

Cohort (ref)	Hi v. lo Comparison	Model (no. covar.)	% Reduction		Age	Smoking	Phys. Activity	Fam. Hist.	Alcohol Intake	Diet			Other covariates (diet score in italic):
			from least adjusted ¹							Score	EI	BMI	
STUDIES OF ONLY SUGAR SWEETENED BEVERAGES, NOT 100% JUICE													
EPIC-ALL [29]	≥1 glass/d vs. < 1 glass/mo (BL→16y)	1 (2) 2 (9) 3 (10) 4 (11)	0 42% 42% 57%	✓ √ √ √	√ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL}	√ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL}			√ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL}		√ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL}	Model 1 adjusts for age and country. Models 2-4 were also adjusted for gender, education level, juice and artificially- sweetened beverage intake.	
HPFS [34]	4.5 servings/wk to 7.5 servings/d vs. never (Cumulative average up to 2y prior to interval → 20y)	1 (1) 2 (5) 3 (6) 4 (9) 5 (11) 6 (12) 7 (13) 8 (14)	0 16% 12% 20% 0% 12% 52% 4%	✓ √ √ √ √ √ √ √	√ √ √ √ √ √ √ √	√ √ √ √ √ √ √ √		√ √ √ √ √ √ √ √		√ √ √ √ √ √ √ √	√ √ √ √ √ √ √ √	Models 2-8 also adjusted for multivitamin use. Model 4 further adjusted for high triglycerides in 1986, high blood pressure, & diuretics. Model 5 further adjusted for weight gain or loss between 1981-1986 and adherence to a low calorie diet in 1994. Model 6 further adjusts for the <i>Alternative Healthy Eating Index</i> , Model 7for energy intake, and Model 8 for BMI.	
Japanese Factory [48]	≥1 serving/d vs. rare or never (BL→7y)	1 (1) 2 (2) 3 (11) 4 (15)	0 17% 146% 142%	✓ √ √ √	√ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL}	√ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL}		√ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL}		√ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL}	√ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL}	Models 3 & 4 also adjusted for hypertension, dyslipidemia, diet treatment chronic disease, and fiber intake. Model 4 is further adjusted for diet soda, fruit juice, vegetable juice, and coffee.	
STUDIES OF SUGAR SWEETENED BEVERAGES, DEFINITION EXCLUDING SOME SSB TYPES													
NHS [35]	≥ 1 serving SSB/d vs. < 1 serving/mo Cumulative average up to 2y prior to interval → 24y)	Caffeinated: 1 (1) 2 (15) 3 (17) Caffeine-free: 1 (1) 2 (15) 3 (17)	0 19% 61% 0 52% 57%	✓ √ √ √ √ √ √	√ √ √ √ √ √ √	√ √ √ √ √ √ √		√ √ √ √ √ √ √		√ √ √ √ √ √ √	√ √ √ √ √ √ √	Models 2,3 are also adjusted for postmenopausal hormone replacement therapy, coffee, fruit punch, caffeinated tea, artificially-sweetened beverages, hypertension, hypercholesterolemia, low-calorie diet in 1992, weight change between 1981-1986, <i>Alternative Healthy Eating Index</i> .	
BWHS [28]	≥ 2 drinks/d vs. < 1/mo (BL or Y6→10y)	1 (1) 2 (7) 3 (12) 4 (13) 5 (14)	0 33% 68% 93% 95%	✓ √ √ √ √	√ √ √ √ √	√ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL}		√ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL}		√ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL}	√ √ √ √ √	Models 2-5 adjusted for years of education, sweetened fruit drinks (BL & Y6), orange and grapefruit juice (BL & Y6). Models 3-5 also adjusted for red meat, processed meats, cereal fiber, coffee, <i>glycemic index</i> (BL). Model 4 further adjusted for BMI and model 5 for BMI (BL or Y6) and energy intake.	
NHSII [41]	≥1 serving/d vs. <1 mo (BL&Y4→8y)	1 (1) 2 (14) 3 (15) 4 (16)	ref 15% 60% 67%	✓ √ √ √	√ √ √ √	√ √ √ √	√ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL}	√ √ √ √		√ √ √ √	√ √ √ √	Models 2-4 also adjusted for hormone use, oral contraceptive use, cereal fiber, trans-fat, ratio of polyunsaturated fat, magnesium, diet soft drinks, fruit juice/punch.	
STUDIES OF SUGAR SWEETENED BEVERAGES, DEFINITION INCLUDING JUICE OR NONALCOHOLIC BEER													
ARIC [44]	2+ Cups/d vs. < 1 cup/d (BL→9y)	Men: 1 (2) 2 (12) Women: 1 (2) 2 (12)	0 67% 0 94%	✓ √ √ √ √	√ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL}	√ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL}		√ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL}		√ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL}	√ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL}	All models adjusted for race. Models 2 are additionally adjusted for baseline measures of education, dietary fiber, hypertension & waist-hip ratio.	
MESA [50] ²	≥ 1 serving/d vs. 0 (BL → 6y)	1 (10)		✓	√ ^{HL}	√ ^{HL}				√ ^{HL}		Model also includes site, gender, BL waist cir- cumference, race, education, BL supplement use.	
STUDIES OF SOFT DRINKS, SUGAR AND ARTIFICIALLY SWEETENED													
SCHS [42]	2-3+ servings/wk vs. almost never (BL→10y)	1 (4) 2 (13) 3 (15)	0% 9% 26%	✓ √ √	√ ^{HL} √ ^{HL} √ ^{HL}	√ ^{HL} √ ^{HL} √ ^{HL}		√ ^{HL} √ ^{HL} √ ^{HL}		√ ^{HL} √ ^{HL} √ ^{HL}	√ ^{HL} √ ^{HL} √ ^{HL}	All models adjusted for gender, Chinese dialect, & year of interview. Model 2 further adjusted for educational level, coffee consumption, fiber, saturated fat, dairy and juice intake.	
JPHC [37]	Almost every day vs. rarely	BL→5 yrs (Men): 1 (1) 2 (17) BL→10 yrs (Men): 3 (1) 4 (17) BL→5 yrs (Women): 1 (1) 2 (17) BL→10 yrs (Women): 3 (1) 4 (17)	0 0 12% 0 2% 0 18% 0 19%	✓ √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL}	√ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL}	√ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL}		√ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL}		√ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL}	√ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL} √ ^{HL}	Models 2 and 4 further adjusted for baseline measure of education, occupation, history of hypertension, coffee, green tea, dietary magnesium, calcium, vitamin D, rice and dietary fiber.	
FMC [47]	Quartiles (median g/d) 143 g/d vs. 0 (BL→12y)	1 (8) 2 (9) 3 (14)	Age- adjusted model NR	✓ √ √	√ ^{HL} √ ^{HL} √ ^{HL}	√ ^{HL} √ ^{HL} √ ^{HL}	√ ^{HL} √ ^{HL} √ ^{HL}			√ ^{HL} √ ^{HL} √ ^{HL}	√ ^{HL} √ ^{HL} √ ^{HL}	Models adjusted for gender, geographical area, <i>prudent & conservative dietary pattern score</i> . Model 3 further adjusted for serum cholesterol, blood pressure, history of infarction, angina pectoris or cardiac failure.	