

**S2 Text:** String used in PubMed to identify meta-analyses for setting hazard ratios.

(grains[title/abstract] OR fruits[title/abstract] OR vegetables[title/abstract] OR nuts[title/abstract] OR legumes[title/abstract] OR fish[title/abstract] OR eggs[title/abstract] OR milk[title/abstract] OR dairy[title/abstract] OR meat\*[title/abstract] OR "sugar-sweetened beverages"[title/abstract]) AND mortality[title/abstract] AND Meta-Analysis[filter].

The search was conducted 26<sup>th</sup> of April 2021 and 222 references were evaluated.