ADDITIONAL FILE 2

Empirical evidence of study design biases in nutrition randomised controlled trials: a meta-epidemiological study

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		Risk Ratio	Risk Ratio
Study or Subgroup	Weight	IV, Random, 95% Cl	IV, Random, 95% Cl
RCTs lov	v risk of bias		
AlphaOmega - EPA+DHA 20'	10 6.7%	1.02 [0.88, 1.17]	Ī
AREDS2 2014	4.6%	0.94 [0.77, 1.14]	Ť
Baldassarre 2006	0.0%	3.00 [0.13, 70.99]	
Brox 2001	0.0%	0.17 [0.01, 4.05]	
DART 1989	9.5%	0.96 [0.88, 1.05]	Ī
Derosa 2016	0.1%	0.68 [0.12, 3.98]	
DOTI 2010	1.2%	0.89 [0.57, 1.38]	
D0I 2014	0.6%	0.46 [0.24, 0.89]	
EPE-A 2014	0.2%	0.37 [0.12, 1.18]	
EPIC-1 2008	0.0%	2.97 [0.12, 72.40]	
EPOCH 2014	0.2%	1.61 [0.54, 4.83]	
FAAT 2005	1.3%	0.80 [0.52, 1.23]	
FORWARD 2013	0.1%	1.03 [0.26, 4.07]	
FOSTAR 2016	0.7%	1.13 [0.61, 2.08]	
GISSI-HF 2008	12.2%	0.97 [0.92, 1.01]]
GISSI-P 1999	8.4%	0.90 [0.81, 1.00]	
HARP 1995	0.3%	0.95 [0.37, 2.46]	
JELIS 2007	5.8%	0.81 (0.69, 0.95)	-
Kumar 2013	0.0%	1.00 [0.06, 15.43]	
MAPT 2017	4.9%	1.19 [0.99, 1.43]	*
OMEGA 2009	4.2%	1.19 [0.97, 1.46]	<u> </u>
ORIGIN 2012	12.1%	0.98 [0.93, 1.03]	
Proudman 2015	0.0%	1.84 [0.08, 44.38]	
Puri 2005	0.0%	3.05 [0.13, 73.40]	
Raitt 2005	0.1%	0.40 [0.08, 2.01]	
Risk & Prevention 2013	8.7%	0.99 [0.89, 1.10]	
Sandhu 2016	0.0%	1.98 [0.18, 21.53]	
SCIMO 1999	0.8%	0.65 [0.37, 1.13]	
Shinto 2014	0.0%	3.00 [0.13, 67.52]	
SHUT 1996	0.5%	1.16 [0.55, 2.43]	
SUFA 2006	2.3%	1.05 [0.77, 1.42]	Т
SU.FOL.ON3 2010	0.7%	1.04 [0.90, 1.20]	
THIS DIET 2008 Subtotal (95% CI)	0.5%	1.37 [0.67, 2.80]	
Subtotal (55% Cl)	52.0%	0.57 [0.54, 1.01]	
Test for overall effect: Z = 1.6	3 (P = 0.10)	= 32 (F = 0.34), F = 8%	
RCTs unclear	r/high risk of b	ias	1
AFFORD 2013	0.5%	1.94 [0.96, 3.91]	<u> </u>
DART2 2003	4.5%	1.31 [1.07, 1.59]	
	0.6%	0.38 [0.20, 0.72]	
Nutristroke 2009	0.0%	0.10 [0.01, 1.79]	· · · · · · · · · · · · · · · · · · ·
OFAMI 2001	1.6%	1.17 [0.80, 1.71]	+
Subtotal (95% CI)	7.2%	0.99 [0.60, 1.62]	◆
Heterogeneity: Tau ^a = 0.20; C	Chi² = 17.63, df≉	= 4 (P = 0.001); I ² = 77%	
Test for overall effect Z = 0.0	5 (P = 0.96)		
Total (95% CI)	100.0%	0.99 [0.94, 1.04]	
Heterogeneity: Tau ^a = 0.00; C	Chi² = 58.46, df =	= 37 (P = 0.01); I ² = 37%	
Test for overall effect: Z = 0.5	4 (P = 0.59)		Favours Omega-3 Favours control
Test for subgroup difference:	s: Chi ^z = 0.00, d	if = 1 (P = 0.95), I ² = 0%	. arous onega o Tarous contor

Figure S1: Example of calculating effect estimates for randomised controlled trials at low risk of bias and unclear/high risk of bias; domain: random sequence CI: confidence interval; df: degrees of freedom; I²: heterogeneity measure; IV: inverse variance; RCT:

randomised controlled trial

Methodological trial characteristic: Random Sequence

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	95%-CI	Weight
Abdelhamid 2018a	Omega-3	Cardiovascular mortality	<u>∔</u>	1.24	[0.77; 2.00]	1.0%
Abdelhamid 2018a	Omega-3	Cardiovascular disease	+	1.02	[0.62; 1.68]	0.9%
Abdelhamid 2018a	α-Linolenic acid	Cardiovascular disease	+	1.24	[0.90; 1.71]	2.2%
Abdelhamid 2018a	Omega-3	All-cause mortality		1.18	[1.00; 1.38]	7.1%
Abdelhamid 2018a	α-Linolenic acid	Cardiovascular mortality	<u> </u>	1.05	[0.57; 1.95]	0.6%
Abdelhamid 2018a	α-Linolenic acid	Coronary heart disease	+-	1.31	[0.87; 1.97]	1.4%
Abdelhamid 2018b	Polyunsaturated fat	All-cause mortality	+	1.00	[0.78; 1.29]	3.3%
Abdelhamid 2018b	Polyunsaturated fat	Coronary heart disease]	0.34	[0.20; 0.59]	0.8%
Adler 2014	Low-sodium	All-cause mortality	4	0.94	[0.63; 1.40]	1.4%
Adler 2014	Low-sodium	Cardiovascular mortality		1.03	[0.17; 6.13]	0.1%
Adler 2014	Low-sodium	Cardiovascular disease	 +	1.26	[0.26; 6.02]	0.1%
Avenell 2014	Vitamin D	Hip fracture	+	1.10	[0.63; 1.92]	0.7%
Avenell 2014	Vitamin D	Any fracture	1	0.92	[0.66; 1.27]	2.1%
Bjelakovic 2012	β-carotene	All-cause mortality	-+	0.65	[0.39; 1.09]	0.9%
Bjelakovic 2012	Vitamin E	All-cause mortality		0.89	[0.80; 1.00]	11.8%
Bjelakovic 2012	Vitamin C	All-cause mortality	-+	0.77	[0.54; 1.10]	1.8%
Bjelakovic 2012	Vitamin A	All-cause mortality	<u> </u>	1.09	[0.45; 2.64]	0.3%
Bjelakovic 2014	Vitamin D	All-cause mortality		0.97	[0.91; 1.03]	20.8%
Bjelakovic 2014	Vitamin D	Cardiovascular mortality		- 3.06	[0.13; 71.27]	0.0%
Bjelakovic 2014b	Vitamin D	Cancer		2.97	[0.31; 28.12]	0.0%
De-Regil 2015	Folate	Neural tube defect		1.32	[0.30; 5.82]	0.1%
De-Regil 2015	Folate	Congenital cardiovascular anomalies	<u>+</u>	1.48	[0.15; 14.63]	0.0%
Hofmeyr 2018	Calcium	Pre-eclampsia		0.47	[0.24; 0.91]	0.5%
Hofmeyr 2018	Calcium	High blood pressure		0.47	[0.21; 1.02]	0.4%
Hooper 2012	Low-fat/modified fat	Cardiovascular mortality	+	1.09	[0.66; 1.78]	0.9%
Hooper 2012	Low-fat/modified fat	All-cause mortality	4	0.91	[0.58; 1.42]	1.1%
Hooper 2012	Low-fat/modified fat	Combined cardiovascular events	Ť	1.00	[0.79; 1.26]	3.9%
Hooper 2018	Omega-6	Combined cardiovascular events		0.36	[0.01; 10.54]	0.0%
Hooper 2018	Omega-6	All-cause mortality		0.75	[0.40; 1.40]	0.6%
Hooper 2018	Omega-6	Cardiovascular mortality -		0.08	[0.01; 1.04]	0.0%
Keats 2019	Micronutrients	Preterm birth	1	1.03	[0.86; 1.23]	6.1%
Keats 2019	Micronutrients	Low birth weight	-	1.02	[0.91; 1.15]	10.7%
Keats 2019	Micronutrients	Small gestational age	1	0.92	[0.77; 1.11]	5.8%
Rees 2013b	Selenium	All-cause mortality	Ť	0.99	[0.76; 1.28]	3.2%
Rees 2013b	Selenium	Cardiovascular mortality		0.70	[0.42; 1.17]	0.9%
Rees 2013b	Selenium	Combined cardiovascular events	1	0.96	[0.74; 1.25]	3.1%
Vinceti 2018	Selenium	Cancer	*-	1.41	[0.95; 2.07]	1.5%
Yao 2017	Fibre	Colorectal cancer	<u>}_</u>	1.28	[0.18; 8.91]	0.1%
Yao 2017	Fibre	Colorectal adenoma	1	0.91	[0.72; 1.15]	3.8%
Random effects mode	el de la companya de			0.97	[0.93; 1.02]	100.0%
Prediction interval			4		[0.88; 1.08]	
Heterogeneity: 12 = 28%,	$\tau^2 = 0.0019, p = 0.05$					
		0	.01 0.1 1 10 1	100		
		RR in high/unclear RoB < F	RR in low Rob RR in high/u	inclear Ro	B > RR in lov	v RoB

Figure S2: Random sequence: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	95%-CI	Weight
Abdelhamid 2018a	Omega-3	Cardiovascular mortality	- <u>1</u>	1.24	[0.77; 2.00]	3.1%
Abdelhamid 2018a	Omega-3	All-cause mortality	+	1.18	[1.00; 1.38]	9.7%
Abdelhamid 2018a	α-Linolenic acid	Cardiovascular mortality	<u> </u>	1.05	[0.57; 1.95]	2.1%
Abdelhamid 2018b	Polyunsaturated fat	All-cause mortality	-	1.00	[0.78; 1.29]	7.0%
Abdelhamid 2018b	Polyunsaturated fat	Coronary heart disease		0.34	[0.20; 0.59]	2.5%
Adler 2014	Low-sodium	All-cause mortality	+	0.94	[0.63; 1.40]	4.1%
Adler 2014	Low-sodium	Cardiovascular mortality		1.03	[0.17; 6.13]	0.3%
Avenell 2014	Vitamin D	Hip fracture		1.10	[0.63; 1.92]	2.5%
Bjelakovic 2012	β-carotene	All-cause mortality	-=	0.65	[0.39; 1.09]	2.8%
Bjelakovic 2012	Vitamin E	All-cause mortality		0.89	[0.80; 1.00]	11.2%
Bjelakovic 2012	Vitamin C	All-cause mortality	-	0.77	[0.54; 1.10]	4.8%
Bjelakovic 2012	Vitamin A	All-cause mortality		1.09	[0.45; 2.64]	1.1%
Bjelakovic 2014	Vitamin D	All-cause mortality	i i i i i i i i i i i i i i i i i i i	0.97	[0.91; 1.03]	12.5%
Bjelakovic 2014	Vitamin D	Cardiovascular mortality		- 3.06	[0.13; 71.27]	0.1%
Bjelakovic 2014b	Vitamin D	Cancer		2.97	[0.31; 28.12]	0.2%
De-Regil 2015	Folate	Neural tube defect		1.32	[0.30; 5.82]	0.4%
De-Regil 2015	Folate	Congenital cardiovascular anomalies		1.48	[0.15; 14.63]	0.2%
Hofmeyr 2018	Calcium	Pre-eclampsia		0.47	[0.24; 0.91]	1.8%
Hofmeyr 2018	Calcium	High blood pressure		0.47	[0.21; 1.02]	1.4%
Hooper 2012	Low-fat/modified fat	Cardiovascular mortality	- 1 -	1.09	[0.66; 1.78]	3.0%
Hooper 2012	Low-fat/modified fat	All-cause mortality		0.91	[0.58; 1.42]	3.5%
Hooper 2018	Omega-6	All-cause mortality		0.75	[0.40; 1.40]	2.1%
Hooper 2018	Omega-6	Cardiovascular mortality –		0.08	[0.01; 1.04]	0.1%
Keats 2019	Micronutrients	Preterm birth	÷	1.03	[0.86; 1.23]	9.2%
Rees 2013b	Selenium	All-cause mortality	÷.	0.99	[0.76; 1.28]	6.9%
Rees 2013b	Selenium	Cardiovascular mortality		0.70	[0.42; 1.17]	2.8%
Vinceti 2018	Selenium	Cancer	-	1.41	[0.95; 2.07]	4.3%
Yao 2017	Fibre	Colorectal cancer		1.28	[0.18; 8.91]	0.2%
Random effects mode	el		4	0.94	[0.85; 1.03]	100.0%
Prediction interval		_			[0.69; 1.26]	
Heterogeneity: 1 ² = 42%,	τ ² = 0.0186, <i>p</i> = 0.01	Г				
		0.0)1 0.1 1 10	100		
		RR in high/unclear RoB < R	R in low Rob RR in high	/unclear Ro	B > RR in low	/ RoB

Figure S3: Random sequence: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Sensitivity analysis: Excluding highly correlated outcomes

CI: confidence interval; I²: heterogeneity measure; RoB: risk of bias; RR: risk ratio; RRR: ratio of risk ratios; τ^2 : heterogeneity value with Restricted Maximum-likelihood estimation method

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	95%-CI	Weight
Abdelhamid 2018a	α-Linolenic acid	Cardiovascular disease].	1.24	[0.90; 1.71]	3.5%
Abdelhamid 2018a	Omega-3	All-cause mortality		1.18	[1.00; 1.38]	10.4%
Abdelhamid 2018b	Polyunsaturated fat	All-cause mortality	+	1.00	[0.78; 1.29]	5.3%
Adler 2014	Low-sodium	All-cause mortality	_ _	0.94	[0.63; 1.40]	2.3%
Avenell 2014	Vitamin D	Any fracture		0.92	[0.66; 1.27]	3.4%
Bjelakovic 2012	β-carotene	All-cause mortality		0.65	[0.39; 1.09]	1.4%
Bjelakovic 2012	Vitamin E	All-cause mortality	+	0.89	[0.80; 1.00]	15.8%
Bjelakovic 2012	Vitamin C	All-cause mortality		0.77	[0.54; 1.10]	2.9%
Bjelakovic 2012	Vitamin A	All-cause mortality	i	1.09	[0.45; 2.64]	0.5%
Bjelakovic 2014a	Vitamin D	All-cause mortality		0.97	[0.91; 1.03]	24.1%
Bjelakovic 2014b	Vitamin D	Cancer		- 2.97	[0.31; 28.12]	0.1%
De-Regil 2015	Folate	Neural tube defect	_	1.32	[0.30; 5.82]	0.2%
Hofmeyr 2018	Calcium	Pre-eclampsia	+	0.47	[0.24; 0.91]	0.9%
Hooper 2012	Low-fat/modified fat (Combined cardiovascular events	+	1.00	[0.79; 1.26]	6.0%
Hooper 2018	Omega-6	All-cause mortality	+	0.75	[0.40; 1.40]	1.0%
Keats 2019	Micronutrients	Preterm birth	+	1.03	[0.86; 1.23]	9.1%
Rees 2013b	Selenium	All-cause mortality	+	0.99	[0.76; 1.28]	5.0%
Vinceti 2018	Selenium	Cancer	<u>+-</u>	1.41	0.95; 2.07]	2.4%
Yao 2017	Fibre	Colorectal adenoma	4	0.91	[0.72; 1.15]	5.9%
Random effects mode	el		Ļ	0.98	[0.92; 1.04]	100.0%
Prediction interval			4		[0.85; 1.12]	
Heterogeneity: 1 ² = 28%,	$\tau^2 = 0.0032, p = 0.13$					
- • •			0.1 0.5 1 2 10			
		RR in high/unclear RoB < I	RR in low Rob RR in high/un	clear Ro	B > RR in low	v RoB

Figure S4: Random sequence: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Sensitivity analysis: Including only one outcome per comparison from each included systematic review

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	9	5%-CI	Weight
Fatty acids Abdelhamid 2018a Abdelhamid 2018a Abdelhamid 2018a Abdelhamid 2018a Abdelhamid 2018a Abdelhamid 2018b Abdelhamid 2018b Hooper 2018 Hooper 2018 Random effects mode Prediction interval Heterogenity. / ² = 62%	Omega-3 Omega-3 α -Linolenic acid Omega-3 α -Linolenic acid α -Linolenic acid α -Linolenic acid Polyunsaturated fat Polyunsaturated fat Polyunsaturated fat Omega-6 Omega-6 I $t^2 = 0.0915, p < 0.01$	Cardiovascular mortality Cardiovascular disease Cardiovascular disease All-cause mortality Cardiovascular mortality Coronary heart disease All-cause mortality Coronary heart disease Combined cardiovascular events All-cause mortality Cardiovascular mortality		1.24 1.02 1.24 1.18 1.05 1.31 1.00 0.34 0.36 0.75 0.08 0.97	[0.77; [0.62; [0.90; [1.00; [0.57; [0.87; [0.20; [0.01; [0.40; [0.40; [0.76; [0.46;	2.00] 1.68] 1.71] 1.38] 1.95] 1.97] 1.29] 0.59] [0.54] 1.40] 1.04] 1.23] 2.02]	1.0% 0.9% 2.2% 7.1% 0.6% 1.4% 3.3% 0.0% 0.0% 0.0% 0.0% 17.9%
Micronutrients Adler 2014 Adler 2014 Adler 2014 Avenell 2014 Avenell 2014	Low-sodium Low-sodium Low-sodium Vitamin D Vitamin D	All-cause mortality Cardiovascular mortality Cardiovascular disease Hip fracture Any fracture		0.94 1.03 1.26 1.10 0.92	[0.63; [0.17; [0.26; [0.63; [0.66:	1.40] 6.13] 6.02] 1.92] 1.27]	1.4% 0.1% 0.1% 0.7% 2.1%
Bjelakovic 2012 Bjelakovic 2012 Bjelakovic 2012 Bjelakovic 2012 Bjelakovic 2014 Bjelakovic 2014	β-carotene Vitamin E Vitamin C Vitamin A Vitamin D Vitamin D	All-cause mortality All-cause mortality All-cause mortality All-cause mortality All-cause mortality Cardiovascular mortality		0.65 0.89 0.77 1.09 0.97 3.06	[0.39; [0.80; [0.54; [0.45; [0.91; [0.13]	1.09] 1.00] 1.10] 2.64] 1.03] 71.27]	0.9% 11.8% 1.8% 0.3% 20.8% 0.0%
Bjelakovic 2014b De-Regil 2015 De-Regil 2015 Hofmeyr 2018 Hofmeyr 2018	Vitamin D Folate Folate Calcium Calcium	Cancer Neural tube defect Congenital cardiovascular anomalies Pre-eclampsia High blood pressure		2.97 1.32 1.48 0.47 0.47	[0.31; 2 [0.30; [0.15; 1 [0.24; [0.21;	28.12] 5.82] [4.63] 0.91] 1.02]	0.0% 0.1% 0.0% 0.5% 0.4%
Keats 2019 Keats 2019 Keats 2019 Rees 2013b Rees 2013b Rees 2013b	Micronutrients Micronutrients Micronutrients Selenium Selenium Selenium	Low birth weight Small gestational age All-cause mortality Cardiovascular mortality Combined cardiovascular events		1.03 1.02 0.92 0.99 0.70 0.96	[0.86; [0.91; [0.77; [0.76; [0.42; [0.74;	1.23 1.15] 1.11] 1.28] 1.17] 1.25]	6.1% 10.7% 5.8% 3.2% 0.9% 3.1%
Vinceti 2018 Random effects mode Prediction interval Heterogeneity: $I^2 = 2\%$, τ^2	Selenium I ² = 0, <i>p</i> = 0.44	Cancer	+-	1.41 0.96	[0.95; [0.92; [0.91;	2.07] 1.00] 1.00]	1.5% 72.3%
Dietary approach Hooper 2012 Hooper 2012 Hooper 2012 Random effects mode Prediction interval Heterogeneity: $l^2 = 0\%$, τ	Low-fat/modified fat Low-fat/modified fat Low-fat/modified fat $^2 = 0, p = 0.87$	Cardiovascular mortality All-cause mortality Combined cardiovascular events		1.09 0.91 1.00 0.99	[0.66; [0.58; [0.79; [0.82; [0.29;	1.78] 1.42] 1.26] 1.20] 3.41]	0.9% 1.1% 3.9% 5.9%
Other Yao 2017 Yao 2017 Random effects mode Heterogeneity: / ² = 0%, τ ²	Fibre Fibre 1 2 = 0, p = 0.73	Colorectal cancer Colorectal adenoma		1.28 0.91 0.91	[0.18; [0.72; [0.72;	8.91] 1.15] 1.15]	0.1% 3.8% 3.8%
Random effects mode Prediction interval	1 r ² - 0.0019, a - 0.05		P	0.97	[0.93; [0.88;	1.02] 1.08]	100.0%
neterogenetty. 1 = 20%,	ν – 0.0015, <i>μ</i> = 0.05	RR in high/unclear RoB <	0.01 0.1 1 10 1 RR in low RoB RR in high/u	100 Inclear Ro	oB > RF	r in Iov	v RoB

Figure S5: Random sequence: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Subgroup analysis: Clusters of interventions

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	95%-CI Weight
Reference Cardiovascular diseas Abdelhamid 2018a Abdelhamid 2018a Abdelhamid 2018a Abdelhamid 2018a Abdelhamid 2018b Adler 2014 Bjelakovic 2014 Hooper 2012 Hooper 2012 Hooper 2018 Rees 2013b Rees 2013b Random effects mode Prediction interval Heterogeneity: $l^2 = 45\%$, t	Intervention Se Omega-3 Omega-3 or-Linolenic acid or-Linolenic acid or-Linolenic acid Polyunsaturated fat Low-sodium Vitamin D Low-sodium Vitamin D Low-fat/modified fat Omega-6 Selenium Selenium Selenium	Outcome Cardiovascular mortality Cardiovascular disease Cardiovascular disease Cardiovascular mortality Coronary heart disease Coronary heart disease Cardiovascular mortality Cardiovascular mortality Cardiovascular mortality Cardiovascular mortality Combined cardiovascular events Cardiovascular mortality Cardiovascular mortality Cardiovascular mortality Cardiovascular mortality Cardiovascular mortality Cardiovascular mortality Cardiovascular mortality Cardiovascular mortality	Ratio of Risk Ratios	RRR 1.24 1.02 1.24 1.05 1.31 1.03 1.26 3.06 1.09 1.00 0.36 0.08 0.70 0.96	95%-CI Weight [0.77; 2.00] 1.0% [0.62; 1.68] 0.9% [0.90; 1.71] 2.2% [0.57; 1.95] 0.6% [0.87; 1.97] 1.4% [0.20; 0.59] 0.8% [0.17; 6.13] 0.1% [0.26; 6.02] 0.1% [0.26; 6.02] 0.1% [0.26; 6.02] 0.1% [0.26; 1.78] 0.9% [0.79; 1.26] 3.9% [0.01; 10.54] 0.0% [0.42; 1.17] 0.9% [0.74; 1.25] 3.1% [0.79; 1.17] 15.8% [0.54; 1.71] –
All-cause mortality Abdelhamid 2018a Abdelhamid 2018b Adler 2014 Bjelakovic 2012 Bjelakovic 2012 Bjelakovic 2012 Bjelakovic 2012 Bjelakovic 2014 Hooper 2012 Hooper 2018 Rees 2013b Random effects mode Prediction interval Heterogeneity: I ² = 19%, 1	Omega-3 Polyunsaturated fat Low-sodium β -carotene Vitamin E Vitamin C Vitamin A Vitamin D Low-fat/modified fat Omega-6 Selenium	All-cause mortality All-cause mortality	╼╼╌┝╌┰ ╌╶┿╌┝╌┰╸╸┿╌┝╸┥╴┥╸┥╸┥╸╸╸╸╸╸╸	1.18 1.00 0.94 0.65 0.89 0.77 1.09 0.97 0.91 0.75 0.99 0.96	$ \begin{bmatrix} 1.00; \ 1.38 \end{bmatrix} & 7.1\% \\ [0.78; \ 1.29] & 3.3\% \\ [0.63; \ 1.40] & 1.4\% \\ [0.39; \ 1.09] & 0.9\% \\ [0.80; \ 1.00] & 11.8\% \\ [0.54; \ 1.10] & 1.8\% \\ [0.45; \ 2.64] & 0.3\% \\ [0.45; \ 2.64] & 0.3\% \\ [0.45; \ 2.64] & 0.3\% \\ [0.45; \ 1.42] & 1.1\% \\ [0.46; \ 1.42] & 1.1\% \\ [0.46; \ 1.42] & 3.2\% \\ [0.88; \ 1.04] & 52.3\% \\ [0.80; \ 1.16] & \\ $
Bone health Avenell 2014 Avenell 2014 Random effects model Heterogeneity: $J^2 = 0\%$, τ^2	Vitamin D Vitamin D $^2 = 0, p = 0.57$	Hip fracture Any fracture		1.10 0.92 0.96	[0.63; 1.92] 0.7% [0.66; 1.27] 2.1% [0.73; 1.27] 2.9%
Cancer Bjelakovic 2014b Vinceti 2018 Yao 2017 Yao 2017 Random effects model Prediction interval Heterogeneity: / ² = 33%, 1	Vitamin D Selenium Fibre Fibre $\tau^2 = 0.0609, p = 0.21$	Cancer Cancer Colorectal cancer Colorectal adenoma		2.97 1.41 1.28 0.91 1.13	[0.31; 28.12] 0.0% [0.95; 2.07] 1.5% [0.18; 8.91] 0.1% [0.72; 1.15] 3.8% [0.77; 1.68] 5.4% [0.29; 4.45]
Pregnancy outcomes De-Regil 2015 De-Regil 2015 Hofmeyr 2018 Hofmeyr 2018 Keats 2019 Keats 2019 Keats 2019 Random effects mode Prediction interval Heterogeneity: J ² = 38%, 1	Folate Folate Calcium Calcium Micronutrients Micronutrients Micronutrients $r^2 = 0, p = 0.14$	Neural tube defect Congenital cardiovascular anomalies Pre-eclampsia High blood pressure Preterm birth Low birth weight Small gestational age		1.32 1.48 0.47 0.47 1.03 1.02 0.92 0.98	[0.30; 5.82] 0.1% [0.15; 14.63] 0.0% [0.24; 0.91] 0.5% [0.21; 1.02] 0.4% [0.86; 1.23] 6.1% [0.91; 1.15] 10.7% [0.77; 1.11] 5.8% [0.90; 1.07] 23.7% [0.88; 1.10]
Random effects model Prediction interval Heterogeneity: $I^2 = 28\%$, 1	$\tau^2 = 0.0019, p = 0.05$	0 RR in hidh/unclear RoB <	0.01 0.1 1 10 1 RR in low RoB RR in high/u	0.97 - 100 nclear Ro	[0.93; 1.02] 100.0% [0.88; 1.08] B > RR in low RoB

Figure S6: Random sequence: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Subgroup analysis: Clusters of outcomes

Omega-3 Polyunsaturated fat Low-sodium β-carotene Vitamin E Vitamin C Vitamin A Vitamin D	All-cause mortality All-cause mortality All-cause mortality All-cause mortality All-cause mortality All-cause mortality All-cause mortality	++	1.18 [1.00; 1.38] 7.1% 1.00 [0.78; 1.29] 3.3% 0.94 [0.63; 1.40] 1.4% 0.65 [0.39; 1.09] 0.9% 0.89 [0.80; 1.00] 11.8%
Low-fat/modified fat Omega-6 Selenium ² = 0.0050, p = 0.26	All-cause mortality All-cause mortality All-cause mortality All-cause mortality		0.77 [0.54; 1.10] 1.8% 1.09 [0.45; 2.64] 0.3% 0.97 [0.91; 1.03] 20.8% 0.91 [0.58; 1.42] 1.1% 0.75 [0.40; 1.40] 0.6% 0.99 [0.76; 1.28] 3.2% 0.96 [0.88; 1.04] 52.3% [0.80; 1.16]
Omega-3 Omega-3 o-Linolenic acid o-Linolenic acid o-Linolenic acid Polyunsaturated fat Low-sodium Vitamin D Vitamin D Vitamin D Vitamin D Vitamin D Vitamin D Vitamin D Low-fat/modified fat Omega-6 Selenium Selenium Selenium Fibre Fibre	Cardiovascular mortality Cardiovascular disease Cardiovascular disease Cardiovascular mortality Coronary heart disease Coronary heart disease Cardiovascular mortality Cardiovascular disease Hip fracture Any fracture Cardiovascular mortality Cancer Cardiovascular mortality Combined cardiovascular events Cardiovascular mortality Cardiovascular mortality Cardiovascular mortality Cardiovascular mortality Cardiovascular mortality Cardiovascular events Cardiovascular mortality Combined cardiovascular events Cardiovascular mortality Combined cardiovascular events Cardiovascular mortality Conbined cardiovascular events Cardiovascular mortality Conbined cardiovascular events Cancer Colorectal cancer		$\begin{array}{cccccccccccccccccccccccccccccccccccc$
Folate Folate Calcium Calcium Micronutrients Micronutrients $2^{2} = 0, p = 0.14$	Neural tube defect Congenital cardiovascular anomalies Pre-eclampsia High blood pressure Preterm birth Low birth weight Small gestational age		1.32 [0.30; 5.82] 0.1% 1.48 [0.15; 14.63] 0.0% 0.47 [0.24; 0.91] 0.5% 0.47 [0.24; 1.02] 0.4% 1.03 [0.86; 1.23] 6.1% 1.02 [0.91; 1.15] 10.7% 0.92 [0.77; 1.11] 5.8% 0.98 [0.90; 1.07] 23.7% [0.88; 1.10] 0.97 [0.93; 1.02] 100.0% [0.88; 1.08]
	Vitamin D Low-fat/modified fat Omega-6 Selenium $2^{2} = 0.0050, p = 0.26$ essed Omega-3 o-Linolenic acid o-Linolenic acid o-Linolenic acid o-Linolenic acid o-Linolenic acid c-Linolenic acid polyunsaturated fat Low-sodium Vitamin D Vitamin M Folow-fat/modified fat Low-fat/modified fat Low-fat/modified fat Comega-6 Selenium Selenium Selenium Selenium Fibre Fibre $2^{2} = 0.0260, p = 0.06$ Folate Calcium Calcium Micronutrients Mi	Vitamin AAll-cause mortalityLow-fat/modified fatAll-cause mortalityComega-6All-cause mortalityseleniumAll-cause mortality $t^2 = 0.0050, p = 0.26$ essedOmega-3Cardiovascular mortalityomega-3Cardiovascular diseaseo-Linolenic acidCardiovascular mortalityo-Linolenic acidCardiovascular mortalityo-Linolenic acidCardiovascular mortalityo-Linolenic acidCoronary heart diseasepolyunsaturated fatCoronary heart diseaseLow-sodiumCardiovascular mortalityLow-sodiumCardiovascular mortalityUtamin DHip fractureVitamin DCardiovascular mortalityVitamin DCardiovascular mortalityLow-fat/modified fatCardiovascular mortalityLow-fat/modified fatCardiovascular mortalityComega-6Cardiovascular mortalitySeleniumCardiovascular mortalitySeleniumCardiovascular mortalitySeleniumCardiovascular mortalitySeleniumCardiovascular mortalitySeleniumCardiovascular mortalitySeleniumCardiovascular mortalityCalciumPre-eclampsiaHigh blood pressurePre-eclampsiaHigh blood pressurePreterm birthLow birth weightSmall gestational age $t^2 = 0, p = 0.14$ Cardiovascular R nortality	Vitamin A All-cause mortality Vitamin D All-cause mortality Omega-6 All-cause mortality *= 0.0050, p = 0.26 essed Omega-3 Cardiovascular mortality omega-3 Cardiovascular disease o-Linolenic acid Cardiovascular disease o-Linolenic acid Cardiovascular mortality o-Linolenic acid Cardiovascular mortality o-Linolenic acid Coronary heart disease o-Linolenic acid Coronary heart disease o-Low-sodium Cardiovascular mortality Low-sodium Cardiovascular mortality Utamin D Any fracture Vitamin D Cardiovascular mortality Uow-fat/modified fat Cardiovascular events Omega-6 Cardiovascular events Omega-6 Cardiovascular events Omega-6 Cardiovascular events Omega-7 Cardiovascular mortality Selenium Combined cardiovascular anomalies Omega-6 Cardiovascular mortality Cardiovascular mortality Image: Corolectal cancer Fibre Colorectal cancer

Figure S7: Random sequence: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Subgroup analysis: Subjective versus objective outcomes

Reference	Intervention	Outcome	Difference of SMD	DSMD	95%-CI	Weight
Abdelhamid 2018a	Omega-3	Body weight		-0.53 [-1.31; 0.25]	1.1%
Adler 2014	Low-sodium	Systolic blood pressure		0.00	-0.40; 0.40]	3.9%
Adler 2014	Low-sodium	Diastolic blood pressure		-0.05	-0.37; 0.27]	5.8%
Cormick 2015	Calcium	Systolic blood pressure		-0.11	-0.34; 0.12]	9.3%
Cormick 2015	Calcium	Diastolic blood pressure		0.05 [-0.30; 0.40]	5.0%
Hartley 2013	Fruit & Vegetables	Systolic blood pressure		0.18	-0.14; 0.50]	5.8%
Hartley 2013	Fruit & Vegetables	Diastolic blood pressure		0.20	-0.11; 0.51]	5.9%
Hartley 2016	Fibre	Systolic blood pressure		0.56	0.01; 1.11]	2.2%
Hartley 2016	Fibre	Diastolic blood pressure		-0.13	-0.69; 0.43]	2.2%
Hooper 2015a	Low-fat	Body weight	<u> </u>	-0.07	-0.20; 0.06]	18.3%
Kelly 2017	Whole grains	Body weight		-0.16	-0.56; 0.24]	4.0%
Kelly 2017	Whole grains	Systolic blood pressure	_ _	-0.09	-0.45; 0.27]	4.8%
Kelly 2017	Whole grains	Diastolic blood pressure		-0.14	-0.46; 0.18]	5.6%
Palacios 2019	Vitamin D	Birth weight		-0.11	-0.65; 0.43]	2.3%
Rees 2013	Healthy diet	Systolic blood pressure		0.53	0.09; 0.97]	3.4%
Rees 2013	Healthy diet	Diastolic blood pressure		0.53	0.10; 0.96]	3.5%
Rees 2019	Mediterranean diet	Systolic blood pressure		-0.01	-0.57; 0.55]	2.1%
Rees 2019	Mediterranean diet	High Density Lipoprotein		0.17	-0.20; 0.54]	4.5%
Rees 2019	Mediterranean diet	Triglycerides		-0.12	-0.52; 0.28]	4.0%
Usinger 2012	Fermented milk	Systolic blood pressure		-0.40	-0.94; 0.14]	2.3%
Usinger 2012	Fermented milk	Diastolic blood pressure		-0.12 [-0.52; 0.28]	3.9%
Random effects mod	el		4	0.01 F	-0.08: 0.091	100.0%
Prediction interval				į.	-0.18; 0.19]	
Heterogeneity: $I^2 = 28\%$	$\tau^2 = 0.0061, p = 0.11$					
	,		-1 -0.5 0 0.5 1			
	SMI) in high/unclear RoB < SI	MD in low RoB SMD in high/ur			

Figure S8: Random sequence: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for continuous outcomes as pooled difference of standardised mean difference

CI: confidence interval; DSMD: difference of standardised mean differences; I²: heterogeneity measure; RoB: risk of bias; SMD: standardised mean difference; τ^2 : heterogeneity value with Restricted Maximum-likelihood estimation method

Reference	Intervention	Outcome	Difference of SMD	DSMD	95%-CI	Weight
Abdelhamid 2018a	Omega-3	Body weight		-0.53 [-	-1.31; 0.25]	1.7%
Adler 2014	Low-sodium	Systolic blood pressure		0.00 [-	-0.40; 0.40]	5.9%
Cormick 2015	Calcium	Systolic blood pressure		-0.11 [-	-0.34; 0.12]	14.1%
Hartley 2013	Fruit & Vegetables	Systolic blood pressure		0.18 [-	-0.14; 0.50]	8.8%
Hartley 2016	Fibre	Systolic blood pressure		0.56 [0.01; 1.11]	3.4%
Hooper 2015a	Low-fat	Body weight		-0.07 [-	-0.20; 0.06]	27.8%
Kelly 2017	Whole grains	Body weight		-0.16 [-	-0.56; 0.24]	6.0%
Kelly 2017	Whole grains	Systolic blood pressure		-0.09 [-	-0.45; 0.27]	7.2%
Palacios 2019	Vitamin D	Birth weight		-0.11 [-	-0.65; 0.43]	3.4%
Rees 2013	Healthy diet	Systolic blood pressure		0.53 [0.09; 0.97]	5.1%
Rees 2019	Mediterranean diet	High Density Lipoprotein		0.17 [-	-0.20; 0.54]	6.8%
Rees 2019	Mediterranean diet	Triglycerides		-0.12 [-	-0.52; 0.28]	6.1%
Usinger 2012	Fermented milk	Systolic blood pressure		-0.40 [-	-0.94; 0.14]	3.5%
Random effects mode	el		4	-0.01 [-	0.12; 0.09]	100.0%
Prediction interval				[-	0.22; 0.20]	
Heterogeneity: /2 = 36%,	$\tau^2 = 0.0061, p = 0.10$					
			-1 -0.5 0 0.5 1			
	SMI) in high/unclear RoB < S	MD in low RoB SMD in high/u	nclear RoB	> SMD in lo	ow RoB

Figure S9: Random sequence: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for continuous outcomes as pooled difference of standardised mean differences. Sensitivity analysis: Excluding highly correlated outcomes

CI: confidence interval; DSMD: difference of standardised mean differences; I²: heterogeneity measure; RoB: risk of bias; SMD: standardised mean difference; τ^2 : heterogeneity value with Restricted Maximum-likelihood estimation method

Reference	Intervention	Outcome	Difference of SMD	DSMD	95%-CI	Weight
Abdelhamid 2018a	Omega-3	Body weight -		-0.53 [·	-1.31; 0.25]	2.4%
Adler 2014	Low-sodium	Systolic blood pressure	<u>+</u>	0.00	0.40; 0.40]	7.6%
Cormick 2015	Calcium	Systolic blood pressure		-0.11	0.34; 0.12]	15.9%
Hartley 2013	Fruit & Vegetables	Systolic blood pressure		0.18	0.14; 0.50]	10.8%
Hartley 2016	Fibre	Systolic blood pressure		0.56 [0.01; 1.11]	4.6%
Hooper 2015a	Low-fat	Body weight		-0.07 [0.20; 0.06]	25.8%
Kelly 2017	Whole grains	Systolic blood pressure	_	-0.09 [0.45; 0.27]	9.1%
Palacios 2019	Vitamin D	Birth weight		-0.11	0.65; 0.43]	4.6%
Rees 2013	Healthy diet	Systolic blood pressure		0.53 [0.09; 0.97]	6.7%
Rees 2019	Mediterranean diet	Triglycerides	<u>_</u>	-0.12	0.52; 0.28]	7.8%
Usinger 2012	Fermented milk	Systolic blood pressure		-0.40 [·	-0.94; 0.14]	4.7%
Random effects mod	lel		4	-0.01 [-	0.13; 0.12]	100.0%
Prediction interval				[-	0.29; 0.28]	
Heterogeneity: / ² = 42%	$\tau^2 = 0.0118, p = 0.07$					
			-1 -0.5 0 0.5 1			

Figure S10: Random sequence: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for continuous outcomes as pooled difference of standardised mean differences. Sensitivity analysis: Including only one outcome per comparison from each included systematic review

CI: confidence interval; DSMD: difference of standardised mean differences; I²: heterogeneity measure; RoB: risk of bias; SMD: standardised mean difference; τ^2 : heterogeneity value with Restricted Maximum-likelihood estimation method

Methodological trial characteristic: Allocation concealment

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	9	5%-CI	Weight
Abdelhamid 2018a	Omega-3	Cardiovascular mortality	-+-	0.84	[0.54;	1.31]	0.8%
Abdelhamid 2018a	Omega-3	Cardiovascular disease	+	0.97	[0.76;	1.24]	2.5%
Abdelhamid 2018a	α-Linolenic acid	Cardiovascular disease	*	1.24	[0.90;	1.71]	1.5%
Abdelhamid 2018a	Omega-3	All-cause mortality	-+-	0.76	[0.54;	1.08]	1.3%
Abdelhamid 2018a	α-Linolenic acid	Cardiovascular mortality	<u> </u>	1.05	[0.57;	1.95]	0.4%
Abdelhamid 2018a	α-Linolenic acid	Coronary heart disease		1.31	[0.87;	1.97]	0.9%
Abdelhamid 2018b	Polyunsaturated fat	All-cause mortality	+	0.93	[0.76;	1.14]	3.5%
Abdelhamid 2018b	Polyunsaturated fat	Coronary heart disease	-+-	0.68	[0.41;	1.14]	0.6%
Adler 2014	Low-sodium	All-cause mortality	++	1.41	[0.85;	2.36]	0.6%
Adler 2014	Low-sodium	Cardiovascular mortality	+	0.64	[0.15;	2.70]	0.1%
Adler 2014	Low-sodium	Cardiovascular disease	_+ <u>+</u> _	0.72	[0.34;	1.50]	0.3%
Avenell 2014	Vitamin D	Hip fracture	_ 	1.21	[0.58;	2.50]	0.3%
Avenell 2014	Vitamin D	Any fracture	+	1.41	[0.94]	2.121	0.9%
Bielakovic 2012	B-carotene	All-cause mortality	_+ <u>+</u> _	0.75	0.36	1.58	0.3%
Bielakovic 2012	Vitamin E	All-cause mortality		0.89	08.01	0.991	9.8%
Bielakovic 2012	Vitamin C	All-cause mortality	4	0.92	0.72	1,181	2.4%
Bielakovic 2012	Vitamin A	All-cause mortality	4	0.93	10.70	1.241	1.9%
Bielakovic 2014	Vitamin D	All-cause mortality		1 02	10.96	1 091	18.3%
Bielakovic 2014	Vitamin D	Cardiovascular mortality	_ 	2 03	[0.00,	9 901	0.1%
Bielakovic 2014b	Vitamin D	Cancer		1.67	10.49	5,711	0.1%
De-Regil 2015	Folate	Neural tube defect		0.76	10 20	2 851	0.1%
De-Regil 2015	Folate	Congenital cardiovascular anomalies		- 6.60	10 39 1	11 461	0.0%
Hofmeyr 2018	Calcium	Pre-eclamosia		0.28	10 08	1 041	0.1%
Hofmeyr 2018	Calcium	High blood pressure		0.20	10 11	0.581	0.1%
Hooper 2012	Low-fat/modified fat	Cardiovascular mortality	· 1	1 04	10.83	1 311	2.8%
Hooper 2012	Low-fat/modified fat	All-cause mortality	E.	1.06	10 95	1 101	8 9%
Hooper 2012	Low-fat/modified fat	Combined cardiovascular events	Ŧ	1.00	10.80	1 291	2.6%
Hooper 2015b	Low saturated fat	All-cause mortality	Ļ	1 13	10.88	1.461	2.0%
Hooper 2015b	Low saturated fat	Cardiovascular mortality	Ļ	1.13	10.00,	1.561	1.7%
Hooper 2015b	Low saturated fat	Combined cardiovascular events	Ŧ	0.94	10.69	1 291	1.6%
Hooper 2018	Omerca-6	Combined cardiovascular events		0.57	10 35	0 021	0.7%
Hooper 2018	Omega-6	All-cause mortality		0.62	10.30	0.021	0.7%
Hooper 2018	Omega-6	Cardiovascular mortality		0.62	10.34	1 151	0.1%
Koate 2010	Micronutrients	Protorm hirth	- 1	1.02	10.04,	1 171	6.6%
Koate 2019	Micronutrients	Low birth weight	The second se	1.02	10.03	1 1 2	11 5%
Koate 2010	Micronutrients	Small destational ade	T.	1.07	10.01	1 211	6.0%
Palacios 2010	Vitamin D	Gestational diabetes		0.55	[0.90, [0.11]	2 621	0.0%
Palacios 2010	Vitamin D	Destational diabetes		0.00	10.11,	2.02]	0.1%
Palacios 2019	Vitamin D	Pro-oclampsia		1.46	10.57	2.04	0.270
Palacius 2019 Page 2012h	Solonium	All_cause mortality	T	0.00	10.52,	4.09]	2 2 2 %
Rees 2013b	Selenium	Cardiovascular mortality	T	0.33	10.70,	1.20]	0.6%
Rees 2013D	Solonium	Combined cardiovascular events	-T	0.70	10.42,	1.17]	0.0%
Tiou 2017	Jelefiluiti	Complified cardiovascular events	. †	0.90	[0.74,	1.20]	2.170
Vinceti 2019	Relating thet	Consor		0.29	0.01,	0.001	1.0%
Vinceu 2016 Vac 2017	Eibro	Colorastal cancor		0.70	[0.95,	2.07]	0.0%
Yao 2017	Fibre	Colorectal adenoma		0.78	[0.11, [0.60 ⁻	1 291	1.1%
Random effects mode Prediction interval	4		ł	1.00	[0.96; [0.92:	1.04] 1.08]	100.0%
Heterogeneity: $l^2 = 27\%$.	$\tau^2 = 0.0013, p = 0.05$	Г			-		
		0.0	1 0.1 1 10	100			
		RR in high/unclear RoB < F	RR in low Rob RR in high/u	nclear Ro	B > RR	in Iow	RoB

Figure S11: Allocation concealment: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	95	i%-CI	Weight
Abdelhamid 2018a	Omega-3	Cardiovascular mortality		0.84	[0.54;	1.31]	1.4%
Abdelhamid 2018a	Omega-3	All-cause mortality	-*-	0.76	[0.54;	1.08]	2.2%
Abdelhamid 2018a	α-Linolenic acid	Cardiovascular mortality		1.05	[0.57]	1.95]	0.7%
Abdelhamid 2018b	Polyunsaturated fat	All-cause mortality	+	0.93	[0.76;	1.14]	5.7%
Abdelhamid 2018b	Polyunsaturated fat	Coronary heart disease	-+-	0.68	[0.41;	1.14]	1.0%
Adler 2014	Low-sodium	All-cause mortality		1.41	[0.85;	2.36]	1.0%
Adler 2014	Low-sodium	Cardiovascular mortality	·	0.64	[0.15;	2.70]	0.1%
Avenell 2014	Vitamin D	Hip fracture	_ +-	1.21	[0.58;	2.50	0.5%
Bjelakovic 2012	β-carotene	All-cause mortality	_+ <u>-</u> +	0.75	[0.36;	1.58]	0.5%
Bjelakovic 2012	Vitamin E	All-cause mortality		0.89	[0.80;	0.99]	13.9%
Bjelakovic 2012	Vitamin C	All-cause mortality	+	0.92	[0.72]	1.18]	4.0%
Bjelakovic 2012	Vitamin A	All-cause mortality	+	0.93	[0.70;	1.24]	3.1%
Bjelakovic 2014	Vitamin D	All-cause mortality		1.02	[0.96;	1.09]	22.1%
Bjelakovic 2014	Vitamin D	Cardiovascular mortality	_ 	2.03	[0.42]	9.90	0.1%
Bjelakovic 2014b	Vitamin D	Cancer		1.67	[0.49;	5.71]	0.2%
De-Regil 2015	Folate	Neural tube defect		0.76	[0.20;	2.85]	0.2%
De-Regil 2015	Folate	Congenital cardiovascular anomalies		- 6.60	0.39; 11	1.46]	0.0%
Hofmeyr 2018	Calcium	Pre-eclampsia		0.28	[0.08;	1.04]	0.2%
Hofmeyr 2018	Calcium	High blood pressure	_ 	0.25	[0.11;	0.58]	0.4%
Hooper 2012	Low-fat/modified fat	Cardiovascular mortality	+	1.04	[0.83;	1.31]	4.6%
Hooper 2012	Low-fat/modified fat	All-cause mortality	ė.	1.06	[0.95;	1.19]	12.8%
Hooper 2015b	Low saturated fat	All-cause mortality	+	1.13	[0.88;	1.46]	4.0%
Hooper 2015b	Low saturated fat	Cardiovascular mortality	+	1.10	[0.77;	1.56]	2.1%
Hooper 2018	Omega-6	All-cause mortality	-+-	0.62	[0.39;	0.99]	1.2%
Hooper 2018	Omega-6	Cardiovascular mortality	-++	0.62	[0.34;	1.15]	0.7%
Keats 2019	Micronutrients	Preterm birth	÷	1.02	[0.89;	1.17]	10.0%
Palacios 2019	Vitamin D	Gestational diabetes		0.55	[0.11;	2.62]	0.1%
Palacios 2019	Vitamin D	Preterm birth		0.98	[0.37;	2.64]	0.3%
Palacios 2019	Vitamin D	Pre-eclampsia	_++	1.46	[0.52;	4.09]	0.3%
Rees 2013b	Selenium	All-cause mortality	+	0.99	[0.76;	1.28]	3.7%
Rees 2013b	Selenium	Cardiovascular mortality	-++	0.70	[0.42;	1.17]	1.0%
Tieu 2017	Healthy diet	Gestational diabetes		0.29	[0.01;	5.55]	0.0%
Vinceti 2018	Selenium	Cancer	+	1.41	[0.95;	2.07]	1.8%
Yao 2017	Fibre	Colorectal cancer		0.78	[0.11;	5.48]	0.1%
Random effects mode	el		4	0.98	[0.93:	1.031	100.0%
Prediction interval			+		[0.87:	1.091	
Heterogeneity: 12 = 29%.	$\tau^2 = 0.0023, p = 0.06$	Г					
		0.0	1 0.1 1 10	100			
		RR in high/unclear RoB < F	RR in low Rob RR in high/u	nclear Ro	B > RR i	in low	RoB
		-	2				

Figure S12: Allocation concealment: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Sensitivity analysis: Excluding highly correlated outcomes

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	95%-CI	Weight
Abdelhamid 2018a	α-Linolenic acid	Cardiovascular disease	 + -	1.24	[0.90; 1.71]	2.9%
Abdelhamid 2018a	Omega-3	All-cause mortality	-+-	0.76	[0.54; 1.08]	2.4%
Abdelhamid 2018b	Polyunsaturated fat	All-cause mortality	+	0.93	[0.76; 1.14]	6.6%
Adler 2014	Low-sodium	All-cause mortality	++	1.41	[0.85; 2.36]	1.2%
Avenell 2014	Vitamin D	Any fracture		1.41	[0.94; 2.12]	1.8%
Bjelakovic 2012	β-carotene	All-cause mortality	_+ -	0.75	[0.36; 1.58]	0.6%
Bjelakovic 2012	Vitamin E	All-cause mortality		0.89	[0.80; 0.99]	17.1%
Bjelakovic 2012	Vitamin C	All-cause mortality	+	0.92	[0.72; 1.18]	4.5%
Bjelakovic 2012	Vitamin A	All-cause mortality	*	0.93	[0.70; 1.24]	3.5%
Bjelakovic 2014a	Vitamin D	All-cause mortality	+	1.02	[0.96; 1.09]	29.0%
Bjelakovic 2014b	Vitamin D	Cancer	 +	1.67	[0.49; 5.71]	0.2%
De-Regil 2015	Folate	Neural tube defect		0.76	[0.20; 2.85]	0.2%
Hofmeyr 2018	Calcium	Pre-eclampsia		0.28	[0.08; 1.04]	0.2%
Hooper 2012	Low-fat/modified fat	Combined cardiovascular events	+	1.01	[0.80; 1.29]	4.8%
Hooper 2015b	Low saturated fat	Combined cardiovascular events	4	0.94	[0.69; 1.29]	3.0%
Hooper 2018	Omega-6	All-cause mortality	-+-	0.62	[0.39; 0.99]	1.4%
Keats 2019	Micronutrients	Preterm birth	÷	1.02	[0.89; 1.17]	12.0%
Palacios 2019	Vitamin D	Pre-eclampsia	 +	1.46	[0.52; 4.09]	0.3%
Rees 2013b	Selenium	All-cause mortality	+	0.99	[0.76; 1.28]	4.3%
Tieu 2017	Healthy diet	Gestational diabetes -		0.29	[0.01; 5.55]	0.0%
Vinceti 2018	Selenium	Cancer	++-	1.41	[0.95; 2.07]	2.0%
Yao 2017	Fibre	Colorectal adenoma	+	0.88	[0.60; 1.29]	2.0%
Random effects mode	el		ł	0.98	[0.93; 1.04]	100.0%
Prediction interval	2		· · · · · · · · · · · · · · · · · · ·		[0.88; 1.09]	
Heterogeneity: I ² = 25%,	, τ ² = 0.0018, <i>p</i> = 0.14					
			0.1 0.51 2 10			
		RR in high/unclear RoB < I	RR in low Rob RR in high/un	clear Ro	B > RR in lo	w RoB

Figure S13: Allocation concealment: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Sensitivity analysis: Including only one outcome per comparison from each included systematic review

Failty reads	Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	9	5%-CI	Weight
	Fatty acids			1				
Addelimit 2018a $Oinega 3$ Cardiovascular disease $Oine 2$ $Oine 2$ 228 2	Abdelhamid 2018a	Omena-3	Cardiovascular mortality		0.84	10 54	1 211	0.8%
Addefinitional 2016a -Linickenic acid Cardiovascular disease - 124 [0.50] 177] 155 Addefinitional 2016a -Linickenic acid Cardiovascular motality - 105 [0.57] 155 0.45 Addefinitional 2016b Polyunsaturated fat Consary hear disease - 131 [0.57] 157 0.95 Addefinitional 2016b Polyunsaturated fat Consary hear disease - 110 [0.57] 155 124 Hooper 2015b Low saturated fat Cardiovascular events - 0.57 [0.55] 125 <t< td=""><td>Abdelhamid 2018a</td><td>Omega-3</td><td>Cardiovascular disease</td><td>1</td><td>0.04</td><td>[0.34, [0.76[.]</td><td>1 241</td><td>2.5%</td></t<>	Abdelhamid 2018a	Omega-3	Cardiovascular disease	1	0.04	[0.34, [0.76 [.]	1 241	2.5%
Addefinition 2016a	Abdelhamid 2018a	α-Linolenic acid	Cardiovascular disease	+	1.24	[0.90]	1.711	1.5%
Addefined 2016a o -Linotenic acid Cardiovascular mortality $1000000000000000000000000000000000000$	Abdelhamid 2018a	Omega-3	All-cause mortality	-+-	0.76	[0.54]	1.081	1.3%
Addefinition 2016a	Abdelhamid 2018a	α-Linolenic acid	Cardiovascular mortality	_ _	1.05	0.57;	1.95	0.4%
Addefinand 2018b Polyunsaturated fat Hooper 2015b Low saturated fat Hooper 2016b Low saturated fat Hooper 2017b Low saturated fat Hooper 2018 Compace Random effects model Prediction interval Helescoendry, <i>P</i> = 375, t ² = 0.0154, <i>p</i> = 0.05 Hicronutrients Adder 2014 Low-sodum Cardiovascular motality Avenel 2014 Vitamin D Belakovic 2012 Vitamin C Belakovic 2014 Vitamin D All-cause motality Homery 2016 Calcium Homery 2016 Calcium Heterogenety, <i>P</i> = 27%, <i>r</i> ² = 0.07, <i>r</i> = 0.15, <i>r</i> = 0.05 Distance and and abetes Cardiovascular wontality Heterogenety, <i>P</i> = 27%, <i>r</i> ² = 0.013, <i>p</i> = 0.05 Distance and abetes Distance and a	Abdelhamid 2018a	α-Linolenic acid	Coronary heart disease	+-	1.31	[0.87;	1.97]	0.9%
Addefinand 2018b Polyunsaturated fat Coronary heart disease	Abdelhamid 2018b	Polyunsaturated fat	All-cause mortality	*	0.93	[0.76;	1.14]	3.5%
Hooper 2015b Low saturated fat All-cause mortality 110 D/T 130 D/E 24% Hooper 2015b Low saturated fat Combined cardiovascular events 0.4 0.4 0.5 0.3 0.59 0.7% Hooper 2018 Omega-6 Combined cardiovascular events 0.4 0.52 0.7% 0.52 0.7% Machanization construction Machanization events 0.62 0.03 0.59 0.7% 0.55 0.59 0.7% 0.55 0.59 0.7% 0.55 0.59 0.7% 0.56 0.7% 0.56 0.7% 0.56 0.7% 0.56 0.7% 0.56 0.7% 0.56 0.7% 0.56 0.7% 0.57 0.55 0.57 0.55 0.57 0.55 0.57 0.55 0.59 0.7% 0.56 0.57 0.56 0.57 0.55 0.57 0.55 0.57 0.55 0.57 0.55 0.57 0.55 0.57 0.55 0.57 0.57 0.55 0.57	Abdelhamid 2018b	Polyunsaturated fat	Coronary heart disease	-+-	0.68	[0.41;	1.14]	0.6%
Hooper 20150 Low saturated at Continend cardiovascular events 104 0.02 0.17 1.28 Hooper 2018 Omega-5 Omega-5 Omega-5 0.57	Hooper 2015b	Low saturated fat	All-cause mortality	-	1.13	[0.88;	1.46]	2.4%
Hooper 2015 Dow saturated at Hooper 2018 Commone Cardiovascular events All-cause mortality D34 U.95, 1.29 1.29 Hooper 2018 Omega-6 Cardiovascular events All-cause mortality 0.22 0.7%, 0.22 0.7%, 0.22 0.7%, 0.22 0.7%, 0.22 0.7%, 0.22 0.7%, 0.22 0.7%, 0.22 0.7%, 0.22 0.7%, 0.22 0.7%, 0.22 0.7%, 0.22 0.7%, 0.22 0.7%, 0.22 0.7%, 0.22 0.7%, 0.22 0.7%, 0.22 0.23, 0.29 0.7%, 0.22 0.23, 0.29 0.27%, 0.22 0.23, 0.29 0.27%, 0.22 0.27, 0.25 0.27 0.23, 0.27 0.27, 0.25 0.27 0.27, 0.25 0.27 0.27, 0.25 0.27 0.27, 0.25 0.27 0.27, 0.25 0.27 0.27, 0.25 0.27 0.27, 0.25 0.27 0.27, 0.25 0.27 0.27, 0.25 0.27 0.27, 0.25 0.28 0.26 0.27, 0.25 0.28 0.27 0.27, 0.25 0.27 0.27, 0.25 0.27 0.27, 0.25 0.27 0.28 0.28 0.27 0.27, 0.25 0.28 0.28 0.28 0.28 0.28 0.28	Hooper 2015b	Low saturated fat	Cardiovascular mortality	Ť	1.10	[0.77;	1.56]	1.2%
Produce 2016 Oring 2-0 Contraction adduct adduct and the second adduct adduct and the second adduct adduct and the second adduct addu	Hooper 20150	Low saturated fat	Combined cardiovascular events		0.94	[0.69;	1.29]	1.0%
Hoppe 2018 Omega-6 Cardiovascular montality 0.82 0.34 11.53 0.44 Endmann effects model Prediction interval 0.82 0.34 1.15 0.44 Prediction interval 0.82 0.34 1.15 0.44 Micronutrients 0.82 0.34 1.25 0.44 Adler 2014 Low-sodium All-cause motality 0.41 10.85 2.36 0.55 Averell 2014 Vitamin D All-cause motality 0.41 10.85 2.36 0.55 Bjelakovic 2012 Picantene All-cause motality 0.55 0.56 0.55 Bjelakovic 2012 Vitamin C All-cause motality 0.52 0.53 1.58 0.35 Bjelakovic 2012 Vitamin D All-cause motality 0.59 0.80	Hooper 2018	Omera-6		_	0.57	[0.30, [0.30]	0.92]	0.7%
transform effects model torque Consecution tension 0.33 $[0.33]$ $[0.30]$ $[0.30]$ $[0.30]$ $[0.30]$ $[0.30]$ $[0.30]$ $[0.30]$ $[0.30]$ $[0.30]$ $[0.30]$ $[$	Hooper 2018	Omega-6	Cardiovascular mortality		0.62	[0.34·	1 151	0.4%
Prediction interval Heterogenety, $P^2 - 375$, $t^2 = 0.0144$, $p = 0.03$ [0.70] 1.25] Micronutrients Aller 2014 Low-sodium Cardiovascular motality 1.41 [0.85] 2.36] 0.6% Adler 2014 Low-sodium Cardiovascular disease - 1.41 [0.85] 2.36] 0.6% Adler 2014 Vitamin D Any fracture - 1.21 0.98 0.30 Avenel 2014 Vitamin D Any fracture - 1.41 (0.85] 2.26] 0.3% Bjelakovic 2012 Vitamin C All-cause motality 0.89 0.80 0.99 9.8% Bjelakovic 2012 Vitamin D All-cause motality 0.93 0.72 1.24 1.9% Bjelakovic 2014 Vitamin D Cardiovascular motality 0.93 0.07 1.24 1.9% Bjelakovic 2014 Vitamin D Cardiovascular motality 0.20 0.02 1.9% Bjelakovic 2014b Vitamin D Cardiovascular motality 0.20 0.03 1.10 0.8% 1.12 1.9% Bjelakovic 2014b Vitamin D Cardiovascular motality 0.20 0.08 1.10 0.08 </td <td>Random effects model</td> <td>eega e</td> <td>,</td> <td>¢</td> <td>0.93</td> <td>[0.83;</td> <td>1.051</td> <td>18.6%</td>	Random effects model	eega e	,	¢	0.93	[0.83;	1.051	18.6%
$ \begin{array}{c} \text{Hetrogeneity: } l^2 = 37\%, t^2 = 0.0144, p = 0.08 \\ \hline \text{Micronutrients} \\ \text{Adier 2014} \\ \text{Adier 2014} \\ \text{Low-sodium} \\ \text{Avenell 2014} \\ \text{Vitamin D} \\ \text{Belatovic 2012} \\ \text{Belatovic 2012} \\ \text{Vitamin C} \\ \text{Belatovic 2012} \\ \text{Vitamin C} \\ \text{Belatovic 2012} \\ \text{Vitamin D} \\ \text{Belatovic 2012} \\ \text{Vitamin C} \\ \text{Belatovic 2012} \\ \text{Vitamin D} \\ \text{Belatovic 2014} \\ \text{Vitamin D} \\ \text{Belatovic 2015} \\ \text{Folate} \\ \text{Congential cardiovascular mortality} \\ \text{Holm yr 2018} \\ \text{Calcium} \\ \text{Pre-eclampsia} \\ \text{Holm velopit} \\ \text{De Regil 2015} \\ \text{Folate} \\ \text{Conserve entality} \\ \text{Cardiovascular mortality} \\ Cardiovascular mort$	Prediction interval			–		[0.70;	1.25	
$ \begin{array}{c} \mbox{Microardiants} \\ \mbox{Adler 2014} & Low-sodium & Al-cause mortality & & 1.41 [0.95; 2.26] 0.65\% \\ \mbox{Adler 2014} & Low-sodium & Cardiovascular mortality & & 0.64 [0.15; 2.70] 0.1\% \\ \mbox{Avenel 2014} & Vitamin D & Cardiovascular disease & & 1.21 [0.85; 2.50] 0.3\% \\ \mbox{Avenel 2014} & Vitamin D & Any fracture & & 1.21 [0.95\% 2.26] 0.3\% \\ \mbox{Bislatovic 2012} & Picarofene & Al-cause mortality & & 1.21 [0.95\% 2.26] 0.9\% \\ \mbox{Bislatovic 2012} & Vitamin C & Al-cause mortality & & 0.75 [0.36] 1.58] 0.3\% \\ \mbox{Bislatovic 2012} & Vitamin C & Al-cause mortality & 0.92 [0.72] 1.18] 2.4\% \\ \mbox{Bislatovic 2012} & Vitamin D & Al-cause mortality & 0.92 [0.72] 1.18] 2.4\% \\ \mbox{Bislatovic 2014} & Vitamin D & Al-cause mortality & 0.93 [0.70] 1.24 [1.9\%]0.16 [0.96] 0.96\% \\ \mbox{Bislatovic 2014} & Vitamin D & Al-cause mortality & 0.92 [0.72] 1.18] 2.4\% \\ \mbox{Bislatovic 2014} & Vitamin D & Al-cause mortality & 0.92 [0.72] 1.18] 2.4\% \\ \mbox{Bislatovic 2014} & Vitamin D & Al-cause mortality & 0.92 [0.72] 1.18] 1.15\% \\ \mbox{Bislatovic 2014} & Vitamin D & Carclovascular mortality & 0.02 [0.95] 1.01 [1.8.3\% \\ \mbox{De-Regil 2015} & Folate & Congenital cardiovascular mortality & 0.25 [0.11\% [0.20] 2.85 [0.11\% [0.20] 2.85 [0.11\% [0.20] 2.85 [0.11\% [0.20] 2.85 [0.11\% [0.20] 2.85 [0.11\% [0.20] 2.85 [0.11\% [0.20] 2.85 [0.11\% [0.20] 2.85 [0.11\% [0.20] 2.85 [0.11\% [0.20] 2.85 [0.11\% [0.20] 2.85 [0.11\% [0.20] 2.11 [0.5\% [0.20] 2.25 [0.11\% [0.20] 2.11 [0.5\% [0.20] 2.25 [0.11\% [0.20] 2.11 [0.5\% [0.20] 2.25 [0.11\% [0.20] 2.11 [0.5\% [0.20] 2.25 [0.11\% [0.20] 2.11 [0.5\% [0.20] 2.25 [0.11\% [0.20] 2.11 [0.5\% [0.20] 2.25 [0.11\% [0.20] 2.11 [0.5\% [0.20] 2.25 [0.11\% [0.20] 2.11 [0.5\% [0.20] 2.25 [0.11\% [0.20] 2.11 [0.5\% [0.20] 2.25 [0.11\% [0.20] 2.11 [0.5\% [0.20] 2.25 [0.11\% [0.20] 2.11 [0.5\% [0.20] 2.25 [0.11\% [0.20] 2.11 [0.5\% [0.20] 2.25 [0.11\% [0.20] 2.11 [0.5\% [0.20] 2.25 [0.11\% [0.20] 2.11 [0.5\% [0.20] 2.25 [0.20\% [0.20] 2.25 [0.20\% [0.20\% [0.20] 2.25 [0.20\% [0.20\% [0.20\% [0.20] 2$	Heterogeneity: I ² = 37%, τ	² = 0.0144, <i>p</i> = 0.08						
Auter 2019 Low-sodium An-cause motality + 1.41 [0.85] 2.36] 0.65% Adler 2014 Low-sodium Cardiovascular motality + 1.41 [0.85] 2.36] 0.35% Avenell 2014 Vitamin D Any fracture + 1.41 [0.85] 2.36 0.35% Avenell 2014 Vitamin D Any fracture + 1.41 [0.94] 0.21 0.35% Bjelakovic 2012 Vitamin C Al-cause motality 0.88 0.80 0.99 9.8% Bjelakovic 2012 Vitamin A Al-cause motality 0.33 0.07.0 1.21 2.46 0.45% 0.37% 1.24 1.9% 9.8%<	Micronutrients					10.05	0.007	0.004
Parties Curve Low-sodium Cardiovascular inclusity 0.64 0.15 2.70 0.31% Avenell 2014 Vitamin D Hip fracture 1.21 (0.58) 2.50 0.3% Avenell 2014 Vitamin D Any fracture 1.21 (0.58) 2.50 0.3% Bjelakovic 2012 Vitamin C Al-cause mortality 0.57 0.36 1.58 0.3% Bjelakovic 2012 Vitamin C Al-cause mortality 0.39 0.80 0.00 0.24 1.98 0.80 0.99 9.8% Bjelakovic 2012 Vitamin C Al-cause mortality 0.39 0.37 1.39 0.39 0.07 1.31 1.95 Bjelakovic 2014 Vitamin D Al-cause mortality 1.02 0.96 1.09 1.35 5.71 0.1% De-Regil 2015 Folate Congenital cardiovascular anomalies 6.60 1.00 9.85 5.71 0.1% 1.71 6.64 1.00 1.95 7.11 1.16 1.64 1.00 1.00	Adler 2014	Low-sodium	All-cause mortality	.†•-	1.41	[0.85;	2.36]	0.6%
Product Out Dur Schlaft Distributes Schlaft Uses and Schlaft Uses Schlaft Uses and Schlaft Uses Schlaft Uses and Schla	Adler 2014	Low-sodium	Cardiovascular Mortality		0.04	[U.15; [0.24-	2.70	0.1%
Avernell 2014 Vitamin D Any fracture 141 [0.34, 2.03) 0.38 Bjetakovic 2012 Grantene All-cause motality 0.75 [0.36, 1.56] 0.38 Bjetakovic 2012 Vitamin C All-cause motality 0.98 0.98 0.99 9.8% Bjetakovic 2012 Vitamin C All-cause motality 0.92 0.77 1.94 1.94 Bjetakovic 2012 Vitamin D All-cause motality 0.93 0.77 1.24 1.9% Bjetakovic 2014 Vitamin D Carlouse motality 1.02 0.98 1.03 0.76 0.22 0.99 1.83% Bjetakovic 2014 Vitamin D Carlouse motality 1.02 0.03 1.9% 0.1% 0.76 0.22 2.85 0.1% Bjetakovic 2015 Folate Congenital cardiovascular anomalies 6.60 0.03 1.11 0.0% 0.76 0.28 0.08 0.84 0.93 0.77 0.28 0.01 % 0.28 0.08 1.01 0.1% 0.93 0.77 0.28 0.08 0.16 0.15 0.28 0.08<	Avenell 2014	Vitamin D	Hin fracture		1 21	0.54,	2 501	0.3%
$\begin{aligned} \begin{array}{cccccccccccccccccccccccccccccccccccc$	Avenell 2014	Vitamin D	Any fracture		1.41	[0.50, [0.94	2 121	0.9%
Bejakavic 2012 Vitamin E All-cause mortality 0.92 [0.72, 1.18] 2.4% Bejakavic 2012 Vitamin C All-cause mortality 0.92 [0.72, 1.18] 2.4% Bejakavic 2012 Vitamin D All-cause mortality 0.92 [0.72, 1.18] 2.4% Bejakavic 2014 Vitamin D Cardiovascular mortality 1.02 [0.96, 1.09] 18.3% Bejakavic 2014 Vitamin D Cardiovascular mortality 1.02 [0.96, 1.09] 18.3% Bejakavic 2014 Vitamin D Cardiovascular mortality 1.02 [0.96, 1.09] 18.3% Bejakavic 2014 Vitamin D Cardiovascular mortality 1.02 [0.96, 1.09] 18.3% Bejakavic 2014 Vitamin D Cardiovascular mortality 1.02 [0.96, 1.09] 18.3% Bejakavic 2015 Folate Congenital cardiovascular anomalies 6.60 [0.39, 111.6 0.0% Hofmeyr 2018 Calcium High blood pressure 0.25 [0.11; 0.58] 0.2% Keats 2019 Micronutrients D reterm birth 0.12 [0.89, 1.17] 6.6% Keats 2019 Micronutrients Low birth weight 1.07 [0.97; 1.18] 11.5% Reast 2019 Vitamin D Gestational diabetes 1.04 [0.90; 1.21] 6.0% Pratacios 2019 Vitamin D Preterm birth 0.98 [0.37; 2.64] 0.2% Pratacios 2019 Vitamin D Preterm birth 0.98 [0.37; 2.64] 0.2% Pratacios 2019 Vitamin D Preterm birth 0.98 [0.37; 2.64] 0.2% Pratacios 2019 Vitamin D Preterm birth 0.98 [0.37; 2.64] 0.2% Pratacios 2019 Vitamin C Cardiovascular mortality 0.99 [0.76; 1.28] 2.2% Hooper 2012 Low-fat/modified fat Cardiovascular mortality 0.99 [0.76; 1.28] 2.2% Hooper 2012 Low-fat/modified fat Cardiovascular mortality 0.99 [0.76; 1.28] 2.2% Hooper 2012 Low-fat/modified fat Cardiovascular mortality 0.99 [0.76; 1.29] 2.6% Random effects model Prediction interval Heterogenety; $I^2 = 0.9, r^2 = 0.9 = 0.05$ Dietary approach 0.05 [0.96; 1.15] 14.3% Heterogenety; $I^2 = 0.9, r^2 = 0.9 = 0.93$ Other Yao 2017 Fibre Colorectal cancer 0.78 [0.11; 5.48] 0.0% Random effects model Prediction interval Heterogenety; $I^2 = 0.9, r^2 = 0.013, p = 0.05$ Dietary approach 0.09 [0.96; 1.14] 10.00% [0.95; 1.08] 0.06 [0.29] 1.1% Random effects model Prediction interval Heterogenety; $I^2 = 0.9, r^2 = 0.013, p = 0.05$ Dietary approach 0.09 [0.60, 1.29] 1.1% Random effec	Bjelakovic 2012	β-carotene	All-cause mortality		0.75	[0.36:	1.581	0.3%
	Bjelakovic 2012	Vitamin E	All-cause mortality	0	0.89	[0.80;	0.99]	9.8%
Bjelakovic 2012 Vitamin A Al-cause mortality 10,03 [0.76; 1.24] 1.9% Bjelakovic 2014 Vitamin D All-cause mortality 10,05%; 1.09] 18.3% Bjelakovic 2014 Vitamin D Cardiovascular mortality 10,05%; 1.09] 18.3% Bjelakovic 2014 Vitamin D Cardiovascular mortality 10,05%; 1.09] 18.3% Bjelakovic 2014 Vitamin D Cardiovascular anomalies 0.76 [0.20; 2.85] 0.1% De-Regil 2015 Folate Congenital cardiovascular anomalies 0.76 [0.20; 2.85] 0.1% De-Regil 2015 Folate Congenital cardiovascular anomalies 0.28 [0.08; 1.17] 6.6% Neural tube defect 0.28 [0.17] 6.6% Vitamin D Calcium Pre-eclampsia 0.28 [0.08; 1.17] 6.6% Keats 2019 Micronutrients Dreterm birth 10.20 [0.98; 1.17] 6.6% Keats 2019 Micronutrients Small gestational age 0.104 [0.90; 1.21] 6.6% Palacios 2019 Vitamin D Pre-eclampsia 1.04 [0.90; 1.21] 6.6% Palacios 2019 Vitamin D Pre-eclampsia 1.04 [0.90; 1.21] 6.0% Palacios 2019 Vitamin D Pre-eclampsia 1.46 [0.52; 4.09] 0.1% Rees 2013b Selenium Cardiovascular mortality 0.70 [0.42; 1.17] 0.6% Rees 2013b Selenium Cardiovascular mortality 0.70 [0.42; 1.17] 0.6% Random effects model Prediction interval Heating diet anomalies 0.28 [0.06; 1.29] 2.2% Random effects model Prediction interval Heating diet Colorectal cancer 0.78 [0.11; 5.48] 0.0% Random effects model Prediction interval Heating diet anomalies 0.28 [0.06; 1.29] 1.1% Random effects model Prediction interval Heating diet anomalies 0.28 [0.06; 1.29] 1.1% Random effects model Prediction interval Heating diet anomalies 0.28 [0.06; 1.29] 1.1% Random effects model Prediction interval Heating diet anomalies 0.28 [0.06; 1.29] 1.1% Random effects model Prediction interval Heating diet anomalies 0.28 [0.06; 1.29] 1.1% Random effects model Prediction interval Heterogenety: $l^2 = 0.9k$; $l^2 = 0$	Bjelakovic 2012	Vitamin C	All-cause mortality	+	0.92	[0.72;	1.18]	2.4%
Belakovic 2014 Vitamin D All-cause mortality 102 [0.96; 1.09] f8.3% Belakovic 2014 Vitamin D Cardiovascular mortality 203 [0.42; 9.90] 0.1% Belakovic 2014 Vitamin D Cardiovascular anomalies 660 [0.39; 111.46] 0.0% De-Regil 2015 Folate Congenital cardiovascular anomalies 660 [0.39; 111.46] 0.0% Hofmeyr 2018 Calcium High blood pressure 0.28 [0.08; 1.04] 0.1% Keats 2019 Micronutrients Low birth weight 107 [0.97; 1.18] 11.5% Keats 2019 Micronutrients Small gestational age 0.055 [0.11; 2.62] 0.1% Palacios 2019 Vitamin D Pretern birth 0.98 [0.37; 2.64] 0.2% Palacios 2019 Vitamin D Pretern birth 0.98 [0.37; 2.64] 0.2% Rees 2013b Selenium Cardiovascular mortality 0.98 [0.37; 2.64] 0.2% Rees 2013b Selenium Cardiovascular mortality 0.98 [0.37; 2.64] 0.2% Kandom effects model Prediction interval Heterogenety; $l^2 = 0.0018, p = 0.05$ Dietary approach Hooper 2012 Low-fat/modified fat Cardiovascular mortality 1.06 [0.95; 1.19] 8.9% Hooper 2012 Low-fat/modified fat Cardiovascular mortality 1.06 [0.95; 1.19] 8.9% Hooper 2012 Low-fat/modified fat Cardiovascular mortality 1.06 [0.95; 1.19] 8.9% Hooper 2012 Low-fat/modified fat Cardiovascular mortality 1.06 [0.95; 1.19] 8.9% Hooper 2012 Low-fat/modified fat Cardiovascular mortality 1.06 [0.95; 1.19] 8.9% Hooper 2012 Low-fat/modified fat Cardiovascular mortality 1.06 [0.95; 1.19] 8.9% Hooper 2012 Low-fat/modified fat Cardiovascular events 1.01 [0.96; 1.29] 1.1% Random effects model Prediction interval Heterogenety; $l^2 = 0.0, p = 0.83$ Other Yao 2017 Fibre Colorectal acener 0.78 [0.11; 5.48] 0.0% Yao 2017 Fibr	Bjelakovic 2012	Vitamin A	All-cause mortality	+	0.93	[0.70;	1.24]	1.9%
Bjelakovic 2014 Vitamin D Carciovascular mortality 2.03 [0.42, 2.9.0] 0.1% De-Regil 2015 Folate Neural tube defect 0.76 [0.20, 2.85] 0.1% De-Regil 2015 Folate Congenital cardiovascular anomalies 660 [0.38, 11.41] 0.1% Hofmeyr 2018 Calcium Pre-edampsia 0.25 [0.11, 0.58] 0.2% Keats 2019 Micronutrients Prelem bith 11 1.02 0.88, 1.04] 0.1% Palacios 2019 Vitamin D Gestational diabetes 0.55 [0.11, 2.62] 0.1% Palacios 2019 Vitamin D Pre-ecampsia 1.64 0.55 [0.11, 2.62] 0.1% Palacios 2019 Vitamin D Preterm bith 0.98 0.37, 2.64 0.2% Rees 2013b Selenium Cardiovascular mortality 0.70 1.64 0.25 1.11, 2.52 2.1% Palacios 2019 Vitamin D Pre-ecampsia 1.46 0.52, 4.09 0.1% 1.28 2.2% Rees 2013b Selenium Cardiovascular mortality 0.70 1.04, 21, 1.70 0.5% 1	Bjelakovic 2014	Vitamin D	All-cause mortality	1	1.02	[0.96;	1.09]	18.3%
Belakovic 2014b Vitamin D Cardiovascular anomalies $1.67 \ [0.49, 5.7.1] \ [0.1% \ [0.49, 5.7.1] \ [0.5% \ [0.49, 5.7.1] \ [0.5% \ [0.49, 5.7.1] \ [0.5% \ [0.49, 5.7.1] \ [0.5% \ [0.49, 5.7.1] \ [0.5% \ [0.49, 5.7.1] \ [0.5% \ [0.49, 5.7.1] \ [0.5% \ [0.49, 5.7.1] \ [0.5% \ [0.49, 5.7.1] \ [0.5% \ [0.49, 5.7.1] \ [0.5% \ [0.49, 5.7.1] \ [0.5% \ [0.49, 5.7.1] \ [0.5% \ [0.49, 5.7.2] \ [0.49, 5.7.1] \ [0.5% \ [0.49, 5.7.2] \ [0.49, 5.7.1] \ [0.5% \ [0.41, 5.7.2] \ [0.44, 5.7$	Bjelakovic 2014	Vitamin D	Cardiovascular mortality	_ 	2.03	[0.42;	9.90]	0.1%
De-Regil 2013 Folde Congenital cardiovascular anomalies $0.76 \ [0.20, 2.63] 0.78$ Hofmeyr 2018 Calcium High blood pressure $0.28 \ [0.08; 1.04] 0.1%$ Keats 2019 Micronutrients Low birth weight $1.07 \ [0.97, 1.18] 11.5\%$ Keats 2019 Micronutrients Small gestational age $1.04 \ [0.90; 1.21] 6.0\%$ Palacios 2019 Vitamin D Preterm birth $0.98 \ [0.37, 2.64] 0.2\%$ Palacios 2019 Vitamin D Pre-eclampsia $1.46 \ [0.52; 4.09] 0.1\%$ Rees 2013b Selenium Cardiovascular mortality $0.99 \ [0.76, 1.28] 2.2\%$ Rees 2013b Selenium Cardiovascular mortality $0.99 \ [0.76, 1.28] 2.2\%$ Readom effects model Heterogenety: $l^2 = 0.018, p = 0.05$ Other Yao 2017 Fibre Colorectal cancer $0.78 \ [0.11; 5.48] 0.0\% \ [0.39; 1.12] 1.0\% \ [0.99; 1.11] 5.48] 0.0\% \ [0.99; 1.15] 14.3\% \ [0.99; 1.15] 14.3\% \ [0.99; 1.15] 14.3\% \ [0.99; 1.11] 5.48] 0.0\% \ [0.99; 1.15] 14.3\% \ [0.90; 1.11] - Heterogenety: l^2 = 0.94 Radio and tabelets 0.29 \ [0.01; 0.55] 0.0\% \ [0.92; 1.08] \ [0.90; 1.11] - Heterogenety: l^2 = 0.95, \tau^2 = 0.0018, p = 0.05$	Bjelaković 2014b	Vitamin D	Cancer Neural tube defect		1.67	[0.49;	5./1]	0.1%
$ \begin{array}{c} \text{Derivgin 2013} \\ \text{Hofmeyr 2018} \\ \text{Calcium} \\ \text{Hofmeyr 2018} \\ \text{Calcium} \\ \text{Calcium} \\ \text{Hofmeyr 2018} \\ \text{Calcium} \\ \text{Calcium} \\ \text{Hologor 2018} \\ \text{Calcium} \\ \text{Hologor 2018} \\ \text{Calcium} \\ \text{Hologor 2019} \\ \text{Micronutrients} \\ \text{Low birth weight} \\ \text{Hologor 2019} \\ \text{Palacies 2019} \\ \text{Micronutrients} \\ \text{Selenium} \\ \text{Carciovascular mortality} \\ \text{Palacies 2019} \\ \text{Vinceti 2018} \\ \text{Selenium} \\ \text{Carciovascular mortality} \\ \text{Heterogenety: } l^2 = 0.0016, p = 0.05 \\ \text{Dietary approach} \\ \text{Heterogenety: } l^2 = 0.0016, p = 0.05 \\ \text{Dietary approach} \\ \text{Heterogenety: } l^2 = 0.0016, p = 0.05 \\ \text{Dietary approach} \\ \text{Heterogenety: } l^2 = 0.0013, p = 0.05 \\ \text{Other} \\ \text{Yao 2017} \\ \text{Fibre} \\ \text{Colorectal cancer} \\ \text{Colorectal cancer} \\ \text{Colorectal cancer} \\ \text{Other} \\ \text{Yao 2017} \\ \text{Fibre} \\ \text{Colorectal adenoma} \\ \text{Colorectal cancer} \\ \text{Other} \\ \text{Yao 2017} \\ \text{Fibre} \\ \text{Random effects model} \\ \text{Prediction interval} \\ \text{Heterogenety: } l^2 = 0.05, t.^2 = 0.0013, p = 0.05 \\ \text{Dietary approach} \\ \text{Heterogenety: } l^2 = 0.05, t.^2 = 0.0013, p = 0.05 \\ \text{Dietary approach} \\ \text{Heterogenety: } l^2 = 0.05, t.^2 = 0.0013, p = 0.05 \\ \text{Dietary approach} \\ \text{Heterogenety: } l^2 = 0.05, t.^2 = 0.0013, p = 0.05 \\ \text{Dietary approach} \\ \text{Heterogenety: } l^2 = 0.05, t.15 \\ \text{I.15 } 1.4.3\% \\ \text{Interval} \\ \text{Heterogenety: } l^2 = 0.05, t.15 \\ \text{I.15 } 1.4.3\% \\ \text{Interval} \\ I$	De-Regil 2015	Folate	Conceptial cardiovascular anomalies		0.70	[U.2U, IO 30: 1	2.60]	0.1%
Hofmeyr 2018 Calcium High blood pressure 0.25 [0.11; 0.58] 0.2% (Keats 2019 Micronutrients Preterm birth 1.02 [0.88; 1.17] 6.6% (Keats 2019 Micronutrients Small gestational age 1.04 [0.90; 1.21] 6.6% (Keats 2019 Micronutrients Small gestational age 1.04 [0.90; 1.21] 6.6% (Keats 2019 Vitamin D Gestational diabetes 0.55 [0.11; 2.62] 0.1% (Palacios 2019 Vitamin D Preterm birth 0.98 [0.37; 2.64] 0.2% (Palacios 2019 Vitamin D Preterm birth 0.98 [0.37; 2.64] 0.2% (Palacios 2019 Vitamin D Preterm birth 0.98 [0.37; 2.64] 0.2% (Palacios 2019 Vitamin D Preterm birth 0.98 [0.76; 1.28] 2.2% (Palacios 2019 Vitamin D Cardiovascular mortality 0.98 [0.76; 1.28] 2.2% (Palacios 2019 Vitamin D Pre-eclampsia 1.46 [0.52; 4.09] 0.1% (Palacios 2019 Vitamin D Cardiovascular mortality 0.99 [0.76; 1.28] 2.2% (Palacios 2013 Selenium Cardiovascular mortality 0.70 [0.42; 1.17] 0.6% (Palacios 2013 Selenium Cardiovascular mortality 0.70 [0.42; 1.17] 0.6% (Palacios 2013 Selenium Combined cardiovascular events 0.96 [0.74; 1.25] 2.1% (Vinceti 2018 Selenium Cancer 1.00 [0.95; 1.09] 8.9% (Palacios 2012 Low-fat/modified fat Hooper 2012 Low-fat/modified fat Tieu 2017 Heatthy diet Random effects model Prediction interval Heterogeneity: $l^2 = 0.53$ (Differ the Palacios 2017 Fibre Colorectal cancer Colorectal cancer 0.78 [0.11; 5.48] 0.0% (Palacios 1.29] 2.6% (Palacios 1.29] 2.1% (Palacios 2.0013, p = 0.05) (Palacios 2.0013, p = 0.05) (Palacios 2.0017 Fibre Colorectal cancer 0.78 [0.11; 5.48] 0.0% (Palacios 1.29] 1.1% (Palacios 2.0017 Fibre Colorectal adenoma 0.88 [0.60; 1.29] 1.1% (Palacios 2.0017 Fibre Colorectal cancer 0.78 [0.11; 5.48] 0.0% (Palacios 1.29] 2.6% (Palacios 2.00] 1.05 [0.96; 1.105 [0.96; 1.29] 2.1% (Palacios 2.00] 1.05 [0.96; 1.29] 2.1% (Palacios 2.00] 2.00 (Palacios 2.00] 2.00 (Palacios 2.00 (Palacios 2.00) 2.00 (Palacios 2.00 (Palacios 2.00 (Palacios	Hofmeyr 2018	Calcium	Pre-eclamosia		0.00	[0.33, 1 [0.08 [.]	1 041	0.0%
Keats 2019MicronutrientsPreterm birth1.021.020.891.176.6%Keats 2019MicronutrientsLow birth weight1.0710.971.1811.5%Palacios 2019Vitamin DGestational age0.550.11;2.6210.1%Palacios 2019Vitamin DPreterm birth0.980.37;2.6400.2%Palacios 2019Vitamin DPreterm birth0.980.37;2.6400.2%Palacios 2019Vitamin DPreterm birth0.980.37;2.6400.2%Palacios 2019Vitamin DPreterm birth0.980.76;1.28]2.2%Rees 2013bSeleniumCardiovascular mortality0.990.76;1.28]2.2%Vinceti 2018SeleniumCombined cardiovascular events0.960.74;1.25;2.1%Vinceti 2018SeleniumCardiovascular mortality1.0410.05;1.06;6.61%Prediction interval1.001.05;1.05;1.05;1.05;1.05;1.05;1.189.9%Hooper 2012Low-fat/modified fatCardiovascular events0.291.01;0.55;1.05;6.61%Prediction interval1.06[0.95;1.19]8.9%1.05;0.29;1.05;0.29;1.05;0.29;0.29;1.05;0.29;0.01;5.55;0.0%Prediction interval1.060.95;1.29;0.9%;1.43%0.06;1.29;1.14;0.0%;<	Hofmeyr 2018	Calcium	High blood pressure		0.25	[0.11]	0.581	0.2%
Keats 2019Micronutrients MicronutrientsLow birth weight107 (0.97; 1.18]11.5% (0.90; 1.21]Keats 2019Vitamin D Palacios 2019Vitamin D Preterm birth0.98 (0.52; 4.09)0.11; (0.90; 1.21]6.0% (0.90; 1.21]Palacios 2019Vitamin D Preterm birthPreterm birth0.98 (0.52; 4.09)0.11; (0.99; 1.28]0.22% (0.99; 0.17;Palacios 2013Selenium Carciovascular mortality1.46 (0.52; 4.09)0.16; (1.28]2.2% (0.99; 0.17;Rees 2013bSelenium Carciovascular wents0.96 Carciovascular wents0.96 (0.74; 1.25]2.1% (0.99; 0.76; 1.28]Vinceti 2018Selenium Carciovascular mortality Hooper 2012Combined carciovascular mortality All-cause mortality0.96 (0.95; 1.06]0.14; (0.95; 1.06]Dietary approach Hooper 2012Low-fat/modified fat Heatrogeneity: $l^2 = 33\%$, $t^2 = 0.0018$, $p = 0.05$ Cardiovascular mortality All-cause mortality All-cause mortality1.04 (0.83; 1.31]2.8% (0.95; 1.06]Dietary approach Heatrogeneity: $l^2 = 0.0, t, t^2 = 0, p = 0.83$ Combined cardiovascular events Gestational diabetes0.29 (0.01; 5.55)0.0% (0.96; 1.15]1.4.3% (0.96; 1.12]Other Yao 2017Fibre Fibre Calorectal cancer Yao 2017Fibre Fibre Colorectal adenoma0.78 (0.96; 1.29]0.11; 5.48] (0.88 (0.60; 1.29]0.11 (0.96; 1.41]Random effects model Prediction interval Heterogeneity: $l^2 = 27\%, t^2 = 0.091$ 0.01 (0.01)0.01 (0.01)0.01 (0.96; 1.04]0	Keats 2019	Micronutrients	Preterm birth	÷	1.02	[0.89;	1.17	6.6%
Keats 2019MicronutrientsSmall gestational age1.04 $[0.90; 1.21]$ $[0.0\%]$ Palacios 2019Vitamin DGestational diabetes0.55 $[0.11; 2.62]$ $[0.11\%]$ Palacios 2019Vitamin DPreterm birth0.98 $[0.37; 2.44]$ $[0.2\%]$ Palacios 2019Vitamin DPre-eclampsia1.46 $[0.52; 4.09]$ $[0.11\%]$ Palacios 2013SeleniumAll-cause mortality0.99 $[0.76; 1.22]$ $[2.22\%]$ Rees 2013bSeleniumCardiovascular wontality0.96 $[0.74; 1.25]$ $[2.1\%]$ Vinceti 2018SeleniumCardiovascular events0.96 $[0.74; 1.25]$ $[2.1\%]$ Prediction intervalCardiovascular mortality1.00 $[0.95; 1.06]$ $[6.1\%]$ Heterogeneity: $l^2 = 33\%$, $t^2 = 0.0018, p = 0.05$ Cardiovascular mortality1.04 $[0.83; 1.31]$ 2.8% Dietary approachCardiovascular mortality1.06 $[0.95; 1.19]$ $[0.90; 1.11]$ $-$ Heterogeneity: $l^2 = 37\%, t^2 = 0, p = 0.83$ Colorectal cancer 0.78 $[0.11; 5.48]$ 0.0% OtherYao 2017FibreColorectal cancer 0.78 $[0.11; 5.48]$ 0.0% Yao 2017FibreColorectal adenoma 0.88 $[0.60; 1.27]$ 1.1% Heterogeneity: $l^2 = 27\%, t^2 = 0.091$ Random effects model 0.01 1.00 $[0.95; 1.06]$ 1.04 PDE in birbhurdeer DOB 2 DB in bur DDDB in bur DDDB in bur DD DB 0.88 1.041 10.00% <td>Keats 2019</td> <td>Micronutrients</td> <td>Low birth weight</td> <td>(a)</td> <td>1.07</td> <td>[0.97;</td> <td>1.18]</td> <td>11.5%</td>	Keats 2019	Micronutrients	Low birth weight	(a)	1.07	[0.97;	1.18]	11.5%
Palacios 2019 Vitamin D Preterm birth 0.98 [0.37; 2.64] 0.2% Preterm birth 0.98 [0.36; 1.29] 1.1% Prediction interval Prediction interval Prediction interval Preterm birth 0.98 [0.60; 1.29] 1.1% Preterm birth 0.98 [0.60; 1.29] 1.1% Preterm pr	Keats 2019	Micronutrients	Small gestational age	2	1.04	[0.90;	1.21]	6.0%
Palacios 2019 Vitamin D Preterm bith -1 0.98 [0.37; 2.64] 0.2% Palacios 2019 Vitamin D Pre-eclampsia -1.66 [0.2% Rees 2013b Selenium Cardiovascular mortality 0.99 [0.76; 1.28] 2.2% Rees 2013b Selenium Cardiovascular mortality 0.70 [0.42; 1.17] 0.6% Rees 2013b Selenium Cardiovascular events 0.96 [0.74; 1.25] 2.1% Vinceti 2018 Selenium Cancer 1.41 [0.95; 2.07] 1.0% Random effects model Prediction interval Hooper 2012 Low-fat/modified fat Hooper 2012 Low-fat/modified fat Heathy diet Gestational diabetes 0.29 [0.01; 5.55] 0.0% Random effects model Prediction interval Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0$, $p = 0.83$ Other Yao 2017 Fibre Colorectal cancer 0.78 [0.11; 5.48] 0.0% Yao 2017 Fibre Colorectal adenoma 0.88 [0.60; 1.29] 1.1% Random effects model Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0$, $p = 0.91$ Random effects model Prediction interval Heterogeneity: $l^2 = 27\%$, $\tau^2 = 0.013$, $p = 0.05$ Dia bitchurger DRD = DR in binchurger DRD = DR in bitchurger DRD = DR in bi	Palacios 2019	Vitamin D	Gestational diabetes		0.55	[0.11;	2.62]	0.1%
Particles 2019 Vitamin D Pre-eclampsia Rees 2013b Selenium Cardiovascular mortality $-1.46 [0.52] (4.09] (0.1\%)$ Rees 2013b Selenium Cardiovascular mortality $0.99 [0.76 [1.28] 2.2\%$ Rees 2013b Selenium Combined cardiovascular events $0.66 [0.74] (1.25] 2.2\%$ Vinceti 2018 Selenium Cardiovascular events $0.66 [0.74] (1.25] 2.2\%$ Random effects model Prediction interval $0.90 [0.76] (0.42] (1.11] -$ Heterogeneity: $t^2 = 33\%$, $t^2 = 0.0018$, $p = 0.05$ Dietary approach Hooper 2012 Low-fat/modified fat Hooper 2017 Healthy diet Gestational diabetes $0.29 [0.01] (5.55] 0.096$ Random effects model Prediction interval Heterogeneity: $t^2 = 0\%$, $t^2 = 0$, $p = 0.83$ Other Yao 2017 Fibre Colorectal adenoma $0.88 [0.60] (1.29] 1.1%$ Random effects model Prediction interval Heterogeneity: $t^2 = 0\%$, $t^2 = 0$, $p = 0.91$ Random effects model Prediction interval Heterogeneity: $t^2 = 0\%$, $t^2 = 0$, $p = 0.91$ Random effects model Prediction interval Heterogeneity: $t^2 = 0\%$, $t^2 = 0$, $p = 0.91$ Random effects model Prediction interval Heterogeneity: $t^2 = 0\%$, $t^2 = 0$, $p = 0.91$ Random effects model Prediction interval Heterogeneity: $t^2 = 2\%$, $t^2 = 0.0013$, $p = 0.05$ Die Low Poll e Die bieblehendere Poll $z = DI$ is birthenere Poll $z = DI$ is birtheneree Poll $z = DI$ is bi	Palacios 2019	Vitamin D	Preterm birth		0.98	[0.37;	2.64]	0.2%
Rees 2013bSeleniumAlr-cause mortality0.700.760.721.262.278Rees 2013bSeleniumCardiovascular rotality0.700.421.170.6%Rees 2013bSeleniumCancer0.711.060.421.170.6%Random effects modelPrediction interval1.0010.951.0666.1%Prediction interval1.001.051.0666.1%1.011.091.01Heterogeneity: $l^2 = 33\%$, $t^2 = 0.0018$, $p = 0.05$ Cardiovascular mortality1.041.0831.3112.8%Hooper 2012Low-fat/modified fatCardiovascular wortality1.061.0951.198.9%Hooper 2012Low-fat/modified fatCardiovascular events0.291.011.0801.292.6%Tieu 2017Heatthy dietGestational diabetes0.291.011.0801.292.6%Prediction interval1.05[0.96; 1.15]14.3%1.05[0.96; 1.15]14.3%Prediction interval1.05[0.96; 1.12]1.1%1.060.98[0.60; 1.29]1.1%Random effects model0.88[0.60; 1.29]1.1%1.060.981.01100.0%Prediction interval0.9%, $t^2 = 0$, $p = 0.91$ Endowed prediction prediction prediction prediction prediction prediction interval0.010.11.00[0.92; 1.08]Heterogeneity: $l^2 = 27\%$, $t^2 = 0$, $p = 0.91$ Endowed prediction prediction prediction prediction prediction prediction prediction predi	Palacios 2019	Vitamin D	Pre-eclampsia	- <u>+</u>	1.46	0.52;	4.09	0.1%
Nees 2013bSeleniumCombined cardiovascular events0.96 $[0.74, 1.25]$ 2.1%Vinceti 2018SeleniumCombined cardiovascular events0.96 $[0.74, 1.25]$ 2.1%Random effects modelPrediction interval1.41 $[0.95; 2.07]$ 1.0% Prediction intervalHeterogeneity: $l^2 = 33\%, \tau^2 = 0.0018, p = 0.05$ 1.00 $[0.95; 1.11]$ $-$ Dietary approachImage: the top of the t	Rees 2013b	Selenium	Cardiovascular mortality		0.99	[0.70, [0.42	1.20	0.6%
Vinceti 2018 Selenium Cancer Cancer Cancer 141 [0.95, 2.07] 1.0% Random effects model Prediction interval Hooper 2012 Low-fat/modified fat Hooper 2012 Low-fat/modified fat Heatiny diet File Colorectal cancer Colorectal adenoma Other Yao 2017 Fibre Colorectal cancer Colorectal adenoma Concertal adenoma Cancer 141 [0.95, 2.07] 1.0% 1.00 [0.95; 1.06] 66.1% [0.90; 1.11] Heatiny diffed fat Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0$, $p = 0.83$ Other Yao 2017 Fibre Colorectal cancer 0.78 [0.11; 5.48] 0.0% Yao 2017 Fibre Colorectal adenoma Colorectal adenoma Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0$, $p = 0.91$ Random effects model Prediction interval Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0.0013$, $p = 0.05$ PE in high/unclear PDP in law PDP. PDP in bigh/unclear PDP in bigh/	Rees 2013b	Selenium	Combined cardiovascular events		0.96	[0.42, [0.74	1 251	2.1%
Random effects model Prediction interval Heterogeneity: $l^2 = 33\%$, $\tau^2 = 0.0018$, $p = 0.05$ 1.00 $[0.95; 1.06]$ 66.1% $[0.90; 1.11]$ Dietary approach Hooper 2012 Hooper 2012 Low-fat/modified fat Hooper 2012 Low-fat/modified fat Healthy diet Gestational diabetes Gestational diabetes Gestational diabetes Colorectal cancer Colorectal cancer Colorectal adenoma1.04 (0.83; 1.31) 2.8% 0.29 0.01; 5.55) 0.0% 0.29 0.01; 5.55) 0.0% 0.29 0.01; 5.55) 0.0% 0.29 0.01; 5.55)0.0% 0.29 0.01; 5.55) 0.0% 0.29 0.01; 5.55) 0.0% 0.88 0.60; 1.29] 1.1% 0.88 0.60; 1.27] 1.1%Other Yao 2017 Yao 2017 Yao 2017 Fibre Colorectal adenoma Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0$, $p = 0.91$ Colorectal cancer Colorectal adenoma 0.88 0.60; 1.29] 1.1% 0.88 0.60; 1.27] 1.1%0.78 0.88 0.60; 1.27] 1.1%Random effects model Prediction interval Heterogeneity: $l^2 = 27\%$, $\tau^2 = 0.0013$, $p = 0.05$ 0.01 0.1 0.10.0 0.01 0.000.00 0.01	Vinceti 2018	Selenium	Cancer	-	1.41	10.95	2.071	1.0%
Prediction interval Heterogeneity: $l^2 = 33\%$, $\tau^2 = 0.018$, $p = 0.05$ Dietary approach Hooper 2012 Low-fat/modified fat Hooper 2012 Low-fat/modified fat Heatthy diet Random effects model Prediction interval Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0$, $p = 0.83$ Colorectal cancer Yao 2017 Fibre Colorectal cancer Yao 2017 Fibre Colorectal adenoma Random effects model Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0$, $p = 0.91$ Random effects model Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0$, $p = 0.91$ Random effects model Heterogeneity: $l^2 = 27\%$, $\tau^2 = 0.0013$, $p = 0.05$ DEP in biph/updeer DeP in Diph/updeer DeP in biph/updeer DeP in biph/u	Random effects model				1.00	[0.95;	1.06]	66.1%
Heterogeneity: $l^2 = 33\%$, $\tau^2 = 0.0018$, $p = 0.05$ Dietary approach Hooper 2012 Low-fat/modified fat Hooper 2012 Low-fat/modified fat Hooper 2012 Low-fat/modified fat Hooper 2012 Low-fat/modified fat Healthy diet Gestational diabetes 1.04 [0.83; 1.31] 2.8% All-cause mortality 1.06 [0.95; 1.19] 8.9% Combined cardiovascular events 1.01 [0.80; 1.29] 2.6% 0.29 [0.01; 5.55] 0.0% 1.05 [0.96; 1.15] 14.3% [0.85; 1.29] - Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0$, $p = 0.83$ Other Yao 2017 Fibre Colorectal cancer 0.78 [0.11; 5.48] 0.0% Yao 2017 Fibre Colorectal adenoma 0.88 [0.60; 1.27] 1.1% Random effects model Prediction interval Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0$, $p = 0.91$ Random effects model Prediction interval Heterogeneity: $l^2 = 27\%$, $\tau^2 = 0.0013$, $p = 0.05$	Prediction interval			+		[0.90;	1.11]	
Dietary approach Hooper 2012 Low-fat/modified fat Hooper 2012 Low-fat/modified fat Healthy diet Random effects model Prediction interval Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0$, $p = 0.83$ Other Yao 2017 Fibre Colorectal cancer Yao 2017 Fibre Colorectal adenoma 0.88 [0.60; 1.29] 1.1% Random effects model Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0$, $p = 0.91$ Random effects model Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0$, $p = 0.91$ Random effects model Prediction interval Heterogeneity: $l^2 = 27\%$, $\tau^2 = 0.0013$, $p = 0.05$ OUTHOUS PR is bis/buncleor PoR = PR is here Por Prediced PoR = PR is in the Port Port is here Port Port Port Port Port Port Port Port	Heterogeneity: $I^2 = 33\%$, τ	$c^2 = 0.0018, p = 0.05$						
Conversion on the faitConversion on trainingHooper 2012Low-fait/modified fatAll-cause montalityImage: Conversion on the trainingHooper 2012Low-fait/modified fatConversion on the trainingImage: Conversion on the trainingTieu 2017Healthy dietGestational diabetesImage: Conversion on the trainingPrediction intervalImage: Conversion on the trainingImage: Conversion on the trainingHeterogeneity: $l^2 = 0\%$, $\tau^2 = 0$, $p = 0.83$ Colorectal cancerO.78[0.11; 5.48]0.0%OtherColorectal adenomaImage: Conversion on the trainingImage: Conversion on the trainingImage: Conversion on the trainingImage: Conversion on the trainingYao 2017FibreColorectal cancerO.78[0.11; 5.48]0.0%Yao 2017FibreColorectal adenomaImage: Conversion on the trainingImage: Conversion on the trainingImage: Conversion on the trainingRandom effects modelImage: Plan base Pape in the trainingImage: Plan base Pape in the trainingImage: Plan base Pape in the trainingImage: Plan base Pape in the trainingPrediction intervalImage: Plan base Pape in the trainingPlan base Pape in the trainingPlan base Pape in the trainingPlan	Dietary approach	Low fotos dified fot	Cordiovocaulos mostelity	l	4.04	10 00-	4 347	2.0%
Hooper 2012 Low-fat/modified fat Hooper 2012 Low-fat/modified fat Fier 2017 Healthy diet Random effects model Prediction interval Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0$, $p = 0.83$ Other Yao 2017 Fibre Colorectal cancer 0.78 [0.11; 5.48] 0.0% Yao 2017 Fibre Colorectal adenoma 0.88 [0.60; 1.29] 1.1% Random effects model Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0$, $p = 0.91$ Random effects model Heterogeneity: $l^2 = 27\%$, $\tau^2 = 0.0013$, $p = 0.05$ Random effects model Heterogeneity: $l^2 = 27\%$, $\tau^2 = 0.0013$, $p = 0.05$ Random effects model Heterogeneity: $l^2 = 27\%$, $\tau^2 = 0.0013$, $p = 0.05$ Random effects model Heterogeneity: $l^2 = 27\%$, $\tau^2 = 0.0013$, $p = 0.05$	Hooper 2012 Hooper 2012	Low-rat/modified fat	All-cause mortality	Ť	1.04	[U.83; [0.05·	1.31	∠.8% 8.0%
The 2017 Healthy diet Gestational diabetes 0.29 [0.01; 5.55] 0.0% Random effects model Prediction interval Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0$, $p = 0.83$ Other Yao 2017 Fibre Colorectal cancer 0.78 [0.11; 5.48] 0.0% Yao 2017 Fibre Colorectal adenoma 0.88 [0.60; 1.29] 1.1% Random effects model Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0$, $p = 0.91$ Random effects model 0.88 [0.60; 1.27] 1.1% Random effects model 0.88 [0.60; 1.27] 1.1% Heterogeneity: $l^2 = 27\%$, $\tau^2 = 0.0013$, $p = 0.05$ Random effects model 0.01 0.1 1 10 100 PR in biothunclear PoP = PP in law PoP = PP in biothunclear PoP = PP in law PoP = PP in l	Hooper 2012	Low-fat/modified fat	Combined cardiovascular events	I I	1.00	[0.95, [0.80	1.19	2.6%
Random effects model Prediction interval Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0$, $p = 0.83$ Other Yao 2017 Fibre Colorectal cancer 0.78 [0.11; 5.48] 0.0% Yao 2017 Fibre Colorectal adenoma 0.88 [0.60; 1.29] 1.1% Random effects model Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0$, $p = 0.91$ Random effects model Heterogeneity: $l^2 = 27\%$, $\tau^2 = 0.0013$, $p = 0.05$ Random effects model Prediction interval Heterogeneity: $l^2 = 27\%$, $\tau^2 = 0.0013$, $p = 0.05$ Random effects model Prediction interval Heterogeneity: $l^2 = 27\%$, $\tau^2 = 0.0013$, $p = 0.05$	Tieu 2017	Healthy diet	Gestational diabetes		0.29	[0.00,	5 551	0.0%
Prediction interval Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0$, $p = 0.83$ [0.85; 1.29] - Other Yao 2017 Fibre Yao 2017 Colorectal cancer Colorectal adenoma 0.78 [0.11; 5.48] 0.0% Yao 2017 Fibre Yao 2017 Colorectal adenoma 0.88 [0.60; 1.29] 1.1% Random effects model Prediction interval Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0.0013$, $p = 0.05$ 0.01 0.1 1 10 [0.92; 1.08]	Random effects model	rioantij ulot		\$	1.05	[0.96:	1.151	14.3%
Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0$, $p = 0.83$ Other Yao 2017 Fibre Colorectal cancer 0.78 [0.11; 5.48] 0.0% Yao 2017 Fibre Colorectal adenoma 0.88 [0.60; 1.29] 1.1% Random effects model Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0$, $p = 0.91$ Random effects model Prediction interval Heterogeneity: $l^2 = 27\%$, $\tau^2 = 0.0013$, $p = 0.05$ OULD 1 1 10 100 PR in biph/unclear PoR = PR in law PoR = PR in biph/unclear	Prediction interval			÷		[0.85:	1.291	
Other Yao 2017Fibre FibreColorectal cancer Colorectal adenoma 0.78 $[0.11;$ 5.48 0.0% Yao 2017Fibre Colorectal adenoma 0.88 $[0.60;$ 1.29 1.1% Random effects model Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0$, $\rho = 0.91$ 0.88 $[0.60;$ 1.27 1.1% Random effects model Prediction interval Heterogeneity: $l^2 = 27\%$, $\tau^2 = 0.0013$, $p = 0.05$ 0.01 0.1 1 100 Description 0.01 0.1 1 10 100 Random effects 0.01 0.1 1 10 100	Heterogeneity: $I^2 = 0\%$, τ^2	= 0, <i>p</i> = 0.83						
Tail 2017 Fibre Colorectal cancer 0.78 $[0.11]$; 5.48] 0.0% Yao 2017 Fibre Colorectal cancer 0.88 $[0.60;$ 1.29] 1.1% Random effects model 0.88 $[0.60;$ 1.29] 1.1% Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0.091$ 0.88 $[0.60;$ 1.27] 1.1% Random effects model 0.01 0.11 1.00 $[0.96;$ 1.04] 100.0% Prediction interval $[0.92;$ 1.08] 0.01 0.1 1.00 $[0.92;$ 1.08] Heterogeneity: $l^2 = 27\%$, $\tau^2 = 0.0013$, $p = 0.05$ 0.01 0.1 1.00 $0.92;$ 1.08]	Other	Fiber	Coloratel		0.70	10 44	E 407	0.0%
Table Control addenoma 0.88 $(0.00, 1.29]$ 1.1% Random effects model 0.88 $(0.60; 1.27]$ 1.1% Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0.091$ 1.00 $[0.96; 1.04]$ 100.0% Prediction interval [0.92; 1.08] [0.92; 1.08] 1.00 Heterogeneity: $l^2 = 27\%$, $\tau^2 = 0.0013$, $p = 0.05$ 0.01 0.1 1 10 100 Random effects model 0.01 0.1 1 100 1.00	Ta0 2017 Vao 2017	FIDIE	Colorectal cancer		0.78	0.11;	5.48	1.10
Heterogeneity: $l^2 = 0\%$, $\tau^2 = 0$, $p = 0.91$ Random effects model Prediction interval Heterogeneity: $l^2 = 27\%$, $\tau^2 = 0.0013$, $p = 0.05$ 0.01 0.1 100 Reprint the production interval Heterogeneity: $l^2 = 27\%$, $\tau^2 = 0.0013$, $p = 0.05$ 0.01 0.1 100 Reprint the production interval Heterogeneity: $l^2 = 27\%$, $\tau^2 = 0.0013$, $p = 0.05$ 0.01 0.1 100 Reprint the production interval Reprint the production interval Heterogeneity: $l^2 = 27\%$, $\tau^2 = 0.0013$, $p = 0.05$	Random offects model	FIDIE	Colorectal adenoma	1	0.88	[0.60;	1.29	1.1%
Random effects model Prediction interval Heterogeneity: $l^2 = 27\%$, $\tau^2 = 0.0013$, $p = 0.05$ 0.01 0.1 1 10 100 RP in bightup logr PoP \sim PP in low PoP \sim PP in low PoP	Heterogeneity: $I^2 = 0\%$, τ^2	= 0, <i>p</i> = 0.91		Ť	0.00	[0.00,	1.21]	1.170
Prediction interval $[0.92; 1.08]$ Heterogeneity: $l^2 = 27\%$, $\tau^2 = 0.0013$, $p = 0.05$ 0.01 0.1 1 10 100 RR in bight/upclear ReP = RP in law ReP R = RP in bight/upclear ReP = RP	Random effects model			ļ	1.00	[0.96;	1.04]	100.0%
Heterogeneity: $l^2 = 27\%$, $\tau^2 = 0.0013$, $p = 0.05$ 0.01 0.1 1 10 100 RP in bightup loss Res = RP in low Res = RP in bightup loss Res = RP in low Res	Prediction interval		_		_	[0.92;	1.08]	
0.01 0.1 1 10 100 PD in high/unclear DaD < DD in high/unclear DaD > DD in high/unclear DaD > DD in law DaD	Heterogeneity: I ² = 27%, τ	² = 0.0013, <i>p</i> = 0.05	Г		1			
			0.0 DD in bish/unclose D-D - D	1 0.1 1 10 Diplow Dop DD in history	100		in low	DoD

Figure S14: Allocation concealment: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Subgroup analysis: Clusters of interventions

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	9	5%-CI	Weight
Cardiovascular disea	se		1				
Abdolbamid 2019a	Omora_3	Cardiovascular mortality		0.94	10 54-	1 2 1 1	0.0%
Abdelhamid 2010a	Onega-3		T	0.04	[0.34,	1.31]	0.070
Abdelnamid 2018a	Omega-3	Cardiovascular disease	Ť	0.97	[0.76;	1.24]	2.5%
Abdelhamid 2018a	α-Linolenic acid	Cardiovascular disease	++-	1.24	[0.90;	1.71]	1.5%
Abdelhamid 2018a	a-Linolenic acid	Cardiovascular mortality		1.05	[0.57 ⁻	1 951	0.4%
Abdelhamid 2018a	g_Linolonic acid	Coronany heart disease		1 31	10.07	1 071	0.0%
Abdelhamid 2010a		Coronary heart disease		1.51	10.07,	1.31	0.570
Abdeinamid 2018b	Polyunsaturated fat	Coronary neart disease	-++	0.68	[0.41;	1.14]	0.6%
Adler 2014	Low-sodium	Cardiovascular mortality	+	0.64	[0.15;	2.70]	0.1%
Adler 2014	Low-sodium	Cardiovascular disease	_+ <u>+</u> _	0.72	[0.34;	1.50]	0.3%
Bielakovic 2014	Vitamin D	Cardiovascular mortality		2.03	10 / 2	0 001	0.1%
Licener 2012	I ow fat/modified fat	Cardiovascular mortality	Į.	1.04	10.02	4 241	2.0%
Hooper 2012	Low-lai/modified lat	Cardiovascular mortality	Ť	1.04	[0.63,	1.31]	2.070
Hooper 2012	Low-fat/modified fat	Combined cardiovascular events	+	1.01	[0.80;	1.29]	2.6%
Hooper 2015b	Low saturated fat	Cardiovascular mortality	+	1.10	[0.77;	1.56]	1.2%
Hooper 2015b	Low saturated fat	Combined cardiovascular events	+	0.94	[0.69]	1.291	1.6%
Hooper 2018	Omera-6	Combined cardiovascular events		0.57	10 35	0 921	0.7%
Hooper 2010	Omoga 6	Cardiovaccular mortality		0.67	10 24	4 4 51	0.4%
Hooper 2018	Onlega-0	Cardiovascular montality		0.02	[0.34,	1.15]	0.470
Rees 2013b	Selenium	Cardiovascular mortality	-++	0.70	0.42;	1.1/]	0.6%
Rees 2013b	Selenium	Combined cardiovascular events	+	0.96	[0.74;	1.25]	2.1%
Random effects mode	5		6	0.97	[0.89]	1.06]	19.2%
Prediction interval			1		10.88	1 071	
Hetereesite 12 000 -	2 0 - 0.24		Ī		[0.00,	1.07]	
Heterogeneity: $I^{-} = 9\%$, t	r = 0, p = 0.34						
All cause mortality							
Abdelbamid 2040-	Om 3		_	0.70	10 54	4 0.03	4 30/
Abdeinamid 2018a	Omega-3	All-cause mortality	-*†	0.76	[0.54;	1.08]	1.3%
Abdelhamid 2018b	Polyunsaturated fat	All-cause mortality	+	0.93	[0.76]	1.14]	3.5%
Adler 2014	Low-sodium	All-cause mortality	+	1.41	10.85	2,361	0.6%
Piolokovic 2012	0 caratana	All cause mortality	L_	0.75	10.00	4 501	0.2%
Djelakovic 2012	Vitersin F	All course montality	<u> </u>	0.10	10.00	1.00]	0.370
Bjelakovic 2012	Vitamin E	All-cause mortality	12	0.89	[0.80;	0.99]	9.8%
Bjelakovic 2012	Vitamin C	All-cause mortality	+	0.92	[0.72;	1.18]	2.4%
Bielakovic 2012	Vitamin A	All-cause mortality	+	0.93	[0.70]	1.24]	1.9%
Bielakovic 2014	Vitamin D	All-cause mortality		1 02	io 96	1 091	18.3%
Hoopor 2012	Low fat/modified fat	All cause mortality	五	1.06	10.05	1 101	0.004
	Low-latinouneu lat	All-cause montality	Ľ	1.00	10.95,	1.19]	0.970
Hooper 2015b	Low saturated fat	All-cause mortality	Ť	1.13	[0.88,	1.40	2.4%
Hooper 2018	Omega-6	All-cause mortality	-+-	0.62	[0.39;	0.99]	0.7%
Rees 2013b	Selenium	All-cause mortality	+	0.99	[0.76;	1.28]	2.2%
Random effects mode	e		¢.	0.97	[0.91;	1.04]	52.3%
Prediction interval			1		0.85:	1.121	
Heterogeneity: $I^2 = 33\%$.	$\tau^2 = 0.0029, p = 0.13$				[,		
Bone health							
Avenell 2014	Vitamin D	Hip fracture	_ +	1.21	0.58;	2.50]	0.3%
Avenell 2014	Vitamin D	Any fracture	L	1 / 1	IN ON-	2 12	0.0%
Dandam offects mode	Vitariii D	Any nacture	L.	4.26	10.04	4.041	4.30/
Random effects mode	2 0 0 74		P	1.30	[0.95;	1.94]	1.2%
Heterogeneity: $I = 0\%$, τ	= 0, p = 0.71						
Cancer							
Biolakovic 2014b	Vitamin D	Cancor		1.67	10 40-	5 711	0 1%
Djelaković 2014D	Vitamin D	Calicel		1.07	[0.49,	0.71	0.170
Vinceti 2018	Selenium	Cancer		1.41	[0.95;	2.07]	1.0%
Yao 2017	Fibre	Colorectal cancer		0.78	[0.11;	5.48]	0.0%
Yao 2017	Fibre	Colorectal adenoma	-	0.88	[0.60]	1.29]	1.1%
Random effects mode	2		6	1.13	0.78:	1.661	2.2%
Dradiction interval			<u> </u>		[0.22	3 061	a. 182 7 0
Heterogeneity: $I^2 = 12\%$	$\tau^2 = 0.0469$ $n = 0.33$				[0.55,	2.20]	
notorogenergin 1270,	1 0.0100,p 0.00						
Pregnancy outcomes							
De-Regil 2015	Folate	Neural tube defect		0 76	IO 20 [.]	2 851	0.1%
De Regil 2015	Falata			0.10	0.20,	44.401	0.000
De-Regil 2015	Folate	Congenital cardiovascular anomalies		- 0.00	[0.39; 1	11.46	0.0%
Hofmeyr 2018	Calcium	Pre-eclampsia		0.28	[0.08;	1.04]	0.1%
Hofmeyr 2018	Calcium	High blood pressure	<u> </u>	0.25	[0.11;	0.58]	0.2%
Keats 2019	Micronutrients	Preterm birth	-	1.02	[0.89	1.171	6.6%
Keats 2019	Micronutriente	Low birth weight		1 07	10 97	1 1 2	11 5%
Koate 2010	Microputriente	Small gostational ago	T.	4.04	10.00	1 241	6.00/
Redis 2019	Micronuments	Small gestational age	Ĩ	1.04	[0.90;	1.21]	0.0%
Palacios 2019	Vitamin D	Gestational diabetes	+	0.55	[0.11;	2.62]	0.1%
Palacios 2019	Vitamin D	Preterm birth	-+	0.98	[0.37;	2.64]	0.2%
Palacios 2019	Vitamin D	Pre-eclamosia	_ + +	1.46	[0.52 ⁻	4.091	0.1%
Tieu 2017	Healthy diet	Gestational diabetes		0.20	0 01	5 551	0.0%
Dandom offecto mode	si s		l.	4.04	10.07	4 4 4 3	25.00/
Naturul effects mode	21		ľ	1.04	[0.91;	1.11]	Z3.070
Prediction Interval	2 0 - 0.04		Ť		[0.96;	1.12]	
meterogeneity: $I^- = 47\%$,	$\tau = 0, p = 0.04$						
Random effects mode	el		Ļ	1.00	[0.96:	1.041	100.0%
Prediction interval			Ļ		10 92.	1 081	
Heteroneneity: 12 - 270/	$\tau^2 = 0.0013 \text{ m} = 0.05$	Г			,		
10000yonoity. 1 - 21%,	· - 0.0015, p = 0.05	0.0	1 0 1 1 10	100			
				100	D . DC	-	D-D
		RR in high/unclear RoB < R	(R in low Rob RR in high/u	inclear Ro	6 > RR	in low	ROB

Figure S15: Allocation concealment: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Subgroup analysis: Clusters of outcomes

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	9	5%-CI	Weight
all-cause mortality Abdelhamid 2018a Abdelhamid 2018b Adler 2014 Bjelakovic 2012 Bjelakovic 2012 Bjelakovic 2012 Bjelakovic 2012 Bjelakovic 2014 Hooper 2012 Hooper 2015b Hooper 2018 Rees 2013b Random effects mode Prediction interval Heterogeneity: / ² = 33%,	Omega-3 Polyunsaturated fat Low-sodium β -carotene Vitamin E Vitamin C Vitamin A Vitamin D Low-fat/modified fat Low-fat/modified fat Omega-6 Selenium	All-cause mortality All-cause mortality	+ + + + + + + + + + + + + + + + + + +	0.76 0.93 1.41 0.75 0.89 0.92 0.93 1.02 1.06 1.13 0.62 0.99 0.97	[0.54; [0.76; [0.85; [0.36; [0.70; [0.96; [0.95; [0.88; [0.39; [0.76; [0.91; [0.85;	1.08] 1.14] 2.36] 1.58] 0.99] 1.18] 1.24] 1.09] 1.19] 1.46] 0.99] 1.28] 1.04] 1.04] 1.12]	1.3% 3.5% 0.6% 9.8% 2.4% 1.9% 18.3% 8.9% 2.4% 0.7% 2.2% 52.3%
mostly subjectively as	ssessed						
Abdelhamid 2018a Abdelhamid 2018a Abdelhamid 2018a Abdelhamid 2018a Abdelhamid 2018a Abdelhamid 2018a Abdelhamid 2018b Adler 2014 Adler 2014 Avenell 2014 Bjelakovic 2014 Bjelakovic 2014 Bjelakovic 2014 Bjelakovic 2014 Bjelakovic 2014 Hooper 2012 Hooper 2012 Hooper 2015b Hooper 2015b Hooper 2018 Hooper 2018 Rees 2013b Rees 2013b Rees 2013b Vinceti 2018 Yao 2017 Yao 2017 Random effects mode Prediction interval Heterogeneity: <i>I</i> ² = 13%,	Omega-3 Omega-3 orega-3 orega-3 orega-3 orega-3 orega-6 orega-6 orega-6 Selenium Selenium Selenium $\tau^2 = 0, \rho = 0.29$	Cardiovascular mortality Cardiovascular disease Cardiovascular disease Cardiovascular mortality Coronary heart disease Coronary heart disease Cardiovascular mortality Cardiovascular mortality Cardiovascular mortality Cancer Cardiovascular mortality Combined cardiovascular events Cardiovascular mortality Combined cardiovascular events Cancer Colorectal cancer Colorectal adenoma		0.84 0.97 1.24 1.05 1.31 0.68 0.64 0.72 1.21 1.41 2.03 1.67 1.04 1.01 1.10 0.94 0.57 0.62 0.70 0.94 0.57 0.62 0.70 0.94 1.41 0.78 0.88 1.00	$\begin{matrix} [0.54;\\ [0.76;\\ [0.90;\\ [0.90;\\ [0.57;\\ [0.87;\\ [0.41;\\ [0.15;\\ [0.34;\\ [0.42;\\ [0.42;\\ [0.42;\\ [0.42;\\ [0.42;\\ [0.42;\\ [0.42;\\ [0.42;\\ [0.35;\\ [0.34;\\ [0.35;\\ [0.34;\\ [0.35;\\ [0.34;\\ [0.92;\\ [0.11;\\ [0.60;\\ [0.92;\\ [0.92;\\]0.92;\\ \end{matrix} \end{matrix}$	1.31] 1.24] 1.71] 1.97] 1.97] 1.14] 2.70] 2.50] 2.50] 5.71] 1.31] 1.29] 0.92] 1.15] 1.29] 0.92] 1.15] 1.29] 2.07] 5.48] 1.29] 1.09]	0.8% 2.5% 1.5% 0.4% 0.9% 0.1% 0.3% 0.3% 0.1% 0.1% 2.8% 1.2% 1.6% 0.4% 0.6% 2.1% 1.0% 0.6% 2.1% 1.0% 0.0% 1.1% 22.7%
pregnancy outcomes De-Regil 2015 De-Regil 2015 Hofmeyr 2018 Hofmeyr 2018 Keats 2019 Keats 2019 Keats 2019 Palacios 2019 Palacios 2019 Palacios 2019 Palacios 2019 Tieu 2017 Random effects mode Prediction interval Heterogeneity: <i>I</i> ² = 47%,	Folate Folate Calcium Calcium Micronutrients Micronutrients Micronutrients Vitamin D Vitamin D Healthy diet $\tau^2 = 0, p = 0.04$	Neural tube defect Congenital cardiovascular anomalies Pre-eclampsia High blood pressure Preterm birth Low birth weight Small gestational diabetes Preterm birth Pre-eclampsia Gestational diabetes		0.76 0.28 0.25 1.02 1.07 1.04 0.55 0.98 1.46 0.29 1.04	[0.20; [0.39; 1 [0.08; [0.11; [0.89; [0.97; [0.90; [0.11; [0.90; [0.52; [0.01; [0.96;	2.85] 11.46] 1.04] 0.58] 1.17] 1.18] 1.21] 2.62] 2.64] 4.09] 5.55] 1.11] 1.12]	0.1% 0.0% 0.1% 0.2% 6.6% 11.5% 6.0% 0.1% 0.2% 0.1% 0.0% 25.0%
Random effects mode Prediction interval		_		1.00	[0.96; [0.92;	1.04] 1.08]	100.0%
Heterogeneity: $I^2 = 27\%$,	τ ² = 0.0013, <i>p</i> = 0.05	٦ 0.0	1 0.1 1 10	1 100	,	-	
		RR in high/unclear RoB < R	R in low Rob RR in high/u	nclear Ro	B > RR	in low	RoB

Figure S16: Allocation concealment: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Subgroup analysis: Subjective versus objective outcomes

Abdelhamid 2018a Omega-3 Body weight -0.03 [-0.35; 0.29] 4. Adler 2014 Low-sodium Systolic blood pressure	B% 7% 5% 2% 3% 5%
Adler 2014 Low-sodium Systolic blood pressure Image: mage:	7% 5% 2% 3% 5%
Adler 2014 Low-sodium Diastolic blood pressure -0.47 [-0.99; 0.05] 2.	5% 2% 3% 5%
	2% 3% 5%
Cormick 2015 Calcium Systolic blood pressure 0.03 [-0.12; 0.18] 8.	3% 5%
Cormick 2015 Calcium Diastolic blood pressure 0.12 [-0.18; 0.42] 5.	5%
Hartley 2016 Fibre Systolic blood pressure 0.56 [0.01; 1.11] 2.	
Hartley 2016 Fibre Diastolic blood pressure -0.13 [-0.69; 0.43] 2.	1%
Hooper 2012 Low-fat Body weight -0.04 [-0.38; 0.30] 4.	5%
Hooper 2015a Low-fat Body weight -0.37 [-0.55; -0.19] 7.	5%
Kelly 2017 Whole grains Body weight -0.06 [-0.49; 0.37] 3.	5%
Kelly 2017 Whole grains Systolic blood pressure 0.33 [0.02; 0.64] 5.	0%
Kelly 2017 Whole grains Diastolic blood pressure 0.13 [-0.17; 0.43] 5.	3%
Palacios 2019 Vitamin D Birth length -0.02 [-0.23; 0.19] 7.1	0%
Palacios 2019 Vitamin D Birth weight -0.08 [-0.30; 0.14] 6.	7%
Palacios 2019 Vitamin D Head circumference at birth -0.09 [-0.31; 0.13] 6.1	5%
Rees 2013 Healthy diet Systolic blood pressure 0.53 [0.09; 0.97] 3.	4%
Rees 2013 Healthy diet Diastolic blood pressure 0.53 [0.10; 0.96] 3.	5%
Rees 2019 Mediterranean diet Systolic blood pressure # 0.32 [-0.30, 0.94] 2/	0%
Rees 2019 Mediterranean diet High Density Lipoprotein -0.03 [-0.34; 0.28] 5/	0%
Rees 2019 Mediterranean diet Triglycerides 0.08 [-0.25; 0.41] 4.	3%
Tieu 2017 Healthy diet Birth weight -0.27 [-0.84; 0.30] 2.	3%
Usinger 2012 Fermented milk Systolic blood pressure -0.20 [-0.91; 0.51] 1./	5%
Usinger 2012 Fermented milk Diastolic blood pressure 0.09 [-0.40; 0.58] 2.1	9%
Random effects model 0.03 [-0.07: 0.12] 100.	0%
Prediction interval	
Heterogeneity: $l^2 = 51\%$, $\tau^2 = 0.0249$, $\rho < 0.01$	
-1 -0.5 0 0.5 1	
SMD in high/unclear RoB < SMD in low RoB SMD in high/unclear RoB > SMD in low Ro	B

Figure S17 Allocation concealment: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for continuous outcomes as pooled difference of standardised mean differences

CI: confidence interval; DSMD: difference of standardised mean differences; I²: heterogeneity measure; RoB: risk of bias; SMD: standardised mean difference; τ^2 : heterogeneity value with Restricted Maximum-likelihood estimation method

Reference	Intervention	Outcome	Difference of SMD	DSMD	95%-CI	Weight
Abdelhamid 2018a	Omega-3	Body weight		-0.03 [-().35; 0.29]	8.4%
Adler 2014	Low-sodium	Systolic blood pressure		0.13 [-(0.39; 0.65]	5.1%
Cormick 2015	Calcium	Systolic blood pressure		0.03 [-0	0.12; 0.18]	12.7%
Hartley 2016	Fibre	Systolic blood pressure		— 0.56 ľ	0.01: 1.11	4.7%
Hooper 2012	Low-fat	Body weight		-0.04 [-0	0.38; 0.30]	8.1%
Hooper 2015a	Low-fat	Body weight		-0.37 [-0).55; -0.19]	11.9%
Kelly 2017	Whole grains	Body weight		-0.06 [-0	0.49; 0.37]	6.4%
Kelly 2017	Whole grains	Systolic blood pressure		0.33 [0	0.02; 0.64]	8.7%
Palacios 2019	Vitamin D	Birth length	<u>_</u>	-0.02 [-().23: 0.19	11.3%
Rees 2013	Healthy diet	Systolic blood pressure		- 0.53 (0.09; 0.971	6.3%
Rees 2019	Mediterranean diet	High Density Lipoprotein		-0.03 [-(0.34; 0.28]	8.7%
Tieu 2017	Healthy diet	Birth weight		-0.27 [-().84: 0.301	4.4%
Usinger 2012	Fermented milk	Systolic blood pressure		-0.20 [-().91; 0.51]	3.3%
Random effects mod	el		4	0.02 [-0	.12: 0.171	100.0%
Prediction interval				j.	.43: 0.471	
Heterogeneity: $I^2 = 62\%$	$\tau^2 = 0.0367$, $p < 0.01$			- Г		
	······		-1 -0.5 0 0.5	1		
	CM) in high/unclear DoD < 9	MD in low DoD CMD in high	uncloar DoD	S OMD in Iz	

Figure S18: Allocation concealment: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for continuous outcomes as pooled difference of standardised mean differences. Sensitivity analysis: Excluding highly correlated outcomes

CI: confidence interval; DSMD: difference of standardised mean differences; I^2 : heterogeneity measure; RoB: risk of bias; SMD: standardised mean difference; τ^2 : heterogeneity value with Restricted Maximum-likelihood estimation method



Figure S19: Allocation concealment: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for continuous outcomes as pooled difference of standardised mean differences. Sensitivity analysis: Including only one outcome per comparison from each included systematic review

CI: confidence interval; DSMD: difference of standardised mean differences; I^2 : heterogeneity measure; RoB: risk of bias; SMD: standardised mean difference; τ^2 : heterogeneity value with Restricted Maximum-likelihood estimation method

Methodological trial characteristic: Blinding of participants and personnel

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	95%-CI	Weight
Abdelhamid 2018a	Omega-3	Cardiovascular mortality	+	0.92	[0.77; 1.09]	8.9%
Abdelhamid 2018a	Omega-3	Cardiovascular disease	+	0.94	[0.85; 1.03]	28.6%
Abdelhamid 2018a	α-Linolenic acid	Cardiovascular disease	——————————————————————————————————————	0.74	[0.16; 3.35]	0.1%
Abdelhamid 2018a	Omega-3	All-cause mortality	ė.	0.93	[0.83; 1.05]	18.6%
Abdelhamid 2018a	α-Linolenic acid	Coronary heart disease		- 2.87	[0.12; 70.08]	0.0%
Abdelhamid 2018b	Polyunsaturated fat	All-cause mortality	+	0.99	[0.82; 1.19]	7.7%
Abdelhamid 2018b	Polyunsaturated fat	Coronary heart disease	-4-	0.91	[0.61; 1.35]	1.6%
Abdelhamid 2018b	Polyunsaturated fat	Major cardiovascular events	+-	1.43	[1.04; 1.99]	2.5%
Adler 2014	Low-sodium	All-cause mortality	<u>+</u>	1.30	[0.77; 2.19]	1.0%
Adler 2014	Low-sodium	Cardiovascular mortality		1.03	[0.17; 6.13]	0.1%
Adler 2014	Low-sodium	Cardiovascular disease		0.91	[0.36; 2.32]	0.3%
Bjelakovic 2014b	Vitamin D	Cancer	-+	0.71	[0.41; 1.24]	0.8%
Bjelakovic 2014b	Vitamin D3	Breast cancer	_ _	0.60	[0.22; 1.68]	0.2%
Bjelakovic 2014b	Vitamin D3	Lung cancer		0.31	[0.04; 2.73]	0.1%
Hofmeyr 2018	Calcium	Pre-eclampsia		0.28	[0.08; 1.04]	0.2%
Hofmeyr 2018	Calcium	High blood pressure	I	0.25	[0.11; 0.58]	0.4%
Hooper 2018	Omega-6	Combined cardiovascular events	+	1.04	[0.78; 1.40]	3.0%
Hooper 2018	Omega-6	All-cause mortality		0.83	[0.58; 1.20]	1.9%
Hooper 2018	Omega-6	Cardiovascular mortality	+	1.59	[0.84; 3.01]	0.6%
Keats 2019	Micronutrients	Preterm birth	÷-	1.14	[0.93; 1.40]	6.2%
Keats 2019	Micronutrients	Low birth weight	4	0.93	[0.60; 1.44]	1.4%
Keats 2019	Micronutrients	Small gestational age	+	0.96	[0.75; 1.22]	4.4%
Palacios 2019	Vitamin D	Gestational diabetes		0.86	[0.34; 2.21]	0.3%
Palacios 2019	Vitamin D	Preterm birth		0.98	[0.37; 2.64]	0.3%
Palacios 2019	Vitamin D	Pre-eclampsia		2.15	[0.60; 7.71]	0.2%
Rees 2013b	Selenium	All-cause mortality	+	0.99	[0.77; 1.27]	4.1%
Rees 2013b	Selenium	Cardiovascular mortality	-++	0.70	[0.42; 1.17]	1.0%
Rees 2013b	Selenium	Combined cardiovascular events	+	0.96	[0.74; 1.25]	3.7%
Yao 2017	Fibre	Colorectal adenoma	-+-	0.70	[0.48; 1.01]	1.9%
Random effects mode	I			0.95	[0.91; 1.00]	100.0%
Prediction interval			4		[0.90; 1.01]	
Heterogeneity: $I^2 = 23\%$,	$t^2 = 0, p = 0.13$					
			0.1 0.51 2 10			
		RR in high/unclear RoB < F	RR in low Rob RR in high/ur	nclear Ro	B > RR in lov	v RoB

Figure S20: Blinding of participants and personnel: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	95%-CI	Weight
Abdelhamid 2018a	Omega-3	Cardiovascular mortality	4	0.92	[0.77; 1.09]	16.0%
Abdelhamid 2018a	Omega-3	All-cause mortality		0.93	[0.83; 1.05]	33.5%
Abdelhamid 2018a	a-Linolenic acid	Cardiovascular disease		0.74	[0.16; 3.35]	0.2%
Abdelhamid 2018b	Polyunsaturated fat	All-cause mortality	÷	0.99	[0.82; 1.19]	13.9%
Abdelhamid 2018b	Polyunsaturated fat	Coronary heart disease	—	0.91	[0.61; 1.35]	3.0%
Adler 2014	Low-sodium	All-cause mortality	- <u>+-</u> -	1.30	[0.77; 2.19]	1.7%
Adler 2014	Low-sodium	Cardiovascular mortality		1.03	[0.17; 6.13]	0.1%
Bjelakovic 2014b	Vitamin D	Cancer	. _	0.71	[0.41; 1.24]	1.5%
Hofmeyr 2018	Calcium	Pre-eclampsia		0.28	[0.08; 1.04]	0.3%
Hooper 2018	Omega-6	All-cause mortality		0.83	[0.58; 1.20]	3.5%
Hooper 2018	Omega-6	Cardiovascular mortality	÷	1.59	[0.84; 3.01]	1.2%
Keats 2019	Micronutrients	Preterm birth		1.14	[0.93; 1.40]	11.2%
Palacios 2019	Vitamin D	Gestational diabetes		0.86	[0.34; 2.21]	0.5%
Palacios 2019	Vitamin D	Preterm birth		0.98	[0.37; 2.64]	0.5%
Palacios 2019	Vitamin D	Pre-eclampsia		2.15	[0.60; 7.71]	0.3%
Rees 2013b	Selenium	All-cause mortality	- 	0.99	[0.77; 1.27]	7.4%
Rees 2013b	Selenium	Cardiovascular mortality	+	0.70	[0.42; 1.17]	1.8%
Yao 2017	Fibre	Colorectal adenoma		0.70	[0.48; 1.01]	3.4%
Random effects model			Q	0.95	[0.89; 1.02]	100.0%
Prediction interval			-		[0.88; 1.02]	
Heterogeneity: $I^2 = 6\%$, τ^2	= 0, p = 0.38					
			0.1 0.5 1 2 10			
		RR in high/unclear RoB <	RR in low RoB RR in high/uncl	ear Ro	oB > RR in lo	w RoB

Figure S21: Blinding of participants and personnel: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Sensitivity analysis: Excluding highly correlated outcomes

CI: confidence interval; I²: heterogeneity measure; RoB: risk of bias; RR: risk ratio; RRR: ratio of risk ratios; τ^2 : heterogeneity value with Restricted Maximum-likelihood estimation method



Figure S22: Blinding of participants and personnel: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Sensitivity analysis: Including only one outcome per comparison from each included systematic review

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	95%-CI	Weight
Fatty acids Abdelhamid 2018a Abdelhamid 2018a Abdelhamid 2018a Abdelhamid 2018a Abdelhamid 2018b Abdelhamid 2018b Abdelhamid 2018b Hooper 2018 Hooper 2018 Hooper 2018 Hooper 2018 Hooper 2018 Hooper 2018 Hooper 2018 Hooper 2018 Hooper 2018	Omega-3 Omega-3 α -Linolenic acid Omega-3 α -Linolenic acid Polyunsaturated fat Polyunsaturated fat Polyunsaturated fat Omega-6 Omega-6 Omega-6	Cardiovascular mortality Cardiovascular disease Cardiovascular disease All-cause mortality Coronary heart disease All-cause mortality Coronary heart disease Major cardiovascular events Combined cardiovascular events All-cause mortality Cardiovascular mortality		0.92 [0 0.94 [0 0.74 [0 0.93 [0 0.99 [0 0.99 [0 1.43 [1 1.04 [0 0.83 [0 1.59 [0 0.96 [0. [0.	.77; 1.09] .85; 1.03] .16; 3.35] .83; 1.05] 12; 70.08] .82; 1.19] .61; 1.35] .04; 1.99] .78; 1.40] .58; 1.20] .84; 3.01] .90; 1.02] .89; 1.03]	8.9% 28.6% 0.1% 18.6% 0.0% 7.7% 1.6% 2.5% 3.0% 0.6% 73.6%
Micronutrients Adler 2014 Adler 2014 Adler 2014 Bjelakovic 2014b Bjelakovic 2014b Hofmeyr 2018 Keats 2019 Keats 2019 Keats 2019 Palacios 2019 Palacios 2019 Palacios 2019 Palacios 2019 Rees 2013b Rees 2013b Rees 2013b Random effects model Prediction interval Heterogeneity: $I^2 = 31\%$, 1	Low-sodium Low-sodium Vitamin D Vitamin D3 Vitamin D3 Calcium Micronutrients Micronutrients Micronutrients Micronutrients Vitamin D Vitamin D Vitamin D Vitamin D Selenium Selenium	All-cause mortality Cardiovascular mortality Cardiovascular disease Cancer Breast cancer Lung cancer Pre-eclampsia High blood pressure Preterm birth Low birth weight Small gestational age Gestational diabetes Preterm birth Pre-eclampsia All-cause mortality Cardiovascular mortality		$\begin{array}{ccccc} 1.30 & [0\\ 1.03 & [0\\ 0.91 & [0\\ 0.60 & [0\\ 0.328 & [0\\ 0.25 & [0\\ 1.14 & [0\\ 0.93 & [0\\ 0.93 & [0\\ 0.93 & [0\\ 0.948 & [0\\ 0.98 & [0\\ 0.99 & [0\\ 0.99 & [0\\ 0.99 & [0\\ 0.95 & [0, -10] \\ 0.95 & [0, -10$.77; 2.19] .17; 6.13] .36; 2.32] .41; 1.24] .22; 1.68] .04; 2.73] .08; 1.04] .11; 0.58] .93; 1.40] .60; 1.44] .75; 1.22] .34; 2.21] .34; 2.21] .34; 2.21] .34; 2.21] .34; 2.21] .77; 1.27] .42; 1.17] .74; 1.25] .85; 1.07] .79; 1.15]	1.0% 0.1% 0.3% 0.2% 0.1% 0.2% 0.4% 6.2% 1.4% 4.4% 0.3% 0.3% 0.2% 4.1% 1.0% 3.7% 24.5%
Other Yao 2017 Random effects model Prediction interval Heterogeneity: / ² = 23%, t	Fibre ² = 0, <i>p</i> = 0.13	Colorectal adenoma RR in high/unclear RoB < R		0.70 [0 0.95 [0, [0,	.48; 1.01] 91; 1.00] 90; 1.01] > RR in lov	1.9% 100.0% v RoB

Figure S23: Blinding of participants and personnel: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Subgroup analysis: Clusters of interventions



Figure S24: Blinding of participants and personnel: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Subgroup analysis: Subjective versus objective outcomes

Reference	intervention	Outcome	Ratio of Risk Ratios	RRR	9	0/0-01	
Cardiovascular disease	3						
Abdelhamid 2018a	Omega-3	Cardiovascular mortality	-+-	0.84	IO 54 ⁻	1 311	0.8%
Abdelhamid 2018a	Omega-3	Cardiovascular disease	+	0.97	10 76	1 241	2.5%
Adolhamid 2019a	a Linolonic acid	Cardiovascular disease		1 24	10.10,	1 711	1 504
ADUellianiu 2010a	u-Linolenic aciu	Caruiovascular uisease		1.24	[0.90,	1.71	1.370
Abdelhamid 2018a	a-Linolenic acid	Cardiovascular mortality		1.05	[0.57;	1.95]	0.4%
Abdelhamid 2018a	α-Linolenic acid	Coronary heart disease	+	1.31	[0.87;	1.97]	0.9%
bdelhamid 2018b	Polyunsaturated fat	Coronary heart disease	-+-	0.68	[0.41;	1.14]	0.6%
dler 2014	Low-sodium	Cardiovascular mortality	_	0.64	0.15	2,701	0.1%
dler 2014	Low-sodium	Cardiovascular disease		0.72	10 34	1 501	0.3%
Violekovie 2014	Vitamin D	Cardiovascular mortality		2.02	10.04	0.001	0.370
Sjelaković 2014	vitamin D	Cardiovascular mortality		2.03	[0.42,	9.90]	0.1%
looper 2012	Low-fat/modified fat	Cardiovascular mortality	Ť	1.04	[0.83;	1.31]	2.8%
looper 2012	Low-fat/modified fat	Combined cardiovascular events	+	1.01	[0.80;	1.29]	2.6%
looper 2015b	Low saturated fat	Cardiovascular mortality	+	1.10	[0.77;	1.56]	1.2%
looper 2015b	Low saturated fat	Combined cardiovascular events	4	0.94	0 69	1 291	16%
Jooper 2018	Omora-6	Combined cardiovascular events		0.57	10 35	0 021	0.7%
looper 2010	Omega 6	Continued cardiovascular events		0.57	0.33,	4 461	0.170
looper 2018	Omega-o	Cardiovascular mortality		0.02	[0.34,	1.15]	0.4%
Rees 2013b	Selenium	Cardiovascular mortality	-++	0.70	[0.42;	1.17]	0.6%
Rees 2013b	Selenium	Combined cardiovascular events	+	0.96	[0.74;	1.25]	2.1%
Random effects model			6	0.97	[0.89:	1.061	19.2%
Prediction interval			1		10 88	1 071	
leterogeneity: $I^2 = 9\%$, τ^2	= 0, <i>p</i> = 0.34				[0:00]	1.01]	
All-cause mortality							
bdelhamid 2018a	Omega-3	All-cause mortality	-+	0.76	[0.54;	1.08]	1.3%
bdelhamid 2018b	Polyunsaturated fat	All-cause mortality	4	0.93	0 76	1 141	3.5%
dler 2014	Low-sodium	All-cause mortality	1.	1 /1	10.85	2 261	0.6%
Nulci 2014	Cow-souluin			0.75	10.00,	2.30]	0.070
jelakovic 2012	p-carotene	All-cause mortality	<u>+</u> -	0.75	[0.36;	1.58	0.3%
Sjelakovic 2012	Vitamin E	All-cause mortality		0.89	[0.80;	0.99]	9.8%
ijelakovic 2012	Vitamin C	All-cause mortality	+	0.92	[0.72;	1.18]	2.4%
Sielakovic 2012	Vitamin A	All-cause mortality	+	0.93	[0 70 [.]	1 241	1.9%
Rielakovic 2014	Vitamin D	All-cause mortality	in the second	1.02	10.06	1 001	18 3%
		All-cause mortality	1 T	1.02	10.50,	1.00	10.570
looper 2012	Low-rat/modified fat	All-cause mortality	Ť	1.06	[0.95;	1.19]	8.9%
Joopor 2016b	Low saturated fat	All-cause mortality	Ť	1.13	[0.88;	1.46]	2.4%
100per 20150					10 20.	0 001	0.7%
looper 2018	Omega-6	All-cause mortality	-+-	0.62	[0.39;	0.33	
Hooper 2018 Rees 2013b	Omega-6 Selenium	All-cause mortality All-cause mortality		0.62	[0.39; [0.76]	1.281	2.2%
Hooper 2018 Rees 2013b Random effects model	Omega-6 Selenium	All-cause mortality All-cause mortality		0.62	[0.39; [0.76;	1.28]	2.2%
Hooper 2013b Hooper 2018 Rees 2013b Random effects model	Omega-6 Selenium	All-cause mortality All-cause mortality	-+	0.62 0.99 0.97	[0.39; [0.76; [0.91;	1.28] 1.04]	2.2% 52.3%
Hooper 2013 Rees 2013b Random effects model Prediction interval leterogeneity: / ² = 33%, t ⁻	Omega-6 Selenium	All-cause mortality All-cause mortality	-+	0.62 0.99 0.97	[0.39; [0.76; [0.91; [0.85;	1.28] 1.04] 1.12]	2.2% 52.3%
Hooper 2013b Hooper 2018 Rees 2013b Random effects model Prediction interval Heterogeneity: $I^2 = 33\%$, τ^2	Omega-6 Selenium ² = 0.0029, <i>p</i> = 0.13	All-cause mortality All-cause mortality		0.62 0.99 0.97	[0.39; [0.76; [0.91; [0.85;	1.28] 1.04] 1.12]	2.2% 52.3%
Received to the proper 2013b Received to the proper 2013b Random effects model Prediction interval leterogeneity: $l^2 = 33\%$, τ Bone health	Omega-6 Selenium ² = 0.0029, <i>p</i> = 0.13	All-cause mortality All-cause mortality		0.62 0.99 0.97	[0.39; [0.76; [0.91; [0.85;	1.28] 1.04] 1.12]	2.2% 52.3%
looper 2013b Rees 2013b Random effects model Prediction interval leterogeneity: I ² = 33%, τ ² Bone health Avenell 2014	Omega-6 Selenium ² = 0.0029, p = 0.13 Vitamin D	All-cause mortality All-cause mortality Hip fracture		0.62 0.99 0.97	[0.39; [0.76; [0.91; [0.85;	1.28] 1.04] 1.12] 2.50]	2.2% 52.3%
looper 2013b Rees 2013b Random effects model Prediction interval leterogeneity: / ² = 33%, τ ² Bone health Avenell 2014	Omega-6 Selenium ² = 0.0029, p = 0.13 Vitamin D Vitamin D	All-cause mortality All-cause mortality Hip fracture Any fracture		0.62 0.99 0.97 1.21 1.41	[0.39; [0.76; [0.91; [0.85; [0.58; [0.94;	0.33 1.28 1.04 1.12 2.50 2.50 2.12	2.2% 52.3%
Received 2013b Received 2013b Random effects model Prediction interval leterogeneity: $l^2 = 33\%$, τ Bone health Avenell 2014 Random effects model	Omega-6 Selenium ² = 0.0029, p = 0.13 Vitamin D Vitamin D	All-cause mortality All-cause mortality Hip fracture Any fracture	++++	0.62 0.99 0.97 1.21 1.41 1.36	[0.39; [0.76; [0.91; [0.85; [0.85; [0.58; [0.94; [0.95:	2.50] 2.12]	2.2% 52.3%
Received 2013b Rees 2013b Random effects model Prediction interval leterogeneity: $l^2 = 33\%$, τ^2 Bone health Avenell 2014 Random effects model leterogeneity: $l^2 = 0\%$, τ^2	Omega-6 Selenium $^{2} = 0.0029, p = 0.13$ Vitamin D Vitamin D = 0, p = 0.71	All-cause mortality All-cause mortality Hip fracture Any fracture	+++++	0.62 0.99 0.97 1.21 1.41 1.36	[0.39; [0.76; [0.91; [0.85; [0.85; [0.58; [0.94; [0.95;	2.50] 2.12] 2.12] 2.12] 1.94]	2.2% 52.3% 0.3% 0.9% 1.2%
Received 2013b Received 2013b Received 2013b Random effects model Prediction interval leterogeneity: $l^2 = 33\%$, τ^2 Bone health Avenell 2014 Random effects model leterogeneity: $l^2 = 0\%$, τ^2 Cancer	Omega-6 Selenium $^{2} = 0.0029, p = 0.13$ Vítamin D Vítamin D = 0, p = 0.71	All-cause mortality All-cause mortality Hip fracture Any fracture	+++	0.62 0.99 0.97 1.21 1.41 1.36	[0.39; [0.76; [0.91; [0.85; [0.85; [0.94; [0.95;	2.50] 2.128] 1.04] 1.12] 2.50] 2.12] 1.94]	2.2% 52.3% 0.3% 0.9% 1.2%
Reper 2013b Rees 2013b Random effects model Prediction interval leterogeneity: $l^2 = 33\%$, τ^2 Rone health wenell 2014 wenell 2014 Random effects model leterogeneity: $l^2 = 0\%$, τ^2 Cancer bjelakovic 2014b	Omega-6 Selenium $^2 = 0.0029, p = 0.13$ Vitamin D Vitamin D = 0, p = 0.71 Vitamin D	All-cause mortality All-cause mortality Hip fracture Any fracture Cancer	+++	0.62 0.99 0.97 1.21 1.41 1.36	[0.39; [0.76; [0.91; [0.85; [0.85; [0.94; [0.95; [0.95;	0.33 1.28 1.04 1.12 2.50 2.12 1.94 5.71	2.2% 52.3%
Noper 2013b Rees 2013b Random effects model rediction interval leterogeneity: $l^2 = 33\%$, τ^2 Bone health wenell 2014 Random effects model leterogeneity: $l^2 = 0\%$, τ^2 Cancer Bjelakovic 2014b inceti 2018	Omega-6 Selenium $^{2} = 0.0029, p = 0.13$ Vitamin D Vitamin D = 0, p = 0.71 Vitamin D Selenium	All-cause mortality All-cause mortality Hip fracture Any fracture Cancer Cancer Cancer	++++	0.62 0.99 0.97 1.21 1.41 1.36	[0.39; [0.76; [0.91; [0.85; [0.85; [0.94; [0.95; [0.95;	2.50] 2.12] 1.12] 2.50] 2.12] 1.94] 5.71] 2.07]	2.2% 52.3% 0.3% 0.9% 1.2%
hoper 2013b looper 2018 Rees 2013b Random effects model prediction interval leterogeneity: $l^2 = 33\%$, τ^2 Bone health wenell 2014 wenell 2014 Random effects model leterogeneity: $l^2 = 0\%$, τ^2 Cancer jelakovic 2014b finceti 2018 (ao 2017	Omega-6 Selenium $^{2} = 0.0029, p = 0.13$ Vitamin D Vitamin D = 0, p = 0.71 Vitamin D Selenium Fibre	All-cause mortality All-cause mortality Hip fracture Any fracture Cancer Cancer Cancer	+++++++++++++++++++++++++++++++++++++++	0.62 0.99 0.97 1.21 1.41 1.36 1.67 1.41 0.78	[0.39; [0.76; [0.91; [0.85; [0.85; [0.94; [0.95; [0.95; [0.11]	5.71] 2.507] 5.71] 2.507] 5.7481	2.2% 52.3% 0.3% 0.9% 1.2% 0.1% 1.0%
Note 2013b Reces 2013b Random effects model Prediction interval leterogeneity: $l^2 = 33\%$, τ^2 Rone health Avenell 2014 Avenell 2014 Venell 2014 Random effects model leterogeneity: $l^2 = 0\%$, τ^2 Cancer Bjelakovic 2014b Vinceti 2018 (ao 2017 Con 2017	Omega-6 Selenium $^{2} = 0.0029, p = 0.13$ Vitamin D Vitamin D = 0, p = 0.71 Vitamin D Selenium Fibre	All-cause mortality All-cause mortality Hip fracture Any fracture Cancer Colorectal cancer Colorectal cancer		0.62 0.99 0.97 1.21 1.41 1.36 1.67 1.41 0.78	[0.39; [0.76; [0.91; [0.85; [0.85; [0.94; [0.95; [0.95; [0.49; [0.95;	5.71] 5.75] 1.28] 1.04] 1.12] 2.50] 2.12] 1.94]	2.2% 52.3% 0.9% 1.2% 0.1% 1.0% 0.0%
Note 2013b Note 2013b Rees 2013b Random effects model Prediction interval leterogeneity: $l^2 = 33\%$, τ^2 Bone health wenell 2014 Random effects model leterogeneity: $l^2 = 0\%$, τ^2 Cancer Bjelakovic 2014b Vinceti 2018 Vao 2017 Vao 2017	Omega-6 Selenium $^{2} = 0.0029, p = 0.13$ Vitamin D Vitamin D = 0, p = 0.71 Vitamin D Selenium Fibre Fibre	All-cause mortality All-cause mortality Hip fracture Any fracture Cancer Cancer Colorectal cancer Colorectal adenoma	+ + + + + + + + + + +	0.62 0.99 0.97 1.21 1.41 1.36 1.67 1.41 0.78 0.88	[0.39; [0.76; [0.91; [0.85; [0.94; [0.95; [0.95; [0.11; [0.60;	5.71] 2.07] 5.48] 1.94]	2.2% 52.3% 0.9% 1.2% 0.1% 1.0% 0.0% 1.1%
Note 2013b Not 2013b Rees 2013b Random effects model Prediction interval leterogeneity: $l^2 = 33\%$, τ^2 Bone health Nvenell 2014 Random effects model leterogeneity: $l^2 = 0\%$, τ^2 Cancer Speakovic 2014b Vinceti 2018 Vinceti 2018 Viao 2017 Cancom effects model	Omega-6 Selenium $^2 = 0.0029, p = 0.13$ Vitamin D Vitamin D = 0, p = 0.71 Vitamin D Selenium Fibre Fibre	All-cause mortality All-cause mortality Hip fracture Any fracture Cancer Cancer Colorectal cancer Colorectal adenoma	+++++++++++++++++++++++++++++++++++++++	0.62 0.99 0.97 1.21 1.41 1.36 1.67 1.41 0.78 0.88 1.13	[0.39; [0.76; [0.91; [0.85; [0.85; [0.94; [0.95; [0.95; [0.11; [0.60; [0.78;	5.71] 2.57] 2.71] 2.71] 2.71] 2.71] 2.71] 2.71] 2.71] 2.71] 2.71] 2.71] 2.71] 2.71] 2.71] 2.71] 2.71] 2.71] 2.71]	2.2% 52.3% 0.3% 0.9% 1.2% 0.1% 1.0% 0.0% 1.1% 2.2%
Note 2013b Not 2013b Rees 2013b Random effects model Prediction interval leterogeneity: $l^2 = 33\%$, τ^2 Bone health wenell 2014 Random effects model leterogeneity: $l^2 = 0\%$, τ^2 Cancer Bjelakovic 2014b Vinceti 2018 Vao 2017 Vao 2017 Vao 2017 Random effects model Prediction interval leterogeneity: $l^2 = 12\%$, τ^2	Omega-6 Selenium $^{2} = 0.0029, p = 0.13$ Vitamin D Vitamin D = 0, p = 0.71 Vitamin D Selenium Fibre Fibre $^{2} = 0.0469, p = 0.33$	All-cause mortality All-cause mortality Hip fracture Any fracture Cancer Cancer Colorectal cancer Colorectal adenoma	++* ++* ++*	0.62 0.99 0.97 1.21 1.41 1.36 1.67 1.41 0.78 0.88 1.13	[0.39; [0.76; [0.91; [0.85; [0.85; [0.94; [0.95; [0.95; [0.11; [0.60; [0.78; [0.33;	5.71] 2.57] 2.71] 2.72] 5.71] 2.07] 5.74] 1.29] 1.66] 3.96]	2.2% 52.3% 0.9% 1.2% 0.1% 0.0% 1.1% 2.2%
tooper 2013b tooper 2018 tees 2013b tandom effects model rrediction interval leterogeneity: $l^2 = 33\%$, τ^2 toone health wenell 2014 wenell 2014 tandom effects model leterogeneity: $l^2 = 0\%$, τ^2 cancer tjelakovic 2014b finceti 2018 'ao 2017 'ao 2017 tandom effects model rediction interval leterogeneity: $l^2 = 12\%$, τ^2	Omega-6 Selenium $^2 = 0.0029, p = 0.13$ Vitamin D Vitamin D = 0, p = 0.71 Vitamin D Selenium Fibre Fibre $^2 = 0.0469, p = 0.33$	All-cause mortality All-cause mortality Hip fracture Any fracture Cancer Cancer Colorectal cancer Colorectal adenoma	+ + + + + + + + + + + + + + + + + +	0.62 0.99 0.97 1.21 1.41 1.36 1.67 1.41 0.78 0.88 1.13	[0.39; [0.76; [0.91; [0.85; [0.85; [0.94; [0.95; [0.95; [0.11; [0.60; [0.78; [0.33;	0.35] 1.28] 1.04] 1.12] 2.50] 2.12] 1.94] 5.71] 2.07] 5.78] 1.29] 1.66] 3.96]	2.2% 52.3% 0.9% 1.2% 0.1% 1.0% 0.0% 1.1% 2.2%
Noper 2018 Rees 2013b Rees 2013b Random effects model Prediction interval leterogeneity: $l^2 = 33\%$, τ^2 Bone health wenell 2014 Random effects model leterogeneity: $l^2 = 0\%$, τ^2 Cancer gjelakovic 2014b finceti 2018 'ao 2017 Random effects model prediction interval leterogeneity: $l^2 = 12\%$, τ^2 Pregnancy outcomes be-Reeil 2015	Omega-6 Selenium $^{2} = 0.0029, p = 0.13$ Vitamin D Vitamin D = 0, p = 0.71 Vitamin D Selenium Fibre Fibre $^{2} = 0.0469, p = 0.33$ Folate	All-cause mortality All-cause mortality Hip fracture Any fracture Cancer Cancer Colorectal cancer Colorectal adenoma	+++++++++++++++++++++++++++++++++++++++	0.62 0.99 0.97 1.21 1.41 1.36 1.67 1.41 0.78 0.88 1.13	[0.39; [0.76; [0.97; [0.85; [0.85; [0.94; [0.95; [0.95; [0.11; [0.60; [0.78; [0.33; [0.20]	0.35 1.28 1.28 1.04 1.12 2.50 2.12 1.94 5.71 2.07 5.48 1.29 1.66 3.96 2.85	2.2% 52.3% 0.3% 0.9% 1.2% 0.1% 1.0% 0.0% 1.1% 2.2%
tooper 2013b tooper 2018 teres 2013b tandom effects model rediction interval leterogeneity: $l^2 = 33\%$, τ^2 tone health wenell 2014 tandom effects model leterogeneity: $l^2 = 0\%$, τ^2 tandom effects model leterogeneity: $l^2 = 0\%$, τ^2 tandom effects model vediction interval leterogeneity: $l^2 = 12\%$, τ^2 regnancy outcomes le-Regil 2015	Omega-6 Selenium $^{2} = 0.0029, p = 0.13$ Vitamin D Vitamin D = 0, p = 0.71 Vitamin D Selenium Fibre Fibre $^{2} = 0.0469, p = 0.33$ Folate	All-cause mortality All-cause mortality Hip fracture Any fracture Cancer Cancer Colorectal cancer Colorectal adenoma	+ + + + + + + + + + + + + + + + + + +	0.62 0.99 0.97 1.21 1.41 1.36 1.67 1.41 0.78 0.88 1.13	[0.39; [0.76; [0.91; [0.85; [0.85; [0.94; [0.95; [0.94; [0.95; [0.11; [0.95; [0.11; [0.60; [0.78; [0.33; [0.220; [0.220; 4]	2.50] 2.128] 1.28] 1.28] 1.28] 1.28] 1.29] 2.50]	2.2% 52.3% 0.3% 0.9% 1.2% 0.1% 0.0% 1.1% 2.2%
bioper 2013b looper 2018 leases 2013b landom effects model rediction interval leterogeneity: $l^2 = 33\%$, τ^2 leterogeneity: $l^2 = 33\%$, τ^2 leterogeneity: $l^2 = 0\%$, τ^2 cancer ijelakovic 2014b finceti 2018 'ao 2017 'ao 2017 landom effects model rediction interval leterogeneity: $l^2 = 12\%$, τ^2 regnancy outcomes be-Regil 2015 leterogeneity: 2012	Omega-6 Selenium $^{2} = 0.0029, p = 0.13$ Vitamin D Vitamin D = 0, p = 0.71 Vitamin D Selenium Fibre Fibre $^{2} = 0.0469, p = 0.33$ Folate Folate	All-cause mortality All-cause mortality Hip fracture Any fracture Cancer Colorectal cancer Colorectal adenoma	++ + + + + + + + + + + + + + + + + + +	0.62 0.99 0.97 1.21 1.41 1.36 1.67 1.41 0.78 0.88 1.13 0.76 6.60	[0.39; [0.76; [0.91; [0.85; [0.85; [0.94; [0.95; [0.95; [0.11; [0.60; [0.78; [0.33; [0.20; [0.20; [0.20; 1]	2.50] 2.128 1.04] 1.121 1.12] 2.50[2.12] 1.94] 5.71] 2.07] 5.48] 1.29] 1.66] 3.96] 2.85] 11.46]	2.2% 52.3% 0.9% 1.2% 0.1% 1.0% 0.0% 1.1% 2.2%
tooper 2018 tooper 2018 tandom effects model rediction interval leterogeneity: $l^2 = 33\%$, τ tone health wenell 2014 tandom effects model leterogeneity: $l^2 = 0\%$, τ^2 cancer iglelakovic 2014b finceti 2018 'ao 2017 tandom effects model rediction interval leterogeneity: $l^2 = 12\%$, τ tregnancy outcomes be-Regil 2015 lofmeyr 2018	Omega-6 Selenium $^2 = 0.0029, p = 0.13$ Vitamin D Vitamin D = 0, p = 0.71 Vitamin D Selenium Fibre Fibre $^2 = 0.0469, p = 0.33$ Folate Folate Calcium	All-cause mortality All-cause mortality Hip fracture Any fracture Cancer Cancer Colorectal cancer Colorectal adenoma		0.62 0.99 0.97 1.21 1.41 1.36 1.67 1.41 0.78 0.88 1.13 	[0.39; [0.76; [0.97; [0.85; [0.85; [0.94; [0.95; [0.94; [0.95; [0.95; [0.11; [0.67; [0.33; [0.33; [0.20; [0.39; 1]	0.35 1.28 1.28 1.04 1.12 1.12 2.50 2.12 1.94 5.71 2.07 5.48 1.29 1.29 1.29 1.29 1.29 1.29 1.29 1.29	2.2% 52.3% 0.9% 1.2% 0.1% 0.0% 1.1% 2.2% 0.1% 0.1%
Note 2013 Note 2014 Note 2015 Note 2018 Note 2015 Note 2015	Omega-6 Selenium $^2 = 0.0029, p = 0.13$ Vitamin D Vitamin D = 0, p = 0.71 Vitamin D Selenium Fibre Fibre $^2 = 0.0469, p = 0.33$ Folate Calcium Calcium	All-cause mortality All-cause mortality Hip fracture Any fracture Cancer Cancer Colorectal cancer Colorectal adenoma		0.62 0.99 0.97 1.21 1.41 1.36 1.67 1.41 0.78 0.88 1.13 	[0.39; [0.76; [0.91; [0.85; [0.85; [0.94; [0.95; [0.94; [0.95; [0.94; [0.95; [0.11; [0.60; [0.78; [0.33; [0.33; [0.20; [0.39; 1] [0.88;	0.35 1.28 1.28 1.04 1.12 1.12 2.50 2.12 1.94 1.94 1.94 1.29 1.66 3.96 1.285 1.1.46 1.04 1.04 0.58	2.2% 52.3% 0.3% 0.9% 1.2% 0.1% 0.0% 1.1% 2.2% 0.1% 0.1% 0.1% 0.2%
hoper 2013b looper 2018 Rees 2013b Random effects model prediction interval leterogeneity: $l^2 = 33\%$, τ^2 Bone health wenell 2014 wenell 2014 Random effects model leterogeneity: $l^2 = 0\%$, τ^2 Cancer jelakovic 2014b Vinceti 2018 'ao 2017 'ao 2017 Random effects model prediction interval leterogeneity: $l^2 = 12\%$, τ^2 Pregnancy outcomes De-Regil 2015 loofmeyr 2018 loofmeyr 2018 Keats 2019	Omega-6 Selenium $^2 = 0.0029, p = 0.13$ Vitamin D Vitamin D = 0, p = 0.71 Vitamin D Selenium Fibre Fibre $^2 = 0.0469, p = 0.33$ Folate Folate Calcium Calcium Micronutrients	All-cause mortality All-cause mortality Hip fracture Any fracture Cancer Colorectal cancer Colorectal adenoma Neural tube defect Congenital cardiovascular anomalies Pre-eclampsia High blood pressure Preterm birth	++++++++++++++++++++++++++++++++++++++	0.62 0.99 0.97 1.21 1.41 1.36 1.67 1.41 0.78 0.88 1.13 0.76 6.60 0.28 0.28 0.28 0.28	[0.39; [0.76; [0.97; [0.85; [0.85; [0.94; [0.95; [0.95; [0.11; [0.60; [0.78; [0.33; [0.33; [0.20; [0.39; 1] [0.08; [0.11]; [0.89;	0.35 1.28 1.28 1.28 1.28 1.28 1.28 2.50 2.12 2.12 1.94 5.711 2.07 5.48 1.29 1.66 3.96 2.85 11.46 0.58 1.146 1.04 1.28 1.28 1.28 1.28 1.28 1.28 1.28 1.28 1.28 1.29 1.2	2.2% 52.3% 0.3% 0.9% 1.2% 0.1% 1.0% 0.0% 0.1% 0.0% 0.1% 0.0% 0.1% 6.6%
Noper 2013b Rees 2013b Random effects model rediction interval leterogeneity: $l^2 = 33\%$, τ Bone health wenell 2014 kandom effects model leterogeneity: $l^2 = 0\%$, τ^2 Cancer Bjelakovic 2014b (inceti 2018 'ao 2017 'ao 2017 'ao 2017 Random effects model rediction interval leterogeneity: $l^2 = 12\%$, τ Pregnancy outcomes be-Regil 2015 be-Regil 2015 lofmeyr 2018 lofmeyr 2018 (eats 2019	Omega-6 Selenium $^2 = 0.0029, p = 0.13$ Vitamin D Vitamin D = 0, p = 0.71 Vitamin D Selenium Fibre Fibre $^2 = 0.0469, p = 0.33$ Folate Folate Calcium Calcium Micronutrients Micronutrients	All-cause mortality All-cause mortality Hip fracture Any fracture Cancer Colorectal cancer Colorectal adenoma Neural tube defect Congenital cardiovascular anomalies Pre-eclampsia High blood pressure Preterm birth Low birth weioht	+ + + + + + + + + + + + + + + + + + +	0.62 0.99 0.97 1.21 1.41 1.36 1.67 1.41 0.78 0.88 1.13 	[0.39; [0.76; [0.97; [0.85; [0.85; [0.94; [0.95; [0.94; [0.95; [0.11; [0.95; [0.11; [0.78; [0.33; [0.33; [0.20; [0.39; 1] [0.08; [0.11; [0.97]	0.35 1.28 1.28 1.04 1.12 2.50 2.12 1.94 5.71 2.07 5.48 1.29 1.17 1.18 1.18 1.18 1.28 1.28 1.28 1.29 1.18 1.28 1	2.2% 52.3%
Note 2013 Note 2014 Note 2015 Note 2015	Omega-6 Selenium $^2 = 0.0029, p = 0.13$ Vitamin D Vitamin D = 0, p = 0.71 Vitamin D Selenium Fibre Fibre $^2 = 0.0469, p = 0.33$ Folate Calcium Micronutrients Micronutrients Micronutrients	All-cause mortality All-cause mortality Hip fracture Any fracture Cancer Cancer Colorectal cancer Colorectal adenoma Neural tube defect Congenital cardiovascular anomalies Pre-eclampsia High blood pressure Preterm birth Low birth weight Small gestational age		0.62 0.99 0.97 1.21 1.41 1.36 1.67 1.41 0.78 0.88 1.13 0.76 0.25 0.25 1.02 1.07	[0.39; [0.76; [0.91; [0.85; [0.94; [0.95; [0.94; [0.95; [0.94; [0.95; [0.94; [0.95; [0.94; [0.95; [0.94; [0.95; [0.95; [0.94; [0.95; [0.94; [0.95; [0.94]; [0.95; [0.94]; [0.95; [0.94]; [0.95; [0.94]; [0.95; [0.94]; [0.95; [0.95];	5.71] 2.85] 5.71] 5.74] 5.74] 1.46] 3.96] 2.85] 11.46] 1.04] 5.73] 5.48] 1.29] 1.66] 3.96] 11.46] 1.14] 1.04] 0.58] 1.17] 1.18]	2.2% 52.3% 0.3% 0.9% 1.2% 0.1% 0.0% 1.1% 2.2% 0.1% 0.1% 0.1% 0.2% 6.6% 11.5%
hoper 2013b looper 2018 Rees 2013b Random effects model prediction interval leterogeneity: $l^2 = 33\%$, τ^2 Bone health wenell 2014 wenell 2014 Random effects model leterogeneity: $l^2 = 0\%$, τ^2 Cancer jelakovic 2014b Vinceti 2018 'ao 2017 'ao 2017 Random effects model prediction interval leterogeneity: $l^2 = 12\%$, τ^2 Pregnancy outcomes De-Regil 2015 loofmeyr 2018 loofmeyr 2018 Keats 2019 Keats 2019 Keats 2019 Keats 2019 Keats 2019	Omega-6 Selenium $^2 = 0.0029, p = 0.13$ Vitamin D Vitamin D = 0, p = 0.71 Vitamin D Selenium Fibre Fibre $^2 = 0.0469, p = 0.33$ Folate Calcium Micronutrients Micronutrients Micronutrients	All-cause mortality All-cause mortality Hip fracture Any fracture Cancer Colorectal cancer Colorectal adenoma Neural tube defect Congenital cardiovascular anomalies Pre-eclampsia High blood pressure Preterm birth Low birth weight Small gestational age	++++++++++++++++++++++++++++++++++++++	0.62 0.99 0.97 1.21 1.41 1.36 1.67 1.41 0.78 0.88 1.13 0.76 6.60 0.28 0.28 0.28 0.28 1.02 1.07 1.04	(0.39; [0.76; [0.97; [0.85; [0.85; [0.94; [0.95; [0.95; [0.11; [0.60; [0.78; [0.33; [0.33; [0.33; [0.20; [0.39; 1] [0.08; [0.91; [0.91; [0.90; [0.91; [0.90; [0.91; [0.91]	0.35 1.28 1.28 1.28 1.28 1.28 1.28 1.29 2.50 2.12 1.29 1.17 1.18 1.29 1.29 1.29 1.29 1.29 1.17 1.29 1.29 1.29 1.29 1.29 1.17 1.29 1	2.2% 52.3% 0.3% 0.9% 1.2% 0.1% 1.0% 0.0% 0.1% 0.0% 0.1% 0.0% 0.1% 0.2% 6.6% 11.5% 6.0%
Note 2013b Reces 2013b Random effects model Prediction interval leterogeneity: $l^2 = 33\%$, τ Bone health Wenell 2014 Wenell 2014 Wenell 2014 Random effects model leterogeneity: $l^2 = 0\%$, τ^2 Cancer Bjelakovic 2014b Vinceti 2018 Vao 2017 Cancer Digleakovic 2014b Vinceti 2018 Vinceti 2018 Cancer Digleakovic 2014b Vinceti 2018 Cancer Digleakovic 2014b Cancer Digleakovic 2014b Cancer Digleakovic 2017 Cancer Digleakovic 2017 Cancer Digleakovic 2017 Cancer Digleakovic 2017 Cancer Digleakovic 2019 Cancer Digleakovic 2019 Digleakovic 2019 Digleakovic 2019 Digleakovic 2019 Digleakovic 2019 Digleakovic 2019 Digleakovic 2018 Digleakovic 2019 Digleakovic 2018 Digleakovic 2019 Digleakovic 2018 Digleakovic 2019 Digleakovic 2018 Digleakovic 2018 Digleakovic 2019 Digleakovic 2018 Digleakovic 201	Omega-6 Selenium $^2 = 0.0029, p = 0.13$ Vitamin D Vitamin D = 0, p = 0.71 Vitamin D Selenium Fibre Fibre $^2 = 0.0469, p = 0.33$ Folate Folate Calcium Calcium Micronutrients Micronutrients Micronutrients Vitamin D	All-cause mortality All-cause mortality Hip fracture Any fracture Cancer Colorectal cancer Colorectal adenoma Neural tube defect Colorectal adenoma Neural tube defect Congenital cardiovascular anomalies Pre-eclampsia High blood pressure Preterm birth Low birth weight Small gestational age Gestational diabetes		0.62 0.99 0.97 1.21 1.41 1.36 1.67 1.41 0.78 0.88 1.13 0.76 6.60 0.28 0.25 1.07 1.04 0.55	[0.39; [0.76; [0.97; [0.85; [0.85; [0.94; [0.95; [0.94; [0.95; [0.11; [0.95; [0.11; [0.33; [0.33; [0.20; [0.39; 1] [0.08; [0.11; [0.90; [0.11]; [0.90; [0.91]	0.35 1.28 1.28 1.28 1.04 1.12 2.50 2.12 1.94 5.71 2.07 5.48 1.29 1.17 1.18 1.17 1.18 1.29 1.29 1.17 1.18 1.29 1.29 1.29 1.17 1.18 1.29 1.29 1.29 1.17 1.18 1.29 1.29 1.29 1.29 1.29 1.17 1.18 1.29 1.29 1.29 1.17 1.18 1.29 1.29 1.29 1.29 1.29 1.17 1.18 1.29 1.29 1.29 1.29 1.17 1.18 1.29 1.29 1.29 1.29 1.29 1.17 1.18 1.29 1	2.2% 52.3% 0.3% 0.9% 1.2% 0.1% 0.0% 1.1% 2.2% 0.1% 0.2% 6.6% 0.1% 0.1%
Note 2013 Note 2013 Note 2013 Note 2013 Note 2013 Note 2013 Note 2013 Note 2013 Note 2013 Note 2014 Note 2015 Note 2019 Note 2015 Note 2019 Note 2015 Note 2019 Note 2015 Note 2019 Note 2015 Note 2019 Note 2015 Note 2015	Omega-6 Selenium $^2 = 0.0029, p = 0.13$ Vitamin D Vitamin D = 0, p = 0.71 Vitamin D Selenium Fibre Fibre $^2 = 0.0469, p = 0.33$ Folate Calcium Micronutrients Micronutrients Micronutrients Vitamin D Vitamin D Vitamin D	All-cause mortality All-cause mortality Hip fracture Any fracture Cancer Cancer Colorectal cancer Colorectal adenoma Neural tube defect Congenital cardiovascular anomalies Pre-eclampsia High blood pressure Preterm birth Low birth weight Small gestational age Gestational diabetes Preterm birth		0.62 0.99 0.97 1.21 1.41 1.36 1.67 1.41 0.78 0.88 1.13 0.76 0.28 0.25 1.02 1.07 1.04 0.58	[0.39; [0.76; [0.97;] [0.85; [0.94; [0.95; [0.94; [0.95; [0.94; [0.95; [0.11; [0.60; [0.78; [0.33; [0.33; [0.33; [0.20; [0.39; 1] [0.89; [0.97; [0.90; [0.97; [0.97; [0.97]]	5.71] 2.50] 2.12] 1.12] 2.50] 2.12] 1.94] 5.71] 5.74] 1.94] 5.74] 5.74] 1.94] 1.66] 3.96] 2.85] 11.46] 3.96] 11.46] 1.04] 0.58] 1.17] 1.18] 1.24] 2.62] 2.62]	2.2% 52.3% 0.3% 0.9% 1.2% 0.1% 0.0% 1.1% 2.2% 0.1% 0.1% 0.2% 6.6% 11.5% 6.0%
Note 2013b Reces 2013b Random effects model Prediction interval leterogeneity: $l^2 = 33\%$, τ^2 Bone health Wenell 2014 Wenell 2014 Random effects model leterogeneity: $l^2 = 0\%$, τ^2 Cancer Bjelakovic 2014b Vinceti 2018 Vinceti 2018 Vinceti 2018 Vinceti 2017 Vao 2017 Random effects model Prediction interval leterogeneity: $l^2 = 12\%$, τ^2 Pregnancy outcomes De-Regil 2015 bofmeyr 2018 Keats 2019 Veats 2019 Valacios 2019 Palacios 2019 Palacios 2019	Omega-6 Selenium $^2 = 0.0029, p = 0.13$ Vitamin D Vitamin D = 0, p = 0.71 Vitamin D Selenium Fibre Fibre $^2 = 0.0469, p = 0.33$ Folate Calcium Calcium Micronutrients Micronutrients Micronutrients Micronutrients Vitamin D Vitamin D Vitamin D	All-cause mortality All-cause mortality Hip fracture Any fracture Cancer Colorectal cancer Colorectal adenoma Neural tube defect Congenital cardiovascular anomalies Pre-eclampsia High blood pressure Preterm birth Low birth weight Small gestational age Gestational diabetes Preterm birth Pre-eclampsia		0.62 0.99 0.97 1.21 1.41 1.36 1.67 1.41 0.78 0.88 1.13 0.76 6.60 0.28 0.25 1.02 1.07 1.04 0.55 0.55 0.95 1.46	[0.39; [0.76; [0.97; [0.85; [0.94; [0.95; [0.95; [0.95; [0.11; [0.33; [0.33; [0.33; [0.33; [0.11; [0.95; [0.11; [0.95; [0.91; [0.95; [0.11; [0.90; [0.91; [0.91; [0.92; [0.92]]	0.35 1.28 1.28 1.28 1.28 1.28 1.28 1.29 2.50 2.12 1.94 5.711 2.07 5.48 1.29 1.66 3.96 2.85 11.46 3.96 2.85 11.46 1.04 2.85 1.29 1.28 1.29 1.2	2.2% 52.3% 0.3% 0.9% 1.2% 0.1% 1.0% 0.0% 0.1% 0.0% 0.1% 0.2% 0.1%
hooper 2013b Random effects model Prediction interval leterogeneity: $l^2 = 33\%$, τ Bone health Avenell 2014 Avenell 2014 Random effects model leterogeneity: $l^2 = 0\%$, τ^2 Cancer Bjelakovic 2014b Vinceti 2018 Vao 2017 (ao 2017 Vao 2017 Random effects model Prediction interval leterogeneity: $l^2 = 12\%$, τ^2 Pregnancy outcomes De-Regil 2015 De-Regil 2015 D	Omega-6 Selenium $^2 = 0.0029, p = 0.13$ Vitamin D Vitamin D = 0, p = 0.71 Vitamin D Selenium Fibre Fibre $^2 = 0.0469, p = 0.33$ Folate Calcium Calcium Calcium Micronutrients Micronutrients Micronutrients Vitamin D Vitamin D Vitamin D Vitamin D Vitamin D Vitamin D Vitamin D Vitamin D Vitamin D	All-cause mortality All-cause mortality Hip fracture Any fracture Cancer Cancer Colorectal cancer Colorectal adenoma Neural tube defect Colorectal adenoma Neural tube defect Congenital cardiovascular anomalies Pre-eclampsia High blood pressure Preterm birth Low birth weight Small gestational diabetes Preterm birth Pre-eclampsia Gestational diabetes		0.62 0.99 0.97 1.21 1.41 1.36 1.67 1.41 0.78 0.88 1.13 	[0.39; [0.76; [0.97; [0.85; [0.85; [0.94; [0.95; [0.94; [0.95; [0.95; [0.11; [0.678; [0.33; [0.33; [0.20; [0.33; [0.20; [0.39; 1] [0.08; [0.11; [0.08; [0.11; [0.90; [0.11]; [0.90; [0.11]; [0.90; [0.11]; [0.90; [0.11]; [0.90; [0.11]; [0.90; [0.11]; [0.90; [0.11]; [0.90; [0.12];	5.761 2.501 2.502 2.121 1.943 5.711 2.501 2.121 1.943 5.711 2.671 3.961 2.853 1.299 1.665 3.966 2.855 1.291 1.466 1.041 2.622 2.621 2.622 2.621 2.	2.2% 52.3% 0.3% 0.9% 1.2% 0.1% 0.0% 1.1% 2.2% 0.1% 0.2% 6.6% 0.1% 0.2% 0.1% 0.2% 0.1%
Note 2013b Reces 2013b Reces 2013b Random effects model Prediction interval leterogeneity: $l^2 = 33\%$, τ^2 Bone health wenell 2014 Random effects model leterogeneity: $l^2 = 0\%$, τ^2 Cancer Bjelakovic 2014b Vinceti 2018 (ao 2017 Vao 2017 Vao 2017 Vao 2017 Vao 2017 Vao 2017 Vao 2017 Vao 2017 Vao 2017 Sandom effects model Prediction interval leterogeneity: $l^2 = 12\%$, τ^2 Pregnancy outcomes be-Regil 2015 boe-Regil 2015 boe-Regil 2015 boe-Regil 2015 lofmeyr 2018 (cats 2019 Valacios 2019 Valacios 2019 Valacios 2019 Tieu 2017	Omega-6 Selenium $^2 = 0.0029, p = 0.13$ Vitamin D Vitamin D = 0, p = 0.71 Vitamin D Selenium Fibre Fibre $^2 = 0.0469, p = 0.33$ Folate Calcium Micronutrients Micronutrients Micronutrients Micronutrients Vitamin D Vitamin D Vitamin D Vitamin D Healthy diet	All-cause mortality All-cause mortality Hip fracture Any fracture Cancer Cancer Colorectal cancer Colorectal adenoma Neural tube defect Colorectal adenoma Neural tube defect Source cal adenoma Pre-eclampsia High blood pressure Preterm birth Low birth weight Small gestational diabetes Preterm birth Pre-eclampsia Gestational diabetes		0.62 0.99 0.97 1.21 1.41 1.36 1.67 1.41 0.76 0.88 1.13 0.76 0.25 1.02 1.07 1.04 0.25 1.02 1.07 1.04 0.29 1.04 0.29	[0.39; [0.76; [0.97; [0.85; [0.94; [0.95; [0.94; [0.95; [0.11; [0.60; [0.78; [0.33; [0.33; [0.33; [0.20; [0.39; 1] [0.89; [0.97; [0.90; [0.97; [0.90; [0.97; [0.90; [0.91] [0.91] [0.92]	5.711 2.501 2.123 1.281 1.281 1.291 1.121 2.071 5.748 1.291 1.661 3.961 2.851 1.1461 1.041 0.581 1.1461 1.041 0.581 1.171 1.181 1.262 2.624 4.091 5.555	2.2% 52.3%
Note 2013b Reces 2013b Random effects model Prediction interval leterogeneity: $l^2 = 33\%$, τ Bone health Wenell 2014 Random effects model leterogeneity: $l^2 = 0\%$, τ^2 Cancer Bjelakovic 2014b Vinceti 2018 Vao 2017 Cancer Bjelakovic 2014b Vinceti 2018 Vao 2017 Cancer Bjelakovic 2014b Vinceti 2018 Vao 2017 Cancer Bjelakovic 2014b Solution interval leterogeneity: $l^2 = 12\%$, τ^2 Pregnancy outcomes De-Regil 2015 De-Regil 2015 De-Regi	Omega-6 Selenium $^2 = 0.0029, p = 0.13$ Vitamin D Vitamin D = 0, p = 0.71 Vitamin D Selenium Fibre Fibre $^2 = 0.0469, p = 0.33$ Folate Folate Calcium Calcium Calcium Micronutrients Micronutrients Micronutrients Micronutrients Vitamin D Vitamin D Vitamin D Vitamin D Vitamin D Vitamin D	All-cause mortality All-cause mortality Hip fracture Any fracture Cancer Colorectal cancer Colorectal adenoma Neural tube defect Colorectal adenoma Neural tube defect Congenital cardiovascular anomalies Pre-eclampsia High blood pressure Preterm birth Low birth weight Small gestational age Gestational diabetes Preterm birth Pre-eclampsia Gestational diabetes		0.62 0.99 0.97 1.21 1.41 1.36 1.67 1.41 0.78 0.88 1.13 0.76 6.60 0.28 0.25 1.02 1.07 1.04 0.55 0.98 1.40 0.29 1.04	[0.39; [0.76; [0.97; [0.85; [0.94; [0.95; [0.95; [0.95; [0.95; [0.11; [0.60; [0.33; [0.33; [0.33; [0.20; [0.39; 1] [0.08; [0.97; [0.90; [0.97; [0.90; [0.97; [0.96; [0.96;	0.35 1.28 1.28 1.28 1.28 1.28 1.28 1.28 1.29 2.50 2.12 1.94 3.96 3.96 1.29 1.66 3.96 1.29 1.66 3.96 1.29 1.66 3.96 1.17 1.17 1.21 2.62 2.62 2.62 1.24 4.09 5.55 1.11 1.12 1.12 1.12 1.12 1.12 1.12 1.29 1.17 1.17 1.17 1.17 1.18 1.17 1.18 1.17 1.18 1.121 1.22 1.21 1.17 1.11 1.12	2.2% 52.3% 0.9% 1.2% 0.1% 0.0% 1.1% 2.2% 0.1% 0.2% 0.1% 0.2% 0.1% 0.2% 0.1% 0.2% 0.1% 0.2% 0.1%
Note 2013b Reces 2013b Random effects model Prediction interval leterogeneity: $l^2 = 33\%$, τ^2 Bone health Wenell 2014 Wenell 2014 Random effects model leterogeneity: $l^2 = 0\%$, τ^2 Cancer Bjelakovic 2014b Vinceti 2018 (ao 2017 Vao 2017 Random effects model Prediction interval leterogeneity: $l^2 = 12\%$, τ^2 Pregnancy outcomes De-Regil 2015 bofmeyr 2018 Keats 2019 Ceats 2019 Ceats 2019 Ceats 2019 Ceats 2019 Ceatos	Omega-6 Selenium $^{2} = 0.0029, p = 0.13$ Vitamin D Vitamin D $^{2} = 0, p = 0.71$ Vitamin D Selenium Fibre $^{2} = 0.0469, p = 0.33$ Folate Calcium Micronutrients Micronutrients Micronutrients Micronutrients Micronutrients Vitamin D Vitamin D Vitamin D Vitamin D Vitamin D Vitamin D Vitamin D	All-cause mortality All-cause mortality Hip fracture Any fracture Cancer Colorectal cancer Colorectal adenoma Neural tube defect Colorectal adenoma Neural tube defect Congenital cardiovascular anomalies Pre-eclampsia High blood pressure Preterm birth Low birth weight Small gestational diabetes Preterm birth Pre-eclampsia Gestational diabetes		0.62 0.99 0.97 1.21 1.41 1.36 1.67 1.41 0.78 0.88 1.13 0.76 6.60 0.28 0.28 0.28 0.28 1.02 1.07 1.04 0.55 0.98 1.46 0.29	[0.39; [0.76; [0.97; [0.85; [0.94; [0.95; [0.94; [0.95; [0.95; [0.11; [0.60; [0.78; [0.33; [0.33; [0.33; [0.11; [0.90; [0.91; [0.90; [0	0.35 1.28 1.28 1.28 1.28 1.28 1.28 1.29 1.148 1.29 1.29 1.29 1.29 1.148 1.29 1.29 1.29 1.148 1.29 1.29 1.212 2.644 4.09 1.112 1.112	2.2% 52.3% 0.3% 0.9% 1.2% 0.1% 1.0% 0.0% 0.1% 0.0% 0.1% 0.2% 6.0% 0.1% 0.2% 0.1% 0.0% 25.0%
bioper 2018 landom effects model rediction interval leterogeneity: $l^2 = 33\%$, τ bione health wenell 2014 landom effects model leterogeneity: $l^2 = 0\%$, τ^2 cancer lipelakovic 2014b inceti 2018 'ao 2017 'ao 2018 'ao 2017 'ao 2018 'ao 2017 'ao 2017 'ao 2017 'ao 2018 'ao 2017 'ao 2019 'alacios	Omega-6 Selenium $^{2} = 0.0029, p = 0.13$ Vitamin D Vitamin D $^{2} = 0, p = 0.71$ Vitamin D Selenium Fibre Fibre $^{2} = 0.0469, p = 0.33$ Folate Calcium Calcium Calcium Calcium Micronutrients Micronutrients Micronutrients Micronutrients Micronutrients Vitamin D Vitamin D Vitamin D Vitamin D Vitamin D Vitamin D Vitamin D	All-cause mortality All-cause mortality Hip fracture Any fracture Cancer Colorectal cancer Colorectal adenoma Neural tube defect Colorectal adenoma Neural tube defect Congenital cardiovascular anomalies Pre-eclampsia High blood pressure Preterm birth Low birth weight Small gestational age Gestational diabetes Preterm birth Pre-eclampsia Gestational diabetes		0.62 0.99 0.97 1.21 1.41 1.36 1.67 1.41 0.78 0.88 1.13 0.76 6.60 0.28 0.25 1.02 1.07 1.04 0.55 0.98 1.40 0.29 1.04	[0.39; [0.76; [0.97; [0.85; [0.94; [0.95; [0.95; [0.95; [0.11; [0.60; [0.78; [0.33; [0.33; [0.20; [0.39; 1] [0.08; [0.97; [0.90; [0.90; [0.96; [0.96;	0.35 1.28 1.28 1.28 1.28 1.28 1.28 1.29 2.50 2.12 1.94 5.71 2.07 5.78 1.29 1.66 3.96 2.85 11.46 1.04 0.58 1.17 1.29 1.66 3.96 1.29 1.17 1.17 1.17 1.17 1.17 1.17 1.17 1.19 1.21 1.20 1.29 1.11 1.17 1.17 1.18 1.17 1.19 1.121 1.29 1.60 1.17 1.19 1.19	2.2% 52.3% 0.9% 1.2% 0.1% 0.0% 1.1% 2.2% 0.1% 0.2% 0.1% 0.2% 0.1% 0.2% 0.1% 0.2% 0.1% 0.2% 0.1% 11.5% 10.0%
https://www.communication.communication interval leterogeneity: $l^2 = 33\%$, τ^2 Bone health wenell 2014 leterogeneity: $l^2 = 33\%$, τ^2 Bone health wenell 2014 leterogeneity: $l^2 = 0\%$, τ^2 cancer bjelakovic 2014b funceti 2018 fao 2017 fao 2017 fao 2017 fao 2017 fao 2017 be-Regil 2015 be-Regil 2015 b	Omega-6 Selenium $^2 = 0.0029, p = 0.13$ Vitamin D Vitamin D = 0, p = 0.71 Vitamin D Selenium Fibre Fibre $^2 = 0.0469, p = 0.33$ Folate Calcium Micronutrients	All-cause mortality All-cause mortality Hip fracture Any fracture Cancer Cancer Colorectal cancer Colorectal adenoma Neural tube defect Colorectal adenoma Neural tube defect Congenital cardiovascular anomalies Pre-eclampsia High blood pressure Preterm birth Low birth weight Small gestational age Gestational diabetes Preterm birth Pre-eclampsia Gestational diabetes		0.62 0.99 0.97 1.21 1.41 1.36 1.67 1.41 0.76 0.88 1.13 	[0.39; [0.76; [0.91; [0.85; [0.94; [0.95; [0.94; [0.95; [0.94; [0.95; [0.95; [0.11; [0.60; [0.78; [0.33; [0.33; [0.33; [0.33; [0.33; [0.97; [0.90; [0.97; [0.90; [0.97; [0.90; [0.97; [0.90; [0.97; [0.90; [0	0.55 1.28 1.28 1.28 1.28 1.28 1.28 1.28 1.29 1.22 2.72 2.72 2.77 2.77 2.77 2.77 2.77 2.77 1.94 1.29 1.94 1.29 1.66 3.96 2.85 1.146 1.04 1.29 1.66 3.96 2.85 1.146 1.04 1.29 1.66 3.96 1.146 1.048 1.29 1.66 3.96 1.146 1.048 1.129 1.66 3.96 1.146 1.129 1.048 1.129 1.146 1.129 1.146 1.129 1.146 1.129 1.146 1.129 1.146 1.129 1.146 1.129 1.146 1.129 1.146 1.129 1.146 1.129 1.146 1.129 1.146 1.129 1.146 1.129 1.146 1.129 1.146 1.129 1.146 1.129 1.146 1.129 1.147 1.147 1.129 1.147 1.129 1.147 1.129 1.147 1.129 1.147 1.129 1.147 1.129 1.147 1.129 1.147 1.147 1.129 1.147 1.148 1.147 1.148 1.148 1.149 1.148 1.149	2.2% 52.3% 0.9% 1.2% 0.1% 0.0% 1.1% 2.2% 0.1% 0.1% 0.2% 6.6% 11.5% 6.0% 0.1% 0.2% 6.6% 11.5% 0.1% 0.2% 1.0%
bioper 2018 landom effects model rediction interval leterogeneity: $l^2 = 33\%$, τ^2 bone health wenell 2014 wenell 2014 wenell 2014 leterogeneity: $l^2 = 0\%$, τ^2 ancer jelakovic 2014b inceti 2018 ao 2017 ao 2017 ao 2017 ao 2017 ao 2017 ao 2017 ao 2017 ao 2017 ao 2017 ao 2017 leterogeneity: $l^2 = 12\%$, τ^2 regnancy outcomes le-Regil 2015 lofmeyr 2018 lofmeyr 2018 leats 2019 leats 2019 alacios 201	Omega-6 Selenium $^{2} = 0.0029, p = 0.13$ Vitamin D Vitamin D $^{2} = 0.029, p = 0.13$ Vitamin D $^{2} = 0.071$ Vitamin D Selenium Fibre $^{2} = 0.0469, p = 0.33$ Folate Calcium Calcium Micronutrients Micronutrients Micronutrients Micronutrients Micronutrients Micronutrients Vitamin D Vitamin D	All-cause mortality All-cause mortality Hip fracture Any fracture Cancer Colorectal cancer Colorectal adenoma Neural tube defect Coogenital cardiovascular anomalies Pre-eclampsia High blood pressure Preterm birth Low birth weight Small gestational diabetes Preterm birth Pre-eclampsia Gestational diabetes		0.62 0.99 0.97 1.21 1.41 1.36 1.67 1.41 0.78 0.88 1.13 0.76 6.60 0.28 0.25 1.02 1.07 1.04 0.29 1.04 0.29 1.04	[0.39; [0.76; [0.97; [0.85; [0.94; [0.95; [0.94; [0.95; [0.95; [0.11; [0.60; [0.78; [0.33; [0.33; [0.33; [0.33; [0.33; [0.33; [0.90; [0.90; [0.90; [0.90; [0.96; [0.96; [0.92;	0.35 1.28 1.28 1.28 1.28 1.28 1.29 1.12 2.50 2.12 1.94 5.71 1.29 1.94 1.29 1.148 1.29 1.29 1.29 1.148 1.29 1.29 1.148 1.177 1.18 1.121 1.29 1.044 1.044 1.008 1.004	2.2% 52.3% 0.9% 1.2% 0.1% 1.0% 1.1% 2.2% 0.1% 0.0% 0.1% 0.0% 0.2% 0.1% 0.0% 25.0%

Figure S25: Blinding of participants and personnel: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Subgroup analysis: Clusters of outcomes

Reference Ir	ntervention	Outcome	Difference of SMD	DSMD	95%-CI	Weight
Abdelhamid 2018a	Omega-3	Body weight		0.04 [-	0.27; 0.35]	7.8%
Adler 2014 L	ow-sodium	Systolic blood pressure		-0.17 [-	0.46; 0.12]	8.9%
Adler 2014 L	ow-sodium	Diastolic blood pressure	_	-0.25 [-	0.58; 0.08]	6.9%
Cormick 2015	Calcium	Systolic blood pressure		-0.06 [-	0.32; 0.20]	11.3%
Cormick 2015	Calcium	Diastolic blood pressure		0.20 [-	0.10; 0.50]	8.5%
Hartley 2016	Fibre	Systolic blood pressure -		-0.26 [-	0.88; 0.36]	1.9%
Hartley 2016	Fibre	Diastolic blood pressure		-0.29 [-	0.68; 0.10]	4.8%
Palacios 2019	Vitamin D	Birth length		-0.02 [-	0.23; 0.19]	17.1%
Palacios 2019	Vitamin D	Birth weight		-0.18 [-	0.38; 0.02]	18.0%
Palacios 2019	Vitamin D	Head circumference at birth		-0.09 [-	0.31; 0.13]	14.9%
Random effects model			4	-0.09 [-	0.17; 0.00]	100.0%
Prediction interval				Ī-	0.19; 0.01]	
Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0\%$	0, p = 0.52			-	-	
			-0.5 0 0.5			
	:	SMD in high/unclear RoB < SM	ID in low RoB SMD in high	/unclear RoB	> SMD in k	ow RoB

Figure S26: Blinding of participants and personnel: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for continuous outcomes as pooled difference of standardised mean differences

CI: confidence interval; DSMD: difference of standardised mean differences; I^2 : heterogeneity measure; RoB: risk of bias; SMD: standardised mean difference; τ^2 : heterogeneity value with Restricted Maximum-likelihood estimation method



Figure S27: Blinding of participants and personnel: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for continuous outcomes as pooled difference of standardised mean differences. Sensitivity analysis: Excluding highly correlated outcomes

CI: confidence interval; DSMD: difference of standardised mean differences; I²: heterogeneity measure; RoB: risk of bias; SMD: standardised mean difference; τ^2 : heterogeneity value with Restricted Maximum-likelihood estimation method



Figure S28: Blinding of participants and personnel: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for continuous outcomes as pooled difference of standardised mean differences. Sensitivity analysis: Including only one outcome per comparison from each included systematic review

CI: confidence interval; DSMD: difference of standardised mean differences; I^2 : heterogeneity measure; RoB: risk of bias; SMD: standardised mean difference; τ^2 : heterogeneity value with Restricted Maximum-likelihood estimation method

Methodological trial characteristic: Blinding of outcome assessment

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	95%-CI	Weight
Abdelhamid 2018a	Omega-3	Cardiovascular mortality		0.39	[0.07; 2.07]	0.8%
Abdelhamid 2018a	Omega-3	Cardiovascular disease		0.77	[0.39; 1.50]	3.8%
Abdelhamid 2018a	α-Linolenic acid	Cardiovascular disease	<u> </u>	0.74	[0.16; 3.35]	0.9%
Abdelhamid 2018a	Omega-3	All-cause mortality	- <u></u>	0.63	[0.30; 1.31]	3.3%
Abdelhamid 2018a	α-Linolenic acid	Coronary heart disease		- 2.87	[0.12; 70.08]	0.2%
Abdelhamid 2018b	Polyunsaturated fat	All-cause mortality	-	0.68	[0.40; 1.15]	5.4%
Abdelhamid 2018b	Polyunsaturated fat	Coronary heart disease		0.34	[0.15; 0.79]	2.7%
Adler 2014	Low-sodium	All-cause mortality		1.04	[0.06; 17.00]	0.3%
Bjelakovic 2014b	Vitamin D	Cancer		0.71	[0.41; 1.24]	5.0%
Bjelakovic 2014b	Vitamin D3	Breast cancer		0.60	[0.22; 1.68]	1.9%
Bjelakovic 2014b	Vitamin D3	Lung cancer		0.31	[0.04; 2.73]	0.5%
Hofmeyr 2018	Calcium	Pre-eclampsia		0.28	[0.08; 1.04]	1.2%
Hofmeyr 2018	Calcium	High blood pressure	_ 	0.25	[0.11; 0.58]	2.6%
Hooper 2018	Omega-6	Combined cardiovascular events		0.36	[0.01; 10.54]	0.2%
Hooper 2018	Omega-6	All-cause mortality		0.71	[0.38; 1.32]	4.3%
Hooper 2018	Omega-6	Cardiovascular mortality	+	0.08	[0.01; 1.04]	0.3%
Keats 2019	Micronutrients	Preterm birth		1.15	[0.94; 1.41]	12.8%
Keats 2019	Micronutrients	Low birth weight	- <u>1</u>	0.97	[0.53; 1.74]	4.6%
Keats 2019	Micronutrients	Small gestational age	÷	0.96	[0.67; 1.36]	8.7%
Palacios 2019	Vitamin D	Gestational diabetes		0.86	[0.34; 2.21]	2.2%
Palacios 2019	Vitamin D	Preterm birth		0.98	[0.37; 2.64]	2.0%
Palacios 2019	Vitamin D	Pre-eclampsia		2.15	[0.60; 7.71]	1.3%
Rees 2013b	Selenium	All-cause mortality		0.99	[0.76; 1.28]	11.2%
Rees 2013b	Selenium	Cardiovascular mortality		0.70	[0.42; 1.17]	5.6%
Rees 2013b	Selenium	Combined cardiovascular events	<u> </u>	0.96	[0.74; 1.25]	11.0%
Tieu 2017	Healthy diet	Small gestational age		1.16	[0.29; 4.70]	1.1%
Tieu 2017	Healthy diet	Gestational diabetes		0.76	[0.27; 2.13]	1.9%
Yao 2017	Fibre	Colorectal adenoma	- <u>+</u> -	0.87	[0.47; 1.63]	4.3%
Random effects model			i.	0.81	IO 70: 0 941	100.0%
Prediction interval			<u> </u>	0.01	[0.54: 1.23]	
Heterogeneity: $l^2 = 26\%$ T	$^{2} = 0.0342 \ p = 0.10$				[
	0.0012, p = 0.10	(01 01 1 10	100		
		RR in high/unclear RoB <	RR in low RoB RR in high/u	unclear Ro)B > RR in low	v RoB

Figure S29: Blinding of outcome assessment: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	95%-CI	Weight
Abdelhamid 2018a	Omega-3	Cardiovascular mortality		0.39	[0.07; 2.07]	1.2%
Abdelhamid 2018a	Omega-3	All-cause mortality	-=	0.63	[0.30; 1.31]	5.1%
Abdelhamid 2018a	α-Linolenic acid	Cardiovascular disease		0.74	[0.16; 3.35]	1.5%
Abdelhamid 2018b	Polyunsaturated fat	All-cause mortality		0.68	[0.40; 1.15]	8.2%
Abdelhamid 2018b	Polyunsaturated fat	Coronary heart disease		0.34	[0.15; 0.79]	4.2%
Adler 2014	Low-sodium	All-cause mortality	<u>}</u>	1.04	[0.06; 17.00]	0.4%
Bjelakovic 2014b	Vitamin D	Cancer	- <u>+</u> -	0.71	[0.41; 1.24]	7.7%
Hofmeyr 2018	Calcium	Pre-eclampsia		0.28	[0.08; 1.04]	1.9%
Hooper 2018	Omega-6	All-cause mortality		0.71	[0.38; 1.32]	6.6%
Hooper 2018	Omega-6	Cardiovascular mortality		0.08	[0.01; 1.04]	0.5%
Keats 2019	Micronutrients	Preterm birth	+	1.15	[0.94; 1.41]	18.3%
Palacios 2019	Vitamin D	Gestational diabetes		0.86	[0.34; 2.21]	3.4%
Palacios 2019	Vitamin D	Preterm birth		0.98	[0.37; 2.64]	3.1%
Palacios 2019	Vitamin D	Pre-eclampsia	 .	2.15	[0.60; 7.71]	2.0%
Rees 2013b	Selenium	All-cause mortality	÷	0.99	[0.76; 1.28]	16.2%
Rees 2013b	Selenium	Cardiovascular mortality		0.70	[0.42; 1.17]	8.5%
Tieu 2017	Healthy diet	Small gestational age	<u> </u>	1.16	[0.29; 4.70]	1.7%
Tieu 2017	Healthy diet	Gestational diabetes		0.76	[0.27; 2.13]	2.9%
Yao 2017	Fibre	Colorectal adenoma	1	0.87	[0.47; 1.63]	6.5%
Random effects model			ġ	0.81	[0.67; 0.98]	100.0%
Prediction interval			-		[0.51; 1.29]	
Heterogeneity: / ² = 27%, τ ²	² = 0.0392, <i>p</i> = 0.13					
/			0.01 0.1 1 10	100		
		RR in high/unclear RoB <	RR in low Rob RR in high	/unclear Ro	B > RR in low	/ RoB
		-	3			

Figure S30: Blinding of outcome assessment: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Sensitivity analysis: Excluding highly correlated outcomes

CI: confidence interval; I²: heterogeneity measure; RoB: risk of bias; RR: risk ratio; RRR: ratio of risk ratios; τ^2 : heterogeneity value with Restricted Maximum-likelihood estimation method

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	95%-CI	Weigh
Abdelhamid 2018a	α-Linolenic acid	Cardiovascular disease		0.74	[0.16; 3.35]	1.69
Abdelhamid 2018a	Omega-3	All-cause mortality		0.63	[0.30; 1.31]	6.09
Abdelhamid 2018b	Polyunsaturated fat	All-cause mortality		0.68	[0.40; 1.15]	10.09
Adler 2014	Low-sodium	All-cause mortality		- 1.04	[0.06; 17.00]	0.59
Bjelakovic 2014b	Vitamin D	Cancer	_ _	0.71	[0.41; 1.24]	9.39
Hofmeyr 2018	Calcium	Pre-eclampsia		0.28	[0.08; 1.04]	2.19
Hooper 2018	Omega-6	All-cause mortality		0.71	[0.38; 1.32]	7.99
Keats 2019	Micronutrients	Preterm birth		1.15	[0.94; 1.41]	26.69
Palacios 2019	Vitamin D	Pre-eclampsia		2.15	[0.60; 7.71]	2.29
Rees 2013b	Selenium	All-cause mortality		0.99	[0.76; 1.28]	22.79
Tieu 2017	Healthy diet	Gestational diabetes		0.76	[0.27; 2.13]	3.39
Yao 2017	Fibre	Colorectal adenoma		0.87	[0.47; 1.63]	7.89
Random effects model			4	0.88	[0.73; 1.07]	100.09
Prediction interval					0.58; 1.35	
Heterogeneity: $I^2 = 17\%$, τ^2	$^{2} = 0.0268, p = 0.27$					
2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2			01 05 1 2 1	0		

Figure S31: Blinding of outcome assessment: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Sensitivity analysis: Including only one outcome per comparison from each included systematic review

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR 95%-CI Weight
Fatty acids Abdelhamid 2018a Abdelhamid 2018a Abdelhamid 2018a Abdelhamid 2018a Abdelhamid 2018a Abdelhamid 2018b Hooper 2018 Hooper 2018 Hooper 2018 Random effects mode Prediction interval Heterogeneity: $l^2 = 0\%$, t	Omega-3 Omega-3 α -Linolenic acid Omega-3 α -Linolenic acid Polyunsaturated fat Polyunsaturated fat Omega-6 Omega-6 Omega-6	Cardiovascular mortality Cardiovascular disease Cardiovascular disease All-cause mortality Coronary heart disease All-cause mortality Coronary heart disease Combined cardiovascular events All-cause mortality Cardiovascular mortality –		0.39 [0.07; 2.07] 0.8% 0.77 [0.39; 1.50] 3.8% 0.74 [0.16; 3.35] 0.9% 0.63 [0.30; 1.31] 3.3% 2.87 [0.12; 70.08] 0.2% 0.68 [0.40; 1.15] 5.4% 0.34 [0.15; 0.79] 2.7% 0.36 [0.01; 10.54] 0.2% 0.71 [0.38; 1.32] 4.3% 0.08 [0.01; 1.04] 0.3% 0.62 [0.47; 0.82] 22.0% [0.45; 0.86]
Micronutrients Adler 2014 Bjelakovic 2014b Bjelakovic 2014b Hofmeyr 2018 Hofmeyr 2018 Keats 2019 Keats 2019 Keats 2019 Palacios 2019 Palacios 2019 Palacios 2019 Palacios 2019 Rees 2013b Rees 2013b Rees 2013b Rees 2013b Heterogeneity: l^2 = 37%,	Low-sodium Vitamin D Vitamin D3 Calcium Calcium Micronutrients Micronutrients Micronutrients Vitamin D Vitamin D Vitamin D Vitamin D Selenium Selenium Selenium	All-cause mortality Cancer Breast cancer Lung cancer Pre-eclampsia High blood pressure Preterm birth Low birth weight Small gestational age Gestational diabetes Preterm birth Pre-eclampsia All-cause mortality Cardiovascular mortality		$\begin{array}{cccccccccccccccccccccccccccccccccccc$
Dietary approach Tieu 2017 Tieu 2017 Random effects mode Heterogeneity: / ² = 0%, τ	Healthy diet Healthy diet $^2 = 0, p = 0.63$	Small gestational age Gestational diabetes		1.16[0.29; 4.70]1.1%0.76[0.27; 2.13]1.9%0.88[0.39; 2.02]2.9%
Other Yao 2017 Random effects mode Prediction interval Heterogeneity: <i>I</i> ² = 26%,	Fibre 1 τ ² = 0.0342, ρ = 0.10	Colorectal adenoma		0.87 [0.47; 1.63] 4.3% 0.81 [0.70; 0.94] 100.0% [0.54; 1.23]
		0. RR in high/unclear RoB < F	U1U.111001 RR in low RoBRR in high/u	00 nclear RoB > RR in low RoB

Figure S32: Blinding of outcome assessment: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Subgroup analysis: Clusters of interventions

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	95%-CI	Weight
Cardiovascular diseas Abdelhamid 2018a Abdelhamid 2018a Abdelhamid 2018a Abdelhamid 2018a Abdelhamid 2018b Hooper 2018 Hooper 2018 Rees 2013b Rees 2013b Random effects mode Prediction interval Heterogeneity: $l^2 = 25\%$,	Se Omega-3 Omega-3 α -Linolenic acid α -Linolenic acid Polyunsaturated fat Omega-6 Selenium Selenium Selenium Selenium	Cardiovascular mortality Cardiovascular disease Cardiovascular disease Coronary heart disease Coronary heart disease Combined cardiovascular events Cardiovascular mortality Cardiovascular mortality Combined cardiovascular events		0.39 [0.77 [0.74 [2.87 [0 0.34 [0.36 [0 0.88 [0.70 [0.96 [0.70 [0.70 [0.07; 2.07] 0.39; 1.50] 0.16; 3.35] 0.12; 70.08] 0.15; 0.79] 0.01; 1.054] 0.01; 1.04] 0.42; 1.17] 0.74; 1.25] 0.49; 0.98] 0.33; 1.46]	0.8% 3.8% 0.9% 0.2% 0.2% 0.2% 0.3% 5.6% 11.0% 25.6%
All-cause mortality Abdelhamid 2018a Abdelhamid 2018b Adler 2014 Hooper 2018 Rees 2013b Random effects mode Prediction interval Heterogeneity: $l^2 = 0\%$, t	Omega-3 Polyunsaturated fat Low-sodium Omega-6 Selenium el	All-cause mortality All-cause mortality All-cause mortality All-cause mortality All-cause mortality		0.63 [0.68 [1.04 [0 0.71 [0.99 [0.83 [0.30; 1.31] 0.40; 1.15] 0.06; 17.00] 0.38; 1.32] 0.76; 1.28] 0.64; 1.08] 0.46; 1.51]	3.3% 5.4% 0.3% 4.3% 11.2% 24.5%
Cancer Bjelakovic 2014b Bjelakovic 2014b Bjelakovic 2014b Yao 2017 Random effects mode Prediction interval Heterogeneity: $l^2 = 0\%$, t	Vitamin D Vitamin D3 Vitamin D3 Fibre $^2 = 0, p = 0.79$	Cancer Breast cancer Lung cancer Colorectal adenoma		0.71 [0.60 [0.31 [0.87 [0.73 [0.41; 1.24] 0.22; 1.68] 0.04; 2.73] 0.47; 1.63] 0.50; 1.07] 0.32; 1.68]	5.0% 1.9% 0.5% 4.3% 11.6%
Pregnancy outcomes Hofmeyr 2018 Hofmeyr 2018 Keats 2019 Keats 2019 Palacios 2019 Palacios 2019 Palacios 2019 Palacios 2019 Tieu 2017 Tieu 2017 Random effects mode Prediction interval Heterogeneity: /² = 49%,	Calcium Calcium Micronutrients Micronutrients Micronutrients Vitamin D Vitamin D Vitamin D Healthy diet Healthy diet $\tau^2 = 0.1056, \rho = 0.04$	Pre-eclampsia High blood pressure Pretern birth Low birth weight Small gestational age Gestational diabetes Pretern birth Pre-eclampsia Small gestational age Gestational diabetes		0.28 [0.25 [1.15] 0.97 [0.96] 0.86] 0.98 [1.16] 0.76 [0.86]	0.08; 1.04] 0.11; 0.58] 0.94; 1.41] 0.53; 1.74] 0.67; 1.36] 0.34; 2.21] 0.37; 2.64] 0.60; 7.71] 0.29; 4.70] 0.29; 4.70] 0.27; 2.13] 0.62; 1.18] 0.37; 1.98]	1.2% 2.6% 12.8% 4.6% 8.7% 2.2% 2.0% 1.3% 1.3% 1.9% 38.3%
Random effects mode Prediction interval Heterogeneity: $I^2 = 26\%$,	el τ ² = 0.0342, <i>p</i> = 0.10	0. RR in high/unclear RoB < F	01 0.1 1 10 1 RR in low RoB RR in high/u	0.81 [([] 00 nclear RoB	0.70; 0.94] 0.54; 1.23] } > RR in lov	100.0% w RoB

Figure S33: Blinding of outcome assessment: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Subgroup analysis: Clusters of outcomes



Figure S34: Blinding of outcome assessment: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Subgroup analysis: Subjective versus objective outcomes CI: confidence interval; I²: heterogeneity measure; RoB: risk of bias; RR: risk ratio; RRR: ratio of risk ratios; τ^2 : heterogeneity value with Restricted Maximum-likelihood estimation method

Reference	Intervention	Outcome	Difference of SMD	DSMD	95%-CI	Weight
Abdelhamid 2018a	Omega-3	Body weight		-0.09	[-0.85; 0.67]	1.3%
Adler 2014	Low-sodium	Systolic blood pressure		0.26	[0.02; 0.50]	7.2%
Adler 2014	Low-sodium	Diastolic blood pressure		0.22	[-0.02; 0.46]	7.1%
Cormick 2015	Calcium	Systolic blood pressure		-0.15	[-0.44; 0.14]	5.7%
Cormick 2015	Calcium	Diastolic blood pressure		-0.11	[-0.58; 0.36]	2.9%
Hartley 2013	Fruit & Vegetables	Systolic blood pressure	- <u></u>	0.18	[-0.14; 0.50]	5.2%
Hartley 2013	Fruit & Vegetables	Diastolic blood pressure		0.20	[-0.11; 0.51]	5.3%
Hartley 2016	Fibre	Systolic blood pressure	i=	0.11	[-0.42; 0.64]	2.4%
Hartley 2016	Fibre	Diastolic blood pressure		-0.17	[-0.58; 0.24]	3.7%
Kelly 2017	Whole grains	Body weight		0.24	[-0.35; 0.83]	2.0%
Kelly 2017	Whole grains	Systolic blood pressure	÷	0.32	[0.00; 0.64]	5.2%
Kelly 2017	Whole grains	Diastolic blood pressure		0.09	[-0.24; 0.42]	5.0%
Palacios 2019	Vitamin D	Birth length		0.01	[-0.23; 0.25]	7.2%
Palacios 2019	Vitamin D	Birth weight		-0.16	[-0.37; 0.05]	8.4%
Palacios 2019	Vitamin D	Head circumference at birth		-0.03	[-0.26; 0.20]	7.6%
Rees 2013	Healthy diet	Systolic blood pressure		- 0.53	[0.09; 0.97]	3.3%
Rees 2013	Healthy diet	Diastolic blood pressure		- 0.53	[0.10; 0.96]	3.4%
Rees 2019	Mediterranean diet	Systolic blood pressure		-0.19	[-0.66; 0.28]	2.9%
Rees 2019	Mediterranean diet	High Density Lipoprotein		0.08	[-0.21; 0.37]	5.9%
Rees 2019	Mediterranean diet	Triglycerides		-0.11	[-0.47; 0.25]	4.3%
Tieu 2017	Healthy diet	Birth weight		-0.15	[-0.52; 0.22]	4.2%
Random effects mod	al			0.07	[_0 02: 0 16]	100.0%
Prediction interval				0.01	[_0.19: 0.33]	100.070
Heterogeneity: 1 ² = 33%	$\tau^2 = 0.0135 \ n = 0.07$				[0110] 0100]	
notorogeneity. r = 55 %,	• = 0.0100, p = 0.01		-05 0 05			
	9	SMD in high/unclear RoB < S	MD in low RoB SMD in high/	unclear Ro	B > SMD in l	ow RoB
			one in grie			

Figure S35: Blinding of outcome assessment: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for continuous outcomes as pooled difference of standardised mean differences

CI: confidence interval; DSMD: difference of standardised mean differences; I²: heterogeneity measure; RoB: risk of bias; SMD: standardised mean difference; τ^2 : heterogeneity value with Restricted Maximum-likelihood estimation method



Figure S36: Blinding of outcome assessment: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for continuous outcomes as pooled difference of standardised mean differences. Sensitivity analysis: Excluding highly correlated outcomes

CI: confidence interval; DSMD: difference of standardised mean differences; I^2 : heterogeneity measure; RoB: risk of bias; SMD: standardised mean difference; τ^2 : heterogeneity value with Restricted Maximum-likelihood estimation method



Figure S37: Blinding of outcome assessment: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for continuous outcomes as pooled difference of standardised mean differences. Sensitivity analysis: Including only one outcome per comparison from each included systematic review

CI: confidence interval; DSMD: difference of standardised mean differences; I^2 : heterogeneity measure; RoB: risk of bias; SMD: standardised mean difference; τ^2 : heterogeneity value with Restricted Maximum-likelihood estimation method

Methodological trial characteristic: Incomplete outcome data

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	95%-CI	Weight
Abdelhamid 2018a	Omega-3	Cardiovascular mortality		0.84	[0.46; 1.53]	0.7%
Abdelhamid 2018a	Omega-3	Cardiovascular disease		0.80	[0.58; 1.10]	2.2%
Abdelhamid 2018a	Omega-3	All-cause mortality		0.81	[0.53; 1.23]	1.3%
Abdelhamid 2018b	Polyunsaturated fat	All-cause mortality	-4-	0.89	[0.63; 1.25]	2.0%
Abdelhamid 2018b	Polyunsaturated fat	Coronary heart disease	— , 	0.56	[0.26; 1.21]	0.4%
Adler 2014	Low-sodium	All-cause mortality	+	1.46	[0.85; 2.49]	0.8%
Adler 2014	Low-sodium	Cardiovascular mortality		0.97	[0.16; 5.78]	0.1%
Adler 2014	Low-sodium	Cardiovascular disease		0.79	[0.17; 3.79]	0.1%
Bjelakovic 2012	β-carotene	All-cause mortality		0.75	[0.52; 1.09]	1.6%
Bjelakovic 2012	Vitamin E	All-cause mortality		0.88	[0.78; 1.00]	12.2%
Bjelakovic 2012	Vitamin C	All-cause mortality		0.83	[0.60; 1.16]	2.1%
Bjelakovic 2012	Vitamin A	All-cause mortality	1	0.90	[0.77; 1.04]	8.9%
Bjelakovic 2014	Vitamin D	All-cause mortality		0.70	[0.30; 1.66]	0.3%
Bjelakovic 2014b	Vitamin D	Cancer		0.58	[0.31; 1.08]	0.6%
Bjelakovic 2014b	Vitamin D3	Breast cancer		0.60	[0.22; 1.68]	0.2%
Bjelakovic 2014b	Vitamin D3	Lung cancer -		0.31	[0.04; 2.73]	0.0%
Hofmeyr 2018	Calcium	Pre-eclampsia		0.32	[0.14; 0.76]	0.3%
Hofmeyr 2018	Calcium	High blood pressure	_	0.25	[0.11; 0.58]	0.3%
Hooper 2012	Low-fat/modified fat	Cardiovascular mortality		1.15	[0.90; 1.46]	3.9%
Hooper 2012	Low-fat/modified fat	All-cause mortality	<u></u>	1.02	[0.88; 1.19]	8.8%
Hooper 2012	Low-fat/modified fat	Combined cardiovascular events	-	0.88	[0.69; 1.11]	3.9%
Hooper 2015b	Low saturated fat	All-cause mortality		0.86	[0.55; 1.33]	1.2%
Hooper 2015b	Low saturated fat	Cardiovascular mortality	_ _ }	1.06	[0.65; 1.75]	0.9%
Hooper 2015b	Low saturated fat	Combined cardiovascular events		0.76	[0.50; 1.16]	1.3%
Hooper 2018	Omega-6	Combined cardiovascular events		0.79	[0.56; 1.11]	1.9%
Hooper 2018	Omega-6	All-cause mortality		0.83	[0.56; 1.24]	1.4%
Hooper 2018	Omega-6	Cardiovascular mortality -		0.41	[0.04; 4.02]	0.0%
Keats 2019	Micronutrients	Preterm birth	÷.	1.01	[0.89; 1.14]	12.2%
Keats 2019	Micronutrients	Low birth weight	÷	0.98	[0.89; 1.08]	17.6%
Keats 2019	Micronutrients	Small gestational age	4	0.89	[0.77; 1.04]	8.9%
Mathew 2012	Vitamin E	Cataract	+	1.03	[0.78; 1.37]	2.8%
Palacios 2019	Vitamin D	Gestational diabetes		0.86	[0.34; 2.21]	0.3%
Palacios 2019	Vitamin D	Preterm birth		0.98	[0.37; 2.64]	0.2%
Palacios 2019	Vitamin D	Pre-eclampsia		2.15	[0.60; 7.71]	0.1%
Tieu 2017	Healthy diet	Preterm birth	`````````````````````````````````	1.28	[0.20; 8.03]	0.1%
Tieu 2017	Healthy diet	Small gestational age	<u>+</u> +	1.16	[0.29; 4.70]	0.1%
Tieu 2017	Healthy diet	Gestational diabetes		0.27	[0.09; 0.77]	0.2%
Random effects model				0.92	[0.88; 0.97]	100.0%
Prediction interval	_		4		[0.85; 1.00]	
Heterogeneity: I ² = 22%, τ	² = 0.0010, <i>p</i> = 0.12					
-			01 051 2 10			

Figure S38: Incomplete outcome data: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	95%-CI	Weight
Abdelhamid 2018a	Omega-3	Cardiovascular mortality	<u> </u>	0.84	[0.46; 1.53]	1.1%
Abdelhamid 2018a	Omega-3	All-cause mortality		0.81	[0.53; 1.23]	2.1%
Abdelhamid 2018b	Polyunsaturated fat	All-cause mortality	-4-	0.89	[0.63; 1.25]	3.2%
Abdelhamid 2018b	Polyunsaturated fat	Coronary heart disease		0.56	[0.26; 1.21]	0.7%
Adler 2014	Low-sodium	All-cause mortality	+	1.46	[0.85; 2.49]	1.3%
Adler 2014	Low-sodium	Cardiovascular mortality	_	0.97	[0.16; 5.78]	0.1%
Bjelakovic 2012	β-carotene	All-cause mortality		0.75	[0.52; 1.09]	2.7%
Bjelakovic 2012	Vitamin E	All-cause mortality	÷	0.88	[0.78; 1.00]	18.6%
Bjelakovic 2012	Vitamin C	All-cause mortality		0.83	[0.60; 1.16]	3.5%
Bjelakovic 2012	Vitamin A	All-cause mortality	÷	0.90	[0.77; 1.04]	13.8%
Bjelakovic 2014	Vitamin D	All-cause mortality		0.70	[0.30; 1.66]	0.5%
Bjelakovic 2014b	Vitamin D	Cancer		0.58	[0.31; 1.08]	1.0%
Hofmeyr 2018	Calcium	Pre-eclampsia	-	0.32	[0.14; 0.76]	0.5%
Hooper 2012	Low-fat/modified fat	Cardiovascular mortality		1.15	[0.90; 1.46]	6.3%
Hooper 2012	Low-fat/modified fat	All-cause mortality	÷.	1.02	[0.88; 1.19]	13.7%
Hooper 2015b	Low saturated fat	All-cause mortality		0.86	[0.55; 1.33]	2.0%
Hooper 2015b	Low saturated fat	Cardiovascular mortality	_ <u>_</u> }	1.06	[0.65; 1.75]	1.6%
Hooper 2018	Omega-6	All-cause mortality		0.83	[0.56; 1.24]	2.4%
Hooper 2018	Omega-6	Cardiovascular mortality ·		0.41	[0.04; 4.02]	0.1%
Keats 2019	Micronutrients	Preterm birth	ė.	1.01	[0.89; 1.14]	18.6%
Mathew 2012	Vitamin E	Cataract	}.	1.03	[0.78; 1.37]	4.5%
Palacios 2019	Vitamin D	Gestational diabetes		0.86	[0.34; 2.21]	0.4%
Palacios 2019	Vitamin D	Preterm birth		0.98	[0.37; 2.64]	0.4%
Palacios 2019	Vitamin D	Pre-eclampsia		2.15	[0.60; 7.71]	0.2%
Tieu 2017	Healthy diet	Small gestational age	<u> </u> +	1.16	[0.29; 4.70]	0.2%
Tieu 2017	Healthy diet	Gestational diabetes		0.27	[0.09; 0.77]	0.3%
Random effects mode	el		d a	0.93	[0.88; 0.99]	100.0%
Prediction interval			4		[0.84; 1.03]	
Heterogeneity: / ² = 19%,	$\tau^2 = 0.0014, p = 0.19$			1		
			0.1 0.5 1 2 1	0		
		RR in high/unclear RoB <	RR in low RoB RR in high	/unclear R	oB > RR in lo	w RoB

Figure S39: Incomplete outcome data: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Sensitivity analysis: Excluding highly correlated outcomes

CI: confidence interval; I²: heterogeneity measure; RoB: risk of bias; RR: risk ratio; RRR: ratio of risk ratios; τ^2 : heterogeneity value with Restricted Maximum-likelihood estimation method

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	95%-CI	Weight
Abdelhamid 2018a	Omega-3	All-cause mortality		0.81	[0.53; 1.23]	2.4%
Abdelhamid 2018b	Polyunsaturated fat	All-cause mortality		0.89	[0.63; 1.25]	3.7%
Adler 2014	Low-sodium	All-cause mortality		1.46	[0.85; 2.49]	1.5%
Bjelakovic 2012	β-carotene	All-cause mortality		0.75	[0.52; 1.09]	3.1%
Bjelakovic 2012	Vitamin E	All-cause mortality		0.88	[0.78; 1.00]	20.5%
Bjelakovic 2012	Vitamin C	All-cause mortality		0.83	[0.60; 1.16]	3.9%
Bjelakovic 2012	Vitamin A	All-cause mortality		0.90	[0.77; 1.04]	15.5%
Bjelakovic 2014a	Vitamin D	All-cause mortality	·	0.70	[0.30; 1.66]	0.6%
Bjelakovic 2014b	Vitamin D	Cancer		0.58	[0.31; 1.08]	1.2%
Hofmeyr 2018	Calcium	Pre-eclampsia	I	0.32	[0.14; 0.76]	0.6%
Hooper 2012	Low-fat/modified fat	All-cause mortality	<u>, 1</u>	1.02	[0.88; 1.19]	15.3%
Hooper 2015b	Low saturated fat	Combined cardiovascular events		0.76	[0.50; 1.16]	2.4%
Hooper 2018	Omega-6	All-cause mortality		0.83	[0.56; 1.24]	2.7%
Keats 2019	Micronutrients	Preterm birth	<u> </u>	1.01	[0.89; 1.14]	20.6%
Mathew 2012	Vitamin E	Cataract	1	1.03	[0.78; 1.37]	5.2%
Palacios 2019	Vitamin D	Pre-eclampsia		2.15	[0.60; 7.71]	0.3%
Tieu 2017	Healthy diet	Gestational diabetes		0.27	[0.09; 0.77]	0.4%
Random effects mode Prediction interval Heterogeneity: / ² = 38%, 1	Ι τ ² = 0.0017, <i>p</i> = 0.05		r	0.92	[0.86; 0.98] [0.82; 1.03]	100.0%
			0.1 0.5 1 2	10		
		RR in high/unclear RoB <	RR in low RoB RR in high/u	nclear Ro	ob > RR in lo	w RoB

Figure S40: Incomplete outcome data: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Sensitivity analysis: Including only one outcome per comparison from each included systematic review

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR 95%-CI Weight
Fatty acids Abdelhamid 2018a Abdelhamid 2018a Abdelhamid 2018a Abdelhamid 2018b Abdelhamid 2018b Hooper 2015b Hooper 2015b Hooper 2015b Hooper 2018 Hooper 2018 Random effects model Prediction interval Heterogeneity: $I^2 = 0\%$, τ^2	Omega-3 Omega-3 Omega-3 Polyunsaturated fat Polyunsaturated fat Low saturated fat Low saturated fat Omega-6 Omega-6 Omega-6	Cardiovascular mortality Cardiovascular disease All-cause mortality All-cause mortality Coronary heart disease All-cause mortality Cardiovascular mortality Combined cardiovascular events All-cause mortality Cardiovascular mortality Cardiovascular mortality -		0.84 [0.46; 1.53] 0.7% 0.80 [0.58; 1.10] 2.2% 0.81 [0.53; 1.23] 1.3% 0.89 [0.63; 1.25] 2.0% 0.56 [0.26; 1.21] 0.4% 0.86 [0.55; 1.33] 1.2% 1.06 [0.65; 1.75] 0.9% 0.76 [0.50; 1.16] 1.3% 0.79 [0.56; 1.11] 1.9% 0.83 [0.56; 1.24] 1.4% 0.41 [0.04; 4.02] 0.0% 0.82 [0.72; 0.94] 13.4% [0.71; 0.96] -
Micronutrients Adler 2014 Adler 2014 Adler 2014 Bjelakovic 2012 Bjelakovic 2012 Bjelakovic 2012 Bjelakovic 2012 Bjelakovic 2014 Bjelakovic 2014b Bjelakovic 2014b Hofmeyr 2018 Hofmeyr 2018 Keats 2019 Keats 2019 Keats 2019 Keats 2019 Palacios 2019 Palacios 2019 Palacios 2019 Random effects model Prediction interval	Low-sodium Low-sodium β-carotene Vitamin E Vitamin C Vitamin D Vitamin D Vitamin D3 Vitamin D3 Vitamin D3 Calcium Micronutrients Micronutrients Micronutrients Micronutrients Micronutrients Vitamin E Vitamin D Vitamin D Vitamin D	All-cause mortality Cardiovascular mortality Cardiovascular disease All-cause mortality All-cause mortality All-cause mortality All-cause mortality Cancer Breast cancer Lung cancer Pre-eclampsia High blood pressure Preterm birth Low birth weight Small gestational age Cataract Gestational diabetes Preterm birth Pre-eclampsia		1.46 [0.85; 2.49] 0.8% 0.97 [0.16; 5.78] 0.1% 0.79 [0.17; 3.79] 0.1% 0.75 [0.52; 1.09] 1.6% 0.88 [0.78; 1.00] 12.2% 0.83 [0.60; 1.16] 2.1% 0.90 [0.77; 1.04] 8.9% 0.70 [0.30; 1.66] 0.3% 0.58 [0.31; 1.08] 0.6% 0.60 [0.22; 1.68] 0.2% 0.31 [0.04; 2.73] 0.0% 0.32 [0.14; 0.76] 0.3% 1.01 [0.89; 1.14] 12.2% 0.98 [0.89; 1.08] 17.6% 0.89 [0.77; 1.04] 8.9% 1.03 [0.78; 1.37] 2.8% 0.89 [0.37; 2.64] 0.2% 2.15 [0.60; 7.71] 0.1% 0.92 [0.87; 0.98] 69.7% [0.85; 1.01]
Dietary approach Hooper 2012 Hooper 2012 Hooper 2012 Tieu 2017 Tieu 2017 Tieu 2017 Random effects model Prediction interval Heterogeneity: $I^2 = 42\%$, 1 Random effects model Prediction interval Heterogeneity: $I^2 = 22\%$, 1	Low-fat/modified fat Low-fat/modified fat Low-fat/modified fat Low-fat/modified fat Healthy diet Healthy diet Healthy diet $t^2 = 0.0010, p = 0.13$	Cardiovascular mortality All-cause mortality Combined cardiovascular events Preterm birth Small gestational age Gestational diabetes	0.1 0.5 1 2 10	1.15 [0.90; 1.46] 3.9% 1.02 [0.88; 1.19] 8.8% 0.88 [0.69; 1.11] 3.9% 1.28 [0.20; 8.03] 0.1% 1.16 [0.29; 4.70] 0.1% 0.27 [0.09; 0.77] 0.2% 1.00 [0.89; 1.12] 16.9% [0.83; 1.20] - 0.92 [0.88; 0.97] 100.0% [0.85; 1.00]

Figure S41: Incomplete outcome data: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Subgroup analysis: Clusters of interventions

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	95%-	CI Weight
Cardiovascular diseas Abdelhamid 2018a Abdelhamid 2018b Adler 2018b Adler 2014 Hooper 2012 Hooper 2012 Hooper 2015b Hooper 2015b Hooper 2018 Random effects mode Prediction interval Heterogeneity: $I^2 = 0\%$, t	Se Omega-3 Omega-3 Polyunsaturated fat Low-sodium Low-sodium Low-fat/modified fat Low saturated fat Low saturated fat Omega-6 Omega-6 Omega-6	Cardiovascular mortality Cardiovascular disease Coronary heart disease Cardiovascular mortality Cardiovascular mortality Combined cardiovascular events Cardiovascular mortality Combined cardiovascular events Combined cardiovascular events Combined cardiovascular events Cardiovascular mortality		0.84 0.80 0.97 0.79 1.15 0.88 1.06 0.79 0.41 0.89	[0.46; 1.5 [0.58; 1.1 [0.26; 1.2 [0.16; 5.7 [0.90; 1.4 [0.69; 1.1 [0.69; 1.1 [0.50; 1.1 [0.50; 1.1 [0.56; 1.1 [0.04; 4.0 [0.77; 1.0 [0.68; 1.1]	3] 0.7% 0] 2.2% 1] 0.4% 8] 0.1% 9] 0.1% 6] 3.9% 5] 0.9% 6] 1.3% 1] 1.9% 2] 0.0% 2] 15.4%
All-cause mortality Abdelhamid 2018a Abdelhamid 2018b Adler 2014 Bjelakovic 2012 Bjelakovic 2012 Bjelakovic 2012 Bjelakovic 2012 Bjelakovic 2012 Bjelakovic 2012 Bjelakovic 2014 Hooper 2015b Hooper 2015b Hooper 2018 Random effects mode Prediction interval Heterogeneity: /² = 0%, t	Omega-3 Polyunsaturated fat Low-sodium β -carotene Vitamin E Vitamin C Vitamin A Vitamin D Low-fat/modified fat Omega-6	All-cause mortality All-cause mortality		0.81 0.89 1.46 0.75 0.88 0.83 0.90 0.70 1.02 0.86 0.83 0.91	[0.53; 1.2 [0.63; 1.2 [0.85; 2.4 [0.52; 1.0 [0.78; 1.0 [0.60; 1.1 [0.77; 1.0 [0.30; 1.6 [0.88; 1.1 [0.55; 1.3 [0.56; 1.2 [0.85; 0.9 [0.84; 0.9	3] 1.3% 5] 2.0% 9] 0.8% 9] 1.6% 0] 12.2% 6] 2.1% 4] 8.9% 6] 0.3% 9] 8.8% 3] 1.2% 4] 1.4% 8] 40.5% 9] -
Cancer Bjelakovic 2014b Bjelakovic 2014b Bjelakovic 2014b Random effects mode Prediction interval Heterogeneity: $l^2 = 0\%$, t	Vitamin D Vitamin D3 Vitamin D3 el	Cancer Breast cancer Lung cancer		0.58 0.60 0.31 0.57	[0.31; 1.0 [0.22; 1.6 [0.04; 2.7 [0.34; 0.9 [0.02; 16.1	8] 0.6% 8] 0.2% 3] 0.0% 5] 0.9% 5]
Pregnancy outcomes Hofmeyr 2018 Hofmeyr 2018 Keats 2019 Keats 2019 Palacios 2019 Palacios 2019 Palacios 2019 Palacios 2019 Palacios 2019 Tieu 2017 Tieu 2017 Tieu 2017 Random effects mode Prediction interval Heterogeneity: $l^2 = 60\%$,	Calcium Calcium Micronutrients Micronutrients Micronutrients Vitamin D Vitamin D Vitamin D Healthy diet Healthy diet Healthy diet	Pre-eclampsia High blood pressure Preterm birth Low birth weight Small gestational age Gestational diabetes Preterm birth Pre-eclampsia Preterm birth Small gestational age Gestational diabetes		0.32 0.25 1.01 0.98 0.89 0.86 0.98 2.15 1.28 1.16 0.27 0.76	[0.14; 0.7 [0.11; 0.5 [0.89; 1.1 [0.89; 1.0 [0.77; 1.0 [0.34; 2.2 [0.37; 2.6 [0.60; 7.7 [0.20; 8.0 [0.29; 4.7 [0.09; 0.7 [0.54; 1.0 [0.27; 2.1]	6] 0.3% 8] 0.3% 4] 12.2% 8] 17.6% 4] 8.9% 1] 0.3% 4] 0.2% 1] 0.1% 3] 0.1% 7] 0.2% 7] 40.4%
Eye disease Mathew 2012 Random effects mode Prediction interval Heterogeneity: <i>I</i> ² = 22%,	Vitamin E 21 τ ² = 0.0010, <i>p</i> = 0.12	Cataract	0.1 0.5 1 2 10	1.03 0.92	[0.78; 1.3 [0.88; 0.9 [0.85; 1.0	7] 2.8% 7] 100.0% 0]
		RR in high/unclear RoB <	RR in low RoB RR in high/u	nclear Ro	B > RR in I	ow RoB

Figure S42: Incomplete outcome data: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Subgroup analysis: Clusters of outcomes

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	95%-CI	Weight
all-cause mortality Abdelhamid 2018a Abdelhamid 2018b Adler 2014 Bjelakovic 2012 Bjelakovic 2012 Bjelakovic 2012 Bjelakovic 2012 Bjelakovic 2014 Hooper 2012 Hooper 2015b Hooper 2018 Random effects mode Prediction interval Heterogeneity: $l^2 = 0\%, \tau^2$	Omega-3 Polyunsaturated fat Low-sodium β -carotene Vitamin E Vitamin C Vitamin A Vitamin D Low-fat/modified fat Low saturated fat Omega-6	All-cause mortality All-cause mortality		0.81 0.89 1.46 0.75 0.88 0.83 0.90 0.70 1.02 0.86 0.83 0.91	[0.53; 1.23] [0.63; 1.25] [0.85; 2.49] [0.52; 1.09] [0.77; 1.04] [0.30; 1.66] [0.88; 1.19] [0.55; 1.33] [0.56; 1.24] [0.85; 0.98] [0.84; 0.99]	1.3% 2.0% 0.8% 1.6% 2.1% 8.9% 0.3% 8.8% 1.2% 1.4% 40.5%
mostly subjectively as Abdelhamid 2018a Abdelhamid 2018a Abdelhamid 2018b Adler 2014 Bjelakovic 2014b Bjelakovic 2014b Bjelakovic 2014b Hooper 2012 Hooper 2012 Hooper 2015b Hooper 2015b Hooper 2018 Hooper 2018 Hooper 2018 Random effects mode Prediction interval	Omega-3 Omega-3 Polyunsaturated fat Low-sodium Vitamin D Vitamin D3 Vitamin D3 Low-fat/modified fat Low saturated fat Low saturated fat Omega-6 Omega-6 Vitamin E	Cardiovascular mortality Cardiovascular disease Coronary heart disease Cardiovascular mortality Cardiovascular mortality Cardiovascular mortality Combined cardiovascular events Cardiovascular mortality Combined cardiovascular events Cardiovascular mortality Combined cardiovascular events Cardiovascular mortality Cardiovascular mortality Cataract		0.84 0.80 0.56 0.97 0.79 0.58 0.60 0.31 1.15 0.88 1.06 0.76 0.79 0.41 1.03 0.88	[0.46; 1.53] [0.58; 1.10] [0.26; 1.21] [0.16; 5.78] [0.17; 3.79] [0.31; 1.08] [0.22; 1.68] [0.04; 2.73] [0.90; 1.46] [0.69; 1.11] [0.50; 1.16] [0.50; 1.16] [0.56; 1.11] [0.78; 1.37] [0.78; 1.00] [0.78; 1.00]	0.7% 2.2% 0.4% 0.1% 0.6% 0.2% 0.0% 3.9% 3.9% 0.9% 1.3% 1.9% 0.0% 2.8% 19.1%
Heterogeneity: $l^2 = 0\%$, τ^4 pregnancy outcomes Hofmeyr 2018 Hofmeyr 2018 Keats 2019 Keats 2019 Palacios 2019 Palacios 2019 Palacios 2019 Palacios 2019 Palacios 2019 Tieu 2017 Tieu 2017 Tieu 2017 Random effects mode Prediction interval Heterogeneity: $l^2 = 60\%$, t^2	calciumCalciumMicronutrientsMicronutrientsMicronutrientsVitamin DVitamin DVitamin DHealthy dietHealthy dietHealthy dietHealthy dietHealthy diet	Pre-eclampsia High blood pressure Preterm birth Low birth weight Small gestational age Gestational diabetes Preterm birth Pre-eclampsia Preterm birth Small gestational age Gestational diabetes		0.32 0.25 1.01 0.98 0.89 0.86 0.98 2.15 1.28 1.16 0.27 0.76 [[[0.14; 0.76] [0.11; 0.58] [0.89; 1.08] [0.89; 1.04] [0.34; 2.21] [0.37; 2.64] [0.60; 7.71] [0.20; 8.03] [0.29; 4.70] [0.29; 4.70] [0.09; 0.77] [0.09; 0.77] [0.54; 1.07] [0.26; 2.14]	0.3% 0.3% 12.2% 17.6% 8.9% 0.3% 0.2% 0.1% 0.1% 0.1% 0.2% 40.4%

Figure S43: Incomplete outcome data: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Subgroup analysis: Subjective versus objective outcomes

Reference	Intervention	Outcome	Difference of SMD	DSMD	95%-CI	Weight
Abdelhamid 2018a	Omega-3	Body weight		-0.03 [-	0.49; 0.43]	3.2%
Adler 2014	Low-sodium	Systolic blood pressure		0.00	0.40; 0.40]	3.7%
Adler 2014	Low-sodium	Diastolic blood pressure		0.05	0.27; 0.37]	4.7%
Cormick 2015	Calcium	Systolic blood pressure	÷	0.10 [-	0.07; 0.27]	7.1%
Cormick 2015	Calcium	Diastolic blood pressure		0.05 [-	0.23; 0.33]	5.2%
Hartley 2016	Fibre	Systolic blood pressure		-0.78 [-	1.49; -0.07]	1.7%
Hartley 2016	Fibre	Diastolic blood pressure		- 1.18 [0.46; 1.90]	1.6%
Hooper 2012	Low-fat	Body weight	<u>+</u>	-0.07 [-	0.25; 0.11]	6.8%
Hooper 2015a	Low-fat	Body weight	+	0.02 [-	0.17; 0.21]	6.6%
Kelly 2017	Whole grains	Body weight		-0.50 [-	1.09; 0.09]	2.2%
Kelly 2017	Whole grains	Systolic blood pressure		-0.17 [-	0.56; 0.22]	3.8%
Kelly 2017	Whole grains	Diastolic blood pressure	- 	0.04 [-	0.26; 0.34]	5.0%
Palacios 2019	Vitamin D	Birth length	-	0.03 [-	0.18; 0.24]	6.3%
Palacios 2019	Vitamin D	Birth weight		-0.18 [-	0.39; 0.03]	6.4%
Palacios 2019	Vitamin D	Head circumference at birth		-0.12 [-	0.37; 0.13]	5.7%
Rees 2013	Healthy diet	Systolic blood pressure		0.48 [0.13; 0.83]	4.3%
Rees 2013	Healthy diet	Diastolic blood pressure	÷ •	0.35 [-	-0.08; 0.78]	3.4%
Rees 2019	Mediterranean diet	Systolic blood pressure	<u> </u>	0.08 [-	0.49; 0.65]	2.4%
Rees 2019	Mediterranean diet	High Density Lipoprotein		-0.08 [-	0.40; 0.24]	4.6%
Rees 2019	Mediterranean diet	Triglycerides		-0.23 [-	0.73; 0.27]	2.8%
Tieu 2017	Healthy diet	Birth weight		-0.18 [-	-0.44; 0.08]	5.5%
Usinger 2012	Fermented milk	Systolic blood pressure	— <u> </u>	-0.75 [-	1.18; -0.32]	3.4%
Usinger 2012	Fermented milk	Diastolic blood pressure		-0.47 [-	0.87; -0.07]	3.7%
Pandom offecte mode	a		1	0.05 [0 15: 0 061	100.0%
Dradiction interval			_ĭ_	-0.05 [-	0.13, 0.00	100.076
Heterogeneity: 1 ² = 5.8%	$\tau^2 = 0.0312$ n < 0.01			1-	0.45, 0.54]	
ricterogeneity. 7 = 30%,	- 0.0312, p < 0.01		-15 -1 -05 0 05 1 15			
	c	MD in high/unclear RoB < SI	MD in low RoB SMD in bigh/u	nclear RoB	> SMD in lo	W RoB
		Mid in highrancieal Rob < Si		noical NUD		W ROD

Figure S44: Incomplete outcome data: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for continuous outcomes as pooled difference of standardised mean differences

CI: confidence interval; DSMD: difference of standardised mean differences; I²: heterogeneity measure; RoB: risk of bias; SMD: standardised mean difference; τ^2 : heterogeneity value with Restricted Maximum-likelihood estimation method

Reference	Intervention	Outcome	Difference of SMD	DSMD	95%-CI	Weight
Abdelhamid 2018a	Omega-3	Body weight	<u> </u>	-0.03 [-	0.49; 0.43]	5.7%
Adler 2014	Low-sodium	Systolic blood pressure		0.00 [-	0.40; 0.40]	6.6%
Cormick 2015	Calcium	Systolic blood pressure		0.10 [-	0.07; 0.27]	11.3%
Hartley 2016	Fibre	Systolic blood pressure		-0.78 [-	1.49; -0.07]	3.2%
Hooper 2012	Low-fat	Body weight		-0.07 [-	0.25; 0.11]	10.9%
Hooper 2015a	Low-fat	Body weight		0.02 [-	0.17; 0.21]	10.7%
Kelly 2017	Whole grains	Body weight		-0.50 [-	1.09; 0.09]	4.1%
Kelly 2017	Whole grains	Systolic blood pressure	_	-0.17 [-	0.56; 0.22]	6.7%
Palacios 2019	Vitamin D	Birth length		0.03 [-	0.18; 0.24]	10.3%
Rees 2013	Healthy diet	Systolic blood pressure		0.48	0.13; 0.83]	7.4%
Rees 2019	Mediterranean diet	High Density Lipoprotein	i	-0.08 [-	0.40; 0.24]	8.0%
Tieu 2017	Healthy diet	Birth weight		-0.18 [-	0.44; 0.08]	9.2%
Usinger 2012	Fermented milk	Systolic blood pressure		-0.75 [-	1.18; -0.32]	6.0%
Random effects mo	del		4	-0.08 [-(0.23; 0.06]	100.0%
Prediction interval				[-	0.56; 0.39]	
Heterogeneity: /2 = 619	$6, \tau^2 = 0.0413, p < 0.01$					
			-1 -0.5 0 0.5 1			
	SM	D in high/unclear RoB < SI	MD in low RoB SMD in high		> SMD in la	W RoB

Figure S45: Incomplete outcome data: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for continuous outcomes as pooled difference of standardised mean differences. Sensitivity analysis: Excluding highly correlated outcomes

CI: confidence interval; DSMD: difference of standardised mean differences; I²: heterogeneity measure; RoB: risk of bias; SMD: standardised mean difference; τ^2 : heterogeneity value with Restricted Maximum-likelihood estimation method



Figure S46: Incomplete outcome data: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for continuous outcomes as pooled difference of standardised mean differences. Sensitivity analysis: Including only one outcome per comparison from each included systematic review

CI: confidence interval; DSMD: difference of standardised mean differences; I²: heterogeneity measure; RoB: risk of bias; SMD: standardised mean difference; τ^2 : heterogeneity value with Restricted Maximum-likelihood estimation method

Methodological trial characteristic: Selective Reporting

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	95%-CI Weight
Abdelhamid 2018a	Omega-3	Cardiovascular mortality	4	0.93	[0.80; 1.09] 9.6%
Abdelhamid 2018a	Omega-3	Cardiovascular disease		0.93	[0.84; 1.03] 23.2%
Abdelhamid 2018a	Omega-3	All-cause mortality		0.94	[0.85; 1.04] 21.0%
Abdelhamid 2018b	Polyunsaturated fat	All-cause mortality	 +	1.09	[0.58; 2.06] 0.6%
Adler 2014	Low-sodium	All-cause mortality	- -	1.25	[0.74; 2.12] 0.8%
Adler 2014	Low-sodium	Cardiovascular disease	_ 	0.96	[0.50; 1.87] 0.5%
Bjelakovic 2012	β-carotene	All-cause mortality	_	0.32	[0.13; 0.80] 0.3%
Bjelakovic 2012	Vitamin E	All-cause mortality		0.98	[0.15; 6.49] 0.1%
Bjelakovic 2012	Vitamin C	All-cause mortality	_	0.33	[0.13; 0.82] 0.3%
Bjelakovic 2014	Vitamin D	All-cause mortality		0.98	[0.90; 1.07] 28.6%
Bjelakovic 2014	Vitamin D	Cardiovascular mortality		- 3.06 [0.13; 71.27] 0.0%
Bjelakovic 2014b	Vitamin D	Cancer	<u>b</u>	1.06	[0.91; 1.23] 10.4%
Bjelakovic 2014b	Vitamin D3	Breast cancer	- -	1.21	[0.77; 1.90] 1.1%
Bjelakovic 2014b	Vitamin D3	Lung cancer	+ _	0.85	[0.48; 1.52] 0.7%
Hofmeyr 2018	Calcium	Pre-eclampsia		0.66	[0.17; 2.58] 0.1%
Hofmeyr 2018	Calcium	High blood pressure	— • • • •	0.54	[0.14; 2.10] 0.1%
Hooper 2018	Omega-6	Cardiovascular mortality		1.81	[1.22; 2.70] 1.5%
Palacios 2019	Vitamin D	Gestational diabetes		0.86	[0.34; 2.21] 0.3%
Palacios 2019	Vitamin D	Preterm birth		0.98	[0.37; 2.64] 0.2%
Palacios 2019	Vitamin D	Pre-eclampsia	- -	2.15	[0.60; 7.71] 0.1%
Tieu 2017	Healthy diet	Preterm birth		1.72 [0.27; 10.78] 0.1%
Tieu 2017	Healthy diet	Small gestational age		1.16	[0.29; 4.70] 0.1%
Tieu 2017	Healthy diet	Gestational diabetes		1.00	[0.36; 2.74] 0.2%
Random effects mode Prediction interval Heterogeneity: / ² = 24%	el τ ² = 0, ρ = 0,15			0.97	[0.92; 1.02] 100.0% [0.92; 1.02]
,, <u>,</u> ,			0.1 0.51 2 10		
		RR in high/unclear RoB < R	R in low RoB RR in high/u	nclear Rol	B > RR in low RoB

Figure S47: Selective Reporting: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	95%-CI	Weight
Abdelhamid 2018a	Omega-3	Cardiovascular mortality	4	0.93	[0.80; 1.09]	12.8%
Abdelhamid 2018a	Omega-3	All-cause mortality		0.94	[0.85; 1.04]	28.1%
Abdelhamid 2018b	Polyunsaturated fat	All-cause mortality	_ +	1.09	[0.58; 2.06]	0.8%
Adler 2014	Low-sodium	All-cause mortality	- - -	1.25	[0.74; 2.12]	1.1%
Adler 2014	Low-sodium	Cardiovascular disease	_ 	0.96	[0.50; 1.87]	0.7%
Bjelakovic 2012	β-carotene	All-cause mortality	_ _	0.32	[0.13; 0.80]	0.4%
Bjelakovic 2012	Vitamin E	All-cause mortality		0.98	[0.15; 6.49]	0.1%
Bjelakovic 2012	Vitamin C	All-cause mortality	_ _	0.33	[0.13; 0.82]	0.4%
Bjelakovic 2014	Vitamin D	All-cause mortality	÷	0.98	[0.90; 1.07]	38.3%
Bjelakovic 2014	Vitamin D	Cardiovascular mortality	— — 	- 3.06 [0.13; 71.27]	0.0%
Bjelakovic 2014b	Vitamin D	Cancer	÷	1.06	[0.91; 1.23]	13.9%
Hofmeyr 2018	Calcium	Pre-eclampsia	+	0.66	[0.17; 2.58]	0.2%
Hooper 2018	Omega-6	Cardiovascular mortality		1.81	[1.22; 2.70]	2.0%
Palacios 2019	Vitamin D	Gestational diabetes	-	0.86	[0.34; 2.21]	0.4%
Palacios 2019	Vitamin D	Preterm birth	_	0.98	[0.37; 2.64]	0.3%
Palacios 2019	Vitamin D	Pre-eclampsia	_ 	2.15	[0.60; 7.71]	0.2%
Tieu 2017	Healthy diet	Small gestational age		1.16	[0.29; 4.70]	0.2%
Tieu 2017	Healthy diet	Gestational diabetes		1.00	[0.36; 2.74]	0.3%
Random effects mode	el		ļ	0.98	0.93: 1.04]	100.0%
Prediction interval			Ļ	i	0.92; 1.04]	
Heterogeneity: /2 = 35%,	$\tau^2 = 0, p = 0.07$					
			0.1 0.51 2 10			
		RR in high/unclear RoB < I	RR in low RoB RR in high/un	Iclear Ro	3 > RR in low	(RoB

Figure S48: Selective Reporting: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Sensitivity analysis: Excluding highly correlated outcomes

CI: confidence interval; I²: heterogeneity measure; RoB: risk of bias; RR: risk ratio; RRR: ratio of risk ratios; τ^2 : heterogeneity value with Restricted Maximum-likelihood estimation method



Figure S49: Selective Reporting: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Sensitivity analysis: Including only one outcome per comparison from each included systematic review

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	95%-Cl Weight
Fatty acids Abdelhamid 2018a Abdelhamid 2018a Abdelhamid 2018a Abdelhamid 2018b Hooper 2018 Random effects model Prediction interval Heterogeneity: I ² = 63%, 1	Omega-3 Omega-3 Omega-3 Polyunsaturated fat Omega-6	Cardiovascular mortality Cardiovascular disease All-cause mortality All-cause mortality Cardiovascular mortality		0.93 0.93 0.94 1.09 1.81 0.95	[0.80; 1.09] 9.6% [0.84; 1.03] 23.2% [0.85; 1.04] 21.0% [0.58; 2.06] 0.6% [1.22; 2.70] 1.5% [0.86; 1.02] 55.9% [0.86; 1.06]
Micronutrients Adler 2014 Adler 2014 Bjelakovic 2012 Bjelakovic 2012 Bjelakovic 2012 Bjelakovic 2014 Bjelakovic 2014 Bjelakovic 2014b Bjelakovic 2014b Bjelakovic 2014b Hofmeyr 2018 Hofmeyr 2018 Palacios 2019 Palacios 2019 Palacios 2019 Random effects model Prediction interval Heterogeneity: / ² = 19%, 1	Low-sodium Low-sodium β -carotene Vitamin E Vitamin D Vitamin D Vitamin D Vitamin D3 Vitamin D3 Vitamin D3 Vitamin D3 Vitamin D3 Vitamin D3 Vitamin D Vitamin D Vitamin D Vitamin D	All-cause mortality Cardiovascular disease All-cause mortality All-cause mortality All-cause mortality Cardiovascular mortality Cardiovascular mortality Cardiovascular mortality Cancer Breast cancer Lung cancer Pre-eclampsia High blood pressure Gestational diabetes Preterm birth Pre-eclampsia		1.25 0.96 0.32 0.98 0.33 0.98 1.06 1.21 0.85 0.66 0.54 0.88 0.98 2.15 0.99	
Dietary approach Tieu 2017 Tieu 2017 Tieu 2017 Tieu 2017 Random effects model Prediction interval Heterogeneity: $I^2 = 0\%$, τ^2 Random effects model Prediction interval Heterogeneity: $I^2 = 24\%$, τ^2	Healthy diet Healthy diet Healthy diet Healthy diet $r^2 = 0, p = 0.88$	Preterm birth Small gestational age Gestational diabetes		1.72 1.16 1.00 1.14 0.97	[0.27; 10.78] 0.1% [0.29; 4.70] 0.1% [0.36; 2.74] 0.2% [0.54; 2.41] 0.4% [0.01; 144.53] [0.92; 1.02] 100.0% [0.92; 1.02]
		0.0 RR in high/unclear RoB < R	n U.1 1 10 Rin Iow RoB RR in high/u	100 nclear Ro	B > RR in low RoB

Figure S50: Selective Reporting: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Subgroup analysis: Clusters of interventions

Omega-3 Omega-3 Low-sodium Vitamin D	Cardiovascular mortality Cardiovascular disease Cardiovascular disease		0.93 [0	.80; 1.09]	0.6%
= 0.0716, <i>p</i> = 0.03	Cardiovascular mortality Cardiovascular mortality		0.93 [0 0.96 [0 3.06 [0. 1.81 [1 1.09 [0. [0.	.84; 1.03] .50; 1.87] 13; 71.27] .22; 2.70] .80; 1.48] .41; 2.93]	23.2% 0.5% 0.0% 1.5% 34.8%
Omega-3 Polyunsaturated fat Low-sodium β-carotene Vitamin E Vitamin C Vitamin D	All-cause mortality All-cause mortality All-cause mortality All-cause mortality All-cause mortality All-cause mortality All-cause mortality		0.94 [0 1.09 [0 1.25 [0 0.32 [0 0.98 [0 0.33 [0 0.98 [0 0.98 [0 0.96 [0. [0.	.85; 1.04] .58; 2.06] .74; 2.12] .13; 0.80] .15; 6.49] .13; 0.82] .90; 1.07] .90; 1.02] .88; 1.04]	21.0% 0.6% 0.8% 0.3% 0.1% 0.3% 28.6% 51.7%
Vitamin D Vitamin D3 Vitamin D3 0, <i>p</i> = 0.65	Cancer Breast cancer Lung cancer		1.06 [0 1.21 [0 0.85 [0 1.06 [0. [0.	.91; 1.23] .77; 1.90] .48; 1.52] .92; 1.22] .43; 2.59]	10.4% 1.1% 0.7% 12.2%
Calcium Calcium Vitamin D Vitamin D Vitamin D Healthy diet Healthy diet Healthy diet 0, p = 0.89	Pre-eclampsia High blood pressure Gestational diabetes Preterm birth Pre-eclampsia Preterm birth Small gestational age Gestational diabetes	0.1 0.51 2 10	0.66 [0 0.54 [0 0.86 [0 2.15 [0 1.72 [0. 1.16 [0 1.00 [0 0.99 [0. [0. 0.97 [0. [0.	.17; 2.58] .14; 2.10] .34; 2.21] .37; 2.64] .60; 7.71] 27; 10.78] .29; 4.70] .36; 2.74] .65; 1.51] .59; 1.68] .92; 1.02] .92; 1.02]	0.1% 0.3% 0.2% 0.1% 0.1% 0.1% 0.2% 1.3%
	Omega-6 = $0.0716, p = 0.03$ Oolyunsaturated fat Low-sodium β -carotene Vitamin E Vitamin C Vitamin D = < $0.0001, p = 0.06$ Vitamin D3 Vitamin D3 Vitamin D3 Vitamin D3 ($p = 0.65$ Calcium Calcium Vitamin D Vitamin D Vitamin D Vitamin D Vitamin D Uitamin D Vitamin D ($p = 0.65$ Calcium Vitamin D Vitamin D Vitamin D Vitamin D ($p = 0.65$ Calcium Vitamin D Vitamin D Vitamin D Vitamin D ($p = 0.89$ = $0, p = 0.15$	Omega-6Cardiovascular mortality= 0.0716, $p = 0.03$ Dolyunsaturated fat Low-sodium β -carotene Vitamin E Vitamin C Vitamin DAll-cause mortality All-cause mortality All-cause mortality All-cause mortality All-cause mortality= < 0.0001, $p = 0.06$ Vitamin D Vitamin D3 Vitamin D3Vitamin D Vitamin D3Cancer Breast cancer Lung cancer0, $p = 0.65$ Pre-eclampsia High blood pressure Gestational diabetes Preterm birth Pre-eclampsia Healthy diet Healthy diet Healthy diet0, $p = 0.89$ = 0, $p = 0.15$ RR in high/unclear RoB < F	Omega-6 Cardiovascular mortality = 0.0716, $p = 0.03$ Omega-3 All-cause mortality Low-sodium All-cause mortality P-carotene All-cause mortality Vitamin C All-cause mortality Vitamin D All-cause mortality Vitamin D All-cause mortality Vitamin D Breast cancer Vitamin D3 Breast cancer Vitamin D3 Lung cancer Vitamin D Gestational diabetes Vitamin D Pre-eclampsia Healthy diet Breat cancer Vitamin D Pre-eclampsia Healthy diet Breast cancer Vitamin D Pre-eclampsia Healthy diet Gestational diabetes 0, $p = 0.89$ = 0, $p = 0.15$ 0.1 0.51 2 10 RR in high/unclear RoB < RR in low RoB RR in high/unclear RoB < R in low RoB RR in high/unclear RoB < R in low RB RR in high/unclear RoB < RB in low RB RR in high/unclear RoB < RB in low RB RR in high/unclear RoB < RB in low RB RR in high/unclear RoB < RB in low RB RR in high/unclear RoB < RB in low RB RR in high/unclear RoB < RB in low RB RR in high/unclear RoB < RB in low RB RR in high/unclear RoB < RB in low RB RR in high/unclear RoB < RB in low RB RR in high/unclear RoB < RB in low RB RR in high/unclear RoB < RB in low RB RB in high/unclear RoB < RB in low RB RB in high/unclear RoB < RB in low RB RB in high/unclear RoB < RB in low RB RB in high/unclear RoB < RB in low RB	Omega-6Cardiovascular mortalityImage: formula fail of the second	Omega-6 Cardiovascular mortality Image: fill 122 (2, 2) = 0.0716, $p = 0.03$ Image: fill 123 (2, 2) Image: fill 123 (2, 2) Omega-3 All-cause mortality Image: fill 123 (2, 2) Yolyunsaturated fat All-cause mortality Image: fill 123 (2, 2) p -carotene All-cause mortality Image: fill 123 (2, 2) p -carotene All-cause mortality Image: fill 123 (0, 2) Vitamin D All-cause mortality Image: fill 123 (0, 2) Vitamin D All-cause mortality Image: fill 123 (0, 2) Vitamin D Cancer Image: fill 123 (0, 2) Vitamin D Gestational diabetes Image: fill 123 (0, 2) Vitamin D Pre-eclampsia Image: fill 123 (0, 2)

Figure S51: Selective Reporting: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Subgroup analysis: Clusters of outcomes

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	95%-0	CI Weigh
all-cause mortality						
Abdelhamid 2018a	Omega-3	All-cause mortality		0.94	[0.85; 1.04	4] 21.09
Abdelhamid 2018b	Polyunsaturated fat	All-cause mortality	_ + _	1.09	[0.58; 2.0	6] 0.69
Adler 2014	Low-sodium	All-cause mortality	-+	1.25	[0.74; 2.12	2] 0.89
Bjelakovic 2012	β-carotene	All-cause mortality	<u> </u>	0.32	[0.13; 0.80	D] 0.39
Bjelakovic 2012	Vitamin E	All-cause mortality		0.98	[0.15; 6.49	9] 0.19
Bjelakovic 2012	Vitamin C	All-cause mortality	<u> </u>	0.33	[0.13; 0.82	2] 0.39
Bjelakovic 2014	Vitamin D	All-cause mortality	+	0.98	[0.90; 1.0]	7] 28.69
Random effects model			4	0.96	[0.90; 1.02	2] 51.79
Prediction interval			+		[0.88; 1.04	4] -
Heterogeneity: $I^2 = 51\%$, τ	$^{2} = < 0.0001, p = 0.06$					
mostly subjectively ass	sessed					
Abdelhamid 2018a	Omega-3	Cardiovascular mortality	<u> </u>	0.93	[0.80; 1.0	9] 9.69
Abdelhamid 2018a	Omega-3	Cardiovascular disease		0.93	[0.84; 1.03	3] 23.29
Adler 2014	Low-sodium	Cardiovascular disease	<u> </u>	0.96	[0.50; 1.8]	7] 0.59
Bjelakovic 2014	Vitamin D	Cardiovascular mortality		- 3.06	[0.13; 71.2]	7] 0.09
Bjelakovic 2014b	Vitamin D	Cancer	÷	1.06	[0.91; 1.2]	3] 10.49
Bjelakovic 2014b	Vitamin D3	Breast cancer	- - -	1.21	[0.77; 1.9	D] 1.19
Bjelakovic 2014b	Vitamin D3	Lung cancer	_+ <u></u> _	0.85	[0.48; 1.5]	2] 0.79
Hooper 2018	Omega-6	Cardiovascular mortality		1.81	[1.22; 2.70	0] 1.59
Random effects model		_	\$	1.05	[0.90; 1.22	2 47.09
Prediction interval			÷-		[0.70; 1.50	6] -
Heterogeneity: $I^2 = 48\%$, τ	$^{2} = 0.0204, p = 0.06$					
pregnancy outcomes						
Hotmeyr 2018	Calcium	Pre-eclampsia		0.66	[0.17; 2.5	B] 0.19
Hofmeyr 2018	Calcium	High blood pressure		0.54	[0.14; 2.10	0.19
Palacios 2019	Vitamin D	Gestational diabetes		0.86	[0.34; 2.2	1] 0.39
Palacios 2019	Vitamin D	Preterm birth	<u> </u>	0.98	[0.37; 2.64	4] 0.29
Palacios 2019	Vitamin D	Pre-eclampsia	- •	2.15	[0.60; 7.7	1] 0.19
Fieu 2017	Healthy diet	Preterm birth		1.72	[0.27; 10.7	B] 0.19
Fieu 2017	Healthy diet	Small gestational age		1.16	[0.29; 4.7	0.19
Fieu 2017	Healthy diet	Gestational diabetes		1.00	[0.36; 2.74	4] 0.29
Random effects model				0.99	[0.65; 1.5)	1] 1.39
Prediction interval					[0.59; 1.68	8] -
Heterogeneity: $I^2 = 0\%$, τ^2	= 0, <i>p</i> = 0.89					
Random effects model			•	0.97	[0.92; 1.02	2] 100.0%
Prediction interval			•		[0.92; 1.02	2]
leterogeneity: / ² = 24%, τ	² = 0, p = 0.15					
			01 051 2 10			

Figure S52: Selective Reporting: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Subgroup analysis: Subjective versus objective outcomes

Reference	Intervention	Outcome	Difference of SMD	DSMD	95%-CI	Weight
Abdelhamid 2018a	Omega-3	Body weight	<u></u>	-0.01 [-	0.28; 0.26]	7.6%
Adler 2014	Low-sodium	Systolic blood pressure		-0.23 [-	0.43; -0.03]	14.7%
Adler 2014	Low-sodium	Diastolic blood pressure		-0.13 [-	0.35; 0.09]	12.3%
Hooper 2015a	Low-fat	Body weight		-0.09	0.37: 0.191	7.3%
Kelly 2017	Whole grains	Systolic blood pressure		-0.15 [-	0.66; 0.36]	2.2%
Kelly 2017	Whole grains	Diastolic blood pressure		0.03	0.46; 0.52]	2.4%
Palacios 2019	Vitamin D	Birth length		-1 20.0	0.18: 0.241	12.7%
Palacios 2019	Vitamin D	Birth weight		-0.18 i-	0.39: 0.031	13.4%
Palacios 2019	Vitamin D	Head circumference at birth		-0.12	0.37: 0.131	9.4%
Rees 2019	Mediterranean diet	Systolic blood pressure -		-0.32 [-	0.94: 0.301	1.5%
Tieu 2017	Healthy diet	Birth weight		-0.11 [-	0.33; 0.111	11.9%
Usinger 2012	Fermented milk	Systolic blood pressure		— 0.45 ľ-	0.06: 0.961	2.2%
Usinger 2012	Fermented milk	Diastolic blood pressure		-0.07 [-	0.55; 0.41]	2.4%
Random effects mo	del			-0.10 [-	0.18; -0.03]	100.0%
Prediction interval			_	[-	0.19; -0.02]	
Heterogeneity: /2 = 0%	$\tau^2 = 0, p = 0.66$			-		
			-0.5 0 0.5			
		SMD in high/unclear RoB < SM	D in low RoB SMD in high		> SMD in la	W RoB

Figure S53: Selective Reporting: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for continuous outcomes as pooled difference of standardised mean differences

CI: confidence interval; DSMD: difference of standardised mean differences; I²: heterogeneity measure; RoB: risk of bias; SMD: standardised mean difference; τ^2 : heterogeneity value with Restricted Maximum-likelihood estimation method

Reference	Intervention	Outcome	Difference of SMD	DSMD	95%-CI	Weight
Abdelhamid 2018a	Omega-3	Body weight		-0.01 [-	0.28; 0.26]	12.5%
Adler 2014	Low-sodium	Systolic blood pressure		-0.23 [-	0.43; -0.03]	24.3%
Hooper 2015a	Low-fat	Body weight		-0.09 [-	0.37; 0.19]	12.1%
Kelly 2017	Whole grains	Systolic blood pressure		-0.15 [-	0.66; 0.36]	3.6%
Palacios 2019	Vitamin D	Birth weight		-0.18 [-	0.39; 0.03]	22.0%
Rees 2019	Mediterranean diet	Systolic blood pressure -		-0.32 [-	0.94; 0.30]	2.5%
Tieu 2017	Healthy diet	Birth weight		-0.11 [-	0.33; 0.11]	19.5%
Usinger 2012	Fermented milk	Systolic blood pressure		— 0.45 [-	0.06; 0.96]	3.6%
Random effects mod	el		♦	-0.13 [-(0.22; -0.03]	100.0%
Prediction interval			_	[-(0.25; 0.00]	
Heterogeneity: / ² = 5%,	$\tau^2 < 0.0001, p = 0.39$					
			-0.5 0 0.5			
	SME) in high/unclear RoB < SM	D in low RoB SMD in high	Junclear RoB	> SMD in lo	w RoB

Figure S54: Selective Reporting: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for continuous outcomes as pooled difference of standardised mean differences. Sensitivity analysis: Including only one outcome per comparison from each included systematic review

CI: confidence interval; DSMD: difference of standardised mean differences; I²: heterogeneity measure; RoB: risk of bias; SMD: standardised mean difference; τ^2 : heterogeneity value with Restricted Maximum-likelihood estimation method

Reference	Intervention	Outcome	Difference of SMD	DSMD	95%-CI	Weight
Abdelhamid 2018a	Omega-3	Body weight		-0.01 [-(0.28; 0.26]	13.2%
Adler 2014	Low-sodium	Systolic blood pressure		-0.23 [-(0.43; -0.03]	23.2%
Hooper 2015a	Low-fat	Body weight		-0.09 [-(0.37; 0.19]	12.7%
Kelly 2017	Whole grains	Systolic blood pressure		-0.15 [-(0.66; 0.36]	4.0%
Palacios 2019	Vitamin D	Birth length	<u> </u>	0.03	0.18; 0.24]	20.6%
Rees 2019	Mediterranean diet	Systolic blood pressure -		-0.32 [-(0.94; 0.30]	2.8%
Tieu 2017	Healthy diet	Birth weight		-0.11 [-(0.33; 0.11]	19.4%
Usinger 2012	Fermented milk	Systolic blood pressure		— 0.45 [-(0.06; 0.96]	4.1%
Random effects mode	el		-	-0.08 [-0	0.18; 0.03]	100.0%
Prediction Interval	2			[-0	0.25; 0.10]	
Heterogeneity: /* = 16%,	$\tau^{2} = 0.0022, p = 0.30$					
			-0.5 0 0.5			
	SMD	in high/unclear RoB < SN	MD in low Rob SMD in high/	unclear RoB	> SMD in lo	w RoB

Figure S55: Selective Reporting: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for continuous outcomes as pooled difference of standardised mean differences. Sensitivity analysis: Excluding highly correlated outcomes

CI: confidence interval; DSMD: difference of standardised mean differences; I²: heterogeneity measure; RoB: risk of bias; SMD: standardised mean difference; τ^2 : heterogeneity value with Restricted Maximum-likelihood estimation method

Methodological trial characteristic: Dietary compliance

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	95%-CI	Weight
Abdelhamid 2018a	Omega-3	Cardiovascular mortality		0.93	[0.74; 1.17]	9.3%
Abdelhamid 2018a	Omega-3	Cardiovascular disease		1.00	[0.85; 1.17]	18.8%
Abdelhamid 2018a	α-Linolenic acid	Cardiovascular disease		1.26	[0.92; 1.71]	5.1%
Abdelhamid 2018a	Omega-3	All-cause mortality		0.99	0.85; 1.15]	20.9%
Abdelhamid 2018a	α-Linolenic acid	Cardiovascular mortality	<u>I</u>	1.09	[0.60; 1.98]	1.4%
Abdelhamid 2018a	α-Linolenic acid	Coronary heart disease		- 1.02	0.36; 2.89]	0.5%
Abdelhamid 2018b	Polyunsaturated fat	All-cause mortality		0.94	[0.78; 1.14]	13.7%
Abdelhamid 2018b	Polyunsaturated fat	Coronary heart disease		1.02	[0.71; 1.48]	3.6%
Adler 2014	Low-sodium	All-cause mortality		1.25	0.74; 2.12]	1.8%
Hooper 2015b	Low saturated fat	All-cause mortality	_ <u></u>	0.81	[0.62; 1.06]	6.8%
Hooper 2015b	Low saturated fat	Cardiovascular mortality	<u>=</u>	0.91	0.62 1.32	3.4%
Hooper 2015b	Low saturated fat	Combined cardiovascular events		0.79	0.54; 1.15]	3.4%
Hooper 2018	Omega-6	Combined cardiovascular events		0.69	0.45: 1.071	2.6%
Hooper 2018	Omega-6	All-cause mortality		0.94	0.73: 1.221	7.3%
Hooper 2018	Omega-6	Cardiovascular mortality		0.64	[0.37; 1.12]	1.6%
Random effects model			4	0.95	[0.89; 1.02]	100.0%
Prediction interval Heterogeneity: $I^2 = 0\%$, τ^2	$= 0. \rho = 0.64$		· · · · · ·	Í	[0.88; 1.03]	
	-,		05 1 2			
		RR in high/unclear RoB < I	RR in low Rob RR in high/u	nclear Rol	B > RR in lo	w RoB

Figure S56: Dietary Compliance: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios

CI: confidence interval; I²: heterogeneity measure; RoB: risk of bias; RR: risk ratio; RRR: ratio of risk ratios; τ^2 : heterogeneity value with Restricted Maximum-likelihood estimation method

Reference	Intervention	Outcome	Ratio of Risk Ratios	RRR	95%-CI	Weight
Abdelhamid 2018a	Omega-3	Cardiovascular mortality	<u></u>	0.93	[0.74; 1.17]	13.3%
Abdelhamid 2018a	Omega-3	All-cause mortality		0.99	[0.85; 1.15]	30.0%
Abdelhamid 2018a	α-Linolenic acid	Cardiovascular mortality]]	1.09	[0.60; 1.98]	1.9%
Abdelhamid 2018b	Polyunsaturated fat	All-cause mortality	<u>+</u>	0.94	[0.78; 1.14]	19.7%
Abdelhamid 2018b	Polyunsaturated fat	Coronary heart disease	<u>i</u> }	1.02	[0.71; 1.48]	5.1%
Adler 2014	Low-sodium	All-cause mortality		1.25	[0.74; 2.12]	2.5%
Hooper 2015b	Low saturated fat	All-cause mortality	<u> </u>	0.81	[0.62; 1.06]	9.7%
Hooper 2015b	Low saturated fat	Cardiovascular mortality		0.91	[0.62; 1.32]	4.9%
Hooper 2018	Omega-6	All-cause mortality	<u>÷</u>	0.94	[0.73; 1.22]	10.5%
Hooper 2018	Omega-6	Cardiovascular mortality -	-	0.64	[0.37; 1.12]	2.3%
Random effects model			4	0.94	[0.87; 1.03]	100.0%
Prediction interval	-0.0-0.83		_		[0.85; 1.04]	
Helefogeneity. $T = 0\%$, t	= 0, <i>p</i> = 0.05		0.5 1 2			
		DD in high/uncloser DoD < 1	U.C 1 Z			

Figure S57: Dietary Compliance: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Sensitivity analysis: Excluding highly correlated outcomes



Figure S58: Dietary Compliance: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Sensitivity analysis: Including only one outcome per comparison from each included systematic review

CI: confidence interval; I²: heterogeneity measure; RoB: risk of bias; RR: risk ratio; RRR: ratio of risk ratios; τ^2 : heterogeneity value with Restricted Maximum-likelihood estimation method



Figure S59: Dietary Compliance: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Subgroup analysis: Cluster of interventions



Figure S60: Dietary Compliance: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Subgroup analysis: Clusters of outcomes



Figure S61: Dietary Compliance: Comparisons of randomised controlled trials with high/unclear risk of bias versus those with low risk of bias (reference category) for binary outcomes as pooled ratio of risk ratios. Subgroup analysis: Subjective versus objective outcomes