

**Table B. Meta-analysis of intake of fruit and vegetables and risk of type 2 diabetes (highest versus lowest category)**

Variables	No of comparisons	Cases/ total	Test of association	Test of heterogeneity	Analysis of publication bias
			Pooled RR (95% CI), P value	Heterogeneity ( $I^2$ , %), P value	Begg's test, Egger's test (P value)
Fruit only	11	22995/424677	0.93 (0.88 to 0.99), 0.015	0, 0.477	0.533, 0.849
Vegetables only	9	20933/290927	0.90 (0.80 to 1.01), 0.068	66.5, 0.002	0.602, 0.176
Fruit and vegetables	9	20672/232097	0.94 (0.86 to 1.03), 0.202	34.6, 0.141	0.348, 0.609
Green leafy vegetables	7	19139/251235	0.87 (0.81 to 0.93), 0.000	0, 0.496	0.133, 0.101