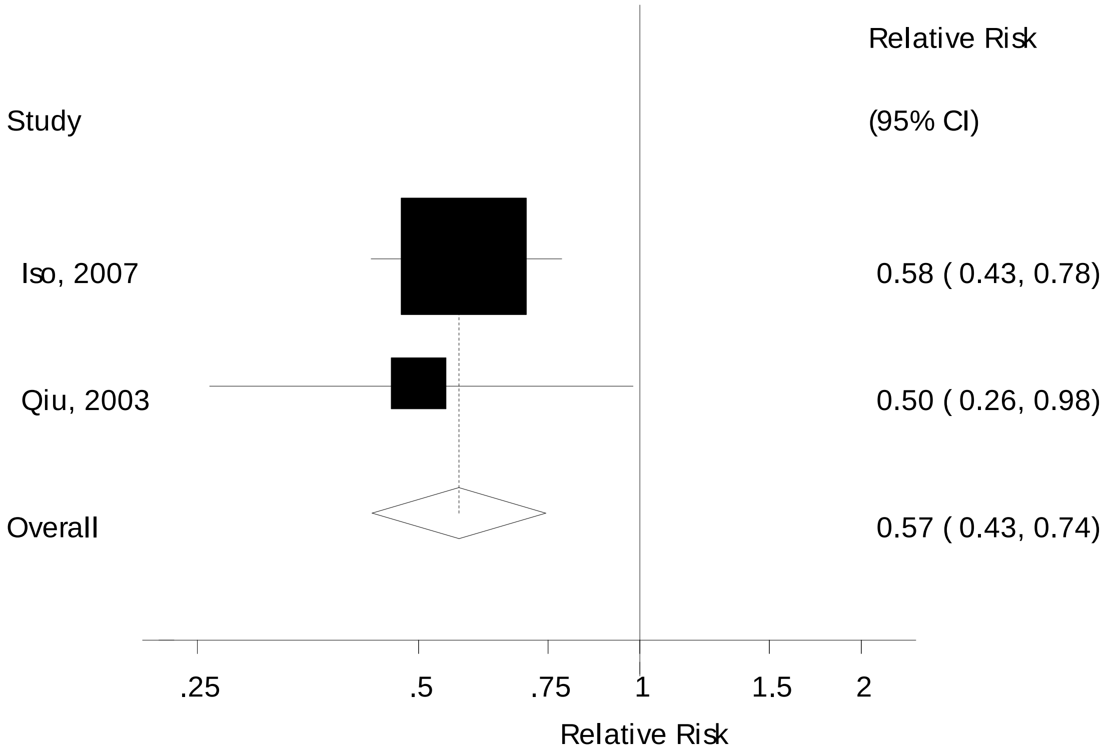
Supplementary Figure 99. Green leafy vegetables and stroke, nonlinear dose-response analysis



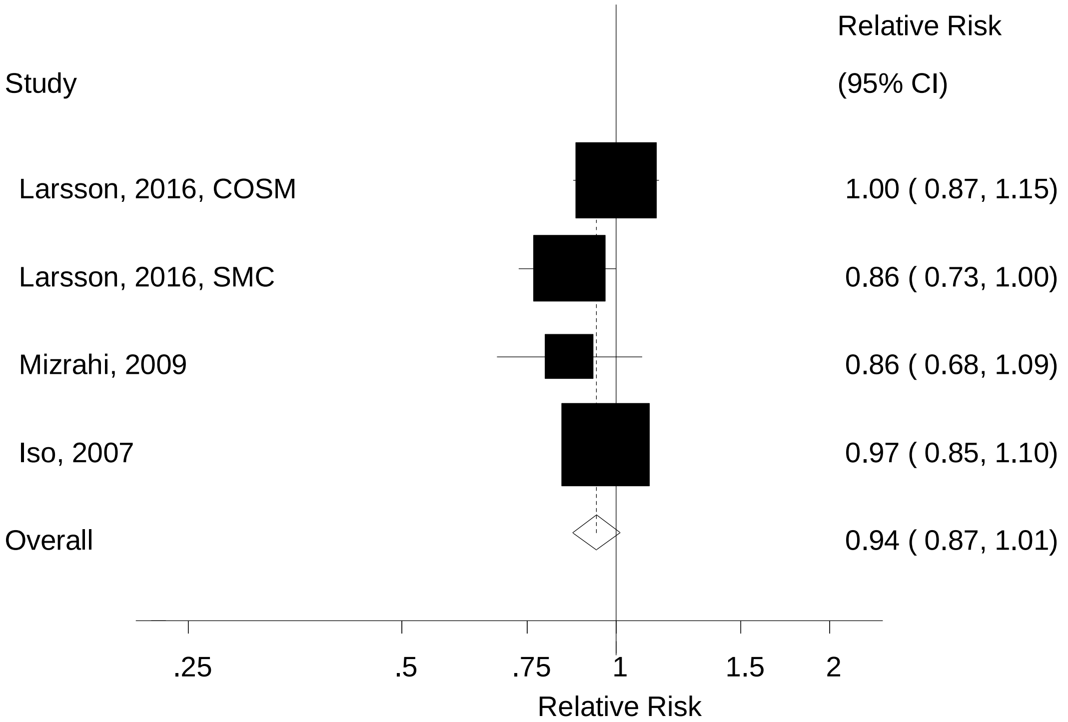
Supplementary Figure 100. Pickled vegetables and stroke, high vs. low analysis



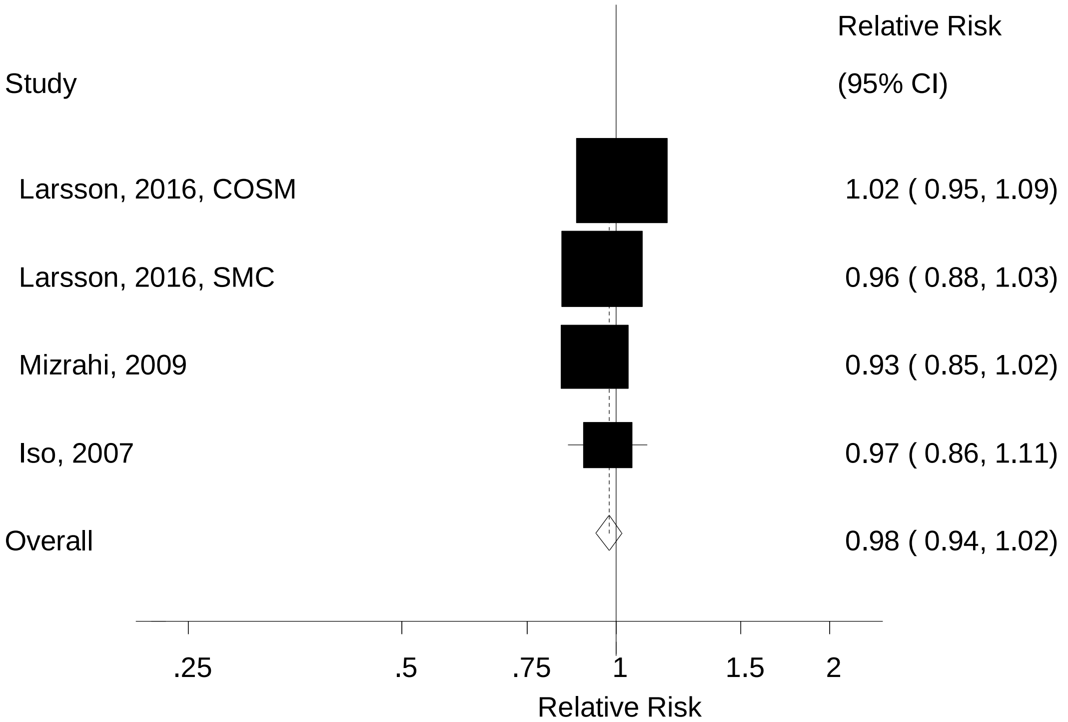
Supplementary Figure 101. Pickled vegetables and stroke, dose-response analysis, per 100 g/d



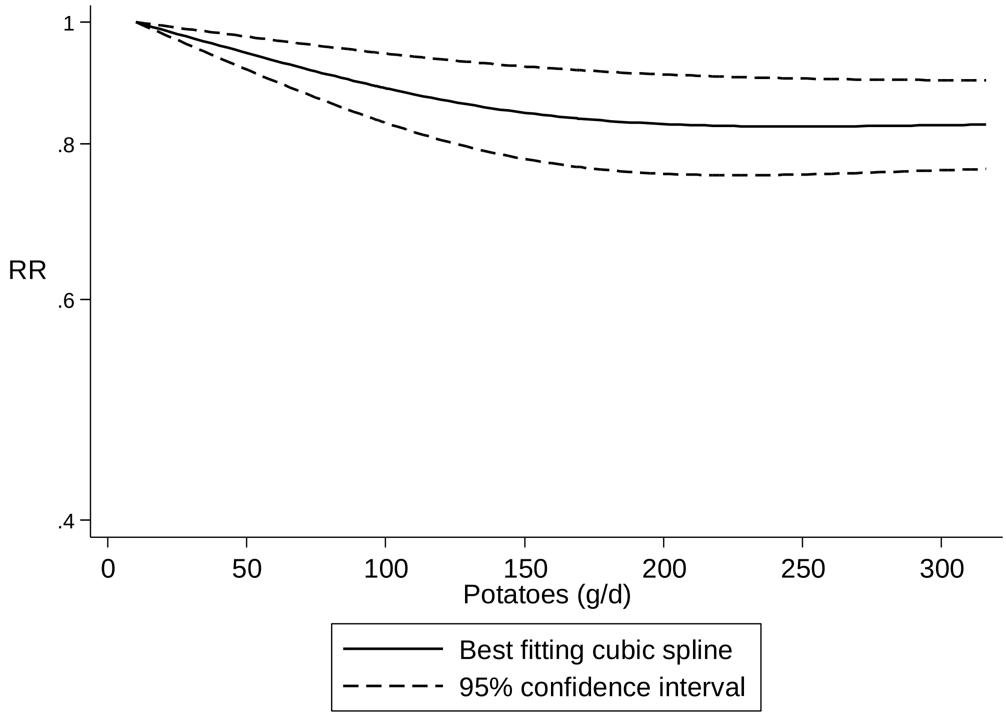
Supplementary Figure 102. Potatoes and stroke, high vs. low analysis



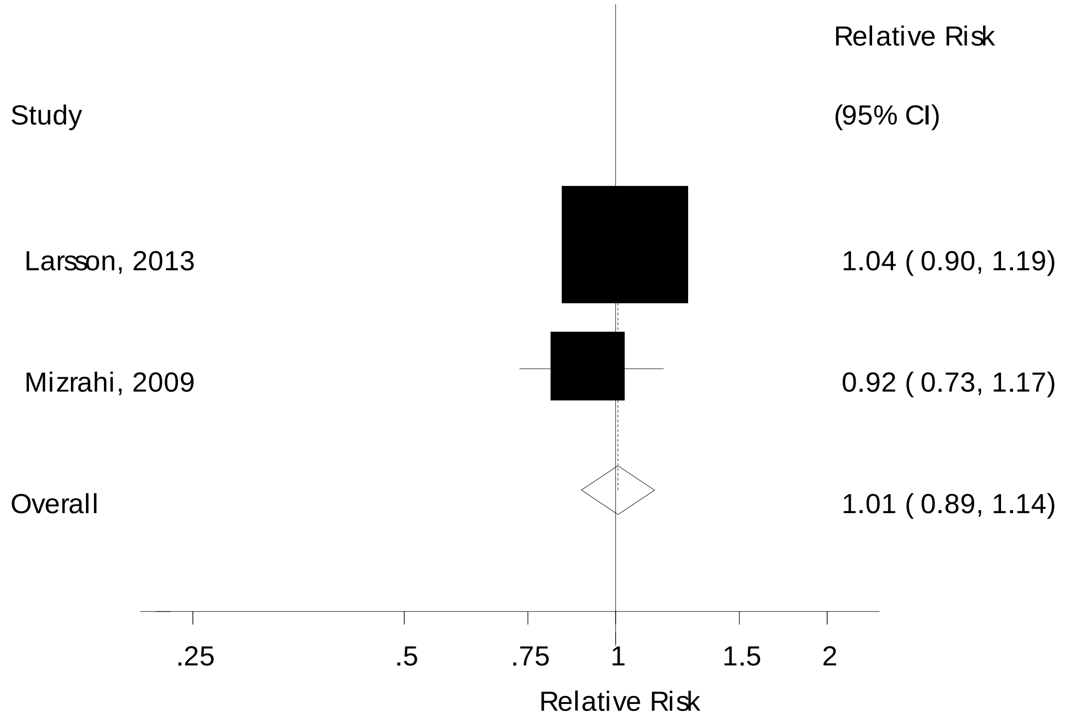
Supplementary Figure 103. Potatoes and stroke, dose-response analysis, per 100 g/d



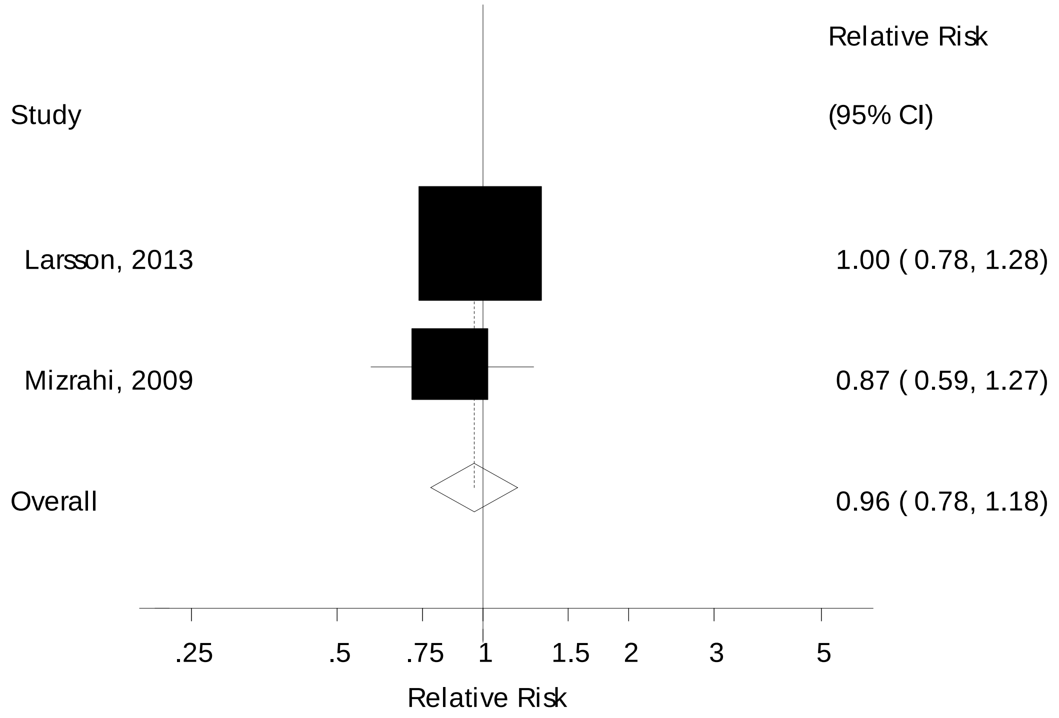
Supplementary Figure 104. Potatoes and stroke, nonlinear dose-response analysis



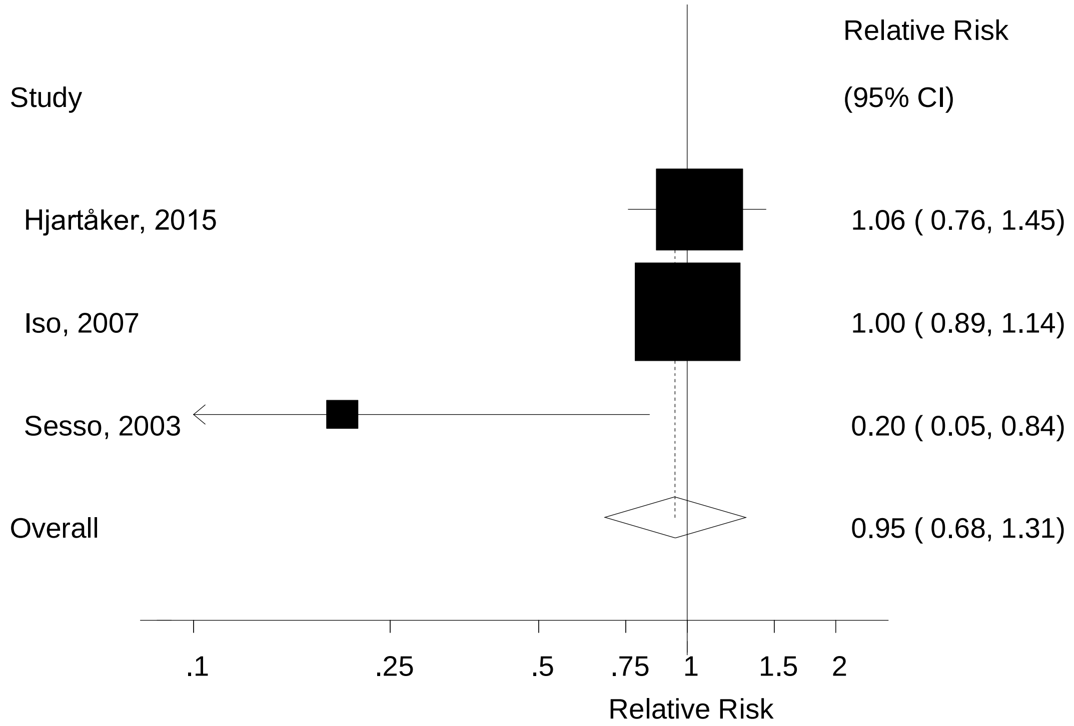
Supplementary Figure 105. Root vegetables and stroke, high vs. low analysis



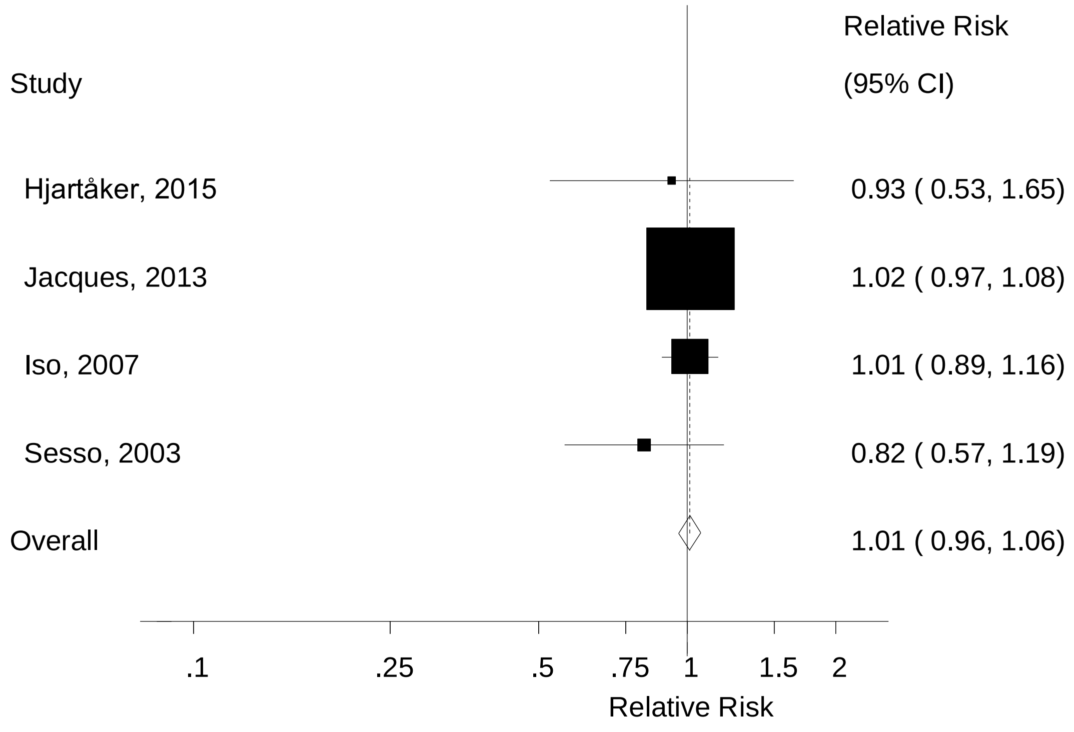
Supplementary Figure 106. Root vegetables and stroke, dose-response analysis, per 100 g/d



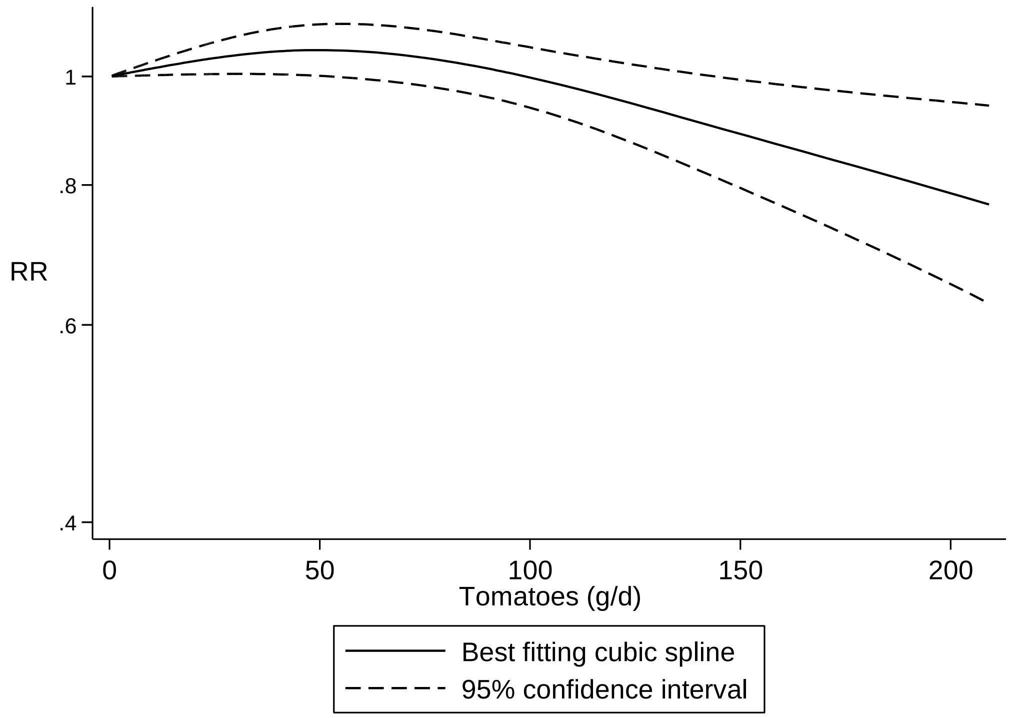
Supplementary Figure 107. Tomatoes and stroke, high vs. low analysis



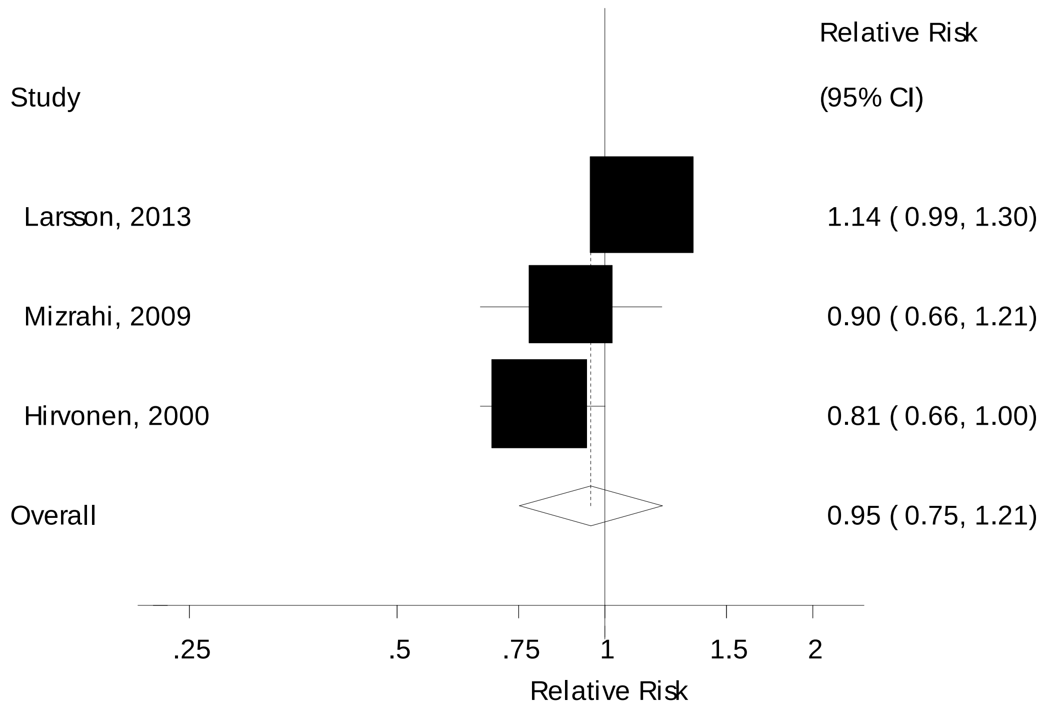
Supplementary Figure 108. Tomatoes and stroke, dose-response analysis, per 100 g/d



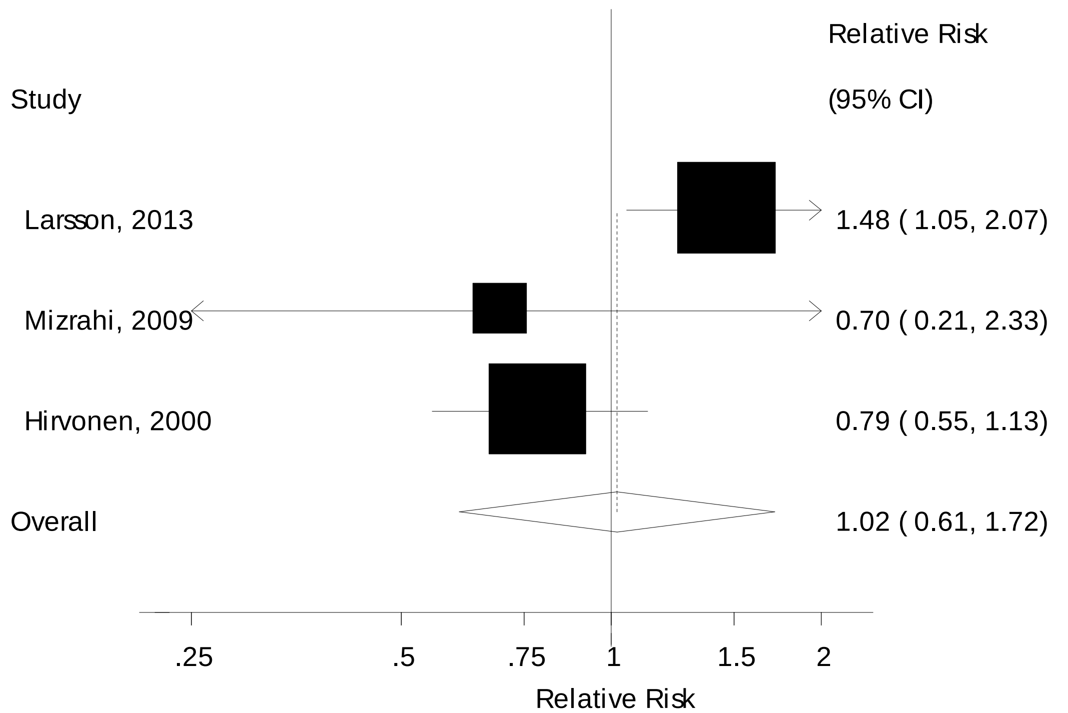
Supplementary Figure 109. Tomatoes and stroke, nonlinear dose-response analysis



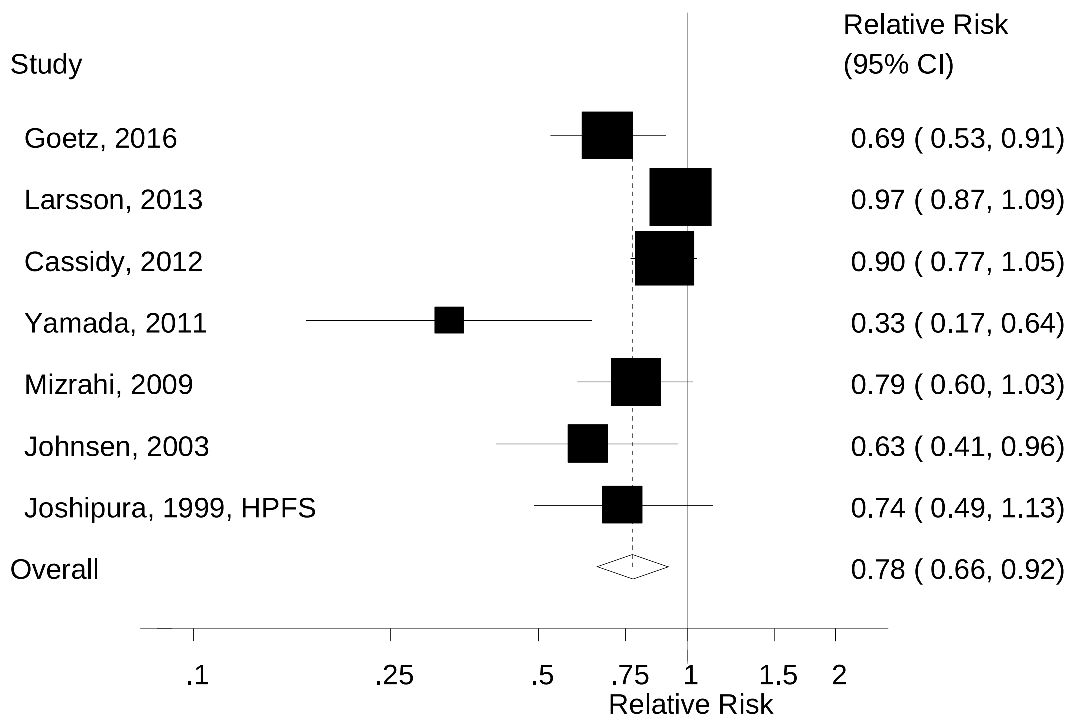
Supplementary Figure 110. Berries and ischemic stroke, high vs. low analysis



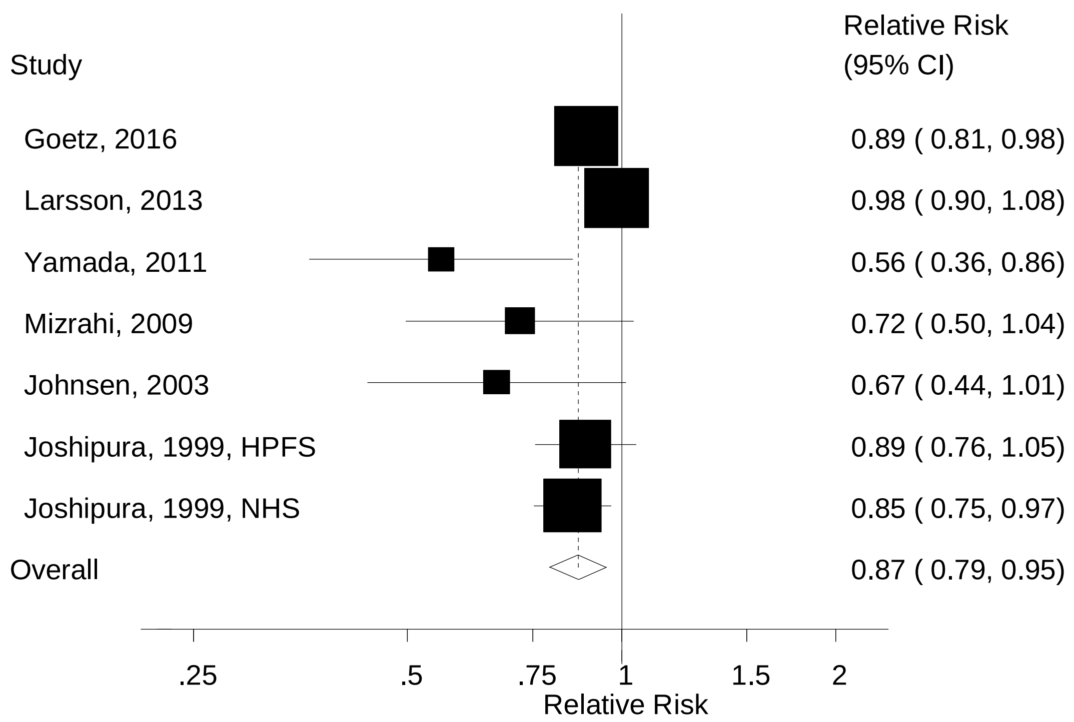
Supplementary Figure 111. Berries and ischemic stroke, dose-response analysis, per 100 g/d



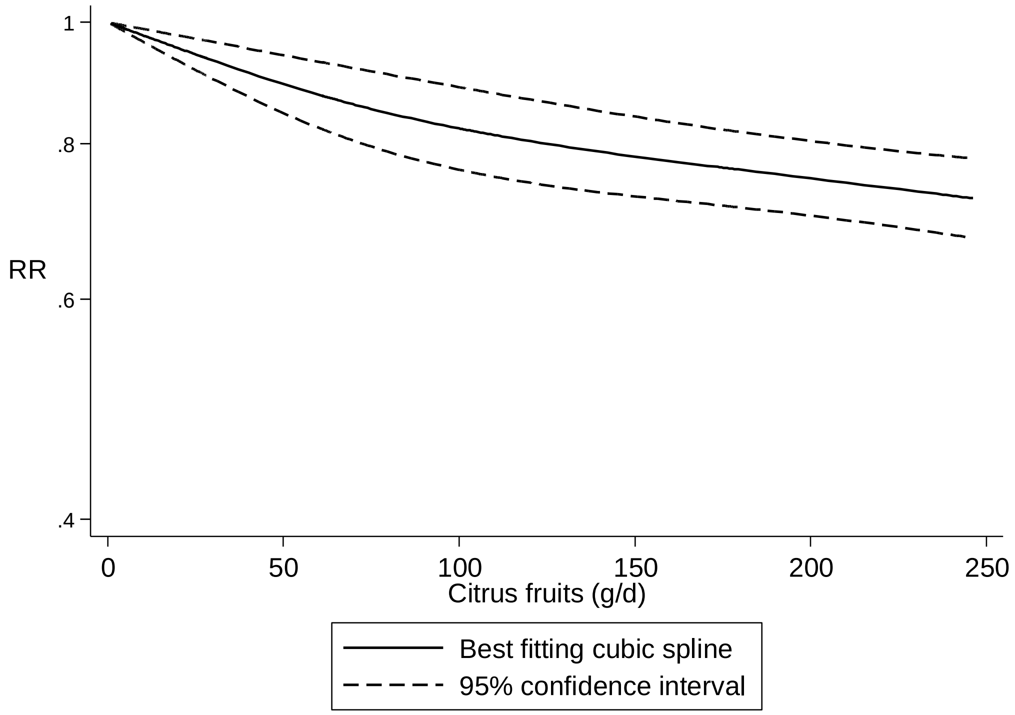
Supplementary Figure 112. Citrus fruits and ischemic stroke, high vs. low analysis



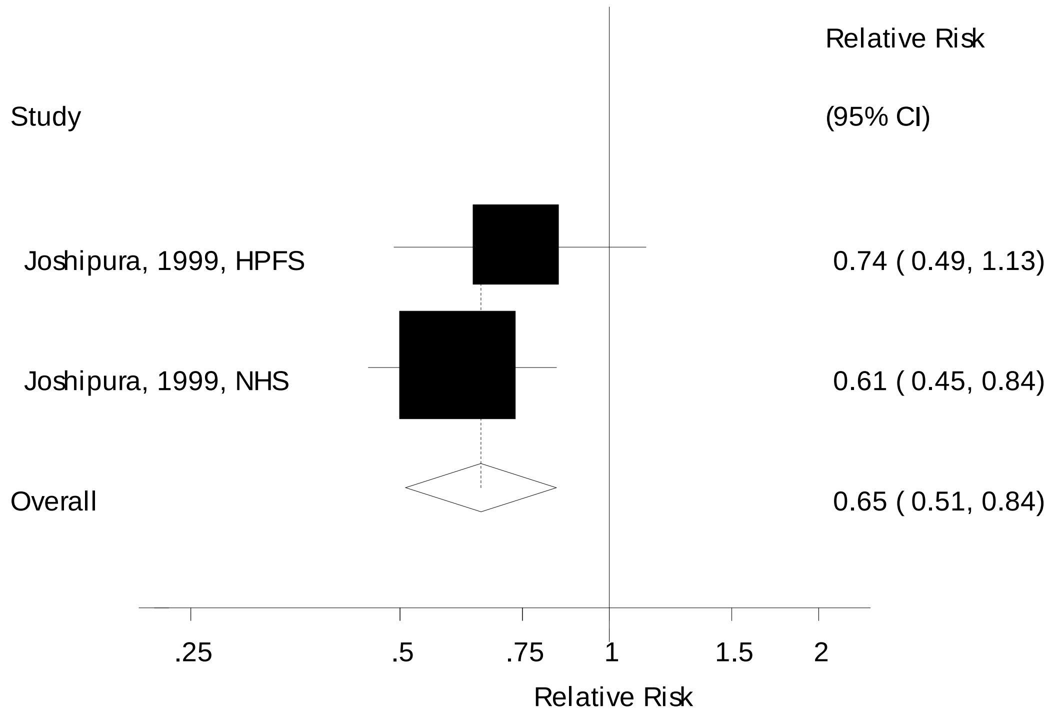
Supplementary Figure 113. Citrus fruits and ischemic stroke, dose-response analysis, per 100 g/d



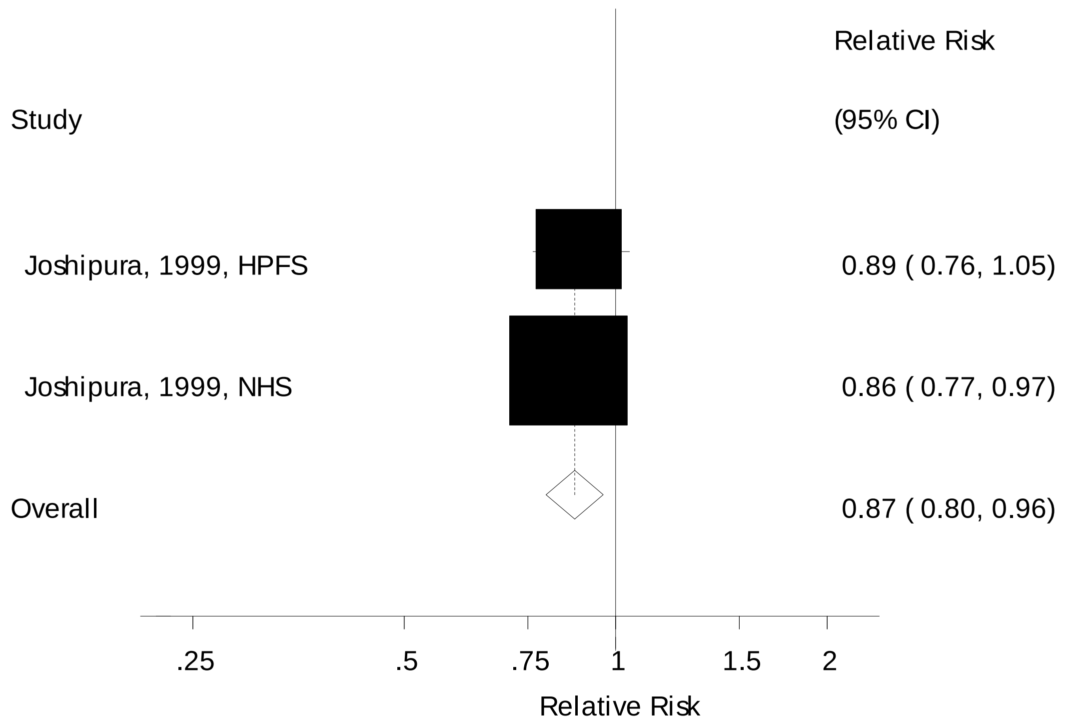
Supplementary Figure 114. Citrus fruits and ischemic stroke, nonlinear dose-response analysis



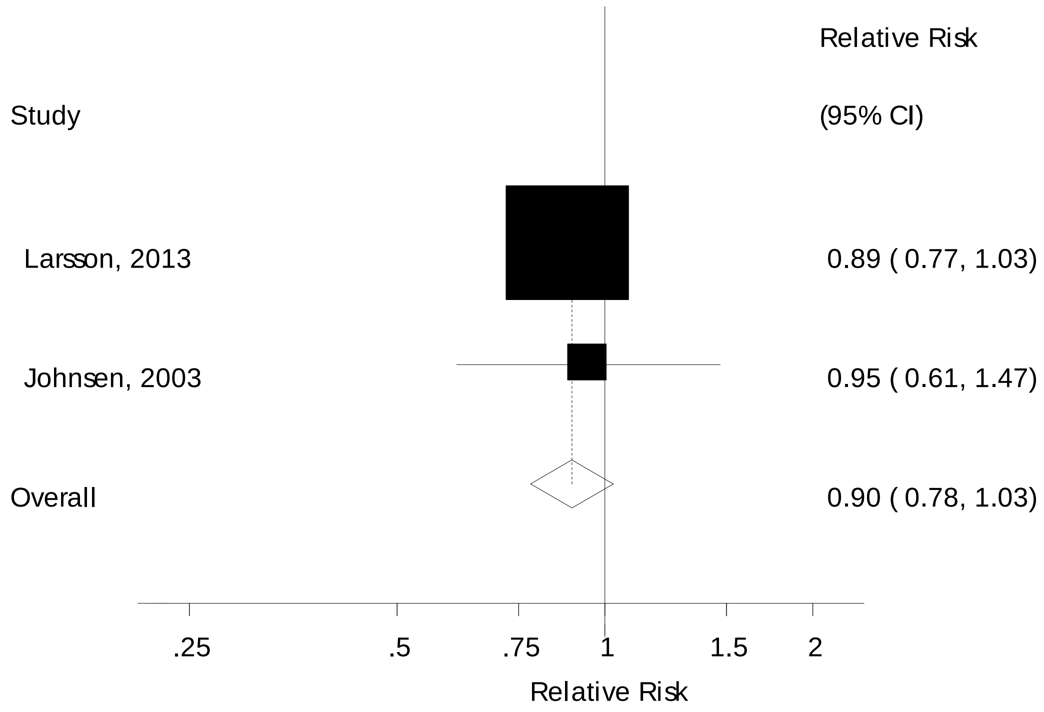
Supplementary Figure 115. Citrus fruit juice and ischemic stroke, high vs. low analysis



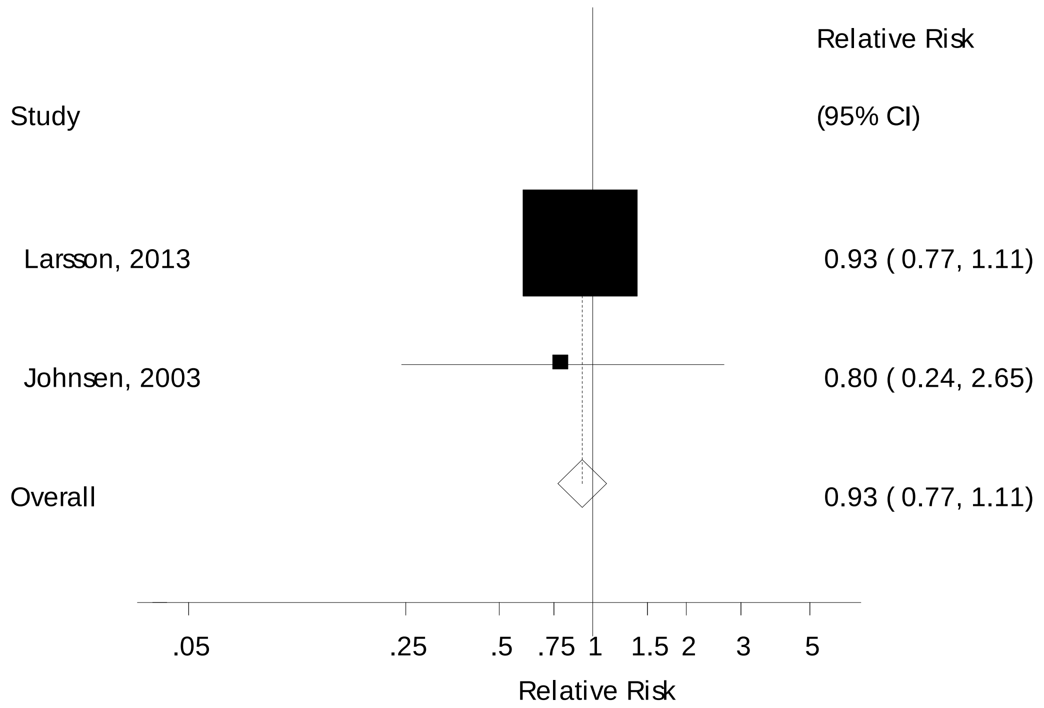
Supplementary Figure 116. Citrus fruit juice and ischemic stroke, dose-response analysis, per 100 g/d



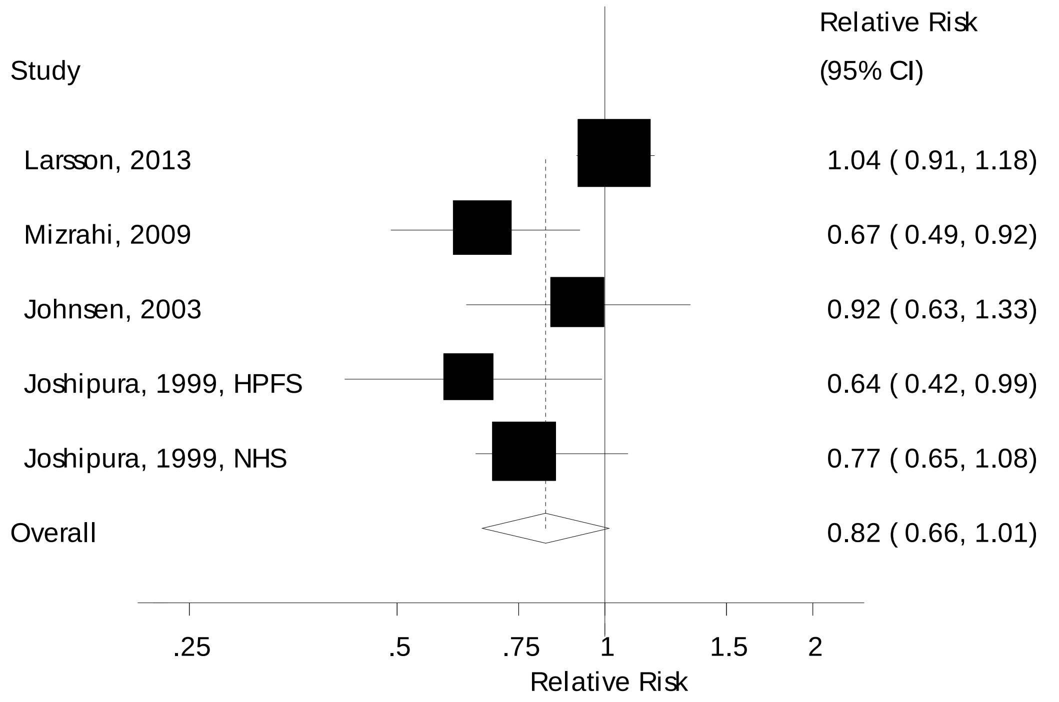
Supplementary Figure 117. Allium vegetables and ischemic stroke, high vs. low analysis



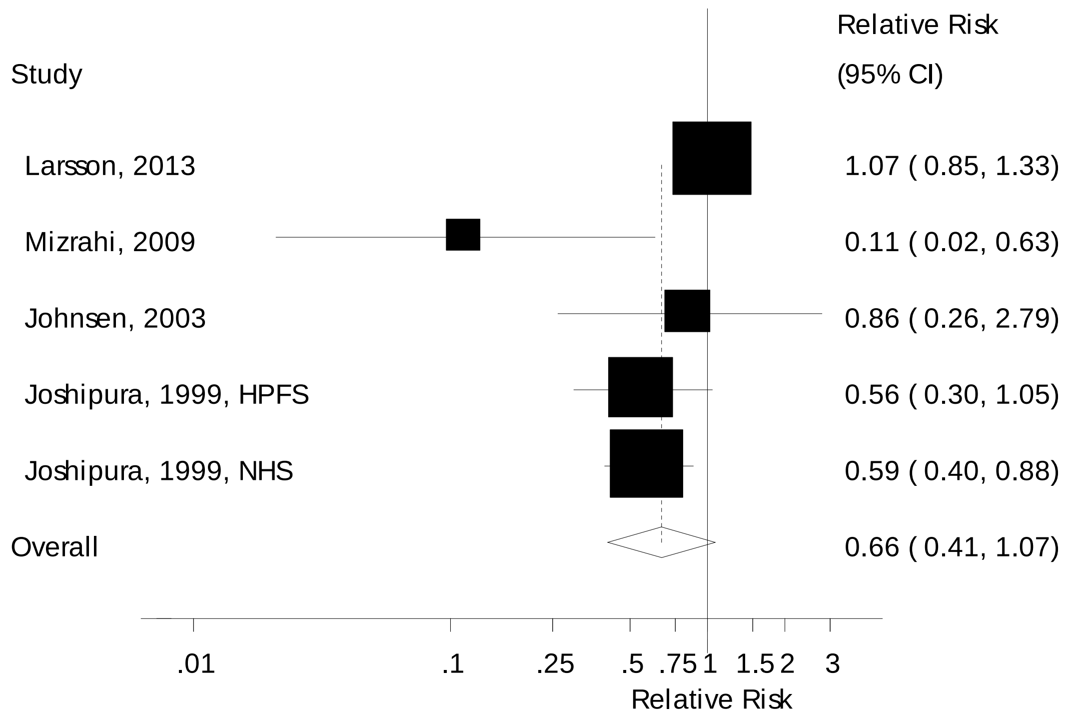
Supplementary Figure 118. Allium vegetables and ischemic stroke, dose-response analysis, per 100 g/d



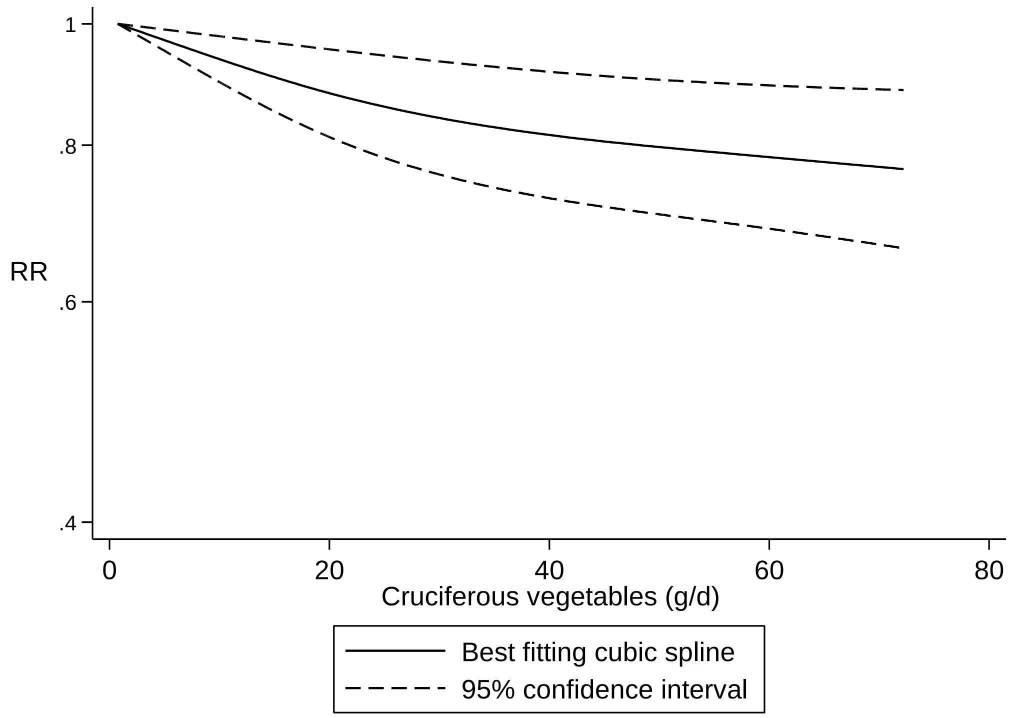
Supplementary Figure 119. Cruciferous vegetables and ischemic stroke, high vs. low analysis



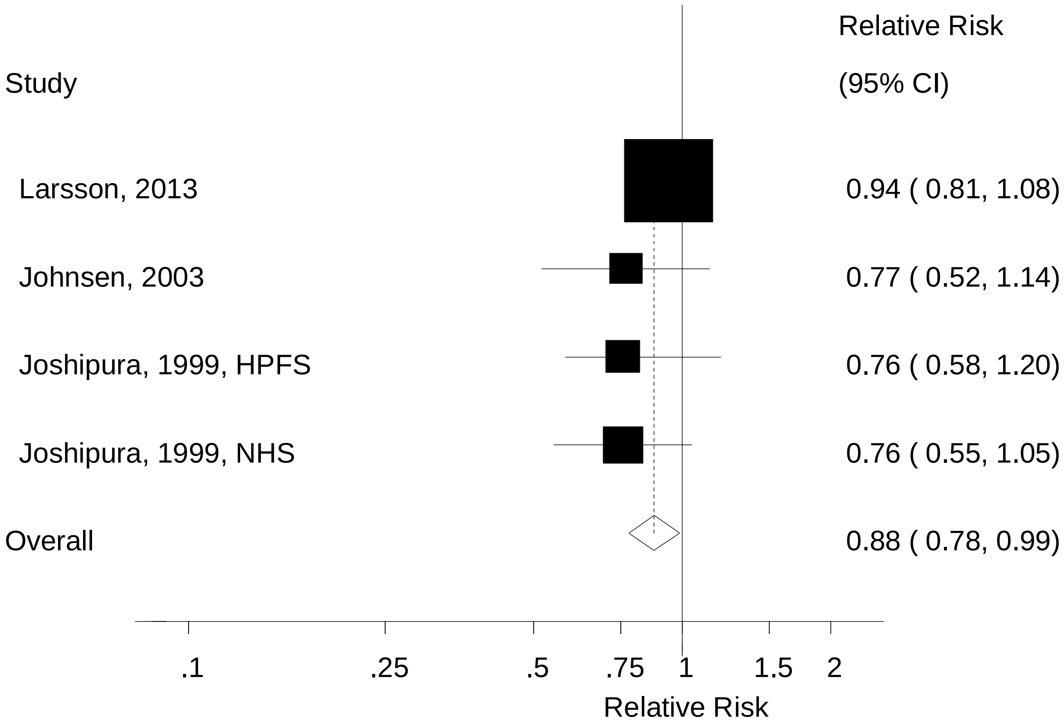
Supplementary Figure 120. Cruciferous vegetables and ischemic stroke, dose-response analysis, per 100 g/d



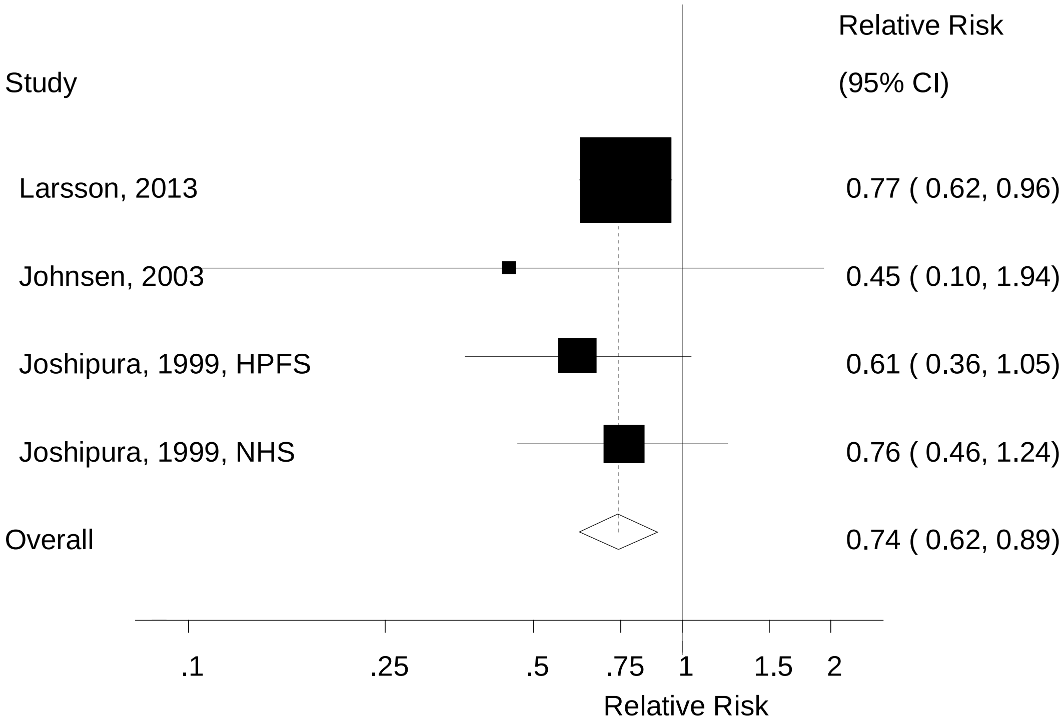
Supplementary Figure 121. Cruciferous vegetables and ischemic stroke, nonlinear dose-response analysis



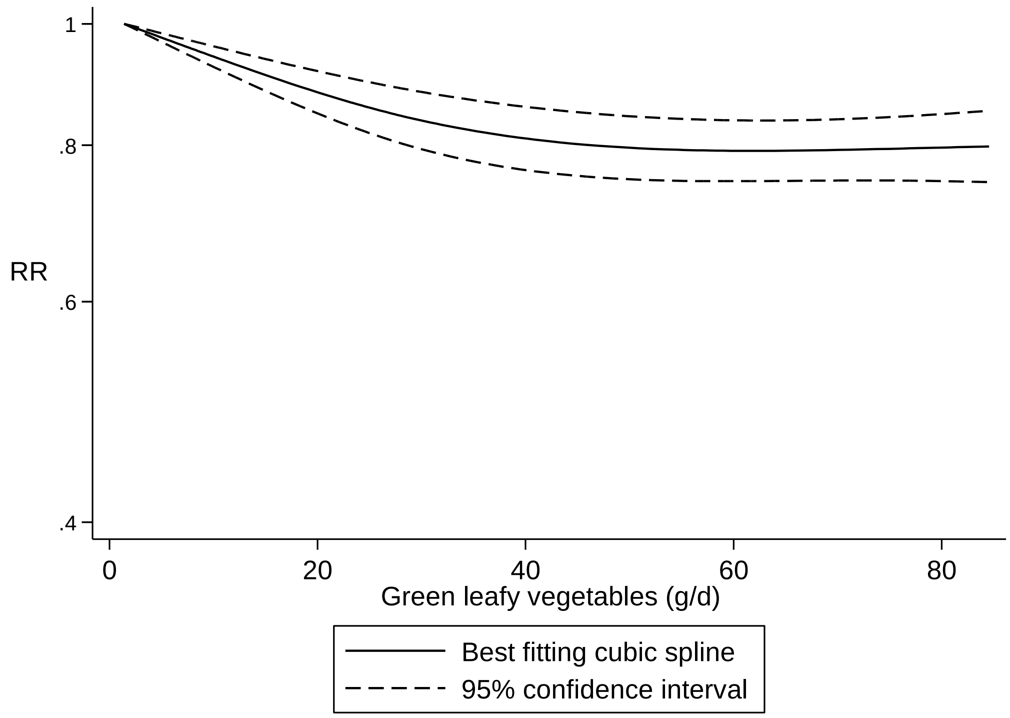
Supplementary Figure 122. Green leafy vegetables and ischemic stroke, high vs. low analysis



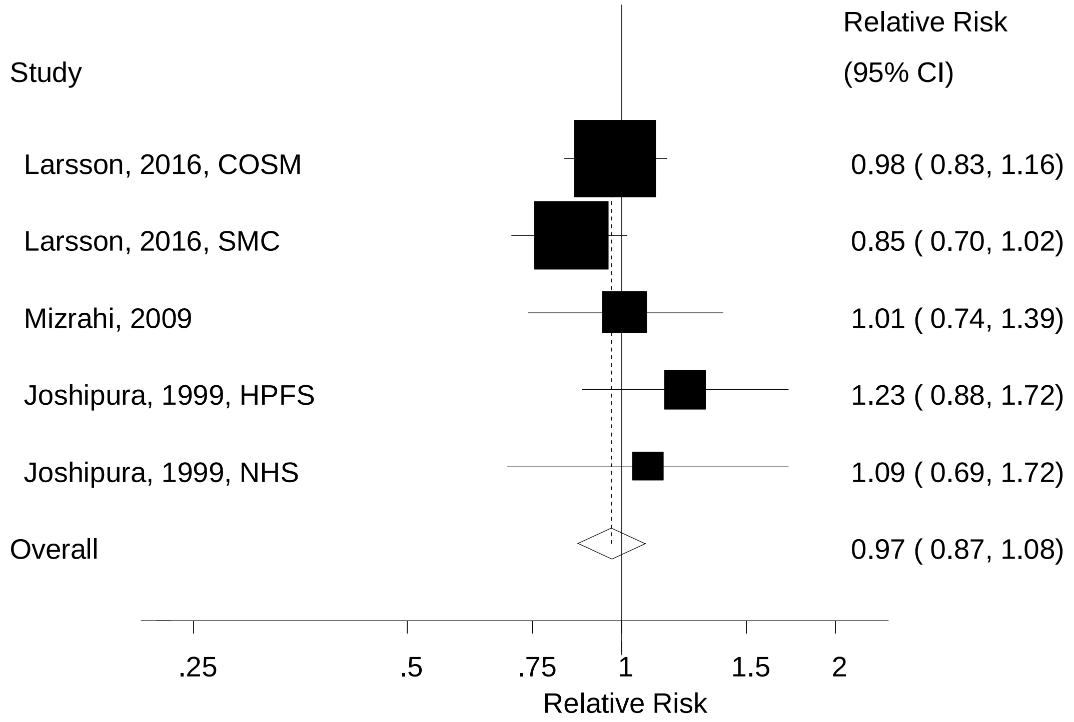
Supplementary Figure 123. Green leafy vegetables and ischemic stroke, dose-response analysis, per 100 g/d



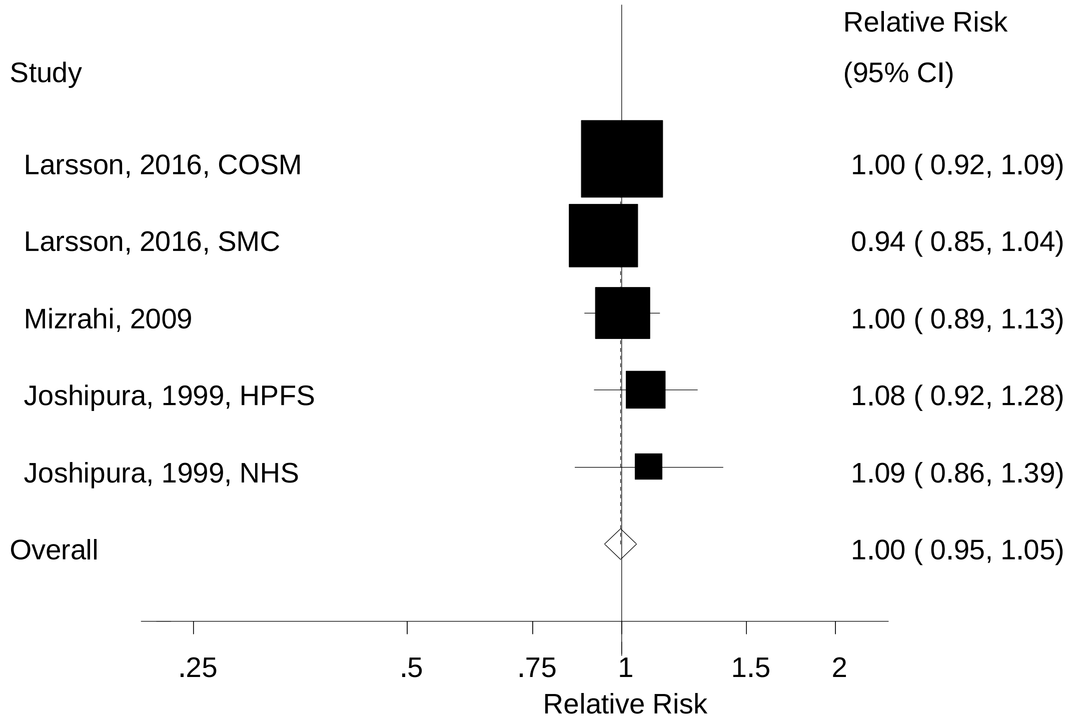
Supplementary Figure 124. Green leafy vegetables and ischemic stroke, nonlinear dose-response analysis



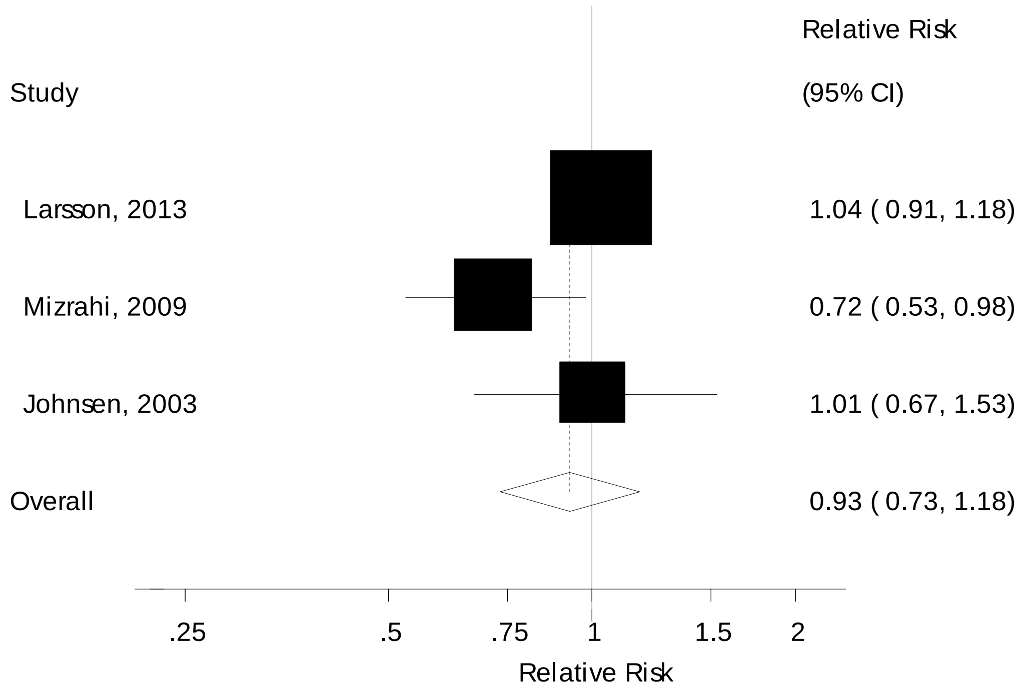
Supplementary Figure 125. Potatoes and ischemic stroke, high vs. low analysis



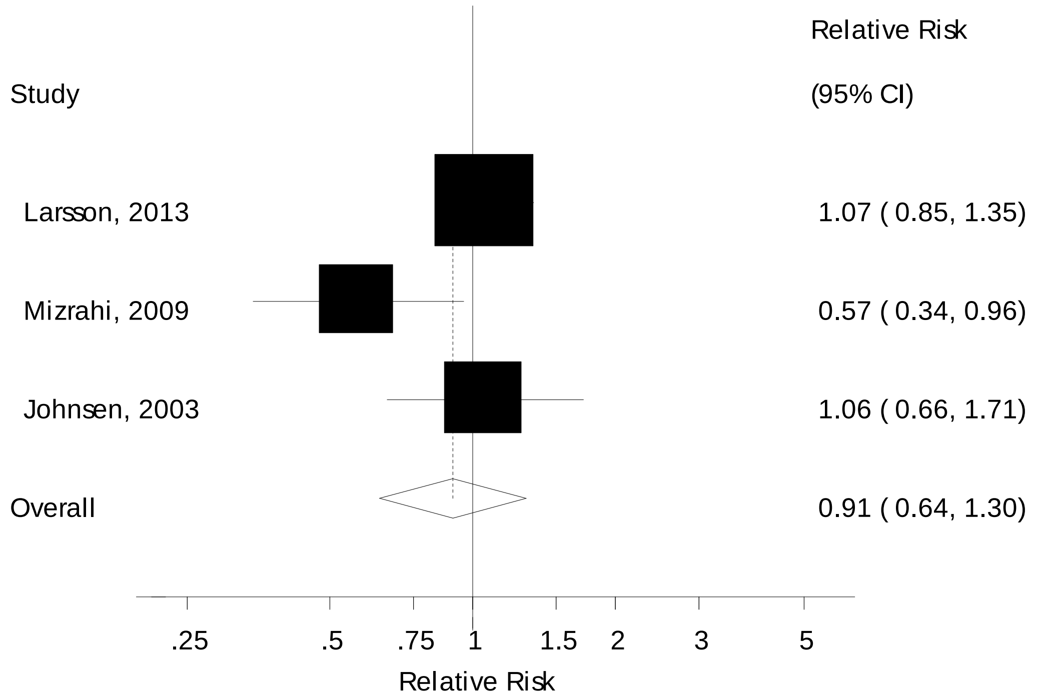
Supplementary Figure 126. Potatoes and ischemic stroke, dose-response analysis, per 100 g/d



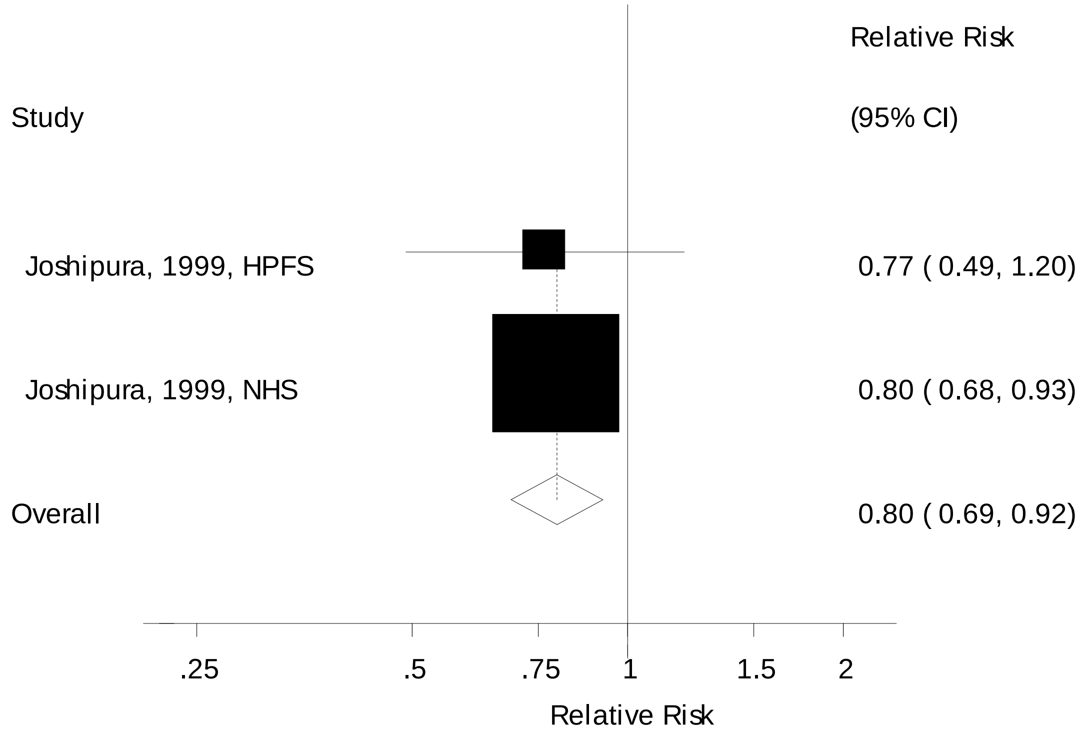
Supplementary Figure 127. Root vegetables and ischemic stroke, high vs. low analysis



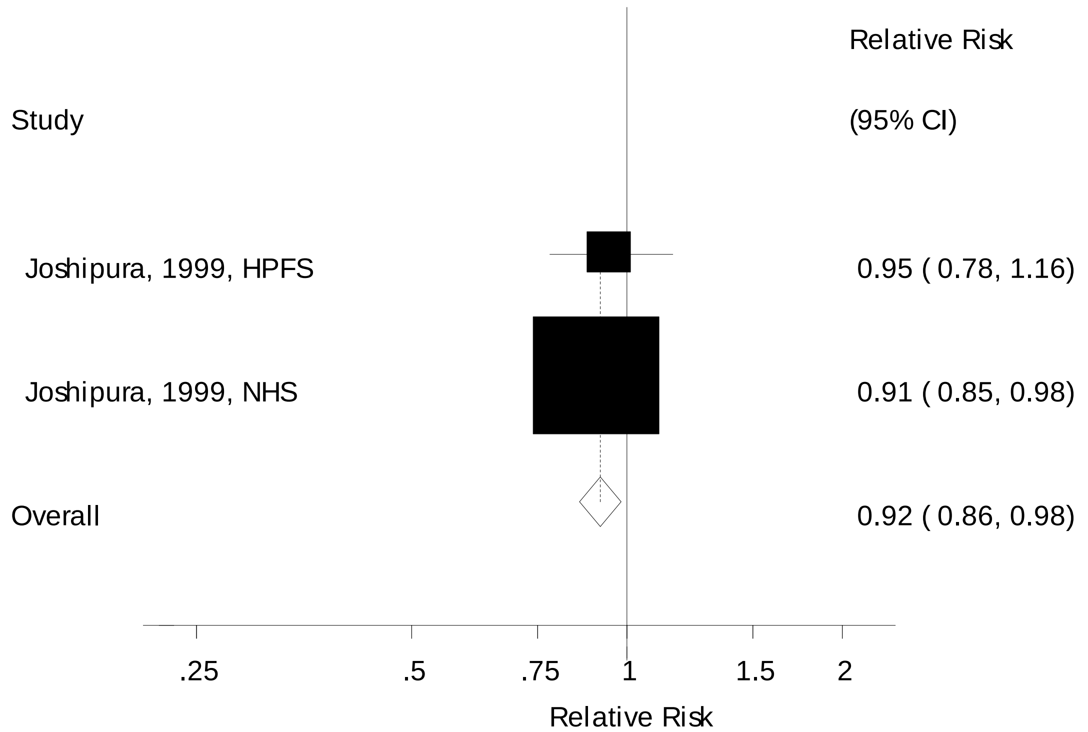
Supplementary Figure 128. Root vegetables and ischemic stroke, dose-response analysis, per 100 g/d



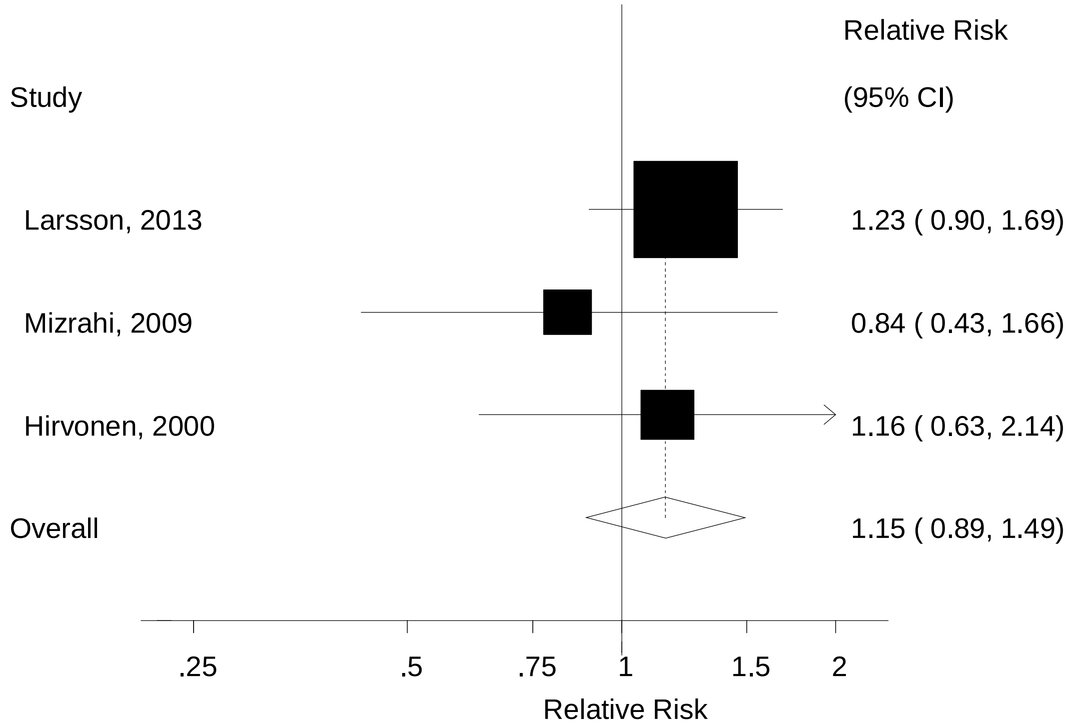
Supplementary Figure 129. Vitamin C-rich fruit and vegetables and ischemic stroke, high vs. low analysis



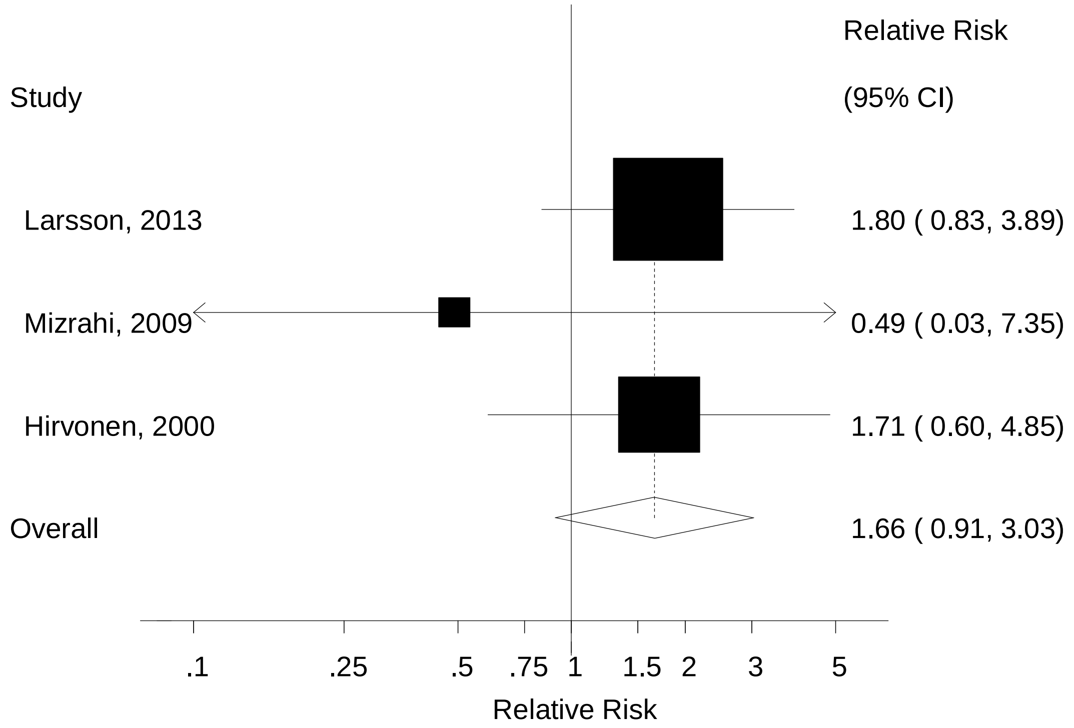
Supplementary Figure 130. Vitamin C-rich fruit and vegetables and ischemic stroke, dose-response analysis, per 100 g/d



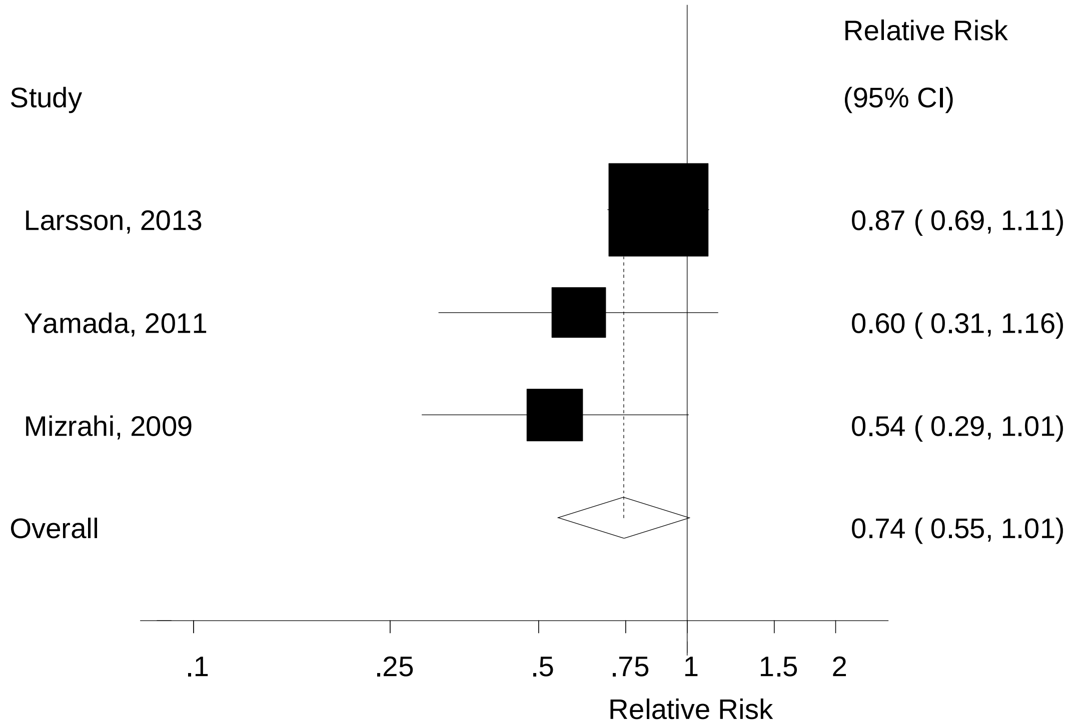
Supplementary Figure 131. Berries and hemorrhagic stroke, high vs. low analysis



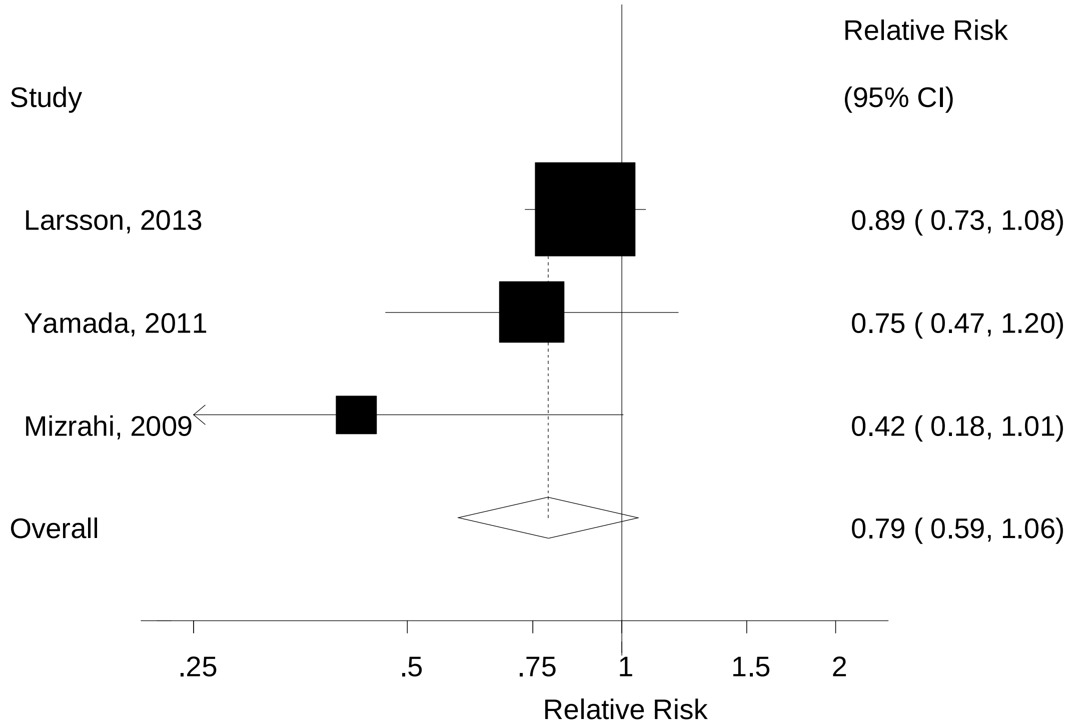
Supplementary Figure 132. Berries and hemorrhagic stroke, dose-response analysis, per 100 g/d



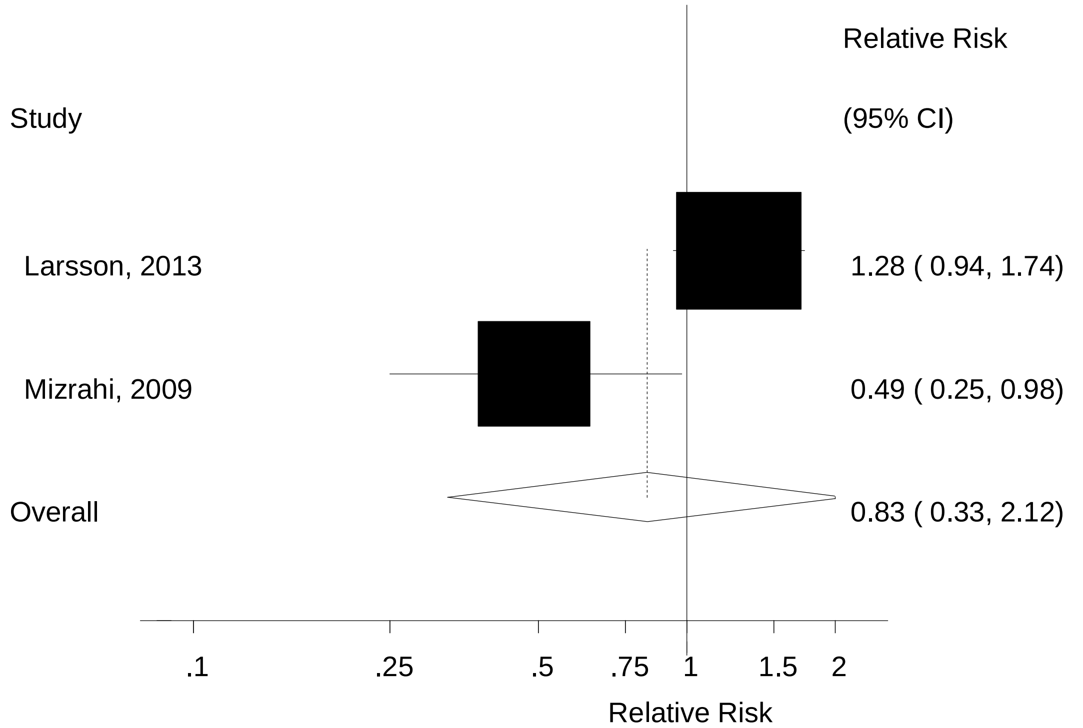
Supplementary Figure 133. Citrus fruits and hemorrhagic stroke, high vs. low analysis



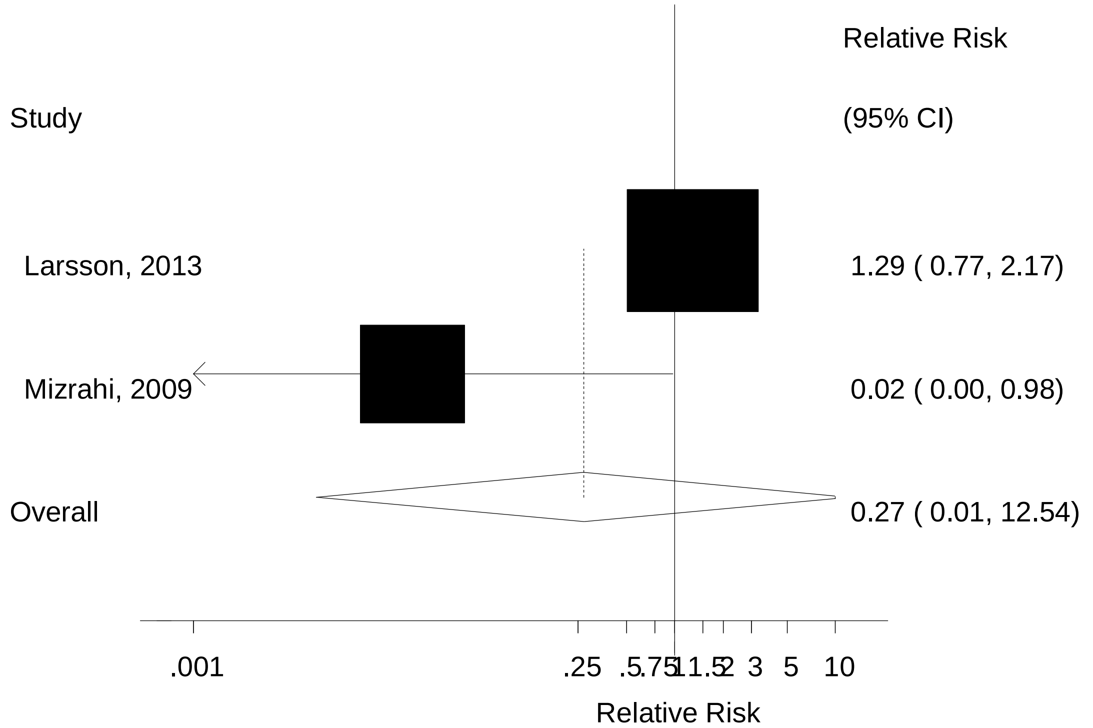
Supplementary Figure 134. Citrus fruits and hemorrhagic stroke, dose-response analysis, per 100 g/d



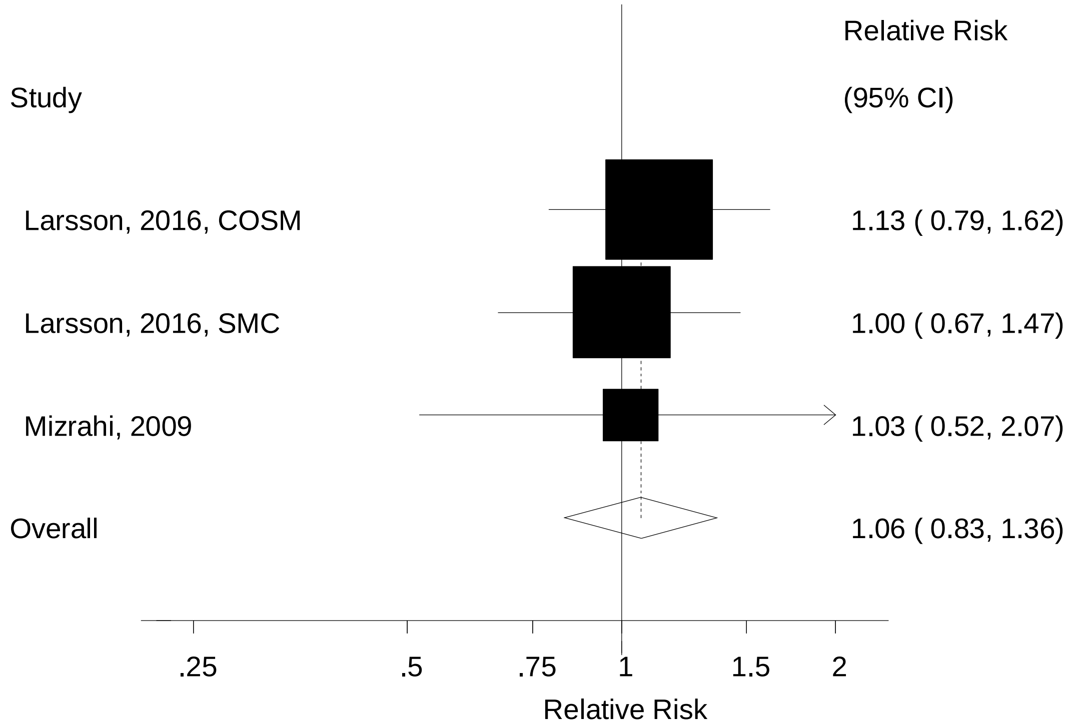
Supplementary Figure 135. Cruciferous vegetables and hemorrhagic stroke, high vs. low analysis



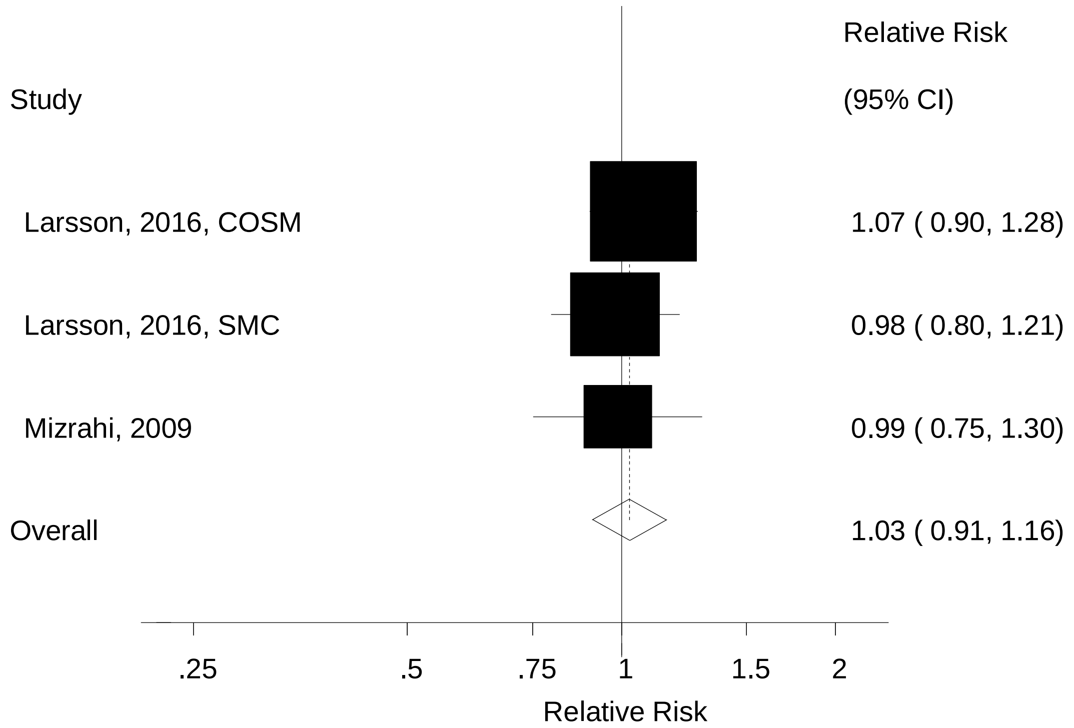
Supplementary Figure 136. Cruciferous vegetables and hemorrhagic stroke, dose-response analysis, per 100 g/d



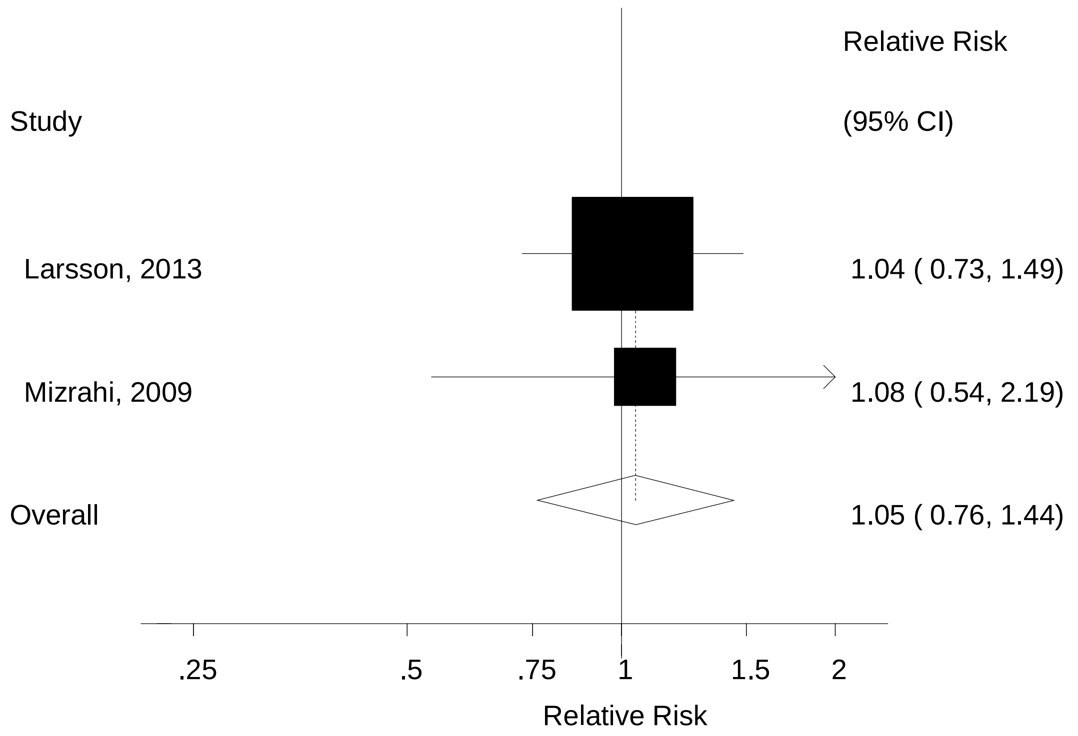
Supplementary Figure 137. Potatoes and hemorrhagic stroke, high vs. low analysis



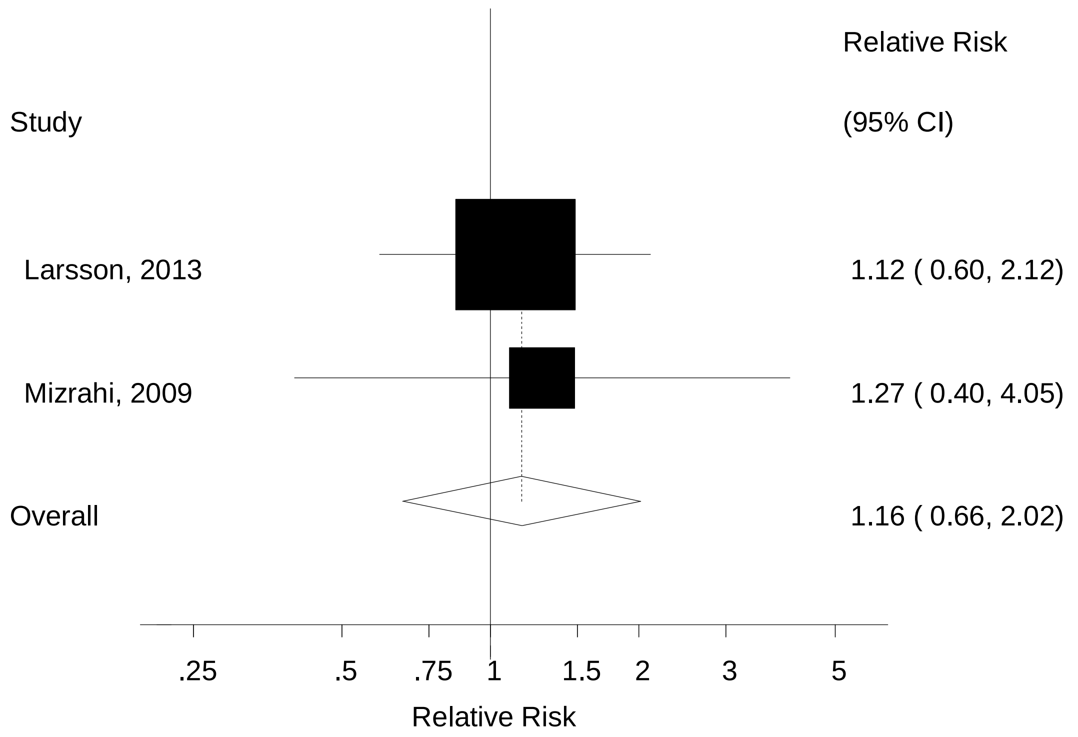
Supplementary Figure 138. Potatoes and hemorrhagic stroke, dose-response analysis, per 100 g/d



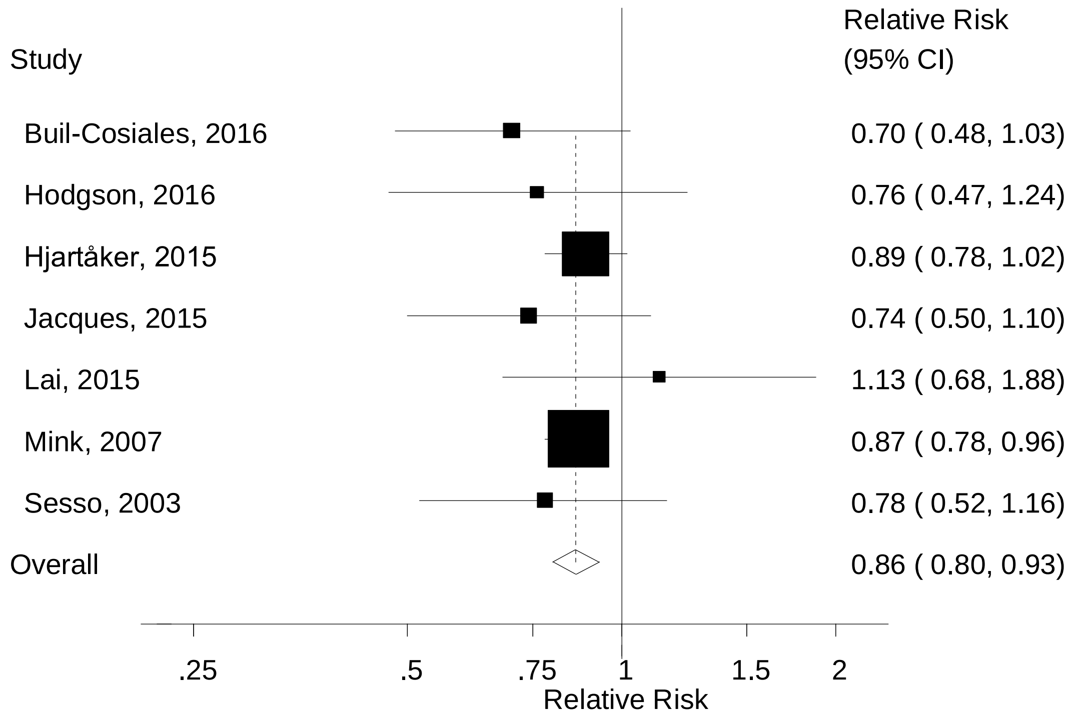
Supplementary Figure 139. Root vegetables and hemorrhagic stroke, high vs. low analysis



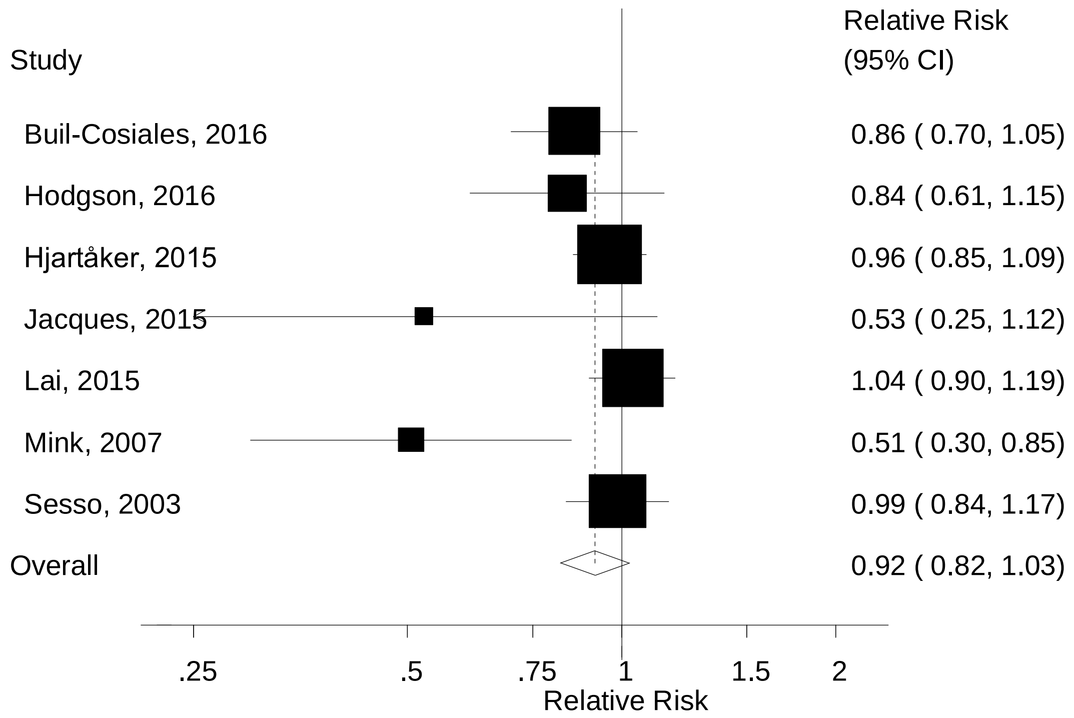
Supplementary Figure 140. Root vegetables and hemorrhagic stroke, dose-response analysis, per 100 g/d



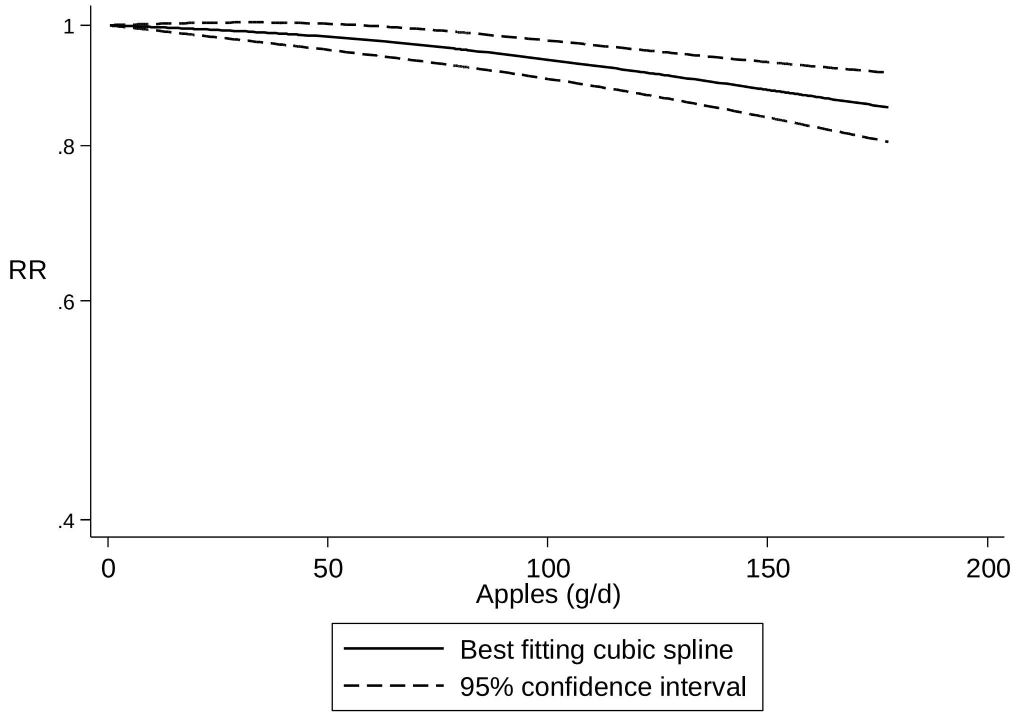
Supplementary Figure 141. Apples and pears and cardiovascular disease, high vs. low analysis



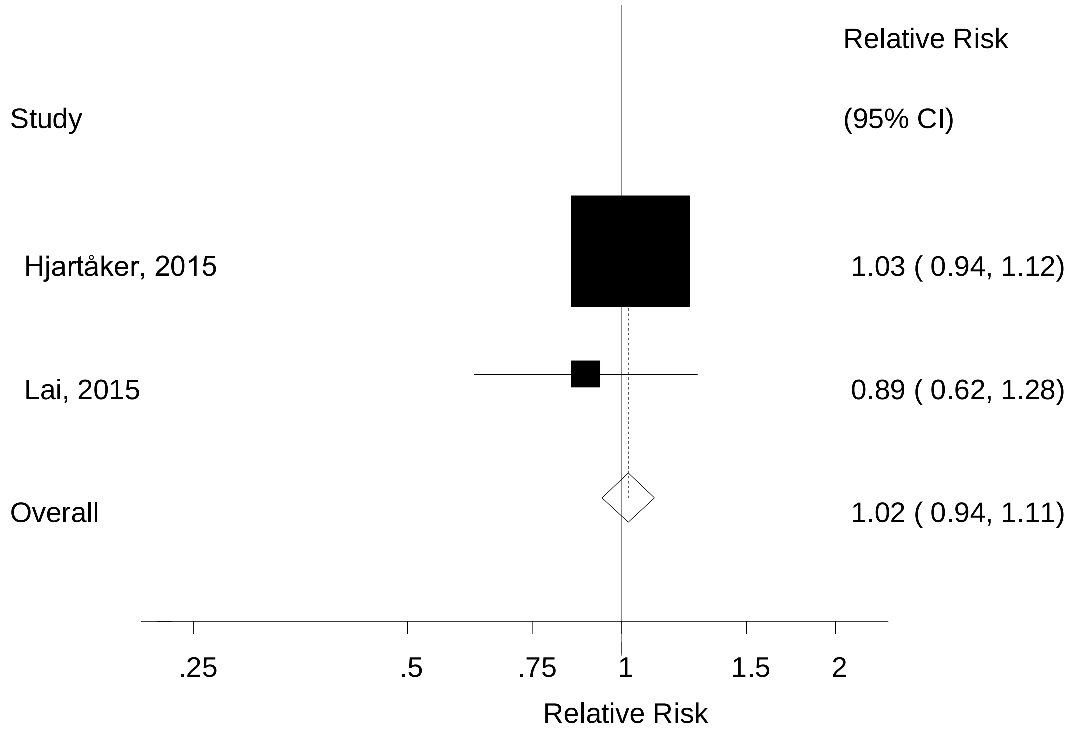
Supplementary Figure 142. Apples and pears and cardiovascular disease, dose-response analysis, per 100 g/d



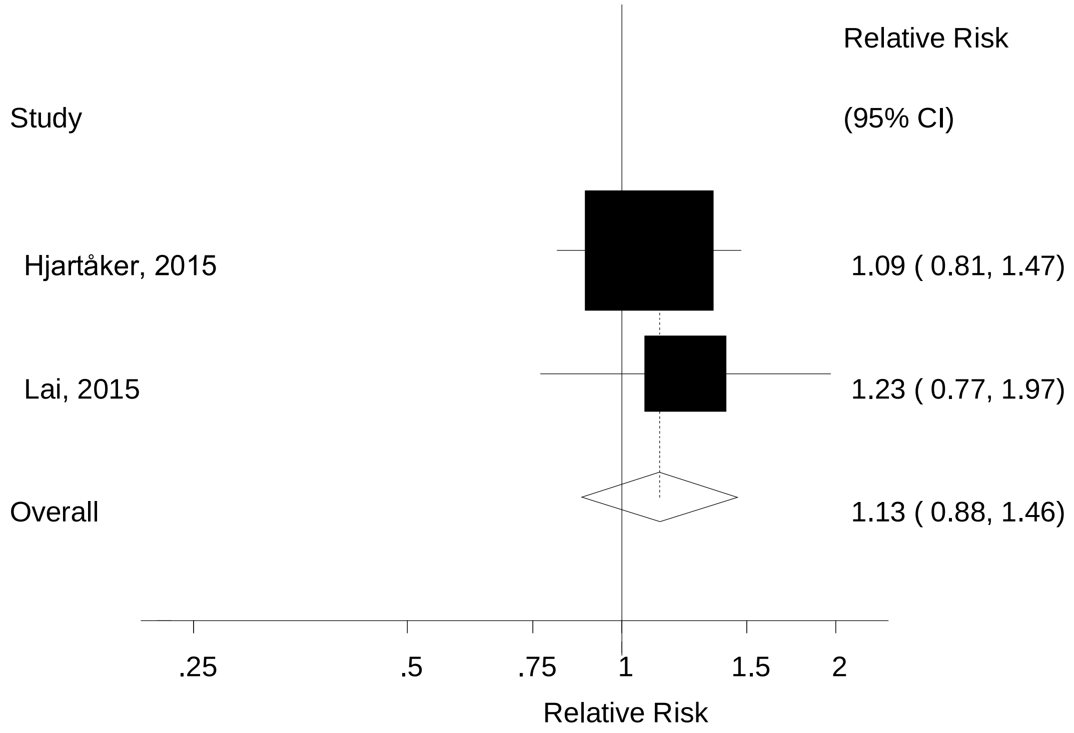
Supplementary Figure 143. Apples and pears and cardiovascular disease, nonlinear dose-response analysis



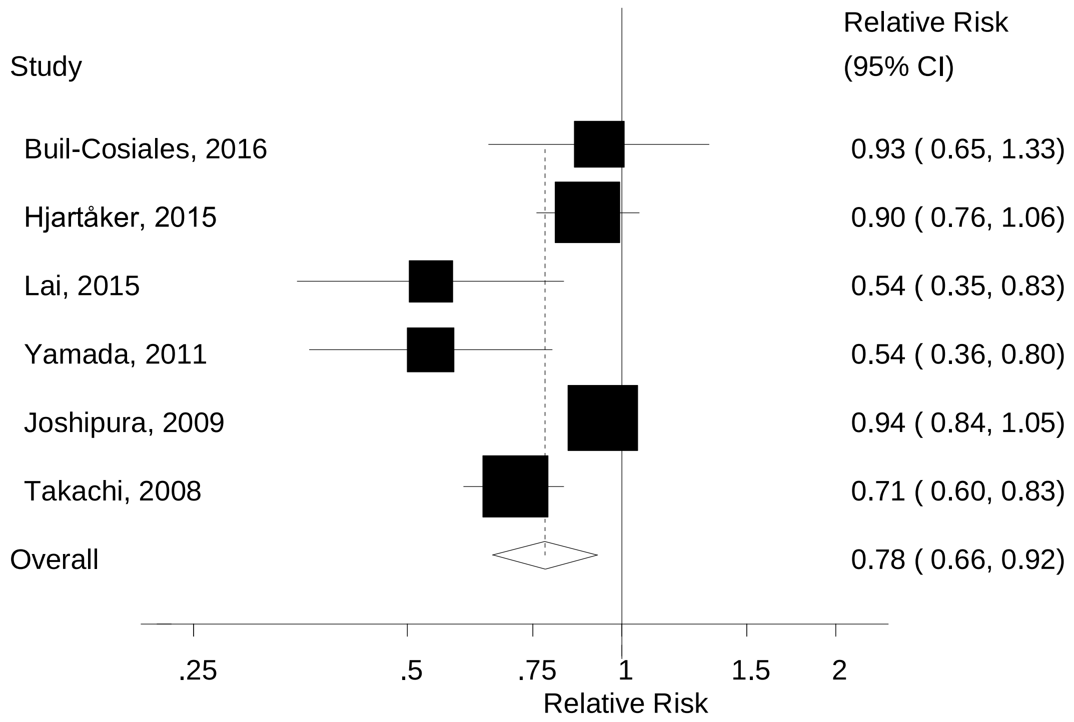
Supplementary Figure 144. Berries and cardiovascular disease, high vs. low analysis



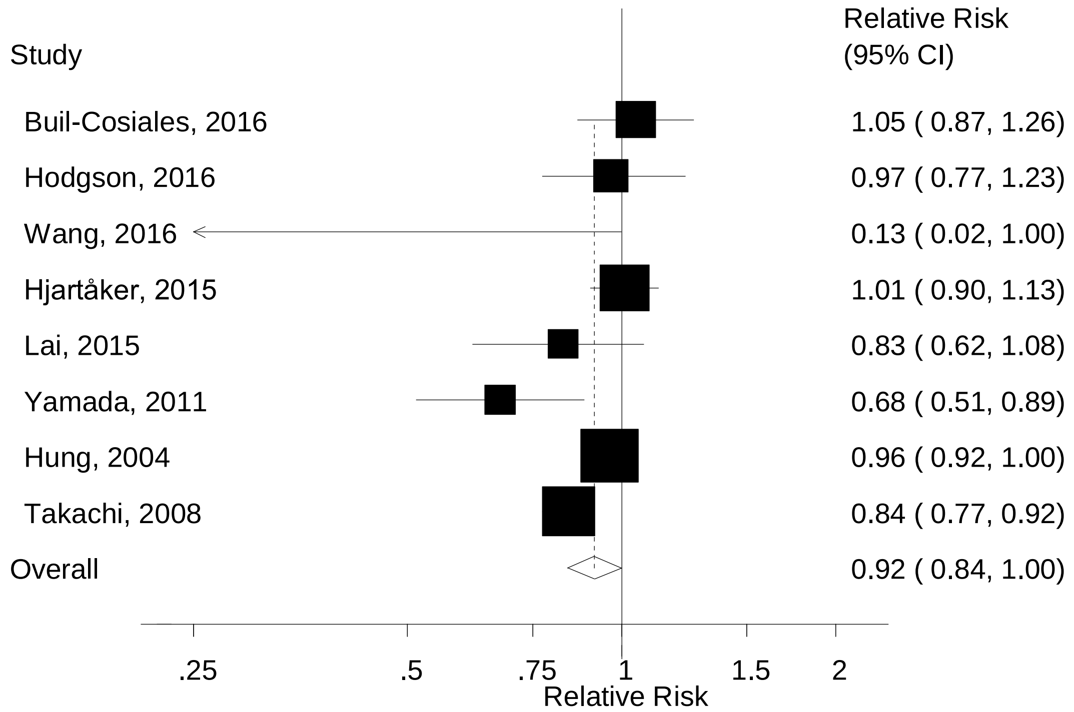
Supplementary Figure 145. Berries and cardiovascular disease, dose-response analysis, per 100 g/d



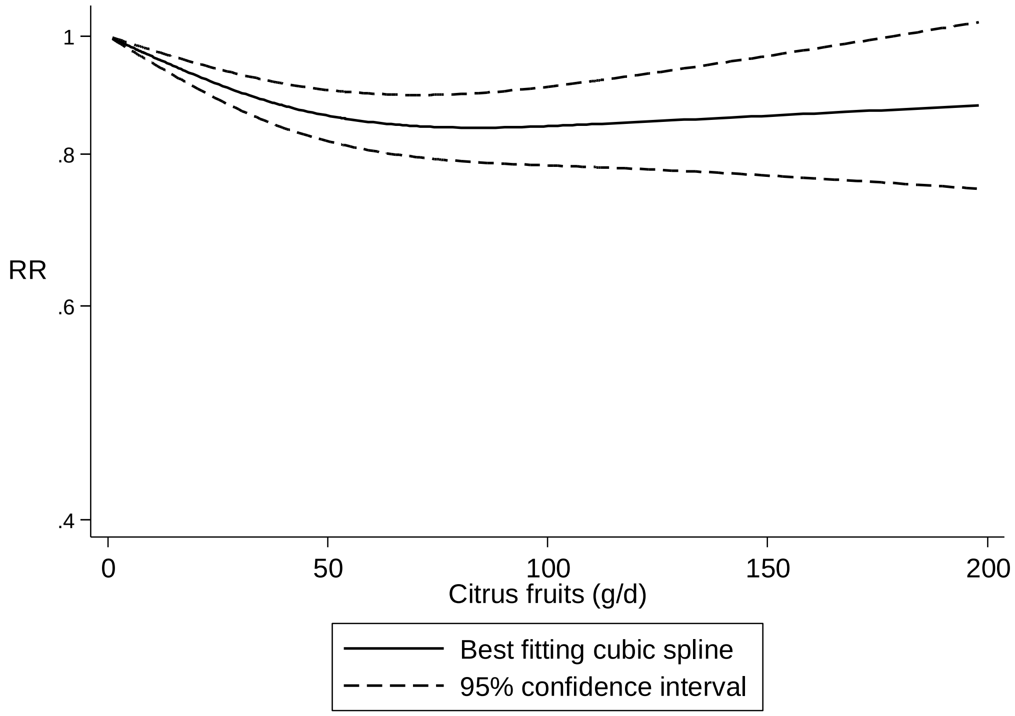
Supplementary Figure 146. Citrus fruits and cardiovascular disease, high vs. low analysis



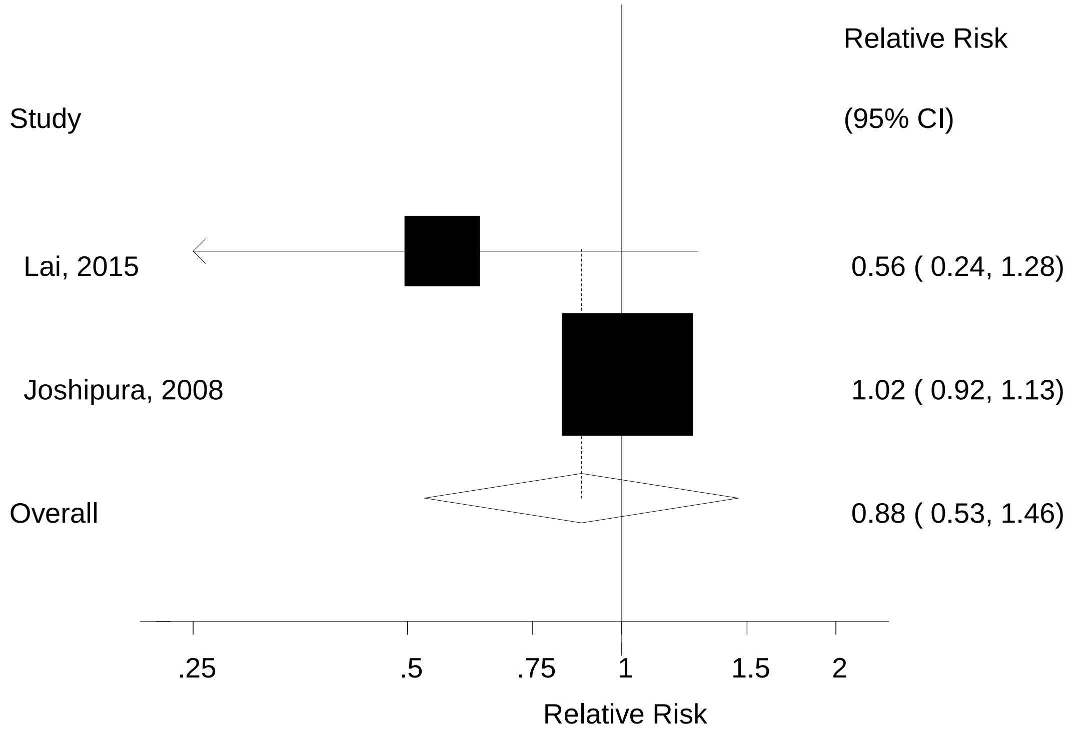
Supplementary Figure 147. Citrus fruits and cardiovascular disease, dose-response analysis, per 100 g/d



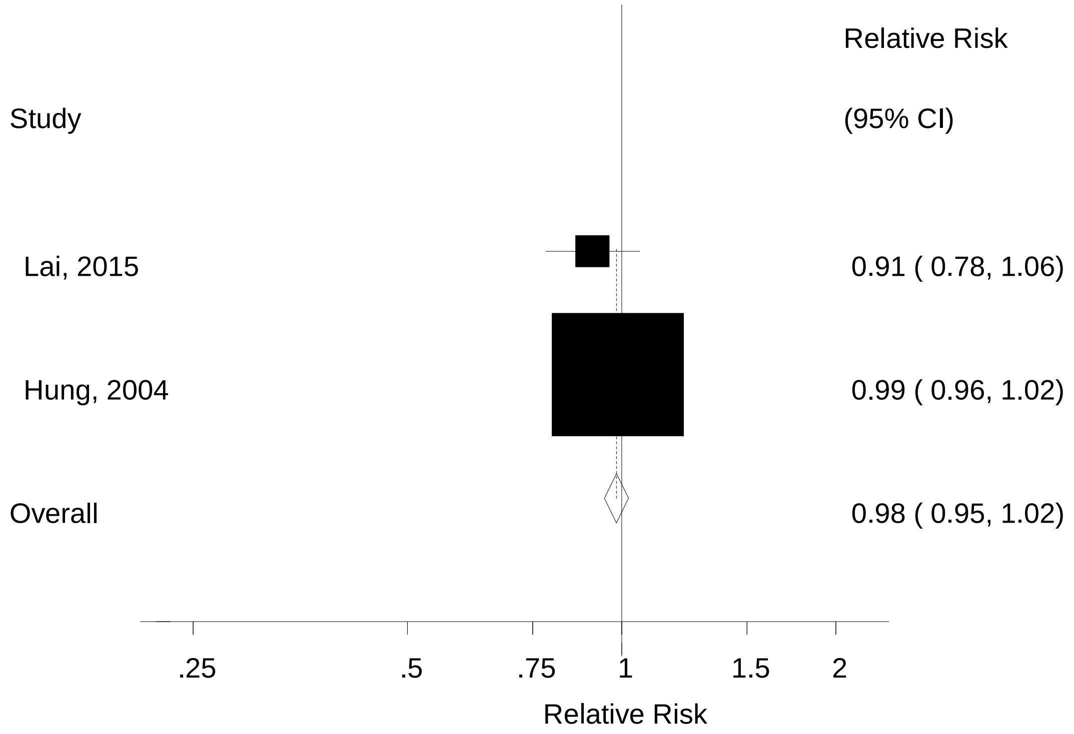
Supplementary Figure 148. Citrus fruits and cardiovascular disease, nonlinear dose-response analysis



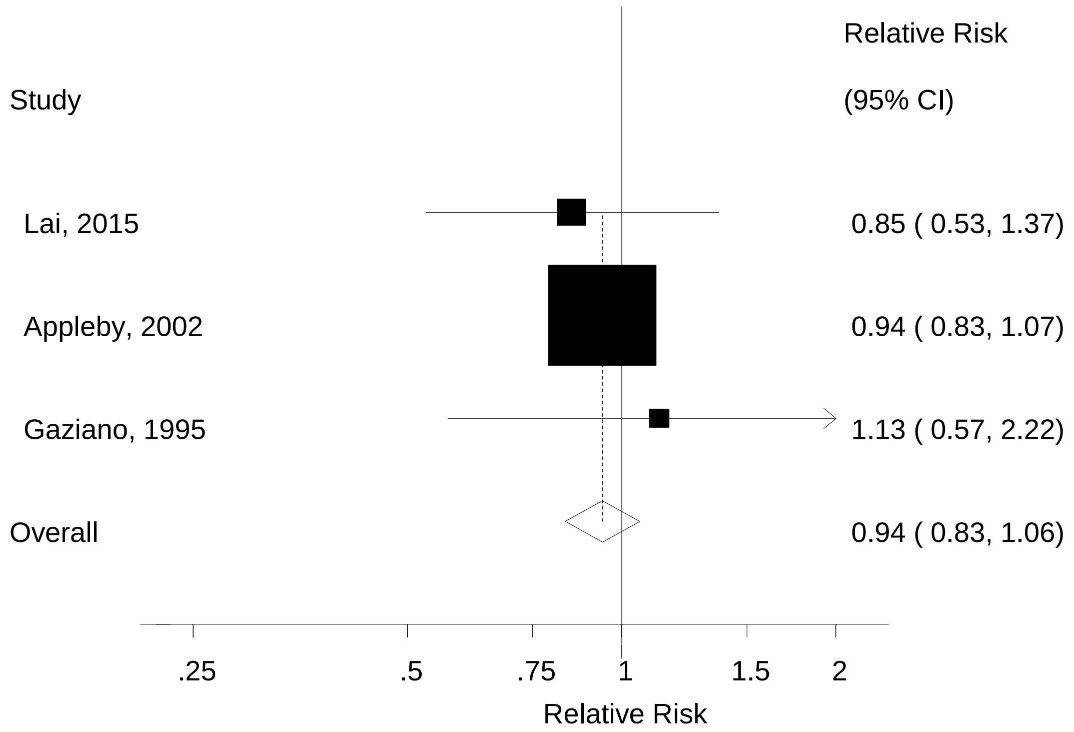
Supplementary Figure 149. Citrus fruit juice and cardiovascular disease, high vs. low analysis



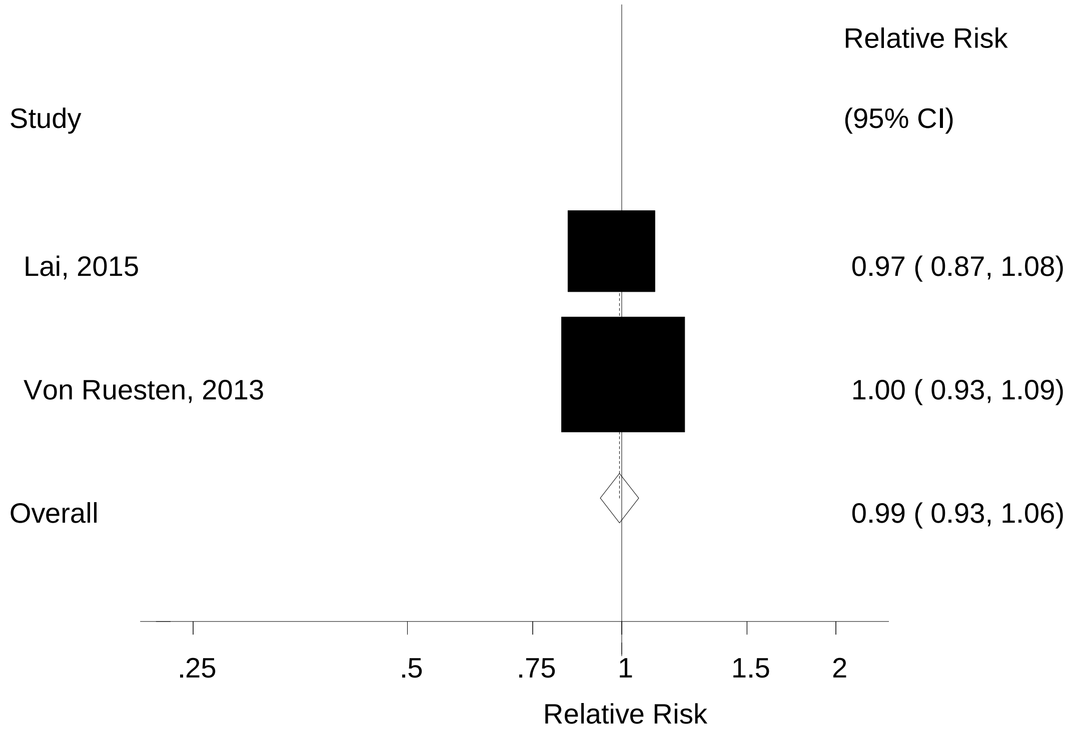
Supplementary Figure 150. Citrus fruit juice and cardiovascular disease, dose-response analysis, per 100 g/d



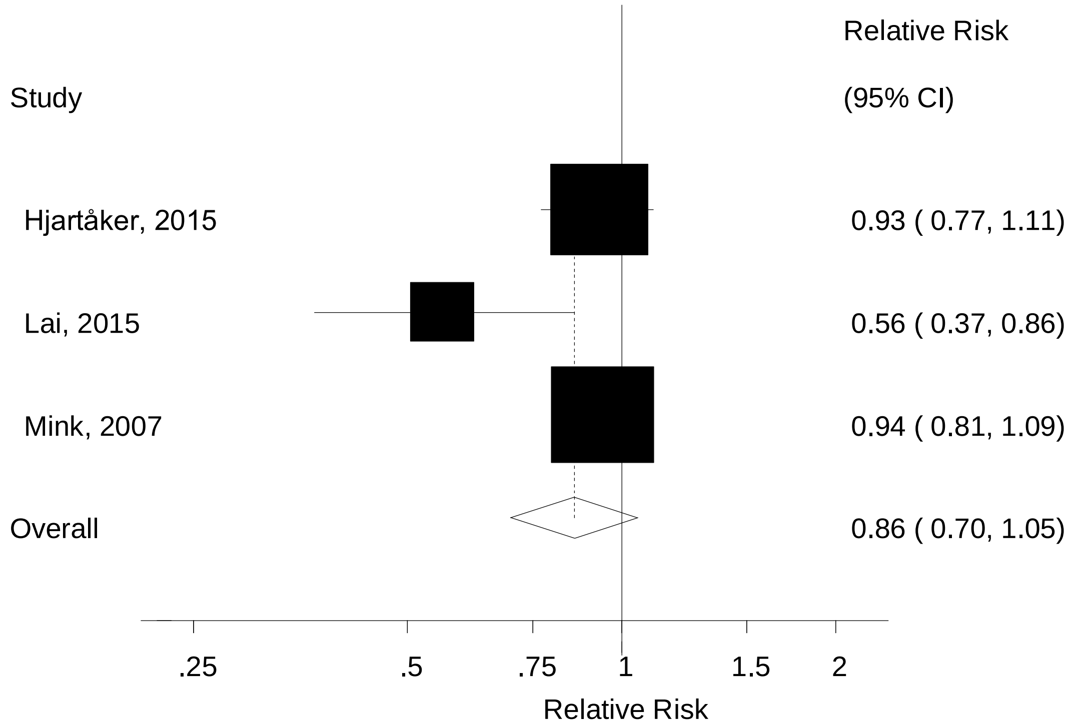
Supplementary Figure 151. Dried fruits and cardiovascular disease, high vs. low analysis



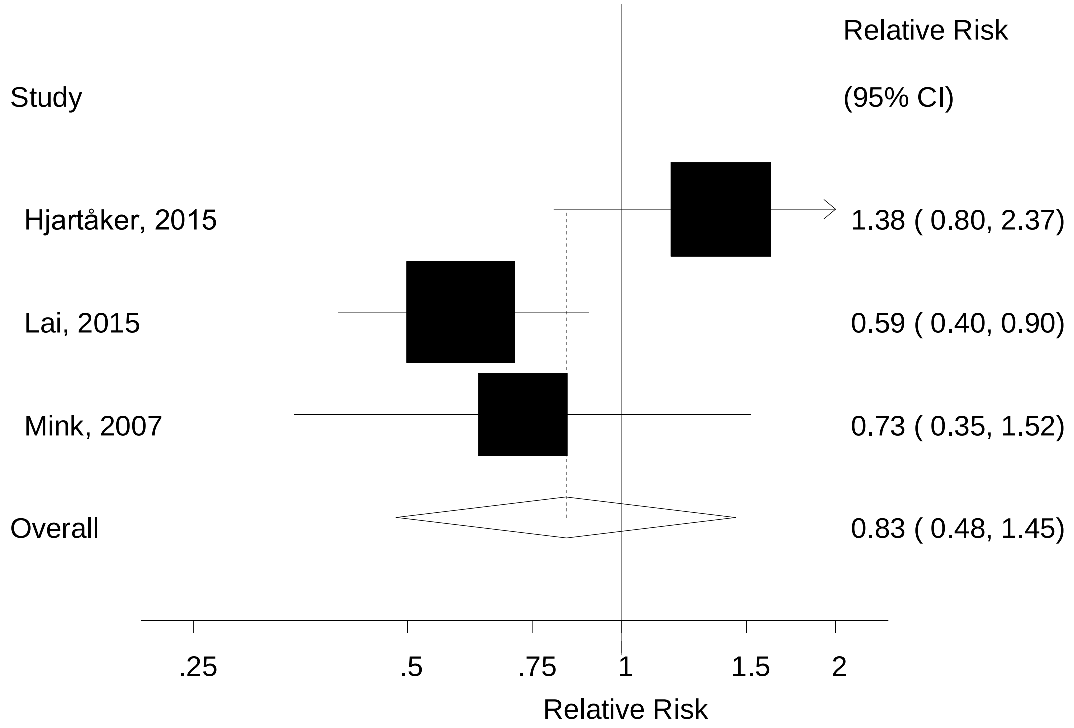
Supplementary Figure 152. Fruit juice and cardiovascular disease, dose-response analysis, per 100 g/d



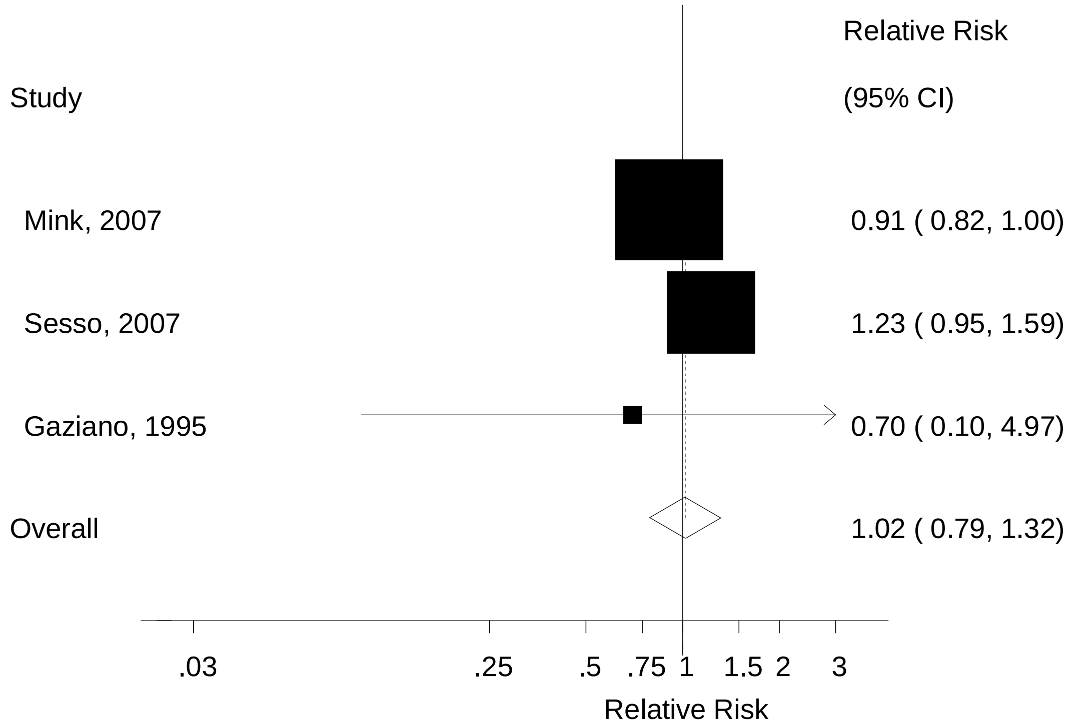
Supplementary Figure 153. Grapes and cardiovascular disease, high vs. low analysis



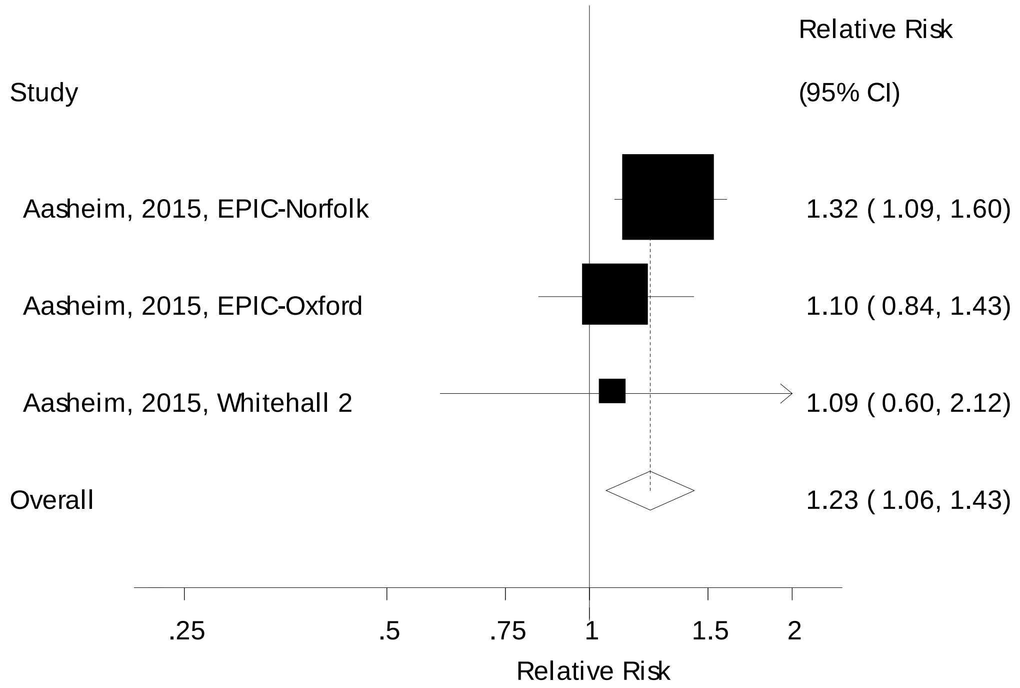
Supplementary Figure 154. Grapes and cardiovascular disease, dose-response analysis, per 100 g/d



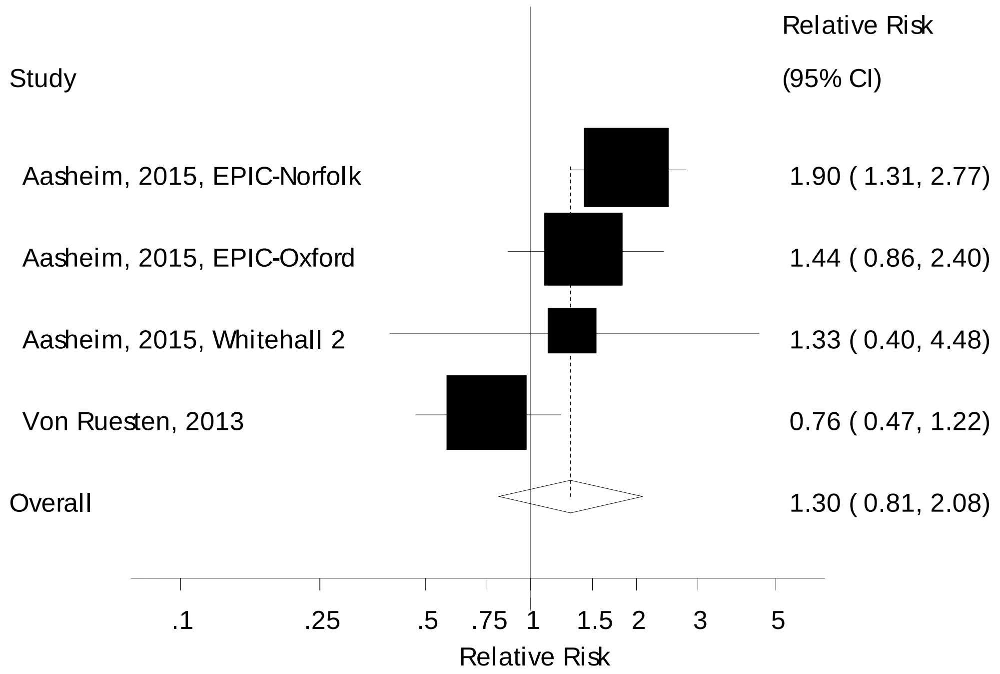
Supplementary Figure 155. Strawberries and cardiovascular disease, high vs. low analysis



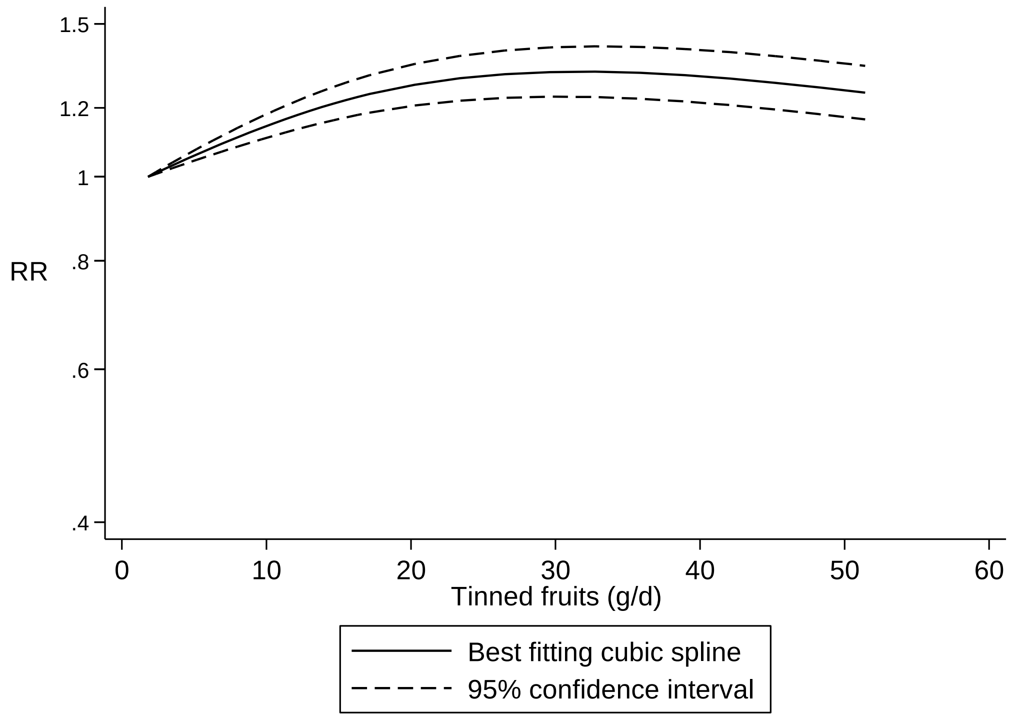
Supplementary Figure 156. Tinned fruits and cardiovascular disease, high vs. low analysis



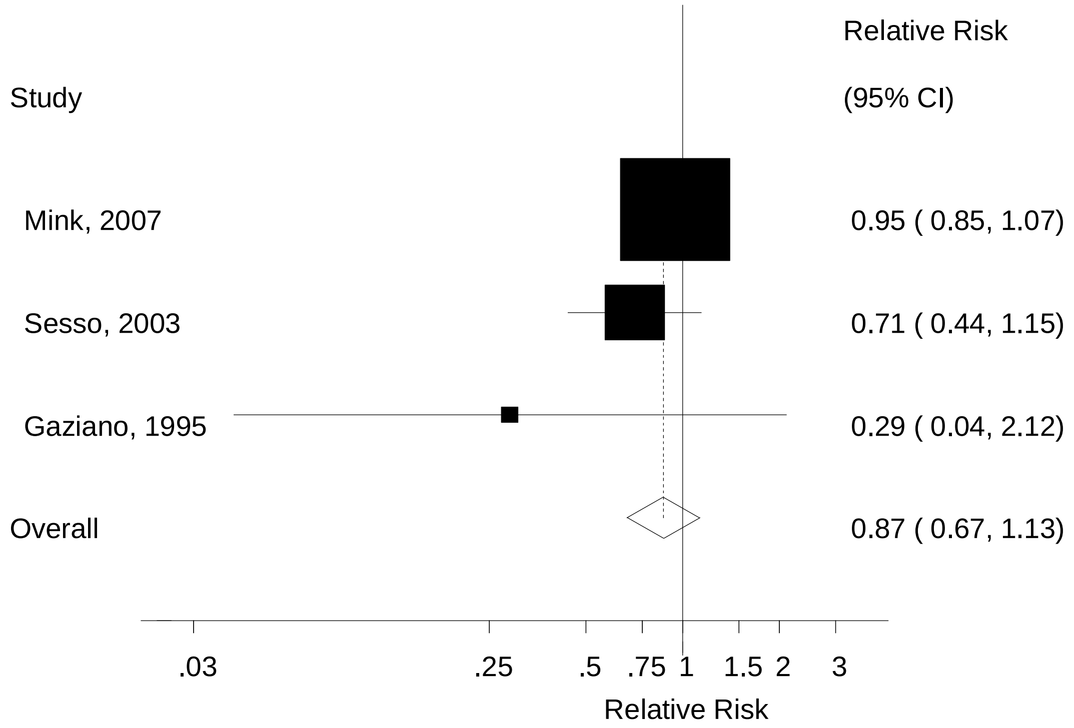
Supplementary Figure 157. Tinned fruits and cardiovascular disease, dose-response analysis, per 100 g/d



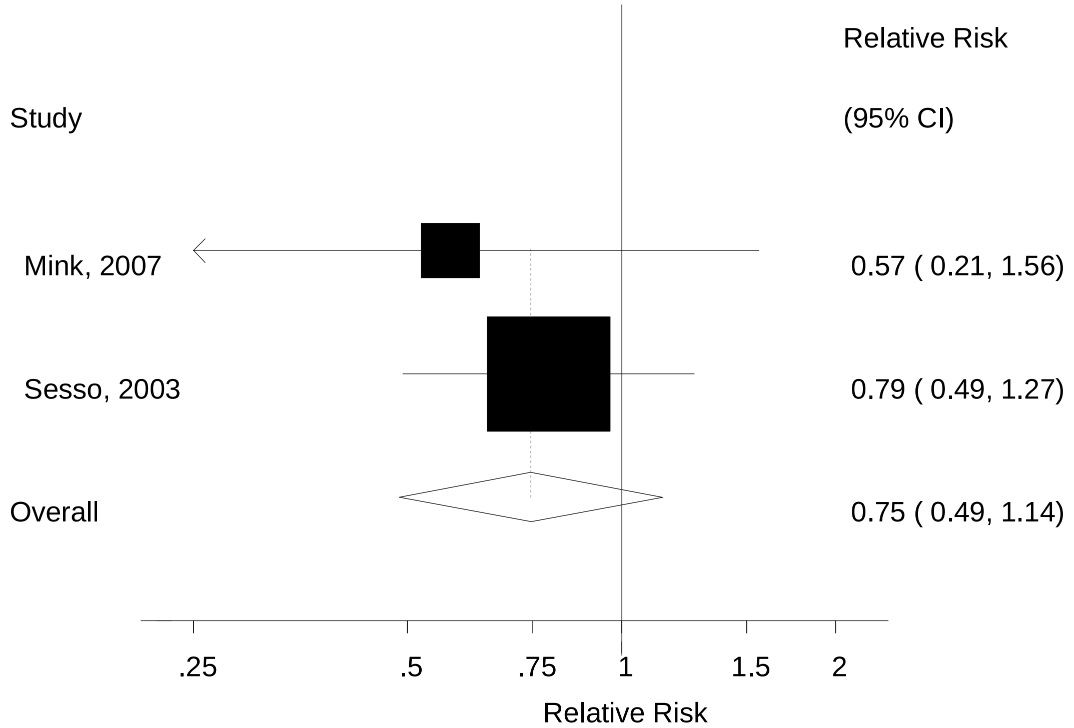
Supplementary Figure 158. Tinned fruits and cardiovascular disease, nonlinear dose-response analysis



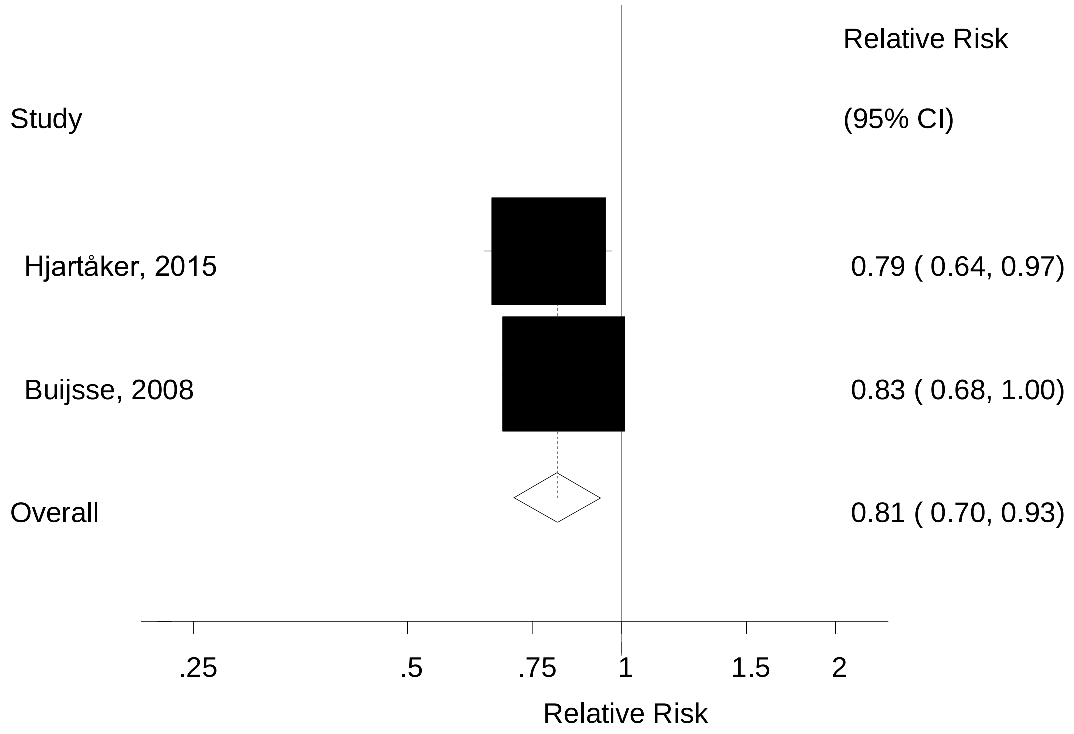
Supplementary Figure 159. Broccoli and cardiovascular disease, high vs. low analysis



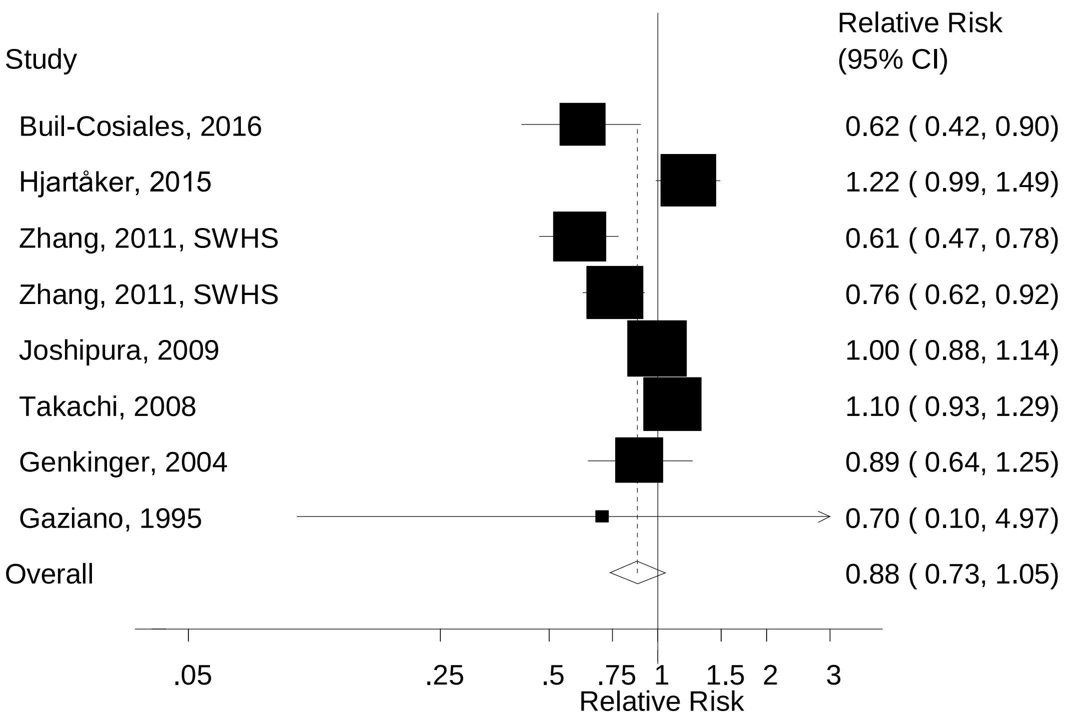
Supplementary Figure 160. Broccoli and cardiovascular disease, dose-response analysis, per 100 g/d



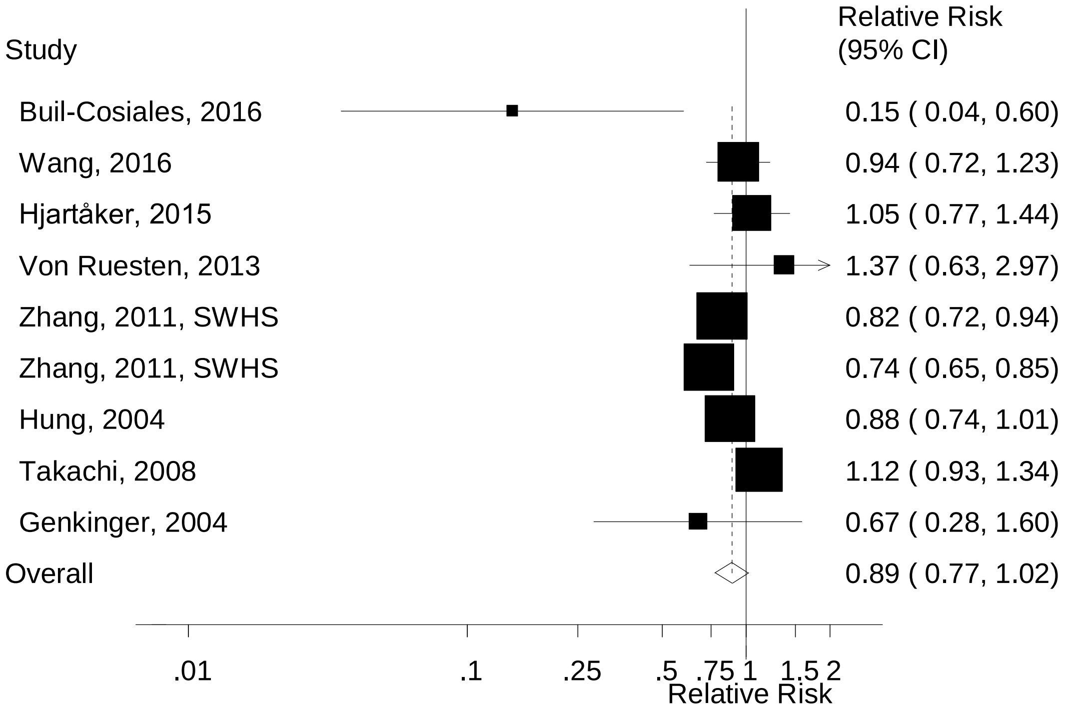
Supplementary Figure 161. Carrots and cardiovascular disease, high vs. low analysis



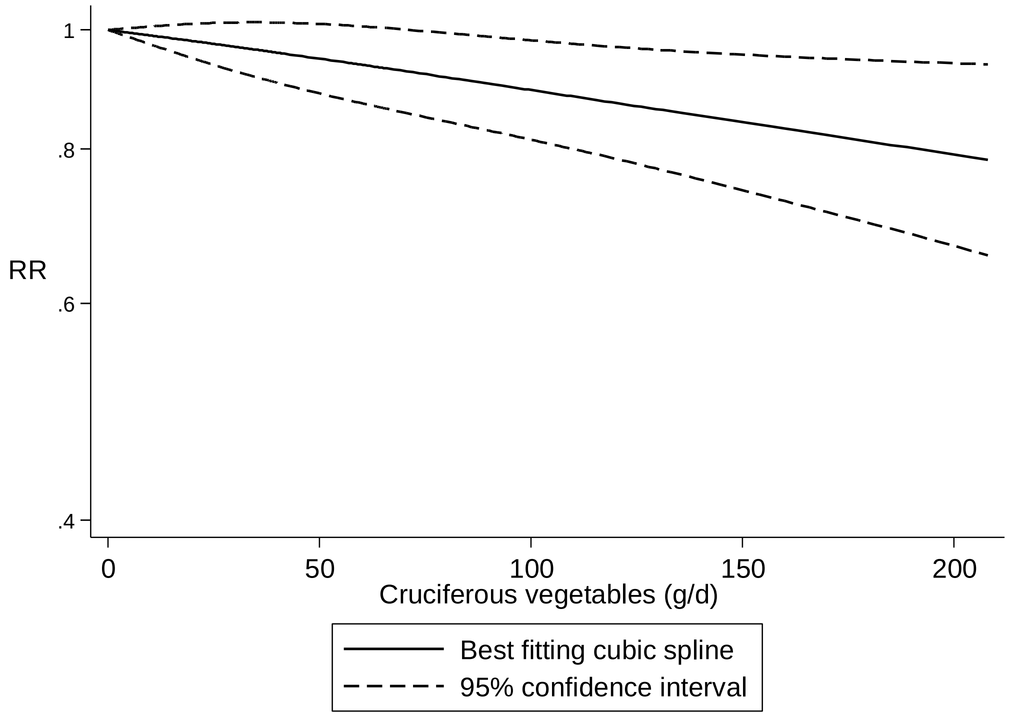
Supplementary Figure 162. Cruciferous vegetables and cardiovascular disease, high vs. low analysis



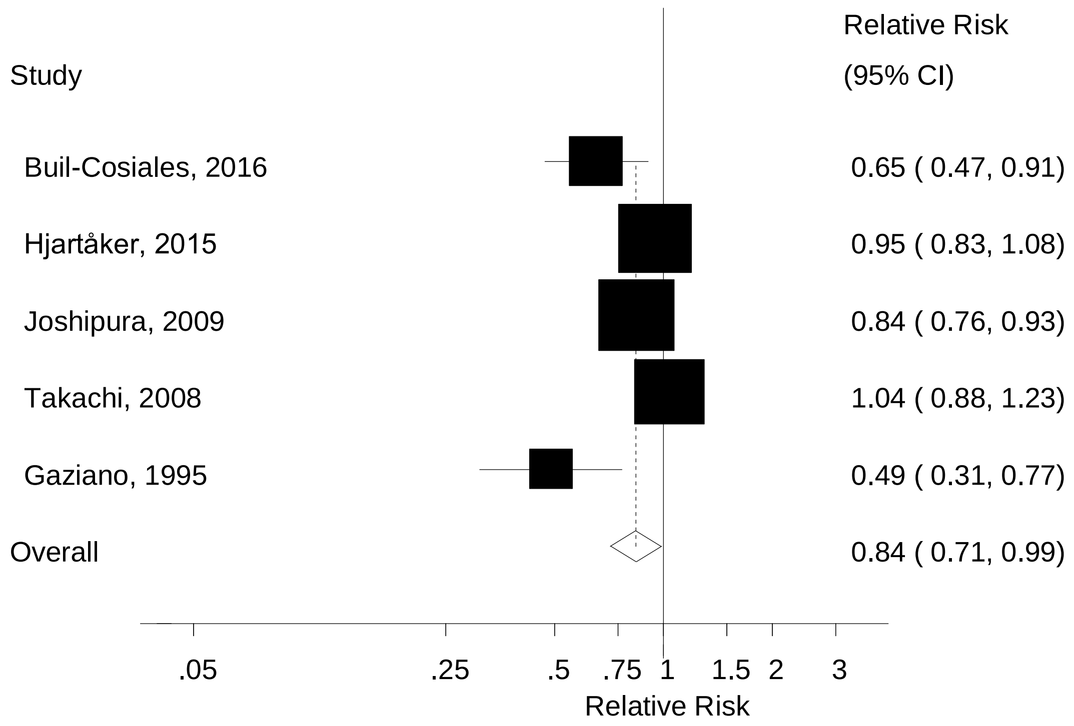
Supplementary Figure 163. Cruciferous vegetables and cardiovascular disease, dose-response analysis, per 100 g/d



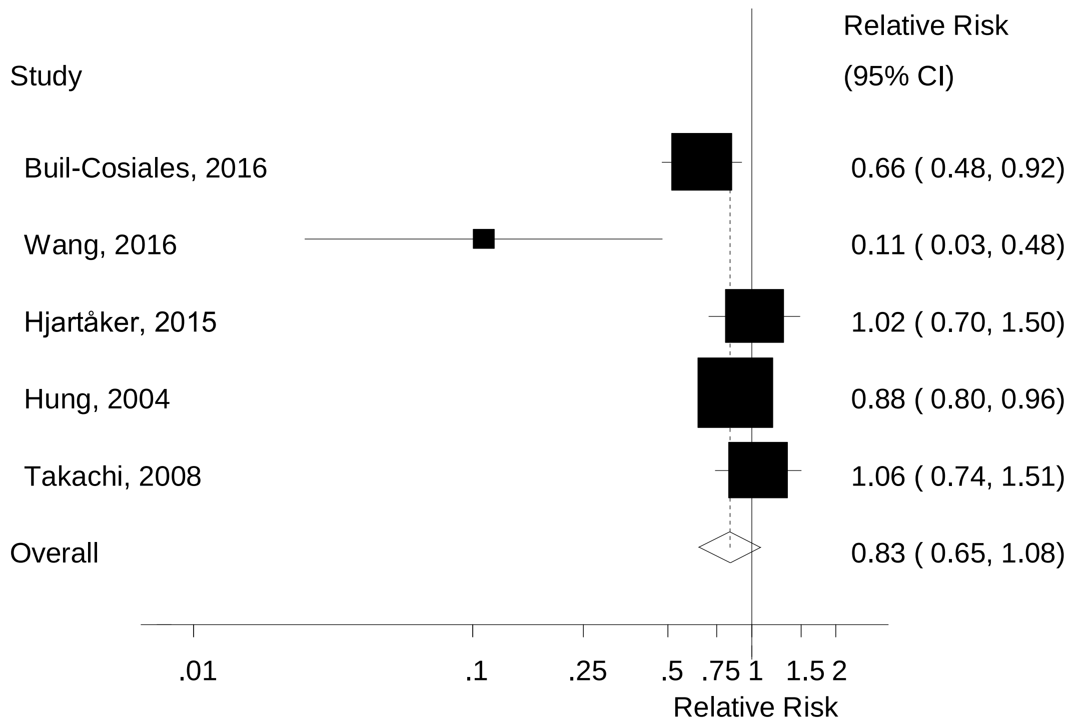
Supplementary Figure 164. Cruciferous vegetables and cardiovascular disease, nonlinear dose-response analysis



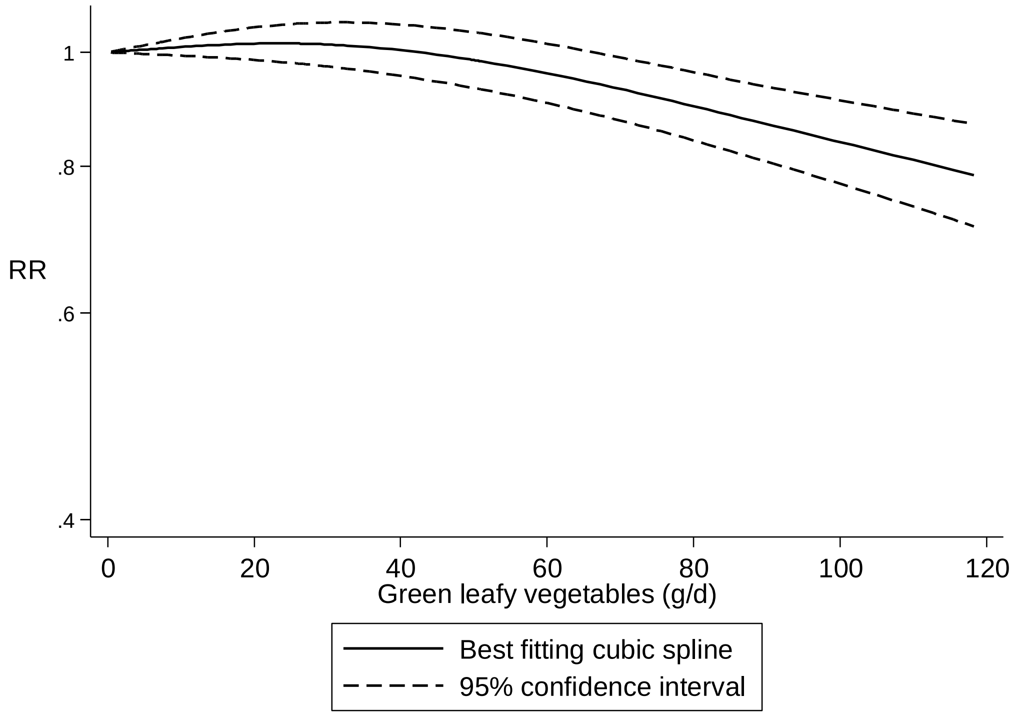
Supplementary Figure 165. Green leafy vegetables and cardiovascular disease, high vs. low analysis



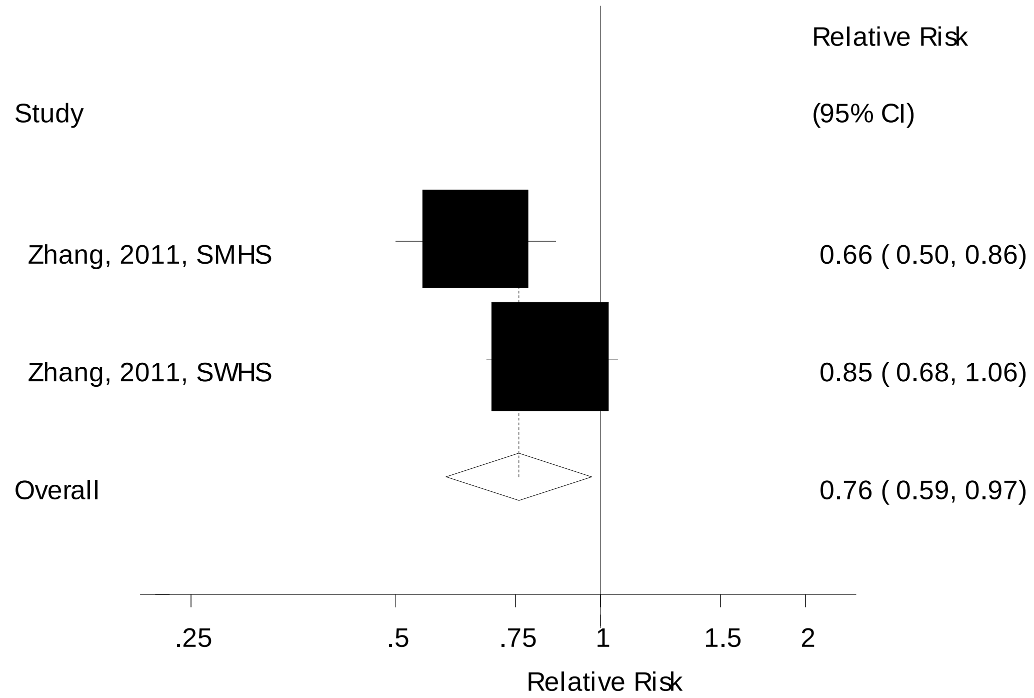
Supplementary Figure 166. Green leafy vegetables and cardiovascular disease, dose-response analysis per 100 g/d



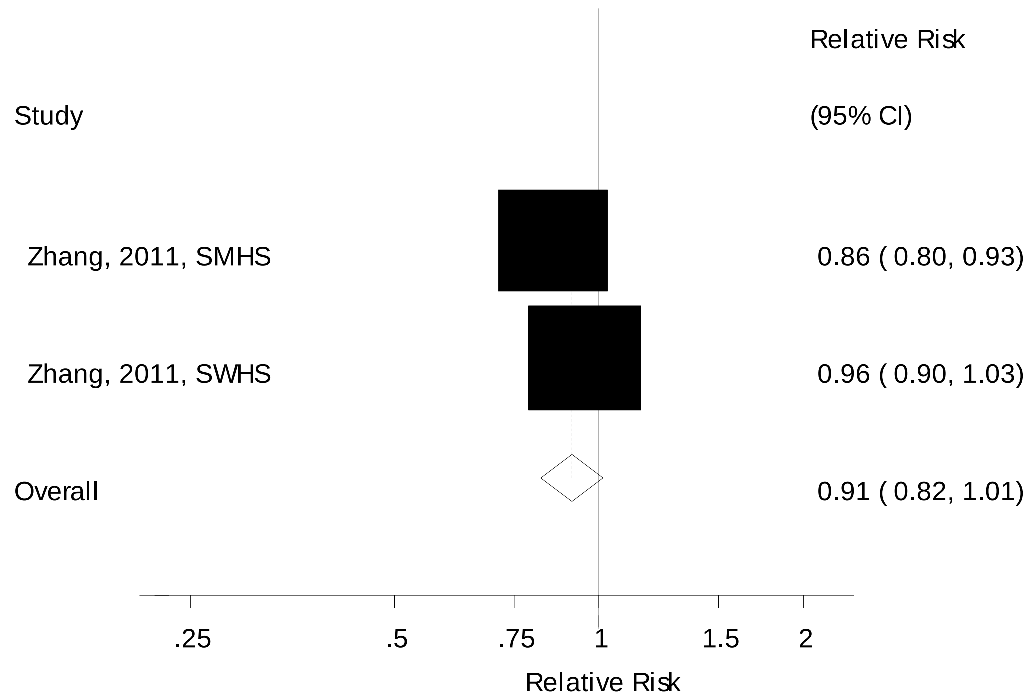
Supplementary Figure 167. Green leafy vegetables and cardiovascular disease, nonlinear dose-response analysis



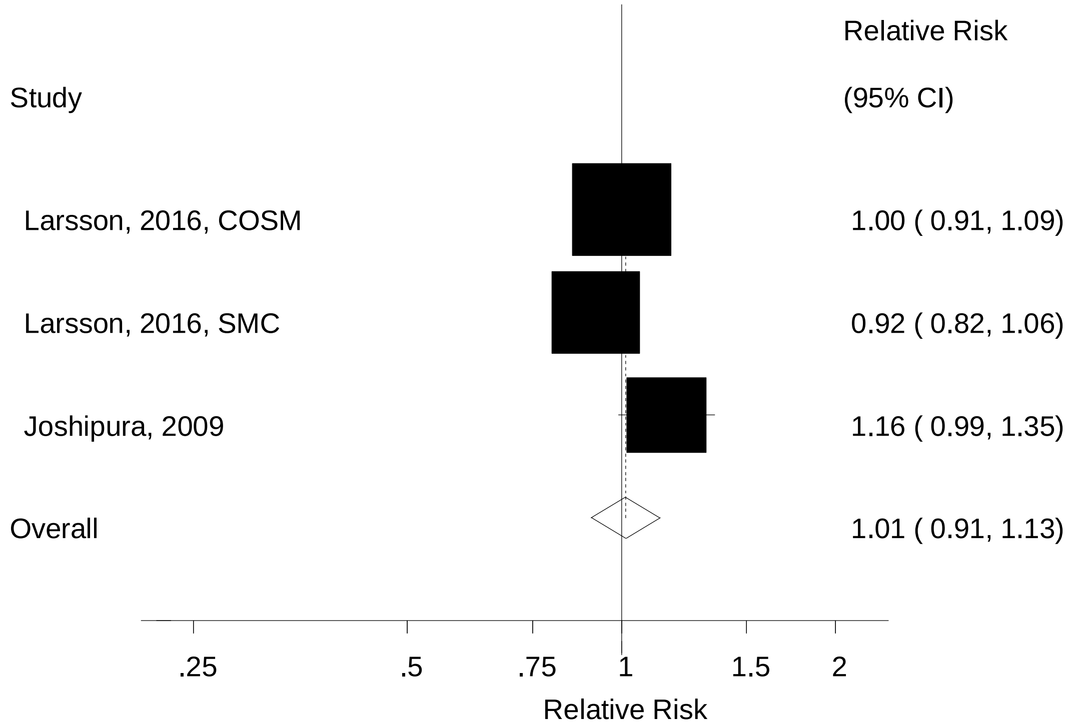
Supplementary Figure 168. Noncruciferous vegetables and cardiovascular disease, high vs. low analysis



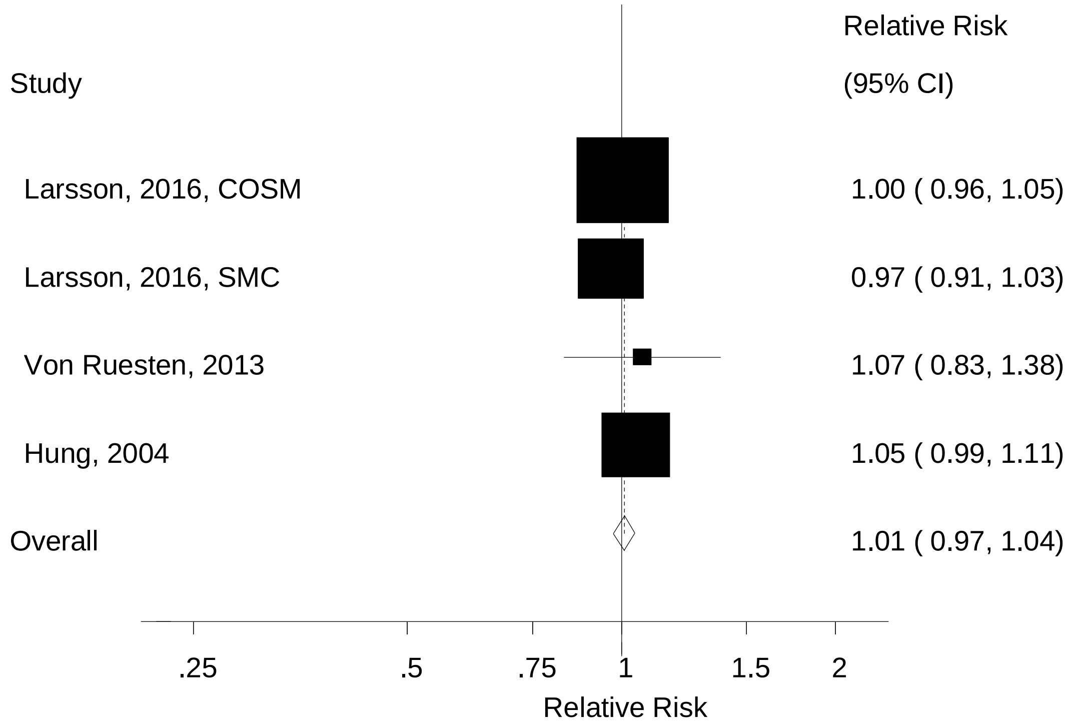
Supplementary Figure 169. Noncruciferous vegetables and cardiovascular disease, dose-response analysis, per 100 g/d



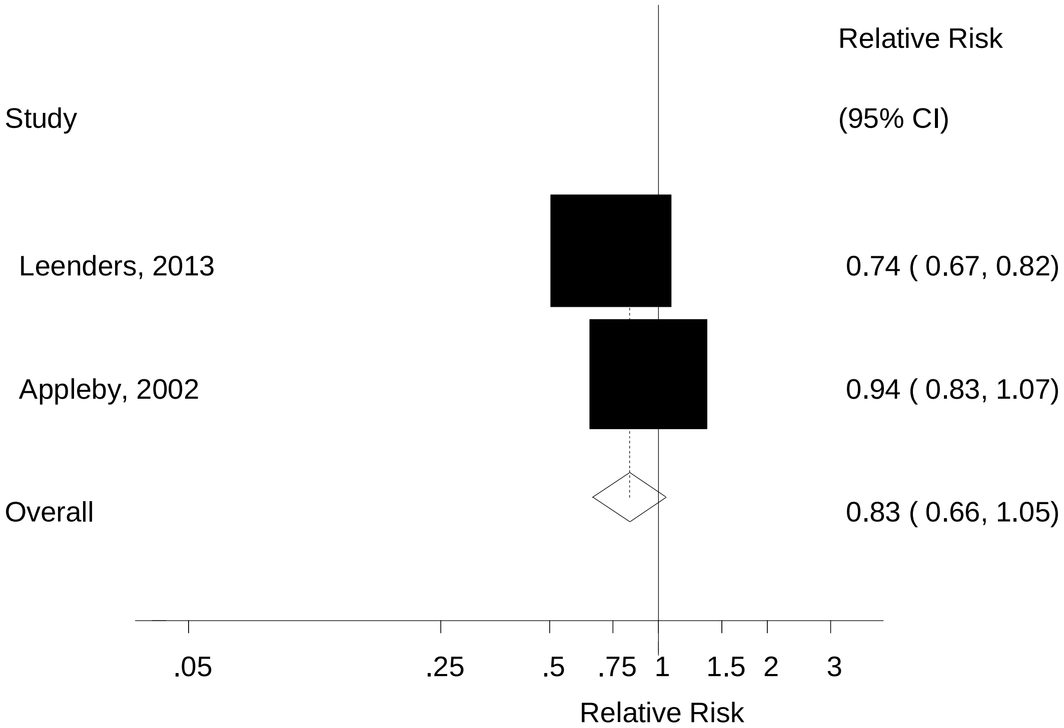
Supplementary Figure 170. Potatoes and cardiovascular disease, high vs. low analysis



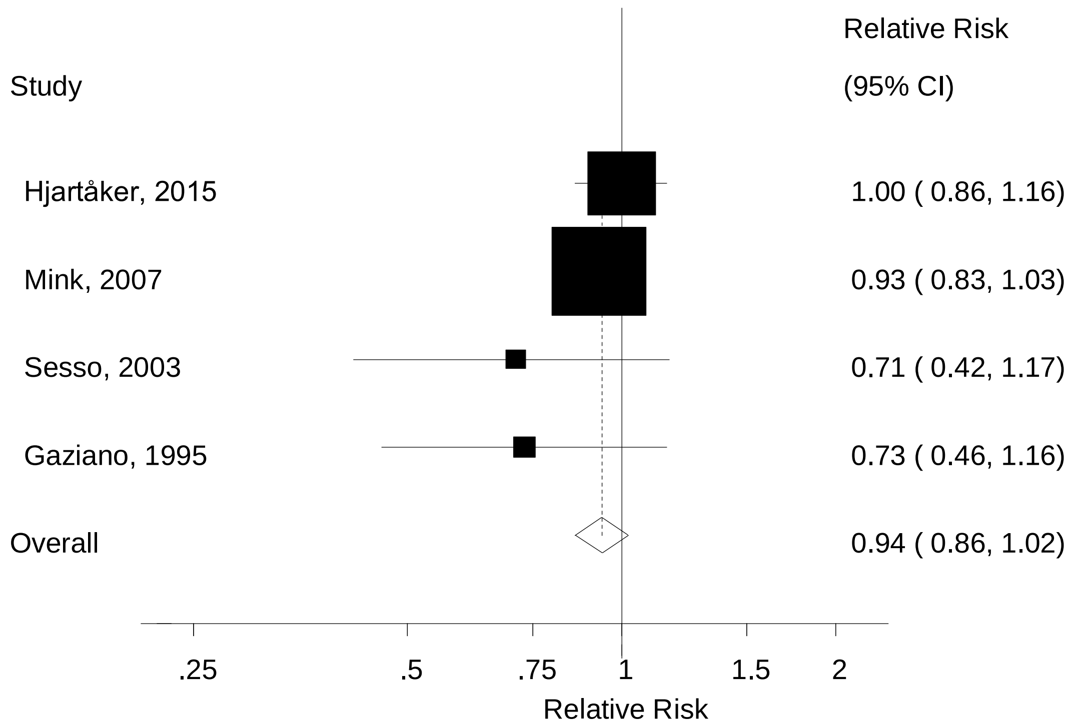
Supplementary Figure 171. Potatoes and cardiovascular disease, dose-response analysis, per 100 g/d



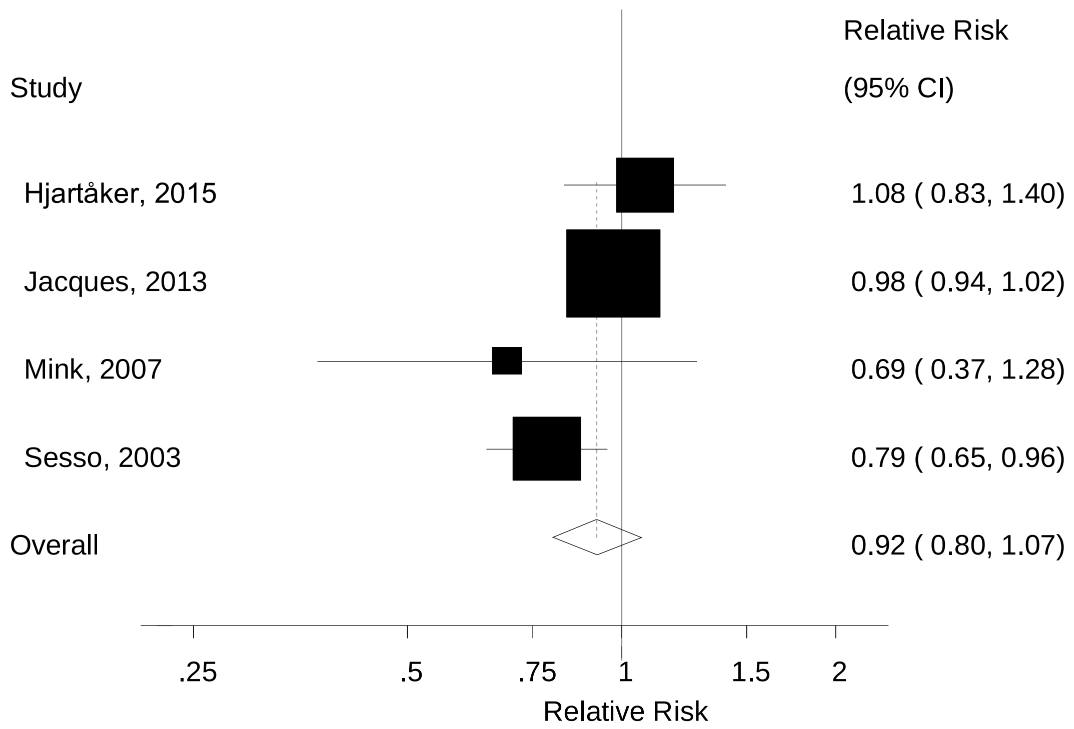
Supplementary Figure 172. Raw vegetables and cardiovascular disease, high vs. low analysis



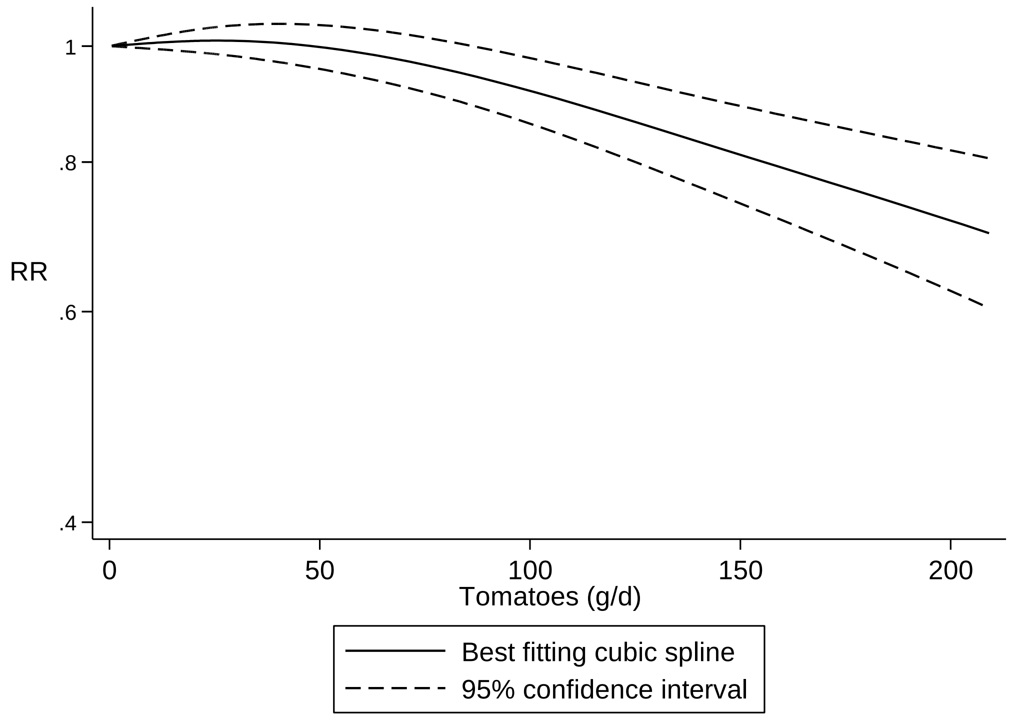
Supplementary Figure 173. Tomatoes and cardiovascular disease, high vs. low analysis



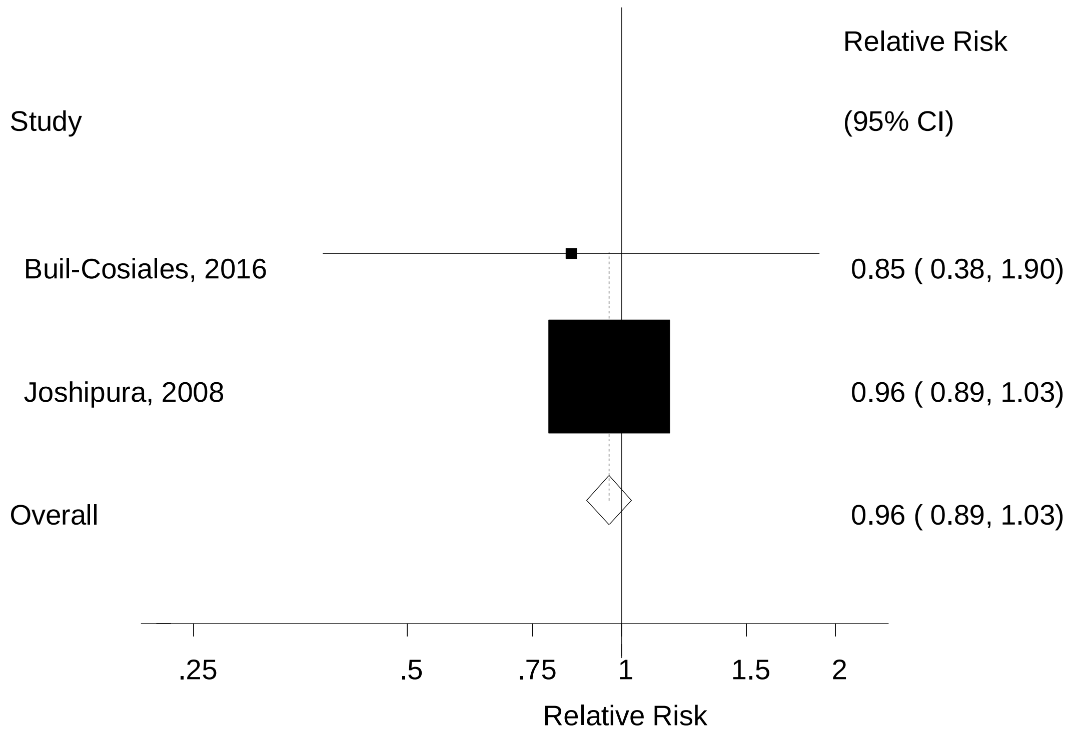
Supplementary Figure 174. Tomatoes and cardiovascular disease, dose-response analysis, per 100 g/d



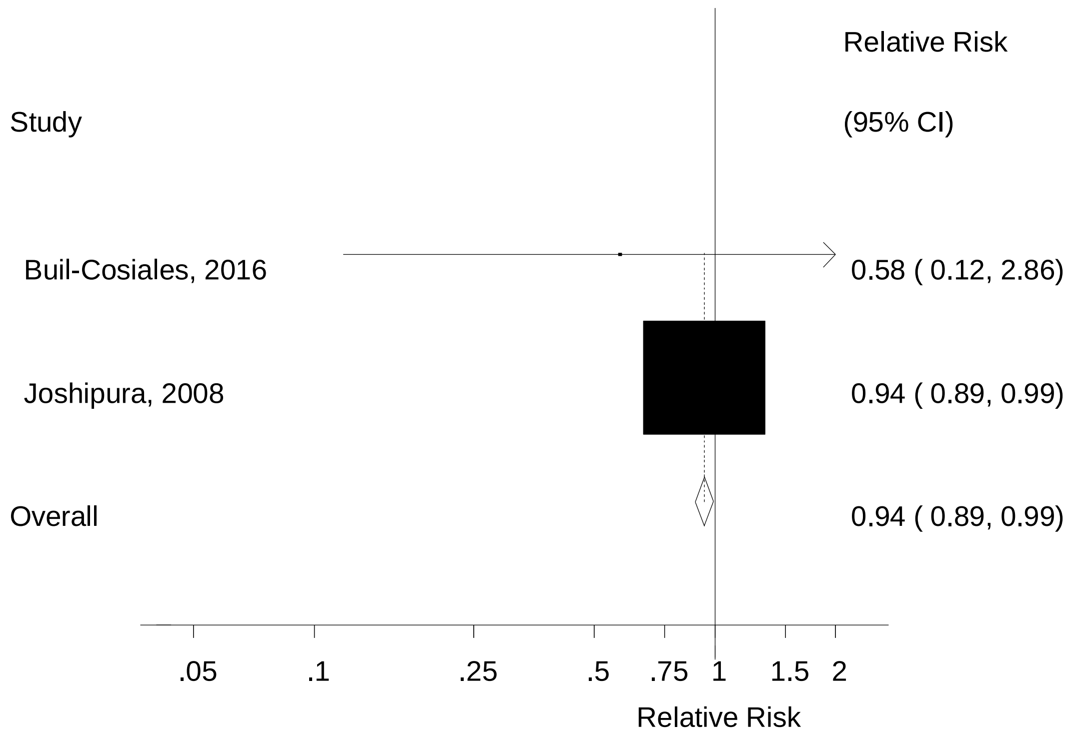
Supplementary Figure 175. Tomatoes and cardiovascular disease, nonlinear dose-response analysis



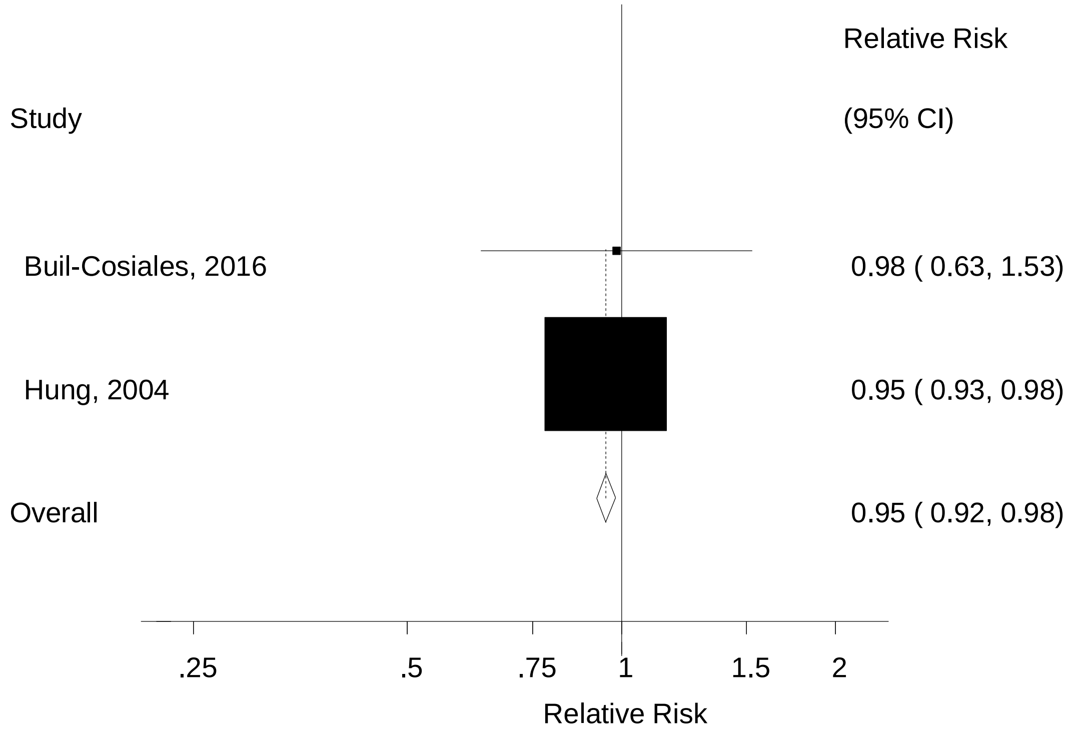
Supplementary Figure 176. Beta-carotene rich fruits and vegetables and cardiovascular disease, high vs. low analysis



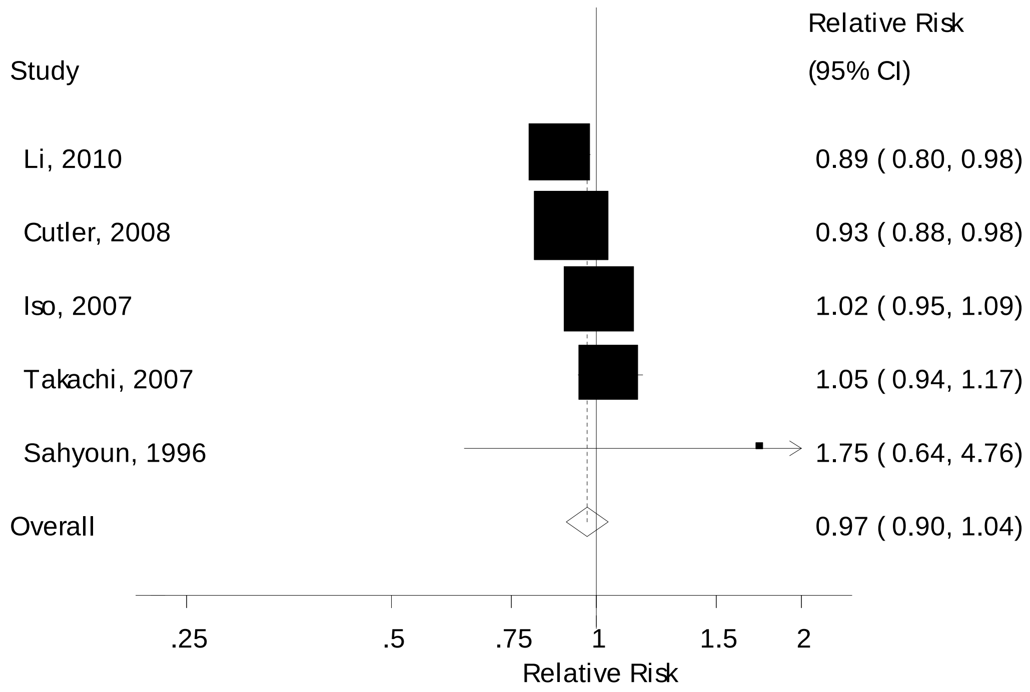
Supplementary Figure 177. Beta-carotene rich fruits and vegetables and cardiovascular disease, dose-response analysis, per 100 g/d



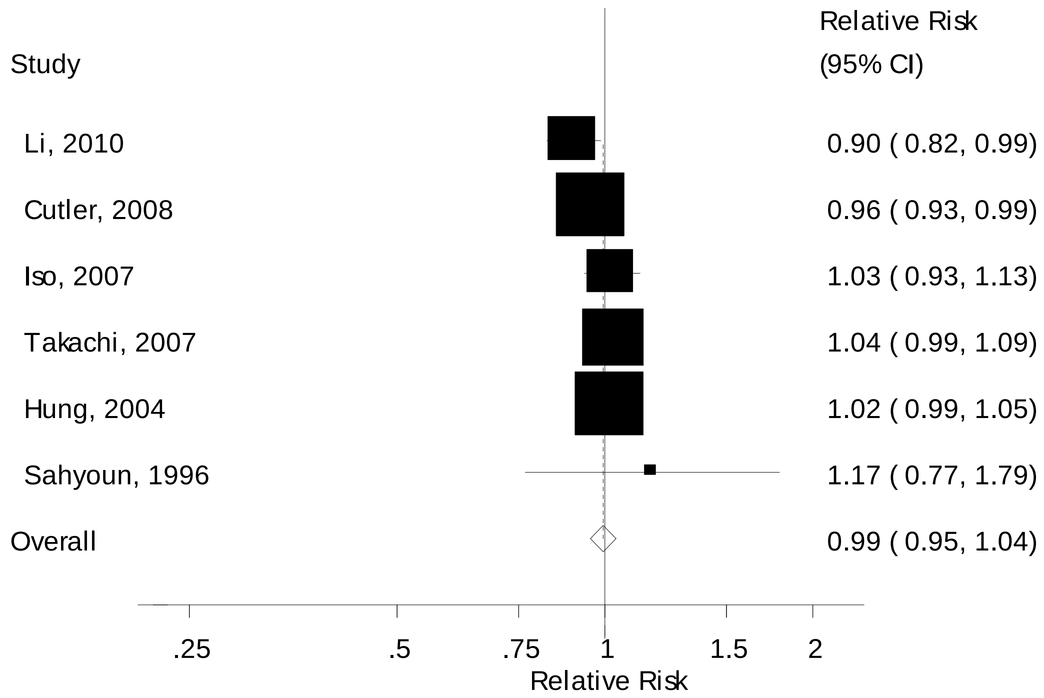
Supplementary Figure 178. Vitamin C rich fruits and vegetables and cardiovascular disease, dose-response analysis, per 100 g/d



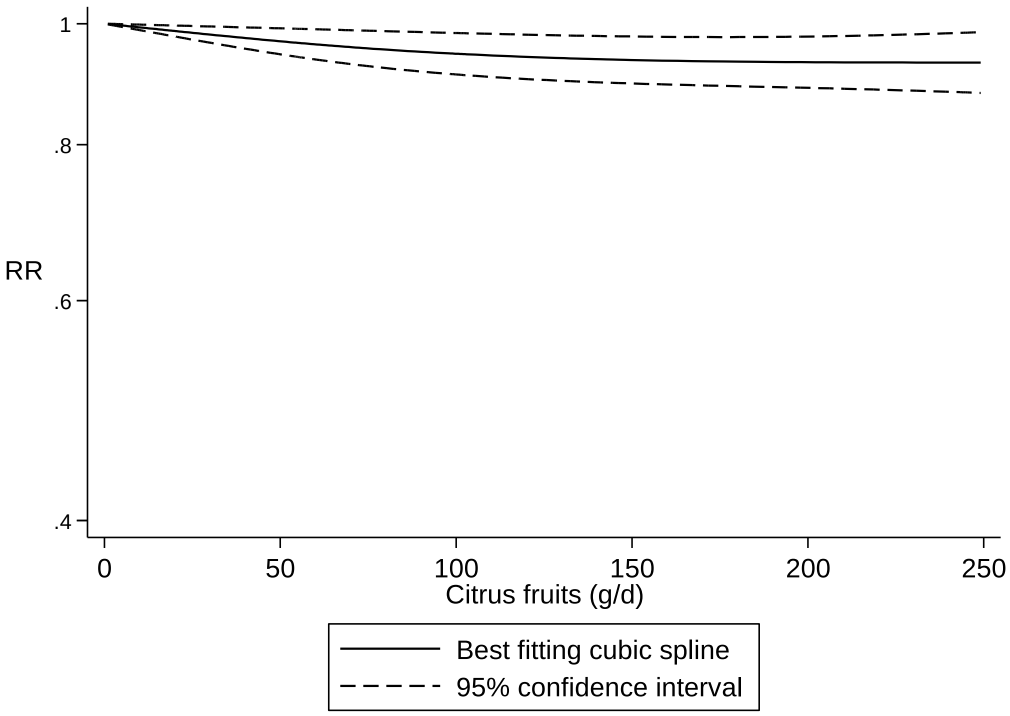
Supplementary Figure 179. Citrus fruits and total cancer, high vs. low analysis



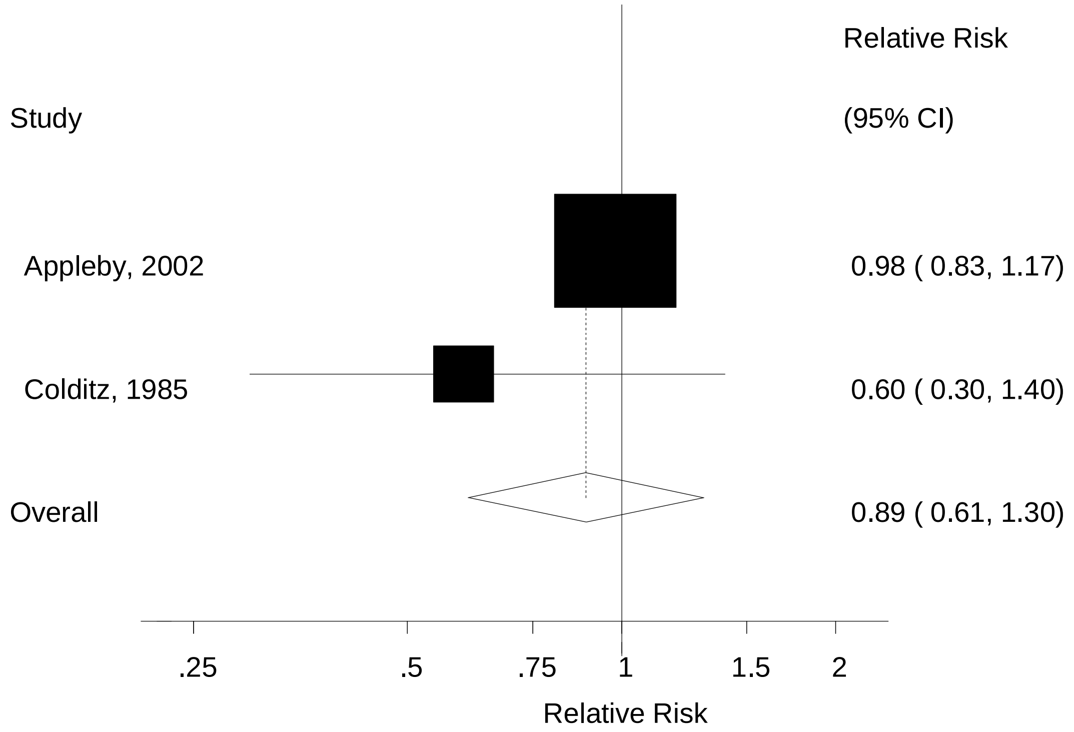
Supplementary Figure 180. Citrus fruits and total cancer, dose-response analysis, per 100 g/d



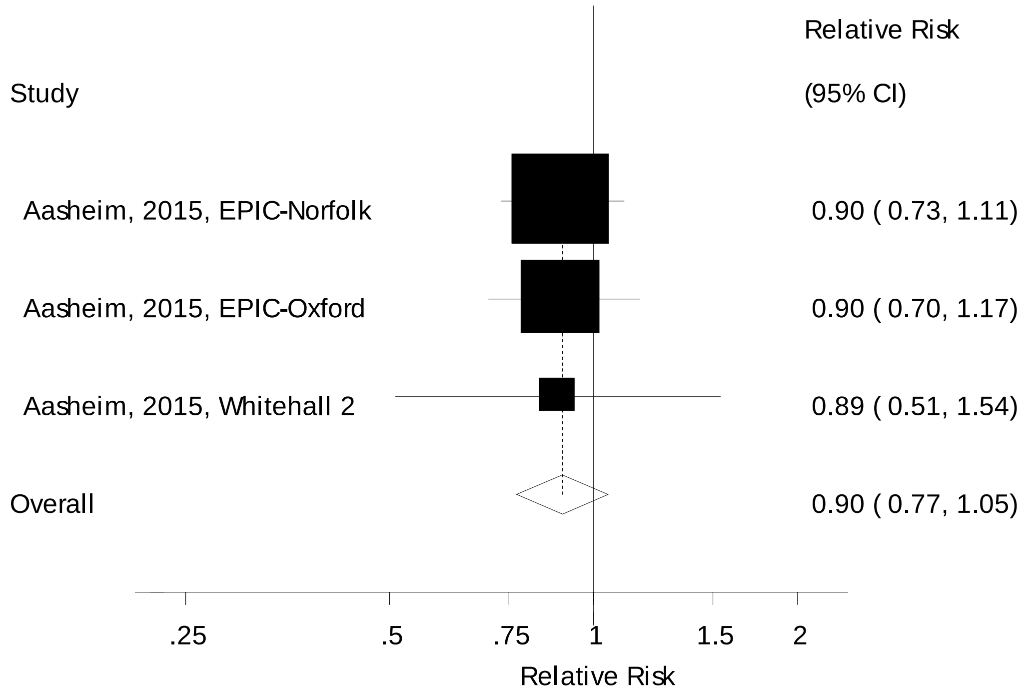
Supplementary Figure 181. Citrus fruits and total cancer, nonlinear dose-response



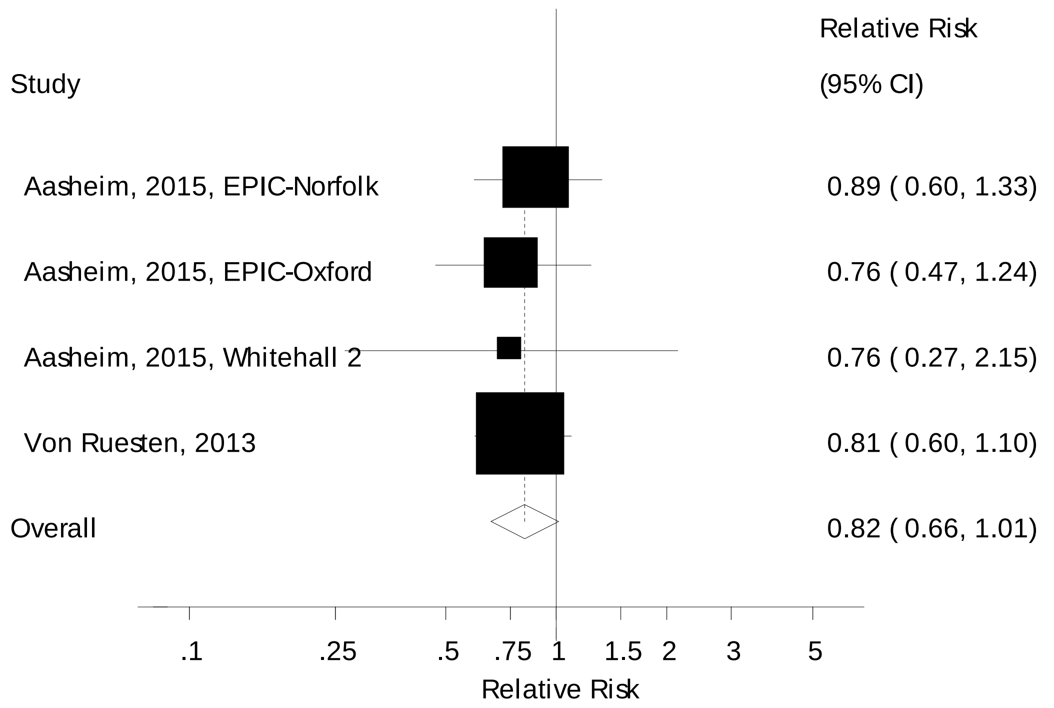
Supplementary Figure 182. Dried fruits and total cancer, high vs. low analysis



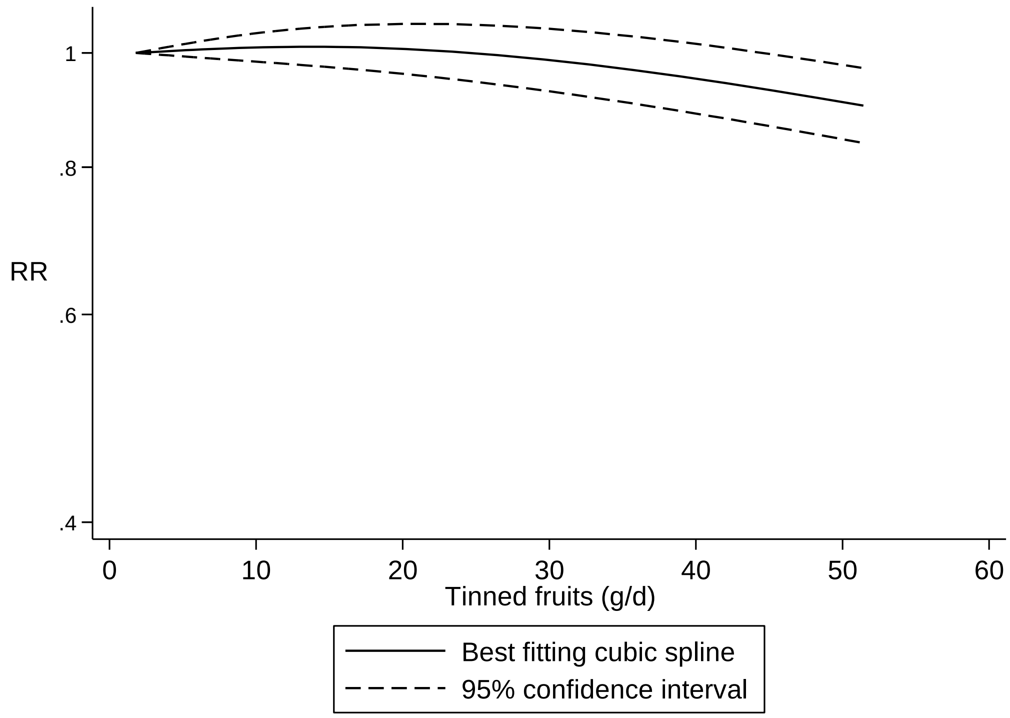
Supplementary Figure 183. Tinned fruit and total cancer, dose-response analysis, high vs. low



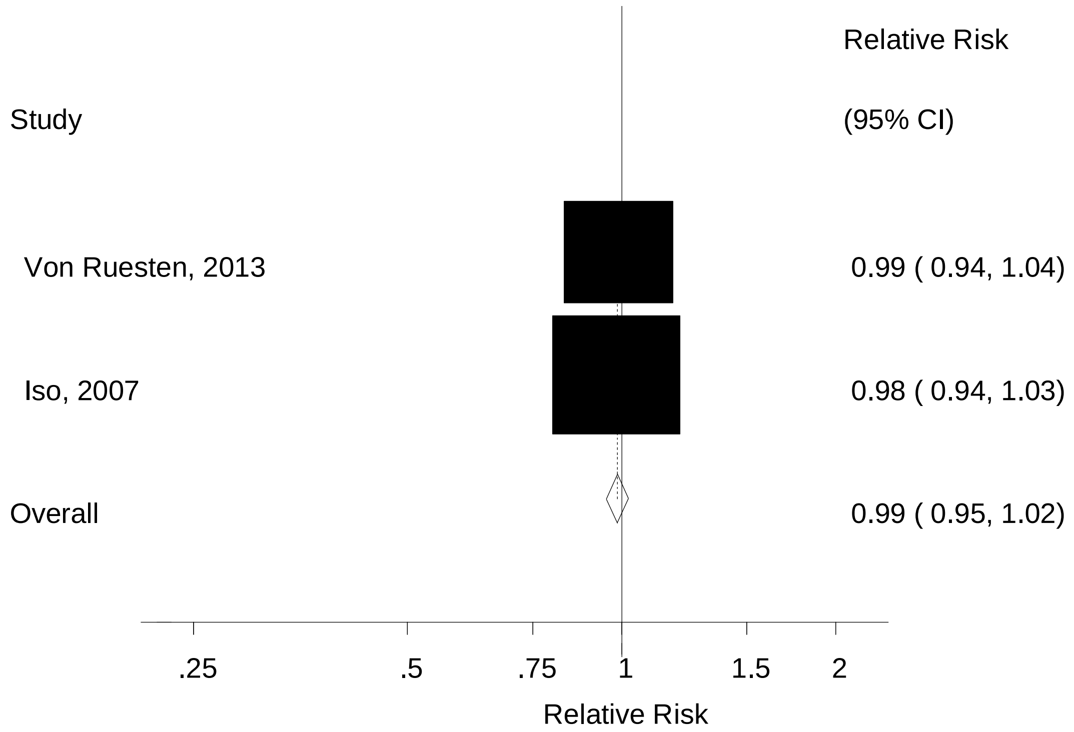
Supplementary Figure 184. Tinned fruit and total cancer, dose-response analysis, per 100 g/d



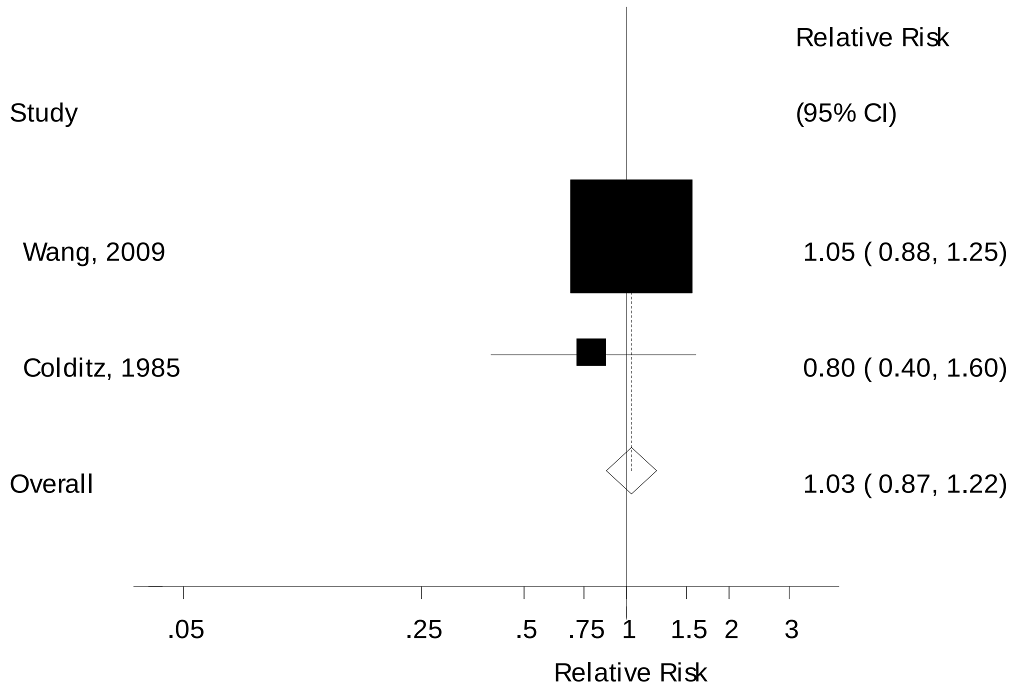
Supplementary Figure 185. Tinned fruit and total cancer, nonlinear dose-response analysis



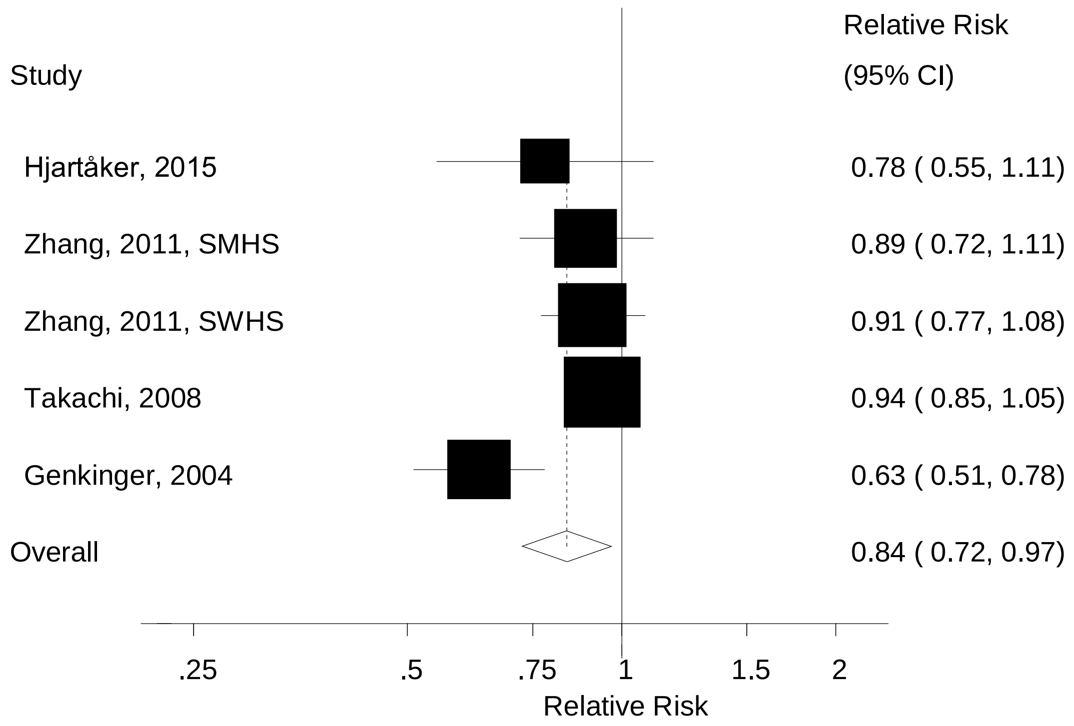
Supplementary Figure 186. Fruit juice and total cancer, dose-response analysis, per 100 g/d



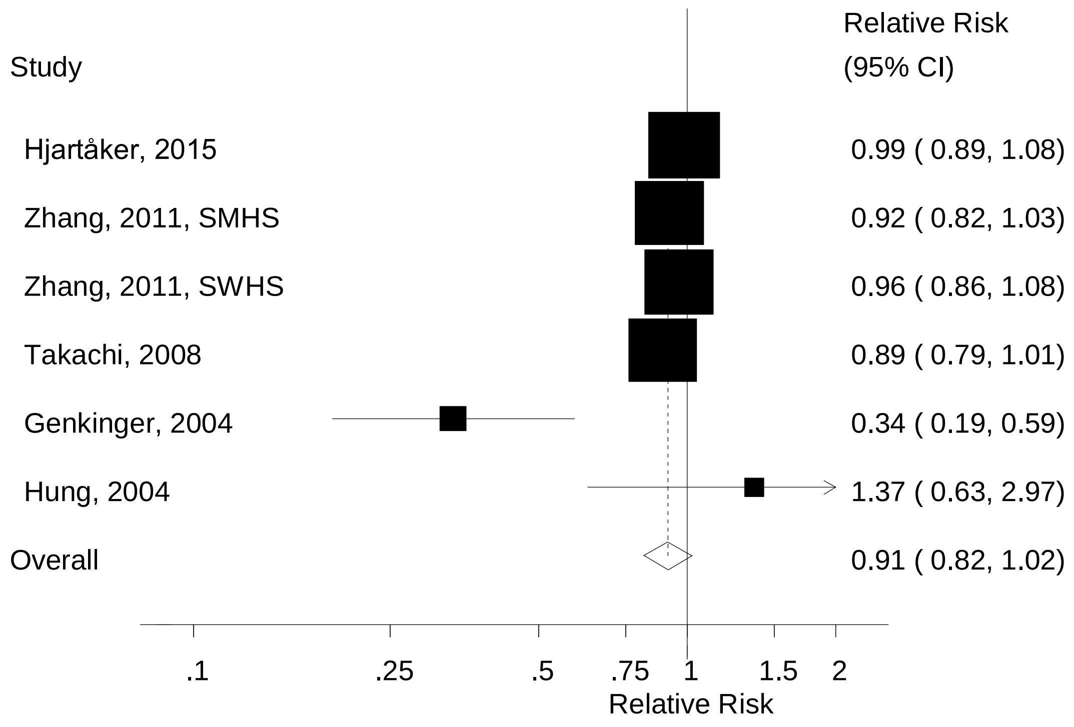
Supplementary Figure 187. Broccoli and total cancer, high vs. low analysis



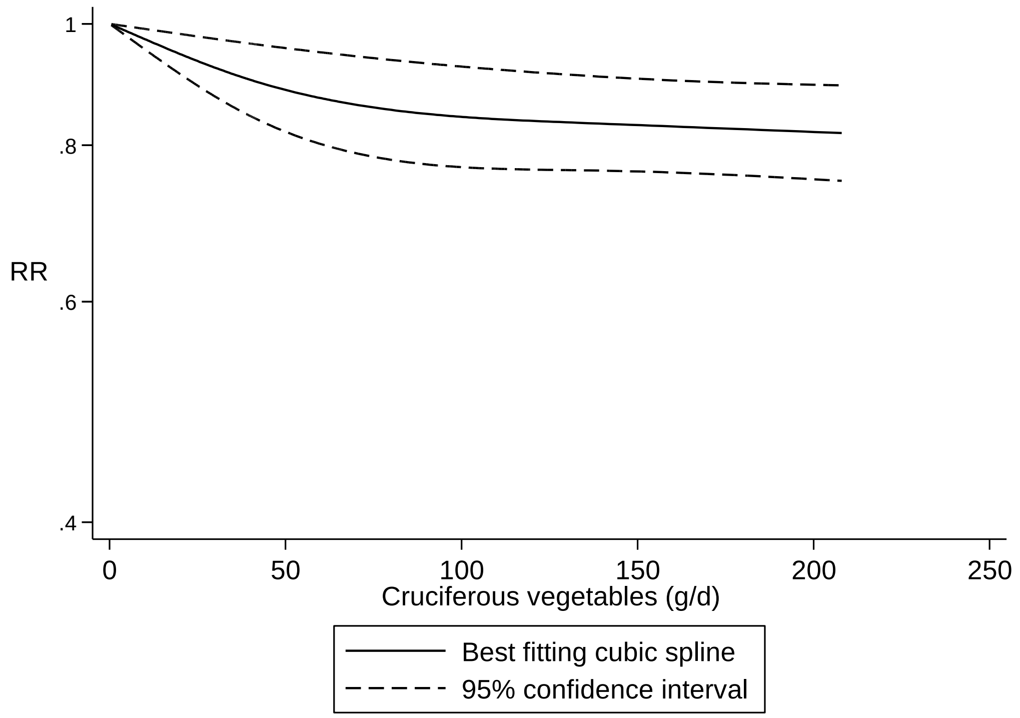
Supplementary Figure 188. Cruciferous vegetables and total cancer, high vs. low analysis



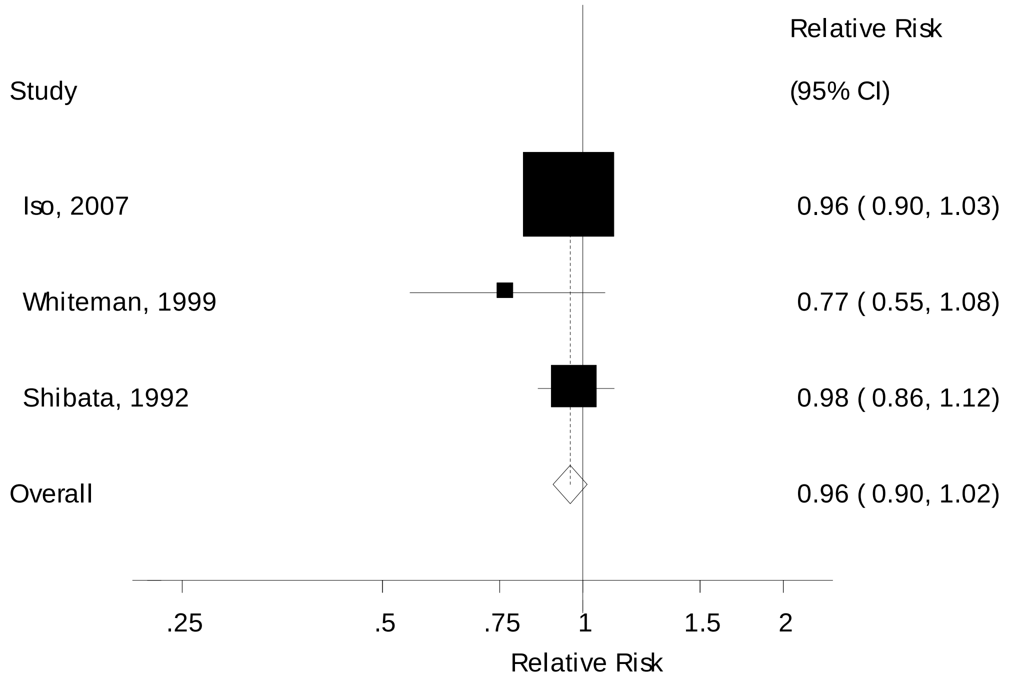
Supplementary Figure 189. Cruciferous vegetables and total cancer, dose-response analysis, per 100 g/d



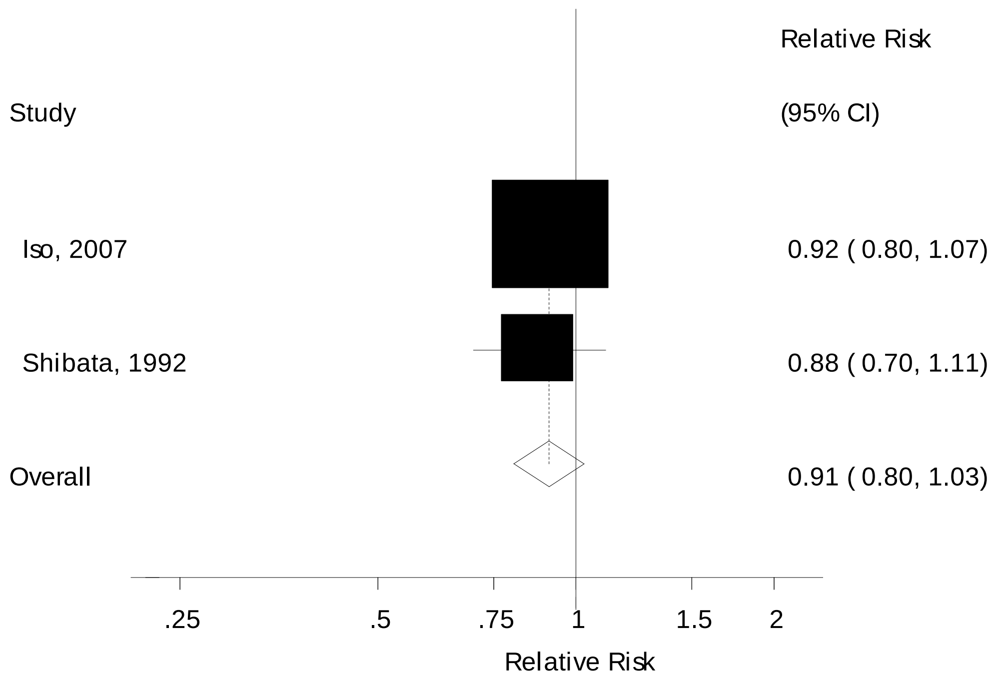
Supplementary Figure 190. Cruciferous vegetables and total cancer, nonlinear dose-response



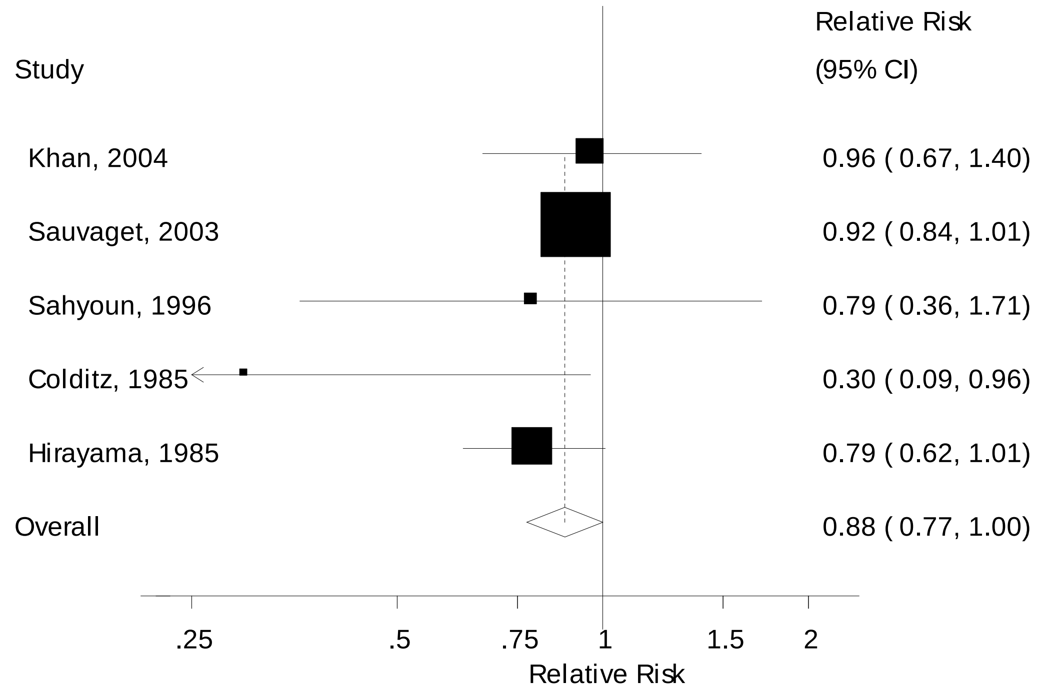
Supplementary Figure 191. Green vegetables and total cancer, high vs. low analysis



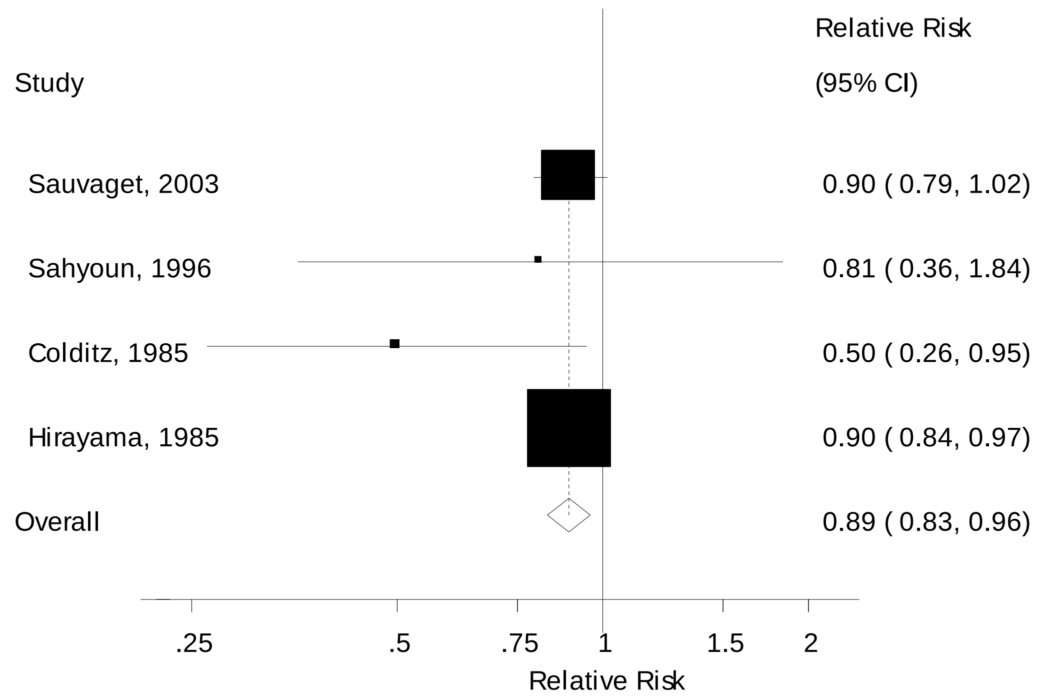
Supplementary Figure 192. Green vegetables and total cancer, dose-response analysis, per 100 g/d



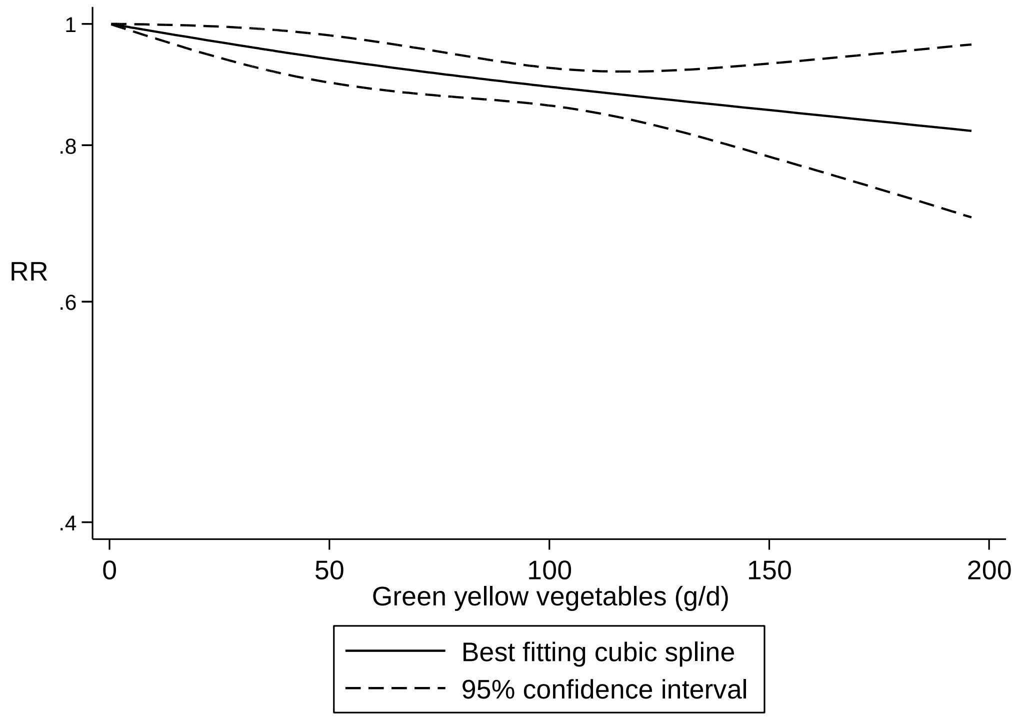
Supplementary Figure 193. Green yellow vegetables and total cancer, high vs. low analysis



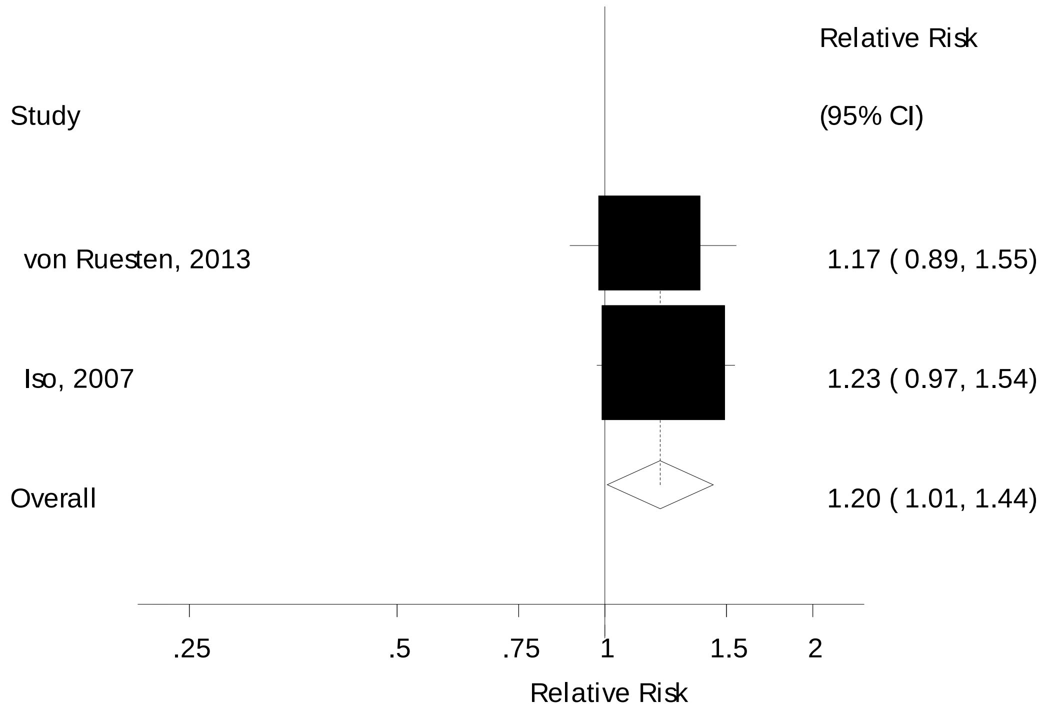
Supplementary Figure 194. Green yellow vegetables and total cancer, dose-response analysis, per 100 g/d



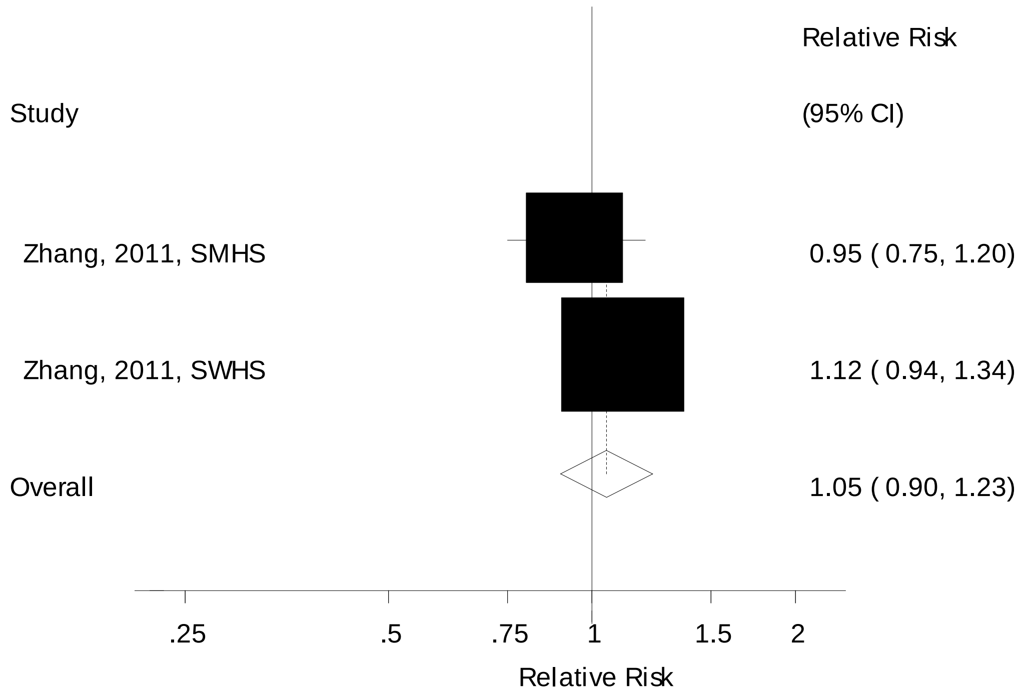
Supplementary Figure 195. Green yellow vegetables and total cancer, nonlinear dose-response analysis



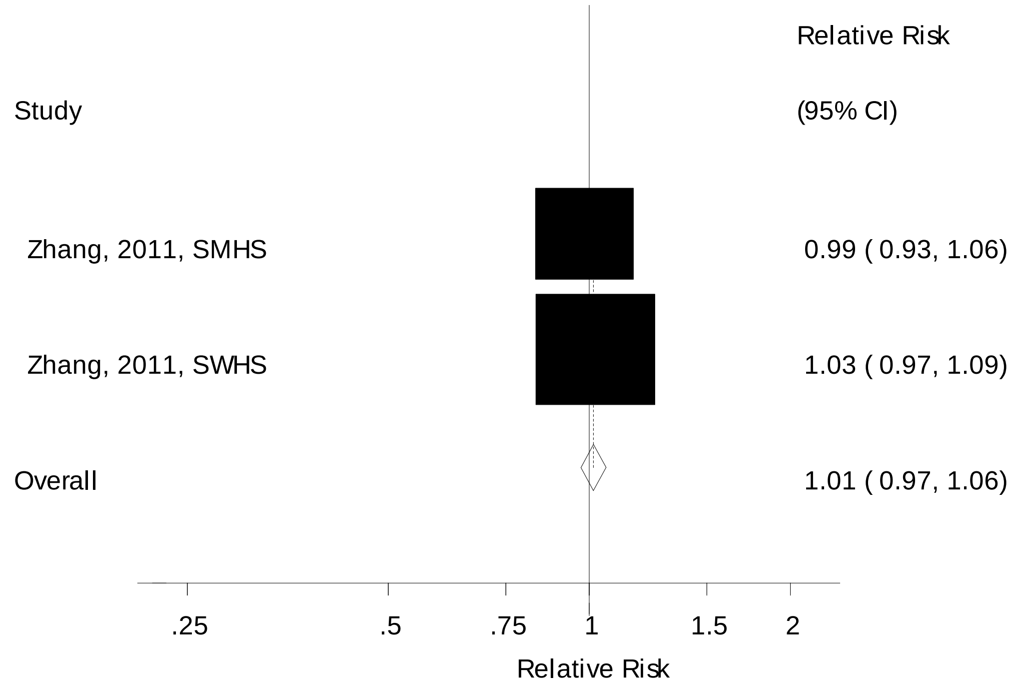
Supplementary Figure 196. Mushrooms and total cancer, dose-response analysis, per 100 g/d



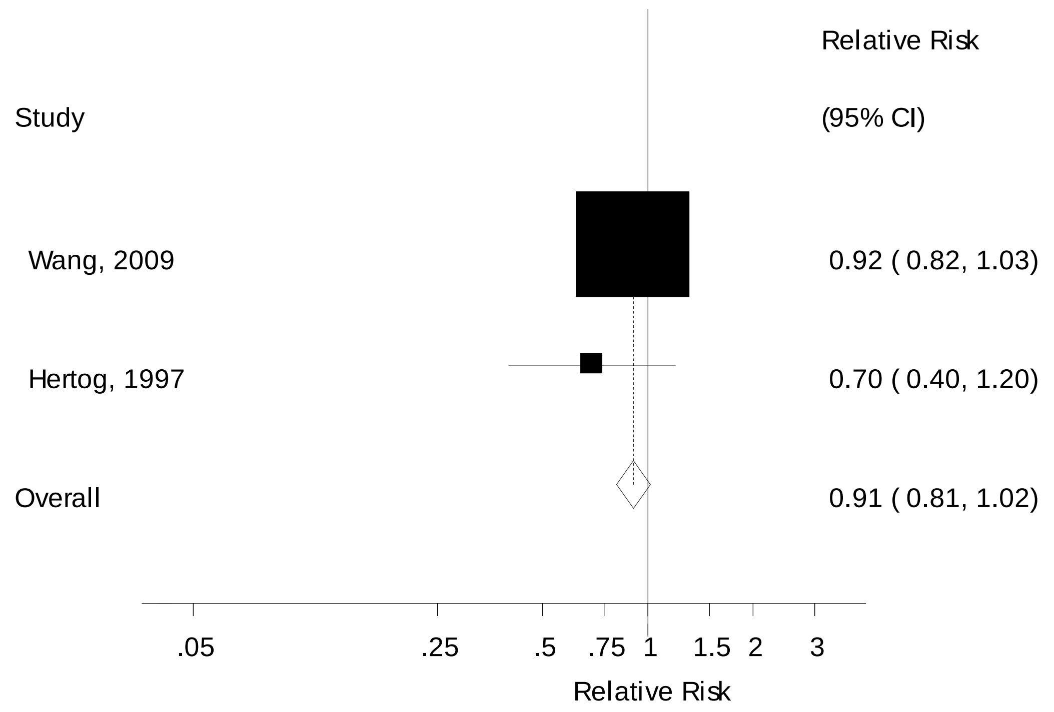
Supplementary Figure 197. Noncruciferous vegetables and total cancer, high vs. low analysis



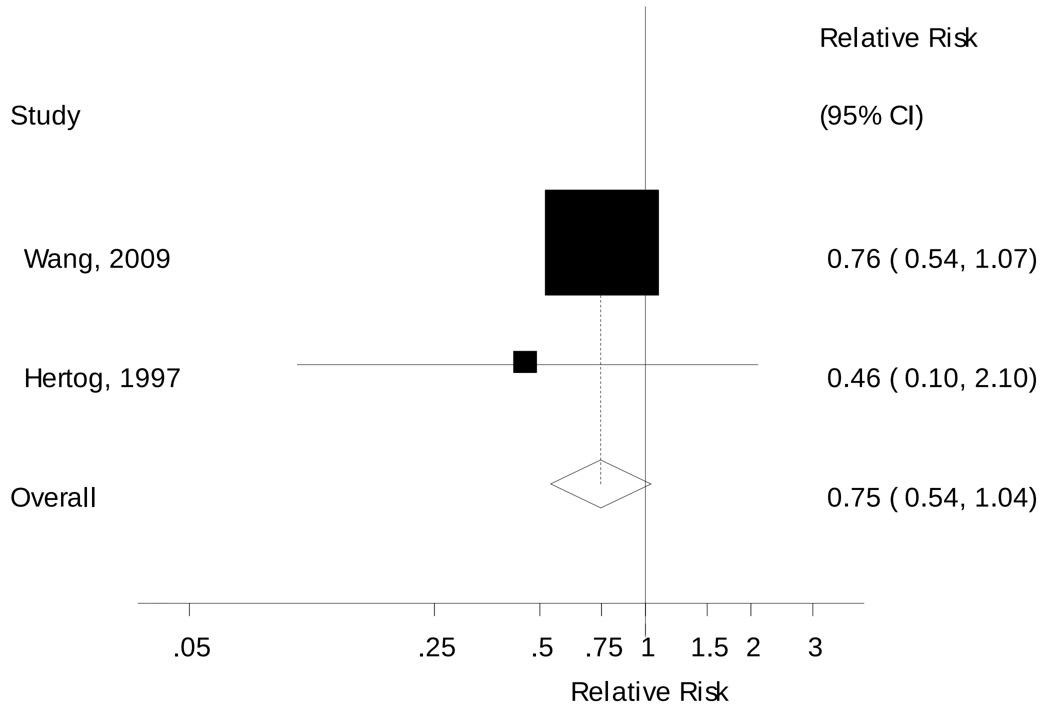
Supplementary Figure 198. Noncruciferous vegetables and total cancer, dose-response analysis, per 100 g/d



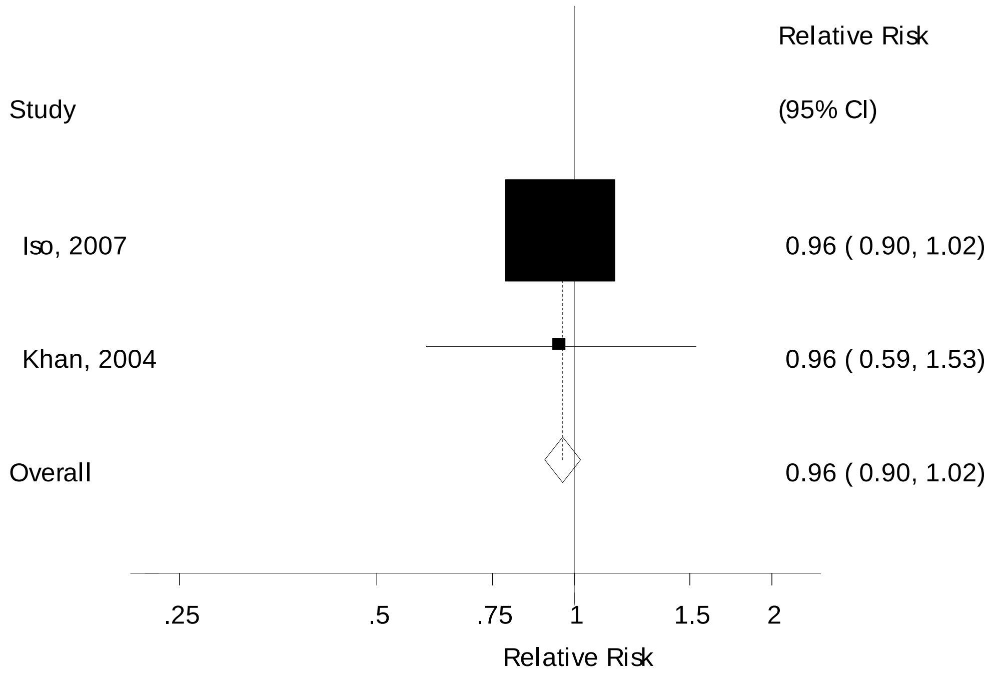
Supplementary Figure 199. Onions and total cancer, high vs. low analysis



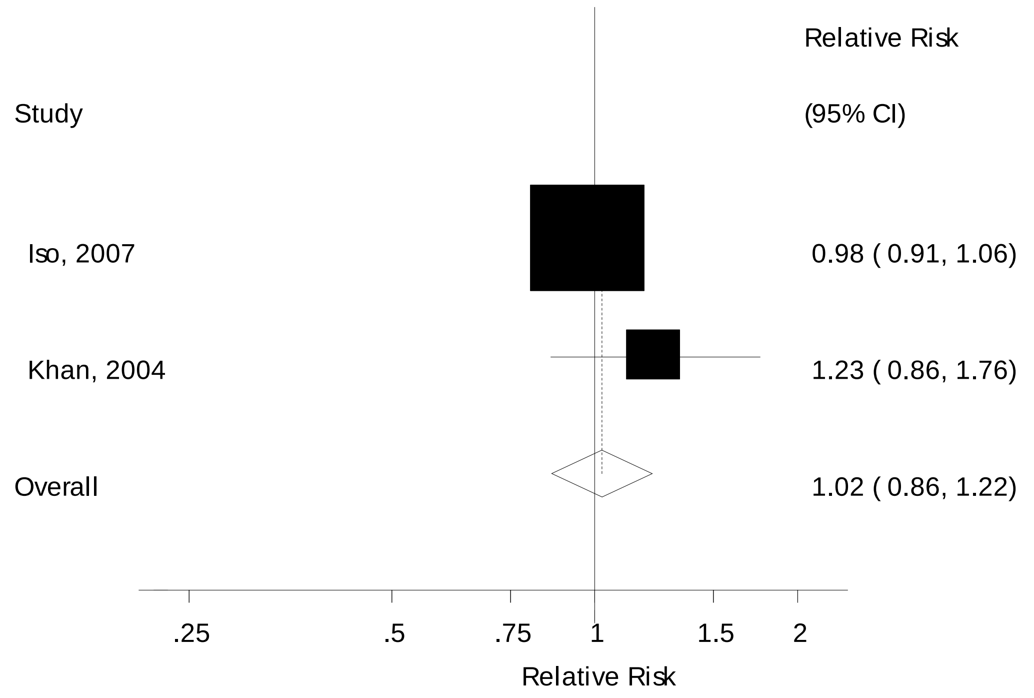
Supplementary Figure 200. Onions and total cancer, dose-response analysis, per 100 g/d



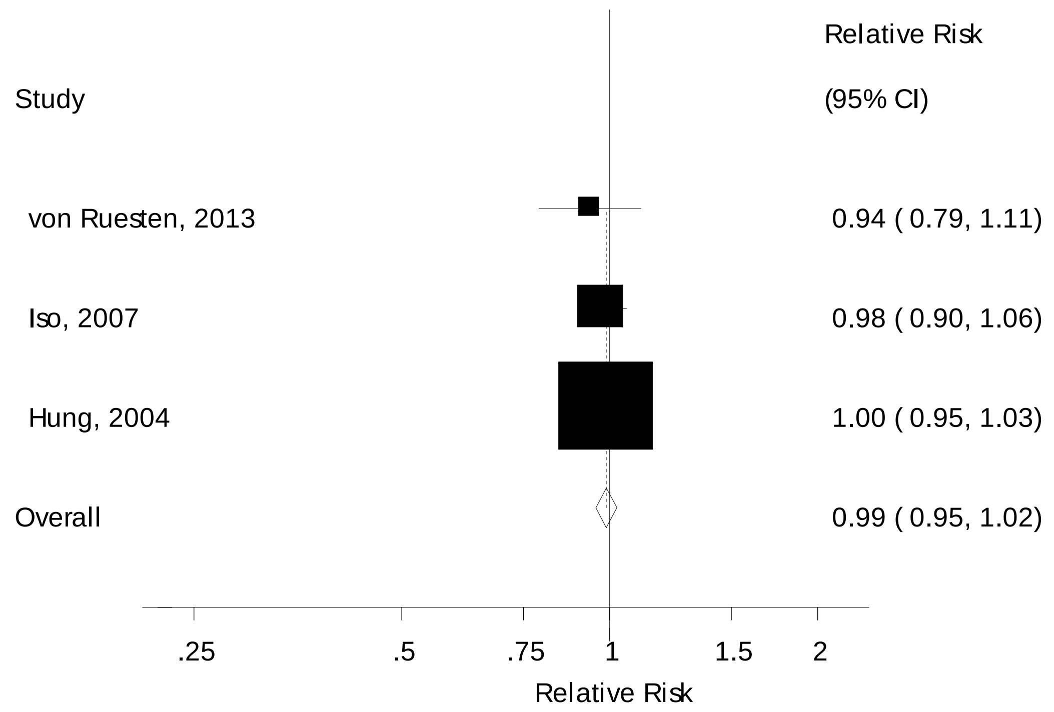
Supplementary Figure 201. Pickled vegetables and total cancer, high vs. low analysis



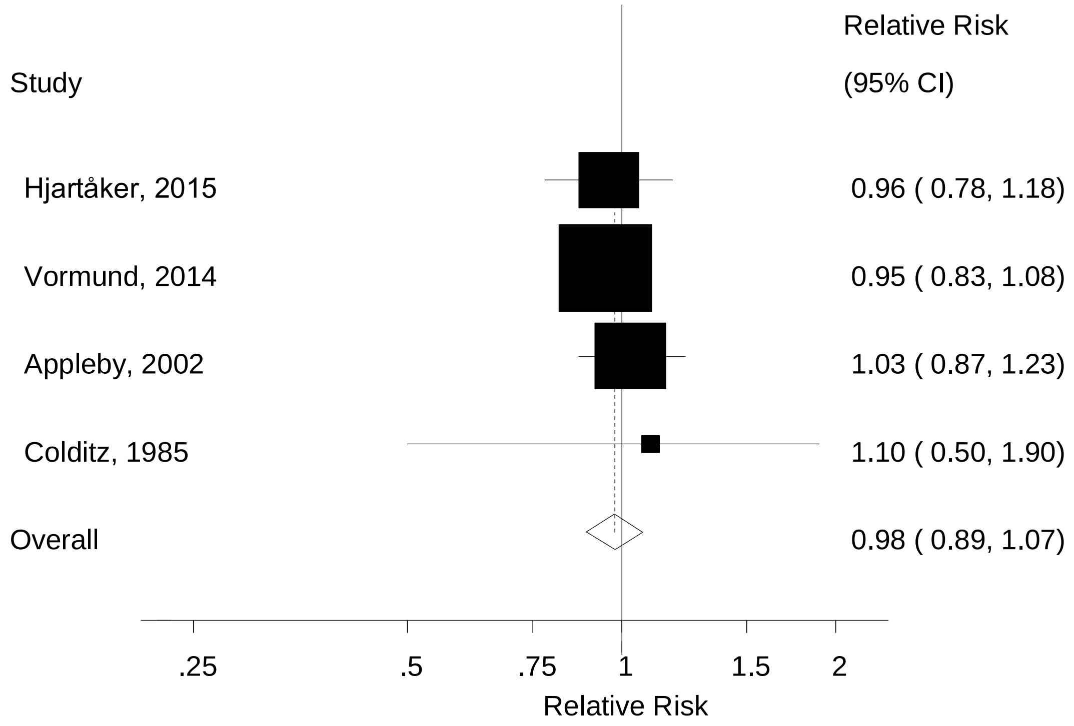
Supplementary Figure 202. Potatoes and total cancer, high vs. low analysis



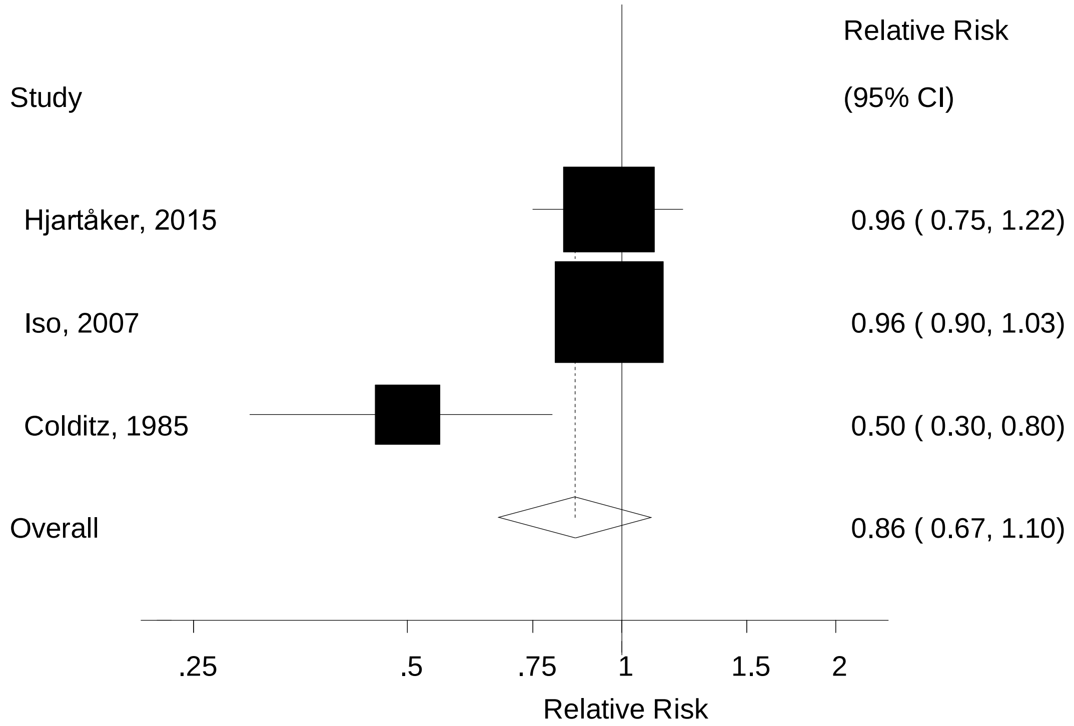
Supplementary Figure 203. Potatoes and total cancer, dose-response analysis, per 100 g/d



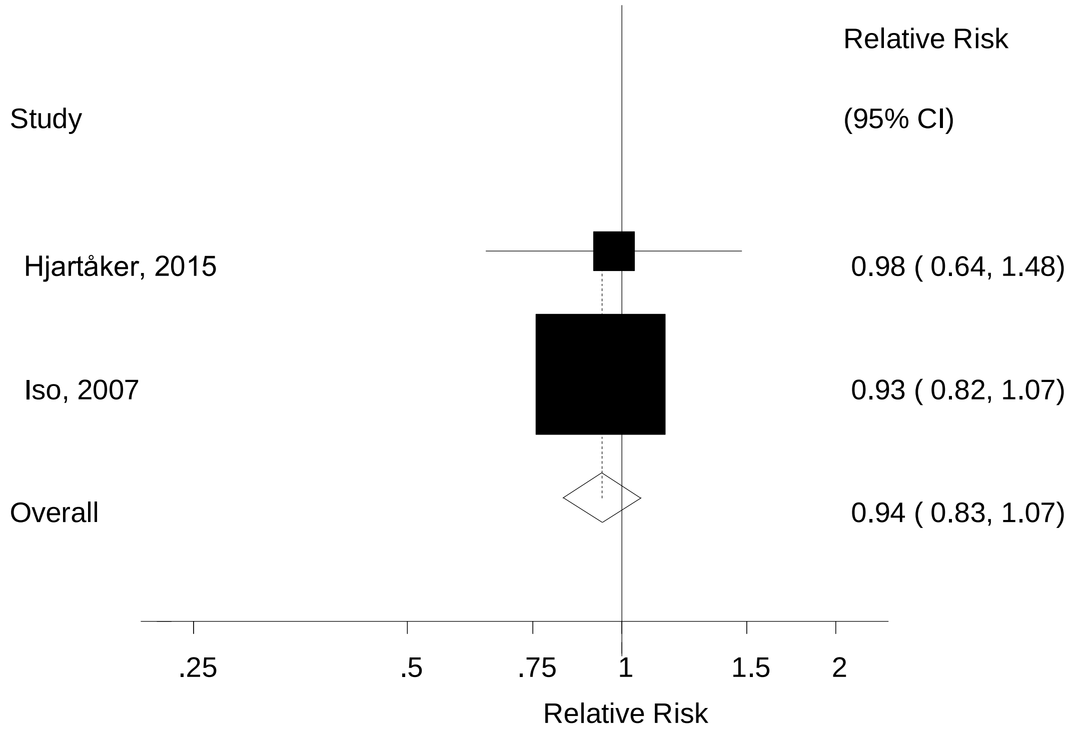
Supplementary Figure 204. Salads and total cancer, high vs. low analysis



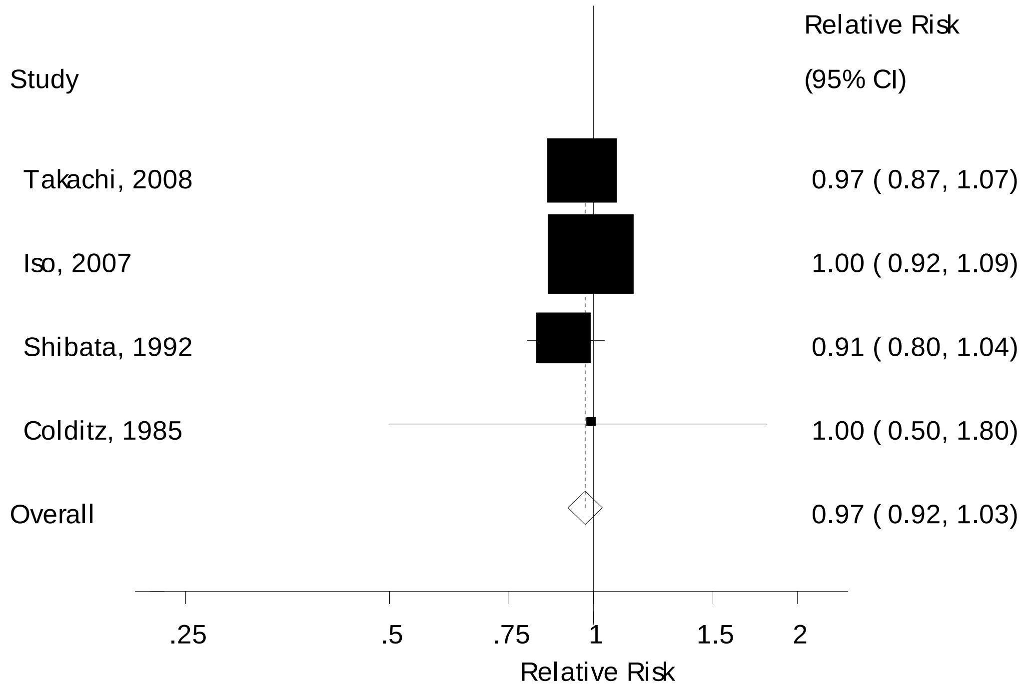
Supplementary Figure 205. Tomatoes and total cancer, high vs. low analysis



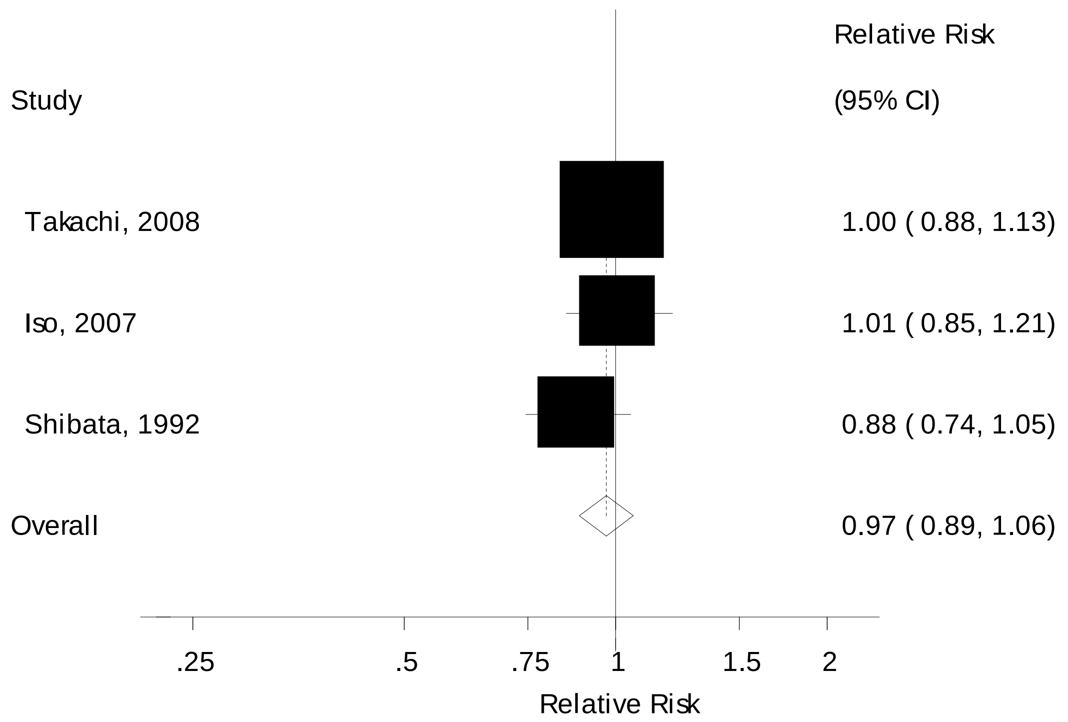
Supplementary Figure 206. Tomatoes and total cancer, dose-response analysis, per 100 g/d



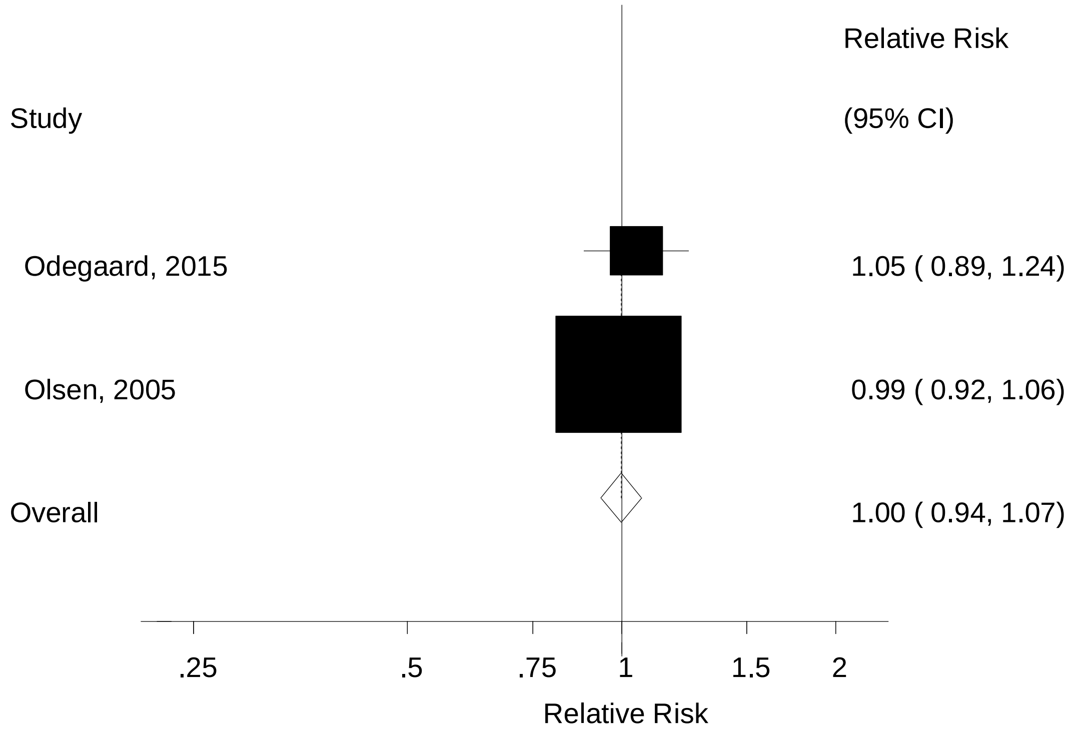
Supplementary Figure 207. Yellow vegetables and total cancer, high vs. low analysis



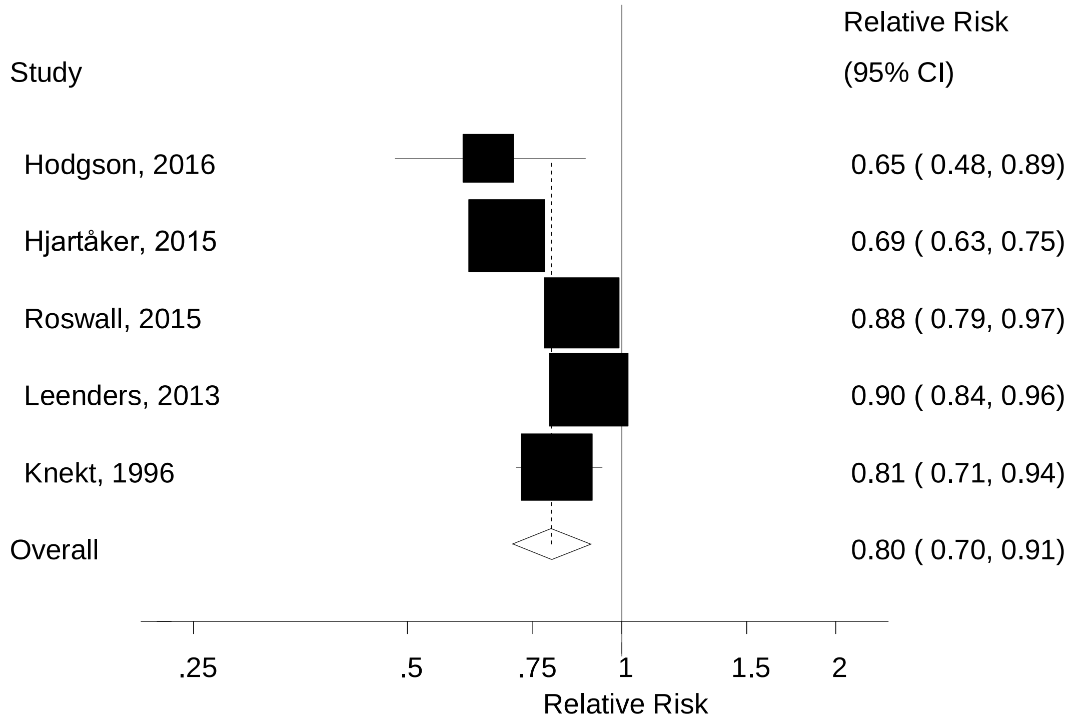
Supplementary Figure 208. Yellow vegetables and total cancer, dose-response analysis, per 100 g/d



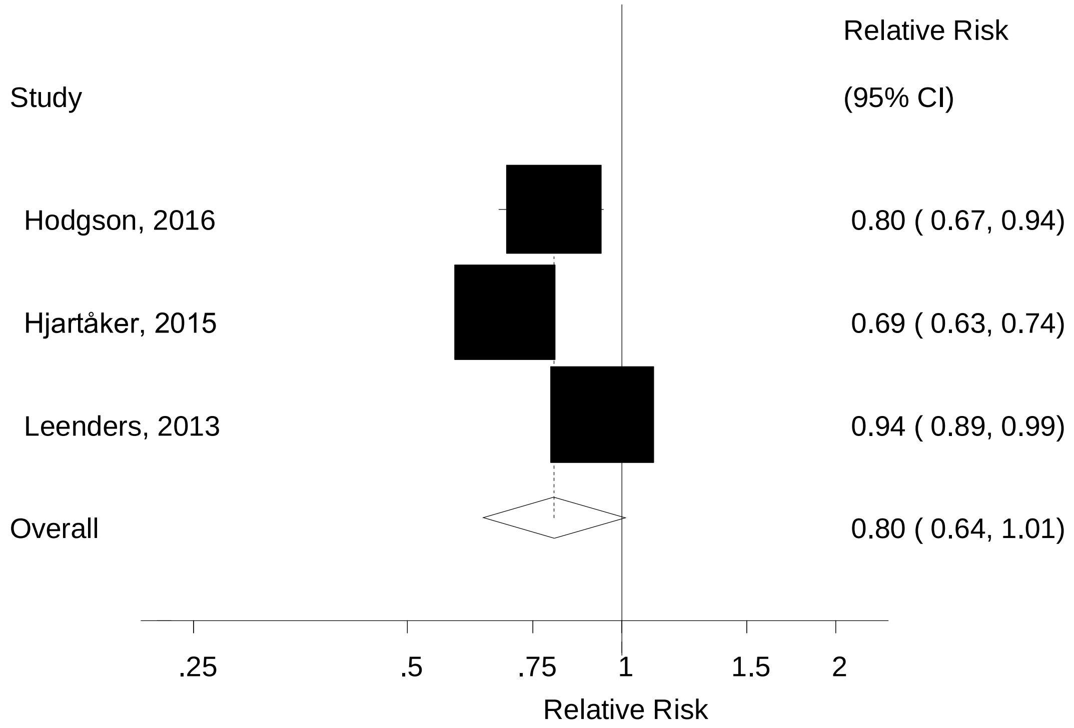
Supplementary Figure 209. Juices and total cancer, dose-response analysis, per 100 g/d



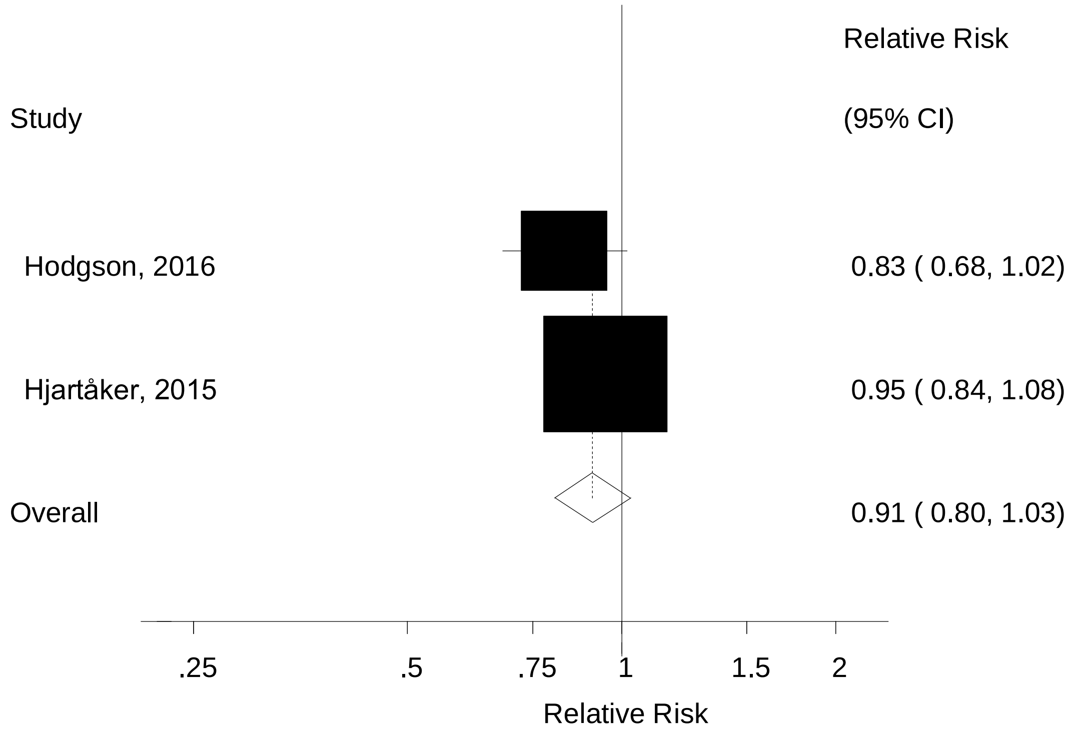
Supplementary Figure 210. Apples and pears and all-cause mortality, high vs. low analysis



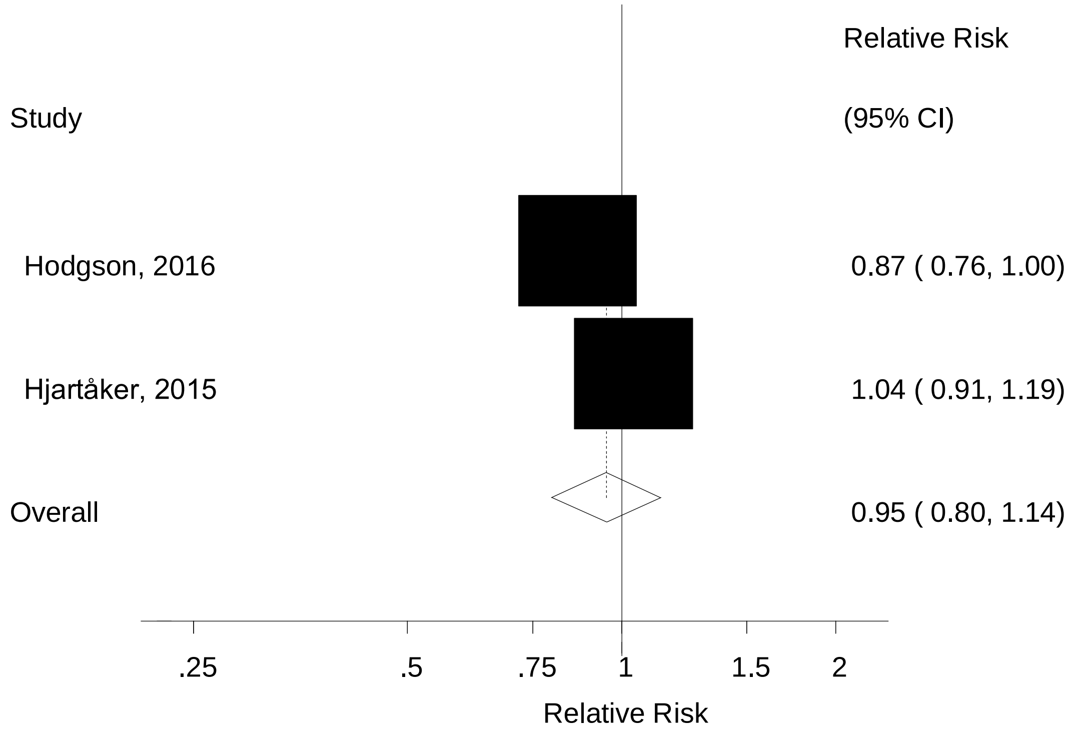
Supplementary Figure 211. Apples and pears and all-cause mortality, dose-response analysis, per 100 g/d



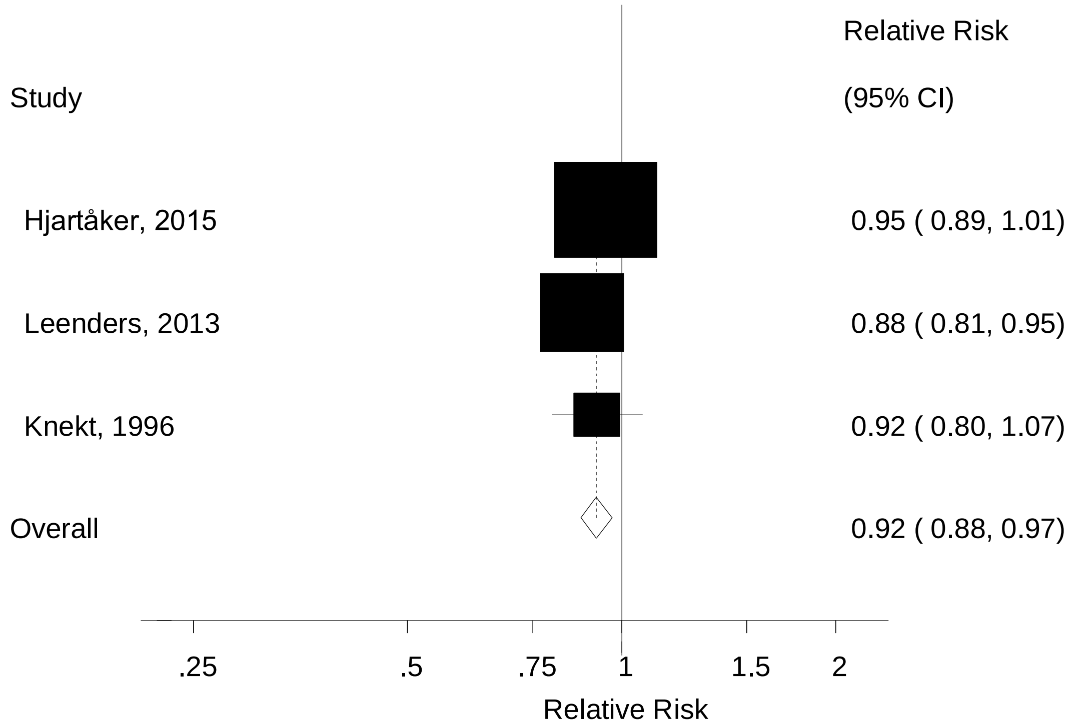
Supplementary Figure 212. Bananas and all-cause mortality, high vs. low analysis



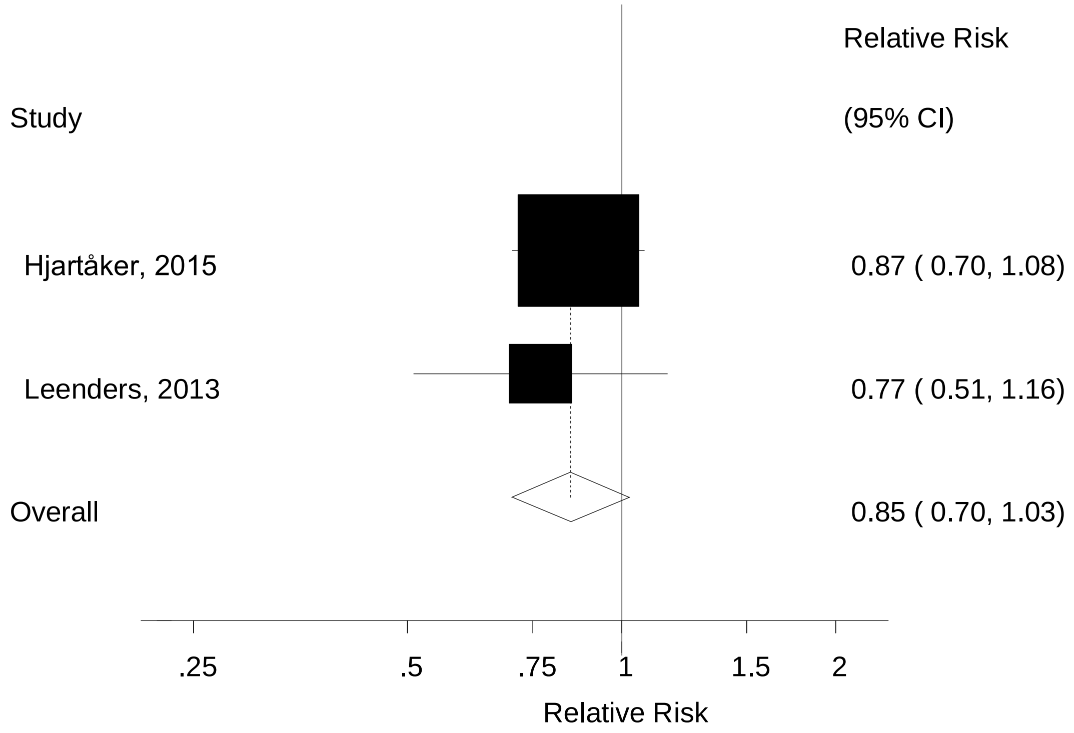
Supplementary Figure 213. Bananas and all-cause mortality, dose-response analysis, per 100 g/d



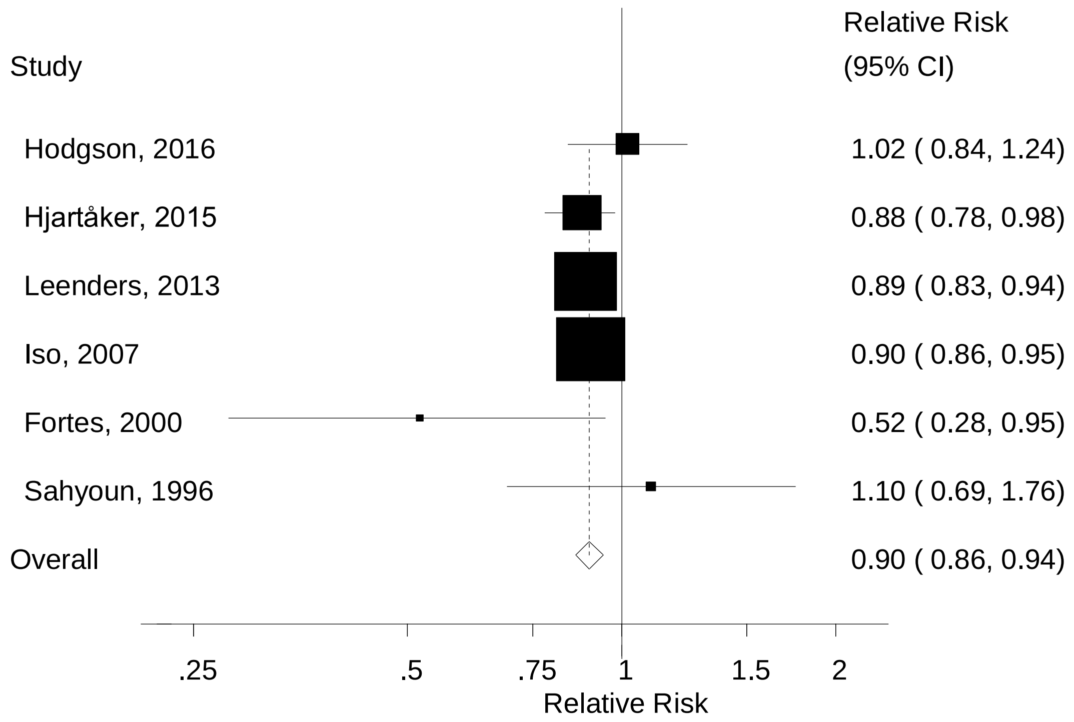
Supplementary Figure 214. Berries and all-cause mortality, high vs. low analysis



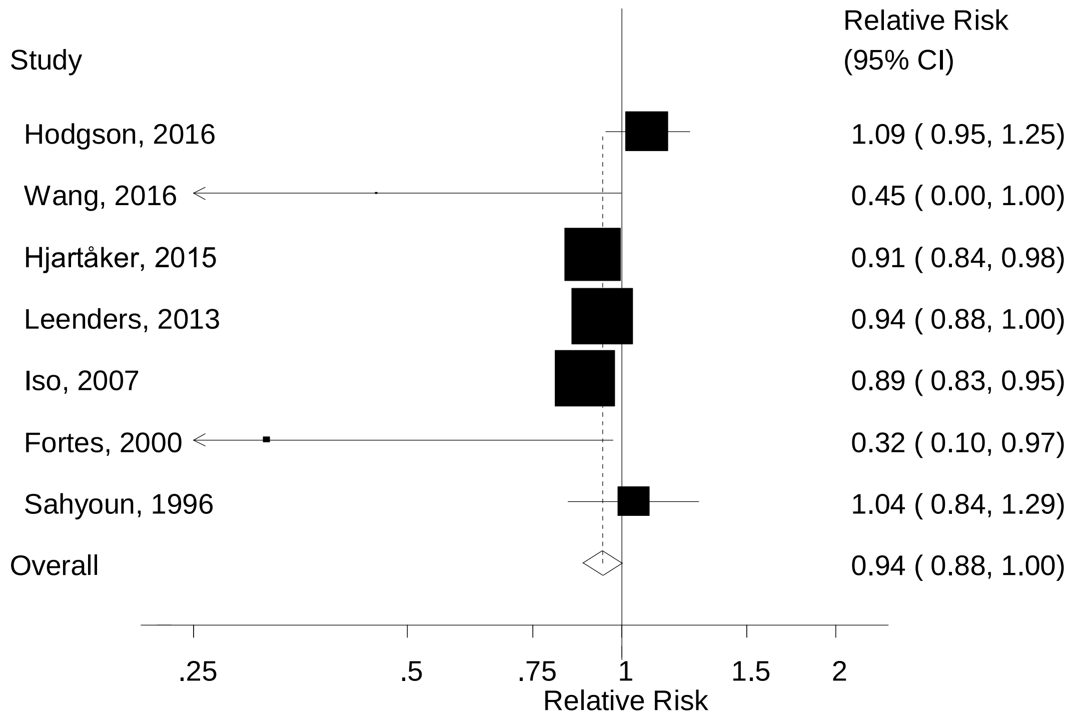
Supplementary Figure 215. Berries and all-cause mortality, dose-response analysis, per 100 g/d



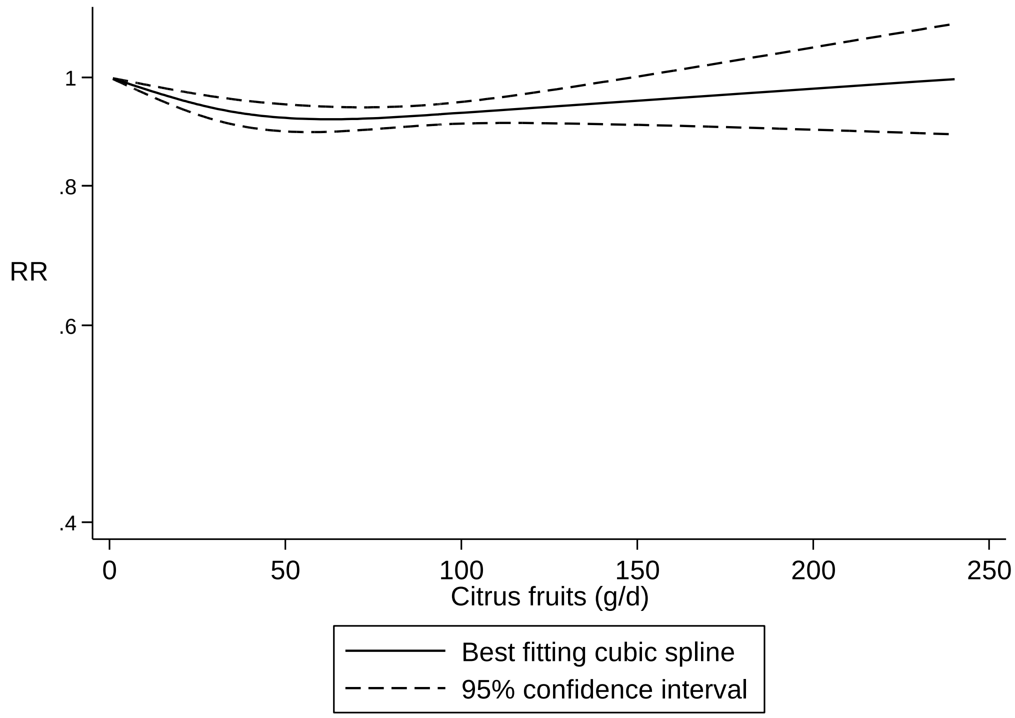
Supplementary Figure 216. Citrus fruits and all-cause mortality, high vs. low analysis



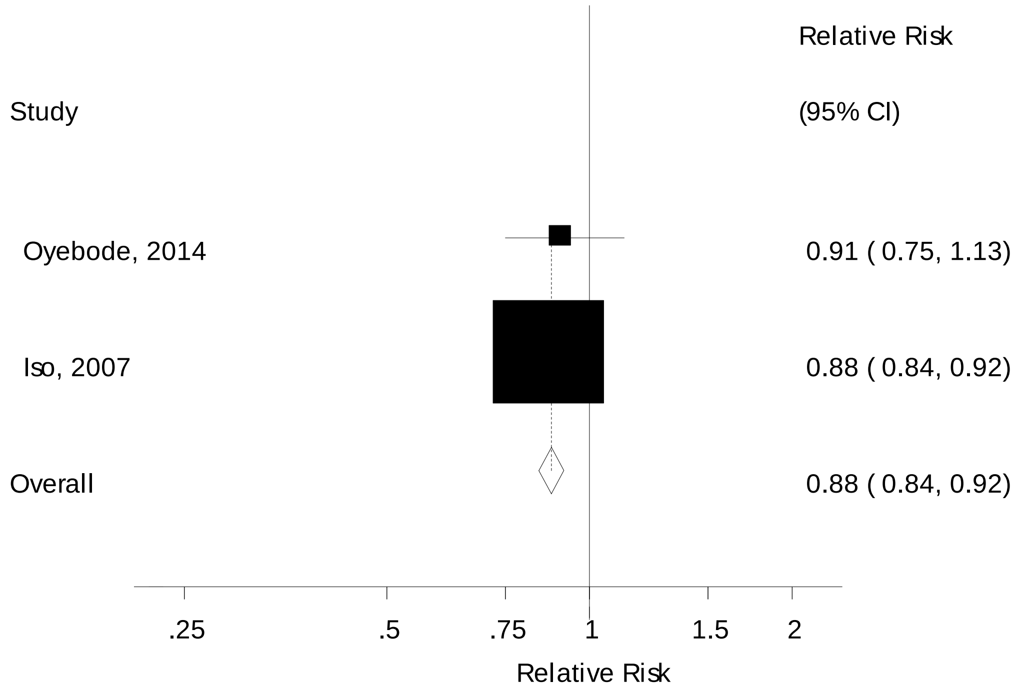
Supplementary Figure 217. Citrus fruits and all-cause mortality, dose-response analysis, per 100 g/d



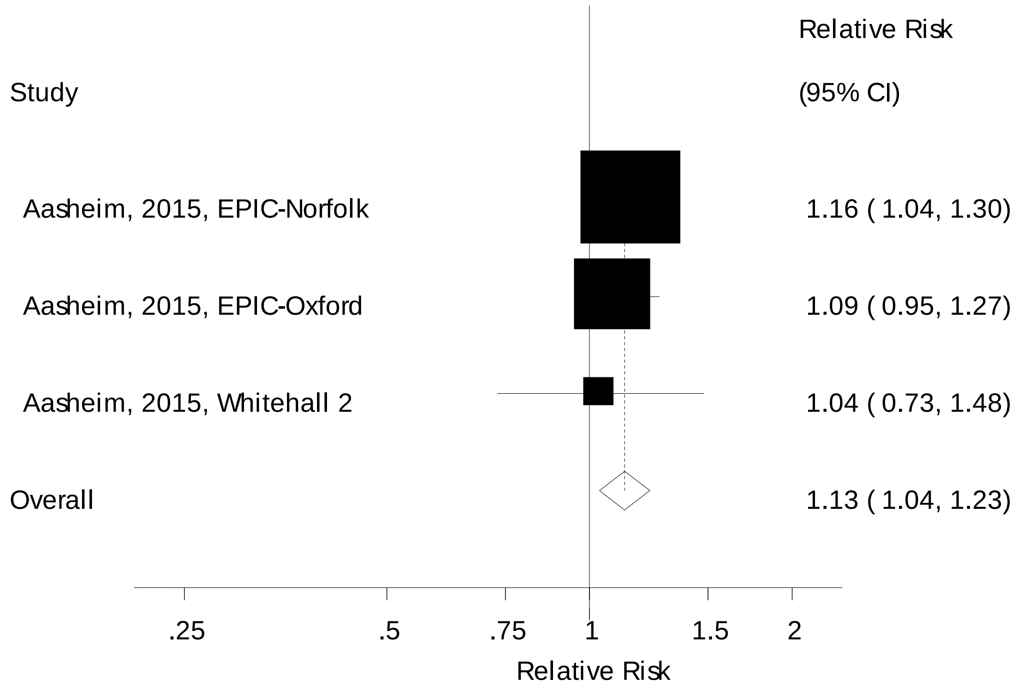
Supplementary Figure 218. Citrus fruits and all-cause mortality, nonlinear dose-response analysis



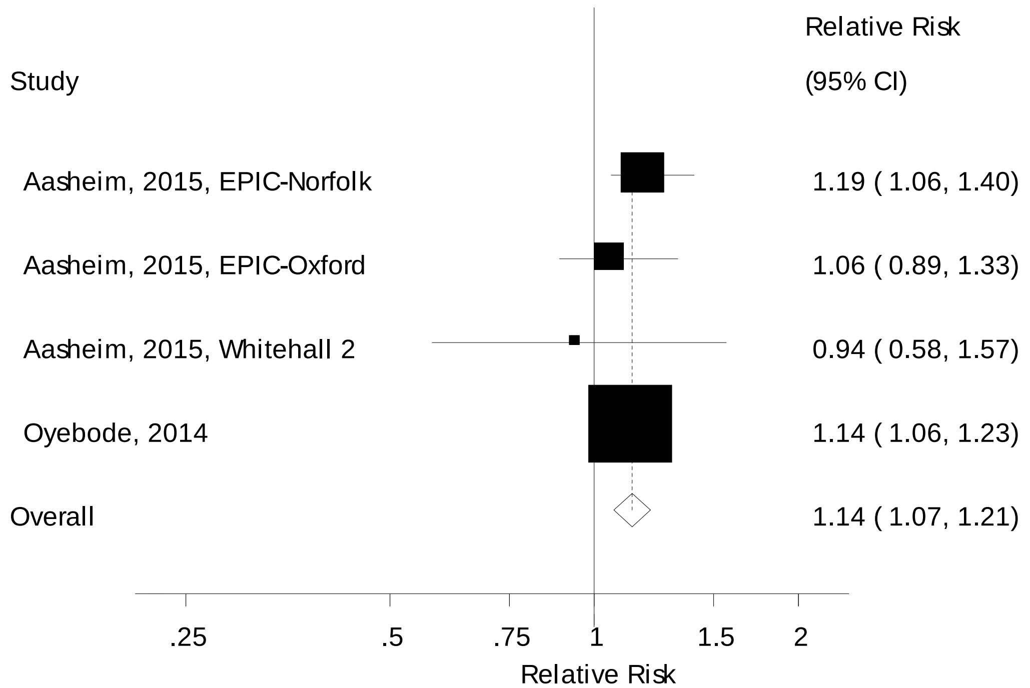
Supplementary Figure 219. Fruit juice and all-cause mortality, dose-response analysis, per 100 g/d



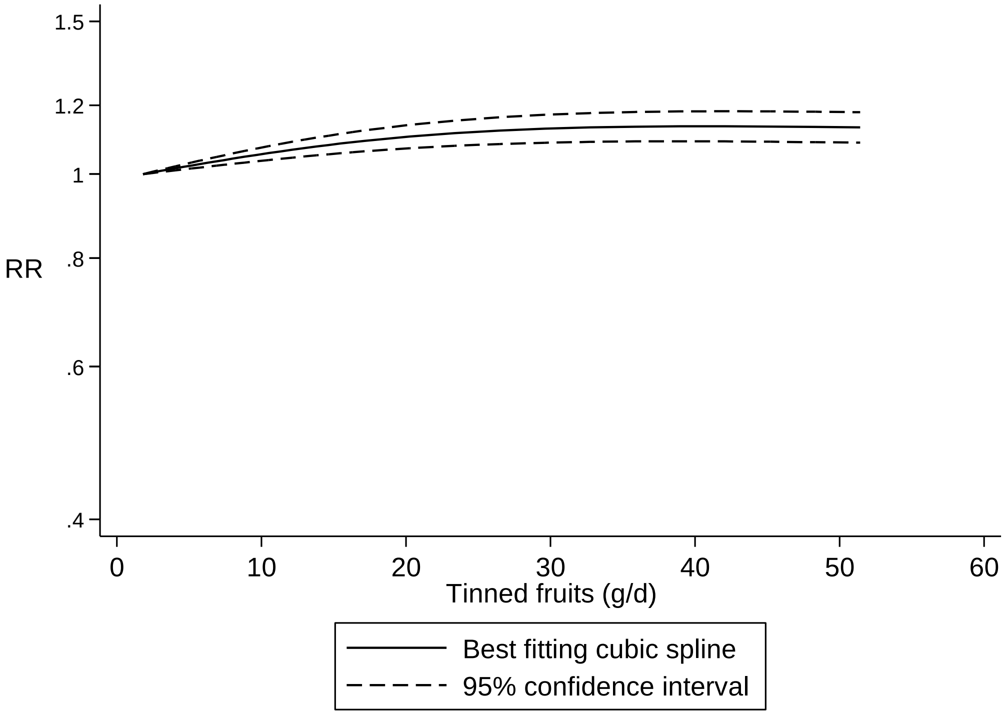
Supplementary Figure 220. Tinned fruit and all-cause mortality, dose-response analysis, high vs. low



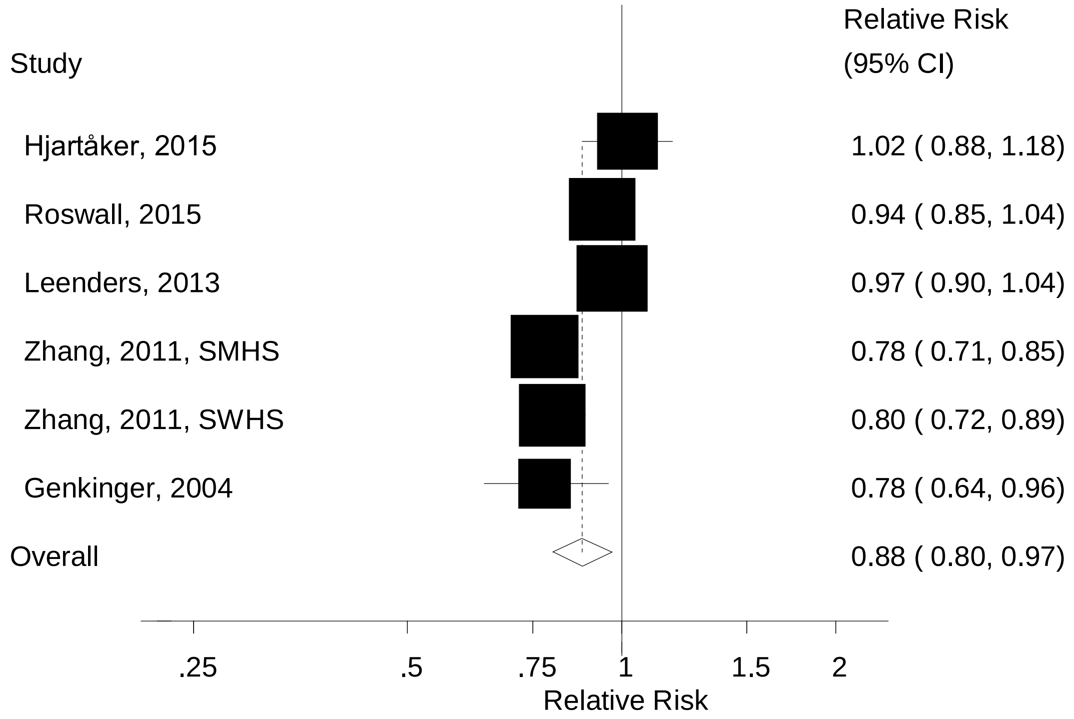
Supplementary Figure 221. Tinned fruit and all-cause mortality, dose-response analysis, per 100 g/d



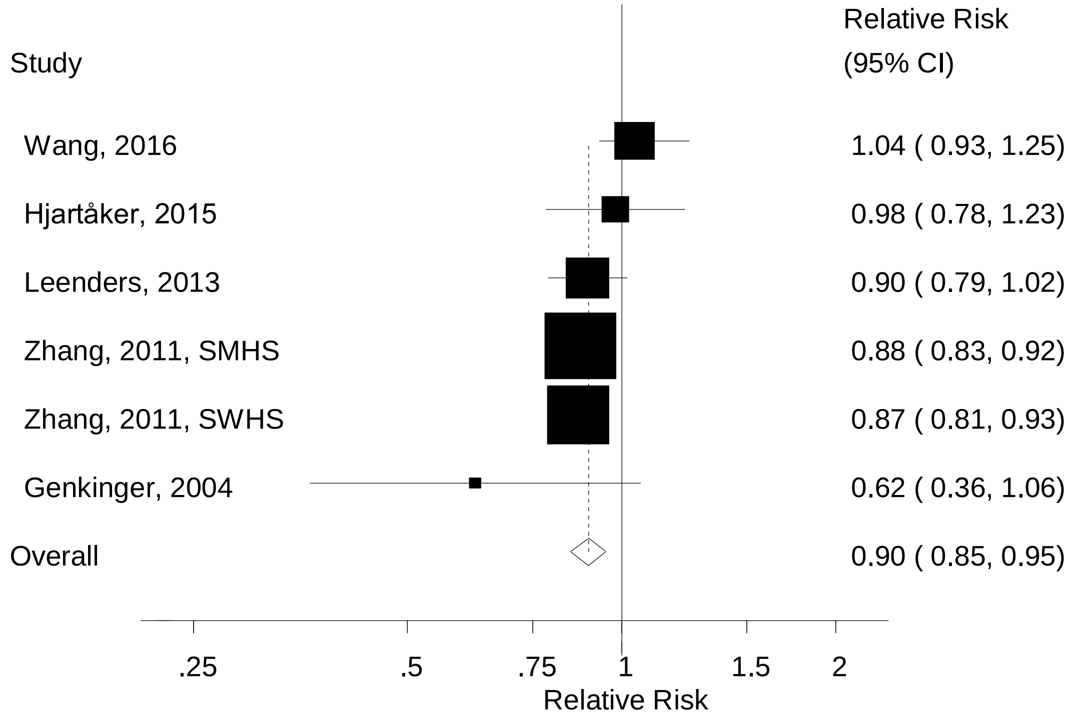
Supplementary Figure 222. Tinned fruit and all-cause mortality, nonlinear dose-response analysis



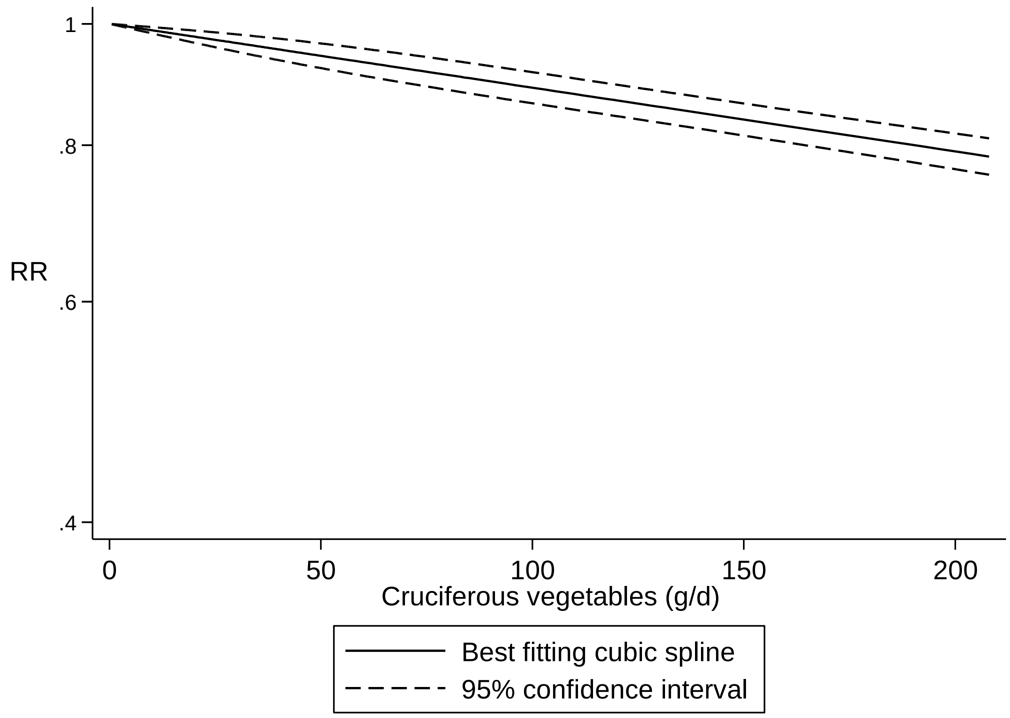
Supplementary Figure 223. Cruciferous vegetables and all-cause mortality, high vs. low analysis



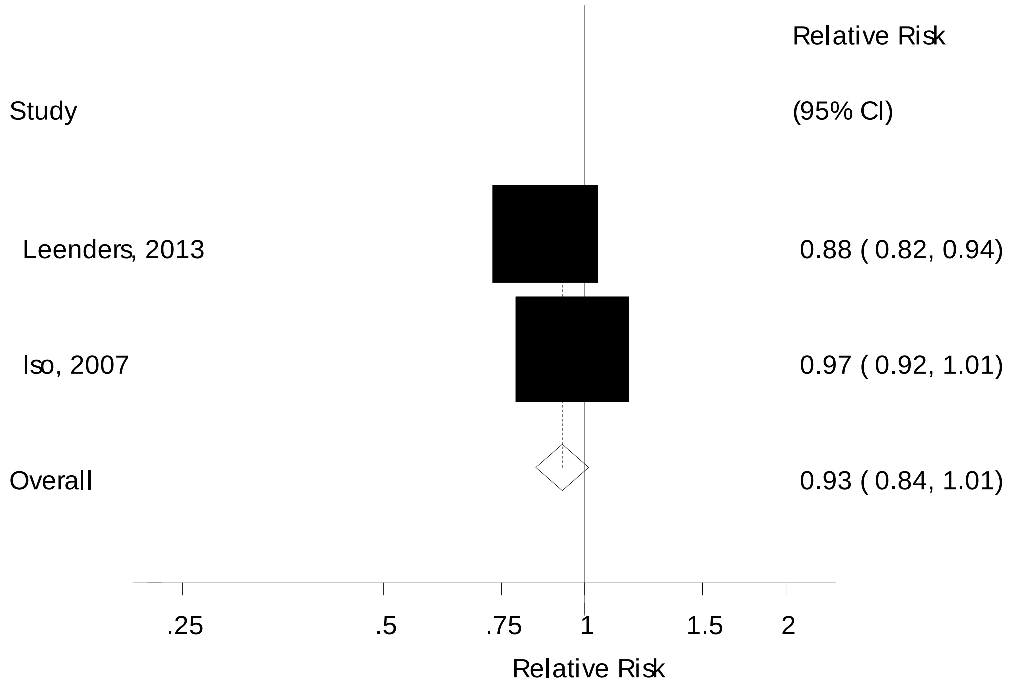
Supplementary Figure 224. Cruciferous vegetables and all-cause mortality, dose-response analysis, per 100 g/d



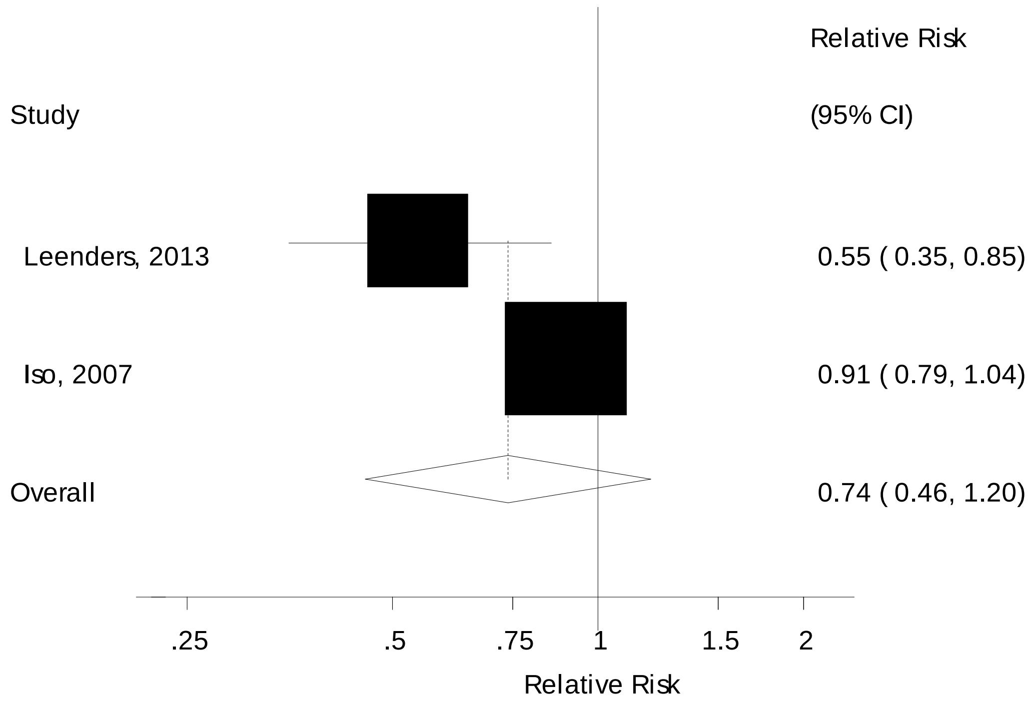
Supplementary Figure 225. Cruciferous vegetables and all-cause mortality, nonlinear dose-response analysis



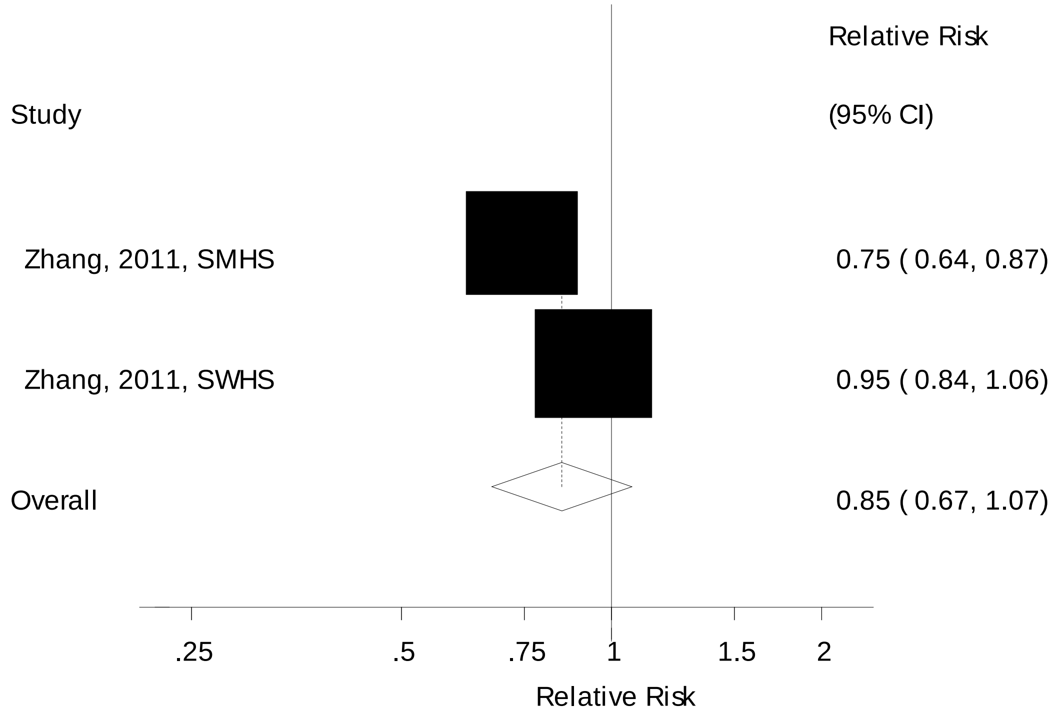
Supplementary Figure 226. Mushrooms and all-cause mortality, high vs. low analysis



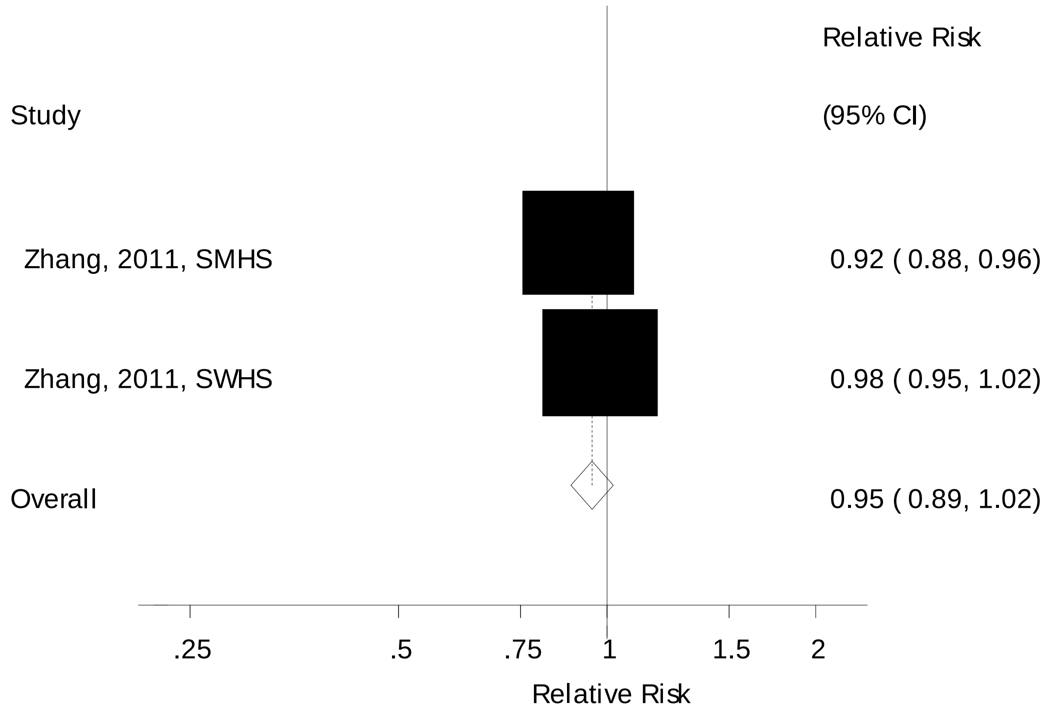
Supplementary Figure 227. Mushrooms and all-cause mortality, dose-response analysis, per 100 g/d



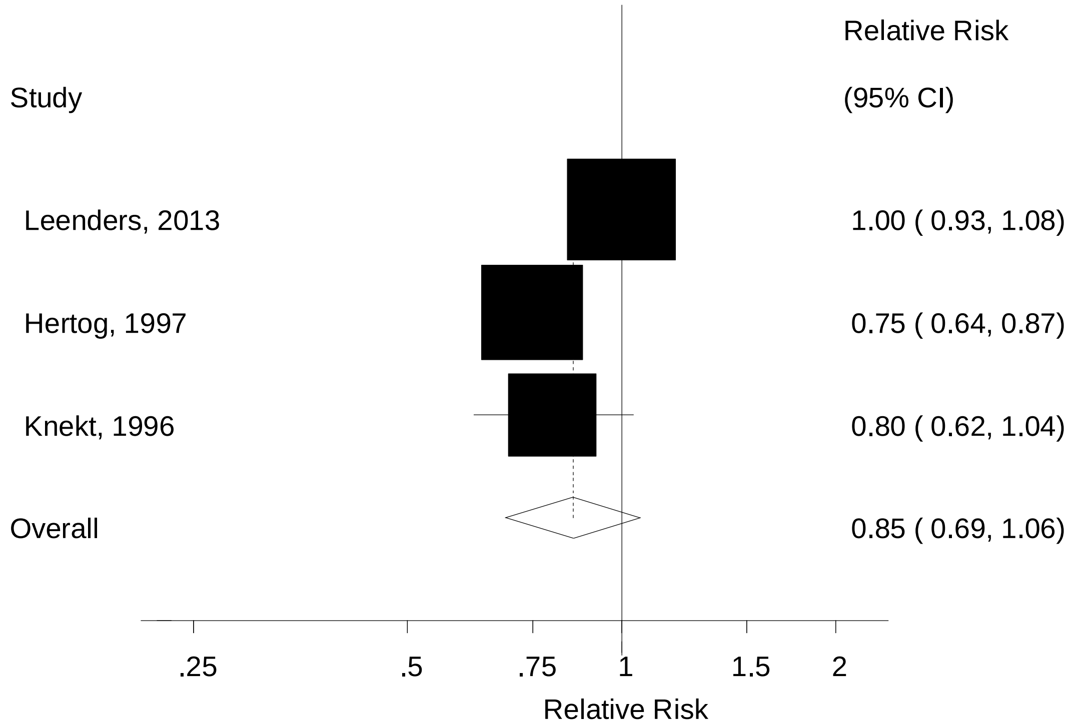
Supplementary Figure 228. Noncruciferous vegetables and all-cause mortality, high vs. low analysis



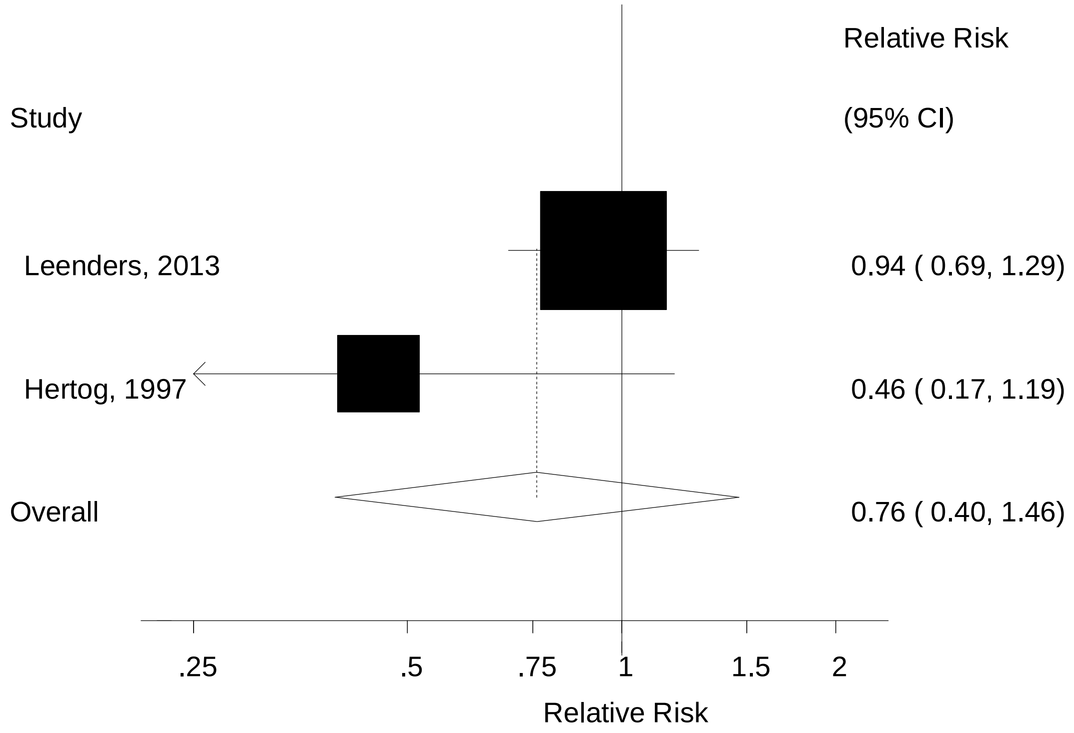
Supplementary Figure 229. Noncruciferous vegetables and all-cause mortality, dose-response analysis, per 100 g/d



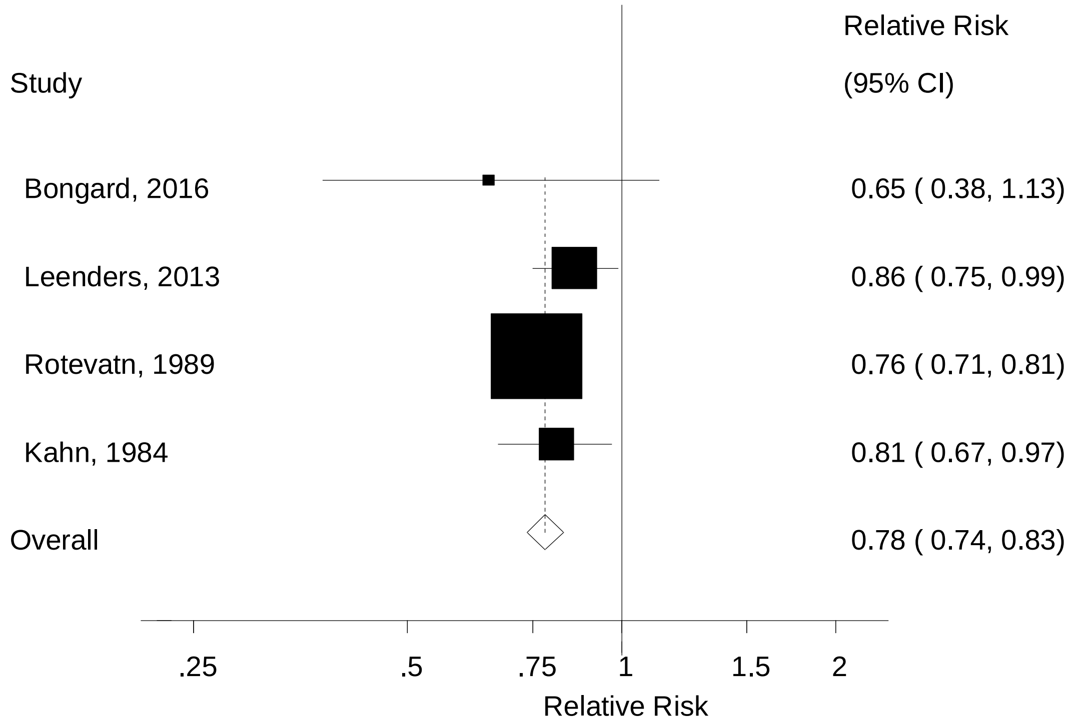
Supplementary Figure 230. Onions and allium vegetables and all-cause mortality, high vs. low analysis



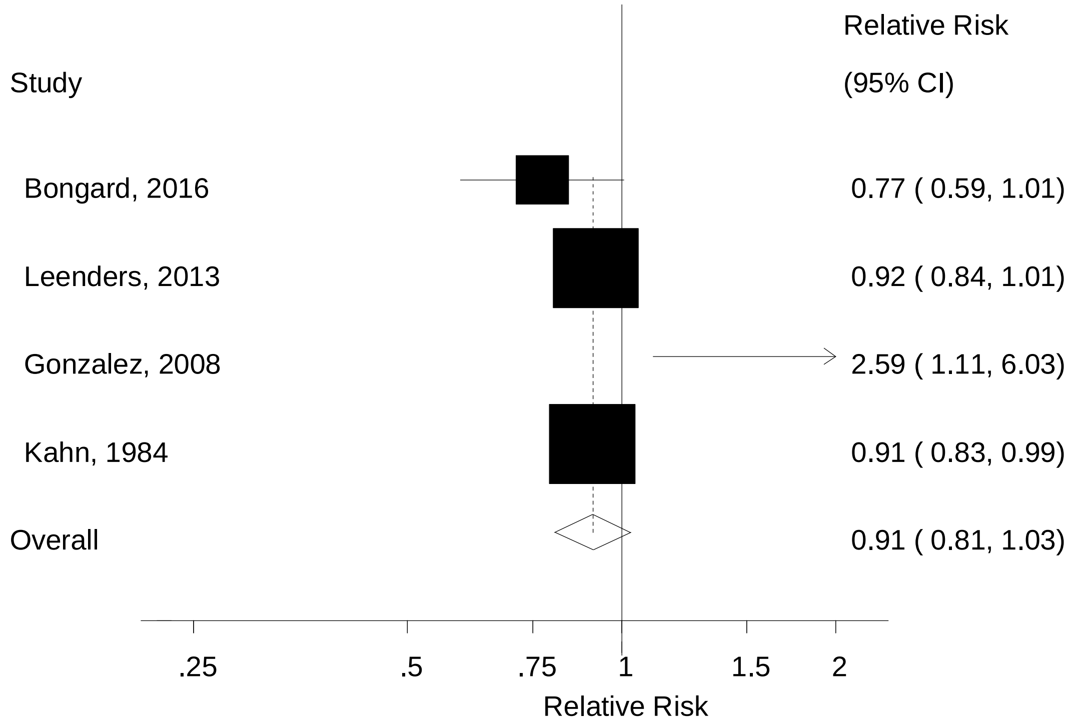
Supplementary Figure 231. Onions and allium vegetables and all-cause mortality, dose-response analysis, per 100 g/d



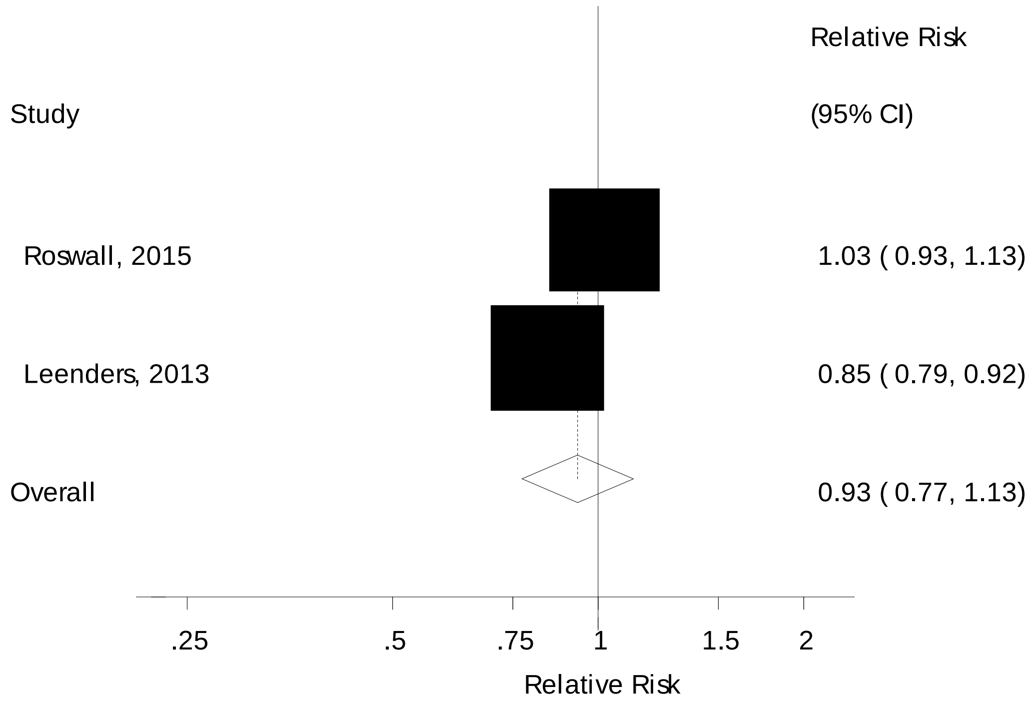
Supplementary Figure 232. Potatoes and all-cause mortality, high vs. low analysis



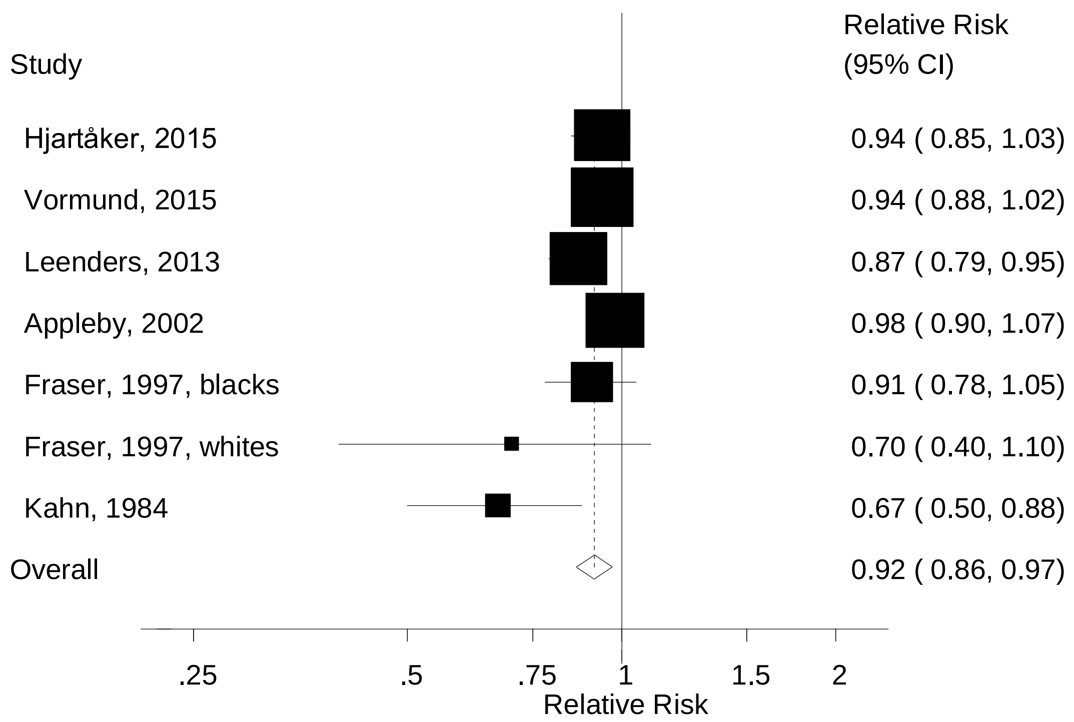
Supplementary Figure 233. Potatoes and all-cause mortality, dose-response analysis, per 100 g/d



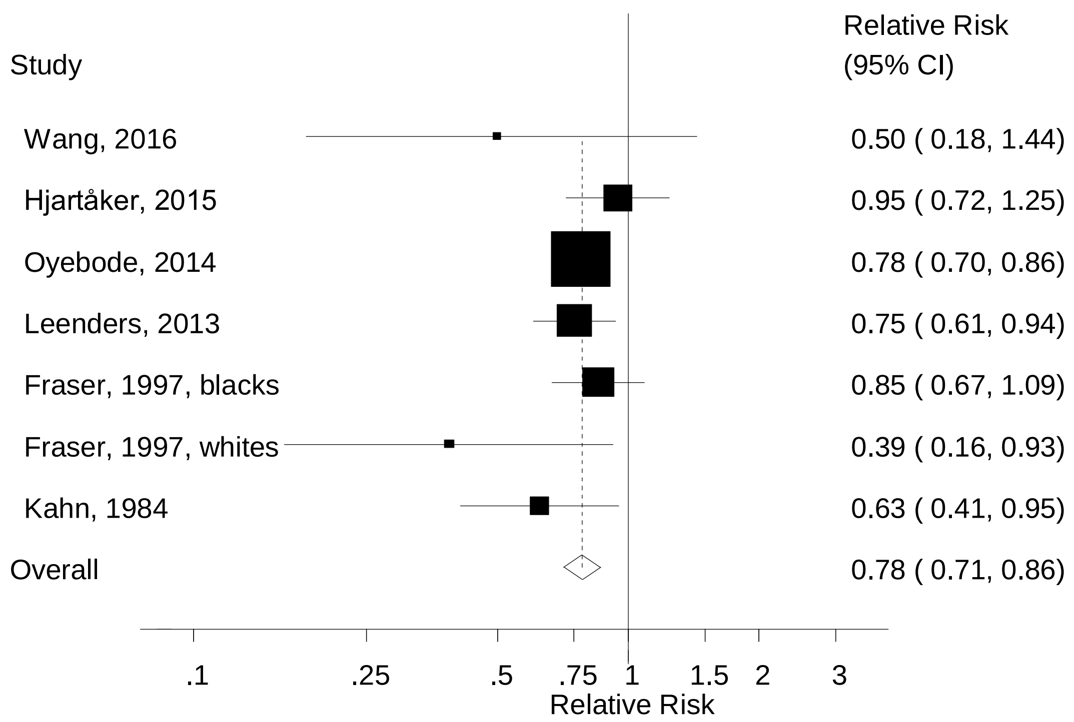
Supplementary Figure 234. Root vegetables and all-cause mortality, high vs. low analysis



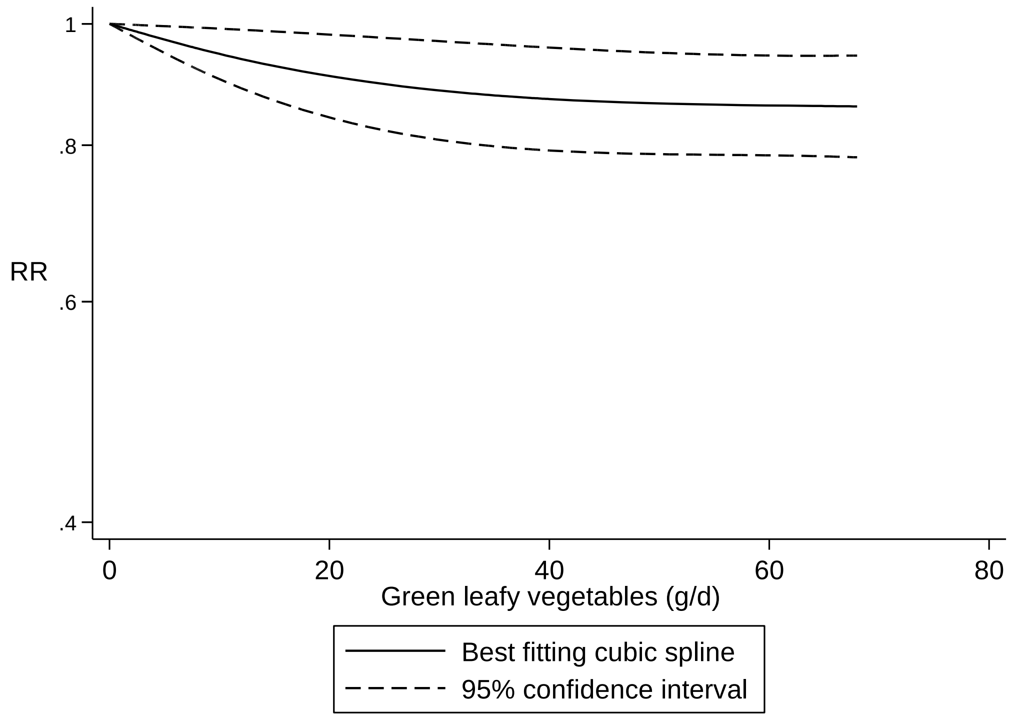
Supplementary Figure 235. Green leafy vegetables and salads and all-cause mortality, high vs. low analysis



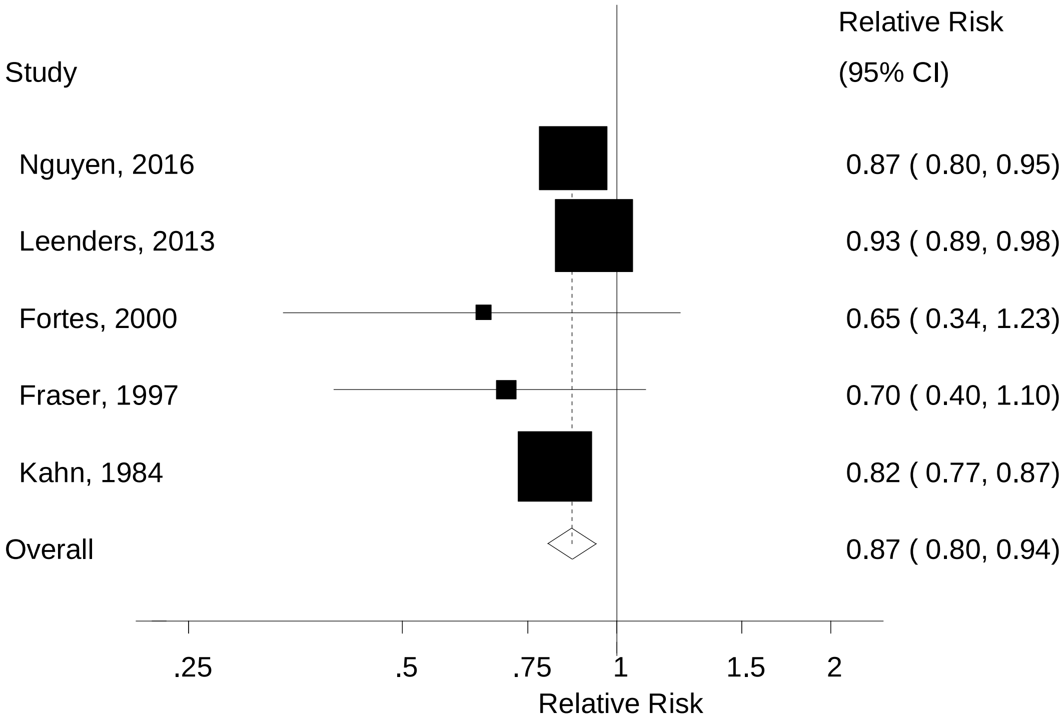
Supplementary Figure 236. Green leafy vegetables and salads and all-cause mortality, dose-response analysis, per 100 g/d



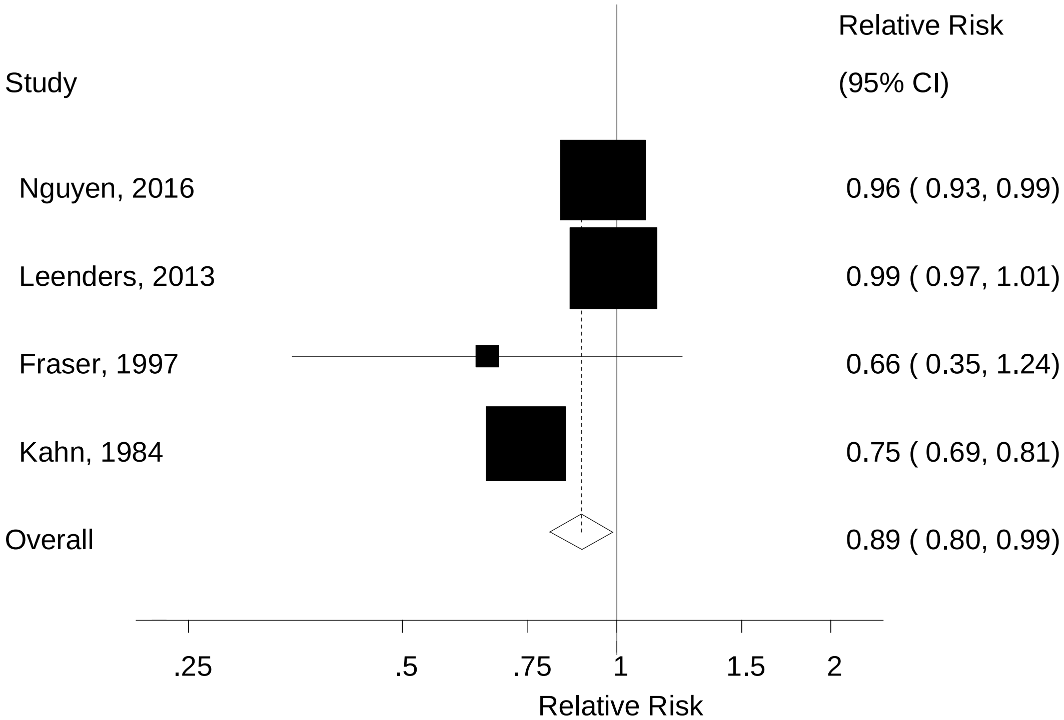
Supplementary Figure 237. Green leafy vegetables and salads and all-cause mortality, nonlinear dose-response analysis



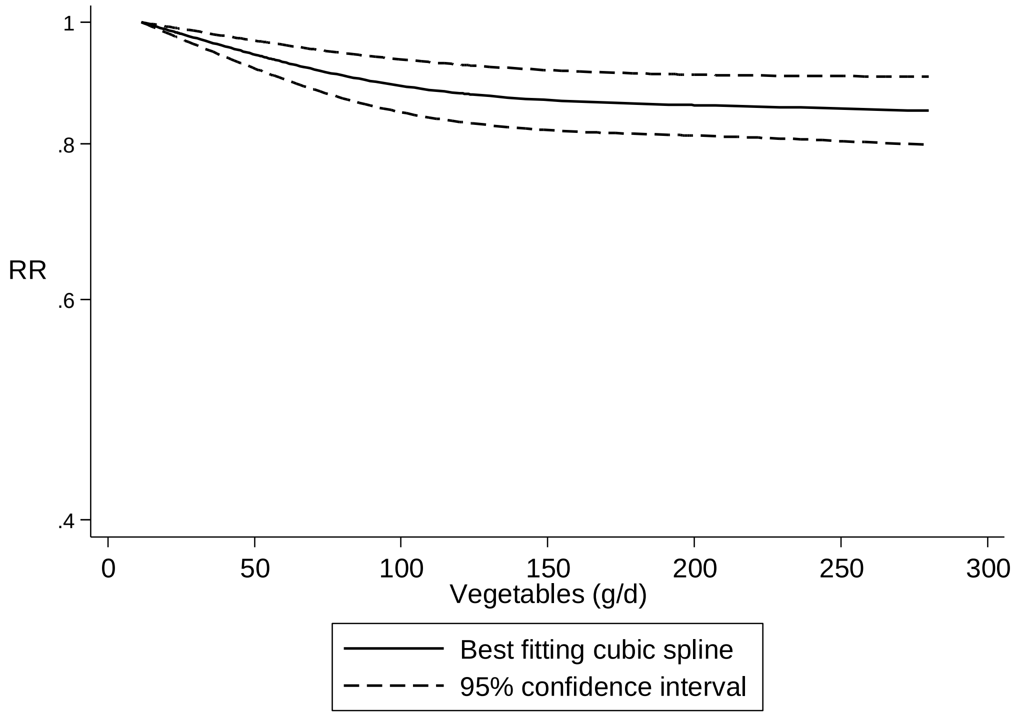
Supplementary Figure 238. Cooked vegetables and all-cause mortality, high vs. low analysis



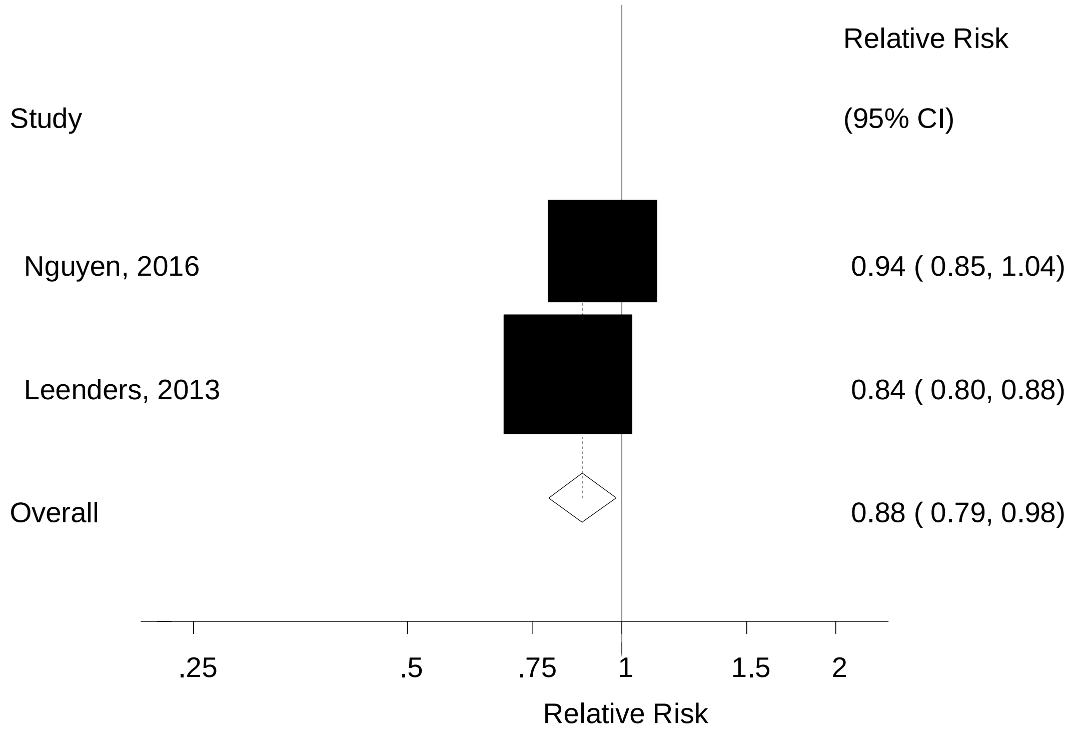
Supplementary Figure 239. Cooked vegetables and all-cause mortality, dose-response analysis, per 100 g/d



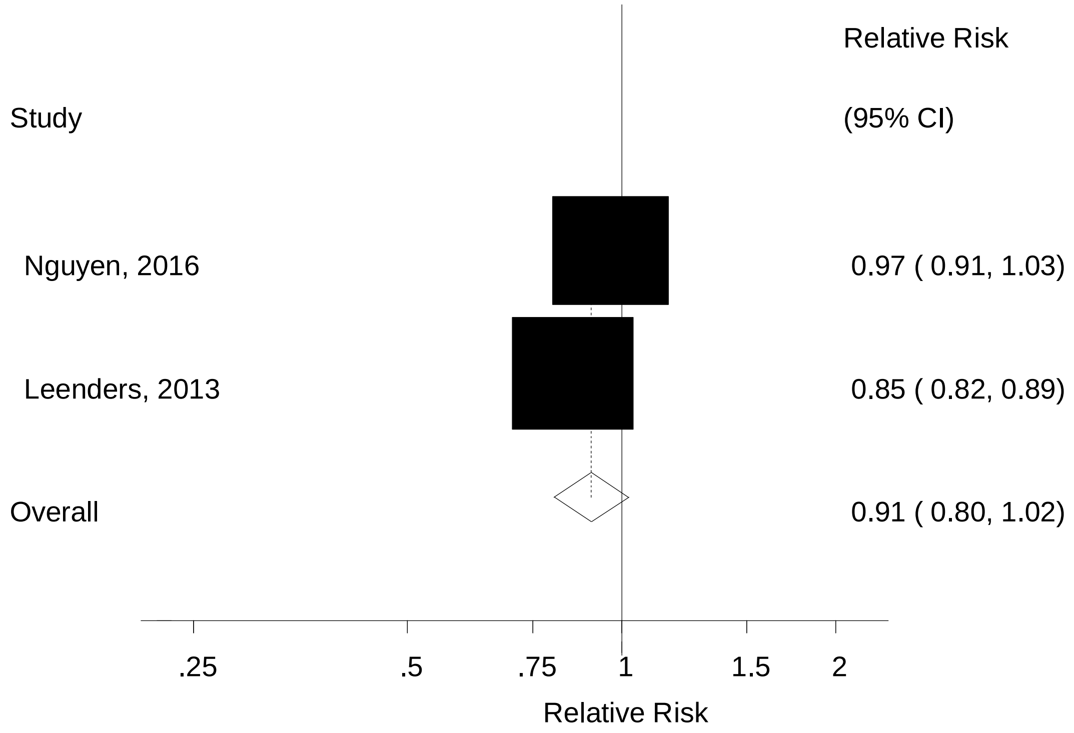
Supplementary Figure 240. Cooked vegetables and all-cause mortality, nonlinear dose-response analysis



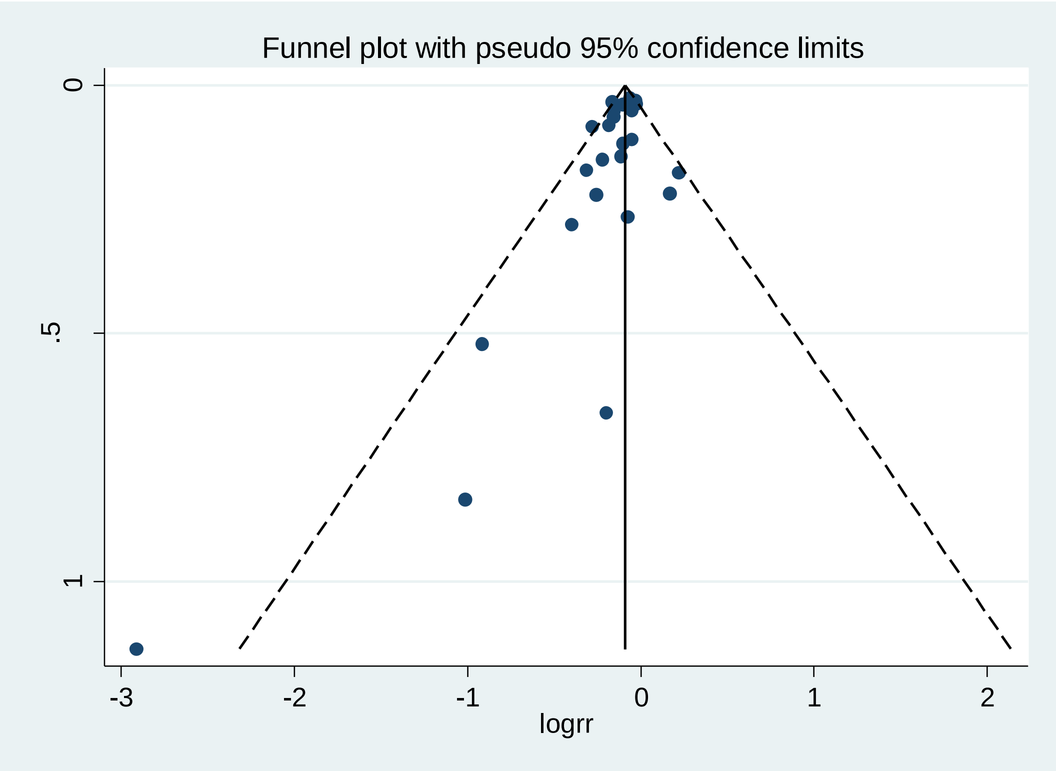
Supplementary Figure 241. Raw vegetables and all-cause mortality, high vs. low analysis



Supplementary Figure 242. Raw vegetables and all-cause mortality, dose-response analysis, per 100 g/d

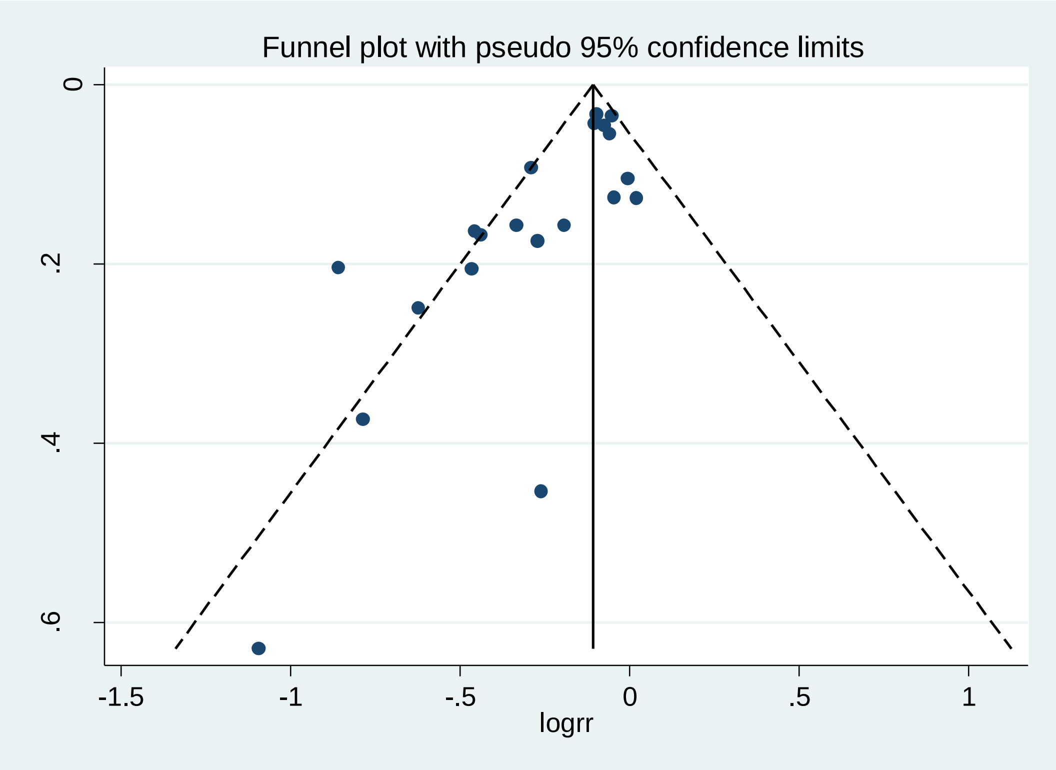


Supplementary Figure 243. Funnel plot of fruit and coronary heart disease



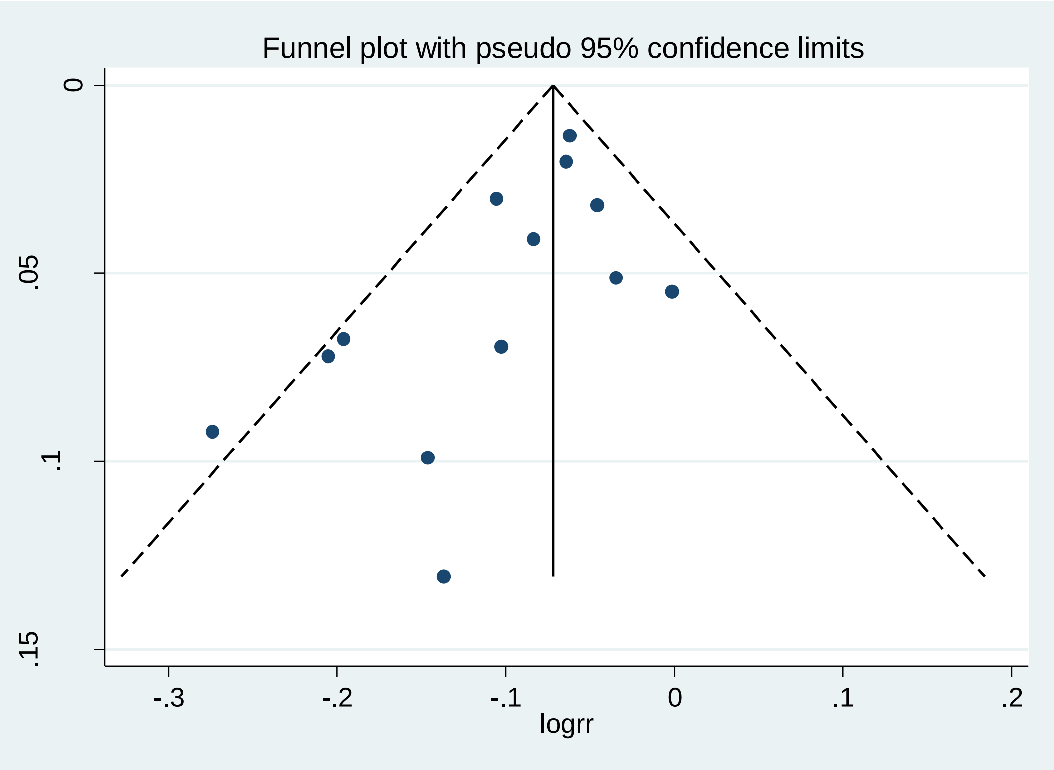
Excluding the eight smallest studies[1-8] with <150 cases made Egger’s test nonsignificant, p=0.11, and the summary RR did not change, summary RR=0.90 (95% CI: 0.86-0.95).

Supplementary Figure 244. Funnel plot of vegetables and coronary heart disease



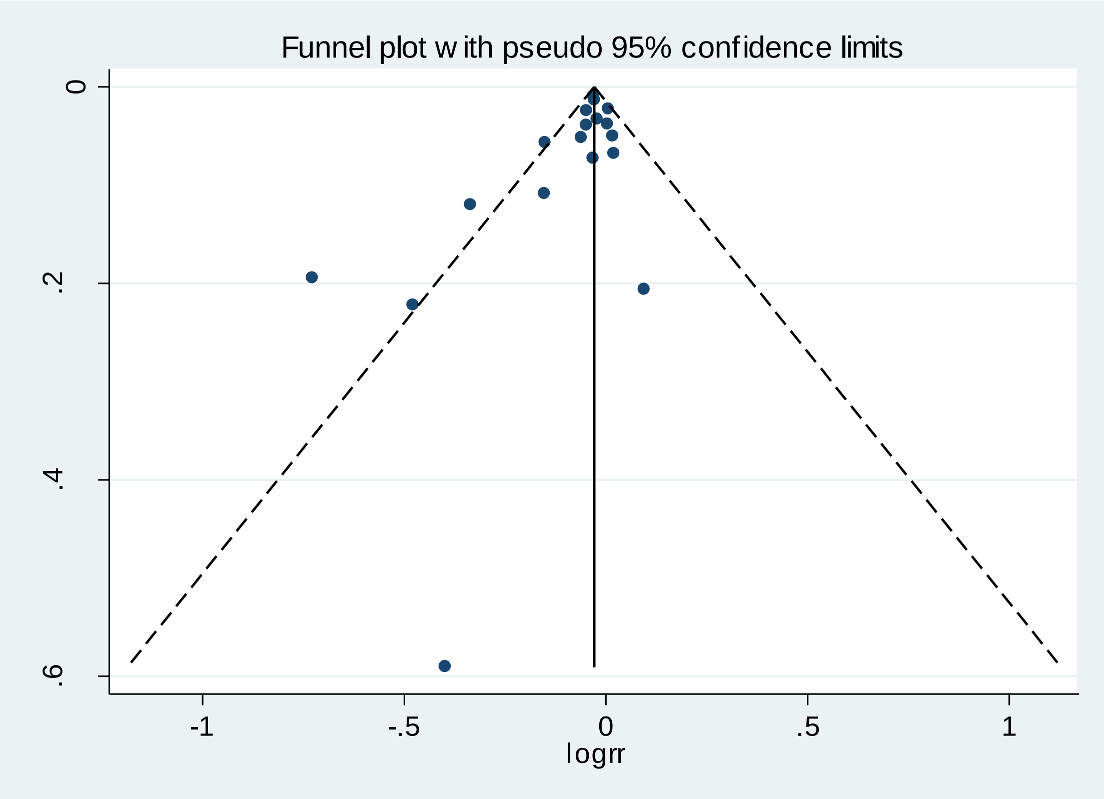
Excluding five studies[1,3,5,6,8] with <200 cases did not alter Egger’s test, p=0.004.

Supplementary Figure 245. Funnel plot of fruits, vegetables and cardiovascular disease



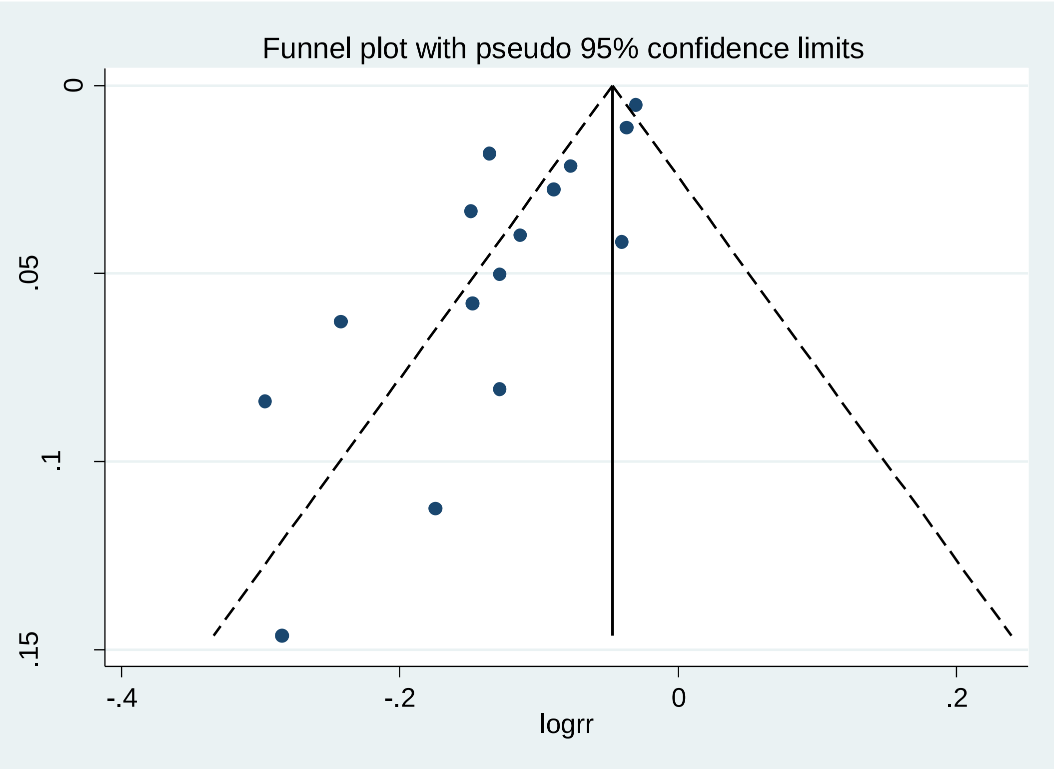
Excluding two studies[8,9] with <200 cases made the Egger's test nonsignificant, p=0.20, but did not materially alter the summary estimate, summary RR=0.93 (95% CI: 0.92-0.95).

Supplementary Figure 246. Funnel plot of fruits and total cancer



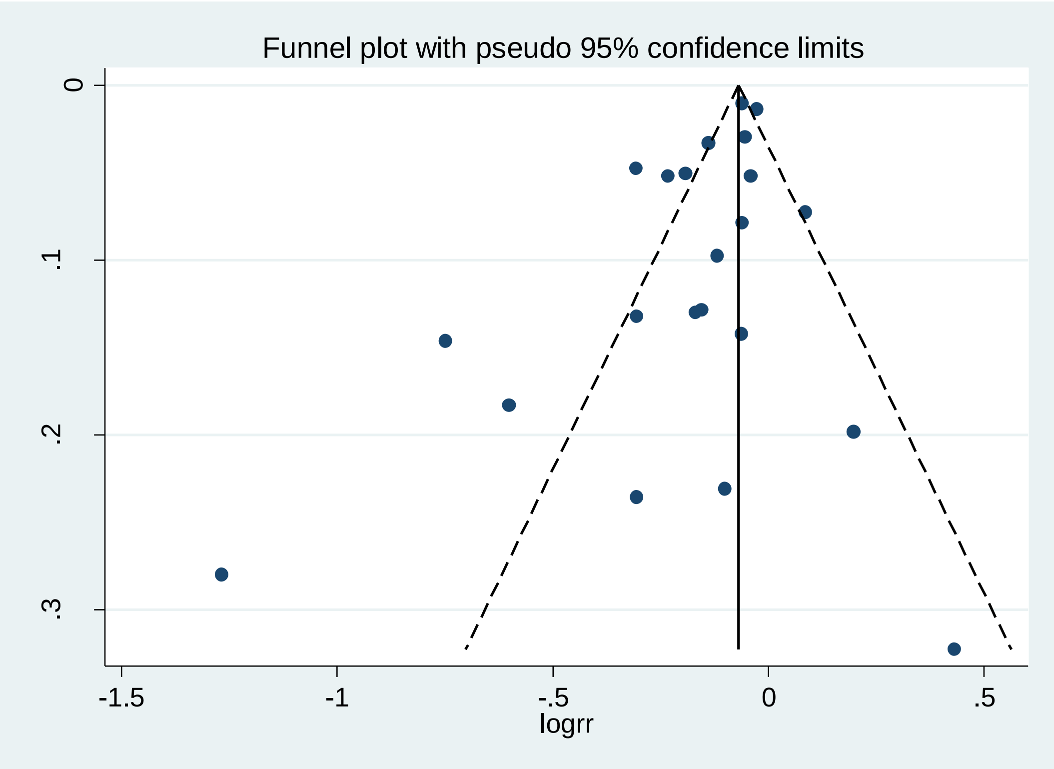
Excluding one outlying study [10] attenuated Egger's test, p=0.13, but the summary RR was not materially altered, summary RR=0.97 (0.95-0.99).

Supplementary Figure 247. Funnel plot of fruits, vegetables and all-cause mortality



Excluding smaller studies did not alter Egger's test, however, exclusion of two large studies[11,12] which found much weaker associations than the remaining studies made Egger's test nonsignificant, p=0.11, while the summary RR was not substantially altered, summary RR=0.88 (95% CI: 0.86-0.91).

Supplementary Figure 248. Funnel plot of vegetables and all-cause mortality



Excluding two outlying studies[13,14] made Egger's test nonsignificant, p=0.11, but did not alter the summary estimate, summary RR=0.89 (95% CI: 0.85-0.93).

Reference List

(1) Sahyoun NR, Jacques PF, Russell RM. Carotenoids, vitamins C and E, and mortality in an elderly population. *Am J Epidemiol.* 1996;144:501-511.

(2) Mann JI, Appleby PN, Key TJ, Thorogood M. Dietary determinants of ischaemic heart disease in health conscious individuals. *Heart.* 1997;78:450-455.

(3) Tucker KL, Hallfrisch J, Qiao N, Muller D, Andres R, Fleg JL. The combination of high fruit and vegetable and low saturated fat intakes is more protective against mortality in aging men than is either alone: the Baltimore Longitudinal Study of Aging. *J Nutr.* 2005;135:556-561.

(4) Whiteman D, Muir J, Jones L, Murphy M, Key T. Dietary questions as determinants of mortality: the OXCHECK experience. *Public Health Nutr.* 1999;2:477-487.

(5) Liu S, Manson JE, Lee IM et al. Fruit and vegetable intake and risk of cardiovascular disease: the Women's Health Study. *Am J Clin Nutr.* 2000;72:922-928.

(6) Yu D, Zhang X, Gao YT et al. Fruit and vegetable intake and risk of CHD: results from prospective cohort studies of Chinese adults in Shanghai. *Br J Nutr.* 2014;111:353-362.

(7) Lai HT, Threapleton DE, Day AJ, Williamson G, Cade JE, Burley VJ. Fruit intake and cardiovascular disease mortality in the UK Women's Cohort Study. *Eur J Epidemiol.* 2015;30:1035-1048.

(8) Buil-Cosiales P, Toledo E, Salas-Salvado J et al. Association between dietary fibre intake and fruit, vegetable or whole-grain consumption and the risk of CVD: results from the PREvencion con DIeta MEDiterranea (PREDIMED) trial. *Br J Nutr.* 2016;116:534-546.

(9) Rissanen TH, Voutilainen S, Virtanen JK et al. Low intake of fruits, berries and vegetables is associated with excess mortality in men: the Kuopio Ischaemic Heart Disease Risk Factor (KIHD) Study. *J Nutr.* 2003;133:199-204.

(10) Hjartaker A, Knudsen MD, Tretli S, Weiderpass E. Consumption of berries, fruits and vegetables and mortality among 10,000 Norwegian men followed for four decades. *Eur J Nutr.* 2015;54:599-608.

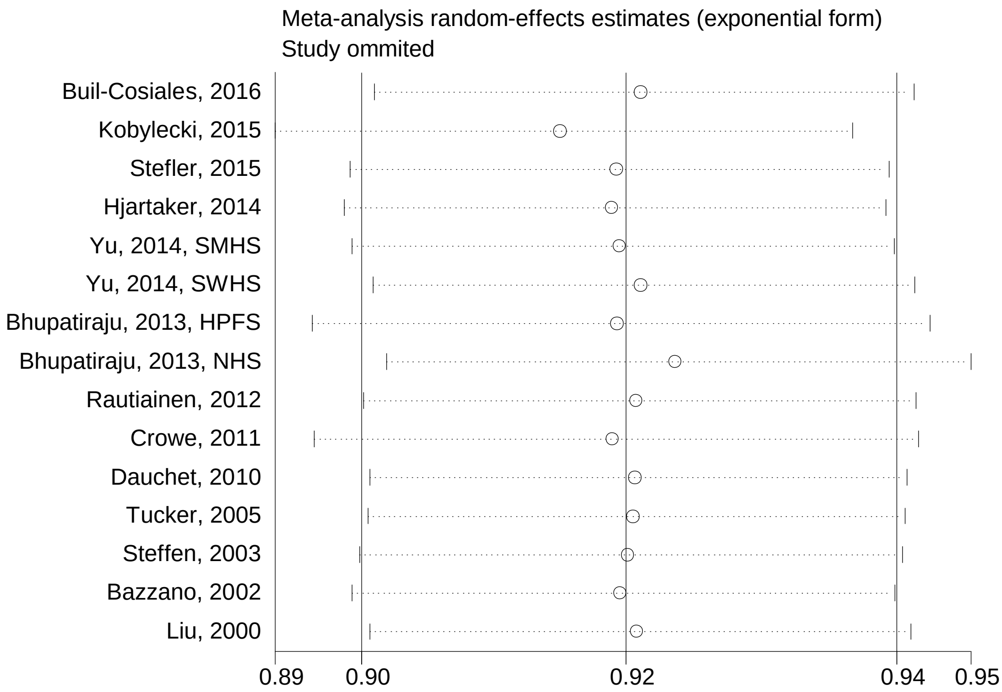
(11) Leenders M, Sluijs I, Ros MM et al. Fruit and Vegetable Consumption and Mortality: European Prospective Investigation Into Cancer and Nutrition. *Am J Epidemiol.* 2013;178:590-602.

(12) Nguyen B, Bauman A, Gale J, Banks E, Kritharides L, Ding D. Fruit and vegetable consumption and all-cause mortality: evidence from a large Australian cohort study. *Int J Behav Nutr Phys Act.* 2016;13:9.

(13) Regidor E, Franch J, Segui M, Serrano R, Rodriguez-Artalejo F, Artola S. Traditional risk factors alone could not explain the excess mortality in patients with diabetes: a national cohort study of older Spanish adults. *Diabetes Care.* 2012;35:2503-2509.

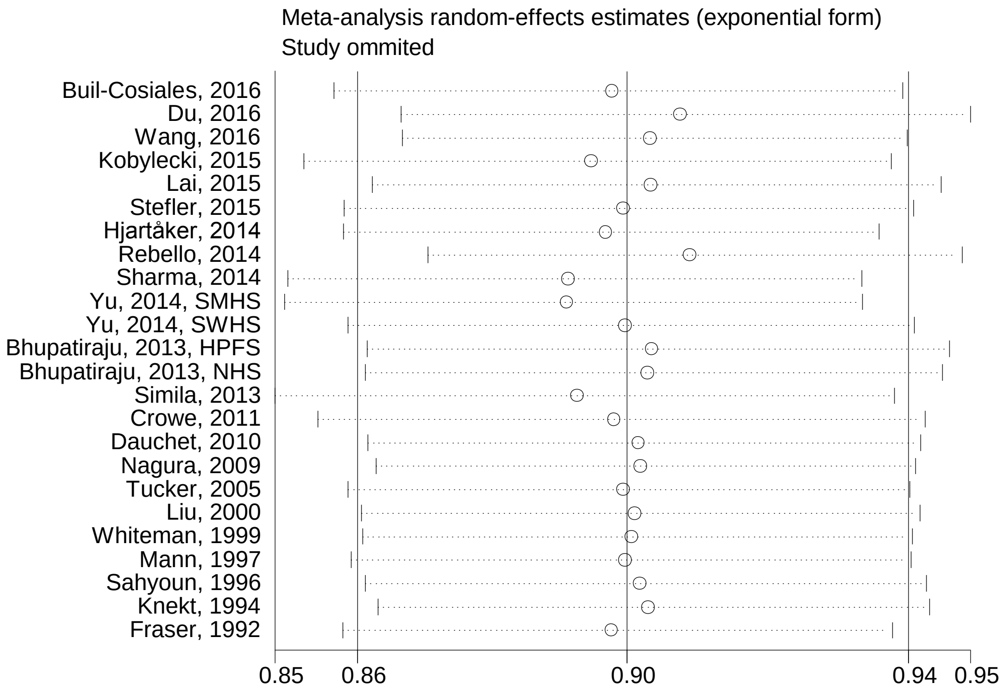
(14) Shi Z, Zhang T, Byles J, Martin S, Avery JC, Taylor AW. Food Habits, Lifestyle Factors and Mortality among Oldest Old Chinese: The Chinese Longitudinal Healthy Longevity Survey (CLHLS). *Nutrients.* 2015;7:7562-7579.

Supplementary Figure 249. Influence analysis of fruits, vegetables and coronary heart disease



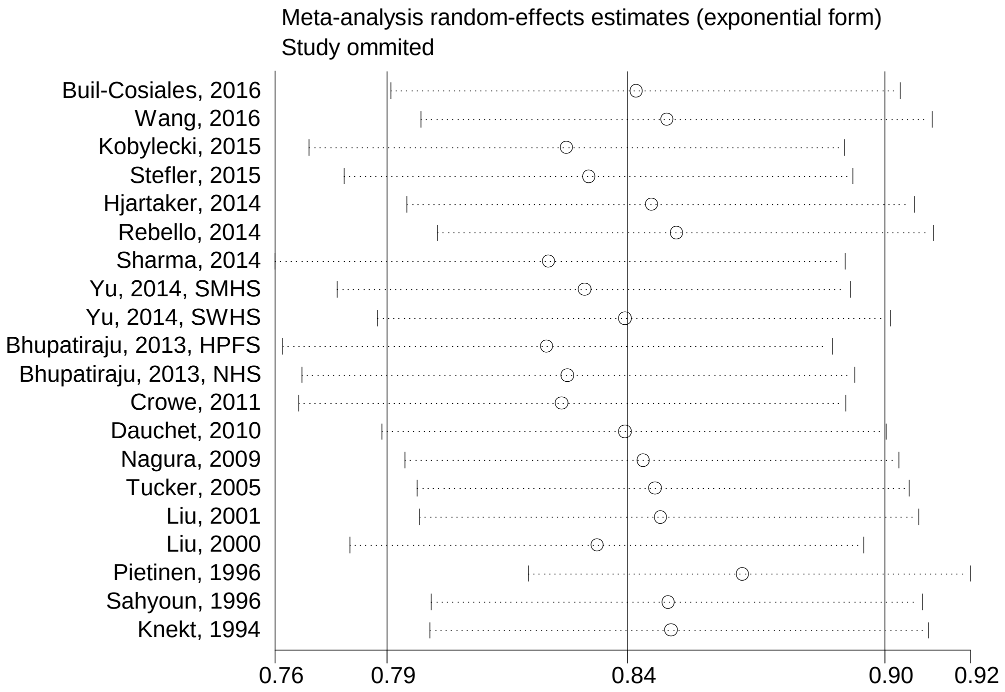
Study omitted	e^coef.	[95% Conf.	Interval]
Buil-Cosiales, 2016	0.92381155	0.90180689	0.94635308
Kobylecki, 2015	0.91715521	0.89360821	0.94132268
Stefler, 2015	0.92179233	0.89980245	0.94431967
Hjartaker, 2014	0.92141211	0.89931065	0.94405675
Yu, 2014, SMHS	0.92206377	0.89995182	0.94471902
Yu, 2014, SWHS	0.92379469	0.90170687	0.94642359
Bhupatiraju, 2013, HPFS	0.92182881	0.8966884	0.94767404
Bhupatiraju, 2013, NHS	0.92662883	0.90280092	0.95108557
Rautiainen, 2012	0.92343211	0.90090942	0.94651783
Crowe, 2011	0.92145658	0.89683646	0.94675255
Dauchet, 2010	0.92333859	0.90140939	0.9458012
Tucker, 2005	0.92317981	0.90127134	0.94562078
Steffen, 2003	0.92272162	0.90055996	0.94542873
Bazzano, 2002	0.9221034	0.89994991	0.94480228
Liu, 2000	0.9234764	0.90139914	0.94609433
Combined	0.92258356	0.90072741	0.94497006

Supplementary Figure 250. Influence analysis of fruits and coronary heart disease



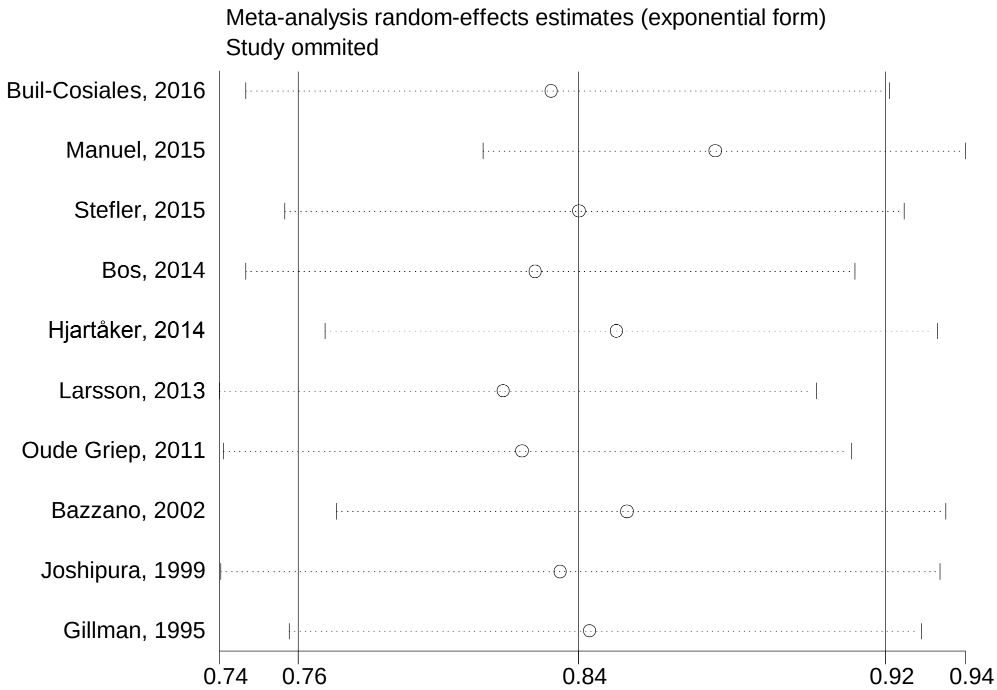
Study ommited	e^coef.	[95% Conf.	Interval]
Buil-Cosiales, 2016	0.89719188	0.85869205	0.93741786
Du, 2016	0.90654153	0.86800665	0.94678718
Wang, 2016	0.90239084	0.8681379	0.93799525
Kobylecki, 2015	0.8942647	0.85453141	0.93584543
Lai, 2015	0.9024716	0.86396855	0.94269049
Stefler, 2015	0.89866626	0.86012286	0.93893695
Hjartåker, 2014	0.89629173	0.8600266	0.93408602
Rebello, 2014	0.90789193	0.87169147	0.9455958
Sharma, 2014	0.89110994	0.8522889	0.93169922
Yu, 2014, SMHS	0.89090526	0.8518303	0.93177265
Yu, 2014, SWHS	0.89894211	0.86060625	0.93898559
Bhupatiraju, 2013, HPFS	0.90267187	0.86328936	0.94385093
Bhupatiraju, 2013, NHS	0.90206641	0.86299986	0.94290143
Simila, 2013	0.89236033	0.85055661	0.93621874
Crowe, 2011	0.89749569	0.85644144	0.9405179
Dauchet, 2010	0.9008171	0.8634178	0.93983632
Nagura, 2009	0.90105563	0.86449707	0.93916017
Tucker, 2005	0.89867735	0.86066836	0.93836492
Liu, 2000	0.9002974	0.86247367	0.93977988
Whiteman, 1999	0.89989167	0.86265785	0.93873262
Mann, 1997	0.89897001	0.86108732	0.93851936
Sahyoun, 1996	0.9009918	0.86302173	0.94063246
Knekt, 1994	0.90215421	0.86479002	0.94113266
Fraser, 1992	0.8971312	0.85991997	0.93595272
Combined	0.8992631	0.86194265	0.93819946

Supplementary Figure 251. Influence analysis of vegetables and coronary heart disease



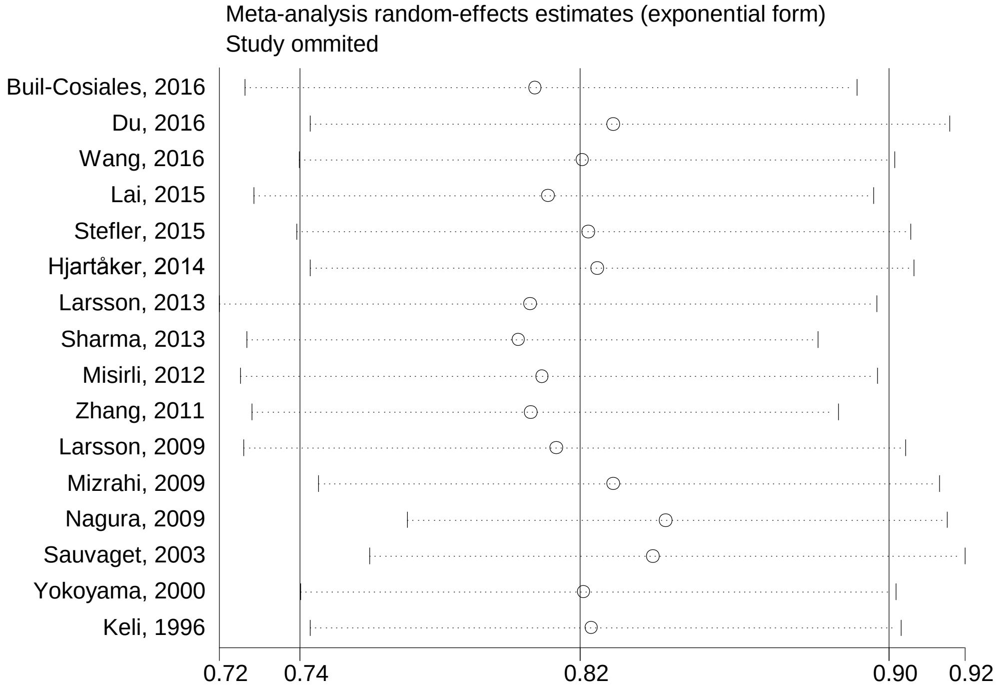
Study omitted	e^coef.	[95% Conf.	Interval]
Buil-Cosiales, 2016	0.84432751	0.78745973	0.90530205
Wang, 2016	0.8514542	0.79442978	0.91257185
Kobylecki, 2015	0.8281827	0.76865113	0.89232486
Stefler, 2015	0.83340907	0.77668124	0.8942802
Hjartaker, 2014	0.84786505	0.79127747	0.90849936
Rebello, 2014	0.85369557	0.79832578	0.91290569
Sharma, 2014	0.82403612	0.76076919	0.89256448
Yu, 2014, SMHS	0.83232093	0.7751258	0.89373636
Yu, 2014, SWHS	0.84166127	0.78444433	0.90305161
Bhupatiraju, 2013, HPFS	0.82359082	0.76252621	0.8895455
Bhupatiraju, 2013, NHS	0.82839686	0.76691729	0.89480495
Crowe, 2011	0.82701391	0.76622564	0.8926248
Dauchet, 2010	0.84166044	0.78540462	0.90194565
Nagura, 2009	0.84592342	0.79079205	0.90489846
Tucker, 2005	0.84860647	0.79363507	0.90738553
Liu, 2001	0.84989882	0.79418516	0.90952092
Liu, 2000	0.83529693	0.77797616	0.89684105
Pietinen, 1996	0.86889833	0.81927282	0.92152977
Sahyoun, 1996	0.851749	0.79687774	0.9103986
Knekt, 1994	0.85222828	0.79658878	0.91175401
Combined	0.84216995	0.78655344	0.90171906

Supplementary Figure 252. Influence analysis of fruits, vegetables and total stroke



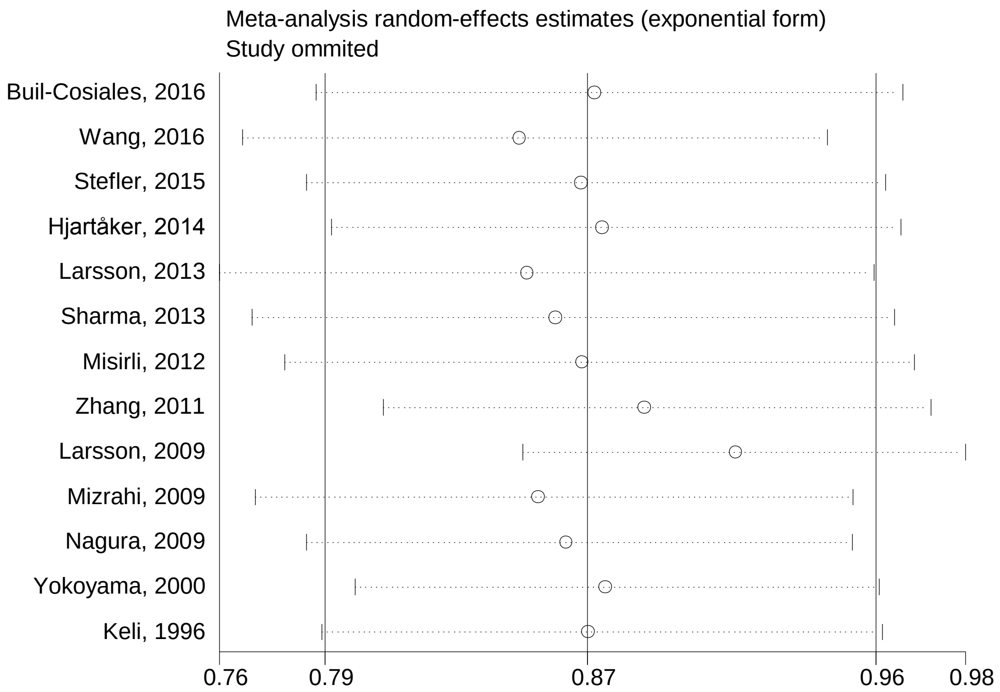
Study ommited	e^coef.	[95% Conf.	Interval]
Buil-Cosiales, 2016	0.82970554	0.75007784	0.91778642
Manuel, 2015	0.87250245	0.81188822	0.9376421
Stefler, 2015	0.83700627	0.76019603	0.92157739
Bos, 2014	0.82563961	0.75007695	0.90881437
Hjartåker, 2014	0.84676951	0.77073216	0.93030846
Larsson, 2013	0.81730562	0.74320000	0.89880043
Oude Griep, 2011	0.82209074	0.74431103	0.90799838
Bazzano, 2002	0.84942007	0.77376628	0.93247086
Joshipura, 1999	0.83203322	0.74356103	0.93103224
Gillman, 1995	0.83974832	0.76140004	0.92615867
Combined	0.83673923	0.76367386	0.9167952

Supplementary Figure 253. Influence analysis of fruits and total stroke



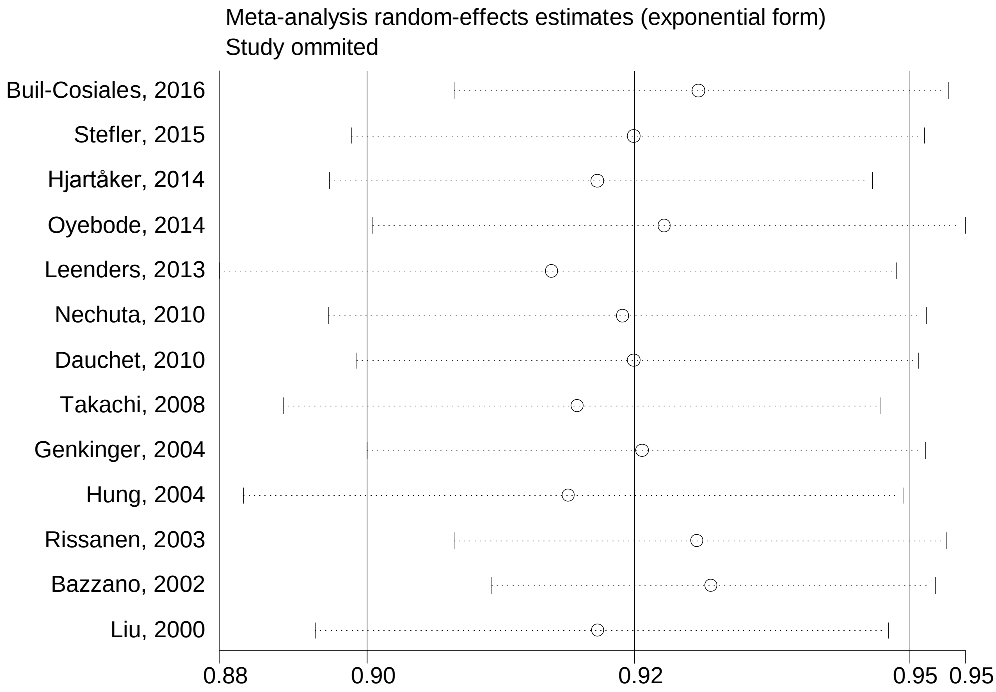
Study omitted	e^coef.	[95% Conf.	Interval]
Buil-Cosiales, 2016	0.80298704	0.72489858	0.88948745
Du, 2016	0.82398182	0.74240881	0.91451776
Wang, 2016	0.81569159	0.73954809	0.89967477
Lai, 2015	0.80636108	0.72732455	0.8939864
Stefler, 2015	0.8172397	0.73879033	0.90401936
Hjartåker, 2014	0.81964791	0.74251139	0.90479785
Larsson, 2013	0.80156565	0.71797907	0.89488333
Sharma, 2013	0.79849446	0.72536457	0.87899721
Misirli, 2012	0.80486745	0.72376072	0.89506328
Zhang, 2011	0.80175883	0.72675973	0.88449764
Larsson, 2009	0.80874616	0.72461277	0.90264815
Mizrahi, 2009	0.82398206	0.74474007	0.91165555
Nagura, 2009	0.83802742	0.76862252	0.91369939
Sauvaget, 2003	0.83467424	0.75839919	0.91862059
Yokoyama, 2000	0.81603462	0.7398122	0.90011019
Keli, 1996	0.81806183	0.74238867	0.90144855
Combined	0.8150122	0.73963533	0.8980708

Supplementary Figure 254. Influence analysis of vegetables and total stroke



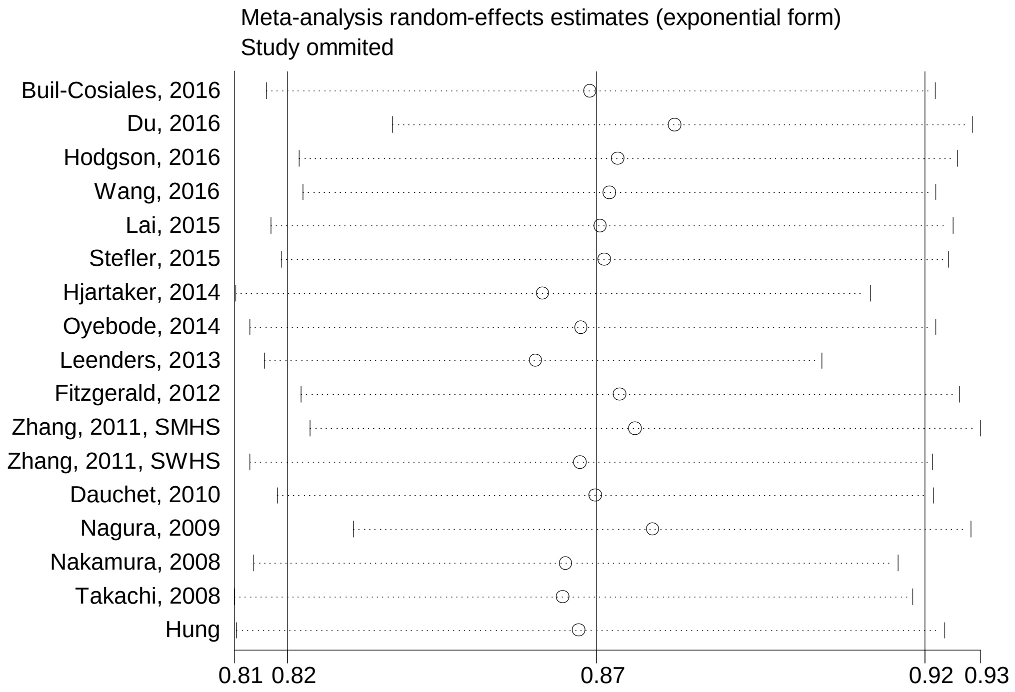
Study omitted	e^coef.	[95% Conf.	Interval]
Buil-Cosiales, 2016	0.86975938	0.7853902	0.96319175
Wang, 2016	0.84714133	0.76306635	0.94047982
Stefler, 2015	0.86580354	0.78244585	0.95804167
Hjartåker, 2014	0.8720507	0.79002011	0.9625988
Larsson, 2013	0.84951699	0.75610793	0.95446575
Sharma, 2013	0.8578819	0.76600432	0.96077961
Misirli, 2012	0.86607182	0.7758339	0.96680534
Zhang, 2011	0.88483661	0.80570084	0.97174507
Larsson, 2009	0.91268349	0.84799218	0.98230988
Mizrahi, 2009	0.85277748	0.76695597	0.94820231
Nagura, 2009	0.86126053	0.78244555	0.94801444
Yokoyama, 2000	0.87303615	0.79721969	0.95606285
Keli, 1996	0.86793774	0.78713524	0.95703495
Combined	0.86758629	0.7880767	0.95511766

Supplementary Figure 255. Influence analysis of fruits, vegetables and cardiovascular disease



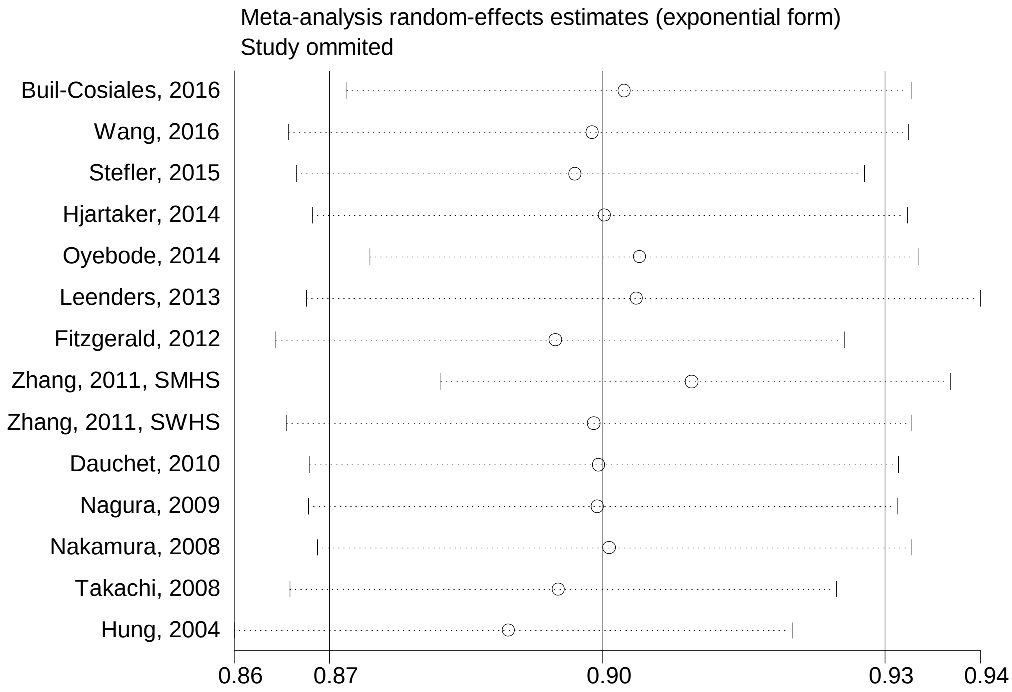
Study omitted	e^coef.	[95% Conf.	Interval]
Buil-Cosiales, 2016	0.92864096	0.90634418	0.95148623
Stefler, 2015	0.92276734	0.8970052	0.94926929
Hjartaker, 2014	0.91942626	0.89498103	0.94453919
Oyebode, 2014	0.92559433	0.89896792	0.95300937
Leenders, 2013	0.91529989	0.88493234	0.94670957
Nechuta, 2011	0.9217878	0.89493537	0.94944602
Dauchet, 2010	0.92275167	0.8974784	0.94873661
Takachi, 2007	0.917629	0.89075953	0.94530898
Genkinger, 2004	0.92353755	0.89841032	0.94936758
Hung, 2004	0.91680163	0.88717562	0.94741696
Rissanen, 2003	0.92852086	0.90633768	0.95124704
Bazzano, 2002	0.92980671	0.90978825	0.95026565
Liu, 2000	0.91947293	0.8936829	0.94600719
Combined	0.92284065	0.8984538	0.94788944

Supplementary Figure 256. Influence analysis of fruits and cardiovascular disease



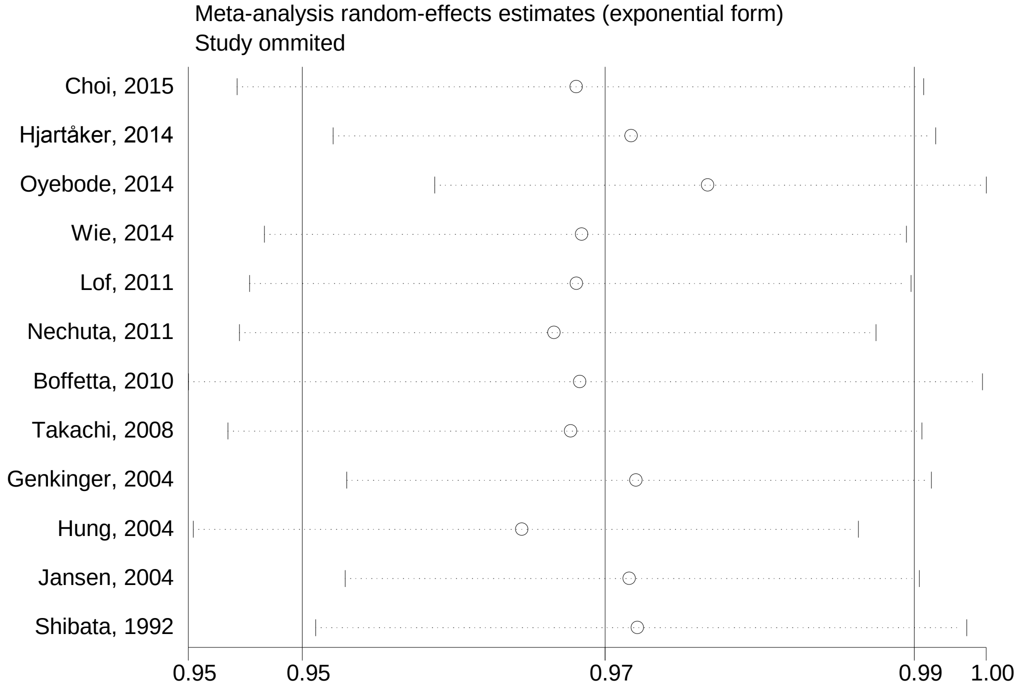
Study omitted	e^coef.	[95% Conf.	Interval]
Buil-Cosiales, 2016	0.86910182	0.81536806	0.92637676
Du, 2016	0.88314462	0.83636129	0.93254477
Hodgson, 2016	0.8737399	0.82084459	0.93004376
Wang, 2016	0.87237608	0.82146728	0.92643976
Lai, 2015	0.87087184	0.81609637	0.92932379
Stefler, 2015	0.87144816	0.81782949	0.92858219
Hjartaker, 2014	0.86132818	0.8102715	0.91560203
Oyebode, 2014	0.86768121	0.81261396	0.92648017
Leenders, 2013	0.8600924	0.81504411	0.90763056
Fitzgerald, 2012	0.87407482	0.82113737	0.93042499
Zhang, 2011, SMHS	0.87652659	0.82264727	0.93393475
Zhang, 2011, SWHS	0.86744422	0.81260806	0.92598075
Dauchet, 2010	0.86994827	0.81722611	0.92607176
Nagura, 2009	0.8795917	0.82986933	0.93229324
Nakamura, 2008	0.86509889	0.81330121	0.9201954
Takachi, 2008	0.8645395	0.81007248	0.9226687
Hung	0.8672446	0.81046015	0.92800754
Combined	0.87017287	0.81886582	0.92469463

Supplementary Figure 257. Influence analysis of vegetables and cardiovascular disease



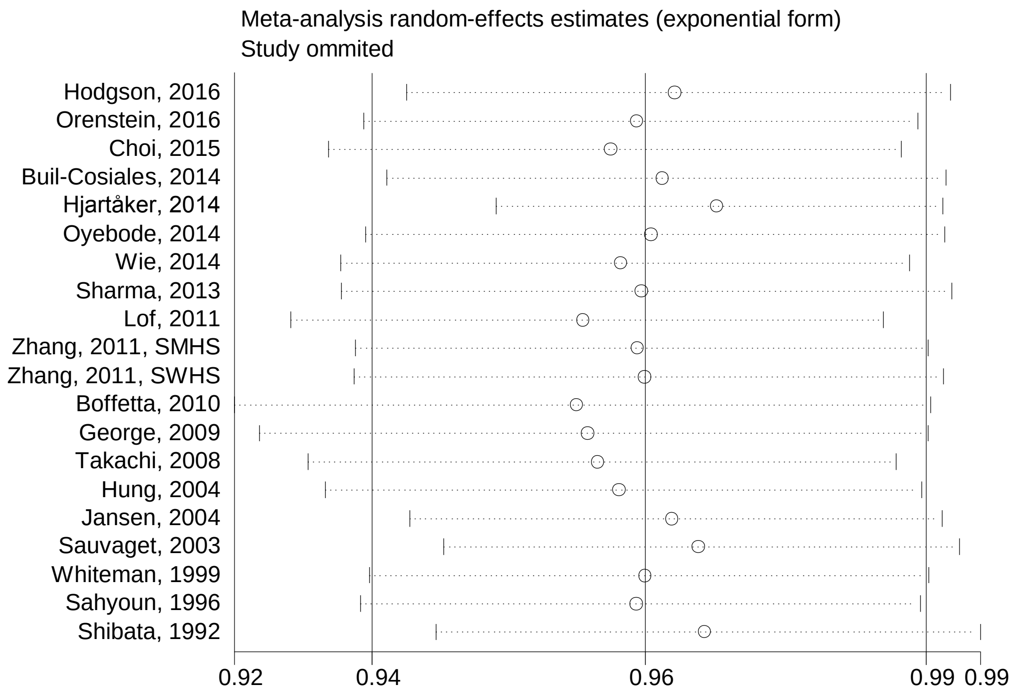
Study omitted	e^coef.	[95% Conf.	Interval]
Buil-Cosiales, 2016	0.90181249	0.87163705	0.93303257
Wang, 2016	0.89837366	0.86533672	0.9326719
Stefler, 2015	0.89648491	0.86615336	0.92787868
Hjartaker, 2014	0.89963889	0.86790311	0.93253505
Oyebode, 2014	0.90350431	0.87416029	0.93383342
Leenders, 2013	0.90313911	0.86727673	0.9404844
Fitzgerald, 2012	0.89430946	0.86395723	0.92572808
Zhang, 2011, SMHS	0.90910292	0.88186646	0.93718058
Zhang, 2011, SWHS	0.89845473	0.86512792	0.93306535
Dauchet, 2010	0.89904505	0.86763161	0.93159586
Nagura, 2009	0.89890701	0.86748308	0.9314692
Nakamura, 2008	0.90015745	0.86845988	0.93301195
Takachi, 2008	0.89464158	0.86546385	0.92480296
Hung, 2004	0.88924092	0.85940665	0.92011094
Combined	0.89942475	0.86974975	0.93011223

Supplementary Figure 258. Influence analysis of fruits, vegetables and total cancer



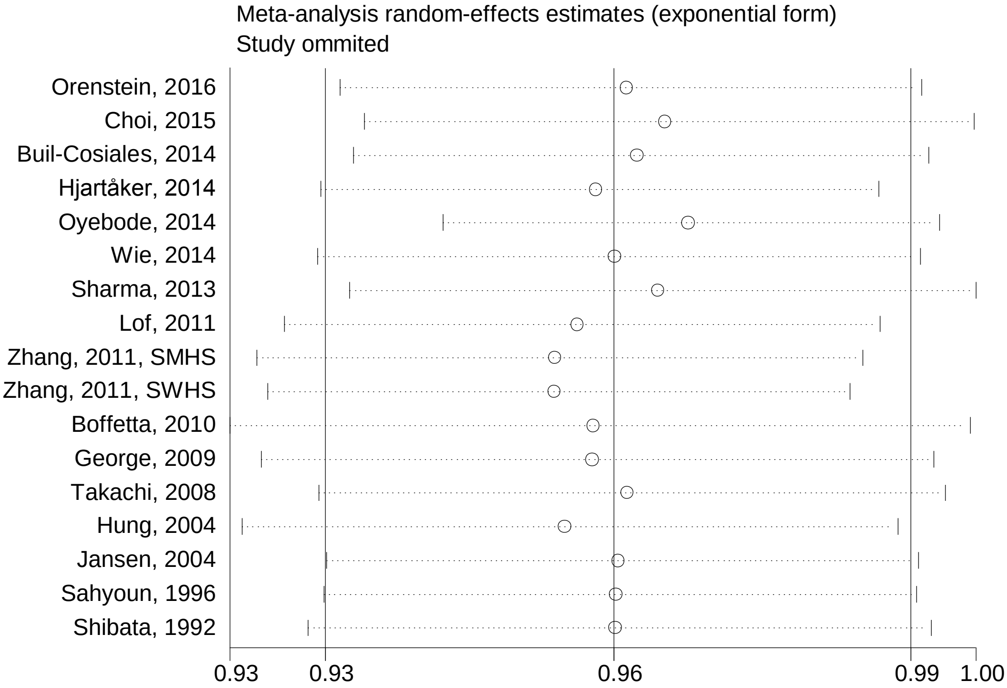
Study omitted	e^coef.	[95% Conf.	Interval]
Choi, 2015	0.97128594	0.94888568	0.99421507
Hjartåker, 2014	0.97491306	0.95523125	0.99500036
Oyebode, 2014	0.97996843	0.96193153	0.99834353
Wie, 2014	0.9716475	0.95069212	0.99306476
Lof, 2011	0.97129589	0.94970906	0.99337333
Nechuta, 2011	0.96982682	0.94904613	0.99106246
Boffetta, 2010	0.97152454	0.94566953	0.99808645
Takachi, 2008	0.97091967	0.9482829	0.99409688
Genkinger, 2004	0.97523135	0.95612556	0.99471891
Hung, 2004	0.96769446	0.9459939	0.98989284
Jansen, 2004	0.97478598	0.95601398	0.99392664
Shibata, 1992	0.97532564	0.95407587	0.99704874
Combined	0.97318871	0.95319821	0.99359845

Supplementary Figure 259. Influence analysis of fruits and total cancer



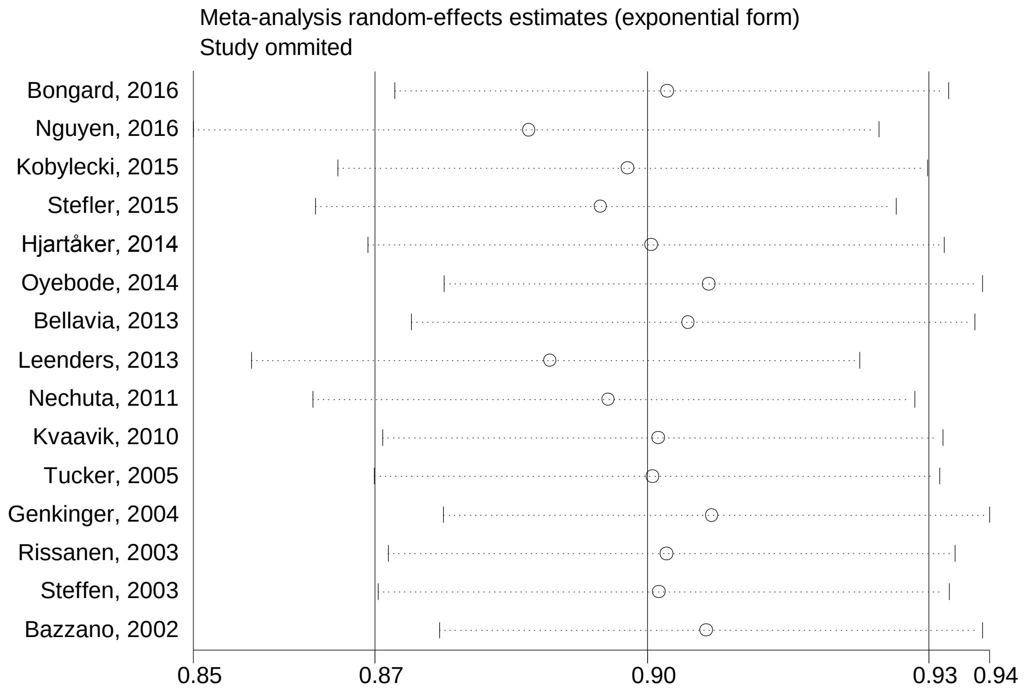
Study omitted	e^coef.	[95% Conf.	Interval]
Hodgson, 2016	0.96504807	0.93941867	0.99137664
Orenstein, 2016	0.96145928	0.93535018	0.98829722
Choi, 2015	0.95894915	0.93197227	0.98670697
Buil-Cosiales, 2014	0.96388078	0.93756205	0.99093837
Hjartåker, 2014	0.96909767	0.94798684	0.99067861
Oyebode, 2014	0.96279228	0.93552649	0.99085271
Wie, 2014	0.9599393	0.93315595	0.98749137
Sharma, 2013	0.96188802	0.93316722	0.99149275
Lof, 2011	0.9562757	0.92839032	0.98499864
Zhang, 2011, SMHS	0.96151042	0.93454409	0.98925489
Zhang, 2011, SWHS	0.96214491	0.93440098	0.9907127
Boffetta, 2010	0.95566094	0.92297471	0.98950469
George, 2009	0.95675021	0.9253394	0.98922724
Takachi, 2008	0.95770669	0.93001556	0.98622239
Hung, 2004	0.95972311	0.93164927	0.98864293
Jansen, 2004	0.96480888	0.93971276	0.99057519
Sauvaget, 2003	0.96729523	0.942994	0.99222273
Whiteman, 1999	0.96220946	0.9358651	0.98929536
Sahyoun, 1996	0.9613983	0.93500739	0.98853415
Shibata, 1992	0.96789247	0.94221509	0.99426961
Combined	0.96222522	0.93610936	0.98906968

Supplementary Figure 260. Influence analysis of vegetables and total cancer



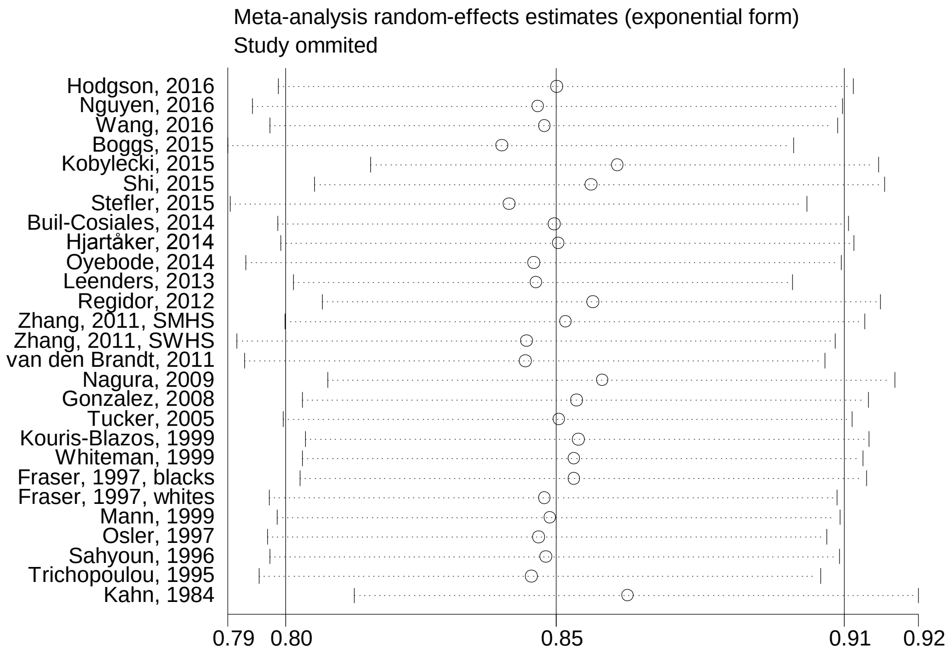
Study omitted	e^coef.	[95% Conf.	Interval]
Orenstein, 2016	0.96308714	0.93563426	0.99134558
Choi, 2015	0.96674675	0.93797445	0.99640161
Buil-Cosiales, 2014	0.9640733	0.93693483	0.9919979
Hjartåker, 2014	0.96014708	0.93380582	0.98723137
Oyebode, 2014	0.96899265	0.94549447	0.99307483
Wie, 2014	0.9619441	0.93351835	0.99123538
Sharma, 2013	0.96610999	0.93658251	0.99656838
Lof, 2011	0.95840478	0.93030649	0.98735172
Zhang, 2011, SMHS	0.95625216	0.92769134	0.98569226
Zhang, 2011, SWHS	0.95620447	0.92872256	0.98449969
Boffetta, 2010	0.95989001	0.92508996	0.99599922
George, 2009	0.95977497	0.92808962	0.99254215
Takachi, 2008	0.96313685	0.9336012	0.99360687
Hung, 2004	0.95714706	0.9262594	0.98906481
Jansen, 2004	0.96229076	0.93438065	0.99103457
Sahyoun, 1996	0.96207321	0.93409246	0.99089217
Shibata, 1992	0.96196759	0.93260503	0.99225461
Combined	0.96187319	0.93424437	0.99031908

Supplementary Figure 261. Influence analysis of fruits, vegetables and all-cause mortality



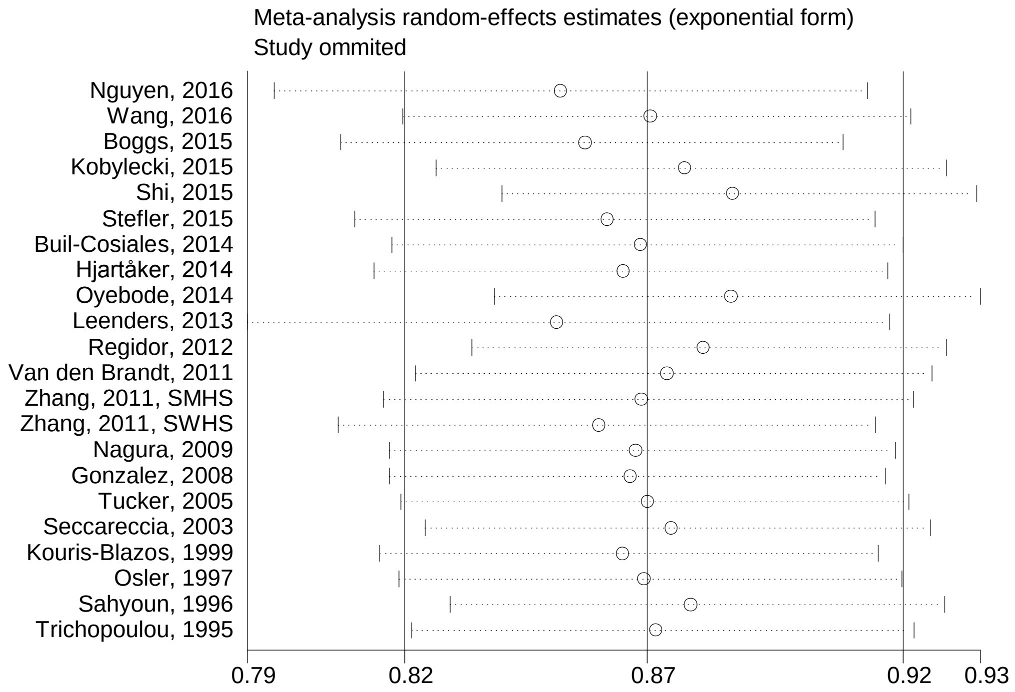
Study omitted	e^coef.	[95% Conf.	Interval]
Bongard, 2016	0.90104347	0.87191522	0.93114483
Nguyen, 2016	0.88624817	0.85036081	0.92364997
Kobylecki, 2015	0.89681029	0.86585802	0.92886907
Stefler, 2015	0.89393461	0.86346483	0.92547959
Hjartåker, 2014	0.89930201	0.86902374	0.93063515
Oyebode, 2014	0.90551716	0.87721604	0.93473136
Bellavia, 2013	0.90331447	0.8737089	0.93392318
Leenders, 2013	0.88853508	0.85661793	0.92164147
Nechuta, 2011	0.8947559	0.86314785	0.92752141
Kvaavik, 2010	0.90006042	0.8706339	0.93048155
Tucker, 2005	0.89945054	0.86976618	0.93014807
Genkinger, 2004	0.90585107	0.87714344	0.9354983
Rissanen, 2003	0.90100157	0.87124205	0.93177766
Steffen, 2003	0.90013272	0.87014574	0.93115306
Bazzano, 2002	0.9052406	0.87668025	0.93473136
Combined	0.89889411	0.86977861	0.92898424

Supplementary Figure 262. Influence analysis of fruits and all-cause mortality



Study omitted	e^coef.	[95% Conf.	Interval]
Hodgson, 2016	0.85463017	0.80313587	0.90942609
Nguyen, 2016	0.85112929	0.79829717	0.90745789
Wang, 2016	0.85240912	0.80150259	0.90654898
Boggs, 2015	0.84445733	0.79371762	0.8984406
Kobylecki, 2015	0.86592269	0.82022941	0.91416144
Shi, 2015	0.8609696	0.80984676	0.91531968
Stefler, 2015	0.84583044	0.79417855	0.90084171
Buil-Cosiales, 2014	0.85413903	0.80298555	0.90855116
Hjartåker, 2014	0.8549636	0.80359906	0.90961123
Oyebode, 2014	0.85042161	0.79713571	0.90726954
Leenders, 2013	0.85081249	0.80592495	0.89820009
Regidor, 2012	0.8613463	0.81125891	0.9145261
Zhang, 2011, SMHS	0.85630721	0.80439931	0.91156477
Zhang, 2011, SWHS	0.84900171	0.79547727	0.90612757
van den Brandt, 2011	0.84883839	0.7968452	0.90422404
Nagura, 2009	0.86310333	0.81223339	0.91715932
Gonzalez, 2008	0.85832125	0.80752856	0.91230875
Tucker, 2005	0.85505098	0.8040368	0.90930194
Kouris-Blazos, 1999	0.85862851	0.80810219	0.91231394
Whiteman, 1999	0.85784084	0.80758452	0.91122454
Fraser, 1997, blacks	0.85791129	0.8071084	0.9119119
Fraser, 1997, whites	0.85233808	0.80141968	0.90649158
Mann, 1999	0.85340959	0.80294216	0.90704912
Osler, 1997	0.85126907	0.80108213	0.9046002
Sahyoun, 1996	0.8525933	0.80149734	0.9069466
Trichopoulou, 1995	0.84990388	0.79952621	0.90345585
Kahn, 1984	0.86780459	0.81721777	0.92152274
Combined	0.85452041	0.80441344	0.90774855

Supplementary Figure 263. Influence analysis of vegetables and all-cause mortality



Study omitted	e^coef.	[95% Conf.	Interval]
Nguyen, 2016	0.85213184	0.79926133	0.90849972
Wang, 2016	0.86855513	0.82304132	0.91658574
Boggs, 2015	0.85656172	0.81150115	0.90412438
Kobylecki, 2015	0.87491637	0.82914883	0.92321026
Shi, 2015	0.88385457	0.84121013	0.92866087
Stefler, 2015	0.86071718	0.81413996	0.90995914
Buil-Cosiales, 2014	0.86680472	0.82096291	0.91520637
Hjartåker, 2014	0.86369097	0.81765884	0.91231465
Oyebode, 2014	0.88348889	0.83982843	0.92941916
Leenders, 2013	0.85142189	0.79431403	0.91263556
Regidor, 2012	0.87834686	0.83575767	0.92310631
Van den Brandt, 2011	0.87160802	0.82530671	0.92050689
Zhang, 2011, SMHS	0.86689353	0.81948966	0.91703945
Zhang, 2011, SWHS	0.85914278	0.81107253	0.91006202
Nagura, 2009	0.86591053	0.82053894	0.91379088
Gonzalez, 2008	0.86498094	0.8205238	0.91184682
Tucker, 2005	0.86817479	0.82264602	0.91622323
Seccareccia, 2003	0.8724525	0.82715988	0.92022514
Kouris-Blazos, 1999	0.86348176	0.81879139	0.91061145
Osler, 1997	0.86739153	0.82231241	0.91494179
Sahyoun, 1996	0.87605619	0.83171266	0.92276394
Trichopoulou, 1995	0.86962408	0.82458931	0.91711837
Combined	0.86800249	0.82333196	0.91509665