

Additional file 1 - Description of studies included in meta-analysis

| Study | Setting | Sample size & characteristic | Study length /mo. | Diet success rate | Blood / Success rate | No. of FFQ food items | Dietary tool |
|--|--|------------------------------------|-------------------|-------------------------------------|----------------------|-----------------------|----------------------|
| 1. Bingham et al., 1995 [12] | General Practitioners, Cambridge, UK | 160 women, aged 50-65 y | 12 | 100% | 100% | — | 16d WR |
| 2. Bingham et al., 1997 [13] | Cambridge UK | 127 women, aged 50-65 y | 12 | 79% for FFQ, 91% for DR, 46% for WR | ≈80% | 116 | FFQ, WR, DR, Diary |
| 3. Block et al., 2001 [33] | Participants of CLUE II study, USA | 116 men, aged 35-72 y | NR | NR | NR | 60 | FFQ |
| 4. Boeing et al., 1997 [34] | EPIC, Germany | 43 men, 49 women, aged 35-64 y | 12 | 75% | 75% | 158 | FFQ, 12 DR |
| 5. Bolton-Smith et al., 1991 [28] | General Practitioners, Glasgow, UK | 79 non-smoker men, aged 46.0 (2.8) | NR | 64.5% | 64.5% | 65 | FFQ |
| 6. Chiplonkar et al., 2002 [35] | Healthy individuals, India | 214 men, 108 women, aged 20-50 | 1 | 64.4% | 64.4% | 278 | FFQ, |
| 7. Costa de Carvalho et al., 1996 [36] | Free living, France | 157 male, 180 female, aged 30-62y | 1985-1986 | 35% | 100% | — | 7 day food record |
| 8. Cooney et al., 1995 [37] | Free living, Hawaii | 13 men, 14 women, aged 31-63 y | 12 | NR | 100% | 250 | DHQ |
| 9. Drewnowski et al., 1997 [15] | ISTNA survey, Paris | 361 men, 476 women, aged >18y | 6 | 100% | 100% | 73 | DH |
| 10. EPIC group of Spain, 1997 [38] | EPIC | 32 men, 40 women, aged 35-60 y | 12 | ≈ 80% | 79% | — | DH, 12 DRs |
| 11. Faruque et al., 1995 [39] | Students of Dhaka University, Bangladesh | 44 men, aged 22-28y | NR | 100% | 100% | — | 7 day food frequency |
| 12. Hudiburgh et al., 1979 [40] | College women, USA | 15 women, aged 19-37y | ≈ 1 | 100% | 100% | — | 7 day food record |

Additional file 1 (continued)

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|-----------------------------------|--|--|-----------|------|------|-----|----------------------|
| 13. Jacques et al., 1993 [41] | Cataract case-control, USA | 57 men, 82 women, 40-83y | NR | 100% | 100% | 116 | FFQ |
| 14. Katsouyanni et al., 1997 [42] | EPIC, Greek component, primary school teachers | 42 men, 38 women, aged 25-67y | 12 | 82% | 55% | 190 | FFQ, 12 DRs |
| 15. Lori et al., 1998 [43] | NHANES II, USA | 8456 men and women, aged 30-74y | NA | 91% | 91% | NR | DR |
| 16. Malekshah et al., 2006 [44] | Esophageal cancer cohort, Northern Iran | 51 men, 80 women aged 35-65y | 12 | 92% | 92% | 150 | FFQ, 12 DRs |
| 17. McKeowen et al., 2001 [45] | EPIC, Norfolk UK cohort | 48 men, 70 women aged 45-74y | 9 | 75% | 69% | 130 | FFQ, 7 day diary, DR |
| 18. Porrini et al., 1995 [46] | Students and technicians, Italy | 38 men, women, mean age 27.1 (6.3) | 8 days | 86% | 72% | 93 | FFQ, 7 day WR |
| 19. Palli et al., 1999 [47] | Healthy control of a case-control study, Italy | 553 men, 392 women, aged 30-75y | 1985-1988 | 100% | 79% | 181 | FFQ |
| 20. Riemersma et al., 2000 [48] | Control group of a case-control study, UK | 177 men, mean age 53.4 (0.5) | 1992-1994 | 97% | 97% | NR | FFQ |
| 21. Rousseau et al. 2004 [49] | Athletes and sedentary individuals, France | Athletes; 84 Men, mean age 26.8 (6.8) | 8 days | 88% | 100% | — | 7 day food record |
| 22. Schroder et al., 2001 [50] | Free living, North-eastern Spain | 44 men and women, mean age 30.7 (10.4) | ≈2 | 100% | 100% | 157 | FFQ, 72-hr DR |
| 23. Simon et al., 2001 [2] | NH2MS, USA | 8453 men and women age 30-75 | 1976-1980 | NR | NR | — | DR |
| 24. Sinha et al., 1992 [51] | Free living, Maryland USA | 68 men, aged 30-59 y | NR | 100% | 100% | 60 | FFQ |

Additional file 1 (continued)

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|---------------------------------|---|--|-----------------|------|------|----|-------------------|
| 25. Tugane et al., 1998 [52] | Stomach cancer cross sectional study, Japan | 621 men, aged 40- 49 y | 1 month | 98% | 96% | 34 | FFQ, 21 day WR |
| 26. Wright et al., 1995 [53] | Free living, Norway | 41 adult male 32 elderly male 42 adult female 42 adult female Adult age: 20-64y Elderly age: 68- 73y | 1989 to 1991 | 100% | 100% | — | Weight record |

NR not reported NA not available

DH dietary history