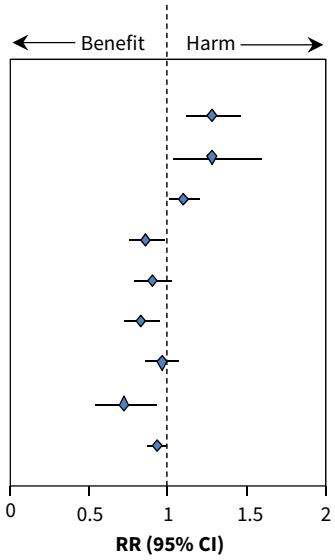
Appendix 2: Summary risk estimates for the relation of different food sources of sugars with incident type 2 diabetes.

Food source of sugars	Cohort comparisons	No. of participants	No. of cases	Median follow-up, yr	RR (95% CI)	I^2, %
SSB[1]	17	464 937	38 253	12	1.27 (1.10–1.46)	73*
Fruit drink[2]	4	191 686	12 375	19	1.28 (1.04–1.59)	43
100% fruit juice[1]	13	440 937	35 722	12	1.10 (1.01–1.20)	30
Yogurt[3]	8	187 170	15 893	10	0.86 (0.75–0.98)	59*
Sherbet[3]	2	78 437	2 846	11	0.90 (0.79–1.03)	0
Ice cream[3]	2	78 437	2 846	11	0.83 (0.73–0.95)	0
Cake, cookies[4]	8	16 154	778	16	0.96 (0.86–1.07)	35
Cereal (whole grain)[5]	3	128 314	4 202	10	0.72 (0.55–0.93)	78
Fruit[6]	11	424 677	22 995	11	0.93 (0.88–0.99)	0



Summary risk estimates for the relation of different food sources of sugars with incident type 2 diabetes (highest v. lowest level of intake). Eligible meta-analyses were identified by a PubMed search (through Oct. 9, 2016) using the search terms, "meta-analysis AND (cohort studies OR cohorts) AND (sugar-sweetened beverages OR fruit drinks OR fruit juice OR fruit OR grains OR cookies OR cakes OR pastries OR cereal OR dairy OR yogurt OR ice cream) AND type 2 diabetes." Exceptions for intake level: SSBs and fruit juice (expressed per 1 serving/d), yogurt (expressed per 200 g/d), and cake and cookies (middle intake level used as the reference intake, i.e., the intake associated with the lowest risk). Asterisks indicate significant interstudy heterogeneity. Values of $I^2 \geq 50\%$ indicate substantial heterogeneity. Values greater than 1.0 indicate harm. CI = confidence interval, RR = risk ratio, SSB = sugar-sweetened beverage.

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Appendix to: Tsilas CS, de Souza RJ, Blanco Meija S, et al. Relation of total sugars, fructose and sucrose with incident type 2 diabetes: a systematic review and meta-analysis of prospective cohort studies. *CMAJ* 2017. DOI:10.1503/cmaj.160706.

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