**Supplementary Table S1.** Characteristics of protective studies on nut consumption and cancer risk

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| **First Author,****Year** | **Study Cohort** | **Cancer Type** | **Country**  | **Sex** | **Follow-up years** | **Case /Participant a** | **Dietary Assessment** | **Adjustment for confounders** | **NOS Score** |
| Singh,1989 | Adventist Health Study | Prostate cancer | USA | Male | 6 | 180/14000 | lifestyle questionnaire | age, education, current use of meat, poultry, or fish, beans, legumes or peas, citrus fruit, dry fruit, index of fruit, nuts, and tomatoes | 7 |
| Mills,1998 | Adventist Health Study | Colon cancer | USA | Male/ Female | 6 | 157/32051 | lifestyle questionnaire | age at baseline, sex, BMI, physical activity, parental history of colon cancer, current smoking, past smoking, alcohol consumption, and aspirin use | 8 |
| Jenab,2004 | EPIC study | Colorectal cancer | Europe b | Male/ Female | 10 | 1329/478040 | dietary questionnaire | center, age, height, weight, intake of fruits, gender, energy from alcohol, energy from fat, energy from carbohydrates and proteins (without nuts and seeds), intake of dietary fiber, physical activity, duration of smoking, energy from alcohol, energy from fat, and energy from carbohydrate sand proteins | 8 |
| Yeh,2006 | - | Colorectal cancer | China | Male | 10 | 68/12026 | structured questionnaire interview  | age, area of residence, cigarette smoking, BMI and Picked foodstuffs | 9 |
| Yeh,2006 | - | Colorectal cancer | China | Female | 10 | 39/11917 | structured questionnaire interview  | age, area of residence, cigarette smoking, BMI and Picked foodstuffs | 9 |

**Supplementary Table S1.** Continued

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| **First Author,****Year** | **Study Cohort** | **Cancer Type** | **Country**  | **Sex** | **Follow-up years** | **Case /Participant a** | **Dietary Assessment** | **Adjustment for confounders** | **NOS Score** |
| Borgquist,2008 | Malmo Diet and Cancer cohort | Breast cancer | Sweden | Female | 10.3 | 544/15773 | dietary interview | season of data collection, diet interviewer, method version, age, total energy, weight, height, educational status, smoking habits, leisure time physical activity, hours of household activities, alcohol consumption, age at menopause, parity and current use of MHT | 9 |
| Thiebaut,2009 | E3N of EPIC study | Breast cancer | France | Female | 8 | 1650/56007 | dietary questionnaire | age (time metric), nonalcohol energy and ethanol intakes, smoking history, history of benign breast disease, history of breast cancer in first-degree relatives, age at menarche, parity, body mass index, menopausal status, age at menopause and use of menopausal hormone treatment | 7 |
| Thompson,2010 | Iowa Women's Health Study | Non-Hodgkin Lymphoma | USA | Female | 20 | 415/35159 | FFQ | age and total energy intake | 8 |
| Hedelin,2011 | Women's Lifestyle and Health Cohort Study | Ovarian cancer | Sweden | Female | 16 | 163/47140 | FFQ | age, use of oral contraceptives, age at menarche, parity, hormone replacement therapy and intakes of total energy, alcohol, saturated fat, meat, and fish | 7 |
| Bao,2013 | Nurses’ Health Study | Pancreatic cancer | USA | Female | 30 | 466/75680 | FFQ | age, height, physical activity, smoking, and total energy intake, BMI, history of diabetes mellitus, dietary variables including alcohol, multivitamin use, intakes of red meat, fruits and vegetables, and vitamin D | 7 |

**Supplementary Table S1.** Continued

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| **First Author,****Year** | **Study Cohort** | **Cancer Type** | **Country**  | **Sex** | **Follow-up, years** | **Case****/Participant a** | **Dietary Assessment** | **Adjustment for confounders** | **NOS Score** |
| Gnagnarella,2013 | COSMOS screening study | Lung cancer | Italy | Male/ Female | 5.7 | 178/4336 | FFQ | risk probability using information on age, sex, smoking history, asbestos exposure and total energy | 6 |
| Takemi,2014 | Nurses’ Health Study II | Breast cancer | USA | Female | 20 | 2830/88803 | FFQ | age, calendar year of current questionnaire cycle, race, family history of breast cancer in mother or sisters, history of benign breast disease, smoking, height, body mass index, age at menarche, parity and age at first birth, oral contraceptive use, alcohol intake and energy  | 7 |
| Hosnijeh,2015 | EPIC study | Leukemia | Europe b | Male/ Female | 11.34 | 773/447325 | dietary questionnaire | body mass index, education, smoking, alcohol intake, physical activity, total energy intake, sex, center and age at recruitment | 8 |
| Yang,2016 | Nurses’ Health Study | Colorectal cancer | USA | Female | 30 | 1503/75680 | FFQ | age, physical activity, family history of colorectal cancer, history of previous lower endoscopy, history of ulcerative colitis, history of polyps, aspirin use, multivitamin use, pack-years of smoking, alcohol intake, and total energy intake, BMI and history of diabetes mellitus  | 8 |
| Wang,2016 | Health Professionals Follow-up Study | Prostate cancer | USA | Male | 26 | 6810/47299 | FFQ | age in months, time period, energy, BMI, vigorous physical activity, smoking status, PSA screening history, family history of PCa, ethnicity, history of diabetes, current multivitamin use, current supplement use, tomato sauce, coffee intake and Mediterranean diet | 7 |

**Supplementary Table S1.** Continued

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| **First Author,****Year** | **Study Cohort** | **Cancer Type** | **Country**  | **Sex** | **Follow-up, years** | **Case /Participant a** | **Dietary Assessment** | **Adjustment for confounders** | **NOS Score** |
| Ghorbani,2016 | Golestan Cohort Study | Pancreatic cancer | Iran | Male/ Female | 10 | 54/48676 | FFQ  | history of diabetes, pack-years of cigarette smoking, years of education, alcohol consumption, opium using, BMI, age at recruitment, total energy intake, gender, MET, wealth score and residential area  | 8 |
| Hashemian,2017 | NIH-AARP Diet and Health Study | Esophageal squamous cell carcinoma | USA | Male/ Female | 15.5 | 323/485625 | FFQ | age, sex, smoking status and dose, alcohol drinking, BMI, education, physical activity, fruit and vegetable intake, and calories | 7 |
| Hashemian,2017 | NIH-AARP Diet and Health Study | Esophageal adenocarcinoma | USA | Male/ Female | 15.5 | 966/485625 | FFQ | age, sex, smoking status and dose, alcohol drinking, BMI, education, physical activity, fruit and vegetable intake, and calories | 7 |
| Hashemian,2017 | NIH-AARP Diet and Health Study | Gastric cardia adenocarcinoma | USA | Male/ Female | 15.5 | 698/485625 | FFQ | age, sex, smoking status and dose, alcohol drinking, BMI, education, physical activity, fruit and vegetable intake, and calories | 7 |
| Hashemian,2017 | NIH-AARP Diet and Health Study | Gastric non-cardia adenocarcinoma | USA | Male/ Female | 15.5 | 732/485625 | FFQ | age, sex, smoking status and dose, alcohol drinking, BMI, education, physical activity, fruit and vegetable intake, calories and ethnicity | 7 |
| Lee,2017 | NIH-AARP Diet and Health Study | Lung cancer | USA | Male/ Female | 16 | 18533/495785 | FFQ | age, sex, education, body mass index, energy intake, cigarette smoking status, cigarette smoking dose, years since last cigarette smoked, intakes of red and processed meat, fruits, vegetables, and alcohol  | 7 |

**Supplementary Table S1.** Continued

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| **First Author,****Year** | **Study Cohort** | **Cancer Type** | **Country**  | **Sex** | **Follow-up, years** | **Case /Participant a** | **Dietary Assessment** | **Adjustment for confounders** | **NOS Score** |
| Brandt,2018 | Case-cohortstudy in the Netherlands Cohort  | Breast cancer | Netherlands | Female | 20.3 | 2321/1665 | FFQ | age at baseline , cigarette smoking, body height , BMI , non-occupational physical activity , highest level of education, family history of breast cancer in mother or sisters , history of benign breast disease, age at menarche , parity, age at first birth, age at menopause, oral contraceptive use, postmenopausal HRT , energy intake , alcohol intake, alternate Mediterranean Diet Score excluding alcohol and nuts, alternate Mediterranean Diet Score excluding alcohol and nuts | 8 |
| Nieuwenhuis,2018 | Netherlands Cohort Study | Pancreatic cancer | Netherlands | Male/ Female | 20.3 | 583/3759 | FFQ | sex, age, cigarette smoking, BMI, family history of pancreatic cancer, history of diabetes, educational level, total energy intake and alcohol consumption  | 8 |
| Nieuwenhuis,2018 | Case-cohortstudy in the Netherlands Cohort  | Esophageal squamous cell carcinoma | Netherlands | Male/ Female | 20.3 | 133/3720 | FFQ | age, sex, cigarette smoking, BMI, nonoccupational physical activity, educational level, family history of esophageal cancer, family history of gastric cancer, total energy intake and alcohol consumption  | 8 |
| Nieuwenhuis,2018 | Case-cohortstudy in the Netherlands Cohort  | Esophageal adenocarcinoma | Netherlands | Male/ Female | 20.3 | 200/3720 | FFQ | age, sex, cigarette smoking, BMI, nonoccupational physical activity, educational level, family history of esophageal cancer, family history of gastric cancer, total energy intake and alcohol consumption  | 8 |

**Supplementary Table S1.** Continued

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| **First Author,****Year** | **Study Cohort** | **Cancer Type** | **Country**  | **Sex** | **Follow-up, years** | **Case /Participant a** | **Dietary Assessment** | **Adjustment for confounders** | **NOS Score** |
| Nieuwenhuis,2018 | Case-cohortstudy in the Netherlands Cohort  | Gastric cardia adenocarcinoma | Netherlands | Male/ Female | 20.3 | 191/3720 | FFQ | age, sex, cigarette smoking, BMI, nonoccupational physical activity, educational level, family history of esophageal cancer, family history of gastric cancer, total energy intake and alcohol consumption  | 8 |
| Nieuwenhuis,2018 | Case-cohortstudy in the Netherlands Cohort  | Gastric non-cardia adenocarcinoma | Netherlands | Male/ Female | 20.3 | 586/3720 | FFQ | age, sex, cigarette smoking, BMI, nonoccupational physical activity, educational level, family history of esophageal cancer, family history of gastric cancer, total energy intake and alcohol consumption  | 8 |
| Hashemian,2018 | Golestan Cohort Study | Esophageal squamous cell carcinoma | Iran | Male/ Female | 9 | 280/48284 | FFQ  | age, sex, place of residence, smoking, opium user, wealth score, ethnicity, BMI, education, physical activity, fruits intake and vegetables intake  | 7 |
| Boudewijns,2018 | Case-cohortstudy in the Netherlands Cohort  | Prostate cancer | Netherlands | Male | 20.3 | 3868/1979 | FFQ | age, family history of prostate cancer, BMI, alcohol consumption, level of education and total energy intake | 8 |
| Obón-Santacana,2019 | EPIC study | Pancreatic cancer | Europe b | Male/ Female | 14 | 1283/476160 | dietary questionnaire | age at recruitment and center, gender, total energy intake, BMI, smoking status, diabetes and alcohol consumption | 8 |

**Supplementary Table S1.** Continued

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| **First Author,****Year** | **Study Cohort** | **Cancer Type** | **Country**  | **Sex** | **Follow-up, years** | **Case****/Participant a** | **Dietary Assessment** | **Adjustment for confounders** | **NOS Score** |
| Sui ,2019 | Nurses’ Health Study and Health Professionals Follow-up Study | Hepatocellular carcinoma | USA | Female | 27.9 | 162/140275 | FFQ | age, gender, race, physical activity, BMI, smoking status, aspirin use, type 2 diabetes, total alcohol intake, total coffee intake and total calorie intake | 7 |
| Nieuwenhuis,2019 | Case-cohortstudy in the Netherlands Cohort  | Lung cancer | Netherlands | Male | 20.3 | 2413/1834 | FFQ | age, cigarette smoking, body mass index, nonoccupational physical activity, educational level, family history of lung cancer, history of chronic bronchitis, daily energy intake, alcohol consumption, and alternate Mediterranean diet score excluding alcohol and nuts | 8 |
| Nieuwenhuis,2019 | Case-cohortstudy in the Netherlands Cohort  | Lung cancer | Netherlands | Female | 20.3 | 448/1886 | FFQ | age, cigarette smoking, body mass index, nonoccupational physical activity, educational level, family history of lung cancer, history of chronic bronchitis, daily energy intake, alcohol consumption, and alternate Mediterranean diet score excluding alcohol and nuts | 8 |

a Number of subjects in the whole cohort or number of subjects in the sub-cohort for case-cohort studies.

b Ten European countries: Denmark, France, Greece, Germany, Italy, Netherlands, Norway, Spain, Sweden and United Kingdom.

Abbreviations: EPIC, European Prospective Investigation into Cancer and Nutrition; COSMOS, Continuous Observation of Smoking Subjects; NIH-AARP, National Institutes of Health-American Association of Retired Persons; E3N, Etude Epidemiologique aupres de femmes de l’Education Nationale; MHT, Menopausal hormone therapy; PCa, Prostatic Cancer; FFQ, Food-Frequency Questionnaire; BMI, Body Mass Index.