

Potentially relevant articles identified through Medline and Embase searches: $n = A$

Articles excluded based on title and abstract review: $n = B$

- Not prospective cohort: $n = B$ (i)
- Non-generalizable population: $n = B$ (ii)
- Irrelevant subject matter: $n = B$ (iii)
- Drug or treatment: $n = B$ (iv)
- Food and nutrition: $n = B$ (v)
- Review article: $n = B$ (vi)
- Duplicate: $n = B$ (vii)

Articles ordered for more detailed review: $n = C$

Articles excluded after detailed review: $n = D$

- Population not generalizable: $n = D$ (i)
- Mortality rates used: $n = D$ (ii)
- Study too small: $n = D$ (iii)

Articles meeting inclusion criteria and information extracted for meta-analysis: $n = E$

Articles not amenable to meta-analysis: $n = F$

- Required information not provided: $n = F$ (i)
- Same cohort already used: $n = F$ (ii)

Articles included in final meta-analysis calculations: $n = G$