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

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

Articles ordered for more detailed review: n = C

Articles excluded after detailed review: n = D
- Population not generalizable: n = D (i)
- Mortality rates used: n = D (ii)
- Study too small: n = D (iii)

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

Articles not amenable to meta-analysis: n = F
- Required information not provided: n = F (i)
- Same cohort already used: n = F (ii)

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