**Supplementary Material S2** PECO(ST) scheme respectively, for the definition of study eligibility criteria for literature selection.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Category | Inclusion criteria | Exclusion criteria |
| P | Population | * General adult population   (≥ 18 years)   * including older adults and recreational athletes * Including people with overweight, obesity, (pre)hypertension and abnormal blood lipids | * Infants, children, adolescents * Pregnant or breastfeeding women * Top athletes |
| E | Exposurea | * Higher protein intake * Intake of total protein * Intake of plant protein * Intake of animal protein * Intake of protein supplements | * Protein was not specifically investigated (e.g. whole food approaches) * Peptides and/or amino acids |
| C | Comparator | * Lower protein intake * Other type of protein intake * Placebo |  |
| O | Outcomeb c | * Incidence of type 2 diabetes mellitus |  |
| S | Study design | * SR with or without MA of prospective studies (RCTs or prospective cohort studies, [including nested case-cohort or case-control studies])b | * Individual studies: RCTs, prospective cohort studies, other primary studies * SR of only case-control studies or cross-sectional studies, case studies * Umbrella reviews |
| T | Time | * Any study duration |  |

a The categories will be used as defined by the authors of the systematic review.

b Case-control studies are tolerated if prospective studies are predominant (> 50% of all studies) in the respective systematic review.