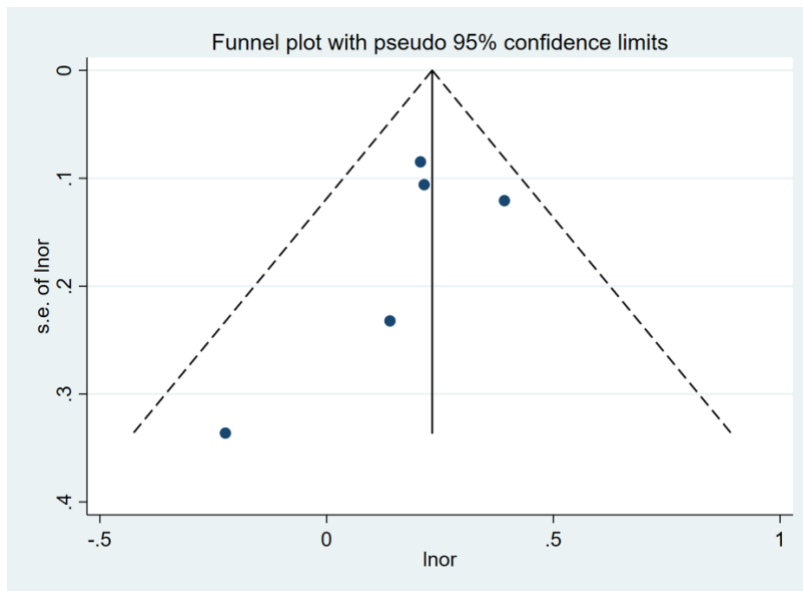


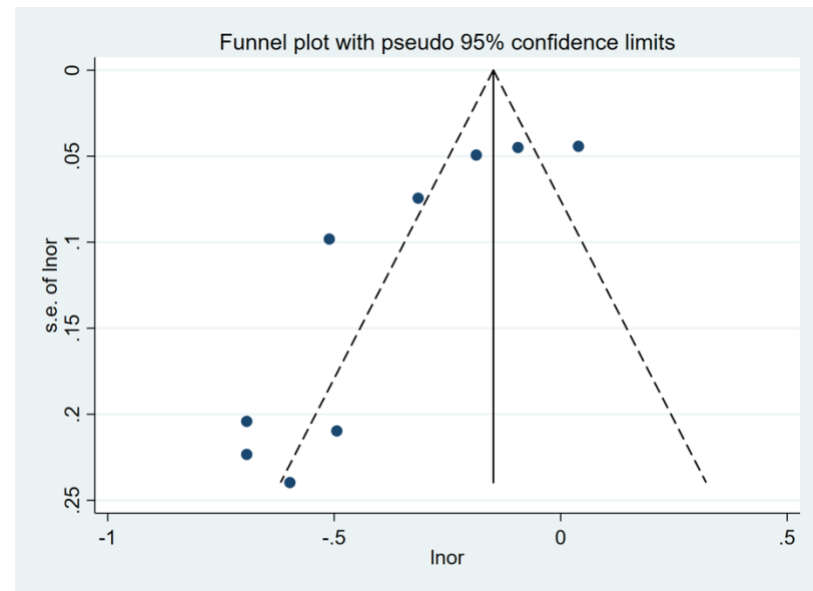
**Supplementary Table 5. Funnel plot for meta-analyses with more than 5 primary studies.**

**A. Funnel plot for the dietary pattern. A1, for DII exposure; A2, for healthy dietary pattern exposure; A3, for western dietary pattern exposure; A4, for healthy diet intervention; A5, for low calorie diet intervention.**

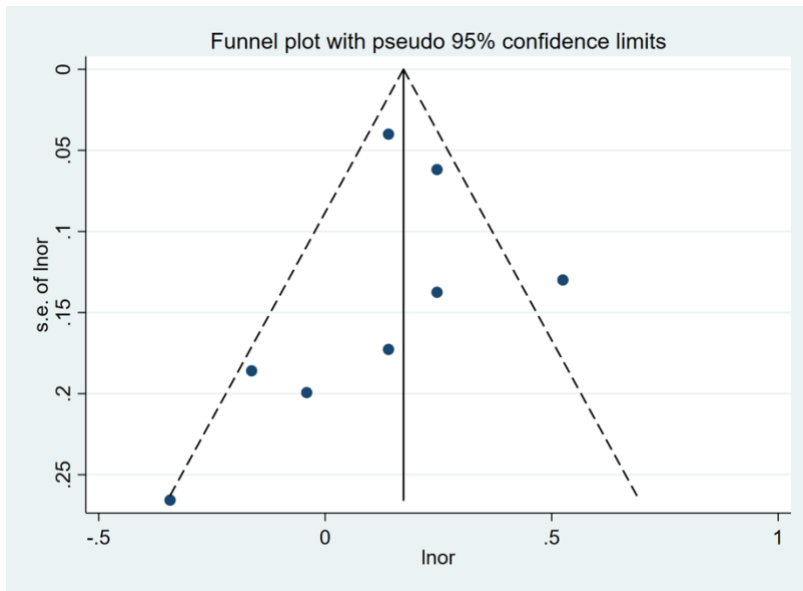
**A1.** Tolkien, 2019, PMID: [30502975](https://pubmed.ncbi.nlm.nih.gov/30502975/)



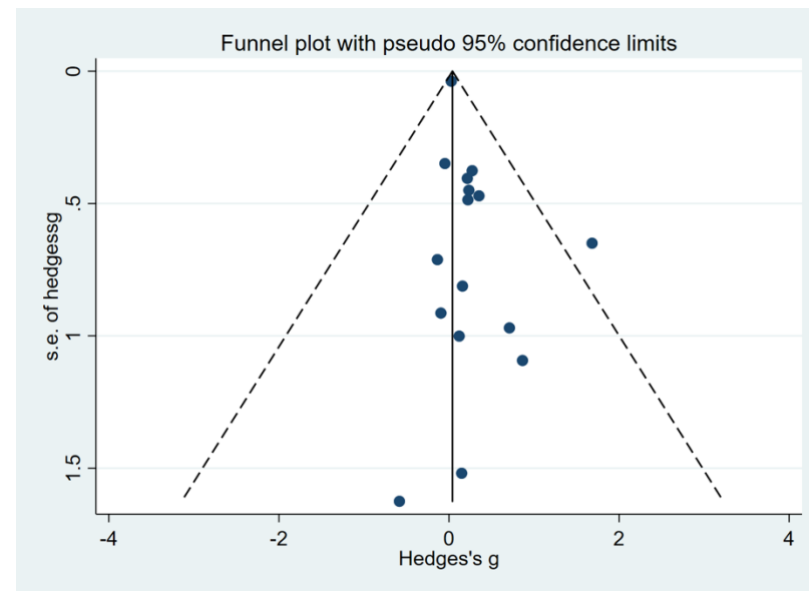
**A2.** Molendijk, 2018, PMID: [29031185](https://pubmed.ncbi.nlm.nih.gov/29031185/)



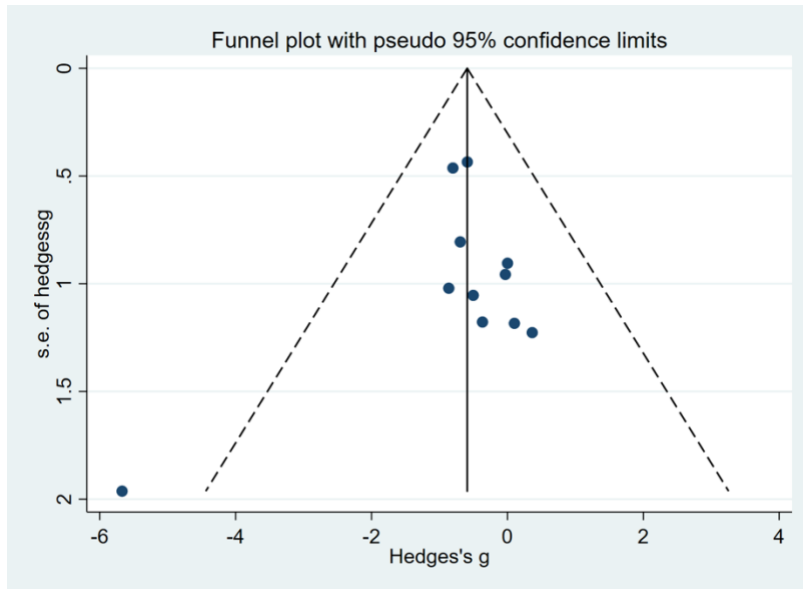
A3. Li Y, 2017, PMID: [28431261](https://pubmed.ncbi.nlm.nih.gov/28431261/)



A4. Firth, 2019, PMID: [31004628](https://pubmed.ncbi.nlm.nih.gov/31004628/)

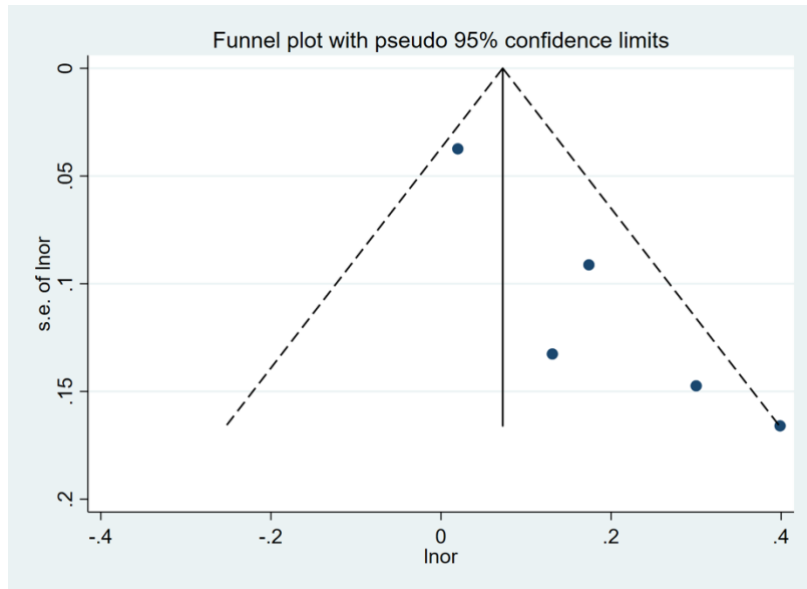


A5. Elin, 2019, PMID: [30470803](#)

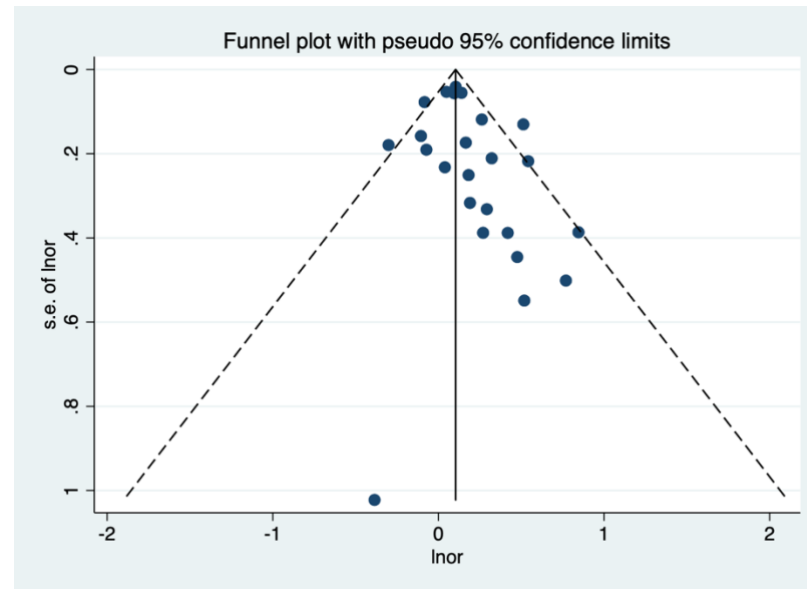


**B. Funnel plot for the food groups. B1, for red and processed meat intake , B2, for alcohol drink, B3, for fish intake, B4, for fruit intake, B5, for vegetable intake, B6, for tea intake, B7, for cocoa-rich foods intervention, B8, for probiotics intervention.**

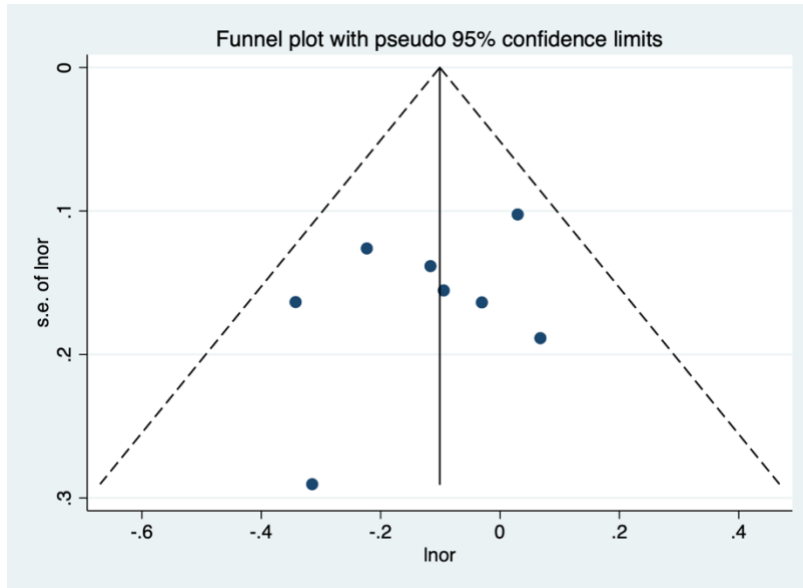
**B1.** Nucci, 2020, PMID: [32937855](#)



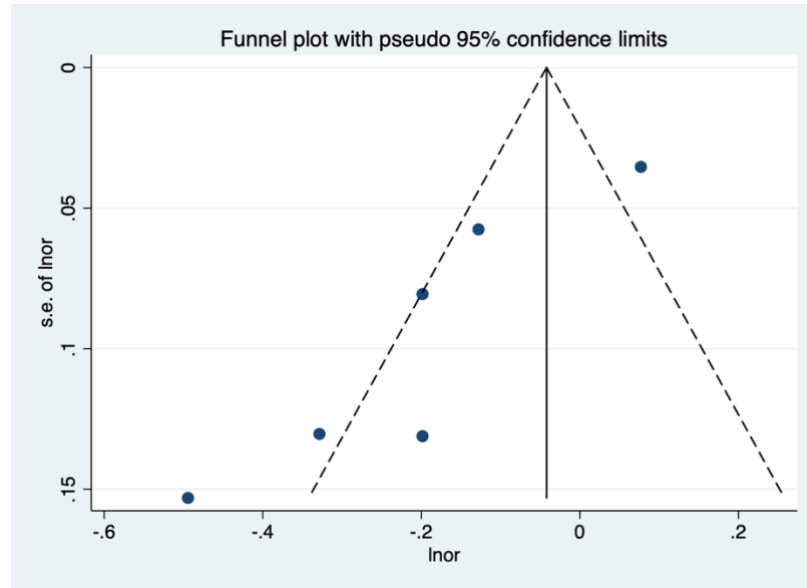
**B2.** Li, 2020, PMID: [31837230](#)



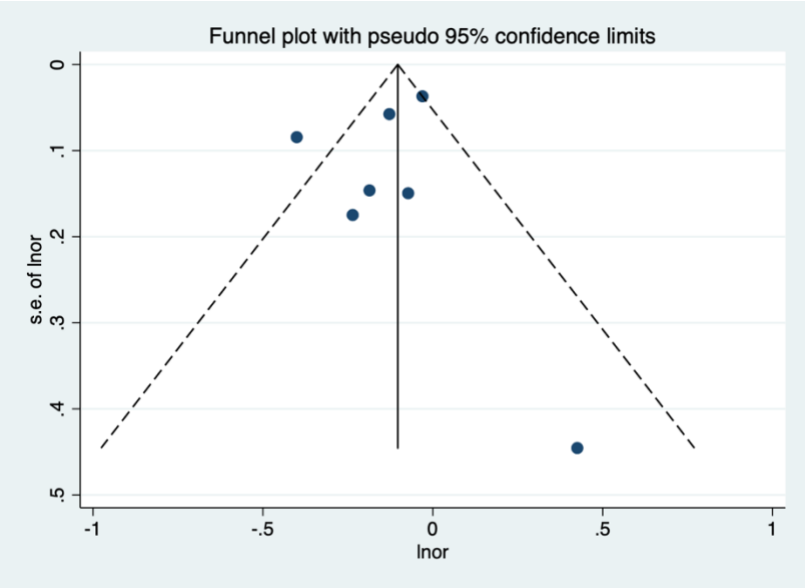
**B3.** Yang MS, 2018, PMID: [30238628](#)



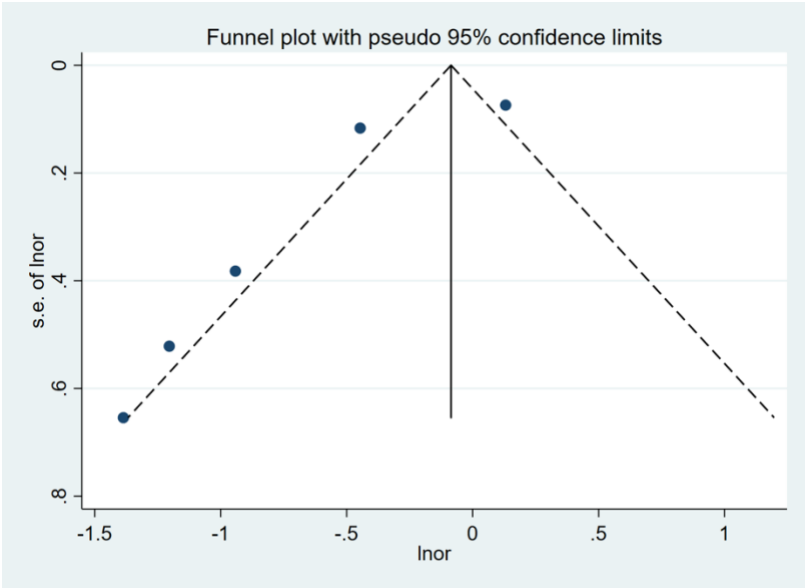
**B4.** Saghafian, 2018, PMID: [29759102](#)



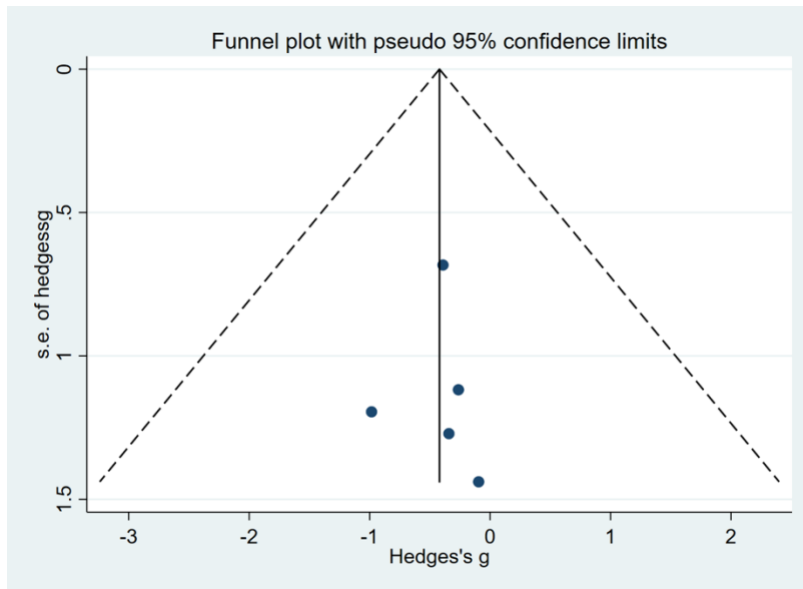
**B5.** Saghafian, 2018, PMID: [29759102](#)



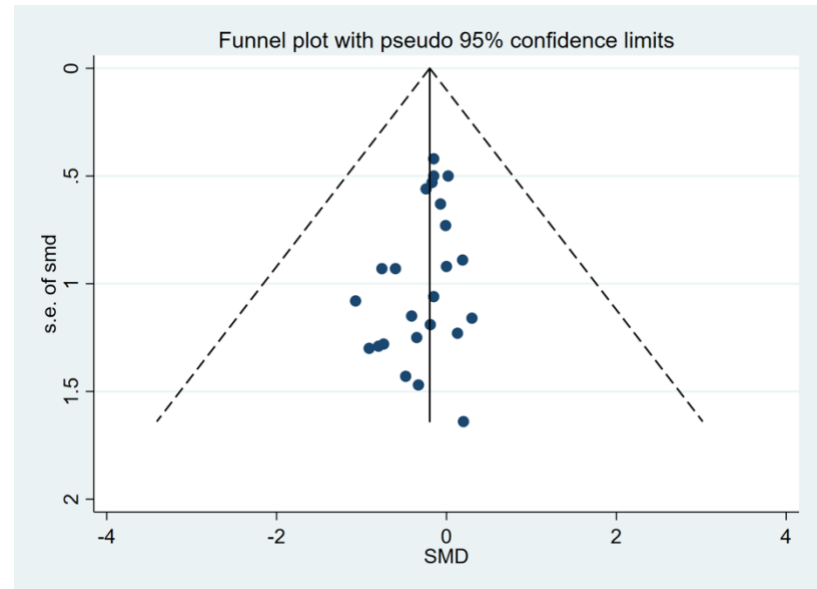
**B6.** Kang, 2018, PMID: [29500461](#)



**B7.** Fusar-Poli, 2021, PMID: [33970709](https://pubmed.ncbi.nlm.nih.gov/33970709/)

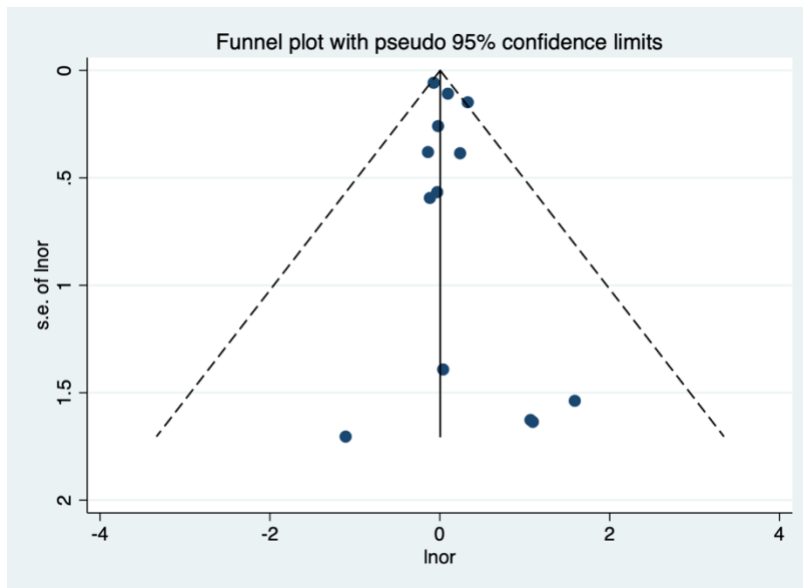


**B8.** Liu, 2019, PMID: [31004628](https://pubmed.ncbi.nlm.nih.gov/31004628/)

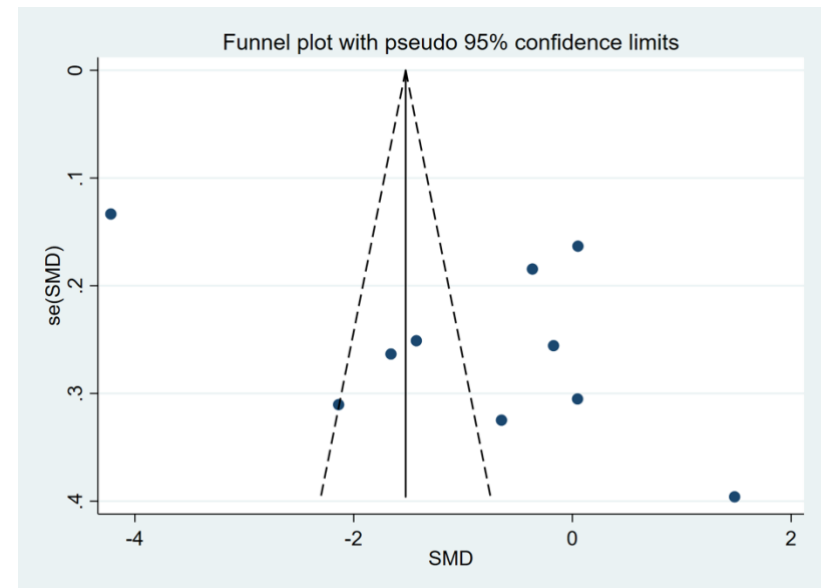


**C. Funnel plot for the nutrients. C1, for n-3 PUFA intake , C2, for vitamin D intervention, C3, for dietary zinc intervention, C4, for B vitamins intervention, C5, for n-3 PUFA intervention, C6, for ALC intervention.**

**C1.** Deane,2019, PMID: [31647041](https://pubmed.ncbi.nlm.nih.gov/31647041/)

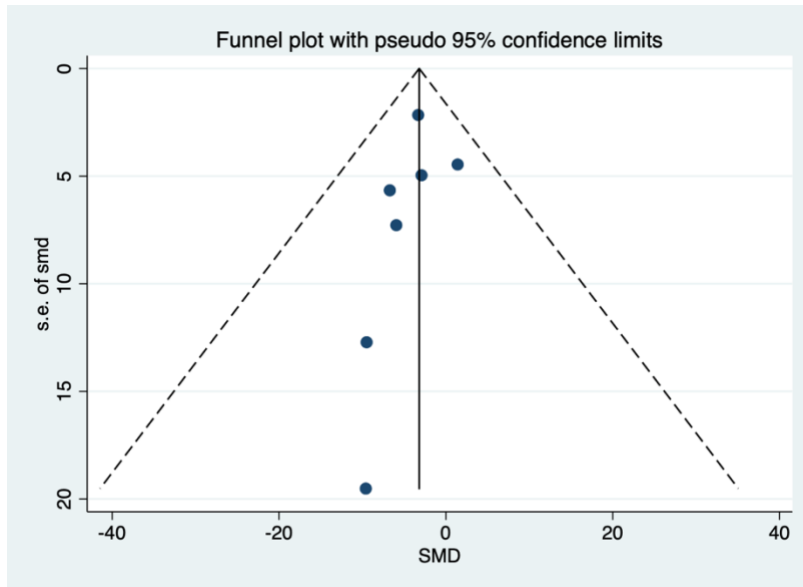


**C2.** Tome, 2021, PMID: [33533015](https://pubmed.ncbi.nlm.nih.gov/33533015/)

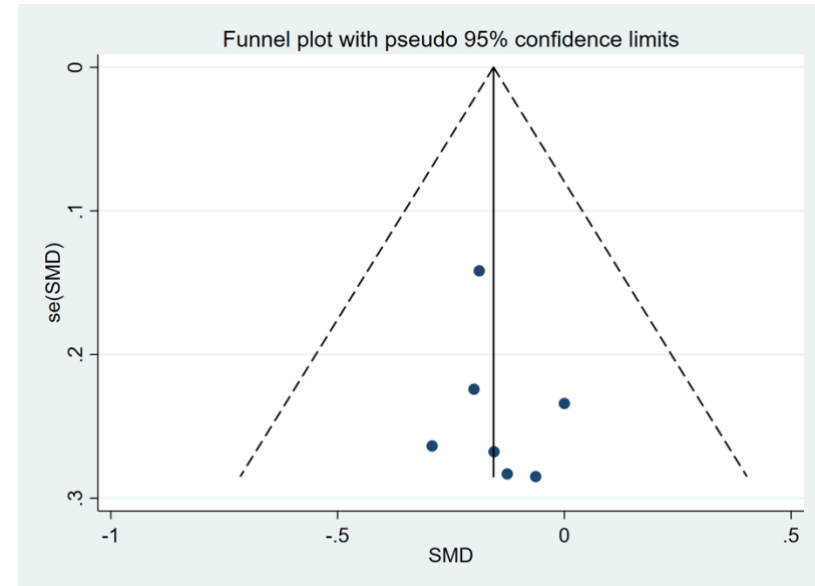




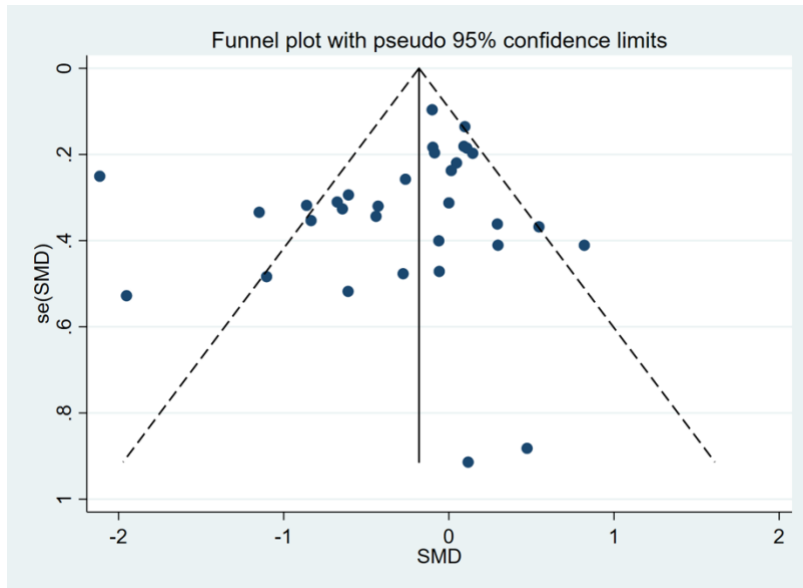
C3. Yosae, 2020, PMID: [32829928](#)



C4. Young, 2019, PMID: [31527485](#)



C5. Liao,2019, PMID: [31383846](#)



C6. Veronese, 2018, PMID: [29076953](#)

