Supplementary file 4: List of excluded studies and reasons for exclusion

Author	**Title**	**Reason for Exclusion**
Akbaraly, T 2013[1]	Does overall diet in midlife predict future aging phenotypes? A cohort study	Dietary patterns only were assessed, not dairy foods
Anderson, LA 2011[2]	Dietary Patterns and Survival of Older Adults	No relevant outcomes were measured
Baylin, A 2003[3]	High 18:2 trans-fatty acids in adipose tissue are associated with increased risk of nonfatal acute myocardial infarction in Costa Rican adults	Effects of dairy foods not measured
Beydoun, MA 2018[4]	Dairy product consumption and its association with metabolic disturbance in a prospective study of urban adults	Groups exposed to dairy not clearly defined
Biong, AS 2006[5]	Intake of milk fat, reflected in adipose tissue fatty acids and risk of myocardial infarction: a case–control study	Effects of dairy foods not measured
Chen, y 2013[6]	Prospective investigation of major dietary patterns and risk of cardiovascular mortality in Bangladesh	Dietary patterns only were assessed, not dairy foods
Ding, M 2017[7]	Dairy consumption, systolic blood pressure, and risk of hypertension: Mendelian randomization study	Not an observational design study
Eguchi, E 2012[8]	Healthy lifestyle behaviours and cardiovascular mortality among Japanese men and women: the Japan collaborative cohort study	Dietary patterns only were assessed, not dairy foods
Geleijnse, JM 2017[9]	Dietary Patterns in Relation to Cardiovascular Disease Incidence and Risk Markers in a Middle-Aged British Male Population: Data from the Caerphilly Prospective Study	Dietary patterns only were assessed, not dairy foods
Goldbohm, RA 2011[10]	Dairy consumption and 10-y total and cardiovascular mortality: a prospective cohort study in the Netherlands	No combined outcome data
Julián-Almárcegui, C 2016[11]	Association of heart rate and blood pressure among European adolescents with usual food consumption: The HELENA study	Participants were adolescents, not adults
Larsson, SC 2018[12]	Dietary patterns, food groups, and incidence of aortic valve stenosis: A prospective cohort study	Dietary patterns only were assessed, not dairy foods
Lupton, BS 2003[13]	The Finnmark Intervention Study: is it possible to change CVD risk factors by community-based intervention in an Arctic village in crisis?	No combined outcome data
Meyer, J 2011[14]	Dietary patterns, subclinical inflammation, incident coronary heart disease and mortality	Dietary patterns only were assessed, not dairy foods

	in middle-aged men from the MONICA/KORA Augsburg cohort study	
Michaelsson, K 2013[15]	Long term calcium intake and rates of all cause and cardiovascular mortality: community based prospective longitudinal cohort study	Dietary calcium only was assessed, not dairy foods
Oomen, CM 2000[16]	Arginine intake and risk of coronary heart disease mortality in elderly men	Effects of dairy foods not measured
Paillard, F 2015[17]	Cardiovascular risk and lifestyle habits of consumers of a phytosterol-enriched yogurt in a real-life setting	Yogurt was enriched with phytosterols
Praagman, J 2016[18]	The association between dietary saturated fatty acids and ischemic heart disease depends on the type and source of fatty acid in the European Prospective Investigation into Cancer and Nutrition-Netherlands cohort	Effects of dairy foods not measured
Streppel, MT 2014[19]	Nutrient-rich foods, cardiovascular diseases and all-cause mortality: the Rotterdam study	Dietary patterns only were assessed, not dairy foods
Umesawa, M 2006[20]	Dietary intake of calcium in relation to mortality from cardiovascular disease: the JACC Study	No combined outcome data
van der Pols, J C 2009[21]	Childhood dairy and calcium intake and cardiovascular mortality in adulthood: 65-year follow-up of the Boyd Orr cohort	Participants were children, not adults
Warensjo, E 2009[22]	Stroke and plasma markers of milk fat intake – a prospective nested case-control study	Effects of dairy foods not measured
Warensjo, E 2009[23]	Milk Fat Biomarkers and the Risk of a First Ever Acute Myocardial Infarction - A Prospective Nested Case-Control Study. Journal of the American Dietetic Association. 2009;1	Poster presentation only, full study not available
Warensjo, E 2010[24]	Biomarkers of milk fat and the risk of myocardial infarction in men and women: a prospective, matched case-control study	No combined outcome data

1. Akbaraly T, Sabia S, Hagger-Johnson G, et al. Does overall diet in midlife predict future aging phenotypes? A cohort study. *The American journal of medicine.* 2013;126(5):411-419.e413.
2. Anderson AL, Harris TB, Tylavsky FA, et al. Dietary Patterns and Survival of Older Adults. *Journal of the American Dietetic Association.* 2011;111(1):84-91.
3. Baylin A, Kabagambe EK, Ascherio A, et al. 18:2 trans-fatty acids in adipose tissue are associated with increased risk of nonfatal acute myocardial infarction in costa rican adults. *Journal of Nutrition.* 2003;133(4):1186-1191.
4. Beydoun MA, Fanelli-Kuczmarski MT, Beydoun HA, et al. Dairy product consumption and its association with metabolic disturbance in a prospective study of urban adults. *British Journal of Nutrition.* 2018;119(6):706-719.

5. Biong AS, Veierod MB, Ringstad J, et al. Intake of milk fat, reflected in adipose tissue fatty acids and risk of myocardial infarction: a case-control study. *European Journal of Clinical Nutrition.* 2006;60(2):236-244.
6. Chen Y, McClintock TR, Segers S, et al. Prospective investigation of major dietary patterns and risk of cardiovascular mortality in Bangladesh. *International Journal of Cardiology.* 2013;167(4):1495-1501.
7. Ding M, Huang T, Bergholdt HK, et al. Dairy consumption, systolic blood pressure, and risk of hypertension: Mendelian randomization study. *Bmj.* 2017;356:j1000.
8. Eguchi E, Iso H, Tanabe N, et al. Healthy lifestyle behaviours and cardiovascular mortality among Japanese men and women: the Japan collaborative cohort study. *European heart journal.* 2012;33(4):467-477.
9. Geleijnse JM, Mertens E, Markey O, et al. Dietary Patterns in Relation to Cardiovascular Disease Incidence and Risk Markers in a Middle-Aged British Male Population: Data from the Caerphilly Prospective Study. *Nutrients.* 2017;9(1):75.
10. Goldbohm RA, Chorus AMJ, Galindo Garre F, et al. Dairy consumption and 10-y total and cardiovascular mortality: a prospective cohort study in the Netherlands. *American Journal of Clinical Nutrition.* 2011;93(3):615-627 613p.
11. Julián-Almárcegui C, Vandevijvere S, Gottrand F, et al. Association of heart rate and blood pressure among European adolescents with usual food consumption: The HELENA study. *Nutrition, Metabolism & Cardiovascular Diseases.* 2016;26(6):541-548.
12. Larsson SC, Wolk A, Bäck M. Dietary patterns, food groups, and incidence of aortic valve stenosis: A prospective cohort study. *International Journal of Cardiology.* 2018.
13. Lupton BS, Fonnebo V, Sogaard AJ, et al. The Finnmark Intervention Study: is it possible to change CVD risk factors by community-based intervention in an Arctic village in crisis? *Scandinavian Journal of Public Health.* 2003;31(3):178-186.
14. Meyer J, Doring A, Herder C, et al. Dietary patterns, subclinical inflammation, incident coronary heart disease and mortality in middle-aged men from the MONICA/KORA Augsburg cohort study. *European journal of clinical nutrition.* 2011;65(7):800-807.
15. Michaelsson K, Melhus H, Warensjo E, et al. Long term calcium intake and rates of all cause and cardiovascular mortality: community based prospective longitudinal cohort study. *Bmj.* 2013;346:f228.
16. Oomen CM, van Erk MJ, Feskens EJ, et al. Arginine intake and risk of coronary heart disease mortality in elderly men. *Arteriosclerosis, thrombosis, and vascular biology.* 2000;20(9):2134-2139.
17. Paillard F, Bruckert E, Naelten G, et al. Cardiovascular risk and lifestyle habits of consumers of a phytosterol-enriched yogurt in a real-life setting. *Journal of Human Nutrition & Dietetics.* 2015;28(3):226-235 210p.
18. Praagman J, Beulens JW, Alssema M, et al. The association between dietary saturated fatty acids and ischemic heart disease depends on the type and source of fatty acid in the European Prospective Investigation into Cancer and Nutrition-Netherlands cohort. *American Journal of Clinical Nutrition.* 2016;103(2):356-365.
19. Streppel MT, Sluik D, van Yperen JF, et al. Nutrient-rich foods, cardiovascular diseases and all-cause mortality: the Rotterdam study. *European journal of clinical nutrition.* 2014;68(6):741-747.
20. Umesawa M, Iso H, Date C, et al. Dietary intake of calcium in relation to mortality from cardiovascular disease: the JACC Study. *Stroke.* 2006;37(1):20-26.
21. van der Pols JC, Gunnell D, Williams GM, et al. Childhood dairy and calcium intake and cardiovascular mortality in adulthood: 65-year follow-up of the Boyd Orr cohort. *Heart.* 2009;95(19):1600-1606.
22. Warensjo E, Smedman A, Stegmayr B, et al. Stroke and plasma markers of milk fat intake--a prospective nested case-control study. *Nutrition Journal.* 2009;8:21.

23. Warensjo E, Sjogren P, Cederholm T, et al. Milk Fat Biomarkers and the Risk of a First Ever Acute Myocardial Infarction - A Prospective Nested Case-Control Study. *Journal of the American Dietetic Association.* 2009;109(9, Supplement):A51.
24. Warensjö E, Jansson JH, Cederholm T, et al. Biomarkers of milk fat and the risk of myocardial infarction in men and women: a prospective, matched case-control study. *American Journal of Clinical Nutrition.* 2010;92(1):194-202 199p.