SUPPLEMENTAL MATERIAL

**Supplementary Table 1 Database search.**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **PubMed** | | | |  | **Embase** | | | |  | **Cochrane** | | | |
| Search | Query | Items found | Date |  | Search | Query | Items found | Date |  | Search |  | Items found | Date |
| #1 | Search stroke[Title/Abstract] | 242,112 | 2020.06.27 |  | #1 | Search stroke:ab,ti | 383,048 | 2020.06.27 |  | #1 | Search (stroke):ti,ab,kw | 54,082 | 2020.07.01 |
| #2 | Search cerebrovascular[Title/Abstract] | 58,028 | 2020.06.27 |  | #2 | Search cerebrovascular:ab,ti | 80,734 | 2020.06.27 |  | #2 | Search (cerebrovascular):ti,ab,kw | 19,373 | 2020.07.01 |
| #3 | Search #1 OR #2 | 284,843 | 2020.06.27 |  | #3 | Search #1 OR #2 | 441,748 | 2020.06.27 |  | #3 | Search #1 OR #2 | 61,184 | 2020.07.01 |
| #4 | Search egg[Title/Abstract] | 79,565 | 2020.06.27 |  | #4 | Search egg:ab,ti | 95,276 | 2020.06.27 |  | #4 | Search (egg):ti,ab,kw | 3,367 | 2020.07.01 |
| #5 | Search dietary[Title/Abstract] | 252,573 | 2020.06.27 |  | #5 | Search dietary:ab,ti | 317,363 | 2020.06.27 |  | #5 | Search (dietary):ti,ab,kw | 50,261 | 2020.07.01 |
| #6 | Search diet[Title/Abstract] | 329,484 | 2020.06.27 |  | #6 | Search diet:ab,ti | 449,684 | 2020.06.27 |  | #6 | Search (diet):ti,ab,kw | 61,784 | 2020.07.01 |
| #7 | Search #4 OR #5 #6 | 553,208 | 2020.06.27 |  | #7 | Search #4 OR #5 #6 | 728,679 | 2020.06.27 |  | #7 | Search #4 OR #5 #6 | 87,793 | 2020.07.01 |
| #8 | Search prospective[Title/Abstract] | 568,600 | 2020.06.27 |  | #8 | Search prospective:ab,ti | 854,851 | 2020.06.27 |  | #8 | Search (prospective):ti,ab,kw | 221,093 | 2020.07.01 |
| #9 | Search cohort[Title/Abstract] | 535,716 | 2020.06.27 |  | #9 | Search cohort:ab,ti | 906,707 | 2020.06.27 |  | #9 | Search (cohort):ti,ab,kw | 53,307 | 2020.07.01 |
| #10 | Search follow-up[Title/Abstract] | 960,632 | 2020.06.27 |  | #10 | Search 'follow-up':ab,ti | 1,529,936 | 2020.06.27 |  | #10 | Search (follow-up):ti,ab,kw | 243,204 | 2020.07.01 |
| #11 | Search #8 AND #9 AND #10 | 1,755,241 | 2020.06.27 |  | #11 | Search #8 AND #9 AND #10 | 2,767,042 | 2020.06.27 |  | #11 | Search #8 AND #9 AND #10 | 434,750 | 2020.07.01 |
| #12 | Search #3 AND #7 AND #11 | 1,421 | 2020.06.27 |  | #12 | Search #3 AND #7 AND #11 | 2,250 | 2020.06.27 |  | #12 | Search #3 AND #7 AND #11 | 720 | 2020.07.01 |

**Supplementary Table 2 Reasons for study exclusion.**

**(1).Conference abstract without available original data(N=11).**

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4. Fukuzawa Y, Kishimoto T, Abe M, Tada M, Masuda N, Shigematsu T. [Influence of the changes in food intake patterns and smoking and drinking habits on stroke--20-year follow-up survey in the Oki-Islands, Shimane Prefecture, Japan]. Nihon eiseigaku zasshi Japanese journal of hygiene 1990;45: 890-903.

5. Key TJ, Thorogood M, Appleby PN, Burr ML. Dietary habits and mortality in 11,000 vegetarians and health conscious people: results of a 17 year follow up. BMJ (Clinical research ed) 1996;313: 775-779.

6. Ross RK, Yuan JM, Henderson BE, Park J, Gao YT, Yu MC. Prospective evaluation of dietary and other predictors of fatal stroke in Shanghai, China. Circulation 1997;96: 50-55.

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**(3). Shorter follow-up than others on the same cohort or duplicated data (N=3).**

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**(4). Involved total CVD (i.e. no data reported separately for stroke) (N=3).**

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**(5). No accurate data about the reference category (N=3).**

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**Supplementary Table 3 Main characteristic of included studies.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **References** | **Details** | **Exposure categories** | **RR (95% CI)** | **Adjusted variables** | **Egg intake pattern** |
| Sauvaget et al. 2003[4] |  | None | 1.00 (reference) | Age, sex, birth cohort, smoking history, alcohol, BMI, education, histories of diabetes, histories of hypertension, radiation dose, and city | Not Report |
|  |  | ≤1 time/week | 0.75(0.55-1.01) |
|  |  | 2-4 times/week | 0.77(0.57-1.03) |
|  |  | Almost daily | 0.70(0.51- 0.95) |
| Nakamura et al. 2004 [5] | Female | 1/d | 1.00 (reference) | Age, serum creatinine, total cholesterol, blood glucose, BMI, systolic and diastolic blood pressures, use of blood pressure–lowering drugs, smoking history, and alcohol intake. | Not Report |
|  |  | Seldom | 0.78(0.35-1.73) |
|  |  | 1–2/week | 0.79(0.47-1.33) |
|  |  | 1/2 d | 1.46(0.89-2.40) |
|  |  | ≥2/d | 1.22(0.29-5.17) |
|  | Male | 1/d | 1.00 (reference) |  |  |
|  |  | Seldom | 0.93(0.36-2.40) |
|  |  | 1–2/week | 1.09(0.69-1.72) |
|  |  | 1/2 day | 1.10(0.68-1.76) |
|  |  | ≥2/day | 0.25(0.03-1.81) |
| Qureshi et al. 2007 [6] |  | <1 /week | 1.00 (reference) | Age, gender, race/ethnicity, systolic blood pressure, diabetes mellitus, serum cholesterol, smoking history, BMI, and educational status. | Fried, boiled, poached, deviled, or egg salad. Eggs in cooked or baked dishes (as custards, puddings) were not included. |
|  |  | 1-6/week | 0.9(0.7-1.0) |
|  |  | >6 week | 0.9(0.7-1.1) |
| Djoussé et al. 2008 [7] | Male | <1 /week | 1.00 (reference) | Age, BMI, smoking history, history of hypertension, vitamin intake, alcohol consumption, vegetable consumption, breakfast cereal, physical activity, treatment arm atrial fibrillation, diabetes mellitus, hypercholesterolemia, and parental history of premature myocardial infarction. | Not Report |
|  |  | 1/week | 0.96 (0.82-1.13) |
|  |  | 2-4/week | 1.06 (0.91-1.24) |
|  |  | 5-6/week | 1.13 (0.89-1.42) |
|  |  | 7+/week | 0.99 (0.80-1.23) |
| Scrafford et al. 2011 [8] | Male | 0.27/wk | 1.00 (reference) | Age, energy, marital status, educational status, race/ethnicity, smoking history, BMI, WHR, diabetes, hypertension, and dietary variables | Scrambled, fried, omelettes, hard-boiled and egg salad |
|  |  | 1.93/week | 1.00(0.49-2.02) |
|  |  | 7.54/week | 0.27(0.10-0.73) |
|  | Female | 0.24/week | 1.00 (reference) |  |  |
|  |  | 1.79/week | 0.93 (0.46-1.90) |
|  |  | 7.41/week | 1.03(0.25-4.22) |
| Goldberg et al. 2014 [12] |  | <1/month | 1.00 (reference) | Age, sex, race/ethnicity, BMI, diabetes, hypertension, LDL, HDL, TG, cholesterol-lowering medication, moderate alcohol use, moderate-heavy physical activity, smoking history, high-school completion, family history of stroke in siblings, family history of MI in siblings, daily consumption of saturated fat, unsaturated fat, carbohydrates, and protein. | Whole eggs |
|  |  | 1/month | 0.97(0.69-1.37) |
|  |  | 2-3/month | 0.76(0.50-1.14) |
|  |  | 1/week | 0.83(0.60-1.16) |
|  |  | ≥2/week | 1.18(0.60-2.30) |
| Larsson et al. 2015 [13] | IS | <3/month | 1.00 (reference) | Age, education, family history of myocardial infarction before 60 y of age; smoking history, aspirin use; walking/bicycling; exercise; BMI; history of hypertension, hypercholesterolemia, diabetes, and intakes of total energy, alcohol, fruit and vegetables, and processed meat. | Eggs/omelets |
|  |  | 1–2/week | 0.97 (0.90-1.05) |
|  |  | 3–6/week | 1.07(0.95,-1.20) |
|  |  | ≥1/day | 0.95(0.77-1.17) |
|  | HS | <3/month | 1.00 (reference) |  |
|  |  | 1–2/week | 0.97(0.82-1.14) |
|  |  | 3–6/week | 0.94(0.72-1.22) |
|  |  | ≥1/day | 1.03(0.65-1.64) |
| Farvid et al., 2017 [15] |  | 0/day | 1.00 (reference) | Age, gender, ethnicity, education, marital status, residency, smoking history, opium use, alcohol, BMI, systolic blood pressure, occupational physical activity, family history of cancer, wealth score, medication, and energy intake. | Not Report |
|  |  | 0.06 serving/day | 1.00(0.79-1.26) |
|  |  | 0.18 serving/day | 0.80(0.62-1.04) |
|  |  | 0.48 serving/day | 0.94(0.73-1.21) |
| Guo et al., 2018 [16] |  | ≤1/week | 1.00 (reference) | Age, BMI, total energy intake, alcohol consumption, smoking history, energy expenditure, social class), family history of myocardial infarction, diabetes mellitus, sugar intake, fruit consumption, red meat consumption, and fiber. | Whole eggs and dishes such as omelettes and scrambled eggs |
|  |  | 1-2/week | 1.01(0.65-1.56) |
|  |  | 2-3/week | 1.00(0.64-1.55) |
|  |  | 3-5/week | 1.15(0.72-1.84) |
|  |  | ≥5/week | 1.60 (1.00-2.57) |  |
| Qin et al. 2018 [17] | HS | 0.29/day | 1.00 (reference) | Age, sex, education level, household income, marital status, alcohol consumption, smoking history, physical activity, BMI, WHR, prevalent hypertension, use of aspirin, family history of cardiovascular disease, intake of multivitamin supplementation, and dietary pattern. | Not Report |
|  |  | 0.36/day | 0.86 (0.79-0.93) |
|  |  | 0.46/day | 0.82 (0.76-0.88) |
|  |  | 0.56/day | 0.77(0.70-0.86) |
|  |  | 0.76/day | 0.74(0.67-0.82) |
|  | IS | 0.29/day | 1.00 (reference) |  |  |
|  |  | 0.36/day | 0.98 (0.94-1.03 |
|  |  | 0.46/day | 0.95 (0.91-1.00) |
|  |  | 0.56/day | 0.95 (0.9-1.00) |
|  |  | 0.76/day | 0.90(0.85-0.95) |
| Xu et al. 2019 [20] |  | <1 /week | 1.00 (reference) | Age, sex, education, occupation, family income, smoking history, physical activity, alcohol drinking, self-rated health, and chronic disease history (diabetes, hypertension and dyslipidemia) | Not Report |
|  |  | 1-2 /week | 0.99(0.75-1.3) |
|  |  | 3-4/week | 0.90(0.68-1.20) |
|  |  | 5-6/week | 0.81(0.47-1.38) |
|  |  | 7+/week | 0.88(0.57-1.35) |
| Mazidi et al. 2019 [19] | Female | Q1 | 1.00 (reference) | Age, race, education, marital status, poverty to income ratio, total energy intake, physical activity, smoking history, alcohol consumption, intake of fiber and meat, BMI, hypertension, and diabetes. | Whole eggs (eggs used in baking were not included) |
|  |  | Q2 | 0.98(0.52-2.11) |
|  |  | Q3 | 0.96(0.40-2.13) |
|  | Male | Q1 | 1.00(reference) |  |  |
|  |  | Q2 | 0.28(0.10-0.75) |
|  |  | Q3 | 0.34(0.13-0.85) |
| Zhong et al. 2019 [18] |  | 0/day | 1.00 (reference) | Age, sex, race/ethnicity, education, total energy, smoking history, cohort-specific physical activity z-score, alcohol consumption, use of hormone replacement therapy, BMI, diabetes status, systolic blood pressure, use of anti-hypertensive medications, HDL-C, non-HDL-C, and use of lipid-lowering medications. | Exclude egg substitute |
|  |  | <0.5/day | 1.21 (1.04-1.42) |
|  |  | 0.5-1/day | 1.23 (0.94-1.62) |
|  |  | 1-2/ day | 1.32 (1.03-1.68) |
|  |  | ≥2/day | 1.52 (0.99-2.34) |
| Abdollahi et al. 2019 [21] |  | <15 g/d | 1.00 (reference) | Age, examination year, energy intake, BMI, smoking history, physical activity, hypertension medication, intakes of alcohol, fruit, berries, and vegetables. | Whole eggs (including the intake of eggs in mixed dishes and recipes) |
|  |  | 15-26 g/d | 1.01 (0.69-1.47) |
|  |  | 27-45 g/d | 1.10 (0.76-1.61) |
|  |  | >45 g/d | 0.81 (0.54-1.23) |
| Drouin-Chartier et al. 2020 [9] |  | <1/month | 1.00 (reference) | Age, stratified by calendar time, cohort, race, family history of myocardial infarction, baseline hypercholesterolemia, baseline hypertension, smoking status, body mass index, physical activity, oral contraceptive use, postmenopausal hormone use, alcohol intake, multivitamin use, updated cumulative average of daily intake of total calories, full-fat milk, bacon, other processed meats, refined grains, fruits, vegetables), potatoes, coffee, fruit juices, and sugar-sweetened beverages. | Whole eggs and egg products |
|  |  | 1-4/month | 1.00 (0.89-1.13) |
|  |  | 1-3/week | 1.00 (0.89-1.13) |
|  |  | 3-5/week | 0.94 (0.82-1.06) |
|  |  | 5-<7/week | 1.04 (0.86-1.25) |
|  |  | ≥1/day | 0.99 (0.81-1.22) |
| Tong et al. 2020 [22] |  | 3.0g/day median | 1.00 (reference) | Age, smoking history, history of diabetes, prior hypertension, prior hyperlipidaemia, Cambridge physical activity index, employment status, level of education completed, current alcohol consumption, body mass index), and observed intake of energy, and stratified by sex and EPIC center. | Whole eggs and egg products, such as eggs consumed as components of recipes |
|  |  | 7.8g/day median | 0.95 (0.87-1.03) |
|  |  | 13.7g/day median | 0.94 (0.87-1.02) |
|  |  | 21.5g/day median | 0.98 (0.90-1.06) |
|  |  | 35.6/day median | 1.04 (0.96-1.12) |

IS, ischemic stroke; HS, hemorrhagic stroke; BMI, body mass index, WHR, waist to hip measurement ratio; HDL-C, high density lipoprotein cholesterol.