Supplementary Table. Characteristics of the published observational studies included in the present meta-analysis

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Reference | Mean age (y) | Sex | Area | Total sample size (cases) | Criteria | Categories of milk consumption | Risk estimate (95% CI) | Adjustment for confoundersa |
| **Prospective cohort Study** |
| Damiaõ et al.2006 (27) | 55.4 | Men and women | Brazil | 151 (57) | Modified NCEP ATP III | Median 223.7 g/d | 0.93 (0.28, 3.00) | EI, PA/E, A, S |
| Median 141.7 g/d | 0.92 (0.26, 3.21) |
| Median 12.4 g/d | Reference |
| Lin et al. 2013 (28) | 76.5 | Men and women | Taiwan | 888 (206) | NCEP ATP III | Yes | 1.21 (0.90, 1.62) | V, PA/E, A, S |
| No | Reference |
| Babio et al.2015 (17) | 67 | Men and women | Spain  | 1868 (930) | JIS | ≥450 g/d  | 0.85 (0.70, 1.02) | V, F, BMI, A, S |
| 287-449 g/d | 0.90 (0.77, 1.07) |
| ≤287 g/d | Reference |
| Kim et al.2017 (25) | 51.5 | Men and women | South Korea  | 5510 (2103) | JIS | >7 ser/w | 0.53 (0.40, 0.70) | EI, BMI, PA/E, A, S |
| 4≤ to ≤7 ser/w | 0.77 (0.66, 0.89) |
| 1≤ to <4 ser/w | 0.68 (0.60, 0.77) |
| <1 ser/w | 0.72 (0.64, 0.82) |
| None | Reference |
| Beydoun et al.2018 (18) | 48.4 | Men and women | USA  | 1371 (173) | NCEP ATP III | Yes | 0.86 (0.78, 0.94) | EI, V, F, A, S |
| No | Reference |
| **Cross-sectional Study** |
| Liu et al.2005 (15) | 52 | Women | USA  | 10,066 (100) | NCEP ATP III | >3.00 ser/d | 0.85 (0.71, 1.02) | EI, PA/E, A |
| 2.00-3.00 serv/d | 1.07 (0.90, 1.27) |
| 1.42-1.99 serv/d | 1.07 (0.87, 1.32) |
| 0.91-1.41 serv/d | 0.98 (0.84, 1.16) |
| <0.91 serv/d | Reference |
| Elwood et al.2006 (16) | 45-59 | Men | UK  | 2131 (342) | Modified WHO definition | >1 pint | 0.38 (0.18, 0.78) | EI |
| ½ to 1 pint | 0.56 |
| <½ pint | 0.71 |
| Little or none | Reference |
| Kwon et al.2010 (23) | 47.1 | Men and women | South Korea  | 4890 (1066) | Modified NCEP ATP III  | ≥1/w | 0.85 (0.68, 1.06) | EI, PA/E, A, S |
| 2-6/w | 1.11 (0.87, 1.40) |
| ≤1/w | 0.86 (0.69, 1.07) |
| Rarely | Reference |
| Kim et al.2013 (24) | 49.5 | Men and women | South Korea  | 4862 (1301) | JIS | ≥1/day | 0.71 (0.55, 0.93) | EI, F, BMI, PA/E, A, S |
| ≤4-6/w | 0.89 (0.73, 1.10) |
| ≤2-3/m | 1.12 (0.91, 1.39) |
| None or rarely | Reference |
| Guo et al.2017 (29) | ≥18 | Men and women | China | 15,020 (4305) | JIS | ≥1.5 L/w | 0.64 (0.49, 0.85) | V, A, S |
| 0.5-1.5 L/w | 0.81 (0.64, 1.04) |
| 0-<0.5 L/w | Reference |
| Shin et al.2017 (26) | 53 | Men and women | South Korea  | 130,420 (33,499) | JIS | Men |  | EI, F, BMI, PA/E, A, S |
| ≥1/d | 0.92 (0.86, 0.99) |
| 3-6/w | 0.93 (0.86, 1.00) |
| ≤2/m | 0.94 (0.89, 1.00) |
| None or rarely | Reference |
| Women |  |
| ≥2/d | 0.68 (0.60, 0.76) |
| 1/d | 0.85 (0.81, 0.90) |
| 3-6/w | 0.86 (0.82, 0.91) |
| ≤2/m | 0.88 (0.84, 0.92) |
| None or rarely | Reference |

A, alcohol; BMI, body mass index; CI, confidence interval; F, fruits; JIS, Joint Interim Statement; NCEP ATP III, National Cholesterol Education Program Adult Treatment Panel III; PA/E, physical activity or exercise; S, smoking; d, day; w, week; m, month; y, year; ser, servings

aAll studies were adjusted for age and sex (except in studies that only investigated men (16) or women (15)).