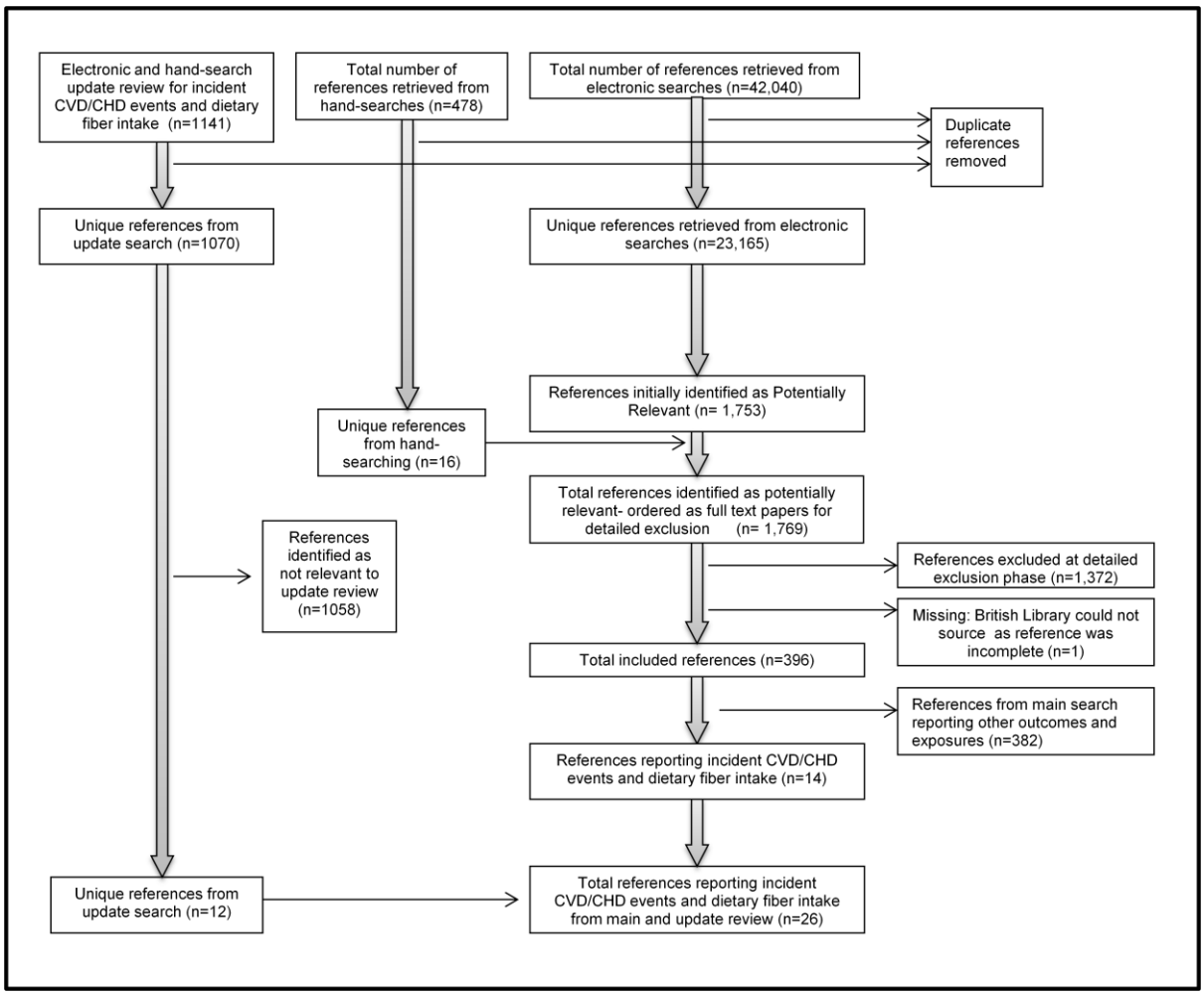
Web appendix: Supplementary material

Web figure 1: Medline search strategy for update searching adapted from the original search strategy (for all carbohydrate intake and all cardiometabolic health outcomes)

1. exp cohort studies/
2. cohort$.tw.
3. epidemiologic methods/
4. or/1-3
5. (animals not (humans and animals)).sh.
6. 4 not 5
7. dietary fiber/
8. fibre$.tw.
9. fiber$.tw.
10. or/7-9
11. exp cardiovascular diseases/
12. stroke.tw.
13. "acute coronary syndrome".tw.
14. stemi.tw.
15. nstemi.tw.
16. (transient isch$emic adj3 (accident or attack or incident)).tw.
17. exp coronary diseases/
18. (heart adj3 disease$).tw.
19. (coronary adj3 disease$).tw.
20. (cerebrovascular adj3 disease$).tw.
21. exp heart diseases/
22. (CHD or CVD).tw.
23. (myocardial adj3 infarction).tw.
24. exp myocardial infarction/
25. exp myocardial ischemia/
26. or/11-25
27. 4 and 10 and 26
28. limit 27 to english language
29. limit 28 to yr="2011 -current"
30. limit 29 to clinical trial, all
31. 29 not 30
32. limit 31 to (addresses or autobiography or bibliography or biography or case reports or clinical trial, all or clinical trial, phase i or clinical trial, phase ii or clinical trial, phase iii or clinical trial, phase iv or clinical trial or comment or comparative study or congresses or consensus development conference or consensus development conference, nih or controlled clinical trial or dictionary or directory or editorial or evaluation studies or festschrift or in vitro or interactive tutorial or interview or lectures or legal cases or legislation or letter or news or newspaper article or patient education handout or periodical index or portraits or practice guideline or randomized controlled trial or "research support, american recovery and reinvestment act" or research support, nih, extramural or research support, nih, intramural or research support, non us gov't or research support, us gov't, non phs or research support, us gov't, phs or technical report or twin study or validation studies or video-audio media or webcasts)
33. 31 not 32

Web figure 2: Article retrieval and screening process for main review (all carbohydrates and cardio-metabolic diseases) and update review (dietary fibre and CVD/CHD risk)



Web Figure 3: Newcastle-Ottawa Quality Assessment Scale for Cohort Studies[1]: Details of how the criteria were applied for cohort studies assessing the relationship between dietary fibre intake and CVD

Selection

1) Representativeness of the exposed cohort
    - ❖ Star assigned if cohort was truly or somewhat representative of the average fibre-consumer in the community (i.e. the sample was random or covered all persons living in one or a few geographical areas). Note that stars were assigned even where an age restriction may have been applied to the recruitment sample.
2) Selection of non-exposed cohort
    - ❖ Star assigned where non-exposed persons were drawn from the same population as the exposed participants.
3) Ascertainment of exposure
    - ❖ Star assigned where diet had been assessed using structured interview.
4) Demonstration that outcome of interest was not present at the start of study
    - ❖ Star assigned where the article stated that participants with prevalent CVD were excluded from analysis. Note that stars were not assigned to studies with mortality as an outcome unless participants with history of CVD had been excluded.

Comparability

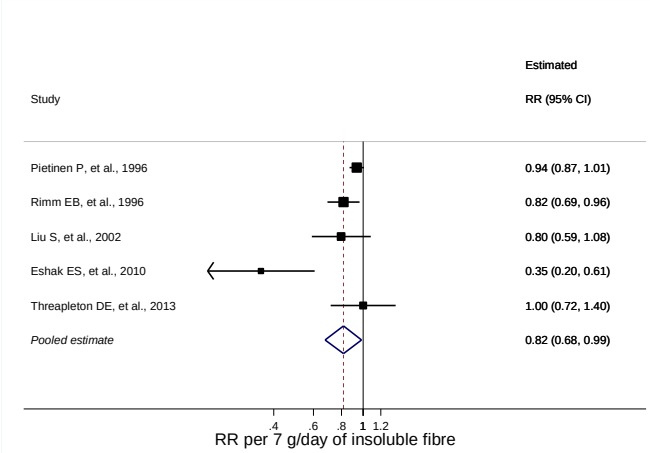
1) Comparability of cohorts on the basis of the design or analysis
    - ❖ One star assigned where age was controlled for in analysis.
    - ❖ Second star assigned where other important potential confounders were controlled for in analysis.

Outcome

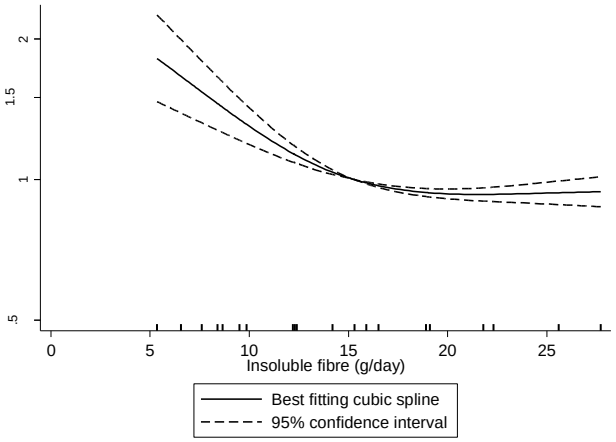
1) Assessment of outcome
    - ❖ Star assigned where outcomes were identified through medical records/ record linkage.
2) Was follow-up long enough for outcomes to occur
    - ❖ Star assigned where follow-up was a minimum of 3 years, as per the review protocol.
3) Adequacy of follow up of cohorts
    - ❖ Star assigned where the loss to follow-up had been estimated for the study and reported in the article and where loss was less than 30%.

Web figure 4: Insoluble fibre intake and risk of CHD and CVD

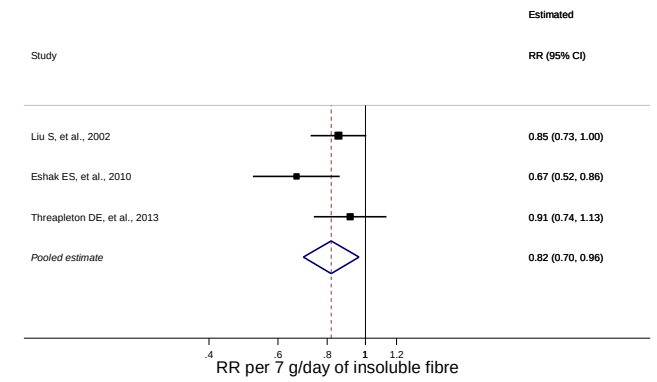
a. RR for CHD per 7g/day intake of insoluble fibre



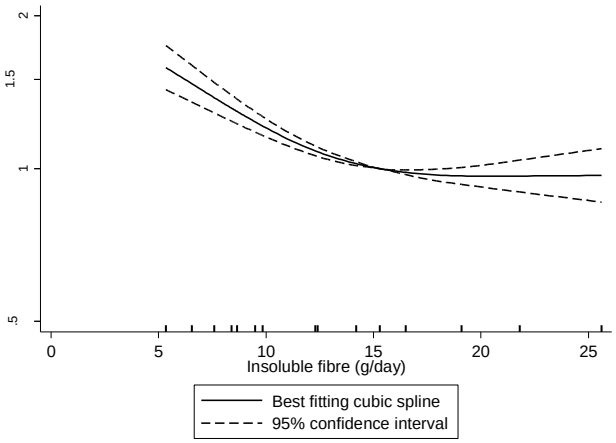
b. RR for CHD across insoluble fibre intakes



c. RR for CVD per 7g/day intake of insoluble fibre

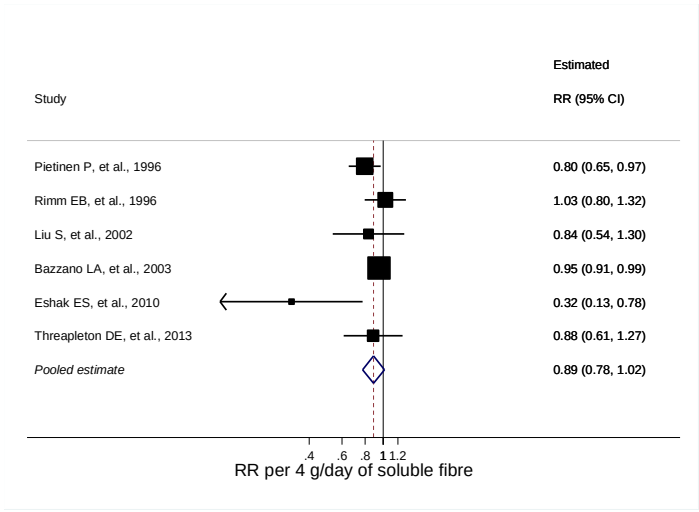


d. RR for CVD across insoluble fibre intakes

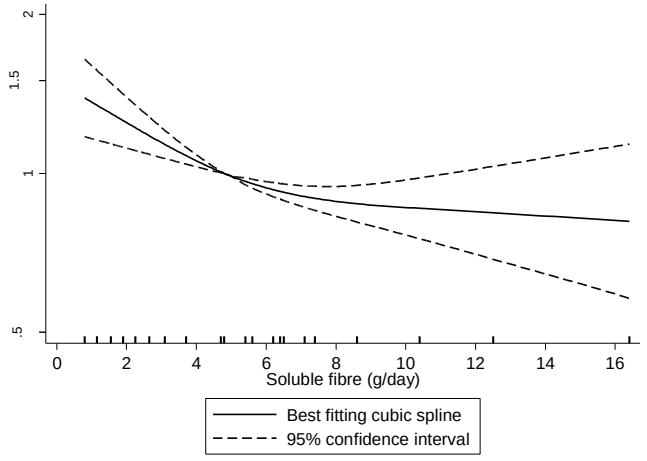


Web figure 5: Soluble fibre intake and risk of CHD and CVD

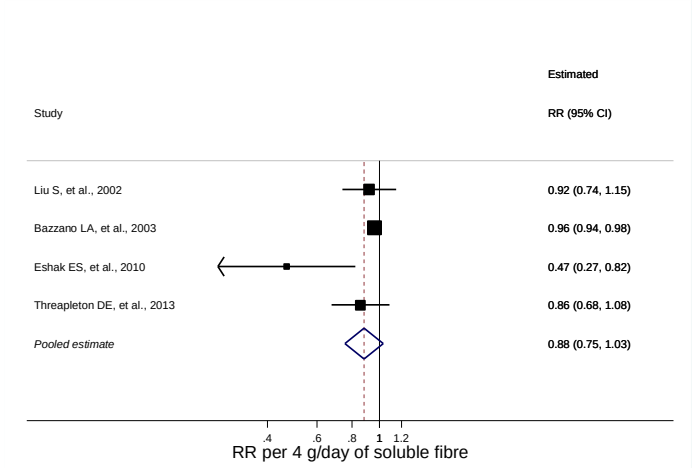
a. RR for CHD per 4g/day intake of soluble fibre



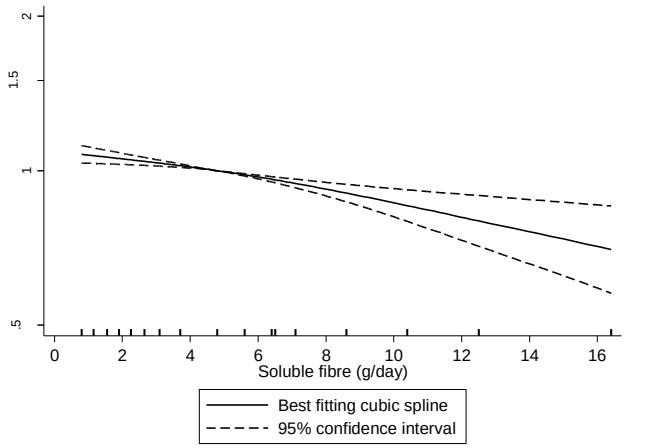
b. RR for CHD across soluble fibre intakes



c. RR for CVD per 4g/day intake of soluble fibre

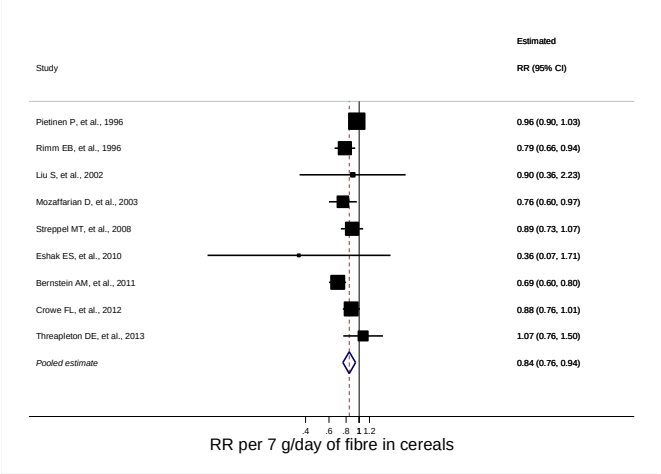


d. RR for CVD across soluble fibre intakes

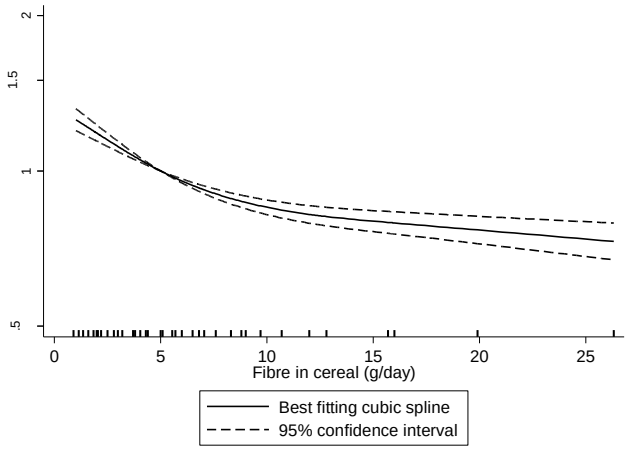


Web figure 6: Cereal fibre intake and risk of CHD and CVD

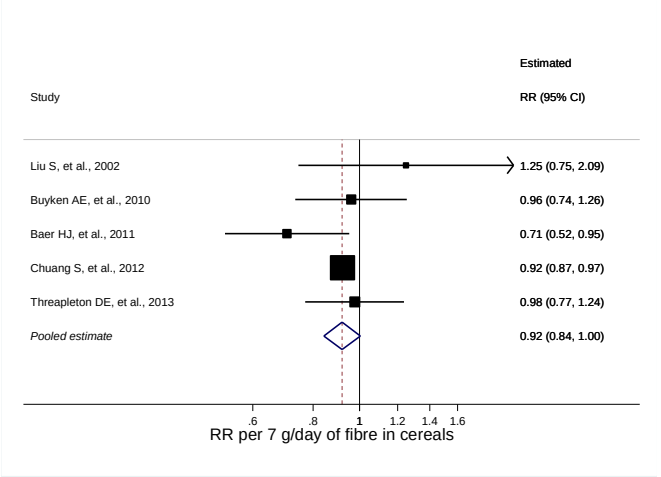
a. RR for CHD per 7g/day intake of cereal fibre



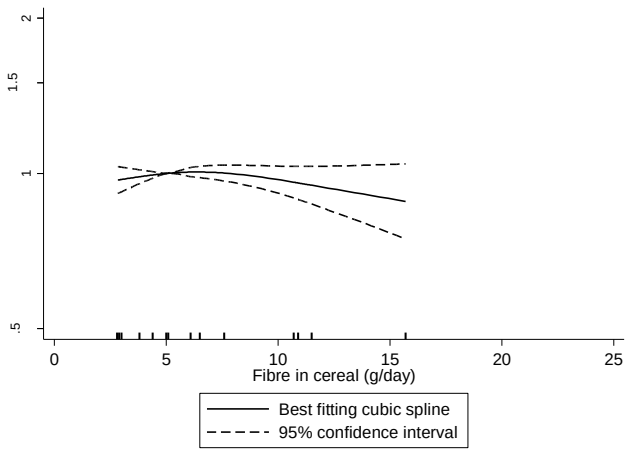
b. RR for CHD across cereal fibre intakes



c. RR for CVD per 7g/day intake of cereal fibre

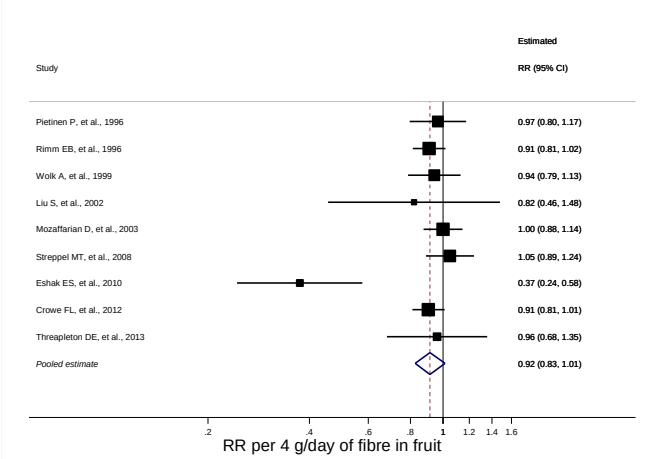


d. RR for CVD across cereal fibre intakes

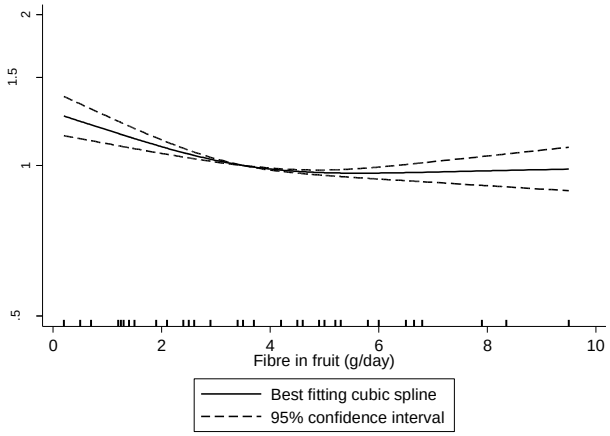


Web figure 7: Fruit fibre intake and risk of CHD and CVD

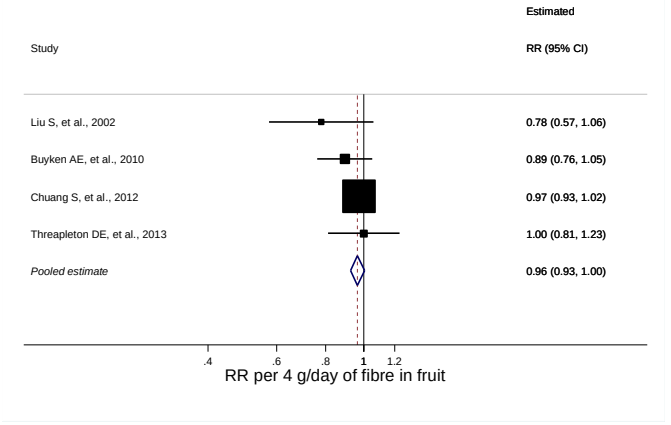
a. RR for CHD per 4g/day intake of fruit fibre



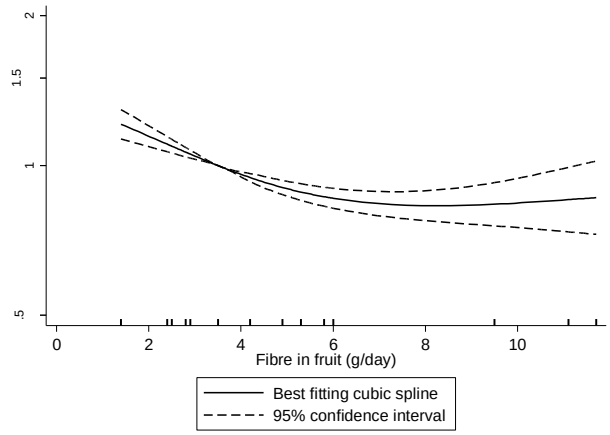
b. RR for CHD across fruit fibre intakes



c. RR for CVD per 4g/day intake of fruit fibre

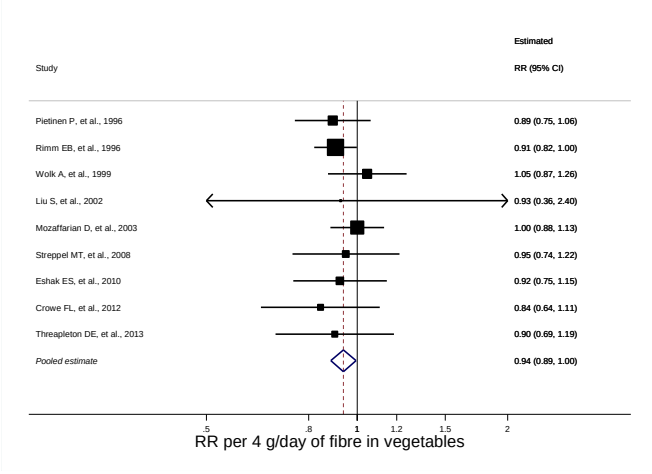


d. RR for CVD across fruit fibre intakes

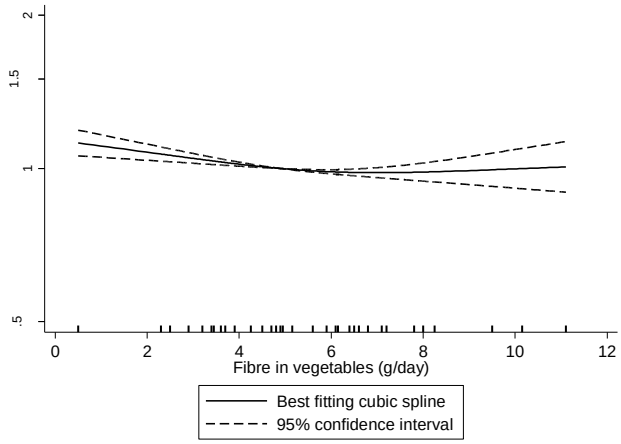


Web figure 8: Vegetable fibre intake and risk of CHD and CVD

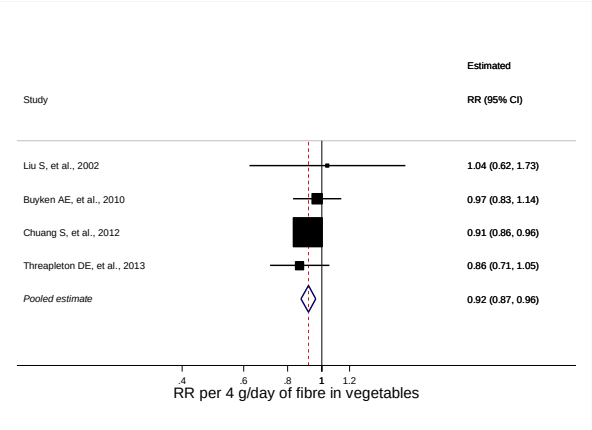
a. RR for CHD per 4g/day intake of vegetable fibre



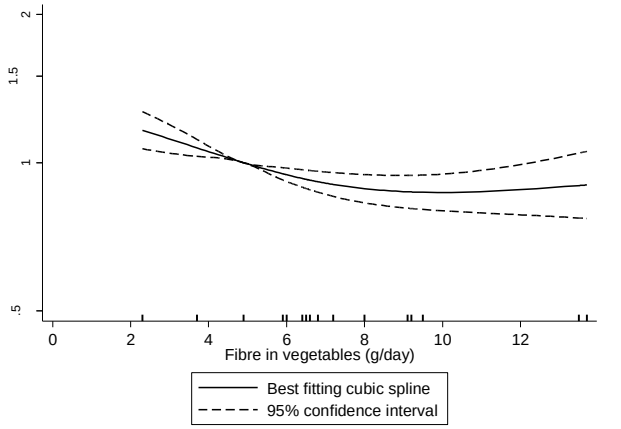
b. RR for CHD across vegetable fibre intakes



c. RR for CVD per 4g/day intake of vegetable fibre



d. RR for CVD across vegetable fibre intakes



Web Table 1: Quality assessment of studies included in meta-analyses, using the Newcastle-Ottawa Scale for assessing cohort studies[1]

Author	Study	Selection	Comparability	Outcome/ Exposure
Pietinen et al[3]	Alpha-Tocopherol Beta-Carotene Study	***	**	**
Rimm et al[4]	Health Professionals' Follow-up Study	**	**	***
Wolk et al[5]	Nurses' Health Study	**	**	***
Liu et al[6]	The Women's Health Study	**	**	**
Bazzano et al[7]	NHANES I	****	**	***
Mozaffarian et al[8]	Cardiovascular Health Study	***	**	**
Streppel et al[9]	Zutphen Elderly Study	***	**	***
Buyken et al[10]	Blue Mountains Eye Study	**	**	***
Eshak et al[11]	Japan Collaborative Cohort Study	***	**	***
Akbaraly et al[12]	Whitehall II	*	**	***
Baer et al[13]	Nurses' Health Study	**	**	**
Bernstein et al[14]	Nurses' Health Study	**	**	***
Kokubo et al[15]	Japan Public Health Centre-based cohort	***	**	***
Park et al[16]	National Institute of Health-AARP Diet and Health Study	***	**	**
Chuang et al[17]	EPIC	***	**	**
Crowe et al [18]	EPIC -Heart	***	**	**
Wallstrom et al[19]	Malmo Diet and Cancer Cohort	****	**	***
Threapleton et al [20]	UK Women's Cohort Study	**	**	**

Note that scores may differ between publications from the same cohort study as scores were assigned on the information provided within each separate report.

Web Table 2: Study subgroup pooled risk estimates for CVD, CHD and total fibre intake

		CVD					CHD				
Subgroup of studies	Subgroup	RR (95%CI)	I^2	n	P_{het}*	P_{het}†	RR (95%CI)	I^2	n	P_{het}*	P_{het}†
subjects' gender	Male	0.91 (0.89, 0.92)	0%	5	0.8	0.1	0.90 (0.84, 0.96)	53%	5	0.07	0.9
	Mixed	0.86 (0.73, 1.02)	73%	3	0.03		0.92 (0.87, 0.98)	33%	4	0.2	
	Female	0.93 (0.85, 1.01)	0%	2	0.6		0.89 (0.80, 1.00)	0%	3	0.4	
method used to assess fibre	AOAC	0.91 (0.88, 0.94)	54%	8	0.03	1	0.89 (0.84, 0.93)	40%	10	0.09	0.2
	not AOAC	0.89 (0.75, 1.06)	14%	2	0.3		0.95 (0.90, 1.00)	0%	2	0.9	
median intake in study	≤overall median	0.91 (0.88, 0.94)	61%	6	0.02	0.7	0.89 (0.84, 0.95)	51%	8	0.05	0.5
	>overall median	0.90 (0.85, 0.95)	0%	4	0.4		0.93 (0.89, 0.97)	0%	4	0.5	
includes non-fatal events	Yes	0.94 (0.91, 0.96)	8%	4	0.4	0.2	0.92 (0.88, 0.95)	30%	10	0.2	0.3
	No	0.90 (0.87, 0.93)	21%	6	0.3		0.85 (0.75, 0.96)	15%	2	0.3	
length of follow-up	<10 years	0.91 (0.89, 0.92)	0%	2	0.9	0.1	0.89 (0.82, 0.97)	57%	4	0.07	0.8
	≥10 years	0.91 (0.87, 0.95)	48%	8	0.06		0.92 (0.88, 0.96)	21%	8	0.3	
geographic location	Americas	0.93 (0.89, 0.96)	75%	3	0.02	0.6	0.89 (0.82, 0.96)	58%	5	0.05	0.4
	EU	0.90 (0.86, 0.94)	0%	4	0.4		0.93 (0.90, 0.97)	0%	5	0.6	
	Other	0.88 (0.80, 0.95)	32%	3	0.2		0.80 (0.68, 0.92)	0%	2	0.6	
adjusted for age	yes	0.91 (0.88, 0.94)	46%	10	0.06		0.91 (0.87, 0.94)	33%	12	0.1	
	no			0					0		
adjusted for alcohol	yes	0.91 (0.88, 0.94)	54%	8	0.03	0.9	0.91 (0.87, 0.94)	33%	12	0.1	
	No	0.89 (0.69, 1.14)	24%	2	0.2				0		
adjusted for anthropometry	yes	0.91 (0.88, 0.94)	46%	10	0.06		0.91 (0.87, 0.94)	39%	11	0.09	0.7
	No			0					1		
adjusted for energy intake	yes	0.91 (0.88, 0.94)	46%	10	0.06		0.91 (0.87, 0.94)	33%	12	0.1	
	No			0					0		
adjusted for family history	yes			1		0.8	0.83 (0.76, 0.90)	0%	3	0.9	0.02
	No	0.91 (0.88, 0.94)	51%	9	0.04		0.94 (0.91, 0.96)	0%	9	0.4	
adjusted for physical activity	yes	0.91 (0.88, 0.94)	51%	9	0.04	0.7	0.91 (0.87, 0.95)	36%	11	0.1	0.7
	No			1			0.88 (0.78, 0.99)		1		
adjusted for gender	yes	0.91 (0.88, 0.94)	46%	10	0.06		0.91 (0.87, 0.94)	33%	12	0.1	
	No			0					0		
adjusted for smoking	yes	0.91 (0.88, 0.94)	46%	10	0.06		0.91 (0.87, 0.94)	33%	12	0.1	
	No			0					0		

P_{het}* Heterogeneity within each subgroup; P_{het}† Heterogeneity between each subgroup. Abbreviations: AOAC Association of Official Analytical Chemists; CI confidence intervals; EU European Union; n Number of studies; RR relative risk. Note, where numbers do not sum to the total number of studies in the analysis, this is because this information was not available from a study.

Web Table 3: Study subgroup pooled risk estimates for CVD, CHD and insoluble fibre intake

		CVD					CHD				
Subgroup of studies	Subgroup	RR (95%CI)	I^2	n	P_{het}*	P_{het}†	RR (95%CI)	I^2	n	P_{het}*	P_{het}†
subjects' gender	Male			0		0.8	0.89 (0.79, 1.02)	56%	2	0.1	0.2
	Mixed	0.67 (0.52, 0.86)		1			0.35 (0.20, 0.61)		1		
	Female	0.88 (0.77, 1.00)	0%	2	0.06		0.88 (0.71, 1.11)	0%	2	0.3	
method used to assess fibre	AOAC	0.77 (0.61, 0.98)	61%	2	0.1	0.6	0.67 (0.46, 0.97)	76%	3	0.02	0.3
	not AOAC	0.91 (0.74, 1.13)		1			0.94 (0.88, 1.01)	0%	2	0.7	
median intake in study	≤overall median	0.82 (0.70, 0.96)	46%	3	0.2		0.69 (0.42, 1.13)	80%	3	0.006	0.6
	>overall median			0			0.94 (0.87, 1.01)		1		
includes non-fatal events	Yes	0.85 (0.73, 1.00)		1		0.8	0.91 (0.84, 0.98)	10%	4	0.3	0.05
	No	0.79 (0.58, 1.07)	71%	2	0.06		0.35 (0.20, 0.61)		1		
length of follow-up	<10 years	0.85 (0.73, 1.00)		1		0.8	0.89 (0.80, 0.99)	34%	3	0.2	0.5
	≥10 years	0.79 (0.58, 1.07)	71%	2	0.06		0.61 (0.22, 1.69)	90%	2	0.001	
geographic location	Americas	0.85 (0.73, 1.00)		1			0.81 (0.70, 0.94)	0%	2	0.9	
	EU	0.91 (0.74, 1.13)		1			0.94 (0.88, 1.01)	0%	2	0.7	0.8
	Other	0.67 (0.52, 0.86)		1			0.35 (0.20, 0.61)		1		
adjusted for age	yes	0.82 (0.70, 0.96)	46%	3	0.2		0.82 (0.68, 0.99)	73%	5	0.005	
	no			0					0		
adjusted for alcohol	yes	0.82 (0.70, 0.96)	46%	3	0.2		0.82 (0.68, 0.99)	73%	5	0.005	
	No			0					0		
adjusted for anthropometry	yes	0.82 (0.70, 0.96)	46%	3	0.2		0.82 (0.68, 0.99)	73%	5	0.005	
	No			0					0		
adjusted for energy intake	yes	0.82 (0.70, 0.96)	46%	3	0.2		0.82 (0.68, 0.99)	73%	5	0.005	
	No			0					0		
adjusted for family history	yes	0.85 (0.73, 1.00)		1		0.8	0.81 (0.70, 0.94)	0%	2	0.9	0.8
	No	0.79 (0.58, 1.07)	71%	2	0.06		0.75 (0.49, 1.15)	84%	3	0.002	
adjusted for physical activity	yes	0.82 (0.70, 0.96)	46%	3	0.2		0.82 (0.68, 0.99)	73%	5	0.005	
	No			0					0		
adjusted for gender	yes	0.82 (0.70, 0.96)	46%	3	0.2		0.82 (0.68, 0.99)	73%	5	0.005	
	No			0					0		
adjusted for smoking	yes	0.82 (0.70, 0.96)	46%	3	0.2		0.82 (0.68, 0.99)	73%	5	0.005	
	No			0					0		

P_{het}* Heterogeneity within each subgroup; P_{het}† Heterogeneity between each subgroup. Abbreviations: AOAC Association of Official Analytical Chemists; CI confidence intervals; EU European Union; n Number of studies; RR relative risk. Note, where numbers do not sum to the total number of studies in the analysis, this is because this information was not available from a study.

Web Table 4: Study subgroup pooled risk estimates for CVD, CHD and soluble fibre intake

		CVD					CHD				
Subgroup of studies	Subgroup	RR (95%CI)	I^2	n	P_{het}*	P_{het}†	RR (95%CI)	I^2	n	P_{het}*	P_{het}†
subjects' gender	Male			0			0.89 (0.70, 1.15)	59%	2	0.1	
	Mixed	0.71 (0.35, 1.42)	84%	2	0.01	0.7	0.61 (0.21, 1.73)	83%	2	0.02	0.9
	Female	0.87 (0.69, 1.05)	0%	2	0.2		0.86 (0.65, 1.14)	0%	2	0.9	
method used to assess fibre	AOAC	0.87 (0.68, 1.08)	69%	3	0.004	0.9	0.90 (0.74, 1.11)	54%	4	0.09	0.3
	not AOAC	0.86 (0.68, 1.08)		1			0.82 (0.86, 0.97)	0%	2	0.6	
median intake in study	≤overall median	0.71 (0.35, 1.42)	84%	2	0.01	0.7	0.82 (0.63, 1.06)	77%	3	0.01	0.9
	>overall median	0.89 (0.76, 1.05)	0%	2	0.7		0.86 (0.65, 1.14)	0%	2	0.9	
includes non-fatal events	Yes	0.96 (0.94, 0.98)	0%	2	0.7	0.3	0.94 (0.91, 0.98)	0%	5	0.4	0.08
	No	0.67 (0.37, 1.20)	73%	2	0.05		0.32 (0.13, 0.78)		1		
length of follow-up	<10 years	0.92 (0.74, 1.15)		1		1	0.88 (0.74, 1.04)	18%	3	0.3	0.7
	≥10 years	0.83 (0.65, 1.07)	72%	3	0.03		0.81 (0.57, 1.15)	66%	3	0.05	
geographic location	Americas	0.96 (0.94, 0.98)	0%	2	0.7		0.95 (0.91, 0.99)	0%	3	0.7	
	EU	0.86 (0.68, 1.08)		1		0.1	0.82 (0.68, 0.97)	0%	2	0.6	0.2
	Other	0.47 (0.27, 0.82)		1			0.32 (0.13, 0.78)		1		
adjusted for age	yes	0.88 (0.75, 1.03)	59%	4	0.06		0.89 (0.78, 1.02)	47%	6	0.09	
	no			0					0		
adjusted for alcohol	yes	0.88 (0.75, 1.03)	59%	4	0.06		0.89 (0.78, 1.02)	47%	6	0.09	
	No			0					0		
adjusted for anthropometry	yes	0.88 (0.75, 1.03)	59%	4	0.06		0.89 (0.78, 1.02)	47%	6	0.09	
	No			0					0		
adjusted for energy intake	yes	0.88 (0.75, 1.03)	59%	4	0.06		0.89 (0.78, 1.02)	47%	6	0.09	
	No			0					0		
adjusted for family history	yes	0.92 (0.74, 1.15)		1		0.7	0.98 (0.78, 1.22)	0%	2	0.4	0.6
	No	0.83 (0.65, 1.07)	72%	3	0.03		0.84 (0.69, 1.03)	66%	4	0.03	
adjusted for physical activity	yes	0.88 (0.75, 1.03)	59%	4	0.06		0.89 (0.78, 1.02)	47%	6	0.09	
	No			0					0		
adjusted for gender	yes	0.88 (0.75, 1.03)	59%	4	0.06		0.89 (0.78, 1.02)	47%	6	0.09	
	No			0					0		
adjusted for smoking	yes	0.88 (0.75, 1.03)	59%	4	0.06		0.89 (0.78, 1.02)	47%	6	0.09	
	No			0					0		

P_{het}* Heterogeneity within each subgroup; P_{het}† Heterogeneity between each subgroup. Abbreviations: AOAC Association of Official Analytical Chemists; CI confidence intervals; EU European Union; n Number of studies; RR relative risk. Note, where numbers do not sum to the total number of studies in the analysis, this is because this information was not available from a study.

Web Table 5: Study subgroup pooled risk estimates for CVD, CHD and cereal fibre intake

		CVD					CHD				
Subgroup of studies	Subgroup	RR (95%CI)	I^2	n	P_{het}*	P_{het}†	RR (95%CI)	I^2	n	P_{het}*	P_{het}†
subjects' gender	Male	0.92 (0.88, 0.97)	0%	2	0.8	0.8	0.89 (0.79, 1.01)	58%	3	0.09	0.7
	Mixed			0			0.83 (0.73, 0.96)	6%	3	0.3	
	Female	0.91 (0.69, 1.21)	56%	3	0.1		0.84 (0.59, 1.18)	64%	3	0.06	
method used to assess fibre	AOAC	0.91 (0.79, 1.04)	33%	4	0.2	0.7	0.80 (0.73, 0.87)	20%	7	0.3	0.04
	not AOAC	0.98 (0.77, 1.24)		1			0.97 (0.91, 1.03)	0%	2	0.5	
median intake in study	≤overall median	0.90 (0.52, 1.57)	72%	2	0.06	0.5	0.74 (0.66, 0.81)	0%	5	0.7	0.004
	>overall median	0.93 (0.88, 0.98)	0%	3	0.9		0.95 (0.89, 1.00)	0%	4	0.5	
includes non-fatal events	Yes	1.25 (0.75, 2.09)		1		0.4	0.84 (0.74, 0.96)	72%	7	0.01	0.9
	No	0.91 (0.85, 0.99)	11%	4	0.3		0.80 (0.45, 1.14)	21%	2	0.3	
length of follow-up	<10 years	1.25 (0.75, 2.09)		1		0.2	0.86 (0.74, 1.00)	59%	4	0.06	0.5
	≥10 years	0.91 (0.85, 0.99)	11%	4	0.3		0.84 (0.71, 0.98)	60%	5	0.04	
geographic location	Americas	0.90 (0.52, 1.57)	72%	2	0.06	0.8	0.74 (0.67, 0.82)	0%	4	0.7	0.08
	EU	0.92 (0.88, 0.98)	0%	2	0.6		0.95 (0.89, 1.00)	0%	4	0.5	
	Other	0.96 (0.74, 1.26)		1			0.36 (0.07, 1.71)		1		
adjusted for age	yes	0.92 (0.84, 1.00)	15%	5	0.3		0.84 (0.76, 0.94)	65%	9	0.003	
	no			0					0		
adjusted for alcohol	yes	0.91 (0.80, 1.04)	35%	4	0.2	0.8	0.84 (0.76, 0.94)	65%	9	0.003	
	No	0.96 (0.74, 1.26)		1					0		
adjusted for anthropometry	yes	0.92 (0.84, 1.00)	15%	5	0.3		0.86 (0.76, 0.96)	67%	8	0.004	0.5
	No			0			0.76 (0.60, 0.97)		1		
adjusted for energy intake	yes	0.93 (0.88, 0.98)	0%	4	0.7	0.2	0.84 (0.76, 0.94)	65%	9	0.003	
	No	0.71 (0.52, 0.95)		1					0		
adjusted for family history	yes	0.90 (0.52, 1.57)	72%	2	0.06	<0.001	0.73 (0.66, 0.82)	0%	3	0.5	0.03
	No	0.93 (0.88, 0.98)	0%	3	0.9		0.91 (0.84, 0.99)	27%	6	0.2	
adjusted for physical activity	yes	0.93 (0.88, 0.98)	0%	3	0.5	0.4	0.84 (0.74, 0.95)	70%	8	0.002	0.8
	No	0.83 (0.61, 1.12)	56%	2	0.1		0.89 (0.73, 1.07)		1		
adjusted for gender	yes	0.92 (0.84, 1.00)	15%	5	0.3		0.84 (0.76, 0.94)	65%	9	0.003	
	No			0					0		
adjusted for smoking	yes	0.92 (0.84, 1.00)	15%	5	0.3		0.84 (0.76, 0.94)	65%	9	0.003	
	No			0					0		

P_{het}* Heterogeneity within each subgroup; P_{het}† Heterogeneity between each subgroup. Abbreviations: AOAC Association of Official Analytical Chemists; CI confidence intervals; EU European Union; n Number of studies; RR relative risk. Note, where numbers do not sum to the total number of studies in the analysis, this is because this information was not available from a study.

Web Table 6: Study subgroup pooled risk estimates for CVD, CHD and fruit fibre intake

		CVD					CHD				
Subgroup of studies	Subgroup	RR (95%CI)	I^2	n	P_{het}*	P_{het}†	RR (95%CI)	I^2	n	P_{het}*	P_{het}†
subjects' gender	Male	0.97 (0.93, 1.01)	0%	2	0.3	0.7	0.96 (0.88, 1.04)	1%	3	0.4	0.6
	Mixed			0			0.77 (0.57, 1.04)	89%	3	<0.001	
	Female	0.91 (0.71, 1.15)	42%	2	0.2		0.94 (0.80, 1.09)	0%	3	0.9	
method used to assess fibre	AOAC	0.94 (0.86, 1.02)	29%	3	0.2	0.7	0.90 (0.79, 1.02)	71%	7	0.002	0.7
	not AOAC	1.00 (0.81, 1.23)		1			0.94 (0.87, 1.03)	0%	2	1	
median intake in study	≤overall median			0			0.87 (0.73, 1.04)	80%	5	<0.001	0.7
	>overall median	0.96 (0.93, 1.00)	0%	4	0.4		0.94 (0.87, 1.03)	0%	4	0.7	
includes non-fatal events	Yes	0.78 (0.57, 1.06)		1		0.3	0.94 (0.88, 0.99)	0%	7	0.9	0.3
	No	0.97 (0.93, 1.01)	0%	3	0.6		0.64 (0.23, 1.75)	95%	2	<0.001	
length of follow-up	<10 years	0.78 (0.57, 1.06)		1		0.3	0.95 (0.88, 1.02)	0%	4	0.7	0.7
	≥10 years	0.97 (0.93, 1.01)	0%	3	0.6		0.86 (0.70, 1.05)	79%	5	<0.001	
geographic location	Americas	0.78 (0.57, 1.06)		1			0.94 (0.87, 1.02)	0%	4	0.7	
	EU	0.97 (0.93, 1.02)	0%	2	0.8	0.5	0.95 (0.88, 1.03)	0%	4	0.5	0.5
	Other	0.89 (0.76, 1.05)		1					1		
adjusted for age	yes	0.96 (0.93, 1.00)	0%	4	0.4		0.92 (0.83, 1.01)	62%	9	0.007	
	no			0					0		
adjusted for alcohol	yes	0.97 (0.92, 1.02)	3%	3	0.4	0.4	0.92 (0.83, 1.01)	62%	9	0.007	
	No	0.89 (0.76, 1.05)		1					0		
adjusted for anthropometry	yes	0.96 (0.93, 1.00)	0%	4	0.4		0.90 (0.80, 1.01)	65%	8	0.006	0.6
	No			0			1.00 (0.88, 1.14)		1		
adjusted for energy intake	yes	0.96 (0.93, 1.00)	0%	4	0.4		0.92 (0.83, 1.01)	62%	9	0.007	
	No			0					0		
adjusted for family history	yes	0.78 (0.57, 1.06)		1		0.3	0.92 (0.83, 1.01)	0%	3	0.9	0.9
	No	0.97 (0.93, 1.01)	0%	3	0.6		0.90 (0.77, 1.05)	76%	6	<0.001	
adjusted for physical activity	yes	0.97 (0.92, 1.02)	3%	3	0.4	0.4	0.90 (0.80, 1.00)	63%	8	0.009	0.4
	No	0.89 (0.76, 1.05)		1			1.05 (0.89, 1.24)		1		
adjusted for gender	yes	0.96 (0.93, 1.00)	0%	4	0.4		0.92 (0.83, 1.01)	62%	9	0.007	
	No			0					0		
adjusted for smoking	yes	0.96 (0.93, 1.00)	0%	4	0.4		0.92 (0.83, 1.01)	62%	9	0.007	
	No			0					0		

P_{het}* Heterogeneity within each subgroup; P_{het}† Heterogeneity between each subgroup. Abbreviations: AOAC Association of Official Analytical Chemists; CI confidence intervals; EU European Union; n Number of studies; RR relative risk. Note, where numbers do not sum to the total number of studies in the analysis, this is because this information was not available from a study.

Web Table 7: Study subgroup pooled risk estimates for CVD, CHD and vegetable fibre intake

		CVD					CHD				
Subgroup of studies	Subgroup	RR (95%CI)	I^2	n	P_{het}*	P_{het}†	RR (95%CI)	I^2	n	P_{het}*	P_{het}†
subjects' gender	Male	0.92 (0.87, 0.97)	0%	2	0.5	0.7	0.91 (0.84, 0.98)	0%	3	0.9	0.5
	Mixed			0			0.96 (0.97, 1.06)	0%	3	0.5	
	Female	0.88 (0.74, 1.06)	0%	2	0.5		1.00 (0.86, 1.16)	0%	3	0.7	
method used to assess fibre	AOAC	0.92 (0.87, 0.97)	0%	3	0.7	0.6	0.95 (0.89, 1.01)	0%	7	0.7	0.5
	not AOAC	0.86 (0.71, 1.05)		1			0.90 (0.77, 1.04)	0%	2	1	
median intake in study	≤overall median	0.91 (0.86, 0.96)	0%	2	0.6	0.5	0.90 (0.82, 1.00)	0%	5	1	0.4
	>overall median	0.98 (0.84, 1.13)	0%	2	0.8		0.96 (0.89, 1.03)	0%	4	0.4	
includes non-fatal events	Yes	1.04 (0.62, 1.73)		1		0.7	0.94 (0.88, 1.00)	0%	7	0.7	1
	No	0.91 (0.87, 0.96)	0%	3	0.7		0.94 (0.80, 1.10)	0%	2	0.9	
length of follow-up	<10 years	1.04 (0.62, 1.73)		1		0.6	0.93 (0.87, 1.00)	0%	4	0.6	0.8
	≥10 years	0.91 (0.87, 0.96)	0%	3	0.7		0.95 (0.86, 1.05)	0%	5	0.7	
geographic location	Americas	1.04 (0.62, 1.73)		1		0.7	0.96 (0.89, 1.03)	0%	4	0.4	0.5
	EU	0.91 (0.86, 0.96)	0%	2	0.6		0.90 (0.75, 1.15)	0%	4	0.9	
	Other	0.97 (0.83, 1.14)		1			0.92 (0.75, 1.15)		1		
adjusted for age	yes	0.92 (0.87, 0.96)	0%	4	0.8		0.94 (0.89, 1.00)	0%	9	0.9	
	no			0					0		
adjusted for alcohol	yes	0.91 (0.86, 0.96)	0%	3	0.8	0.5	0.94 (0.89, 1.00)	0%	9	0.9	
	No	0.97 (0.83, 1.14)		1					0		
adjusted for anthropometry	yes	0.92 (0.87, 0.96)	0%	4	0.8		0.92 (0.86, 0.99)	0%	8	0.9	0.3
	No			0			1.00 (0.88, 1.13)		1		
adjusted for energy intake	yes	0.92 (0.87, 0.96)	0%	4	0.8		0.94 (0.89, 1.00)	0%	9	0.9	
	No			0					0		
adjusted for family history	yes	1.04 (0.62, 1.73)		1		0.7	0.94 (0.86, 1.02)	0%	3	0.4	0.9
	No	0.91 (0.87, 0.96)	0%	3	0.7		0.94 (0.87, 1.02)	0%	6	0.8	
adjusted for physical activity	yes	0.91 (0.86, 0.96)	0%	3	0.8	0.5	0.94 (0.88, 1.00)	0%	8	0.8	0.9
	No	0.97 (0.83, 1.14)		1			0.95 (0.74, 1.22)		1		
adjusted for gender	yes	0.92 (0.87, 0.96)	0%	4	0.8		0.94 (0.89, 1.00)	0%	9	0.9	
	No			0					0		
adjusted for smoking	yes	0.92 (0.87, 0.96)	0%	4	0.8		0.94 (0.89, 1.00)	0%	9	0.9	
	No			0					0		

P_{het}* Heterogeneity within each subgroup; P_{het}† Heterogeneity between each subgroup. Abbreviations: AOAC Association of Official Analytical Chemists; CI confidence intervals; EU European Union; n Number of studies; RR relative risk. Note, where numbers do not sum to the total number of studies in the analysis, this is because this information was not available from a study.

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