

**SSB, broadly defined
11 cohorts**

*Definition clearly excludes
artificially-sweetened beverages.*

*Inclusion of artificially-sweetened
beverages cannot be ruled out.*

**Only SSB
(8 cohorts)**

**All soft drinks (SD)
(3 cohorts)**

US (6): multi-ethnic cohorts ^{ARIC, MESA}	Location (ethnicity)	China (1): 2,273 T2D cases ^{SR, SCHS [42]}
Europe (1): eight countries		Japan (1): 824 T2D cases ^{SR, JPHS [37]}
Japan (1)		Finland (1): 177 cases ^{Reg, enrolled 1976-72, FMC [47]}
Once (4)	Number of beverage assessments	One (3)
Twice: 6 y interval (1)		
Every 4 y (3)		
<10 (4)	Maximum follow-up (range)	10 to 12 y (3)
10 to 19 y (2)		
20 to 24 y (2)		
<24 (1)	Mean baseline BMI (kg/m²)	<24 (2)
24 to 26 (4)		24 to 26 (0)
>26 (3)		>26 (1) ^{FMC [47]}
% reporting ≥1 serving/d:	Highest consumption category	Low overall consumption:
10% or fewer (2)		mean approximately 0.2 servings/d (1) ^{FMC [47]}
Between 11 to 15% (3)		≥2 glasses/wk (1) ^{SCHS [42]} ; 10.6%
More than 15% (2)		≥1 serving/d (1) ^{JPHC [37]} ; 9% men, 5% women
Not reported (1)		

SSB, Not 100% Juice (3 Cohorts)

Cohort:	EPIC [29]	HPFS [34]	Jfact [48]
Cases (T2D):	11,684 ^{Reg}	2680 ^{SR, M}	170 ^{Ex, M}
Maximum follow-up:	16 y	20 y	7 y
Beverage assessments:	Once (BL)	Every 4 y	Once (BL)
Highest consumption category:	≥1 serving/d: 8%	4.5 servings/wk to 7.5/d: 25%	≥1 serving/d: 12%

SSB, Minus... (3 Cohorts)

Cohort:	NHS [35]	BWHS [28]	NHS II [41]
Cases (T2D):	7370 ^{SR, W}	2713 ^{SR, W}	741 ^{SR, W}
Maximum follow-up:	24 y	10 y	8 y
Beverage assessments:	Every 4 y	Twice: 6 y interval	Twice: every 4 y
Highest consumption category:	NR	≥1 serving/d: 17%	≥1 serving/d: 9.5%
Definition:	Sugar-sweetened carbonated beverages	Separate analysis for fruit drinks	Sugar-sweetened carbonated beverages

SSB, Plus... (2 Cohorts)

Cohort:	ARIC [44]	MESA [45]
Cases (T2D):	1437 ^{Ex}	413 ^{Ex}
Maximum follow-up:	9 y	6-7 y
Beverage assessments:	Once (BL)	Once (BL)
Highest consumption category:	≥1 serving/d: 17% men, 13% women	≥1 serving/d: 14%
Plus:	Orange & grape-fruit juice	Non-alcoholic beer