**Supplementary Material S6** List of excluded publications including justifications for exclusion.

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| **Reference** | **Reason for exclusion** |
| Ajala O, English P, Pinkney J: Systematic review and meta-analysis of different dietary approaches to the management of type 2 diabetes. Am J Clin Nutr 2013;97:505–516. | irrelevant outcome |
| Alvarez-Bueno C, Cavero-Redondo I, Martinez-Vizcaino V, Sotos-Prieto M, Ruiz JR, Gil A: Effects of milk and dairy product consumption on type 2 diabetes: overview of systematic reviews and meta-analyses. Adv Nutr 2019;10, Suppl 2:S154-S163. | relevant diet-disease relationship not investigated |
| Amirani E, Milajerdi A, Reiner Ž, Mirzaei H, Mansournia MA, Asemi Z: Effects of whey protein on glycemic control and serum lipoproteins in patients with metabolic syndrome and related conditions: a systematic review and meta-analysis of randomized controlled clinical trials. Lipids Health Dis 2020;19:209. | irrelevant outcome |
| Anne Fernandez M, Picard-Deland É, Daniel N, Marette A: Yogurt and health: overview of recent data. Cahiers de Nutrition et de Diététique 2017;52, Suppl:S48-S57. | irrelevant language |
| Aune D, Norat T, Romundstad P, Vatten LJ: Dairy products and the risk of type 2 diabetes: a systematic review and dose-response meta-analysis of cohort studies. Am J Clin Nutr 2013;98:1066–1083. | whole food approach |
| Babio N, Bulló M, Salas-Salvadó J: Mediterranean diet and metabolic syndrome: the evidence. Public Health Nutr 2009;12:1607–1617. | irrelevant study type |
| Badely M, Sepandi M, Samadi M, Parastouei K, Taghdir M: The effect of whey protein on the components of metabolic syndrome in overweight and obese individuals; a systematic review and meta-analysis. Diabetes Metab Syndr 2019;13:3121–3131. | irrelevant outcome |
| Becerra-Tomás N, Paz-Graniel I, Hernández-Alonso P, Jenkins DJA, Kendall CWC, Sievenpiper JL, Salas-Salvadó J: Nut consumption and type 2 diabetes risk: a systematic review and meta-analysis of observational studies. Am J Clin Nutr 2021;113:960–971. | relevant diet-disease relationship not investigated |
| Bielefeld D, Grafenauer S, Rangan A: The effects of legume consumption on markers of glycaemic control in individuals with and without diabetes mellitus: a systematic literature review of randomised controlled trials. Nutrients 2020;12. | relevant diet-disease relationship not investigated |
| Blair M, Kellow NJ, Dordevic AL, Evans S, Caissutti J, McCaffrey TA: Health benefits of whey or colostrum supplementation in adults ≥35 years; a systematic review. Nutrients 2020;12. | irrelevant outcome |
| Chalvon-Demersay T, Azzout-Marniche D, Arfsten J, Egli L, Gaudichon C, Karagounis LG, Tome D: A systematic review of the effects of plant compared with animal protein sources on features of metabolic syndrome. J Nutr 2017;147:281–292. | irrelevant outcome |
| Chen M, Sun Q, Giovannucci E, Mozaffarian D, Manson JE, Willett WC, Hu FB: Dairy consumption and risk of type 2 diabetes: 3 cohorts of US adults and an updated meta-analysis. BMC Med 2014;12:215. | whole food approach |
| Chen G-C, Szeto IMY, Chen L-H, Han S-F, Li Y-J, van Hekezen R, Qin L-Q: Dairy products consumption and metabolic syndrome in adults: systematic review and meta-analysis of observational studies. Sci Rep 2015;5:14606. | whole food approach |
| Chen G-C, Zhang Z, van Dam RM, Qin L-Q: Nonlinear relation between animal protein intake and risk of type 2 diabetes. A dose-response meta-analysis of prospective studies. Am J Clin Nutr 2017;105:1014–1016. | irrelevant study type |
| Cherta-Murillo A, Lett AM, Frampton J, Chambers ES, Finnigan TJA, Frost GS: Effects of mycoprotein on glycaemic control and energy intake in humans: a systematic review. Br J Nutr 2020;123:1321–1332. | irrelevant outcome |
| Clifton, P. M., Peters, J., & Keogh, J.: Effect of Dairy Foods on Insulin Sensitivity and Pancreatic Function. Diabetes 2017;66:A204-A204. | only conference abstract available |
| Da Silva MS, Rudkowska I: Dairy products on metabolic health: current research and clinical implications. Maturitas 2014;77:221–228. | irrelevant study type |
| Dämon S, Schätzer M, Höfler J, Tomasec G, Hoppichler F: Nutrition and diabetes mellitus: An overview of the current evidence. Wien Med Wochenschr 2011;161:282–288. | irrelevant study type |
| Dong J-Y, Zhang Z-L, Wang P-Y, Qin L-Q: Effects of high-protein diets on body weight, glycaemic control, blood lipids and blood pressure in type 2 diabetes: meta-analysis of randomised controlled trials. Br J Nutr 2013;110:781–789. | irrelevant population |
| Drouin-Chartier J-P, Li Y, Ardisson Korat AV, Ding M, Lamarche B, Manson JE, Rimm E, Willett WC, Hu F: Changes in Dairy Product Consumption and Risk of Type 2 Diabetes among U.S. Men and Women. Diabetes 2019;68:159-OR. | irrelevant study type |
| Ekmekcioglu C, Wallner P, Kundi M, Weisz U, Haas W, Hutter H-P: Red meat, diseases, and healthy alternatives: a critical review. Crit Rev Food Sci Nutr 2018;58:247–261. | irrelevant study type |
| Fan M, Li Y, Wang C, Mao Z, Zhang L, Yang X, Cui S, Li L: Consumption of Dairy Products in Relation to Type 2 Diabetes Mellitus in Chinese People: The Henan Rural Cohort Study and an Updated Meta-Analysis. Nutrients 2020;12. | relevant diet-disease relationship not investigated |
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| Gil Á, Ortega RM: Introduction and executive summary of the supplement, role of milk and dairy products in health and prevention of noncommunicable chronic diseases: a series of systematic reviews. Adv Nutr 2019;10, Suppl 2:S67-S73. | irrelevant study type |
| Givens DI: Review: dairy foods, red meat and processed meat in the diet: implications for health at key life stages. Animal 2018;12:1709–1721. | irrelevant study type |
| Hengeveld LM, Goede J de, Afman LA, Bakker SJL, Beulens JWJ, Blaak EE, Boersma E, Geleijnse JM, van Goudoever JHB, Hopman MTE, Iestra JA, Kremers SPJ, Mensink RP, Roos NM de, Stehouwer CDA, Verkaik-Kloosterman J, Vet E de, Visser M: Health Effects of Increasing Protein Intake Above the Current Population Reference Intake in Older Adults: A Systematic Review of the Health Council of the Netherlands. Adv Nutr 2021.DOI: 10.1093/advances/nmab140. | Irrelevant outcome |
| Hoffmann, G., & Schwingshackl, L: Systematic review of effects of diets with either low or high glycemic index on cardiovascular and metabolic risk factors. Ann Nutr Metab 2013;63:PO1876. | only conference abstract available |
| Hruby A, Jacques PF: Protein intake and human health: implications of units of protein intake. Adv Nutr 2021;12:71-88 | irrelevant study type |
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| Savaiano DA, Hutkins RW: Yogurt, cultured fermented milk, and health: a systematic review. Nutr Rev DOI: 10.1093/nutrit/nuaa013. | relevant diet-disease relationship not investigated |
| Schwingshackl L, Hoffmann G: Long-term effects of low-fat diets either low or high in protein on cardiovascular and metabolic risk factors: a systematic review and meta-analysis. Nutr J 2013;12:48. | irrelevant outcome |
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| Sochol KM, Johns TS, Buttar RS, Randhawa L, Sanchez E, Gal M, Lestrade K, Merzkani M, Abramowitz MK, Mossavar-Rahmani Y, Melamed ML: The effects of dairy intake on insulin resistance: a systematic review and meta-analysis of randomized clinical trials. Nutrients 2019;11:2237. | irrelevant population |
| Soedamah-Muthu SS, Goede J de: Dairy consumption and cardiometabolic diseases: systematic review and updated meta-analyses of prospective cohort studies. Curr Nutr Rep 2018;7:171–182. | whole food approach |
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