

Electronic Supplementary Material

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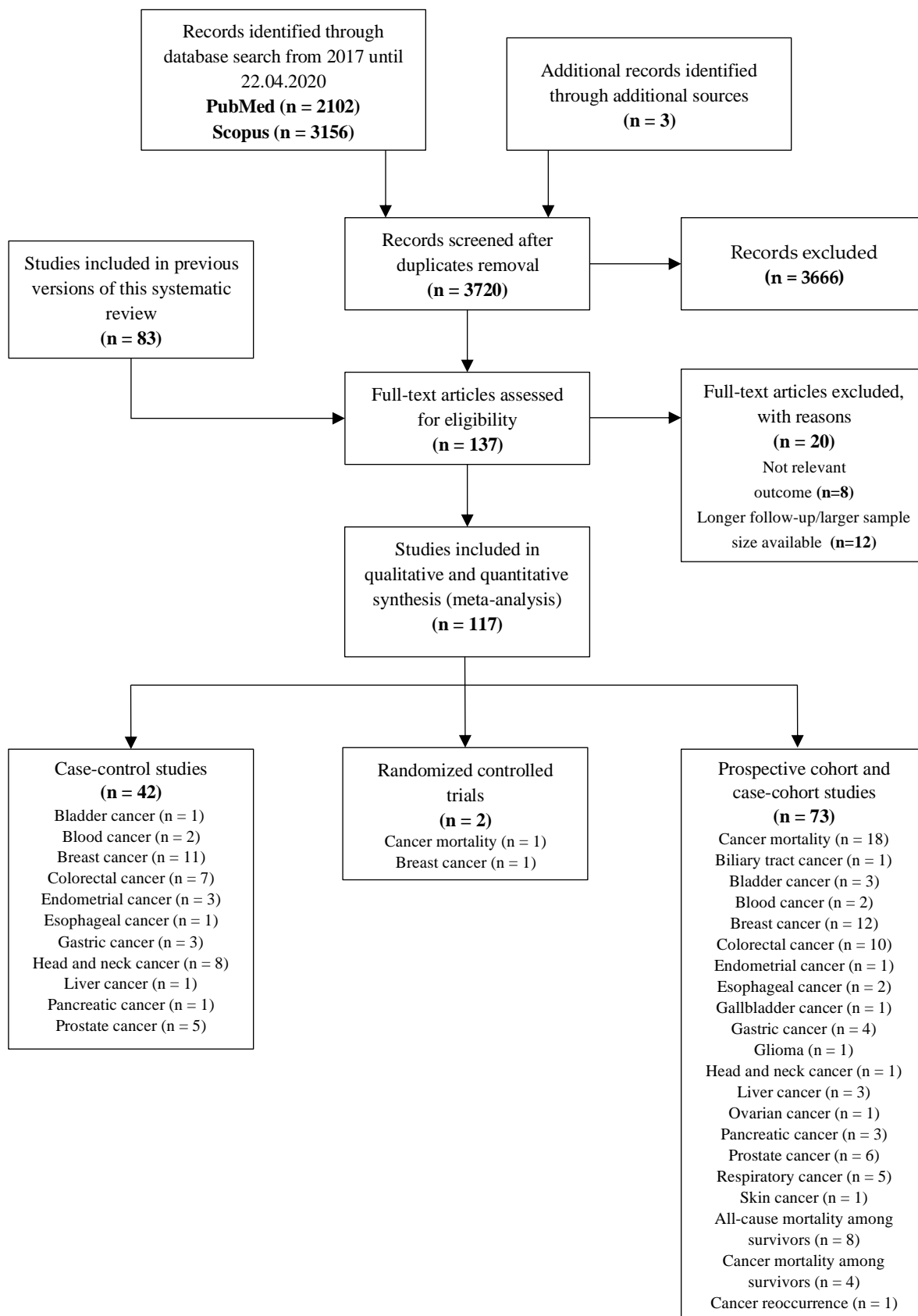
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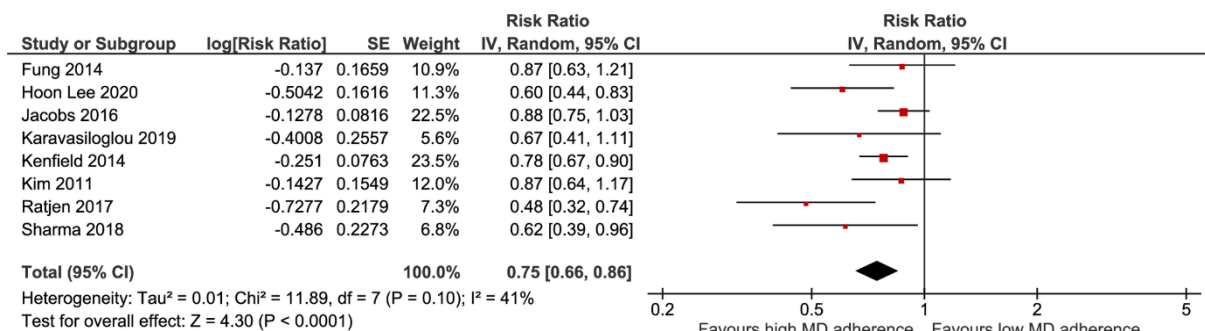
ESM Table 1. Reasons for study exclusion at the full-text eligibility assessment step.

[1-8]	Not relevant outcome
[9-20]	Longer follow-up/larger sample size available

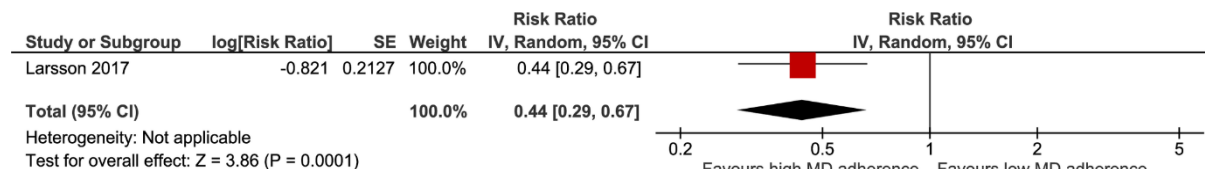
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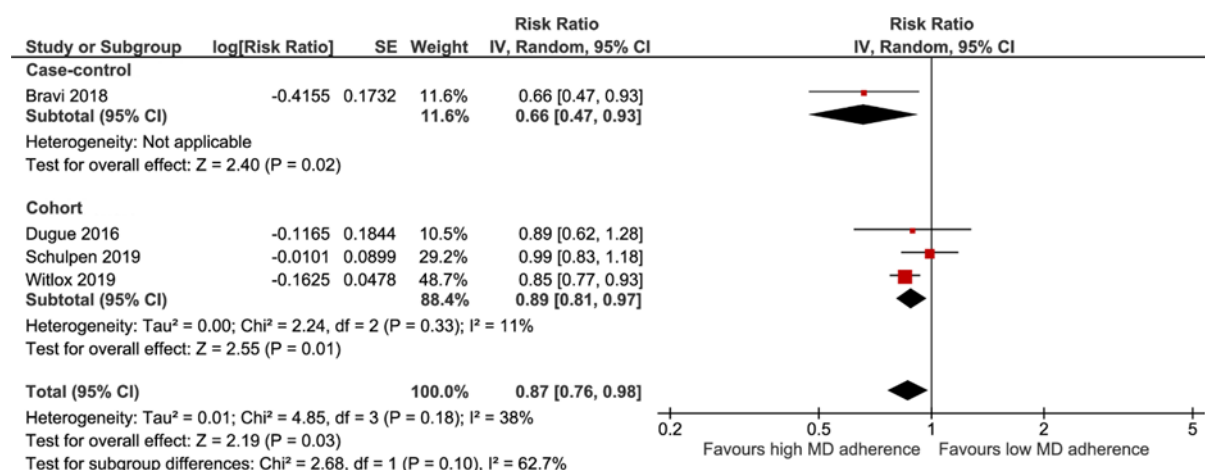
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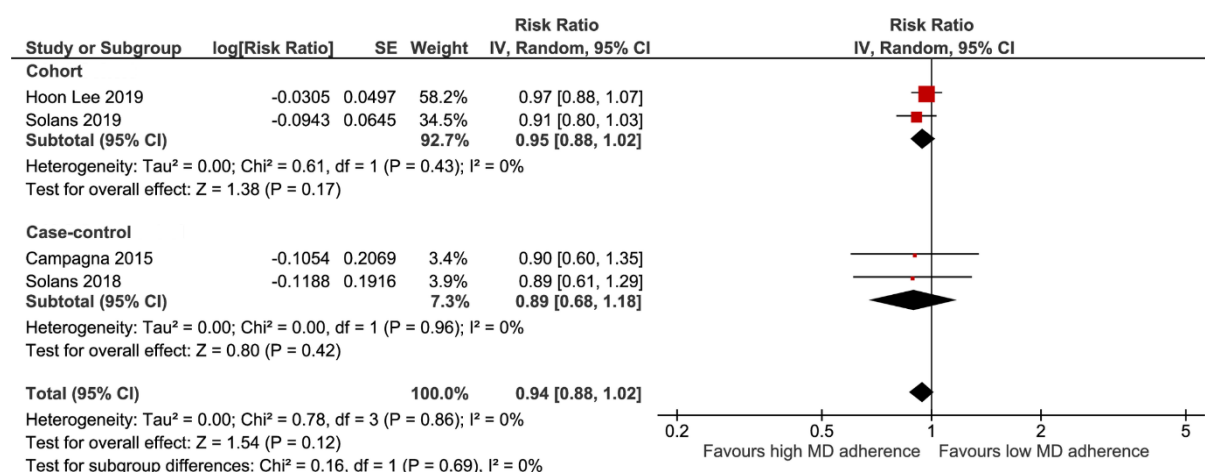
ESM Figure 2. Forest plot presenting pooled risk ratio with 95% confidence interval (CI) for all-cause mortality among cancer survivors in cohort studies. MD – Mediterranean diet;



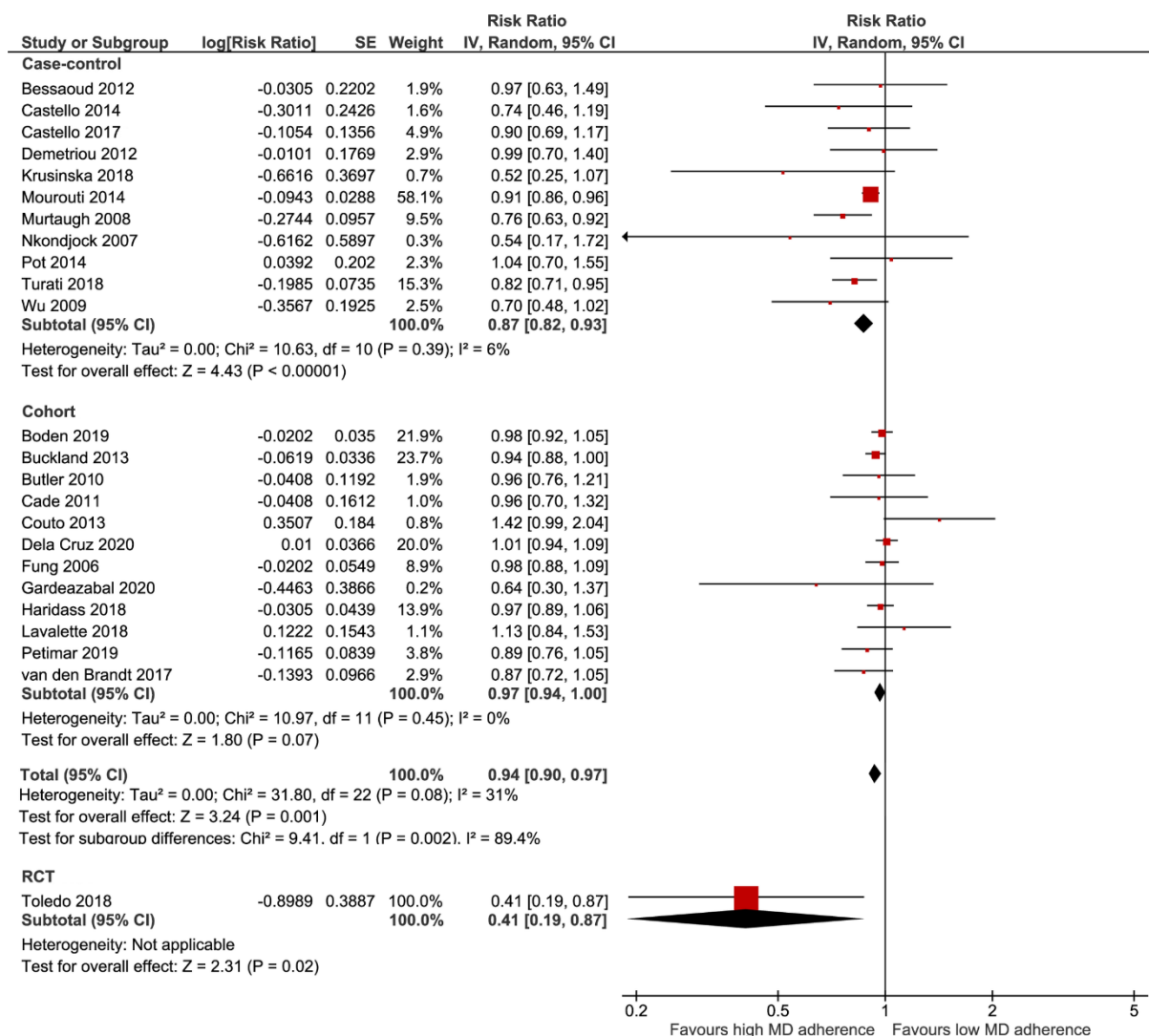
ESM Figure 3. Forest plot presenting pooled risk ratio with 95% confidence interval (CI) for biliary tract cancer in cohort studies. MD – Mediterranean diet;



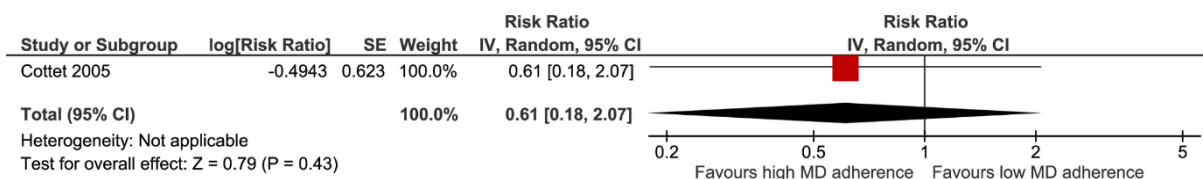
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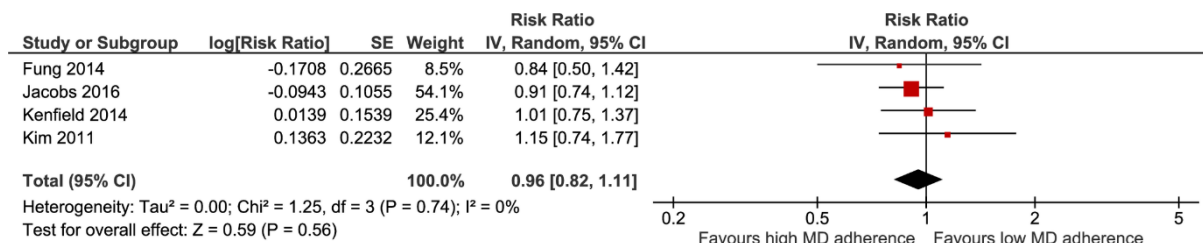
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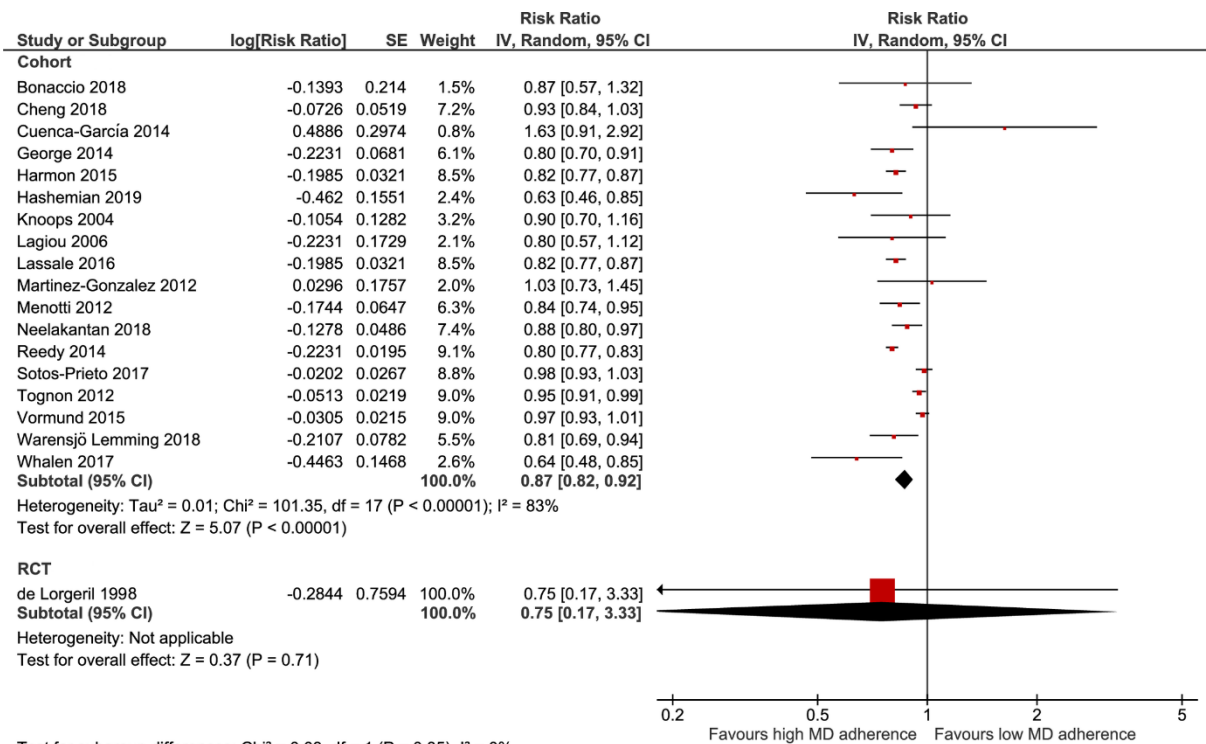
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ESM Figure 7. Forest plot presenting pooled risk ratio with 95% confidence interval (CI) for cancer recurrence among cancer survivors in cohort studies. MD – Mediterranean diet;

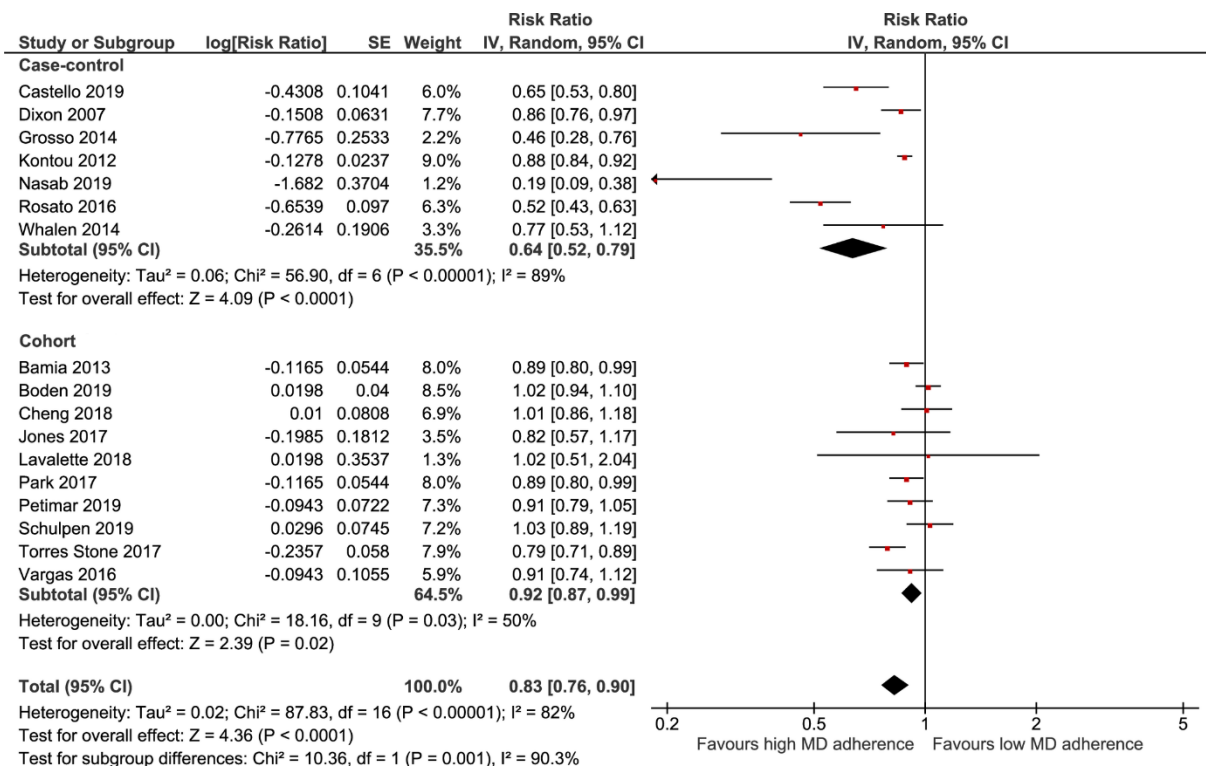


ESM Figure 8. Forest plot presenting pooled risk ratio with 95% confidence interval (CI) for cancer mortality among cancer survivors in cohort studies. MD – Mediterranean diet;

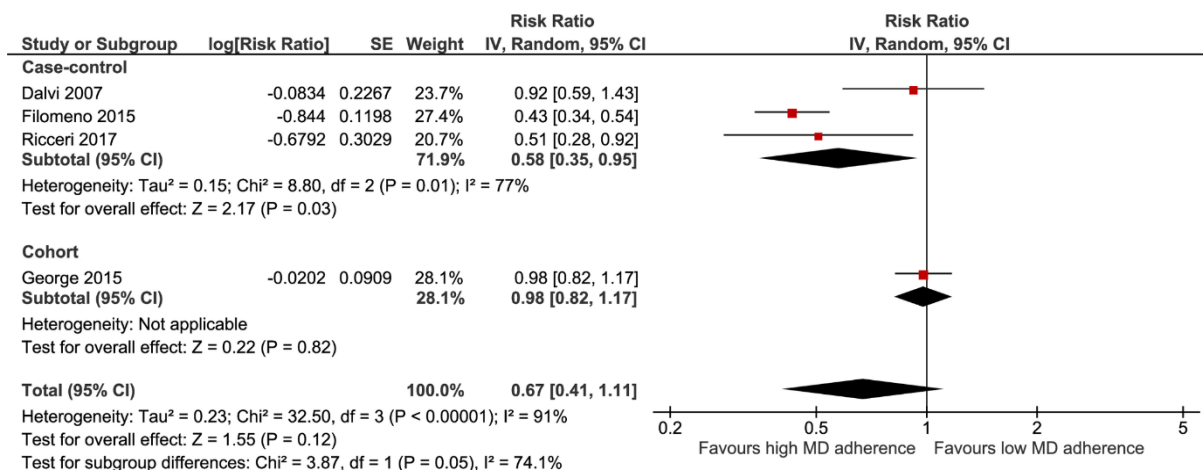


Test for subgroup differences: Chi² = 0.03, df = 1 (P = 0.85), I² = 0%

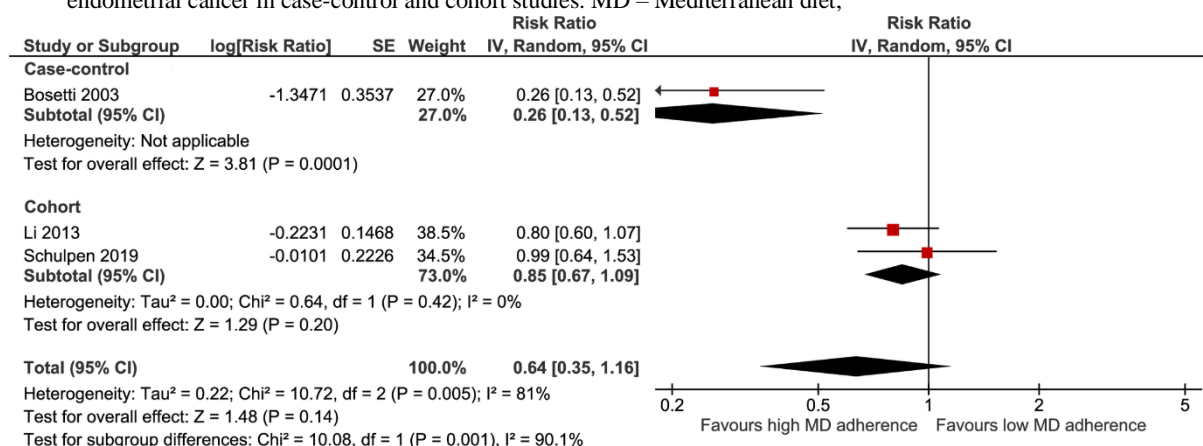
ESM Figure 9. Forest plot presenting pooled risk ratios with 95% confidence interval (CI) for cancer mortality in cohort studies and RCTs. MD – Mediterranean diet; RCT – Randomized controlled trial;



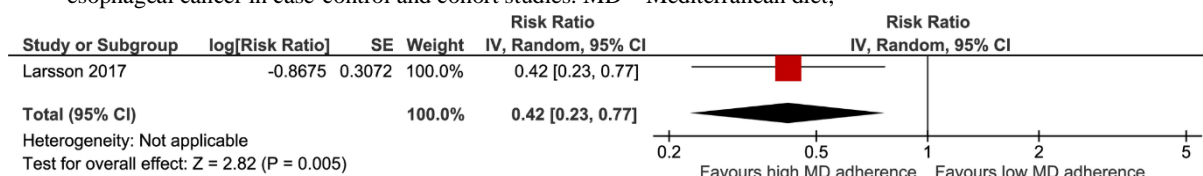
ESM Figure 10. Forest plot presenting pooled odds and risk ratios with 95% confidence interval (CI) for colorectal cancer in case-control and cohort studies. MD – Mediterranean diet;



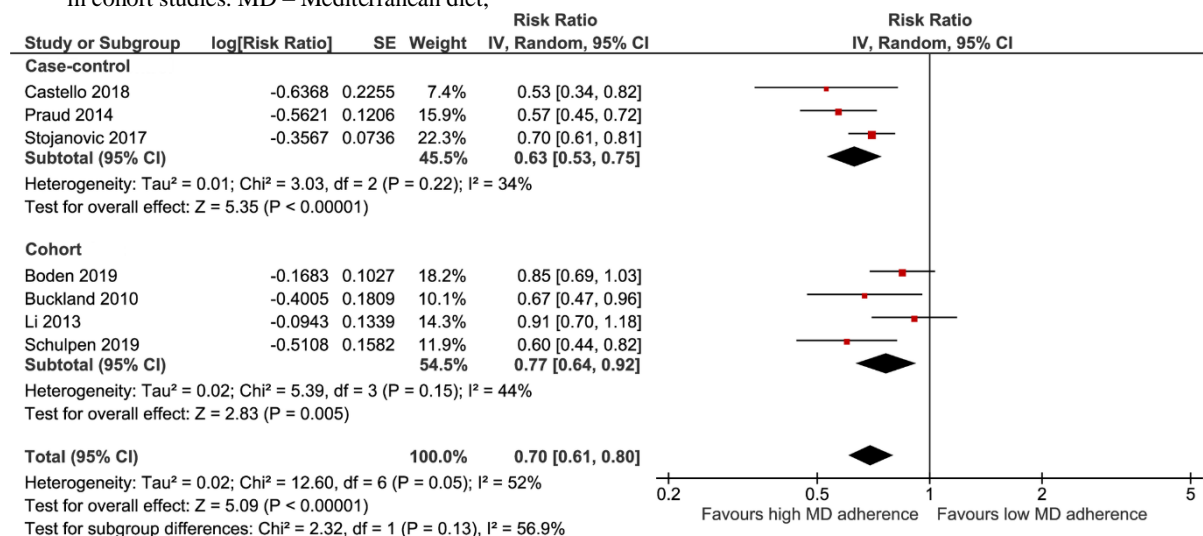
ESM Figure 11. Forest plot presenting pooled odds and risk ratios with 95% confidence interval (CI) for endometrial cancer in case-control and cohort studies. MD – Mediterranean diet;



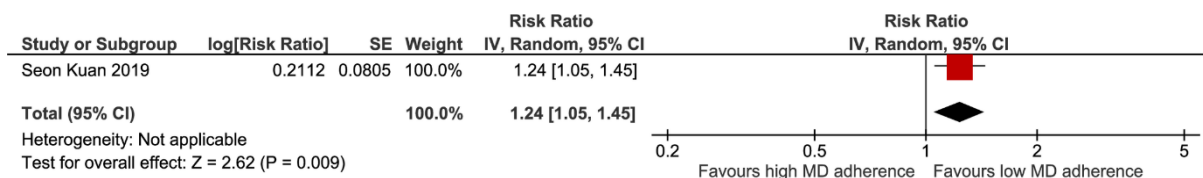
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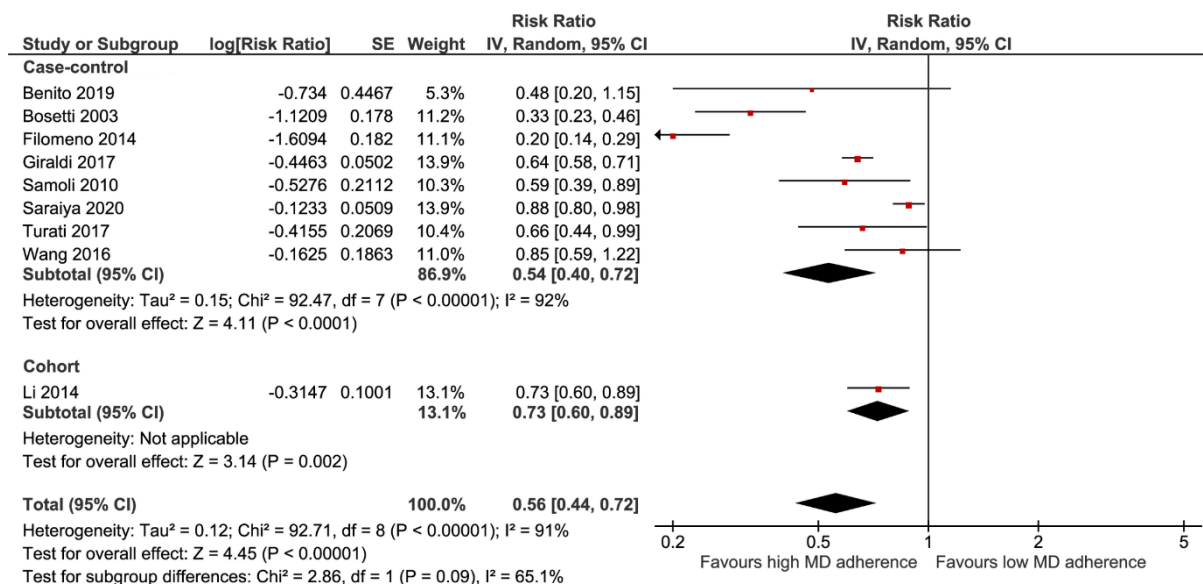
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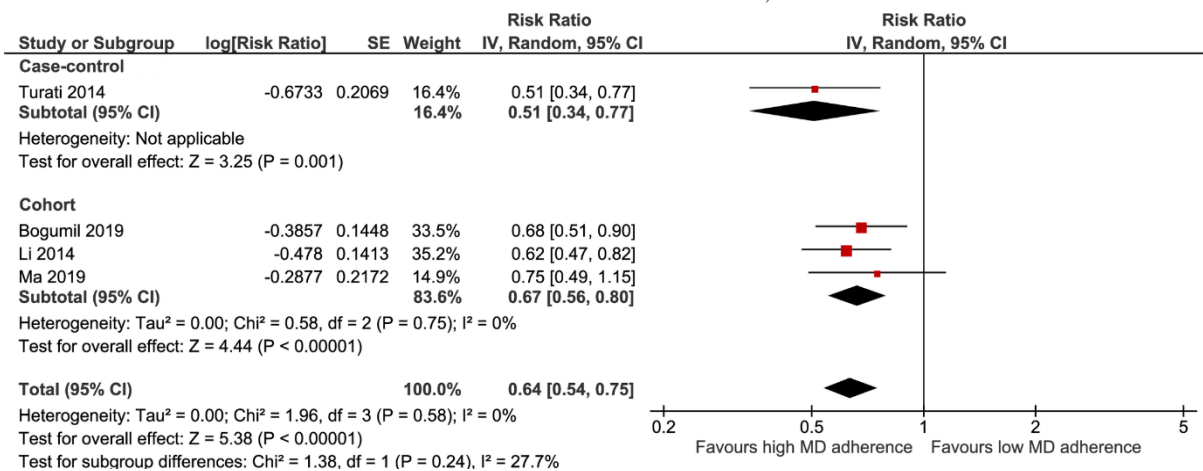
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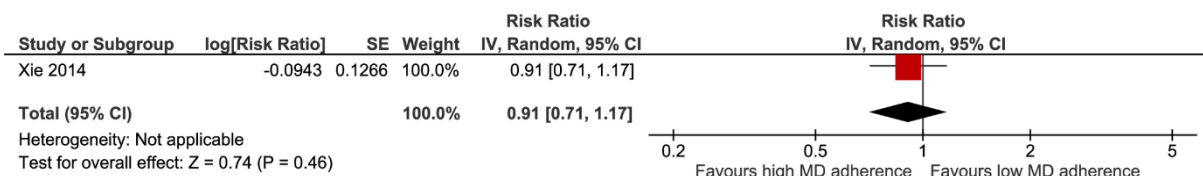
ESM Figure 15. Forest plot presenting pooled risk ratio with 95% confidence interval (CI) for glioma in cohort studies. MD – Mediterranean diet;



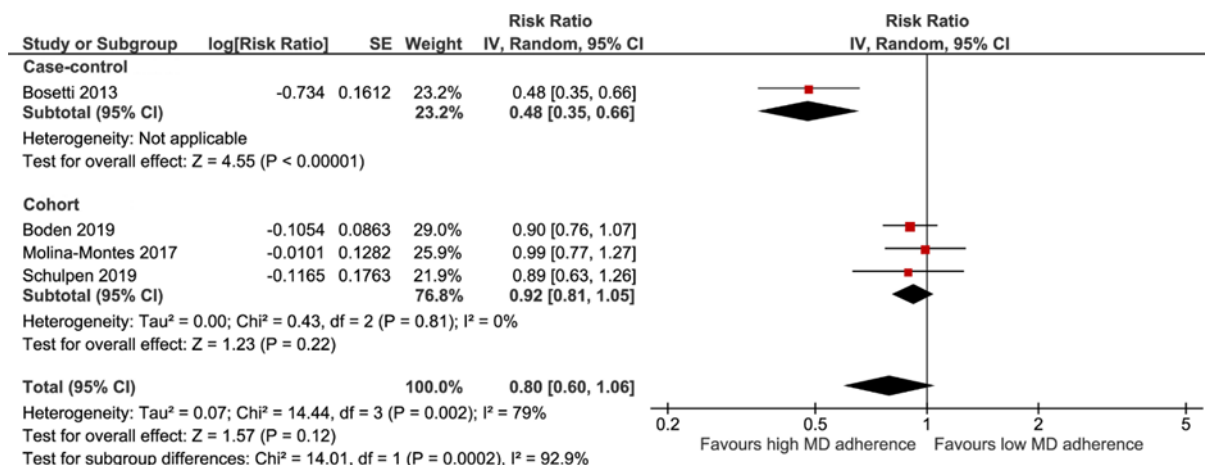
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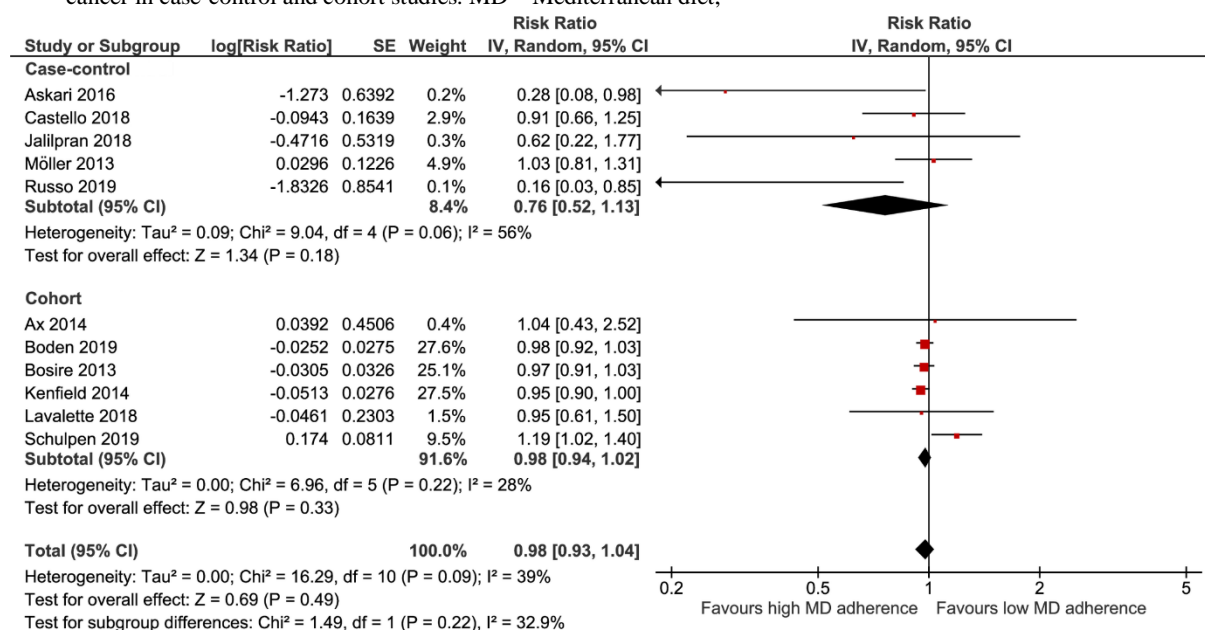
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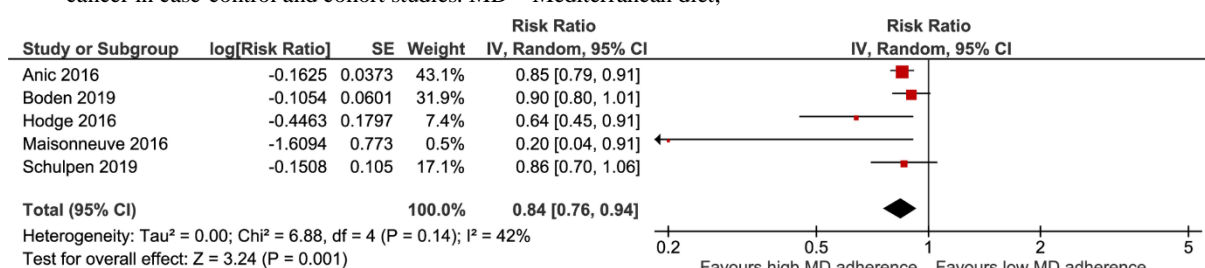
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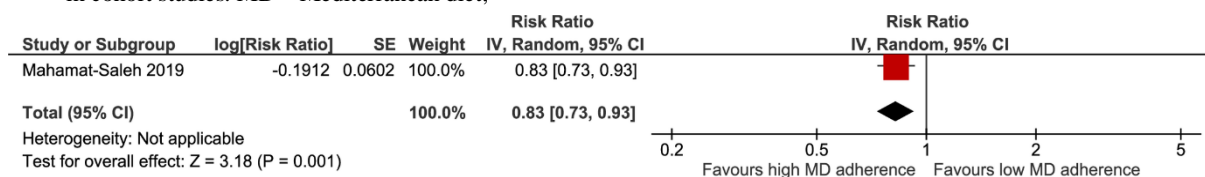
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ESM Figure 20. Forest plot presenting pooled odds and risk ratios with 95% confidence interval (CI) for prostate cancer in case-control and cohort studies. MD – Mediterranean diet;



ESM Figure 21. Forest plot presenting pooled risk ratio with 95% confidence interval (CI) for respiratory cancer in cohort studies. MD – Mediterranean diet;



ESM Figure 22. Forest plot presenting pooled risk ratio with 95% confidence interval (CI) for skin cancer in cohort studies. MD – Mediterranean diet;

ESM Table 2. Subgroup analysis for association between adherence to the MedDiet and risk of cancer mortality.

Subgroup	N	RR	95%CI	I ² (%)	P _{subgroup}
Sex					
Male	6	0.88	0.82, 0.95	90	0.80
Female	11	0.89	0.84, 0.95	77	
MD score					
tMedDiet	6	0.88	0.77, 0.99	77	0.69
aMedDiet	7	0.85	0.78, 0.93	87	
Location					
Mediterranean countries	4	0.85	0.76, 0.95	0	0.82
Non-Mediterranean countries	13	0.86	0.81, 0.92	87	

CI – Confidence interval; NA – Not applicable; aMedDiet – Fung MedDiet Score;
tMedDiet – Trichopoulou MedDiet score;

ESM Table 3. Subgroup analysis for association between adherence to the MedDiet and risk of breast cancer.

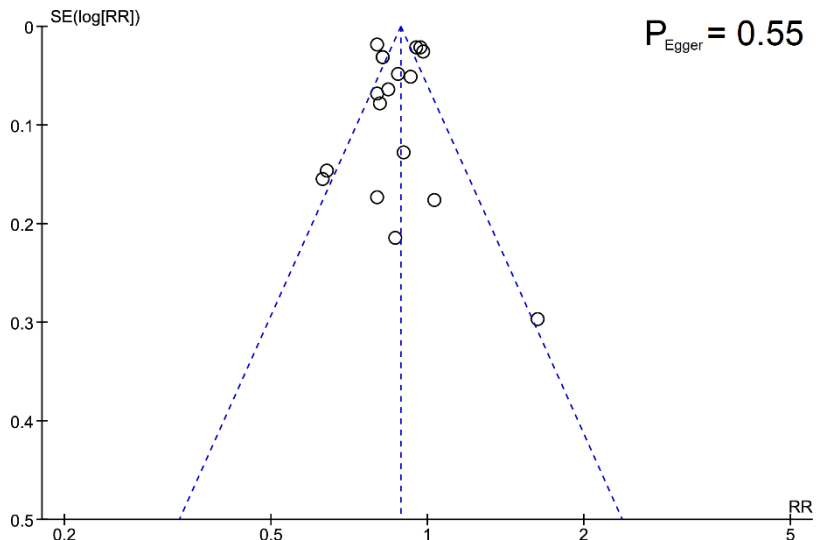
Subgroup	N	RR	95%CI	I ² (%)	P _{subgroup}
MD score					
tMedDiet	4	0.99	0.87, 1.13	38	0.82
aMedDiet	5	0.98	0.93, 1.02	0	
Location					
Mediterranean countries	2	0.95	0.57, 1.59	46	0.94
Non-Mediterranean countries	8	0.98	0.94, 1.02	0	
Menopausal status					
Premenopausal	5	0.99	0.71, 1.37	81	0.85
Postmenopausal	8	0.95	0.92, 0.99	0	
Receptor expression					
ER+	4	0.98	0.89, 1.06	30	0.85
ER-	4	0.86	0.64, 1.15	73	
PR+	2	1.00	0.91, 1.09	0	
PR-	2	0.91	0.61, 1.36	82	
ER+/PR+	4	0.95	0.88, 1.02	21	
ER-/PR-	4	0.89	0.66, 1.20	76	
ER+/PR-	1	0.98	0.81, 1.19	NA	
ER-/PR+	1	0.82	0.56, 1.20	NA	
ER-/PR-/HER2-	1	0.66	0.37, 1.19	NA	

CI – Confidence interval; NA – Not applicable; aMedDiet – Fung MedDiet Score;
tMedDiet – Trichopoulou MedDiet score;

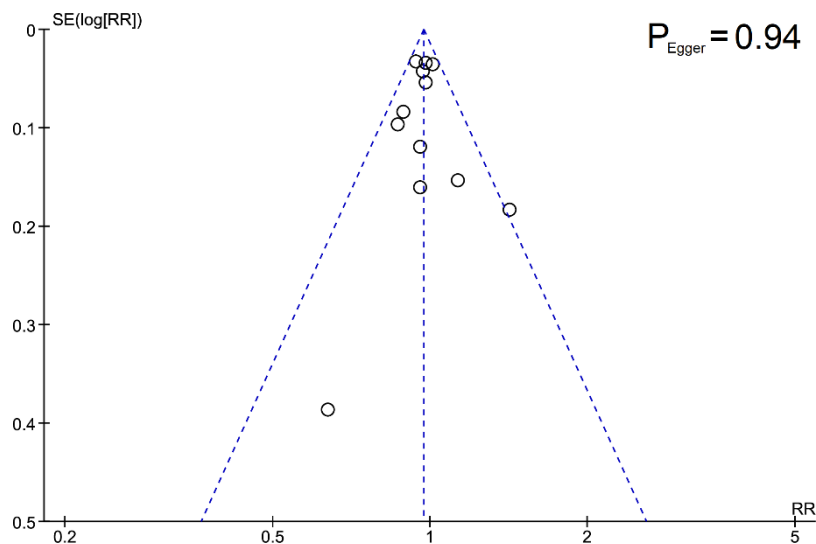
ESM Table 4. Subgroup analysis for association between adherence to the MedDiet and risk of colorectal cancer.

Subgroup	N	RR	95%CI	I ² (%)	P _{subgroup}
Sex					
Male	6	0.88	0.78, 0.98	72	0.14
Female	9	0.91	0.90, 1.00	0	
MD score					
tMedDiet	2	0.88	0.80, 0.98	0	0.84
aMedDiet	5	0.89	0.82, 0.98	53	
Location					
Mediterranean countries	1	1.02	0.51, 2.04	NA	0.79
Non-Mediterranean countries	8	0.93	0.86, 1.00	61	
Anatomical site					
Proximal colon	5	1.01	0.93, 1.09	0	0.03
Distal colon	5	0.88	0.79, 0.96	0	
Rectum	7	0.86	0.75, 0.98	42	

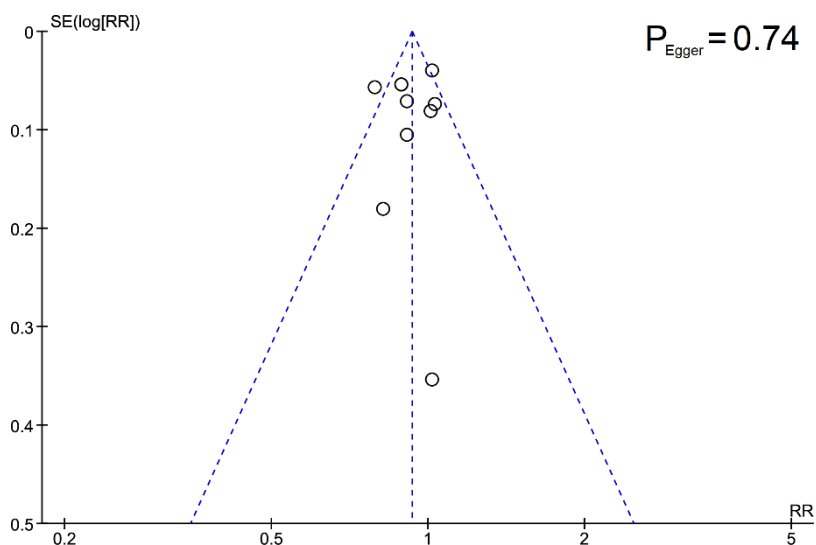
CI – Confidence interval; NA – Not applicable; aMedDiet – Fung MedDiet Score;
tMedDiet – Trichopoulou MedDiet score;



ESM Figure 23. Funnel plot showing study precision against the relative risk effect estimate for cancer mortality. P_{Egger} – P-value for Egger’s linear regression test; SE – Standard error;



ESM Figure 24. Funnel plot showing study precision against the relative risk effect estimate for breast cancer. P_{Egger} – P-value for Egger’s linear regression test; SE – Standard error;



ESM Figure 25. Funnel plot showing study precision against the relative risk effect estimate for colorectal cancer. P_{Egger} – P-value for Egger’s linear regression test; SE – Standard error;

ESM Table 5. Item-level scoring for NutriGrade tool and quality of evidence for identified associations in cohort studies and randomized controlled trials.

Outcome	Risk of bias, study quality, and study limitations	Precision	Heterogeneity	Directness	Publication bias	Funding bias	Effect size ¹	Dose response ¹	Total score	Quality of evidence
Cohort studies										
All-cause mortality among survivors	2 points	1 points	0.4 points	0 points	0 points	1 point	0.5 points	0 points	4.9 points	Low
Biliary tract cancer	1 point	0 points	0 points	0 points	0 points	1 point	0 points	0 points	2 points	Very low
Bladder cancer	2 points	1 point	0 point	1 point	0 points	1 point	0 points	0 points	5 points	Low
Blood cancer	2 points	1 point	0 point	0 points	0 points	1 point	0 points	0 points	4 points	Low
Breast cancer	2 points	1 points	0.8 points	0 points	0.5 points	1 point	0 points	0 points	5.3 points	Low
Cancer reoccurrence among survivors	1 point	0 points	0 points	0 points	0 points	1 point	0 points	0 points	2 points	Very low
Cancer mortality	2 points	1 point	0.6 points	1 point	0.5 points	1 point	0 points	0 points	6.1 points	Moderate
Cancer mortality among survivors	2 points	0 points	0 points	0 point	0 points	1 point	0 points	0 points	3 points	Very low
Colorectal cancer	2 points	1 point	0.6 points	1 point	1 point	1 point	0 points	0 points	6.6 points	Moderate
Endometrial cancer	1 point	0 points	0 points	0 points	0 points	1 point	0 points	0 points	2 points	Very low
Esophageal cancer	2 points	0 points	0 point	0 points	0 points	1 point	0 points	0 points	3 points	Very low
Gallbladder cancer	1 point	0 points	0 points	0 points	0 points	1 point	0 points	0 points	2 points	Very low
Gastric cancer	2 points	1 point	0 point	1 point	0 points	1 point	1 point	0 points	5 points	Very low
Glioma	1 point	1 point	0 points	0 points	0 points	1 point	0 points	0 points	3 points	Very low
Head and neck cancer	1 point	1 point	0 points	0 points	0 points	1 point	0 points	0 points	3 points	Low
Liver cancer	2 points	1 point	0 points	0 points	0 points	1 point	1 point	0 points	4 points	Very low
Ovarian cancer	1 point	0 points	0 points	0 points	0 points	1 point	0 points	0 points	2 points	Very low
Pancreatic cancer	2 points	0 points	0 points	0 points	0 points	1 point	0 points	0 points	3 points	Low
Prostate cancer	2 points	1 point	0.8 points	1 point	0 points	1 point	0 points	0 points	5.8 points	Very low
Respiratory cancer	2 points	1 point	0 points	1 point	0 points	1 point	0 points	0 points	5 points	Very low
Skin cancer	1 point	1 point	0 points	0 points	0 points	1 point	0 points	0 points	3 points	Low
Randomized controlled trials										
	Risk of bias, study quality, and study limitations	Precision	Heterogeneity	Directness	Publication bias	Funding bias	Study design ²	-	Total score	Low
Cancer mortality	2.25 points	0 points	0 points	0 points	0 points	1 point	2 points	-	5.25 points	Very low
Breast cancer	2 points	0 points	0 points	0 points	0 points	1 point	2 points	-	5 points	Low

¹Applies only for cohort studies; ²Applies only for randomized controlled trials;