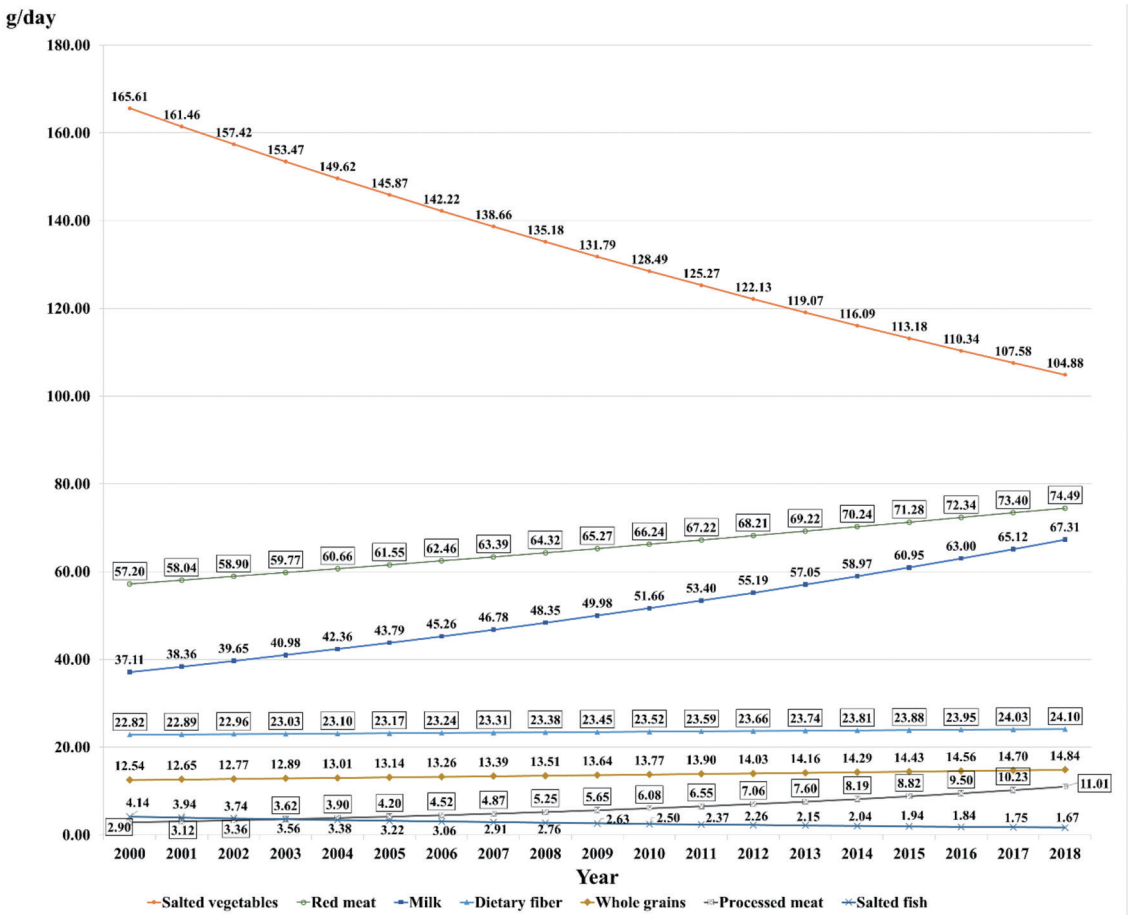

Figure S1 Daily mean intakes of salted vegetables, salted fish, red meat, processed meat, milk, whole grains, and dietary fiber from 2000 to 2018 in Korean adults aged 20 years or older. The daily mean intakes of dietary factors in 2000, 2002–2004, and 2006 were predicted using 2001, 2005, and 2007–2018 KNHANES data with linear regression models. Dietary fiber was predicted using 2013–2018 KNHANES data with a linear regression model. To avoid overlap and enhance clarity, the daily mean intakes of red meat, dietary fiber, processed meat, and salted fish were highlighted in boxes. KNHANES, Korea National Health and Nutrition Examination Survey.

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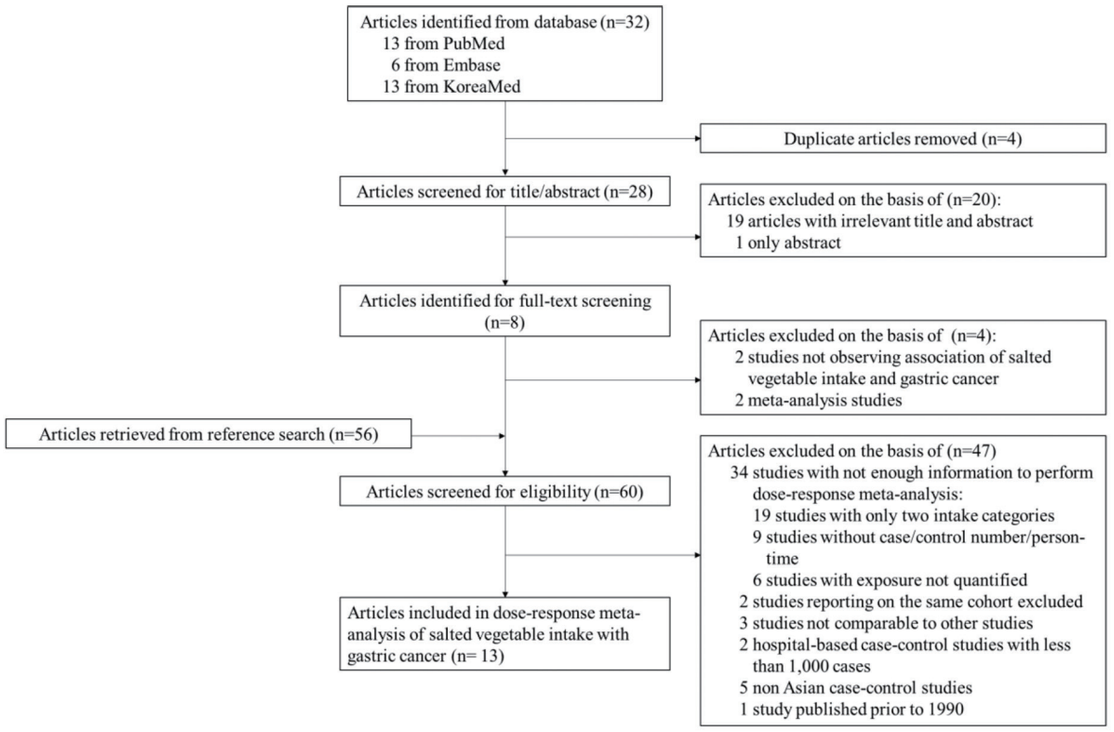

Figure S2 Flow diagram of study selection for dose-response meta-analysis on the association of salted vegetables with gastric cancer risk.

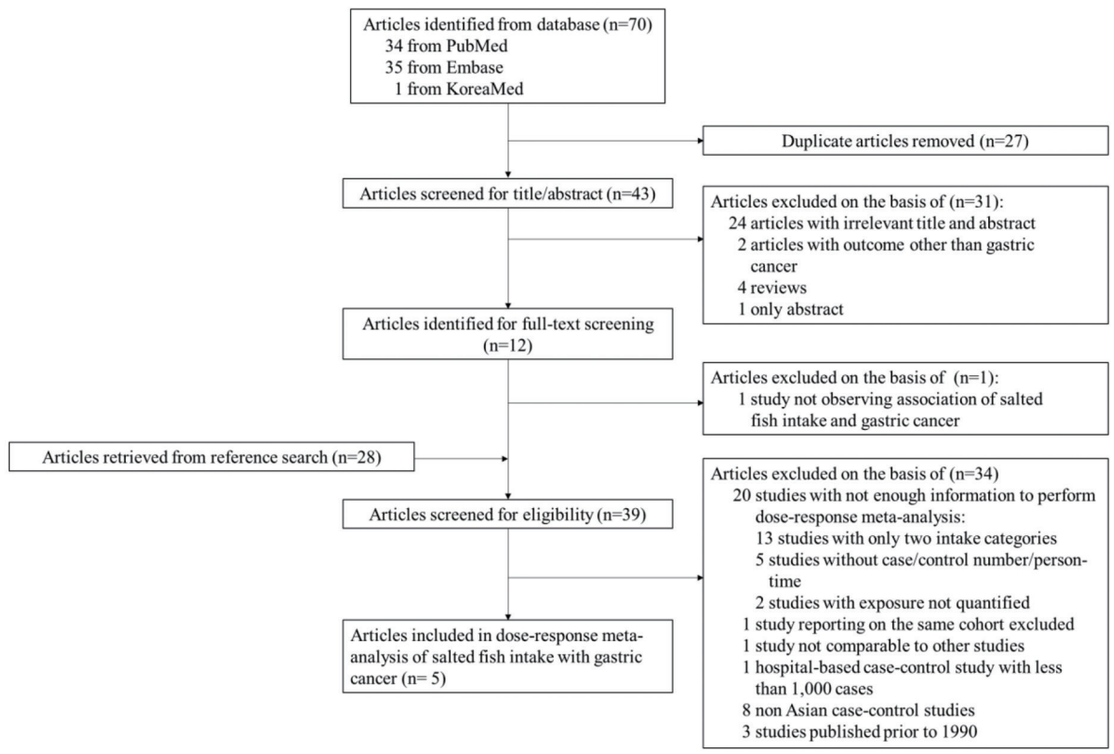

Figure S3 Flow diagram of study selection for dose-response meta-analysis on the association of salted fish with gastric cancer risk.

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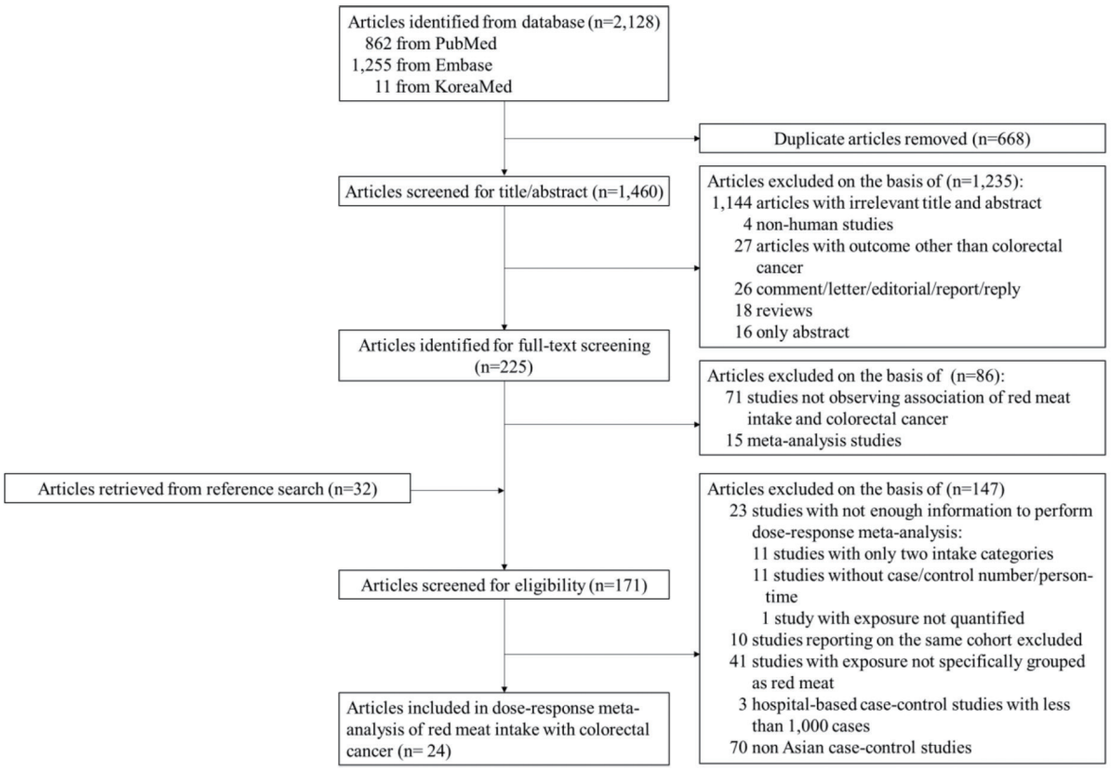

Figure S4 Flow diagram of study selection for dose-response meta-analysis on the association of red meat with colorectal cancer risk.

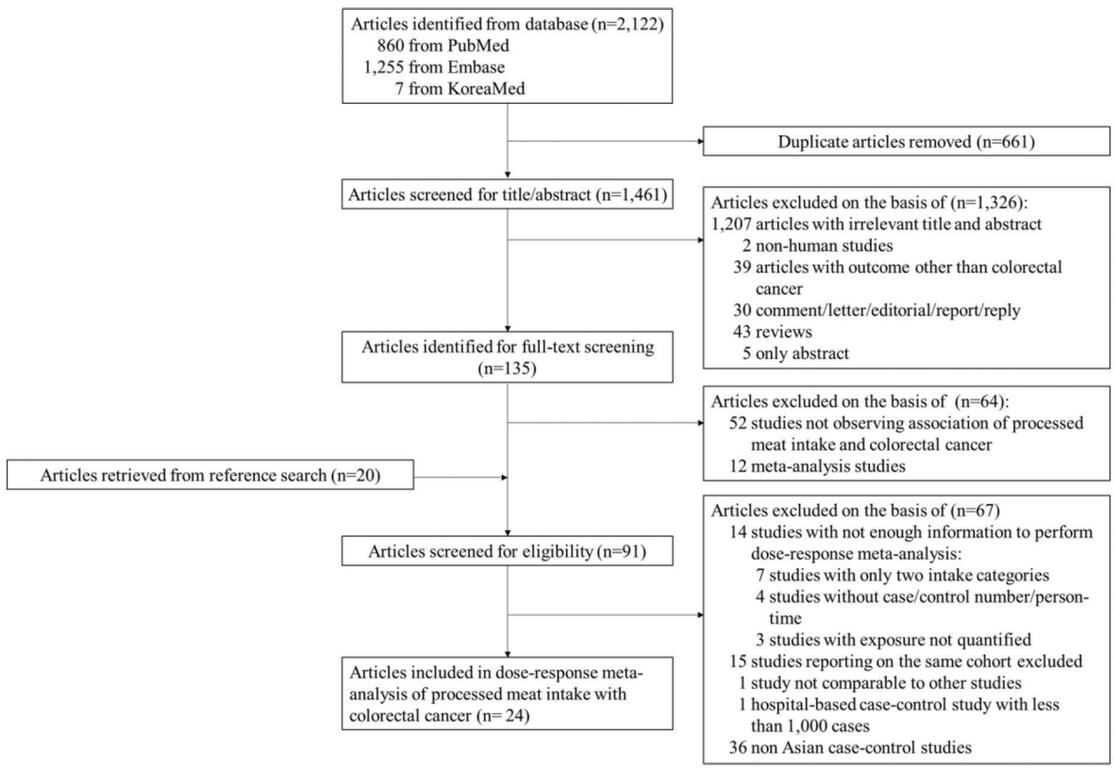

Figure S5 Flow diagram of study selection for dose-response meta-analysis on the association of processed meat with colorectal cancer risk.

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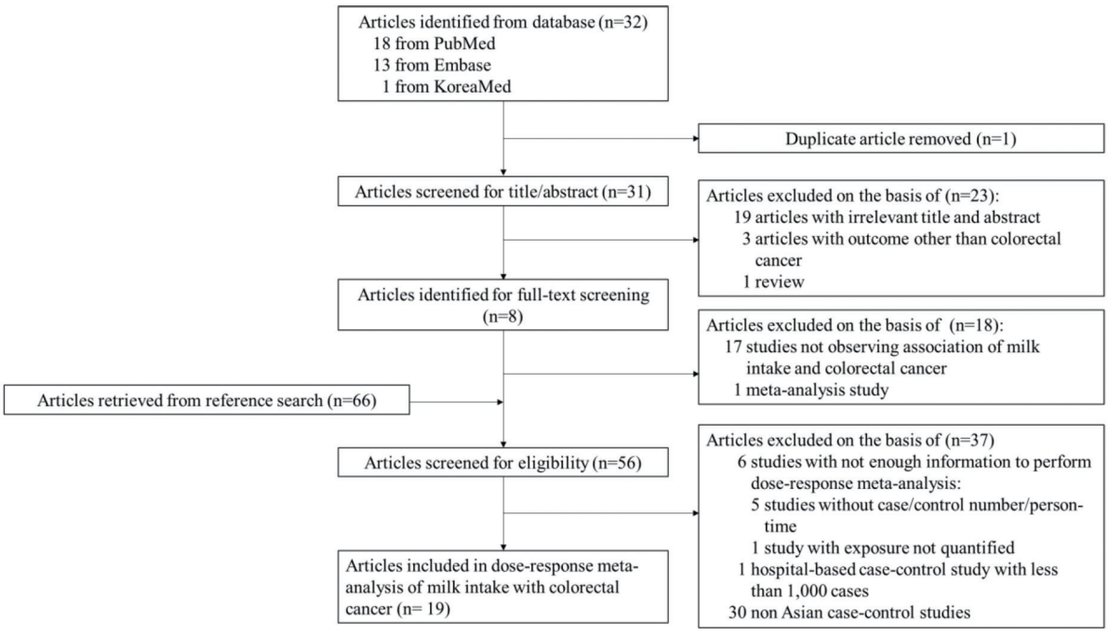

Figure S6 Flow diagram of study selection for dose-response meta-analysis on the association of milk with colorectal cancer risk.

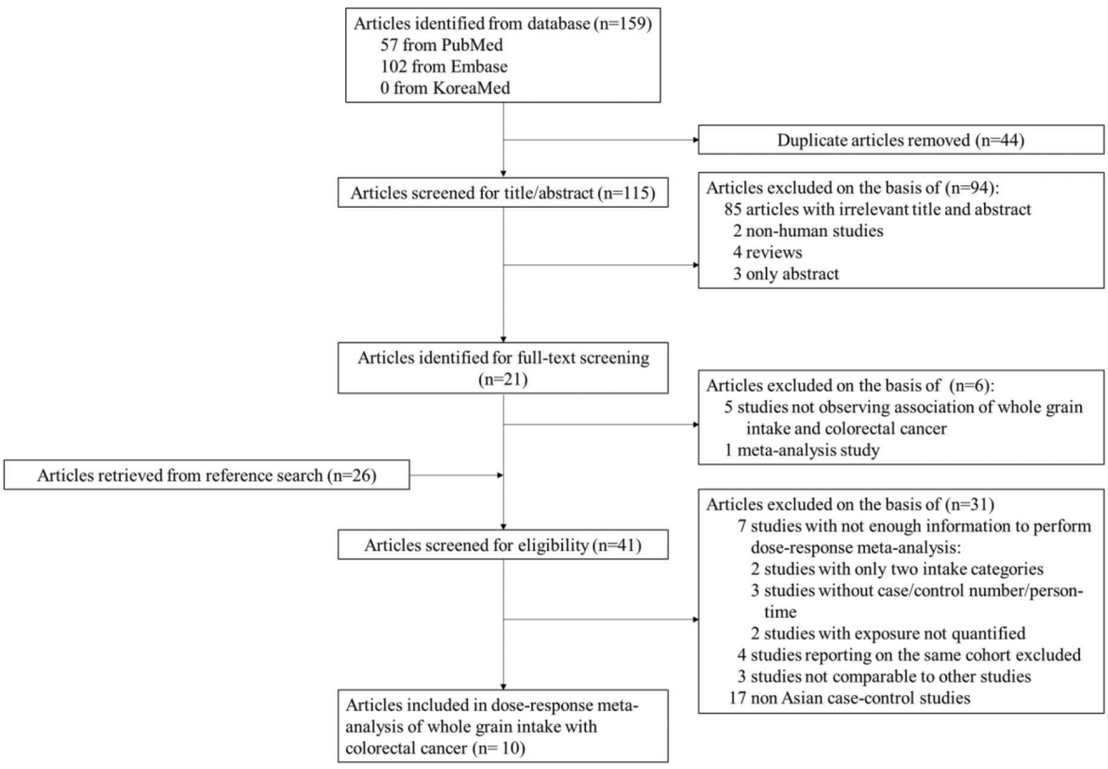

Figure S7 Flow diagram of study selection for dose-response meta-analysis on the association of whole grains with colorectal cancer risk.

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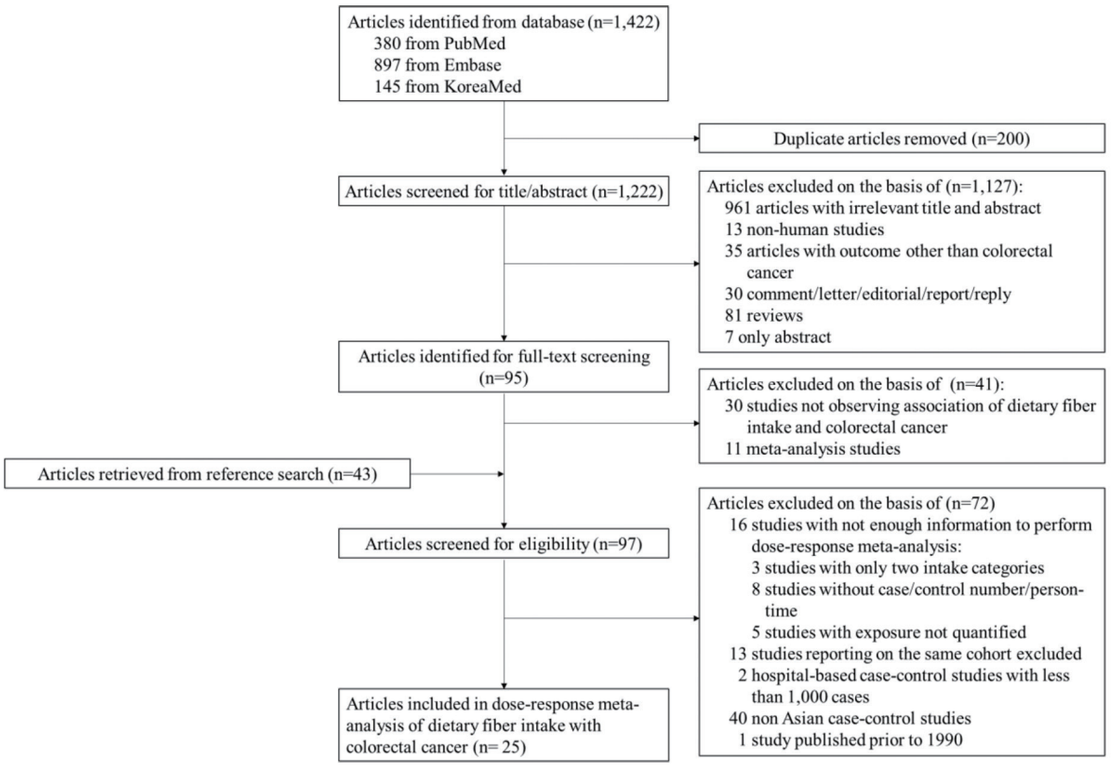

Figure S8 Flow diagram of study selection for dose-response meta-analysis on the association of dietary fiber with colorectal cancer risk.

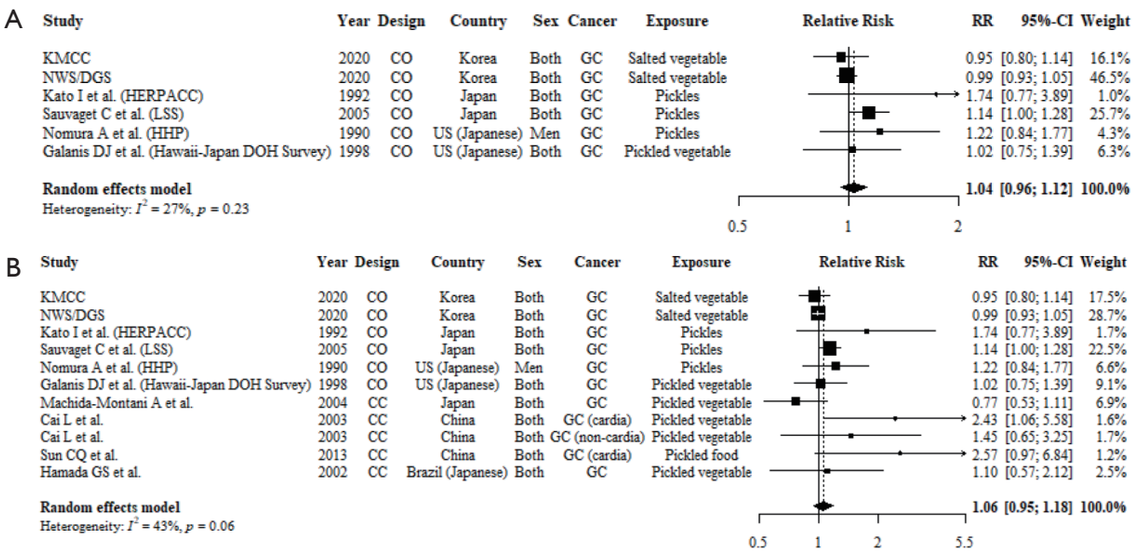

Figure S9 Pooled estimates (95% CIs) of gastric cancer risk per 40 g/day increments in intake of salted vegetables among both sexes from global cohort studies (A) and from Asian cohort and case-control studies (B). RR, relative risk; CI, confidence interval; KMCC, Korean Multi-center Cancer Cohort Study; CO, cohort study; GC, gastric cancer; NWS/DGS, Namwon Study and the Dong-gu Study; HERPACC, Hospital-based Epidemiologic Research Program at Aichi Cancer Center; LSS, Life Span Study Cohort; HHP, Honolulu Heart Program; Hawaii-Japan DOH Survey, Hawaii-Japan Department of Health Survey; CC, case-control study; cardia, gastric cardia cancer; non-cardia, non-cardia gastric cancer.

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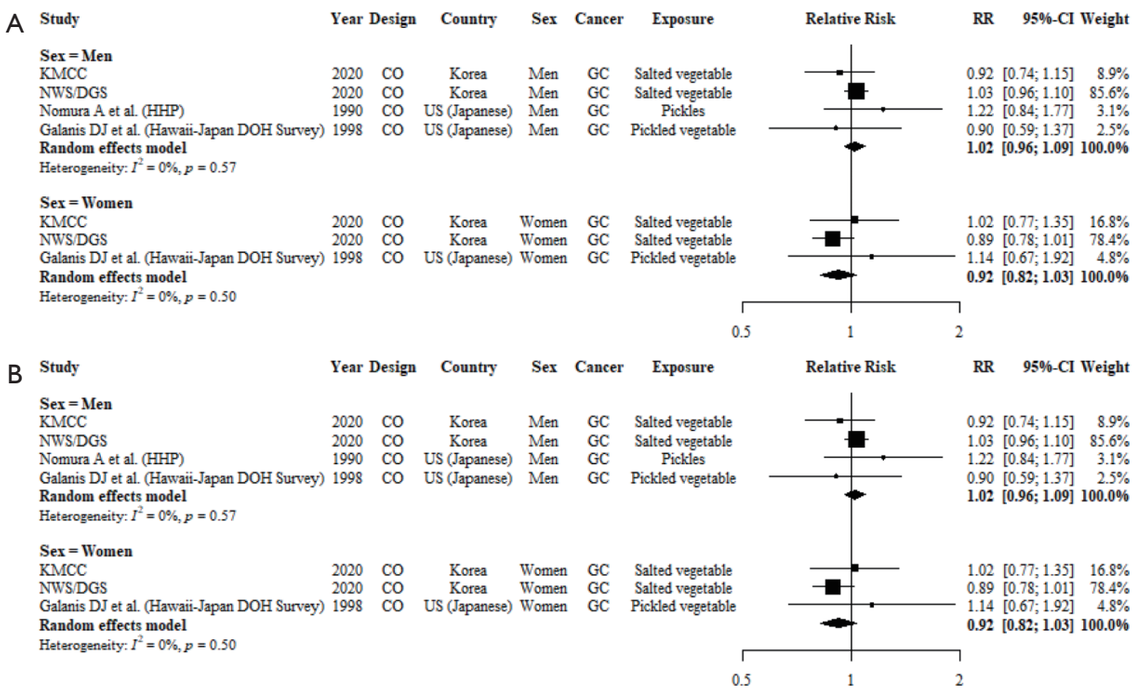

Figure S10 Pooled estimates (95% CIs) of gastric cancer risk per 40 g/day increments in intake of salted vegetables by sex from global cohort studies (A) and from Asian cohort and case-control studies (B). RR, relative risk; CI, confidence interval; KMCC, Korean Multi-center Cancer Cohort Study; CO, cohort study; GC, gastric cancer; NWS/DGS, Namwon Study and the Dong-gu Study; HHP, Honolulu Heart Program; Hawaii-Japan DOH Survey, Hawaii-Japan Department of Health Survey.

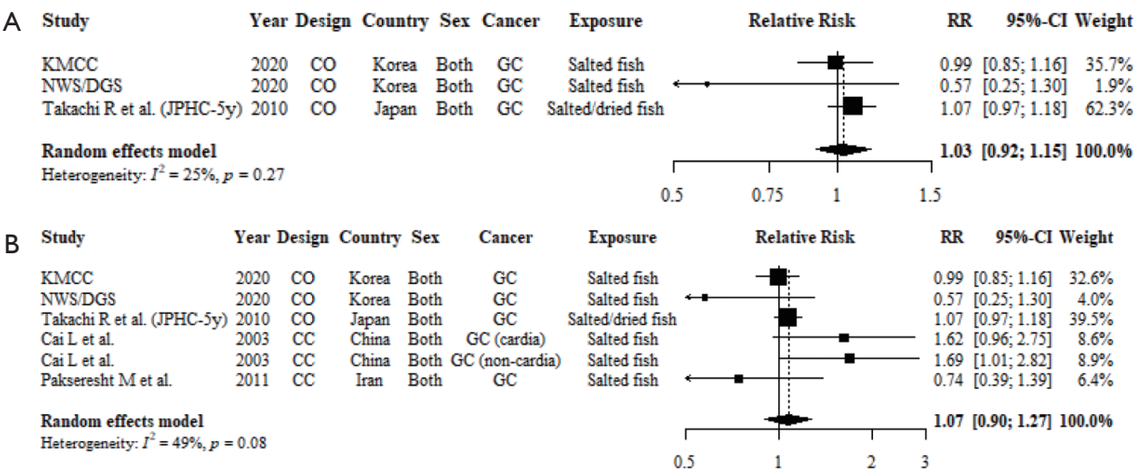

Figure S11 Pooled estimates (95% CIs) of gastric cancer risk per 20 g/day increments in intake of salted fish among both sexes from global cohort studies (A) and from Asian cohort and case-control studies (B). RR, relative risk; CI, confidence interval; KMCC, Korean Multi-center Cancer Cohort Study; CO, cohort study; GC, gastric cancer; NWS/DGS, Namwon Study and the Dong-gu Study; JPHC-5y, 5-Year Follow-Up Survey in the JPHC Study Cohort II; CC, case-control study; cardia, gastric cardia cancer; non-cardia, non-cardia gastric cancer.

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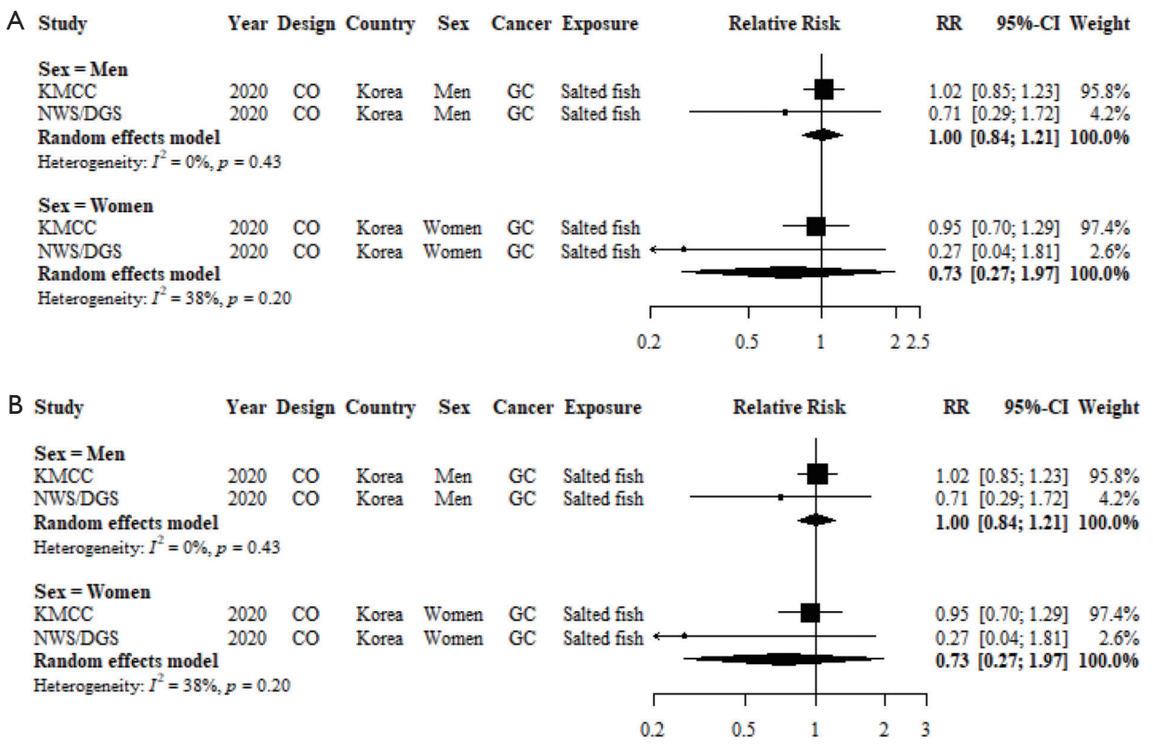

Figure S12 Pooled estimates (95% CIs) of gastric cancer risk per 20 g/day increments in intake of salted fish by sex from global cohort studies (A) and from Asian cohort and case-control studies (B). RR, relative risk; CI, confidence interval; KMCC, Korean Multi-center Cancer Cohort Study; CO, cohort study; GC, gastric cancer; NWS/DGS, Namwon Study and the Dong-gu Study.

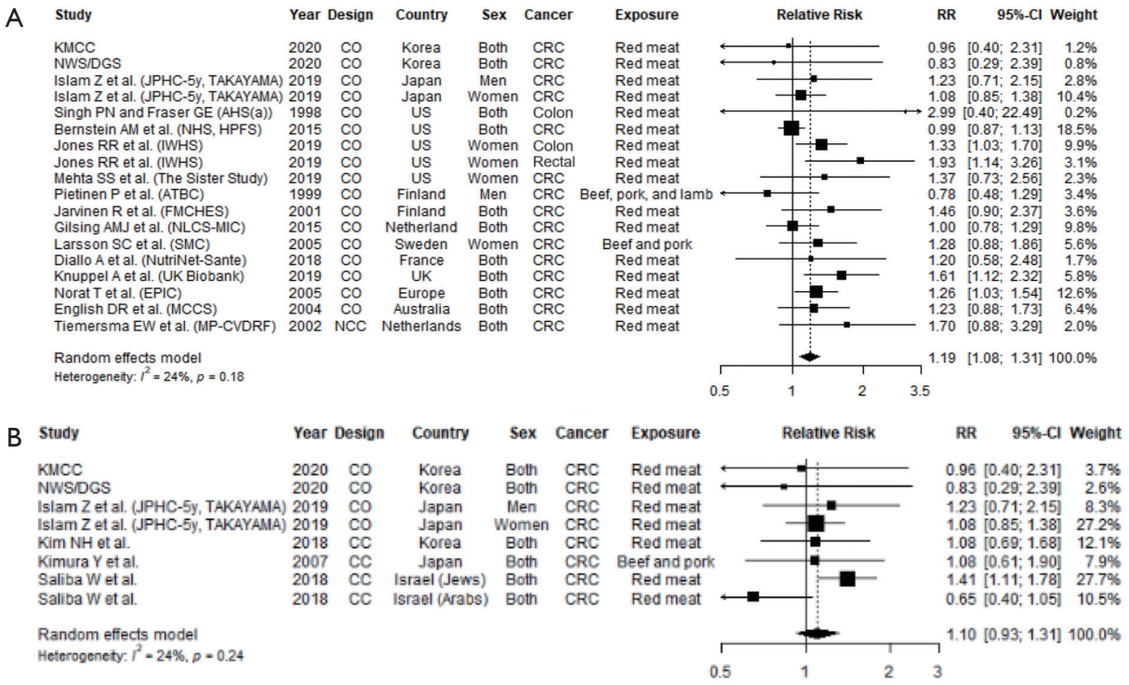

Figure S13 Pooled estimates (95% CIs) of colorectal cancer risk per 120 g/day increments in intake of red meat among both sexes from global cohort studies (A) and from Asian cohort and case-control studies (B). RR, relative risk; CI, confidence interval; KMCC, Korean Multi-center Cancer Cohort Study; CO, cohort study; CRC, colorectal cancer; JPHC-5y, 5-Year Follow-Up Survey in the JPHC Study Cohort II; TAKAYAMA, Takayama Study; AHS, seventh-day Adventists Health Study; colon, colon cancer; NHS, Nurses' Health Study; HPFS, Health Professionals Follow-Up Study; IWHS, Iowa Women's Health Study Cohort; rectal, rectal cancer; ATBC, the Alpha-Tocopherol, Beta-Carotene Cancer Prevention Study; FMCHES, Finnish Mobile Clinic Health Examination Survey; NLCS-MIC, Netherlands Cohort Study-Meat Investigation Cohort; SMC, Swedish Mammography Cohort; NutriNet-Sante, NutriNet-Sante Study; EPIC, European Prospective Investigation into Cancer and Nutrition; MCCS, Melbourne Collaborative Cohort Study; MP-CVDRF, Monitoring Project on Cardiovascular Disease Risk Factors; NCC, nested case-control study; CC, case-control study.

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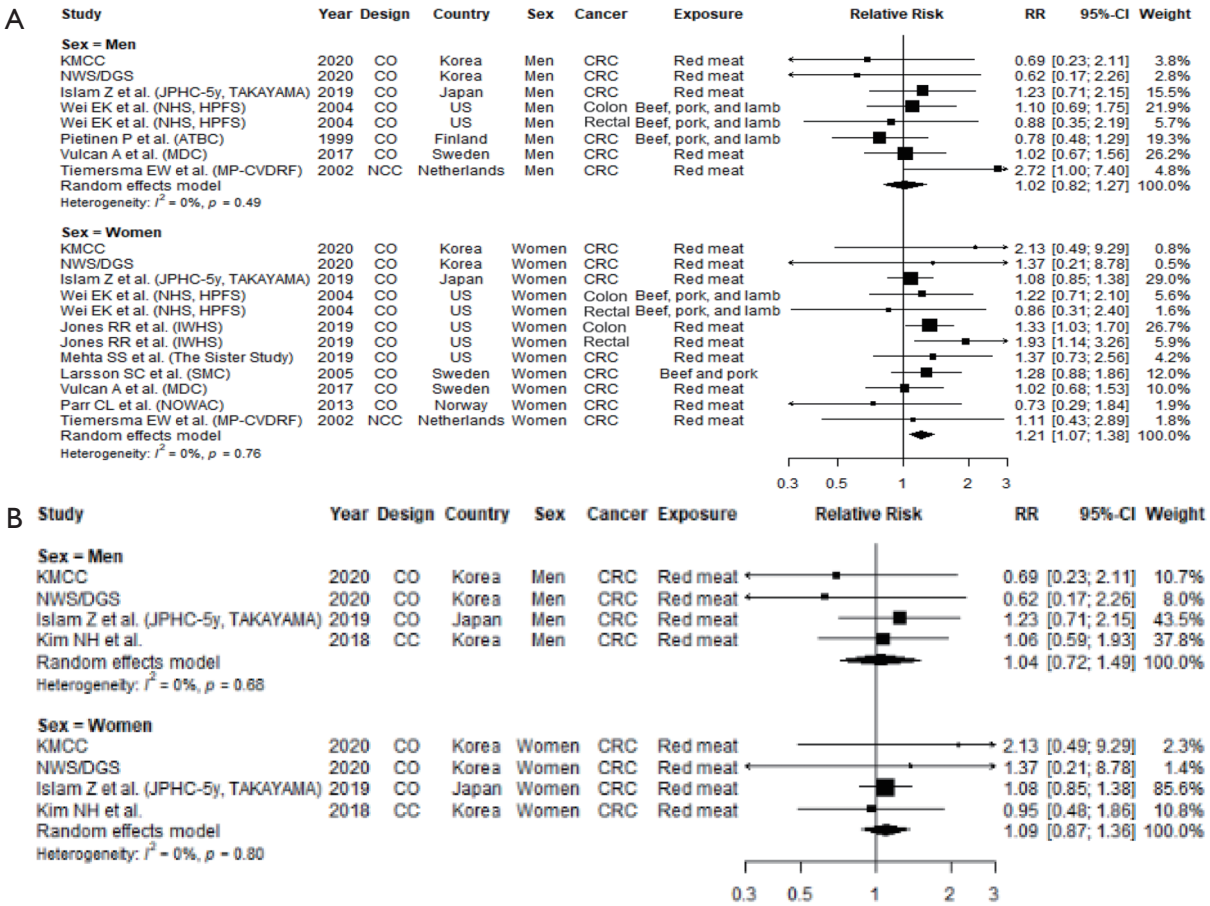

Figure S14 Pooled estimates (95% CIs) of colorectal cancer risk per 120 g/day increments in intake of red meat by sexes from global cohort studies (A) and from Asian cohort and case-control studies (B). RR, relative risk; CI, confidence interval; KMCC, Korean Multi-center Cancer Cohort Study; CO, cohort study; CRC, colorectal cancer; JPHC-5y, 5-Year Follow-Up Survey in the JPHC Study Cohort II; TAKAYAMA, Takayama Study; NHS, Nurses' Health Study; HPFS, Health Professionals Follow-Up Study; colon, colon cancer; rectal, rectal cancer; ATBC, the Alpha-Tocopherol, Beta-Carotene Cancer Prevention Study; MDC, Malmö Diet and Cancer; MP-CVDRF, Monitoring Project on Cardiovascular Disease Risk Factors; NCC, nested case-control study; IWHS, Iowa Women's Health Study Cohort; SMC, Swedish Mammography Cohort; NOWAC, Norwegian Women and Cancer Study; CC, case-control study.

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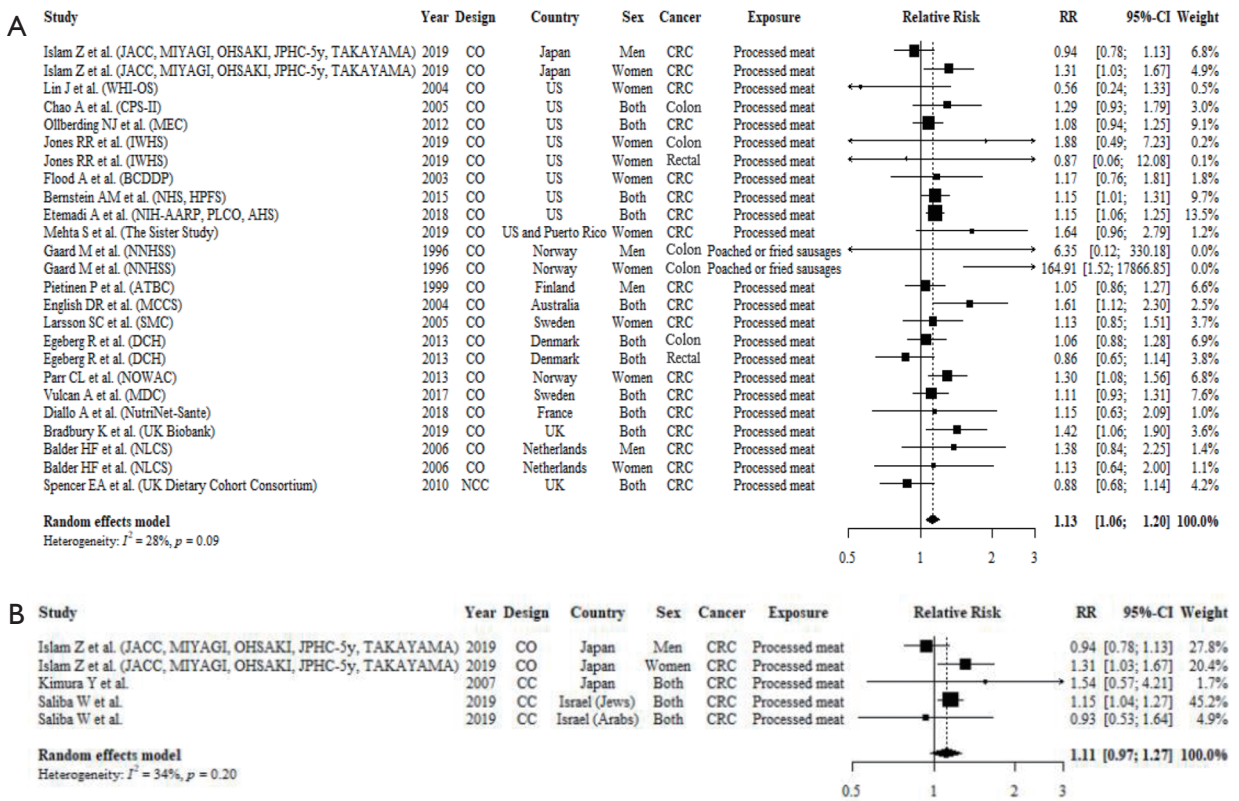

Figure S15 Pooled estimates (95% CIs) of colorectal cancer risk per 50 g/day increments in intake of processed meat among both sexes from global cohort studies (A) and from Asian cohort and case-control studies (B). RR, relative risk; CI, confidence interval; JACC, Japan Collaborative Cohort Study; MIYAGI, Miyagi Cohort Study; OHSAKI, Ohsaki Cohort Study; JPHC-5y, 5-Year Follow-Up Survey in the JPHC Study Cohort II; TAKAYAMA, Takayama Study; CO, cohort study; CRC, colorectal cancer; WHI-OS, Women's Health Initiative Observational Study; CPS-II, Cancer Prevention Study II Nutrition Cohort; colon, colon cancer; MEC, Multiethnic Cohort Study; IWHS, Iowa Women's Health Study Cohort; rectal, rectal cancer; BCDDP, Breast Cancer Detection Demonstration Project; NHS, Nurses' Health Study; HPFS, Health Professionals Follow-Up Study; NIH-AARP, National Institutes of Health-AARP Diet and Health Study; PLCO, Prostate; Lung; Colorectal and Ovarian Cancer Screening Trial; AHS, Agricultural Health Study; NNHSS, Norwegian National Health Screening Service Study; ATBC, Alpha-Tocopherol, Beta-Carotene Cancer Prevention Study; MCCS, Melbourne Collaborative Cohort Study; SMC, Swedish Mammography Cohort; DCH, Danish Diet, Cancer and Health Cohort Study; NOWAC, Norwegian Women and Cancer Study; MDC, Malmö Diet and Cancer; NutriNet-Sante, NutriNet-Sante Study; NLCS, Netherlands Cohort Study; NCC, nested case-control study; CC, case-control study.

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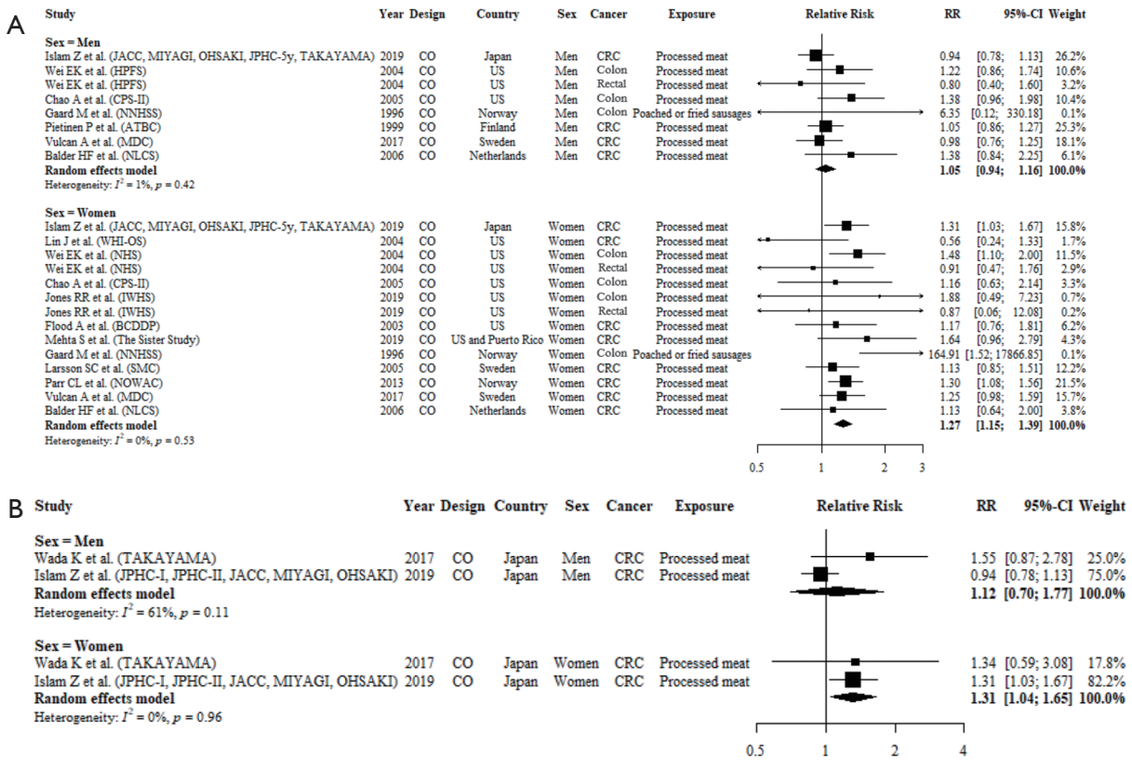

Figure S16 Pooled estimates (95% CIs) of colorectal cancer risk per 50 g/day increments in intake of processed meat by sexes from global cohort studies (A) and from Asian cohort and case-control studies (B). RR, relative risk; CI, confidence interval; JACC, Japan Collaborative Cohort Study; MIYAGI, Miyagi Cohort Study; OHSAKI, Ohsaki Cohort Study; J JPHC-5y, 5-Year Follow-Up Survey in the JPHC Study Cohort II; TAKAYAMA, Takayama Study; CO, cohort study; CRC, colorectal cancer; HPFS, Health Professionals Follow-Up Study; colon, colon cancer; rectal, rectal cancer; CPS-II, Cancer Prevention Study II Nutrition Cohort; NNHSS, Norwegian National Health Screening Service Study; ATBC, Alpha-Tocopherol, Beta-Carotene Cancer Prevention Study; MDC, Malmö Diet and Cancer; NLCS, Netherlands Cohort Study; WHI-OS, Women's Health Initiative Observational Study; NHS, Nurses' Health Study; IWHS, Iowa Women's Health Study Cohort; BCDDP, Breast Cancer Detection Demonstration Project; SMC, Swedish Mammography Cohort; NOWAC, Norwegian Women and Cancer Study.

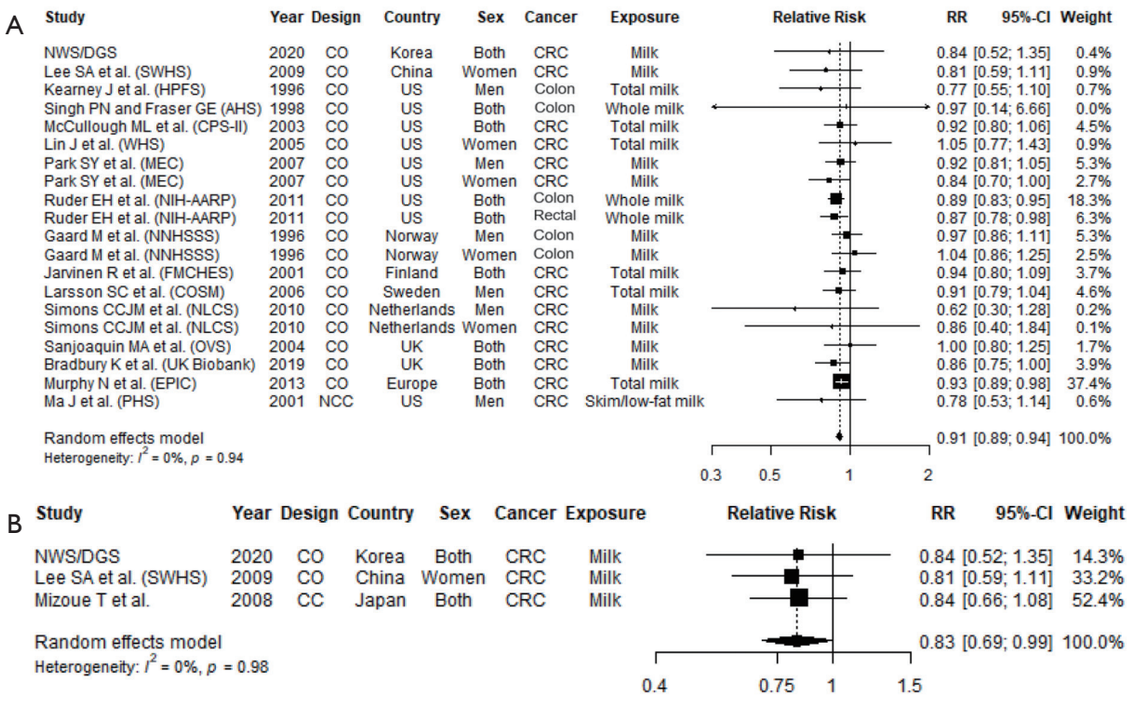

Figure S17 Pooled estimates (95% CIs) of colorectal cancer risk per 200 g/day increments in intake of milk among both sexes from global cohort studies (A) and from Asian cohort and case-control studies (B). RR, relative risk; CI, confidence interval; NWS/DGS, Namwon Study and the Dong-gu Study; CO, cohort study; CRC, colorectal cancer; SWHS, Shanghai Women's Health Study; HPFS, Health Professionals Follow-Up Study; colon, colon cancer; AHS, Agricultural Health Study; CPS-II, Cancer Prevention Study II Nutrition Cohort; WHS, Women's Health Study; MEC, Multiethnic Cohort Study; NIH-AARP, National Institutes of Health-AARP Diet and Health Study; rectal, rectal cancer; NNHSSS, Norwegian National Health Screening Service Study; FMCHES, Finnish Mobile Clinic Health Examination Survey; COSM, Cohort of Swedish Men; NLCS, Netherlands Cohort Study; OVS, Oxford Vegetarian Study; EPIC, European Prospective Investigation into Cancer and Nutrition; PHS, Physicians' Health Study; NCC, nested case-control study; CC, case-control study.

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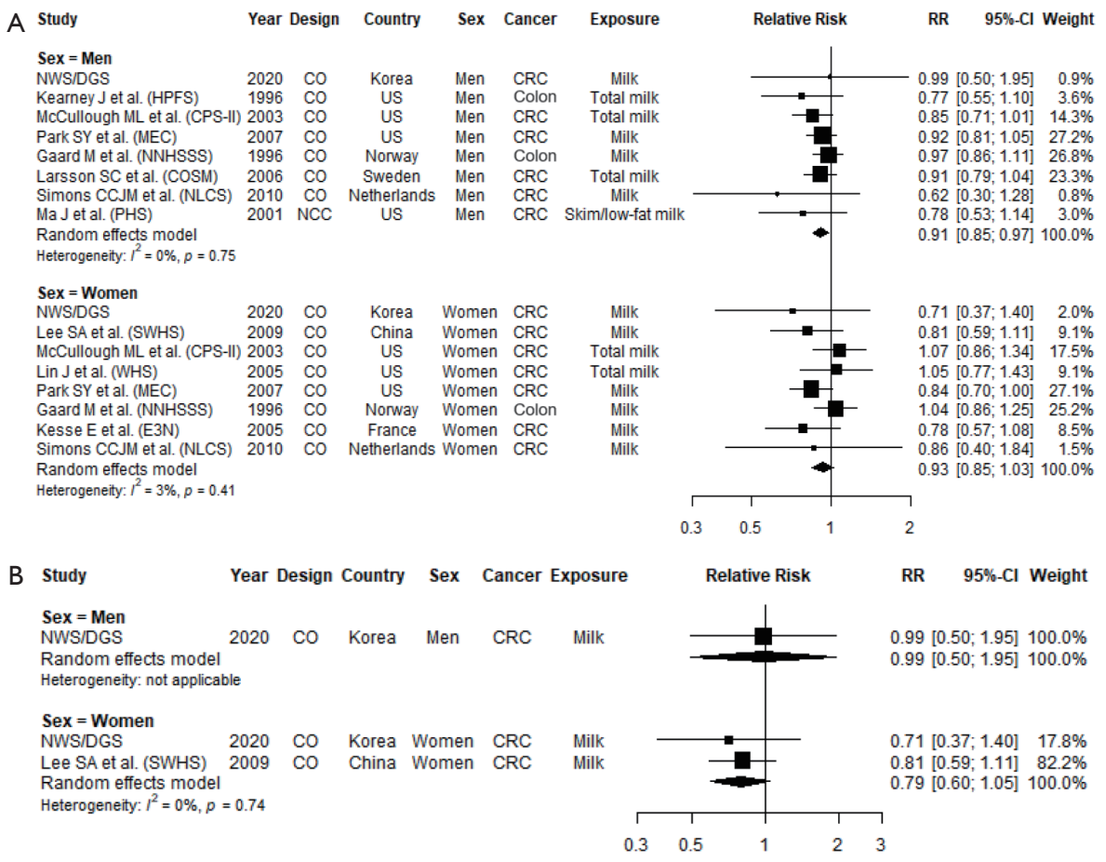

Figure S18 Pooled estimates (95% CIs) of colorectal cancer risk per 200 g/day increments in intake of milk by sexes from global cohort studies (A) and from Asian cohort and case-control studies (B). RR, relative risk; CI, confidence interval; NWS/DGS, Namwon Study and the Dong-gu Study; CO, cohort study; CRC, colorectal cancer; HPFS, Health Professionals Follow-Up Study; colon, colon cancer; CPS-II, Cancer Prevention Study II Nutrition Cohort; MEC, Multiethnic Cohort Study; NNHSSS, Norwegian National Health Screening Service Study; COSM, Cohort of Swedish Men; NLCS, Netherlands Cohort Study; PHS, Physicians' Health Study; NCC, nested case-control study; SWHS, Shanghai Women's Health Study; WHS, Women's Health Study; E3N, French E3N Cohort Study.

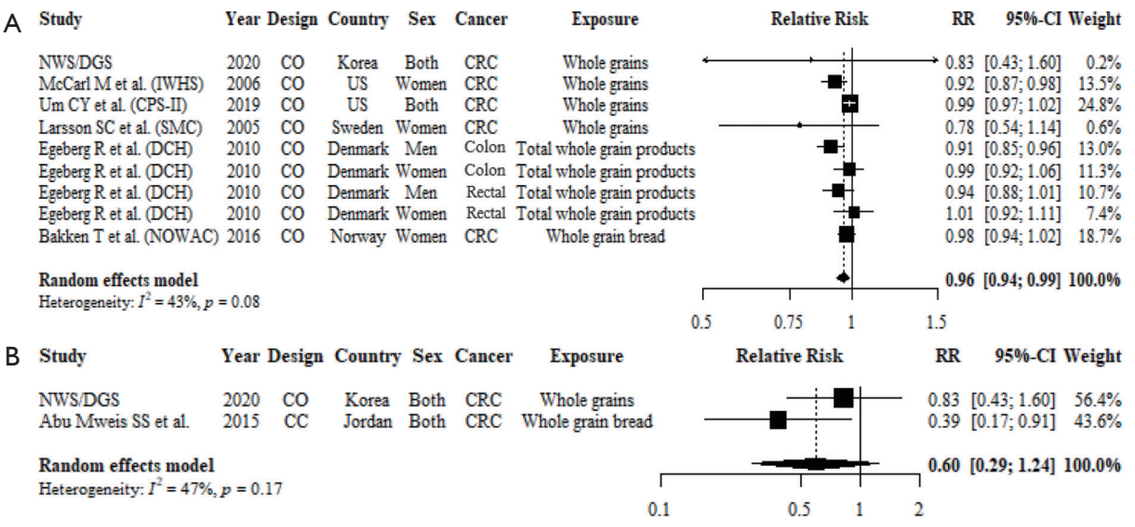

Figure S19 Pooled estimates (95% CIs) of colorectal cancer risk per 30 g/day increments in intake of whole grains among both sexes from global cohort studies (A) and from Asian cohort and case-control studies (B). RR, relative risk; CI, confidence interval; NWS/DGS, Namwon Study and the Dong-gu Study; CO, cohort study; CRC, colorectal cancer; IWHS, Iowa Women's Health Study Cohort; CPS-II, Cancer Prevention Study II Nutrition Cohort; SMC, Swedish Mammography Cohort; DCH, Danish Diet, Cancer and Health Cohort Study; colon, colon cancer; rectal, rectal cancer; NOWAC, the Norwegian Women and Cancer study; CC, case-control study.

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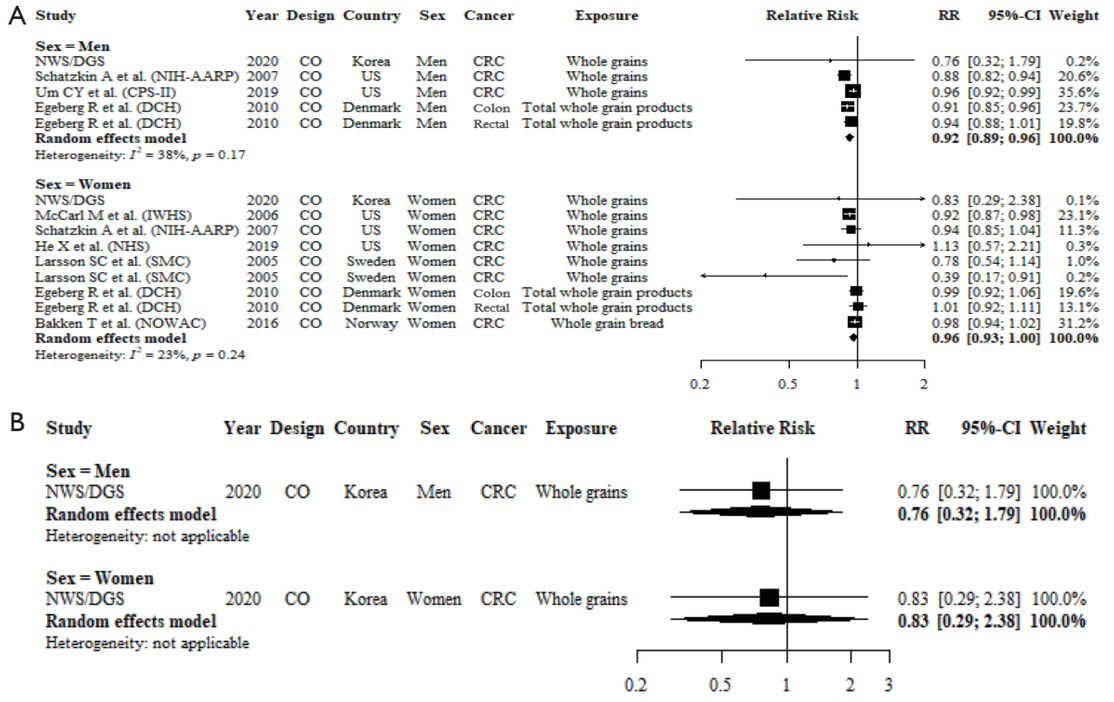

Figure S20 Pooled estimates (95% CIs) of colorectal cancer risk per 30 g/day increments in intake of whole grains by sexes from global cohort studies (A) and from Asian cohort and case-control studies (B). RR, relative risk; CI, confidence interval; NWS/DGS, Namwon Study and the Dong-gu Study; CO, cohort study; CRC, colorectal cancer; NIH-AARP, National Institutes of Health-AARP Diet and Health Study; CPS-II, Cancer Prevention Study II Nutrition Cohort; DCH, Danish Diet; Cancer and Health Cohort Study; colon, colon cancer; rectal, rectal cancer; IWHS, Iowa Women's Health Study Cohort; NHS, Nurses' Health Study; SMC, Swedish Mammography Cohort; NOWAC, Norwegian Women and Cancer Study.

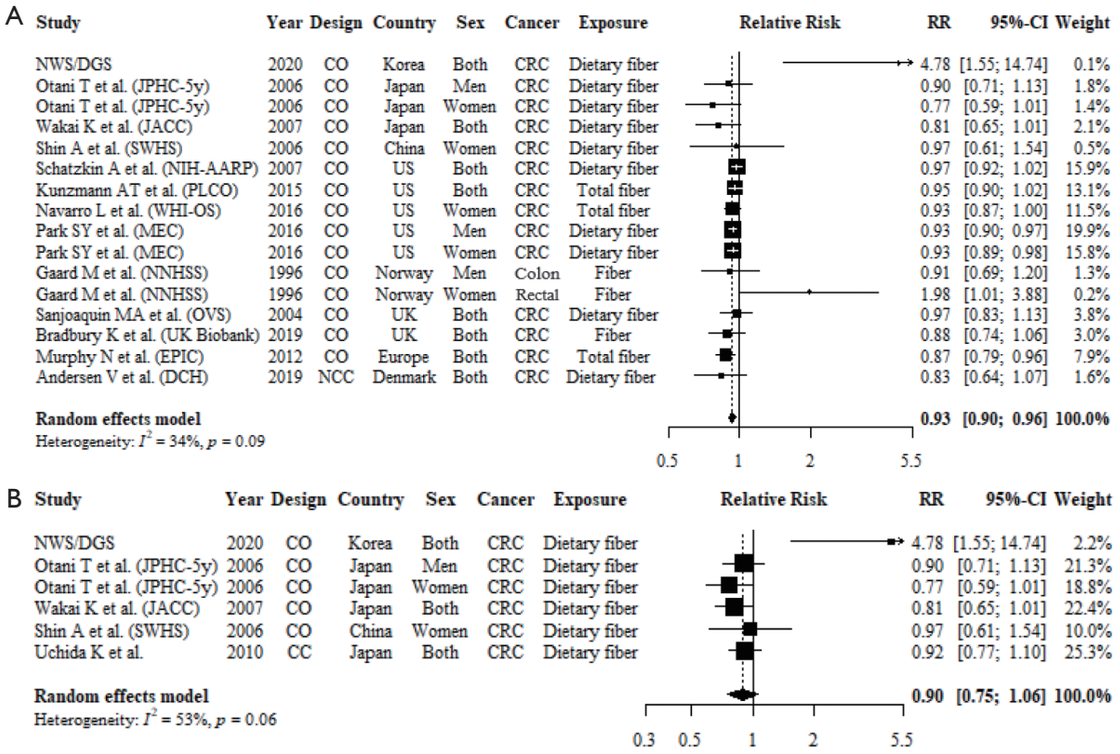

Figure S21 Pooled estimates (95% CIs) of colorectal cancer risk per 10 g/day increments in intake of dietary fiber among both sexes from global cohort studies (A) and from Asian cohort and case-control studies (B). RR, relative risk; CI, confidence interval; NWS/DGS, Namwon Study and the Dong-gu Study; CO, cohort study; CRC, colorectal cancer; JPHC-5y, 5-Year Follow-Up Survey in the JPHC Study Cohort II; JACC, Japan Collaborative Cohort Study; SWHS, Shanghai Women's Health Study; NIH-AARP, National Institutes of Health-AARP Diet and Health Study; PLCO, Prostate, Lung, Colorectal and Ovarian Cancer Screening Trial; WHI-OS, Women's Health Initiative Observational Study; MEC, Multiethnic Cohort Study; NNHSSS, Norwegian National Health Screening Service Study; colon, colon cancer; rectal, rectal cancer; OVS, Oxford Vegetarian Study; EPIC, European Prospective Investigation into Cancer and Nutrition; DCH, Danish Diet, Cancer and Health Cohort Study; NCC, nested case-control study; CC, case-control study.

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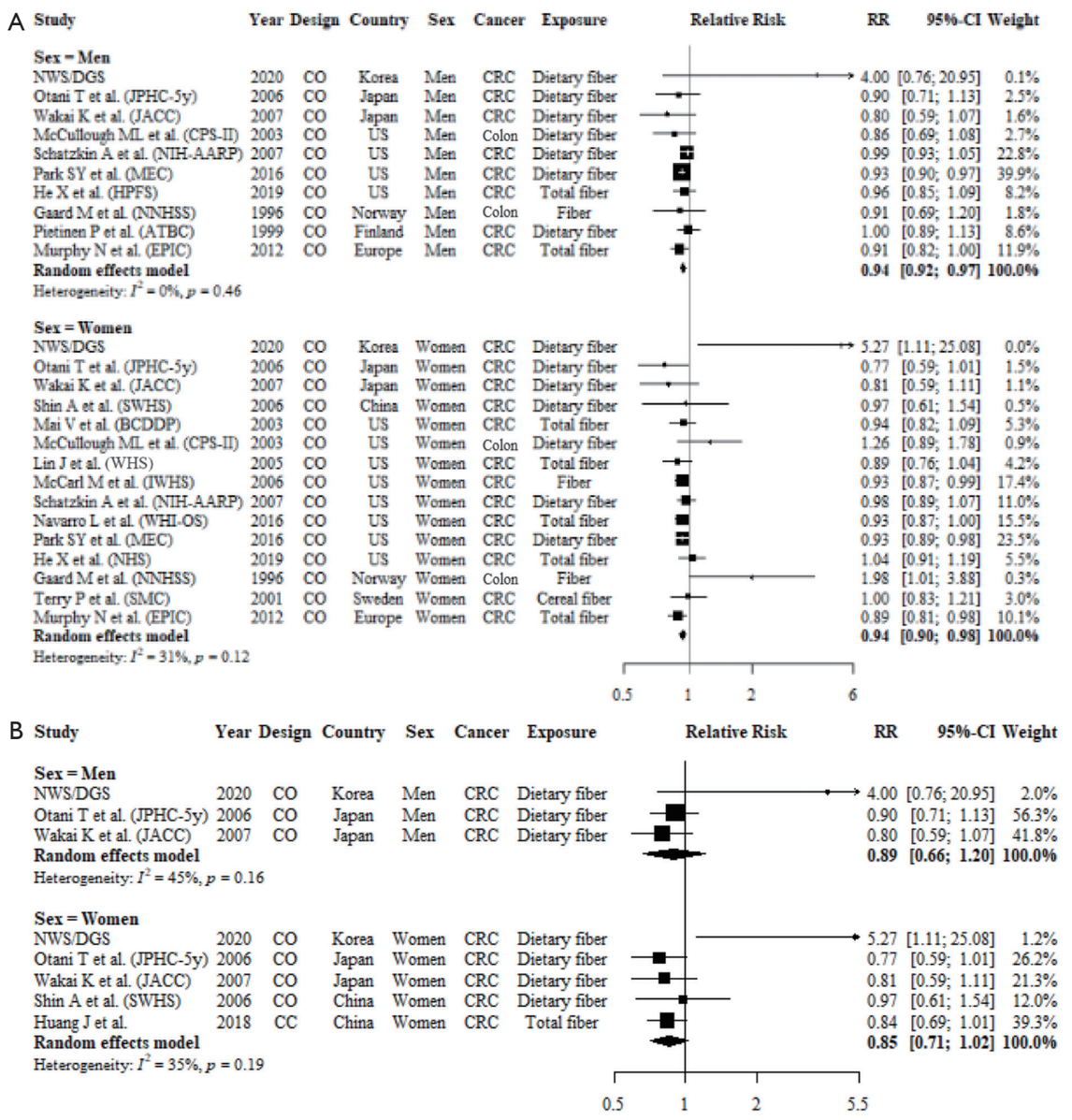

Figure S22 Pooled estimates (95% CIs) of colorectal cancer risk per 10 g/day increments in intake of dietary fiber by sexes from global cohort studies (A) and from Asian cohort and case-control studies (B). RR, relative risk; CI, confidence interval; NWS/DGS, Namwon Study and the Dong-gu Study; CO, cohort study; CRC, colorectal cancer; JPHC-5y, 5-Year Follow-Up Survey in the JPHC Study Cohort II; JACC, Japan Collaborative Cohort Study; CPS-II, Cancer Prevention Study II Nutrition Cohort; colon, colon cancer; NIH-AARP, National Institutes of Health-AARP Diet and Health Study; MEC, Multiethnic Cohort Study; HPFS, Health Professionals Follow-Up Study; NNHSSS, Norwegian National Health Screening Service Study; ATBC, Alpha-Tocopherol, Beta-Carotene Cancer Prevention Study; EPIC, European Prospective Investigation into Cancer and Nutrition; SWHS, Shanghai Women's Health Study; BCDDP, Breast Cancer Detection Demonstration Project; WHS, Women's Health Study; WHI-OS, Women's Health Initiative Observational Study; IWHS, Iowa Women's Health Study Cohort; NHS, Nurses' Health Study; SMC, Swedish Mammography Cohort; CC, case-control study.

https://dx.doi.org/10.21037/jgo-24-10

Table S1 List of selected dietary risk factors for gastric and colorectal cancer

Dietary factors	WCRF/AICR CUP	IARC monograph
Gastric cancer		
Foods preserved by salting (mainly salted vegetables and salted fish)	Probable (increase risk)	Pickled vegetables: group 2B (possibly carcinogenic agents with limited evidence in humans) Cantonese-style salted fish: group 1 (carcinogenic agents with limited evidence in humans)
Colorectal cancer		
Red meat	Probable (increase risk)	Group 2A (probably carcinogenic agents with limited evidence in humans)
Processed meat	Convincing (increase risk)	Group 1 (carcinogenic agents with sufficient evidence in humans)
Dairy products[†]	Probable (decrease risk)	–
Whole grains	Probable (decrease risk)	–
Dietary fiber	Probable (decrease risk)	–

[†], we included milk instead of dairy products in the current analysis. WCRF/AICR, World Cancer Research Fund/American Institute for Cancer Research; CUP, Continuous Update Project; IARC, International Agency for Research on Cancer.

Table S2 Cut-off levels for risk and counterfactual distribution of selected dietary risk factors

Dietary risk factors	Cut-off levels for risk [the optimal intake range] (g/day)	Counterfactual distribution (g/day), mean ± SD[†]
Salted vegetables[‡]	<9	9±1.0
Salted fish[‡]	<3	3±0.3
Red meat[§]	>27 [18–27]	23±2.7
Processed meat[§]	>4 [0–4]	2±0.2
Milk[§]	<350 [350–520]	435±50.2
Whole grains[§]	<100 [100–150]	125±14.4
Dietary fiber[§]	<19 [19–28]	24±2.8

[†], SD was estimated by the following method: SD = mean × 0.2/square root of 3; [‡], the average intake values of reference groups published among global studies; [§], the optimal level of intake suggested by the GBD Study 2017. SD, standard deviation; GBD, Global Burden of Disease.

https://dx.doi.org/10.21037/jgo-24-10

Table S3 Analyses of the associations between dietary factors and gastric and colorectal cancers in the KMCC and the NWS/DGS

Dietary factors and cancer	KMCC	NWS/DGS
Baseline year	1993–2004	2004–2008
End of the follow-up	Dec 31, 2014	Dec 31, 2016
Dietary assessment	FFQ	FFQ
Salted vegetables and gastric cancer		
Number of cases/total	81/4,513; M: 49/1,733; W: 32/2,780	179/9,405; M: 117/3,477; W: 62/5,928
Per increment unit	40 g/day	40 g/day
RR (95% CI)	0.95 (0.80–1.14); M: 0.92 (0.74–1.15); W: 1.02 (0.77–1.35)	0.99 (0.93–1.05); M: 1.03 (0.96–1.10); W: 0.89 (0.78–1.01)
Adjustments	Age, sex, survey year, BMI, smoking status, and alcohol drinking frequency	Age, sex, cohort, survey year, BMI, smoking, alcohol drinking, education level, physical activity, and energy intake
Salted fish and gastric cancer		
Number of cases/total	296/11,322	179/9,405; M: 117/3,477; W: 62/5,928
Per increment unit	20 g/day	20 g/day
RR (95% CI)	0.99 (0.85–1.16); M: 1.02 (0.85–1.23); W: 0.95 (0.70–1.29)	0.57 (0.25–1.30); M: 0.71 (0.29–1.72); W: 0.27 (0.04–1.81)
Adjustments	Age, sex, survey year, BMI, smoking status, and alcohol drinking frequency	Age, sex, cohort, survey year, BMI, smoking, alcohol drinking, education level, physical activity, and energy intake
Red meat and colorectal cancer		
Number of cases/total	68/4,512; M: 36/1,733; W: 32/2,779	131/9,405; M: 67/3,477; W: 64/5,928
Per increment unit	120 g/day	120 g/day
RR (95% CI)	0.96 (0.40–2.31); M: 0.69 (0.23–2.11); W: 2.13 (0.49–9.29)	0.83 (0.29–2.39); M: 0.62 (0.17–2.26); W: 1.37 (0.21–8.78)
Adjustments	Age, sex, survey year, BMI, smoking status, and alcohol drinking frequency	Age, sex, cohort, survey year, BMI, smoking, alcohol drinking, education level, physical activity, energy intake, and vegetable and fruit intakes
Milk and colorectal cancer		
Number of cases/total	N/A	131/9,405; M: 67/3,477; W: 64/5,928
Per increment unit		200 g/day
RR (95% CI)		0.84 (0.52–1.35); M: 0.99 (0.50–1.95); W: 0.71 (0.37–1.40)
Adjustments		Age, sex, cohort, survey year, BMI, smoking, alcohol drinking, education level, physical activity, energy intake, and vegetable and fruit intakes
Whole grains and colorectal cancer		
Number of cases/total	N/A	131/9,405; M: 67/3,477; W: 64/5,928
Per increment unit		30 g/day
RR (95% CI)		0.83 (0.43–1.60); M: 0.76 (0.32–1.79); W: 0.83 (0.29–2.38)
Adjustments		Age, sex, cohort, survey year, BMI, smoking, alcohol drinking, education level, physical activity, energy intake, vegetable and fruit intakes, and dietary fiber intake
Dietary fiber and colorectal cancer		
Number of cases/total	N/A	131/9,405; M: 67/3,477; W: 64/5,928
Per increment unit		10 g/day
RR (95% CI)		4.78 (1.55–14.74); M: 4.00 (0.76–20.95); W: 5.27 (1.11–25.08)
Adjustments		Age, sex, cohort, survey year, BMI, smoking, alcohol drinking, education level, physical activity, energy intake, dietary calcium intake

Processed meat intake was not analyzed due to the small number of cases (≤5 cases) in the NWS/DGS. KMCC, Korean Multi-center Cancer Cohort Study; NWS/DGS, Namwon Study and the Dong-gu Study; FFQ, Food frequency questionnaire; M, men; W, women; RR, relative risk; CI, confidence interval; BMI, body mass index; N/A, not applicable.

https://dx.doi.org/10.21037/jgo-24-10

Table S4 The search terminology used in each literature database

Dietary factors	Cancer	Database	Dietary factors key words	Cancer key words	Filters	Publication year
Salted vegetables	Gastric	PubMed	salted vegetable[Title/Abstract] OR pickled vegetable[Title/Abstract]	((stomach cancer[Title/Abstract]) OR stomach cancer[MeSH Terms]) OR stomach neoplasm[MeSH Terms] OR ((gastric cancer[Title/Abstract]) OR gastric cancer[MeSH Terms]) OR gastric neoplasm[MeSH Terms] OR (stomach cancer mortality[Title/Abstract]) OR stomach cancer death[Title/Abstract] OR (gastric cancer mortality[Title/Abstract]) OR gastric cancer death[Title/Abstract]s	Filters: Humans; English	Up to 2019/11/30
		EMBASE	'salted vegetable'/exp OR 'salted vegetable':ab,ti OR 'pickled vegetable'/exp OR 'pickled vegetable':ab,t	'stomach cancer'/exp OR 'stomach cancer':ab,ti OR 'stomach neoplasm'/exp OR 'stomach neoplasm':ab,ti OR 'gastric cancer'/exp OR 'gastric cancer':ab,ti OR 'gastric neoplasm'/exp OR 'gastric neoplasm':ab,ti OR 'stomach cancer mortality'/exp OR 'stomach cancer mortality':ab,ti OR 'stomach cancer death'/exp OR 'stomach cancer death':ab,ti OR 'gastric cancer mortality'/exp OR 'gastric cancer mortality':ab,ti OR 'gastric cancer death'/exp OR 'gastric cancer death':ab,ti	[humans]/lim AND [english]/lims	Up to 2019/11/30
		KoreaMed	(TIAB:"salted vegetable") OR (TIAB: "pickled vegetable")	(TIAB:"stomach cancer") OR MH:"stomach cancer" OR ((TIAB:"stomach cancer mortality") OR MH:"stomach cancer mortality") OR ((TIAB:"stomach cancer death") OR MH:"stomach cancer death") OR (TIAB: "gastric cancer") OR MH:"gastric cancer" OR ((TIAB: "gastric cancer mortality") OR MH:"gastric cancer mortality") OR ((TIAB:"gastric cancer death") OR MH:"gastric cancer death")	Filters: Humans	Up to 2019/11/30
Salted fish	Gastric	PubMed	salted fish[Title/Abstract] OR dried fish[Title/Abstract]	((stomach cancer[Title/Abstract]) OR stomach cancer[MeSH Terms]) OR stomach neoplasm[MeSH Terms] OR ((gastric cancer[Title/Abstract]) OR gastric cancer[MeSH Terms]) OR gastric neoplasm[MeSH Terms] OR (stomach cancer mortality[Title/Abstract]) OR stomach cancer death[Title/Abstract] OR (gastric cancer mortality[Title/Abstract]) OR gastric cancer death[Title/Abstract]	Filters: Humans; English	Up to 2019/11/30
		EMBASE	'salted fish'/exp OR 'salted fish':ab,ti OR 'dried fish'/exp OR 'dried fish':ab,ti	'stomach cancer'/exp OR 'stomach cancer':ab,ti OR 'stomach neoplasm'/exp OR 'stomach neoplasm':ab,ti OR 'gastric cancer'/exp OR 'gastric cancer':ab,ti OR 'gastric neoplasm'/exp OR 'gastric neoplasm':ab,ti OR 'stomach cancer mortality'/exp OR 'stomach cancer mortality':ab,ti OR 'stomach cancer death'/exp OR 'stomach cancer death':ab,ti OR 'gastric cancer mortality'/exp OR 'gastric cancer mortality':ab,ti OR 'gastric cancer death'/exp OR 'gastric cancer death':ab,ti	[humans]/lim AND [english]/lim	Up to 2019/11/30
		KoreaMed	(TIAB:"salted fish") OR (TIAB:"dried fish")	(TIAB:"stomach cancer") OR MH:"stomach cancer" OR ((TIAB:"stomach cancer mortality") OR MH:"stomach cancer mortality") OR ((TIAB:"stomach cancer death") OR MH:"stomach cancer death") OR (TIAB:"gastric cancer") OR MH:"gastric cancer" OR ((TIAB:"gastric cancer mortality") OR MH:"gastric cancer mortality") OR ((TIAB:"gastric cancer death") OR MH:"gastric cancer death")	Filters: Humans	Up to 2019/11/30
Red meat	Colorectal	PubMed	meat[Title/Abstract] OR red meat[Title/Abstract]	((colorectal cancer[Title/Abstract]) OR colorectal cancer[MeSH Terms]) OR colorectal neoplasm[MeSH Terms] OR ((colorectal cancer mortality[Title/Abstract]) OR colorectal cancer death[Title/Abstract])	Filters: Humans; English	Up to 2019/11/30
		EMBASE	'meat'/exp OR 'meat':ab,ti OR red 'meat'/exp OR 'red meat':ab,ti	'colorectal cancer'/exp OR 'colorectal cancer':ab,ti OR 'colorectal neoplasm'/exp OR 'colorectal neoplasm':ab,ti OR 'colorectal cancer mortality'/exp OR 'colorectal cancer mortality':ab,ti OR 'colorectal cancer death'/exp OR 'colorectal cancer death':ab,ti	[humans]/lim AND [english]/lim	Up to 2019/11/30
		KoreaMed	((TIAB:"meat") OR TIAB:"red meat")	(TIAB:"colorectal cancer") OR MH:"colorectal cancer" OR (((TIAB:"colorectal cancer mortality") OR MH:"colorectal cancer mortality") OR ((TIAB:"colorectal cancer death") OR MH:"colorectal cancer death"))	Filters: Humans	Up to 2019/11/30
Processed meat	Colorectal	PubMed	meat[Title/Abstract] OR processed meat[Title/Abstract]	((colorectal cancer[Title/Abstract]) OR colorectal cancer[MeSH Terms]) OR colorectal neoplasm[MeSH Terms] OR ((colorectal cancer mortality[Title/Abstract]) OR colorectal cancer death[Title/Abstract])	Filters: Humans; English	Up to 2019/11/30
		EMBASE	'meat'/exp OR 'meat':ab,ti OR 'processed meat'/exp OR 'processed meat':ab,ti	'colorectal cancer'/exp OR 'colorectal cancer':ab,ti OR 'colorectal neoplasm'/exp OR 'colorectal neoplasm':ab,ti OR 'colorectal cancer mortality'/exp OR 'colorectal cancer mortality':ab,ti OR 'colorectal cancer death'/exp OR 'colorectal cancer death':ab,ti	[humans]/lim AND [english]/lim	Up to 2019/11/30
		KoreaMed	((TIAB:"meat") OR TIAB:"processed meat")	(TIAB:"colorectal cancer") OR MH:"colorectal cancer" OR (((TIAB:"colorectal cancer mortality") OR MH:"colorectal cancer mortality") OR ((TIAB:"colorectal cancer death") OR MH:"colorectal cancer death"))	Filters: Humans	Up to 2019/11/30
Milk	Colorectal	PubMed	Dairy product[Title/Abstract] OR Milk product[Title/Abstract]	((colorectal cancer[Title/Abstract]) OR colorectal cancer[MeSH Terms]) OR colorectal neoplasm[MeSH Terms] OR ((colorectal cancer mortality[Title/Abstract]) OR colorectal cancer death[Title/Abstract])	Filters: Humans; English	Up to 2019/11/29
		EMBASE	'dairy product'/exp OR 'dairy product':ab,ti OR 'milk product'/exp OR 'milk product':ab,ti	'colorectal cancer'/exp OR 'colorectal cancer':ab,ti OR 'colorectal neoplasm'/exp OR 'colorectal neoplasm':ab,ti OR 'colorectal cancer mortality'/exp OR 'colorectal cancer mortality':ab,ti OR 'colorectal cancer death'/exp OR 'colorectal cancer death':ab,ti	[humans]/lim AND [english]/lim	Up to 2019/11/29
		KoreaMed	(TIAB:"dairy product") OR TIAB:"milk product"	(TIAB:"colorectal cancer") OR MH:"colorectal cancer" OR ((TIAB:"colorectal cancer mortality") OR MH:"colorectal cancer mortality") OR ((TIAB:"colorectal cancer death") OR MH:"colorectal cancer death")	Filters: Humans	Up to 2019/11/29
Whole grains	Colorectal	PubMed	Whole Grains[Title/Abstract]	((colorectal cancer[Title/Abstract]) OR colorectal cancer[MeSH Terms]) OR colorectal neoplasm[MeSH Terms] OR ((colorectal cancer mortality[Title/Abstract]) OR colorectal cancer death[Title/Abstract])	Filters: Humans; English	Up to 2019/11/29
		EMBASE	'Whole grains'/exp OR 'Whole grains':ab,ti	'colorectal cancer'/exp OR 'colorectal cancer':ab,ti OR 'colorectal neoplasm'/exp OR 'colorectal neoplasm':ab,ti OR 'colorectal cancer mortality'/exp OR 'colorectal cancer mortality':ab,ti OR 'colorectal cancer death'/exp OR 'colorectal cancer death':ab,ti	[humans]/lim AND [english]/lim	Up to 2019/11/29
		KoreaMed	TIAB:"Whole grains"	(TIAB:"colorectal cancer") OR MH:"colorectal cancer" OR ((TIAB:"colorectal cancer mortality") OR MH:"colorectal cancer mortality") OR ((TIAB:"colorectal cancer death") OR MH:"colorectal cancer death")	Filters: Humans	Up to 2019/11/29
Dietary fiber	Colorectal	PubMed	Dietary Fiber[Title/Abstract]	((colorectal cancer[Title/Abstract]) OR colorectal cancer[MeSH Terms]) OR colorectal neoplasm[MeSH Terms] OR ((colorectal cancer mortality[Title/Abstract]) OR colorectal cancer death[Title/Abstract])	Filters: Humans; English	Up to 2019/11/28
		EMBASE	'dietary fiber'/exp OR 'dietary fiber':ab,ti	'colorectal cancer'/exp OR 'colorectal cancer':ab,ti OR 'colorectal neoplasm'/exp OR 'colorectal neoplasm':ab,ti OR 'colorectal cancer mortality'/exp OR 'colorectal cancer mortality':ab,ti OR 'colorectal cancer death'/exp OR 'colorectal cancer death':ab,ti	[humans]/lim AND [english]/lim	Up to 2019/11/28
		KoreaMed	TIAB:"dietary fiber"	(TIAB:"colorectal cancer") OR MH:"colorectal cancer" OR ((TIAB:"colorectal cancer mortality") OR MH:"colorectal cancer mortality") OR ((TIAB:"colorectal cancer death") OR MH:"colorectal cancer death")	Filters: Humans	Up to 2019/11/28

https://dx.doi.org/10.21037/jgo-24-10

Table S5 Reference list for meta-analysis on the association of salted vegetable intake with gastric cancer risk

Author, year (country)	Reference	Meta-analysis for men		Meta-analysis for women		Meta-analysis combining data from both sexes	
		Cohort studies	Case-control studies	Cohort studies	Case-control studies	Cohort studies	Case-control studies
Korean studies							
KMCC	Analyzed in this study	•		•		•	
NWS/DGS	Analyzed in this study	•		•		•	
Asian studies							
Kato I *et al.*, 1992 (Japan)	A prospective study of atrophic gastritis and stomach cancer risk. Jpn J Cancer Res 83(11):1137-1142					•	
Sauvaget C *et al.*, 2005 (Japan)	Lifestyle factors, radiation and gastric cancer in atomic-bomb survivors (Japan). Cancer Causes Control 16(7):773-780					•	
Nomura A *et al.*, 1990 (US-Japanese)	A prospective study of stomach cancer and its relation to diet, cigarettes, and alcohol consumption. Cancer Res 50(3):627-631	•				•	
Galanis DJ *et al.*, 1998 (US-Japanese)	Intakes of selected foods and beverages and the incidence of gastric cancer among the Japanese residents of Hawaii: a prospective study. Int J Epidemiol 27(2):173-180	•		•		•	
Machida-Montani A *et al.*, 2004 (Japan)	Association of Helicobacter pylori infection and environmental factors in non-cardia gastric cancer in Japan. Gastric Cancer 7(1):46-53						•
Cai L *et al.*, 2003 (China)	Risk factors for the gastric cardia cancer: a case-control study in Fujian Province. World J Gastroenterol 9(2):214-218						•
Sun CQ *et al.*, 2013 (China)	A population-based case-control study on risk factors for gastric cardia cancer in rural areas of Linzhou. Asian Pac J Cancer Prev 14(5):2897-2901						•
Hamada GS *et al.*, 2002 (Brazil-Japanese)	Risk factors for stomach cancer in Brazil (II): a case-control study among Japanese Brazilians in São Paulo. Jpn J Clin Oncol 32(8):284-290						•

The '•' symbol indicates studies that were included in the separate meta-analyses for men, women, and the combined analysis of both sexes. KMCC, Korean Multi-center Cancer Cohort Study; NWS/DGS, Namwon Study and the Dong-gu Study.

Table S6 Reference list for meta-analysis on the association of salted fish intake with gastric cancer risk

Author, year (country)	Reference	Meta-analysis for men		Meta-analysis for women		Meta-analysis combining data from both sexes	
		Cohort studies	Case-control studies	Cohort studies	Case-control studies	Cohort studies	Case-control studies
Korean studies							
KMCC	Analyzed in this study	•		•		•	
NWS/DGS	Analyzed in this study	•		•		•	
Asian studies							
Takachi R *et al.*, 2010 (Japan)	Consumption of sodium and salted foods in relation to cancer and cardiovascular disease: the Japan Public Health Center-based Prospective Study. Am J Clin Nutr 91(2):456-464					•	
Cai L *et al.*, 2003 (China)	Risk factors for the gastric cardia cancer: a case-control study in Fujian Province. World J Gastroenterol 9(2):214-218						•
Pakseresht M *et al.*, 2011 (Iran)	Dietary habits and gastric cancer risk in north-west Iran. Cancer Causes Control 22(5):725-736						•

The '•' symbol indicates studies that were included in the separate meta-analyses for men, women, and the combined analysis of both sexes. KMCC, Korean Multi-center Cancer Cohort Study; NWS/DGS, Namwon Study and the Dong-gu Study.

https://dx.doi.org/10.21037/jgo-24-10

Table S7 Reference list for meta-analysis on the association of red meat intake with colorectal cancer risk

Author, year (country)	Reference	Meta-analysis for men		Meta-analysis for women		Meta-analysis combining data from both sexes	
		Cohort studies	Case-control studies	Cohort studies	Case-control studies	Cohort studies	Case-control studies
Korean studies							
KMCC	Analyzed in this study	•		•		•	
NWS/DGS	Analyzed in this study	•		•		•	
Kim NH *et al.*, 2018 (Korea)	Red meat intake, CYP2E1 and PPARγ polymorphisms, and colorectal cancer risk. European Journal of Cancer Prevention 28(4):304-310		•		•		•
Asian studies							
Islam Z *et al.*, 2019 (Japan)	Meat subtypes and colorectal cancer risk: A pooled analysis of 6 cohort studies in Japan. Cancer Sci 110(11):3603-3614	•		•		•	
Kimura Y *et al.*, 2007 (Japan)	Meat, fish and fat intake in relation to subsite-specific risk of colorectal cancer: The Fukuoka Colorectal Cancer Study. Cancer Sci 98(4):590-597						•
Saliba W *et al.*, 2018 (Israel)	Red meat and processed meat intake and risk of colorectal cancer: A population-based case-control study. European Journal of Cancer Prevention 28(4):287-293						•
Non-Asian studies							
Singh PN and Fraser GE, 1998 (US)	Dietary risk factors for colon cancer in a low-risk population. Am J Epidemiol 148(8):761-774					•	
Bernstein AM *et al.*, 2015 (US)	Processed and Unprocessed Red Meat and Risk of Colorectal Cancer: Analysis by Tumor Location and Modification by Time. PLoS One 10(8):e0135959					•	
Jones RR *et al.*, 2019 (US)	Ingested nitrate, disinfection by-products, and risk of colon and rectal cancers in the Iowa Women's Health Study cohort. Environ Int 126:242-251			•		•	
Methta SS *et al.*, 2019 (US)	A prospective analysis of red and processed meat consumption and risk of colorectal cancer in women. Cancer Epidemiol Biomarkers Prev			•		•	
Pietinen P *et al.*, 1999 (Finland)	Diet and risk of colorectal cancer in a cohort of Finnish men. Cancer Causes Control 10(5):387-396	•				•	
Jarvinen R *et al.*, 2001 (Finland)	Dietary fat, cholesterol and colorectal cancer in a prospective study. Br J Cancer 85(3):357-361					•	
Gilsing AMJ *et al.*, 2015 (Netherland)	Vegetarianism, low meat consumption and the risk of colorectal cancer in a population based cohort study. Sci Rep 5:13484					•	
Larsson SC *et al.*, 2005 (Sweden)	Red meat consumption and risk of cancers of the proximal colon, distal colon and rectum: the Swedish Mammography Cohort. Int J Cancer 113(5):829-834			•		•	
Diallo A *et al.*, 2018 (France)	Red and processed meat intake and cancer risk: Results from the prospective NutriNet-Sante cohort study. Int J Cancer 142(2):230-237					•	
Knuppel A *et al.*, 2019 (UK)	Meat intake and cancer risk: prospective analyses in UK Biobank. medRxiv 19003822					•	
Norat T *et al.*, 2005 (Europe)	Meat, fish, and colorectal cancer risk: the European Prospective Investigation into cancer and nutrition. J Natl Cancer Inst 97(12):906-916					•	
English DR *et al.*, 2004 (Australia)	Red meat, chicken, and fish consumption and risk of colorectal cancer. Cancer Epidemiol Biomarkers Prev 13(9):1509-1514					•	
Tiemersma EW *et al.*, 2002 (Netherlands)	Meat consumption, cigarette smoking, and genetic susceptibility in the etiology of colorectal cancer: results from a Dutch prospective study. Cancer Causes Control 13(4):383-393	•		•		•	
Wei EK *et al.*, 2004 (US)	Comparison of risk factors for colon and rectal cancer." Int J Cancer 108(3):433-442	•		•			
Vulcan A *et al.*, 2017 (Sweden)	Intake of different types of red meat, poultry, and fish and incident colorectal cancer in women and men: Results from the Malmö diet and cancer study. Food and Nutrition Research 61	•		•			
Parr CL *et al.*, 2013 (Norway)	Meat intake, cooking methods and risk of proximal colon, distal colon and rectal cancer: the Norwegian Women and Cancer (NOWAC) cohort study. Int J Cancer 133(5):1153-1163			•			

The '•' symbol indicates studies that were included in the separate meta-analyses for men, women, and the combined analysis of both sexes. KMCC, Korean Multi-center Cancer Cohort Study; NWS/DGS, Namwon Study and the Dong-gu Study.

https://dx.doi.org/10.21037/jgo-24-10

Table S8 Reference list for meta-analysis on the association of processed meat intake with colorectal cancer risk

Author, year (country)	Reference	Meta-analysis for men		Meta-analysis for women		Meta-analysis combining data from both sexes	
		Cohort studies	Case-control studies	Cohort studies	Case-control studies	Cohort studies	Case-control studies
Asian studies							
Islam Z *et al.*, 2019 (Japan)	Meat subtypes and colorectal cancer risk: A pooled analysis of 6 cohort studies in Japan. Cancer Sci 110(11):3603-3614	•		•		•	
Kimura Y *et al.*, 2007 (Japan)	Meat, fish and fat intake in relation to subsite-specific risk of colorectal cancer: The Fukuoka Colorectal Cancer Study. Cancer Sci 98(4):590-597						•
Saliba W *et al.*, 2018 (Israel)	Red meat and processed meat intake and risk of colorectal cancer: A population-based case-control study. European Journal of Cancer Prevention 28(4):287-293						•
Wada K *et al.*, 2017 (Japan)	Meat consumption and colorectal cancer risk in Japan: The Takayama study. Cancer Sci 108(5):1065-1070	•		•			
Non-Asian studies							
Lin J *et al.*, 2004 (US)	Dietary fat and fatty acids and risk of colorectal cancer in women. Am J Epidemiol 160(10):1011-1022			•		•	
Chao A *et al.*, 2005 (US)	Meat consumption and risk of colorectal cancer. Jama 293(2):172-182	•		•		•	
Ollberding NJ *et al.*, 2012 (US)	Meat consumption, heterocyclic amines and colorectal cancer risk: the Multiethnic Cohort Study. Int J Cancer 131(7):E1125-1133					•	
Jones RR *et al.*, 2019 (US)	Ingested nitrate, disinfection by-products, and risk of colon and rectal cancers in the Iowa Women's Health Study cohort. Environ Int 126:242-251			•		•	
Flood A *et al.*, 2003 (US)	Meat, fat, and their subtypes as risk factors for colorectal cancer in a prospective cohort of women. Am J Epidemiol 158(1):59-68			•		•	
Bernstein AM *et al.*, 2015 (US)	Processed and Unprocessed Red Meat and Risk of Colorectal Cancer: Analysis by Tumor Location and Modification by Time. PLoS One 10(8):e0135959					•	
Estemadi A *et al.*, 2018 (US)	Anatomical subsite can modify the association between meat and meat compounds and risk of colorectal adenocarcinoma: Findings from three large US cohorts. Int J Cancer 143(9):2261-2270					•	
Methta SS *et al.*, 2019 (US)	A prospective analysis of red and processed meat consumption and risk of colorectal cancer in women. Cancer Epidemiol Biomarkers Prev			•		•	
Gaard M *et al.*, 1996 (Norway)	Dietary factors and risk of colon cancer: a prospective study of 50,535 young Norwegian men and women. Eur J Cancer Prev 5(6):445-454	•		•		•	
Pietinen P *et al.*, 1999 (Finland)	Diet and risk of colorectal cancer in a cohort of Finnish men. Cancer Causes Control 10(5):387-396	•				•	
English DR *et al.*, 2004 (Australia)	Red meat, chicken, and fish consumption and risk of colorectal cancer. Cancer Epidemiol Biomarkers Prev 13(9):1509-1514					•	
Larsson SC *et al.*, 2005 (Sweden)	Red meat consumption and risk of cancers of the proximal colon, distal colon and rectum: the Swedish Mammography Cohort. Int J Cancer 113(5):829-834			•		•	
Egeberg R *et al.*, 2013 (Denmark)	Associations between red meat and risks for colon and rectal cancer depend on the type of red meat consumed. J Nutr 143(4):464-472					•	
Parr CL *et al.*, 2013 (Norway)	Meat intake, cooking methods and risk of proximal colon, distal colon and rectal cancer: the Norwegian Women and Cancer (NOWAC) cohort study. Int J Cancer 133(5):1153-1163			•		•	
Vulcan A *et al.*, 2017 (Sweden)	Intake of different types of red meat, poultry, and fish and incident colorectal cancer in women and men: Results from the Malmö diet and cancer study. Food and Nutrition Research 61	•		•		•	
Diallo A *et al.*, 2018 (France)	Red and processed meat intake and cancer risk: Results from the prospective NutriNet-Sante cohort study. Int J Cancer 142(2):230-237					•	
Bradbury K *et al.*, 2019 (UK)	Diet and colorectal cancer in UK Biobank: a prospective study. Int J Epidemiol					•	
Balder HF *et al.*, 2006 (Netherlands)	Heme and chlorophyll intake and risk of colorectal cancer in the Netherlands cohort study. Cancer Epidemiology Biomarkers and Prevention 15(4):717-725	•		•		•	
Spencer EA *et al.*, 2010 (UK)	Meat, poultry and fish and risk of colorectal cancer: pooled analysis of data from the UK dietary cohort consortium. Cancer Causes Control 21(9):1417-1425					•	
Wei EK *et al.*, 2004 (US)	Comparison of risk factors for colon and rectal cancer. Int J Cancer 108(3):433-442	•		•			

The '•' symbol indicates studies that were included in the separate meta-analyses for men, women, and the combined analysis of both sexes.

https://dx.doi.org/10.21037/jgo-24-10

Table S9 Reference list for meta-analysis on the association of milk intake with colorectal cancer risk

Author, year (country)	Reference	Meta-analysis for men		Meta-analysis for women		Meta-analysis combining data from both sexes	
		Cohort studies	Case-control studies	Cohort studies	Case-control studies	Cohort studies	Case-control studies
Korean studies							
NWS/DGS	Analyzed in this study	•		•		•	
Asian studies							
Lee SA *et al.*, 2009 (China)	Animal Origin Foods and Colorectal Cancer Risk: A Report From the Shanghai Women's Health Study Nutr Cancer 61(2):194-205			•		•	
Mizoue T *et al.*, 2008 (Japan)	Calcium, dairy foods, vitamin D, and colorectal cancer risk: The Fukuoka Colorectal Cancer Study						•
Non-Asian studies							
Kearney J *et al.*, 1996 (US)	Calcium, vitamin D, and dairy foods and the occurrence of colon cancer in men Am J Epidemiol 143(9):907-17	•				•	
Singh PN and Fraser GE, 1998 (US)	Dietary risk factors for colon cancer in a low-risk population. Am J Epidemiol 148(8):761-774					•	
McCullough ML *et al.*, 2003 (US)	Calcium, vitamin D, dairy products, and risk of colorectal cancer in the Cancer Prevention Study II Nutrition Cohort (United States) Cancer Causes Control 14(1):1-12	•		•		•	
Lin J *et al.*, 2004 (US)	Dietary fat and fatty acids and risk of colorectal cancer in women. Am J Epidemiol 160(10):1011-1022			•		•	
Park SY *et al.*, 2007 (US)	Calcium and vitamin D intake and risk of colorectal cancer: The Multiethnic Cohort Study Am J Epidemiol 165(7):784-93	•		•		•	
Ruder EH *et al.*, 2011 (US)	Adolescent and mid-life diet: risk of colorectal cancer in the NIH-AARP diet and health study Am J Clin Nutr 94(6):1607-19					•	
Gaard M *et al.*, 1996 (Norway)	Dietary factors and risk of colon cancer: a prospective study of 50,535 young Norwegian men and women. Eur J Cancer Prev 5(6):445-454	•		•		•	
Jarvinen R *et al.*, 2001 (Finland)	Dietary fat, cholesterol and colorectal cancer in a prospective study. Br J Cancer 85(3):357-361					•	
Larsson SC *et al.*, 2006 (Sweden)	Calcium and dairy food intakes are inversely associated with colorectal cancer risk in the Cohort of Swedish men Am J Clin Nutr 83(3):667-73	•				•	
Simons CCJM *et al.*, 2010 (Netherlands)	Fluid intake and colorectal cancer risk in the Netherlands Cohort study Nutr Cancer 62(3):307-21	•		•		•	
Sanjoaquin MA *et al.*, 2004 (UK)	Nutrition, lifestyle and colorectal cancer incidence: a prospective investigation of 10,998 vegetarians and non-vegetarians in the United Kingdom Br J Cancer 90(1):118-21					•	
Bradbury K *et al.*, 2019 (UK)	Diet and colorectal cancer in UK Biobank: a prospective study. Int J Epidemiol					•	
Murphy N *et al.*, 2013 (Europe)	Consumption of dairy products and colorectal cancer in the European Prospective Investigation into Cancer and Nutrition (EPIC) PLoS One 8(9):e72715					•	
Ma J *et al.*, 2001 (US)	Milk intake, circulating levels of insulin-like growth factor-I, and risk of colorectal cancer in men J Natl Cancer Inst 93(17):1330-6	•				•	
Kesse E *et al.*, 2005 (France)	Dietary calcium, phosphorus, vitamin D, dairy products and the risk of colorectal adenoma and cancer among French women of the E3N-EPIC prospective study Int J Cancer 117(1):137-44			•			

The '•' symbol indicates studies that were included in the separate meta-analyses for men, women, and the combined analysis of both sexes. NWS/DGS, Namwon Study and the Dong-gu Study.

Table S10 Reference list for meta-analysis on the association of whole grains intake with colorectal cancer risk

Author, year (country)	Reference	Meta-analysis for men		Meta-analysis for women		Meta-analysis combining data from both sexes	
		Cohort studies	Case-control studies	Cohort studies	Case-control studies	Cohort studies	Case-control studies
Korean studies							
NWS/DGS	Analyzed in this study	•		•		•	
Asian studies							
Abu Mweis SS *et al.*, 2015 (Jordan)	Food groups and the risk of colorectal cancer: results from a Jordanian case-control study. Eur J Cancer Prev 24(4):313-320.						•
Non-Asian studies							
McCarl M *et al.*, 2006 (US)	Incidence of colorectal cancer in relation to glycemic index and load in a cohort of women. Cancer Epidemiol Biomarkers Prev 15(5):892-896			•		•	
Um CY *et al.*, 2019 (US)	Association between grains, gluten and the risk of colorectal cancer in the Cancer Prevention Study-II Nutrition Cohort. European Journal of Nutrition	•		•		•	
Larsson SC *et al.*, 2005 (Sweden)	Whole grain consumption and risk of colorectal cancer: a population-based cohort of 60,000 women. Br J Cancer 92(9):1803-1807			•		•	
Egeberg R *et al.*, 2010 (Denmark)	Intake of wholegrain products and risk of colorectal cancers in the Diet, Cancer and Health cohort study. Br J Cancer 103(5):730-734	•		•		•	
Bakken T *et al.*, 2016 (Norway)	Consumption of Whole-Grain Bread and Risk of Colorectal Cancer among Norwegian Women (the NOWAC Study). Nutrients 8(1)			•		•	
Schatzkin A *et al.*, 2007 (US)	Dietary fiber and whole-grain consumption in relation to colorectal cancer in the NIH-AARP Diet and Health Study. Am J Clin Nutr 85(5):1353-1360	•		•		•	
He X *et al.*, 2019 (US)	Dietary intake of fiber, whole grains and risk of colorectal cancer: An updated analysis according to food sources, tumor location and molecular subtypes in two large US cohorts. International Journal of Cancer 145(11):3040-3051	•		•		•	

The '•' symbol indicates studies that were included in the separate meta-analyses for men, women, and the combined analysis of both sexes. NWS/DGS, Namwon Study and the Dong-gu Study.

https://dx.doi.org/10.21037/jgo-24-10

Table S11 Reference list for meta-analysis on the association of dietary fiber intake with colorectal cancer risk

Author, year (country)	Reference	Meta-analysis for men		Meta-analysis for women		Meta-analysis combining data from both sexes	
		Cohort studies	Case-control studies	Cohort studies	Case-control studies	Cohort studies	Case-control studies
Korean studies							
NWS/DGS	Analyzed in this study	•		•		•	
Asian studies							
Otani T *et al.*, 2006 (Japan)	Dietary fiber intake and subsequent risk of colorectal cancer: the Japan Public Health Center-based prospective study. Int J Cancer 119(6):1475-1480	•		•		•	
Wakai K *et al.*, 2007 (Japan)	Dietary fiber and risk of colorectal cancer in the Japan collaborative cohort study. Cancer Epidemiol Biomarkers Prev 16(4):668-675	•		•		•	
Shin A *et al.*, 2006 (China)	Dietary intake of calcium, fiber and other micronutrients in relation to colorectal cancer risk: Results from the Shanghai Women's Health Study. International Journal of Cancer 119(12):2938-2942			•		•	
Uchida K *et al.*, 2010 (Japan)	Dietary fiber, source foods and colorectal cancer risk: the Fukuoka Colorectal Cancer Study. Scand J Gastroenterol 45(10):1223-1231						•
Huang *et al.*, 2018 (China)	Carbohydrate, dietary glycaemic index and glycaemic load, and colorectal cancer risk: A case-control study in China. British Journal of Nutrition 119(8):937-948				•		
Non-Asian studies							
Schatzkin A *et al.*, 2007 (US)	Dietary fiber and whole-grain consumption in relation to colorectal cancer in the NIH-AARP Diet and Health Study. Am J Clin Nutr 85(5):1353-1360	•		•		•	
Kunzmann AT *et al.*, 2015 (US)	Dietary fiber intake and risk of colorectal cancer and incident and recurrent adenoma in the Prostate, Lung, Colorectal, and Ovarian Cancer Screening Trial. Am J Clin Nutr 102(4):881-890					•	
Navarro L *et al.*, 2016 (US)	The Interaction between Dietary Fiber and Fat and Risk of Colorectal Cancer in the Women's Health Initiative. Nutrients 8(12)			•		•	
Park SY *et al.*, 2016 (US)	Inverse associations of dietary fiber and menopausal hormone therapy with colorectal cancer risk in the Multiethnic Cohort Study. Int J Cancer 139(6):1241-1250	•		•		•	
Gaard M *et al.*, 1996 (Norway)	Dietary factors and risk of colon cancer: a prospective study of 50,535 young Norwegian men and women. Eur J Cancer Prev 5(6):445-454	•		•		•	
Sanjoaquin MA *et al.*, 2004 (UK)	Nutrition, lifestyle and colorectal cancer incidence: a prospective investigation of 10998 vegetarians and non-vegetarians in the United Kingdom. Br J Cancer 90(1):118-121					•	
Bradbury K *et al.*, 2019 (UK)	Diet and colorectal cancer in UK Biobank: a prospective study. Int J Epidemiol					•	
Murphy N *et al.*, 2012 (Europe)	The Interaction between Dietary Fiber and Fat and Risk of Colorectal Cancer in the Women's Health Initiative. Nutrients 8(12)	•		•		•	
Andersen V *et al.*, 2019 (Denmark)	Intake of Red and Processed Meat, Use of Non-Steroid Anti-Inflammatory Drugs, Genetic Variants and Risk of Colorectal Cancer: A Prospective Study of the Danish Diet, Cancer and Health Cohort. Int J Mol Sci 20(5)					•	
McCullough ML *et al.*, 2003 (US)	A prospective study of whole grains, fruits, vegetables and colon cancer risk. Cancer Causes Control 14(10):959-970	•		•			
He X *et al.*, 2019 (US)	Dietary intake of fiber, whole grains and risk of colorectal cancer: An updated analysis according to food sources, tumor location and molecular subtypes in two large US cohorts. International Journal of Cancer 145(11):3040-3051	•		•			
Pietinen P *et al.*, 1999 (Finland)	Diet and risk of colorectal cancer in a cohort of Finnish men. Cancer Causes Control 10(5):387-396	•					
Mai V *et al.*, 2003 (US)	Dietary fibre and risk of colorectal cancer in the Breast Cancer Detection Demonstration Project (BCDDP) follow-up cohort. International Journal of Epidemiology 32(2):234-239			•			
Lin J *et al.*, 2005 (US)	Dietary intakes of fruit, vegetables, and fiber, and risk of colorectal cancer in a prospective cohort of women (United States). Cancer Causes & Control 16(3):225-233			•			
McCarl M *et al.*, 2006 (US)	Incidence of colorectal cancer in relation to glycemic index and load in a cohort of women. Cancer Epidemiology and Prevention Biomarkers 15(5):892-896			•			
Terry P *et al.*, 2001 (Sweden)	Fruit, vegetables, dietary fiber, and risk of colorectal cancer. J Natl Cancer Inst 93(7):525-533			•			

The '•' symbol indicates studies that were included in the separate meta-analyses for men, women, and the combined analysis of both sexes. NWS/DGS, Namwon Study and the Dong-gu Study.

https://dx.doi.org/10.21037/jgo-24-10

Table S12 Gastric and colorectal cancers attributable to dietary risk factors in Korea in 2018 using pooled RRs from Asian cohort and case-control studies

Dietary factors	Men		Women		All	
	PAF (95% CI) (%)	Attributable cases [95% CI]	PAF (95% CI) (%)	Attributable cases [95% CI]	PAF (95% CI) (%)	Attributable cases [95% CI]
Gastric cancer						
Salted vegetables	26.3 (0.0–61.2)	5,243 [0–12,217]	22.4 (0.0–54.3)	2,114 [0–5,138]	25.0 (0.0–59.0)	7,357 [0–17,356]
Salted fish	6.1 (0.0–20.3)	1,221 [0–4,056]	6.0 (0.0–20.3)	568 [0–1,916]	6.1 (0.0–20.3)	1,789 [0–5,972]
Total	30.8 (0.0–69.1)	6,143 [0–13,789]	27.0 (0.0–63.6)	2,555 [0–6,013]	29.6 (0.0–67.3)	8,698 [0–19,802]
Colorectal cancer						
Red meat	3.4 (0.0–35.9)	576 [0–6,045]	5.0 (0.0–17.7)	566 [0–2,010]	4.1 (0.0–28.6)	1,142 [0–8,055]
Processed meat	3.2 (0.0–16.2)	537 [0–2,729]	5.6 (0.9–10.4)	639 [104–1,175]	4.2 (0.4–13.9)	1,176 [104–3,904]
Milk	2.4 (0.0–69.9)	412 [0–11,773]	32.7 (0.0–58.7)	3,704 [0–6,652]	14.6 (0.0–65.4)	4,116 [0–18,425]
Whole grains	56.5 (0.0–97.3)	9,505 [0–16,377]	43.7 (0.0–98.1)	4,950 [0–11,121]	51.3 (0.0–97.6)	14,454 [0–27,498]
Dietary fiber	0.0 (0.0–7.3)	0 [0–1,235]	4.1 (0.0–11.8)	460 [0–1,336]	1.6 (0.0–9.1)	460 [0–2,571]
Total	60.3 (0.0–99.6)	10,149 [0–16,767]	67.4 (0.9–99.5)	7,638 [104–11,280]	63.1 (0.4–99.5)	17,787 [104–28,047]

PAF, population attributable fraction; CI, confidence interval; RR, relative risk.

Table S13 Gastric and colorectal cancers attributable to dietary risk factors in Korea in 2018, assuming that dietary intakes were a log-normal distribution

Dietary factors	Men		Women		All	
	PAF (95% CI) (%)	Attributable cases [95% CI]	PAF (95% CI) (%)	Attributable cases [95% CI]	PAF (95% CI) (%)	Attributable cases [95% CI]
Gastric cancer						
Salted vegetables	0.0 (0.0–41.5)	0 [0–8,280]	0.0 (0.0–55.1)	0 [0–5,209]	0.0 (0.0–37.4)	0 [0–10,990]
Salted fish	0.0 (0.0–0.2)	0 [0–236]	0.0 (0.0–1.4)	0 [0–135]	0.0 (0.0–1.2)	0 [0–353]
Total	0.0 (0.0–42.2)	0 [0–8,419]	0.0 (0.0–29.5)	2,784 [0–5,453]	0.0 (0.0–38.1)	0 [0–11,315]
Colorectal cancer						
Red meat	0.0 (0.0–0.0)	0 [0–0]	0.0 (0.0–0.0)	0 [0–0]	0.0 (0.0–0.0)	0 [0–0]
Processed meat	0.0 (0.0–0.2)	0 [0–0]	0.0 (0.0–0.0)	0 [0–0]	0.0 (0.0–0.1)	0 [0–0]
Milk	18.4 (6.1–29.4)	3,098 [1,027–4,945]	13.7 (0.0–30.1)	1,550 [0–3,417]	16.5 (3.6–29.7)	4,649 [1,027–8,362]
Whole grains	25.7 (13.3–36.4)	4,319 [2,233–6,120]	11.9 (0.0–23.7)	1,344 [0–2,686]	20.1 (7.9–31.3)	5,663 [2,233–8,806]
Dietary fiber	0.0 (0.0–0.0)	0 [0–0]	0.8 (0.0–2.6)	96 [0–299]	0.3 (0.0–1.1)	96 [0–299]
Total	39.3 (18.6–55.1)	6,622 [3,124–9,281]	24.6 (0.0–48.1)	2,784 [0–5,453]	33.5 (11.3–52.2)	9,417 [3,170–14,675]

When estimating the PAF, RRs from global cohort studies were used. PAF, population attributable fraction; CI, confidence interval; RR, relative risk.

https://dx.doi.org/10.21037/jgo-24-10

Table S14 Gastric and colorectal cancers attributable to dietary risk factors in Korea in 2018 using modified Levin's formula

Dietary factors	Men		Women		All	
	PAF (95% CI) (%)	Attributable cases [95% CI]	PAF (95% CI) (%)	Attributable cases [95% CI]	PAF (95% CI) (%)	Attributable cases [95% CI]
Gastric cancer						
Salted vegetables	15.4 (0.0–41.5)	3,070 [0–8,284]	11.9 (0.0–34.1)	1,128 [0–3,224]	15.4 (0.0–41.5)	3,070 [0–8,284]
Salted fish	0.1 (0.0–0.3)	12 [0–65]	0.0 (0.0–0.2)	4 [0–21]	0.1 (0.0–0.3)	12 [0–65]
Total	15.4 (0.0–41.7)	3,081 [0–8,323]	12.0 (0.0–34.2)	1,131 [0–3,237]	14.3 (0.0–39.3)	4,212 [0–11,560]
Colorectal cancer						
Red meat	0.8 (0.0–7.7)	129 [0–1,300]	2.5 (0.8–4.3)	284 [95–482]	0.8 (0.0–7.7)	129 [0–1,300]
Processed meat	0.0 (0.0–0.1)	3 [0–9]	0.1 (0.0–0.1)	6 [3–9]	0.0 (0.0–0.1)	3 [0–9]
Milk	1.6 (0.5–2.8)	267 [77–465]	1.4 (0.0–3.2)	154 [0–365]	1.6 (0.5–2.8)	267 [77–465]
Whole grains	3.1 (1.6–4.9)	525 [263–825]	1.5 (0.1–3.1)	171 [6–348]	3.1 (1.6–4.9)	525 [263–825]
Dietary fiber	5.5 (2.9–8.1)	929 [493–1,366]	6.1 (1.9–10.3)	692 [218–1,171]	5.5 (2.9–8.1)	929 [493–1,366]
Total	10.6 (4.9–21.6)	1,789 [819–3,642]	11.1 (2.8–19.5)	1,259 [320–2,213]	10.8 (4.0–20.8)	3,048 [1,139–5,856]

When estimating the PAF, RRs from global cohort studies were used. Prevalence (95% CI) of dietary factors were as follows: salted vegetables [99.0% (98.3–99.6%) in men; 95.8% (94.8–96.8%) in women; 97.3% (96.6–98.0%) in all], salted fish [9.7% (8.1–11.2%) in men; 8.6% (7.4–9.8%) in women; 9.1% (8.0–10.2%) in all], red meat [52.6% (50.0–55.2%) in men; 36.7% (34.7–38.7%) in women; 44.3% (42.4–46.1%) in all], processed meat [4.4% (3.1–5.7%) in men; 4.7% (3.7–5.8%) in women; 4.5% (3.6–5.5%) in all], milk [97.2% (96.5–98.0%) in men; 96.9% (96.2–97.6%) in women; 97.0% (96.5–97.6%) in all], whole grains [97.1% (96.1–98.0%) in men; 96.8% (96.1–97.5%) in women; 97.0% (96.2–97.7%) in all], and dietary fiber [37.6% (35.4–39.9%) in men; 48.3% (47.3–49.2%) in women; 43.1% (42.1–44.1%) in all]. PAF, population attributable fraction; CI, confidence interval; RR, relative risk.

https://dx.doi.org/10.21037/jgo-24-10