**Supplementary Material S2.** Overview of primary studies being analysed in the SRs.

1. **Total protein studies: List of included RCTs**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Systematic review**  **Included RCTs** | | **Rebholz**  **2012** | **Santesso**  **2012** | **Wycherley**  **2012** | **Pedersen**  **2013** | **Schwingshackl**  **2013** | **Clifton**  **2014** | **Lonnie**  **2020** | **Vogtschmidt**  **2021** | **Hengeveld**  **2022** |
| Included in 5 SRs | Delbridge 2009 | X | x |  |  | x | x |  | x |  |
| Included in 4 SRs | Appel 2005 | X | x |  | X |  |  |  | x |  |
| Dansinger 2005 |  | x |  |  | x | x |  | x |  |
| McAuley 2005 | x | x |  |  | x | x |  |  |  |
| Gardner 2007 |  | x |  |  | x | x |  | x |  |
| Leidy 2007 | x | x | x |  |  |  |  | x |  |
| Wycherley 2012 |  |  | x |  | x | x |  | x |  |
| Included in 3 SRs | Jenkins 2001 | x | x |  |  |  |  |  | x |  |
| Brinkworth 2004a | x |  |  |  | x | x |  |  |  |
| Brinkworth 2004b | x |  |  |  | x | x |  |  |  |
| Stamets 2004 |  | x | x |  |  |  |  | x |  |
| Ferrara 2006 | x | x |  |  |  |  |  | x |  |
| Hodgson 2006 | x | x |  |  |  |  |  | x |  |
| Keogh 2007b |  |  |  |  | x | x |  | x |  |
| Abete 2009 | x | x |  |  |  |  |  | x |  |
| Included in 2 SRs | Yancy 2004 | x | x |  |  |  |  |  |  |  |
| Brehm 2005 | x | x |  |  |  |  |  |  |  |
| Kleiner 2006 |  | x |  |  |  |  |  | x |  |
| Keogh 2007a |  | x |  |  |  | x |  |  |  |
| Maki 2007 |  | x |  |  |  |  |  | x |  |
| Meckling 2007 | x |  |  |  |  |  |  | x |  |
| Brinkworth 2009 |  | x |  |  |  | x |  |  |  |
| De Luis 2009 |  | x |  |  |  |  |  | x |  |
| Sacks 2009 |  |  |  |  | x | x |  |  |  |
| Krebs 2010 |  |  |  |  | x | x |  |  |  |
| Aldrich 2011 |  | x |  |  |  |  |  | x |  |
| Larsen 2011 |  |  |  |  | x | x |  |  |  |
| Te Morenga 2011 |  | x |  |  |  |  |  | x |  |
| Wright 2018 |  |  |  |  |  |  |  | x | x |
| Included in 1 SR | Sacks 1984 |  | x |  |  |  |  |  |  |  |
| Rouse 1986 |  | x |  |  |  |  |  |  |  |
| DeHaven 1988 | x |  |  |  |  |  |  |  |  |
| Hendler 1988 | x |  |  |  |  |  |  |  |  |
| Lean 1997 |  | x |  |  |  |  |  |  |  |
| Washburn 1999 | x |  |  |  |  |  |  |  |  |
| Burke 2001 | x |  |  |  |  |  |  |  |  |
| Teede 2001 | x |  |  |  |  |  |  |  |  |
| Parker 2002 |  |  | x |  |  |  |  |  |  |
| Brehm 2003 |  | x |  |  |  |  |  |  |  |
| Foster 2003 |  | x |  |  |  |  |  |  |  |
| Samaha 2003 | x |  |  |  |  |  |  |  |  |
| Due 2004 |  | x |  |  |  |  |  |  |  |
| Harrison 2004 | x |  |  |  |  |  |  |  |  |
| Sagara 2004 | x |  |  |  |  |  |  |  |  |
| Stern 2004 |  |  |  |  |  | x |  |  |  |
| He 2005 | x |  |  |  |  |  |  |  |  |
| Muzio 2007 |  | x |  |  |  |  |  |  |  |
| Dipla 2008 | x |  |  |  |  |  |  |  |  |
| Morgan 2008 |  | x |  |  |  |  |  |  |  |
| Shai 2008 |  |  |  |  |  | x |  |  |  |
| Tay 2008 | x |  |  |  |  |  |  |  |  |
| Al-Sarraj 2009 | x |  |  |  |  |  |  |  |  |
| Buscemi 2009 |  | x |  |  |  |  |  |  |  |
| Frisch 2009 |  |  |  |  |  | x |  |  |  |
| Jenkins 2009 |  | x |  |  |  |  |  |  |  |
| Pal 2009 | x |  |  |  |  |  |  |  |  |
| Belobrajdic 2010 |  |  | x |  |  |  |  |  |  |
| Klemsdal 2010 |  |  |  |  |  | x |  |  |  |
| Wycherley 2010 | x |  |  |  |  |  |  |  |  |
| Gögebakan 2011 |  |  |  |  |  |  |  | x |  |
| He 2011 | x |  |  |  |  |  |  |  |  |
| van Meijl 2011 | x |  |  |  |  |  |  |  |  |
| Gulbrand 2012 |  |  |  |  |  | x |  |  |  |
| Hodgson 2012 |  |  |  |  |  |  |  |  | x |
| Soenen 2012 |  |  |  |  |  | x |  |  |  |
| Azadbakht 2013 |  |  |  |  |  |  |  | x |  |
| Tang 2013 |  |  |  |  |  |  |  | x |  |
| Jenkins 2014 |  |  |  |  |  |  |  | x |  |
| Teunissen-Beekman 2014 |  |  |  |  |  |  | x |  |  |
| Mateo-Gallego 2017 |  |  |  |  |  |  |  | x |  |
| Nabuco 2018 |  |  |  |  |  |  |  |  | x |
| Nabuco 2019 |  |  |  |  |  |  |  |  | x |
| Gonzalez-Salazar 2020 |  |  |  |  |  |  |  | x |  |

1. **Total protein studies: List of included cohort studies**

|  |  |  |  |
| --- | --- | --- | --- |
| **Systematic review**  **Included cohort studies** | | **Pedersen**  **2013** | **Mousavi**  **2020** |
| Included  in 2 SRs | Alonso 2006 | x | x |
| Included in 1 SR | Stamler 2002 | x |  |
| Altorf-van der Kuil 2010 |  | x |
| Altorf-van der Kuil 2012 |  | x |
| Buenida 2015 |  | x |
| Lelong 2017 |  | x |

1. **Animal protein studies: List of included RCTs**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Systematic review**  **Included RCTs** | | **Rebholz**  **2012** | **Hidayat**  **2017** | **Badely**  **2019** |
| Included in 3 SRs | Pal 2009 | x | x | x |
| Included in 2 SRs | Petyaev 2012 |  | x | x |
| Vatani 2012 |  | x | x |
| Figueroa 2013 |  | x | x |
| Included in 1 SR | DeHaven 1988 | x |  |  |
| Hendler 1988 | x |  |  |
| Brinkworth 2004 | x |  |  |
| Ferrara 2006 | x |  |  |
| Hodgson 2006 | x |  |  |
| Pins 2006 |  |  | x |
| Leidy 2007 | x |  |  |
| Meckling 2007 | x |  |  |
| Dipla 2008 | x |  |  |
| Abete 2009 | x |  |  |
| Al-Sarraj 2009 | x |  |  |
| Daly 2009 |  | x |  |
| Delbridge 2009 | x |  |  |
| Fluegel 2010 |  |  | x |
| Aldrich 2011 |  |  | x |
| He 2011 | x |  |  |
| Hodgson 2011 |  |  | x |
| van Meijl 2011 | x |  |  |
| Petrogianni 2012 |  | x |  |
| Beavers 2015 |  |  | x |
| Tahavorgar 2015 |  |  | x |
| Tovar 2015 |  |  | x |
| Arciero 2016 |  |  | x |
| Fekete 2016 |  |  | x |
| Lee 2016 |  | x |  |
| Gulati 2017 |  |  | x |
| Larsen 2018 |  |  | x |
| Mohammadi-S. 2018 |  |  | x |
| Hellen 2019 |  |  | x |
| Kjolbaek 2019 |  |  | x |

1. **Animal protein studies: List of included cohort studies**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Systematic review**  **Included RCTs** | | **Pedersen**  **2013** | **Chalvon-Demersay 2017** | **Mousavi**  **2020** |
| Included in 2 SRs | Stamler 2002 | x | x |  |
| Alonso 2006 | x |  | x |
| Included in 1 SR | Wang 2008 |  | x |  |
| Altorf-van der Kuil 2010 |  |  | x |
| Altorf-van der Kuil 2012 |  |  | x |
| Tielemans 2014 |  | x |  |
| Buenida 2015 |  | x |  |
| Lelong 2017 |  |  | x |

1. **Plant protein studies: List of included RCTs**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Systematic review**  **Included RCTs** | | **Rebholz**  **2012** | **Mohammadifard**  **2021** | **Mosallanezhad**  **2021** |
| Included in 2 SRs | Teede 2001 | x |  | x |
| Sagara 2004 | x |  | x |
| He 2005 | x |  | x |
| Included in 1 SR | Washburn 1999 | x |  |  |
| Burke 2001 | x |  |  |
| Jenkins 2001 | x |  |  |
| Harrison 2004 | x |  |  |
| Hermansen 2005 |  |  | x |
| Azadbakht 2007 |  | x |  |
| He 2011 | x |  |  |
| Bakhtiari 2019 |  | x |  |

1. **Plant protein studies: List of included cohort studies**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Systematic review**  **Included cohort studies** | | **Pedersen**  **2013** | **Chalvon-Demersay 2017** | **Mousavi**  **2020** |
| Included in 2 SRs | Stamler 2002 | x | x |  |
| Alonso 2006 | x |  | x |
| Included in 1 SR | Wang 2008 |  | x |  |
| Altorf-van der Kuil 2010 |  |  | x |
| Altorf-van der Kuil 2012 |  |  | x |
| Tielemans 2014 |  | x |  |
| Buenida 2015 |  | x |  |
| Lelong 2017 |  |  | x |

1. **Animal vs plant protein studies overlap of included RCTs**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Systematic review**  **Included RCTs** | | **Rebholz**  **2012** | **Chalvon-Demersay**  **2017** | **Lonnie**  **2020** | **Bryant**  **2022** |
| Included in 3 SRs | Bähr 2013 |  | x | x | x |
| Included in 2 SRs | Brussaard 1981 | x | x |  |  |
| Teede 2001 | x | x |  |  |
| Cuevas 2003 | x | x |  |  |
| He 2011 | x | x |  |  |
| Included in 1 SR | Margetts 1985 | x |  |  |  |
| Prescott 1988 | x |  |  |  |
| Vigna 2000 | x |  |  |  |
| Hermansen 2001 | x |  |  |  |
| Jenkins 2001 | x |  |  |  |
| Wheeler 2002 | x |  |  |  |
| Meyer 2004 | x |  |  |  |
| Anderson 2005 |  | x |  |  |
| Kreijkamp-Kaspers 2005 |  | x |  |  |
| Matthan 2007 | x |  |  |  |
| Jenkins 2010 |  | x |  |  |
| Liu 2012 |  | x |  |  |
| Bähr 2014 |  |  | x |  |
| Bähr 2015 |  |  |  | x |
| Beavers 2015 |  | x |  |  |