Supplementary Tables

Table 1. Relative Risk Estimates of Etiologic Relationships between Diet and Cancer

Dietary Factors	Cancer	No. of Studies (No. of Events) in each meta-analysis	Source	Evidence Grading[1]	Unit of RR	RR (95% CI) per unit of RR	Statistical Heterogeneity
Fruits	Mouth, pharynx, and larynx	4 (1,646)	*de novo* meta-analysis	Probable ↓ risk	100g /d	0.95 (0.91, 1.00)	I^2=31.6%, P=0.22
Vegetables	Mouth, pharynx, and larynx	3 (1,554)	*de novo* meta-analysis	Probable ↓ risk	100g /d	0.91 (0.87, 0.96)	I^2=0, P=0.55
Whole Grains	Colon and rectum	6 (8,320)	CUP, 2018	Probable ↓ risk	90g/d	0.83 (0.78, 0.89)	I^2=18%, P=0.30
Processed Meats	Colon and rectum	10 (10,738)	CUP, 2018	Convincing ↑risk	50g/d	1.16 (1.08, 1.26)	I^2=20%, P=0.26
	Stomach (non-cardia)	3 (1,149)	CUP, 2018	Probable ↑ risk	50g/d	1.18 (1.01.1.38)	I^2=3.2%, P=0.36
Red Meats	Colon and rectum	8 (6,662)	CUP, 2018	Probable ↑risk	100g/d	1.12 (1.00, 1.25)	I^2=24%, P=0.24
Total Dairy products	Colon and rectum	10 (13,224)	CUP, 2018	Probable ↓risk	400g/d	0.87 (0.83, 0.90)	I^2=18%, P=0.27

Abbreviations: RR, Relative Risk

1.Evidence grading and RR estimates were based on the WCRF/AICR 2018 Continuous Update Project (CUP) Expert Report for most cancers (eAppendix 2).[13] Evidence grading and RR estimates for cancers in mouth, pharynx and larynx were based on *de novo* meta-analysis of prospective cohort studies (eAppendix 3).