

Table A. Characteristics of included studies of fruit and vegetables intake in relation to incident type 2 diabetes

First author	Country/ cohort	Age (years) /Sex	No of total/follow -up(years)	No of cases /non-cases	Assessment of type 2 diabetes	Measure of intake	Highest/lowest intakes as servings/day	Adjustments	Quality score
Meyer et al 2000, ⁴⁴	USA/Iowa Women's Health Study	55-69/F	35988/6	1141/3484 7	Based on self reported	127 item FFQ, Calculated servings/day for fruit, vegetables, and combined. Data divided into fifths	Fruit: 3.36/0.57. Vegetables: 5.93/1.57. Fruit and vegetables: 8.86/2.57	Age, BMI, total energy intake, WHR, education, smoking, alcohol intake, physical activity	2
Ford et al 2001, ¹⁵	USA/NHA NES I	25-74/M and F	9665/20	1018/8647	Confirmed by self report or hospital records or death certificate	24 hour recall. Calculated servings/week for fruit and vegetables combined. Data divided into thirds	Fruit and vegetables: $\geq 5/0$	Age, BMI, smoking, SBP, cholesterol, antihypertensive medication, exercise, alcohol, education, ethnicity	1
Liu et al 2004, ⁴⁵	USA/Wom en's Health Study	≥ 45 /F	38018/8.8	1614/3640 4	Based on self reported	131 item FFQ. Calculated servings/day for fruit, vegetables and combined. Defined green leafy vegetables as spinach/kale/lettuce. Data divided into fifths	Fruit: 3.91/0.62. Vegetables: 6.84/1.47. Fruit and vegetables: 10.16/2.54. Green leafy vegetables: 1.42/0.14	Age, BMI, smoking, total calories, alcohol, exercise, history of hypertension/high cholesterol, family history of diabetes	3
Montonen et al 2005, ⁴⁶	Finland/Fin nish	40-69/M and F	4304/23	383/3921	Confirmed via social	Dietary history interview. Calculated g/day for fruit	Fruit: $> 1.47/ <$ 0.31. Vegetables:	Age, BMI, sex, smoking, energy intake,	3

	Mobile Clinic Health Examination Survey				insurance register	and vegetables separately. Data divided into fifths	> 1.23/ < 0.4. Green leafy vegetables: > 0.4/<0.1	family history of diabetes, geographic area	
Bazzano et al 2008, ⁴³	USA/Nurses' Health Study	30-55/F	71346/18	4529/6681 7	Confirmed if met WHO criteria (before 1997) or ADA criteria (after 1998)	61 item FFQ. Calculated servings/day for fruit, vegetables and combined. Defined green leafy vegetables as spinach/kale/lettuce. Data divided into fifths	Fruit: 2.5/0.5. Vegetables: 5.2/1.5. Fruit and Vegetables: 7.5/2.1	Age, BMI, physical activity, smoking, alcohol, hormone therapy, family history of diabetes, total energy intake	4
Villegas et al 2008, ⁴⁷	China/Shanghai Women's Health Study	40-70/F	64191/4.6	896/63295	Confirmed by ADA criteria	77 item FFQ. Calculated g/day for fruit and vegetables separately. Defined green leafy vegetables as greens/Chinese greens/spinach. Data divided into fifths	Fruit: 4.56/0.82. Vegetables: 4.04/1.15. Green leafy vegetables: 1.28/0.26	Age, BMI, WHR, education, smoking, alcohol, hypertension, disease history, hormone use, occupational history, physical activity, income, daily energy intake	4
Cooper et al (study a) 2012, ⁵	8countries/EPIC-Inter Act study	40-79/M and F	24939/11	10821/141 18	Based on self reported	Country specific dietary questionnaires. Calculated g/day for fruit, vegetables and combined. Defined green leafy vegetables as	Fruit: 5.39/0.75. Vegetables: 3.94/0.88. Fruit and Vegetables: 8.71/2.13. Green	Age, BMI, sex, education, centre, physical activity, smoking, total energy intake, alcohol	2

							chard/endive/lettuce/borage /watercress/beet leaves/spinach. Data divided into quarters	leafy vegetables: 5.93/0.05		
Cooper (study 2012, ¹⁰	et al b)	England/E PIC-Norfol k	40-79/M and F	3704/11	653/3051	Based on self reported	117 item FFQ. Calculated servings/day for fruit, vegetables and combined. Data divided into thirds	Fruit: 3.4/0.6. Vegetables: 2.6/1.1. Fruit and Vegetables: 5.7/2.1	Age, BMI, sex, waist circumference, education, TDI, occupational social class, smoking, physical activity, family history of diabetes, energy intake, season	2
Muraki (cohort 2013, ¹¹	et al a)	USA/Nurse s' Health Study II	24-44/F	91246/8	741/90505	Confirmed by ADA criteria (after 1998)	133 item FFQ. Calculated servings/week for fruit. Data divided into fifths	Fruit: $\geq 3 / < 0.57$	Age, BMI, ethnicity, smoking, multivitamin use, physical activity, family history of diabetes, hormone use, oral contraceptive use, total energy intake	4
Muraki (cohort 2013, ¹¹	et al b)	USA/Healt h Professiona ls Follow-up Study	40-75/M	42504/12	1321/4118 3	Confirmed by WHO criteria (before 1997)	131 item FFQ. Calculated servings/month or servings/week for fruit. Data divided into fifths	Fruit: $\geq 3 / < 0.57$	Age, BMI, ethnicity, smoking, multivitamin use, physical activity, family history of diabetes, hormone use, oral contraceptive use,	4

Kurotanik et al 2013, ⁷	Japan/JPH C Study	40-69/M and F	48437/5	896/47541	Based on self reported	147 item FFQ. Calculated g/day for fruit, vegetables and combined. Defined green leafy vegetables as spinach/Chinese chives/garland chrysanthemums/cbingensa i/leaf mustard/mugwort/chard/komatsuna. Data divided into quarters	M 3.42/0.34. Vegetables: 3.35/0.71. Fruit and Vegetables: 6.48/1.38. Green leafy vegetables: 0.45/0.04. F Fruit: 4.60/0.7. Vegetables: 3.84/0.94. Fruit and Vegetables: 8.1/1.98. Green leafy vegetables: 0.54/0.07	Fruit: Age, BMI, public health centre area, smoking, alcohol, leisure-time activity, history of hypertension, coffee, family history of diabetes, Mg intake, Ca intake, energy intake	3
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FFQ=food frequency questionnaire, BMI=body mass index, SBP=systolic blood pressure, TDI=townsend deprivation index, WHR=weight:height ratio, ADA=American Diabetes Association, WHO=World Health Organization, M=male, F=female, study a= the EPIC-InterAct study, study b= the EPIC-Norfolk study, cohort a= the Nurses' Health Study II study, cohort b= the Health Professionals Follow-up Study. The analysis included 13 cohorts among the ten articles, where Ford et al and Kurotani et al study examined male and female separately, Cooper et al have two studies in 2012 and Muraki et al report included data from two independent cohorts.