

**Supplementary File 3: List of Excluded Studies**

Author: Year	Title	Reason For Exclusion
Ahn, Y 2013 <sup>1</sup>	Rice-eating pattern and the risk of metabolic syndrome especially waist circumference in Korean Genome and Epidemiology Study (KoGES)	No wholegrain rice group on its own. Only mixed meals
Alonso, A 2006 <sup>2</sup>	Vegetable protein and fiber from cereal are inversely associated with the risk of hypertension in a Spanish cohort	Fiber from cereals was not exclusively from wholegrain products
Altorf-van der Kuil, W 2012 <sup>3</sup>	Sources of dietary protein and risk of hypertension in a general Dutch population	The study does not specify grain source of protein is from wholegrains
Appleby, PN 1999 <sup>4</sup>	The Oxford Vegetarian Study: an overview	No analysis of wholegrains, only dietary fiber
Assmann, KE 2015 <sup>5</sup>	A Healthy Dietary Pattern at Midlife, Combined with a Regulated Energy Intake, Is Related to Increased Odds for Healthy Aging	Dietary pattern assessment only. No separate analysis of wholegrains
Bae, JM 2002 <sup>6</sup>	A nested case-control study on the high-normal blood pressure as a risk factor of hypertension in Korean middle-aged men	No measurement of wholegrain intake, only total dietary fiber
Bazzano, LA 2003 <sup>7</sup>	Dietary fiber intake and reduced risk of coronary heart disease in US men and women: the National Health and Nutrition Examination Survey I Epidemiologic Follow-up Study	No separate analysis of dietary fiber from wholegrains
Bernstein, AM 2011 <sup>8</sup>	Cereal fiber and coronary heart disease: a comparison of modeling approaches for repeated dietary measurements, intermediate outcomes, and long follow-up	No separate analysis of cereal fiber from wholegrains
Bertoia, ML 2014 <sup>9</sup>	Mediterranean and Dietary Approaches to Stop Hypertension dietary patterns and risk of sudden cardiac death in postmenopausal women	Dietary pattern assessment only. No separate analysis of wholegrains

Bingham, CM 2012 <sup>10</sup>	Food choices and health during military service: increases in sugar- and fibre-containing foods and changes in anthropometric and clinical risk factors	Cross sectional analysis only of diet. No measurement of whole grain foods
Buil-Cosiales, P 2014 <sup>11</sup>	Fiber intake and all-cause mortality in the Prevención con Dieta Mediterránea (PREDIMED) study	Participants did not meet the inclusion criteria
Burger, KN 2011 <sup>12</sup>	Dietary glycemic load and glycemic index and risk of coronary heart disease and stroke in Dutch men and women: the EPIC-MORGEN study	No measurement of wholegrain intake
Burke, V 2005 <sup>13</sup>	Predictors of body mass index and associations with cardiovascular risk factors in Australian children: a prospective cohort study	No measurement of wholegrain intake
Chuang, S-C 2012 <sup>14</sup>	Fiber intake and total and cause-specific mortality in the European Prospective Investigation into Cancer and Nutrition cohort	No separate analysis of cereal fiber from wholegrains
Crowe, FL 2012 <sup>15</sup>	Dietary fibre intake and ischaemic heart disease mortality: the European Prospective Investigation into Cancer and Nutrition-Heart study	No separate analysis of cereal fiber from wholegrains
Djoussé, L 2009 <sup>16</sup>	Relation between modifiable lifestyle factors and lifetime risk of heart failure	No separate analysis of cereal from wholegrains
Eshak, ES 2014 <sup>17</sup>	Rice consumption is not associated with risk of cardiovascular disease morbidity or mortality in Japanese men and women: a large population-based, prospective cohort study	No separate analysis of brown/unrefined rice
Flint, AJ 2009 <sup>18</sup>	Whole grains and incident hypertension in men	No clinical CVD outcome measured

Guo, J 2013 <sup>19</sup>	Influence of dietary patterns on the risk of acute myocardial infarction in China population: the INTERHEART China study	Only 'Grains' measured for association with risk of MI. No separate analysis for wholegrains
Hansen-Krone, IJ 2012 <sup>20</sup>	Heart healthy diet and risk of myocardial infarction and venous thromboembolism. The Tromso Study	Dietary pattern assessment only. No separate analysis of wholegrains
Iso, H 2007 <sup>21</sup>	Nutrition and disease in the Japan Collaborative Cohort Study for Evaluation of Cancer (JACC)	No separate analysis of brown/unrefined rice
Jacobs, DR Jr 2000 <sup>22</sup>	Fiber from whole grains, but not refined grains, is inversely associated with all-cause mortality in older women: the Iowa women's health study	Fiber from cereals was not exclusively from whole grain products for the high wholegrain fiber group (29% from refined grain)
Jansen, MC 1999 <sup>23</sup>	Dietary fiber and plant foods in relation to colorectal cancer mortality: the seven countries study	No clinical CVD outcome measured
Johnsen, NF 2015 <sup>24</sup>	Whole-grain products and whole-grain types are associated with lower all-cause and cause-specific mortality in the Scandinavian HELGA cohort	No combined data for men and woman
Kanda, A 1999 <sup>25</sup>	Association of lifestyle parameters with the prevention of hypertension in elderly Japanese men and women: a four-year follow-up of normotensive subjects	No separate analysis of brown/unrefined rice No clinical CVD outcome measured
Kochar, J 2012 <sup>26</sup>	Breakfast cereals and risk of hypertension in the Physicians' Health Study I	No clinical CVD outcome measured
Kokubo, Y 2011 <sup>27</sup>	Dietary fiber intake and risk of cardiovascular disease in the Japanese population: the Japan Public Health Center-based study cohort	No separate analysis of fiber from wholegrains
Larsson, SC 2016 <sup>28</sup>	Dietary Approaches to Stop Hypertension Diet and Incidence of Stroke: Results From 2 Prospective Cohorts	Dietary pattern assessment only. No separate analysis of wholegrains
Li, S 2014 <sup>29</sup>	Dietary fiber intake and mortality among survivors of myocardial infarction: prospective cohort study	Participants did not meet the inclusion criteria

Liang, W 2010 <sup>30</sup>	White rice-based food consumption and ischemic stroke risk: a case-control study in southern china	No separate analysis of brown rice/wholegrains
Liu, S 2000 <sup>31</sup>	A prospective study of whole-grain intake and risk of type 2 diabetes mellitus in US women	No clinical CVD outcome measured
Mozaffarian, D 2003 <sup>32</sup>	Cereal, fruit, and vegetable fiber intake and the risk of cardiovascular disease in elderly individuals	No separate analysis of cereal fiber from wholegrains
Negri, E 2003 <sup>33</sup>	Fiber intake and risk of nonfatal acute myocardial infarction	No separate analysis of cereal fiber from wholegrains
Oh, K 2005 <sup>34</sup>	Carbohydrate intake, glycemic index, glycemic load, and dietary fiber in relation to risk of stroke in women	No separate analysis of cereal fiber from wholegrains
Pan, A 2012 <sup>35</sup>	Red meat consumption and mortality: results from 2 prospective cohort studies	No analysis of whole grain intake and CVD outcomes
Park, Y 2011 <sup>36</sup>	Dietary fiber intake and mortality in the NIH-AARP diet and health study	No separate analysis of cereal fiber from wholegrains. No combined data for men and woman
Pierucci, P 2012 <sup>37</sup>	Diet and myocardial infarction: a nested case-control study in a cohort of elderly subjects in a Mediterranean area of southern Italy	No analysis of wholegrains
Rebello, SA 2014 <sup>38</sup>	Amount, type, and sources of carbohydrates in relation to ischemic heart disease mortality in a Chinese population: a prospective cohort study	No combined data for men and woman
Rodriguez-Campello, A 2014 <sup>39</sup>	Dietary habits in patients with ischemic stroke: a case-control study	No separate analysis of breaded foods from wholegrains
Shi, Z 2012 <sup>40</sup>	Rice intake, weight change and risk of the metabolic syndrome development among Chinese adults: the Jiangsu Nutrition Study (JIN)	No analysis of wholegrain intake and CVD outcomes
Steffen, LM 2005 <sup>41</sup>	Associations of plant food, dairy product, and meat intakes with 15-y incidence of elevated blood pressure in young black and white adults: the Coronary Artery Risk	No clinical CVD outcome measured

	Development in Young Adults (CARDIA) Study	
Streppel, MT 2008 <sup>42</sup>	Dietary fiber intake in relation to coronary heart disease and all-cause mortality over 40 y: the Zutphen Study	No separate analysis of bread and cereal fiber from wholegrains
Threapleton, DE 2013 <sup>43</sup>	Dietary fibre and cardiovascular disease mortality in the UK Women's Cohort Study	No separate analysis of total and breakfast cereal fiber from wholegrains
Threapleton, DE 2015 <sup>44</sup>	Dietary fibre intake and risk of ischaemic and haemorrhagic stroke in the UK Women's Cohort Study	No separate analysis of total and breakfast cereal fiber from wholegrains
Wang, L 2007 <sup>45</sup>	Whole- and refined-grain intakes and the risk of hypertension in women	No clinical CVD outcome measured
Wolk, A 1999 <sup>46</sup>	Long-term intake of dietary fiber and decreased risk of coronary heart disease among women	No separate analysis of fiber from wholegrains
Yu, D 2014 <sup>47</sup>	Adherence to dietary guidelines and mortality: a report from prospective cohort studies of 134,000 Chinese adults in urban Shanghai	Dietary pattern assessment only. No separate analysis of wholegrains
Yu, D 2016 <sup>48</sup>	Dietary glycemic index, glycemic load, and refined carbohydrates are associated with risk of stroke: a prospective cohort study in urban Chinese women	No analysis of wholegrains

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