評価対象論文リスト（要因：野菜・果物、アウトカム：食道がん・肺がん・胃がん・大腸がん）

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①既存の系統的レビュー・メタ解析・統合解析

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■系統的レビュー・メタ解析

Reference			Include study					Design	Category	Relative risk (95% CI or p)	Weight	**Magnitude of association**
Author	Title	Year	Ref No.	First author	Year	Study period	Study location	Event (*Definition)					
Wakai K et al	Lung cancer risk and consumption of vegetables and fruit: an evaluation based on a systematic review of epidemiological evidence from Japan	2011						**Lung Cancer;**		**Fruit consumption;**	RR for highest versus lowest intake category;		
			11	Takezaki	2003	1985-1999		Incidence		5+/week vs <3/week, Sex: Both	0.61 (0.29, 1.30)		
			12	Sauvaget	2003	1980-1998		Death		Daily vs 0-1/week, Sex: Both	**0.80 (0.65, 0.98)**		
			13	Liu	2004	1990-1999		Incidence	Cohort	Tertile 3 vs Tertile 1, Sex: Both	1.16 (0.84, 1.58)		
			14	Khan	2004	1984-2002	Japan	Death		Several times+/week vs <=Several times/month, Sex: Male	0.8 (0.3, 2.2)		
			16	Shimizu	1988	1982-1985				3+/week vs <3/week, Sex: Female	1.20 (0.55, 2.61)		
			17	Takezaki	2001	1988-1997			Case-Control	Every day vs Almost never, Sex: Male	0.76 (0.55, 1.04)		
			17	Takezaki	2001	1988-1997				Every day vs Almost never, Sex: Female	0.62 (0.28, 1.36)		
			18	Matsuo	2008	2001-2005				Tertile 3 vs Tertile 1, Sex: Both	0.84 (0.62, 1.14)		
										Total	**0.85 (0.75, 0.96)**		↓（Week）
										Cohort studies	0.87 (0.74, 1.03)		
										Case-control studies	**0.81 (0.66, 0.99)**		
										Fruit consumption;	RR per serving per day;		
			11	Takezaki	2003	1985-1999		Incidence		5+/week vs <3/week, Sex: Both	0.67 (0.33, 1.36)		
			12	Sauvaget	2003	1980-1998		Death		Daily vs 0-1/week, Sex: Both	**0.76 (0.61, 0.94)**		
			13	Liu	2004	1990-1999		Incidence	Cohort	Tertile 3 vs Tertile 1, Sex: Both	1.07 (0.93, 1.24)		
			14	Khan	2004	1984-2002	Japan	Death		Several times+/week vs <=Several times/month, Sex: Male	0.64 (0.09, 4.69)		
			16	Shimizu	1988	1982-1985				3+/week vs <3/week, Sex: Female	1.44 (0.31, 6.79)		
			17	Takezaki	2001	1988-1997			Case-Control	Every day vs Almost never, Sex: Male	0.75 (0.55, 1.03)		
			17	Takezaki	2001	1988-1997				Every day vs Almost never, Sex: Female	0.49 (0.23, 1.07)		
			18	Matsuo	2008	2001-2005				Tertile 3 vs Tertile 1, Sex: Both	0.91 (0.79, 1.05)		
										Total	0.92 (0.84-1.00)		- (No assosiation)
										Cohort studies	0.88 (0.66, 1.16)		
										Case-control studies	**0.87 (0.76, 0.99)**		
Kashino I, Mizoue T, Tanaka K, et al	Vegetable consumption and colorectal cancer risk: an evaluation based on a systematic review and meta-analysis among the Japanese population	2015						**Colorectal Cancer;**			Colon;		
			21	Hirayama	1989	1965-82		Death		hiest vs lowest exposure category, Sex: Both	0.85 (0.71, 1.01)	27.46	
			25	Sato	2005	1990-97		Incidence		hiest vs lowest exposure category, Sex: Both	1.24 (0.79, 1.95)	4.04	
			26	Tsubono	2005	1990-99	Japan	Incidence	Cohort	hiest vs lowest exposure category, Sex: Men	1.24 (0.86, 1.79)	6.14	
			26	Tsubono	2005	1990-99		Incidence		hiest vs lowest exposure category, Sex: Women	1.01 (0,58, 1.76)	2.68	
			27	Aoyama	2014	1988-2009		Incidence		hiest vs lowest exposure category, Sex: Men	1.02 (0.72, 1.44)	7.01	
			27	Aoyama	2014	1988-2009		Incidence		hiest vs lowest exposure category, Sex: Women	0.85 (0.61, 1.19)	7.39	
										Subtotal (I^2=10.1%, P=0.351)	0.95 (0.83, 1.09)	54.72	- (No assosiation)
											Rectum;		
			21	Hirayama	1989	1965-82		Death		hiest vs lowest exposure category, Sex: Both	1.05 (0.87, 1.27)	22.19	
			25	Sato	2005	1990-97		Incidence		hiest vs lowest exposure category, Sex: Both	1.14 (0.67, 1.93)	2.95	
			26	Tsubono	2005	1990-99	Japan	Incidence	Cohort	hiest vs lowest exposure category, Sex: Men	1.06 (0.63, 1.78)	3.06	
			26	Tsubono	2005	1990-99		Incidence		hiest vs lowest exposure category, Sex: Women	0.71 (0.36, 1.39)	1.83	
			27	Aoyama	2014	1988-2009		Incidence		hiest vs lowest exposure category, Sex: Men	1.69 (0.98, 2.91)	2.79	
			27	Aoyama	2014	1988-2009		Incidence		hiest vs lowest exposure category, Sex: Women	1.08 (0.59, 1.99)	2.23	
										Subtotal (I^2=0.0%, P=0.518)	1.08 (0.93, 1.26)	35.03	- (No assosiation)
											Colorectum;		
			24	Sauvaget	2003	1980-98	Japan	Death	Cohort	hiest vs lowest exposure category, Sex: Both	1.10 (0.82, 1.47)	9.68	

			16	Khan	2004	1984-2002	Japan	Death	Cohort	hiest vs lowest exposure category, Sex: Men	1.00 (0.30, 3.37)	0.56	
										Subtotal (I^2=0.0%, P=0.881)	1.09 (0.82, 1.45)	10.24	
										Overall	1.00 (0.92, 1.10)	100	- (No assosiation)
Sakai M et al	Fruit and vegetable consumption and risk of esophageal cancer in the Asian region: a systematic review and meta-analysis	2022	**Figure a. Fruits**										
			9	Hu J	1994		China				1.50 [0.78, 2.90]	4.2	
			10	Gao CM	1999	January to Octo-	China				0.75 [0.36, 1.55]	3.8	
			11	Takezaki T	2000	1988-1997	Japan				0.70 [0.54, 0.90]	7.6	
			12	Takezaki T	2001	1995-2000	Japan				0.91 [0.48, 1.73]	4.3	
			13	Phukan RK	2001		India				0.30 [0.02, 4.20]	0.5	
			14	Yokoyama A	2002	September 2000	Japan				0.78 [0.28, 2.17]	2.4	
			15	Li K,	2003		China				0.08 [0.03, 0.20]	2.8	
			17	Hung HC	2004		Taiwan	esophageal cancer incidence	case–control studies	lowest vs highest	0.60 [0.40, 0.90]	6.2	
			18	Yang CX	2005	July 2003 to July	China				0.42 [0.20, 0.89]	3.6	
			19	Wu M (high	2006	2003-2004	China				1.23 [0.51, 2.98]	3.0	
			19	Wu M (low i	2006	2003-2004	China				1.17 [0.41, 3.37]	2.3	
			21	Gao Y	2011		China				0.53 [0.40, 0.71]	7.3	
			22	Hajizadeh B	2011		Iran				0.13 [0.04, 0.45]	1.8	
			23	Tang L,	2014	2008 and 2009.	China				0.48 [0.32, 0.71]	6.4	
			24	Tan HZ	2017	2005-2011	China				0.55 [0.32, 0.94]	5.1	
			25	Sauvaget C	2003	1980- March 19	Japan				0.57 [0.31, 1.04]	4.6	
			26	Tran GD	2005	1984-May 1991	China				0.80 [0.70, 0.91]	8.5	
			27	Fan Y	2008	January 1986 - J	China	esophageal cancer incidence	Cohort	lowest vs highest	0.46 [0.24, 0.88]	4.3	
			28	Yamaji T	2008	1990-1998	Japan				0.65 [0.39, 1.08]	5.4	
			29	Wang JB	2016	1984–1991	China				1.01 [0.96, 1.06]	8.8	
			30	Sheikh M	2019	2004-2017	Iran				0.68 [0.50, 0.93]	7.1	
										Overall	**0.64 [0.53, 0.77]**	**100.0**	↓ ↓ (Moderate)
			Figure b. Vegetable										
			9	Hu J	1994		China				0.60 [0.34, 1.06]	4.8	
			10	Gao CM	1999	January to Octo-	China				0.07 [0.03, 0.19]	2.6	
			11	Takezaki T	2000	1988-1997	Japan				0.60 [0.51, 0.70]	7.7	
			12	Takezaki T	2001	1995-2000	China				0.81 [0.46, 1.44]	4.8	
			13	Phukan RK	2001		India				0.26 [0.02, 2.90]	0.6	
			14	Yokoyama A	2002	September 2000	Japan				0.87 [0.11, 7.14]	0.8	
			15	Li K,	2003		China				0.78 [0.38, 1.60]	3.9	
			16	Xibin S	2003	January 1998 an	China				0.44 [0.20, 0.95]	3.6	
			17	Hung HC	2004		Taiwan	esophageal cancer incidence	case–control studies	lowest vs highest	0.50 [0.31, 0.80]	5.5	
			18	Yang CX	2005	July 2003 to July	China				0.62 [0.33, 1.17]	4.4	
			19	Wu M (high	2006	2003-2004	China				1.37 [0.49, 3.83]	2.5	
			19	Wu M (low i	2006	2003-2004	China				0.76 [0.16, 3.72]	1.3	
			20	Xibin S	2010	January 1,2009	China				0.28 [0.15, 0.51]	4.6	
			21	Gao Y	2011		China				0.46 [0.34, 0.62]	6.8	
			22	Hajizadeh B	2011		Iran				0.66 [0.23, 1.87]	2.4	
			23	Tang L,	2014	2008 and 2009.	China				0.46 [0.31, 0.68]	6.1	
			24	Tan HZ	2017	2005-2011	China				0.71 [0.34, 1.48]	3.8	
			25	Sauvaget C	2003	1980- March 19	Japan				0.89 [0.49, 1.63]	4.6	
			26	Tran GD	2005	1984-May 1991	China				1.02 [0.87, 1.19]	7.7	
			27	Fan Y	2008	January 1986 - J	China	esophageal cancer incidence	Cohort	lowest vs highest	0.71 [0.26, 1.95]	2.6	
			28	Yamaji T	2008	1990-1998	Japan				0.68 [0.42, 1.10]	5.4	
			29	Wang JB	2016	1984–1991	China				0.99 [0.91, 1.08]	8.0	
			30	Sheikh M	2019	2004-2017	Iran				0.62 [0.40, 0.97]	5.7	
										Overall	**0.61 [0.50, 0.74]**	**100.0**	↓↓ (Moderate)

■コホート研究（プール解析）

Reference			Study subjects											
Author	Title	Year	Study period	Number of subjects	Source of subjects	Event followed	Number of incident cases or deaths	Participant's race	Category	Number among cases	Relative risk (95%CI or p)	P for trend	Confounding variables considered	**Magnitude of association**
Shimazu T, Wakai K, Tamakoshi A, et al	Association of vegetable and fruit intake with gastric cancer risk among Japanese: a pooled analysis of four cohort studies	2014	1980s-2004	191,232 men; 87,771 women; 103,461	Japan Cohort Consortiur four cohort studies;	**Gastric Cancer;** Incidence	2,995 men; 2,104 women; 891	Japanese	**Total vegetable intake;**					
											Men;			
									Quintile of intake(g/day)			0.13	age, study area, smoking status, sodium intake, total energy intake;	- (No assosiation)
									Q1 (low)	394	1.00 (Reference)			
									Q2	393	0.95 (0.82-1.10)			
									Q3	427	0.96 (0.83-1.10)			
									Q4	449	0.94 (0.81-1.08)			
									Q5 (high)	441	0.89 (0.77-1.03)			
											Women;			
									Quintile of intake(g/day)			0.4		
									Q1 (low)	200	1.00 (Reference)		age, study area,	
									Q2	151	**0.76 (0.61-0.94)**		smoking status,	↓（Weak）
									Q3	171	0.82 (0.65-1.04)		sodium intake,	
									Q4	197	0.92 (0.75-1.13)		total energy	
									Q5 (high)	172	0.83 (0.67-1.03)		intake;	
									Total fruit intake;					
											Men;	0.21		
									Q1 (low)	450	1.00 (Reference)		age, study area,	
									Q2	396	0.89 (0.72-1.11)		smoking status,	
									Q3	407	0.89 (0.74-1.07)		sodium intake,	
									Q4	401	**0.83 (0.72-0.97)**		total energy	↓（Weak）
									Q5 (high)	450	0.92 (0.76-1.11)		intake;	
											Women;	0.14		
									Q1 (low)	205	1.00 (Reference)		age, study area,	
									Q2	181	0.85 (0.69-1.04)		smoking status,	
									Q3	176	**0.81 (0.66-0.99)**		sodium intake,	
									Q4	153	**0.68 (0.54-0.86)**		total energy	↓（Weak）
									Q5 (high)	176	0.82 (0.59-1.12)		intake;	
									Total vegetable/fruit intake					
											Men;	0.08		
									Q1 (low)	403	1.00 (Reference)		age, study area,	
									Q2	390	0.91 (0.76-1.11)		smoking status,	
									Q3	442	0.97 (0.84-1.12)		sodium intake,	
									Q4	436	0.91 (0.79-1.05)		total energy	
									Q5 (high)	433	0.87 (0.75-1.01)		intake;	- (No assosiation)
											Women;	0.3		
									Q1 (low)	184	1.00 (Reference)		age, study area,	
									Q2	173	0.90 (0.69-1.17)		smoking status,	
									Q3	178	0.89 (0.72-1.10)		sodium intake,	
									Q4	174	0.84 (0.68-1.05)		total energy	
									Q5 (high)	182	0.89 (0.72-1.12)		intake;	- (No assosiation)
Wakai K, Sugawara Y, Tsuji I, et al	Risk of lung cancer and consumption of vegetables and fruit in Japanese: A pooled analysis of cohort studies in Japan	2015	1988-2008	**for incidence** 209,344 men; 95,235 women;	(1) the Japan Public Health Center-based Prospective Study-I (JPHC-I) (2) the Japan Public Health Center-based Prospective Study-II	**Lung cancer** Death	1,786 men; 1,385 women;	Japanese			**Mortality;**			
									Total Fruit intake;		Men;	0.275		
									Q1	344	1.00 (Reference)		age, area,	
									Q2	261	**0.80 (0.68–0.94)**		smoking, intake of total energy	
									Q3	231	**0.71 (0.60–0.84)**			↓（Weak）

	114,109	(JPHC-II) (3) the Japan Collaborative Cohort Study (JACC) (4) the Miyagi Cohort Study (MIYAGI).			401	Q4	271	0.85 (0.72–1.00)		
						Q5	278	0.90 (0.76–1.06)		
for mortality			Incidence		1,742			Women;	0.7	
	190,940			men;		Q1	90	1.00 (Reference)	age, area, smoking, intake of total energy	
men;					1,300	Q2	74	0.91 (0.66–1.24)		
	87,570			women;		Q3	77	0.98 (0.72–1.34)		
women;					442	Q4	77	0.97 (0.70–1.32)		
	103,370					Q5	83	1.03 (0.76–1.41)		- (No assosiation)
						Total Vegetables and Fruit intake;		Men;	0.89	
						Q1	298	1.00 (Reference)	age, area, smoking, intake of total energy	
						Q2	258	0.87 (0.74–1.03)		
						Q3	263	0.88 (0.75–1.04)		
						Q4	289	0.97 (0.82–1.14)		
						Q5	277	0.94 (0.79–1.11)		- (No assosiation)
								Women;	0.659	
						Q1	91	1.00 (Reference)	age, area, smoking, intake of total energy	
						Q2	67	0.81 (0.59–1.11)		
						Q3	69	0.83 (0.60–1.14)		
						Q4	91	1.10 (0.82–1.49)		
						Q5	83	0.94 (0.69–1.27)		- (No assosiation)
						Total Fruit intake; among never smokers				
								Men;	0.748	
						Q1	96	1.00 (Reference)	age, area, smoking, intake of total energy	
						Q2	97	1.11 (0.51–2.40)		
						Q3	81	0.90 (0.41–1.97)		
						Q4	89	0.89 (0.41–1.94)		
						Q5	112	1.00 (0.47–2.16)		- (No assosiation)
								Women;	0.248	
						Q1	62	1.00 (Reference)	age, area, smoking, intake of total energy	
						Q2	50	0.79 (0.54–1.15)		
						Q3	66	1.08 (0.76–1.53)		
						Q4	69	1.09 (0.77–1.55)		
						Q5	64	1.05 (0.74–1.51)		- (No assosiation)
						Total Vegetables and Fruit intake; among never smoker				
								Men;	0.998	
						Q1	91	1.00 (Reference)	age, area, smoking, intake of total energy	
						Q2	91	1.01 (0.48–2.11)		
						Q3	80	**0.35 (0.13–0.93)**		↓ ↓ (Moderate)
						Q4	108	0.93 (0.45–1.91)		
						Q5	105	0.74 (0.36–1.53)		

		Women;	0.319		
Q1	60	1.00 (Reference)		age, area, smoking, intake of total energy	
Q2	51	0.91 (0.62–1.33)			
Q3	57	1.02 (0.70–1.48)			
Q4	81	1.36 (0.96–1.92)			
Q5	62	1.00 (0.69–1.44)			- (No assosiation)
		Incidence;			
Total Fruit intake;					
		Men;	0.589		
Q1 (low)	301	1.00 (Reference)		adjusted for age, area, smoking and intake of total energy.	
Q2	254	0.89 (0.75–1.06)			
Q3	233	**0.83 (0.70–0.98)**			↓（Week）
Q4	248	0.89 (0.75–1.05)			
Q5 (high)	264	0.96 (0.81–1.14)			
		Women;	0.944		
Q1 (low)	90	1.00 (Reference)		adjusted for age, area, smoking and intake of total energy.	
Q2	87	1.02 (0.75–1.37)			
Q3	96	1.13 (0.84–1.52)			
Q4	78	0.89 (0.65–1.22)			
Q5 (high)	91	1.04 (0.77–1.41)			- (No assosiation)
Total Vegetables and Fruit intake;					
		Men;	0.354		
Q1 (low)	253	1.00 (Reference)		adjusted for age, area, smoking and intake of total energy.	
Q2	264	1.07 (0.90–1.28)			
Q3	237	0.95 (0.79–1.14)			
Q4	278	1.12 (0.94–1.33)			
Q5 (high)	268	1.07 (0.90–1.28)			- (No assosiation)
		Women;	0.866		
Q1 (low)	86	1.00 (Reference)		adjusted for age, area, smoking and intake of total energy.	
Q2	92	1.11 (0.82–1.49)			
Q3	80	0.94 (0.69–1.28)			
Q4	92	1.07 (0.80–1.45)			
Q5 (high)	92	1.04 (0.77–1.41)			- (No assosiation)
Total Fruit intake; among never smokers					
		Men;	0.692		
Q1 (low)	21	1.00 (Reference)		adjusted for age, area and intake of total energy	
Q2	14	0.80 (0.39–1.65)			
Q3	17	0.78 (0.37–1.65)			
Q4	19	0.66 (0.31–1.40)			
Q5 (high)	15	0.69 (0.33–1.44)			- (No assosiation)
		Women;	0.600		
Q1 (low)	69	1.00 (Reference)		adjusted for age, area and intake of total energy	
Q2	61	0.86 (0.60–1.22)			
Q3	78	1.09 (0.78–1.53)			
Q4	67	0.90 (0.64–1.28)			
Q5 (high)	74	1.02 (0.73–1.44)			- (No assosiation)
Total Vegetables and Fruit intake; among never smokers					
		Men;			
Q1 (low)	22	1.00 (Reference)	0.523	adjusted for age, area and intake of total energy	
Q2	16	0.72 (0.36–1.46)			
Q3	11	0.41 (0.18–0.91)			

										Q4	19	0.59 (0.28–1.24)		
										Q5 (high)	18	0.67(0.34–1.30)		- (No assosiation)
											Women;			
										Q1 (low)	59	1.00 (Reference)	0.430	adjusted for age, area and intake of total energy
										Q2	76	1.21 (0.85–1.72)		
										Q3	62	1.10 (0.77–1.57)		
										Q4	76	1.19 (0.84–1.69)		
										Q5 (high)	76	1.19 (0.84–1.68)		- (No assosiation)
Takachi R, Inoue M, Sugawara Y, et al	Fruit and vegetable intake and the risk of overall cancer in Japanese: A pooled analysis of population-based cohort studies	2017	1990-2006	**Incidence:** 191519 men; 91,779 women; 99,740	(1) the Japan Public Health Center-based Prospective Study (JPHC)-I; (2) the JPHC-II; (3) the Miyagi Cohort Study (MIYAGI); (4) the Ohsaki Cohort Study (OHSAKI).	**overall cancer** Incidence	17,681 men; 10,960 women; 6,721	Japanese	**Total fruit and vegetables**					
											Men;			
										Lowest	2081	1.00 (Reference)		age (continuous), area (for JPHC-I, JPHC-II only), total energy intake (quintile), smoking status, alcohol consumption , body mass index in kg/m2, history of diabetes mellitus, and screening examination (yes or no; any kind of the following cancer screening for JPHC-I: chest X-ray, sputum test, photofluorography, gastrointestinal endoscopy, fecal occult blood test, barium enema, or colonoscopy; any kind of screening examination for JPHC-II; and chest X-ray, gastric cancer examination, Pap smear, mammography, or complete medical checkup
										Second	2091	1.01 (0.95, 1.07)		
										Third	2152	1.00 (0.93, 1.07)	0.54	
										Fourth	2288	1.03 (0.96, 1.09)		
										Highest	2348	1.04 (0.98, 1.11)		
											Women;			
										Lowest	1331	1.00 (Reference)		
										Second	1269	0.97 (0.89, 1.05)		
										Third	1313	0.98 (0.90, 1.07)	0.81	
										Fourth	1382	1.01 (0.94, 1.09)		
										Highest	1426	1.02 (0.94, 1.10)		
										Fruits				
											Men;			
										Lowest	2218	1.00 (Reference)		
										Second	2143	1.01 (0.95, 1.07)		
										Third	2156	1.00 (0.94, 1.08)	1.00	
										Fourth	2130	0.96 (0.90, 1.02)		
										Highest	2313	1.03 (0.97, 1.10)		
											Women;			
										Lowest	1375	1.00 (Reference)		
										Second	1278	0.95 (0.88, 1.02)		
										Third	1321	0.96 (0.89, 1.04)	0.97	
										Fourth	1301	0.94 (0.87, 1.01)		
										Highest	1446	1.03 (0.95, 1.11)		
										Vegetables				
											Men;			
										Lowest	2016	1.00 (Reference)		
										Second	2029	1.00 (0.94, 1.07)		
										Third	2203	1.04 (0.98, 1.11)	0.18	
										Fourth	2280	1.03 (0.97, 1.09)		
										Highest	2432	1.07 (1.01, 1.14)		
											Women;			
										Lowest	1327	1.00 (Reference)		
										Second	1328	1.01 (0.94, 1.09)		
										Third	1274	0.95 (0.88, 1.03)	0.99	
										Fourth	1402	1.02 (0.94, 1.11)		
										Highest	1390	0.98 (0.91, 1.06)		