**Supplemental Table 1.** Quality assessments on prospective cohort studies on rice consumption in relation to mortality or chronic disease risk.1

Reference 1. Are the comparison

groups

from the same source

population?

2. Is loss to follow- up rate

<20%?

3. Are rice consumption levels measured by using FFQs?

4. Is there a validation study for assessing the validity of rice intake

measurements by FFQs?

5. Are diet records used as the reference

method in the validation study?

6. Is correlation coefficient

≥ 0.5 between the FFQ and the reference method in the validation

7. Are rice consumption assessments updated during

follow-up?

8. Are self- reported outcome confirmed by medical records, physicians, or

registries?

study?

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Rebello et al. 2014 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 |
| Eshak et al. 2014 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 |
| Eshak et al. 2011 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 1 |
| Oba et al. 2010 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 |
| Iso et al. 2007 | 1 | 0 | 1 | 1 | 0 | 0 | 0 | 1 |
| Bahadoran et al. 2014 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 1 |
| Shi et al. 2012 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 1 |
| Hodge et al. 2004 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 1 |
| Villegas et al. 2007 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 0 |
| Sun et al. 2010 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Nanri et al. 2010 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 |
| Soriguer et al. 2013 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 1 |
| Abe et al. 2014 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 |
| Chyou et al. 1995 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 1 |
| Kato et al. 1992 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 1 |
| Severson et al. 1989 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 1 |

11 = “Yes”, 0 = “No”, “Unable to determine”, or “Not applicable”.

**Supplemental Table 1.** *(Continued)* Quality assessments on prospective cohort studies on rice consumption in relation to mortality or chronic disease risk (cont). 1

Reference 9. Are

10. Is an

11. Is the

12. Is Cox

13. Are age,

14. Are

15. Are

Overall

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | prevalent  cases of | accurate date of | total follow-up | regression used to model | sex, body mass index, and | total energy intake | dietary factors (other (other | quality score |
| interest | diagnosis | duration | associations | lifestyle | controlled for | than rice) |  |
| excluded at  baseline? | available  for | ≥5 years? | between rice  consumption | practices  controlled for in | in the statistical | controlled for  in the |  |
|  | cases? |  | and outcome  risk? | the statistical  analysis? | analysis? | statistical  analysis? |  |
| Rebello et al. 2014 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 13 |
| Eshak et al. 2014 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 14 |
| Eshak et al. 2011 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 13 |
| Oba et al. 2010 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 12 |
| Iso et al. 2007 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 8 |
| Bahadoran et al. 2014 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 9 |
| Shi et al. 2012 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 9 |
| Hodge et al. 2004 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 8 |
| Villegas et al. 2007 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 12 |
| Sun et al. 2010 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 15 |
| Nanri et al. 2010 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 12 |
| Soriguer et al. 2013 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 7 |
| Abe et al. 2014 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 14 |
| Chyou et al. 1995 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 7 |
| Kato et al. 1992 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | 5 |
| Severson et al. 1989 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 7 |

11 = “Yes”, 0 = “No”, “Unable to determine”, or “Not applicable”