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Table 1. Summary of Dairy and Morbidity and Mortality Systematic Reviews Table

Food Source	Cerebral vascular accident Risk (Certainty of Evidence)	CHD Risk (Certainty of Evidence)	All-cause Mortality Risk (Certainty of Evidence)
Milk (High intake v Low intake)	Lower Risk (Very low)	NS (Low)	NS (Very low)
Milk (Linear dose Response)	NS (Low)	NS (Low)	NR
High fat milk (High intake v Low intake)	NR	Higher Risk (Moderate)	NR
High fat milk (Linear dose response)	NR	Higher Risk (Low)	NR
Low fat milk (High intake v Low intake)	NR	NS (Low)	NR
Low fat milk (Linear dose response)	NR	NS (Low)	NR
Yogurt (High intake v Low intake)	NS (Low)	NS (Low)	NS (Low)
Yogurt (Linear dose response)	NR	NS (Low)	NR
Butter (High intake v Low intake)	NS (Low)	NS (Low)	NS (Low)
Butter (Linear dose response)	NS (Low)	NS (Low)	NR
Cheese (High intake v Low intake)	NS (Very low)	Lower Risk (Low)	NS (Very low)
Cheese (Linear dose response)	NS (Low)	Lower Risk (Moderate)	NR

NS = non-significant; NR = not reported;
Blue= not significant; Green = improved; Orange = worsened; Grey = not reported

Table 2. Summary of Academy Dairy and Cardiovascular Risk Factors Systematic Reviews Table

Food Source (certainty of evidence)	Blood Pressure	Endothelial Function	Total Cholesterol	LDL Cholesterol	HDL Cholesterol	CRP	Fasting Insulin and Glucose	Inflammation
Dairy v Non-dairy*	NS (Moderate)	Increased (Low)	NS (Low)	Increased (Low)	NS (Low)	NS (Moderate)	NR	NR
Cheese v Butter	NS (Very low)	NR	Decreased (Very low)	Decreased (Very low)	Unclear (Very low)	NS (Very low)	NS (Very low)	NS (Very low)
Cheese v Yogurt	NS (Very low)	NR	NS (Very low)	NS (Very low)	NS (Very low)	NR	NR	NR

LDL=low-density lipoprotein; HDL=high-density lipoprotein; CRP=C-reactive protein; NS=not significant; NR=not reported

Blue=not significant; Green=improved; Orange=worsened; Grey=not reported

*Non-dairy refers to energy equivalent comparison intervention that did not include dairy products.

Table 3. Summary of Meat, and Morbidity and Mortality Systematic Reviews Table

Comparison	All-cause Mortality (Very low certainty)	Cardiovascular Mortality (Very low certainty)	Cerebral vascular accident (Low certainty)	MI (Very low certainty)	Cardiovascular Disease (Very low certainty)	Coronary Heart Disease (Low certainty)
Reduced Unprocessed Red Meat Intake	RR 0.93 95% CI (0.87, 1.00)	RR 0.90 95% CI (0.88, 0.91)	RR 0.95 95% CI (0.85, 1.06)	RR 0.93 95% CI (0.87, 0.99)	RR 0.95 (95% CI 0.85, 1.06)	NR
Red Meat, High vs Low Intake	NR	NR	RR 1.16 95% CI (1.08, 1.25)	NR	NR	RR 1.16 95% CI (1.08, 1.24)
Red Meat, Dose Response	NR	NR	RR 1.12 95% CI (1.06, 1.17)	NR	NR	RR: 1.15; 95% CI 1.08 to 1.23
Reduced Processed Red Meat Intake	RR 0.92 95% CI (0.87, 0.96)	RR 0.90 95% CI (0.84, 0.97)	RR 0.94 95% CI (0.90, 0.98)	RR 0.94 95% CI (0.91, 0.98)	RR 0.97 95% CI (0.87, 1.09)	NR
Processed Meat High vs Low Intake	NR	NR	RR 1.16 95% CI (1.07, 1.26)	NR	NR	RR 1.15 95% CI (0.99, 1.33)
Processed Meat, Dose Response	NR	NR	RR 1.17 95% CI (1.02, 1.34)	NR	NR	RR 1.27 95% CI 1.09, 1.49
Reduced Red Meat (Processed and Unprocessed) within Dietary Patterns	RR 0.87 95% CI (0.82, 0.92)	RR 0.86 95% CI (0.79, 0.94)	RR 0.75 95% CI (0.53, 1.05)	RR 1.04 95% CI (0.78, 1.39)	RR 0.87 95% CI (0.75, 1.01)	NR

RR=relative risk; CI=confidence interval; NR=not reported

Blue=not significant; Green= improved; Grey=not reported