Supplementary Table 1: Δ AIC for each independent variable. The higher Δ AIC is, the more important the variable. The three most important variables are each marked in green. A negative value indicates an unimportant variable.

| Variables | Models (studies included) | Men | Models (studies included) | Women |
|-----------|---------------------------|-----|---------------------------|-------|
|           | Basis model (8) | Smoking (5) | Alcohol consumption (5) | Fruit & Vegetable consumption (7) | Self-rated health status (7) | Urbanity (5) | Nationality (7) | Meat consumption (6) | Fish consumption (6) | Milk & dairy consumption (4) | Sweetened beverage consumption (4) | Following recommendation of physical activity (3) | Sleep disorder (2) |
| Age       | 997.32 | 740.16 | 701.29 | 951.35 | 579.86 | 699.76 | 1075.45 | 754.87 | 749.64 | 394.32 | 419.02 | 269.81 | 494.70 |
| Education  | 184.12 | 100.81 | 135.75 | 179.68 | 130.16 | 133.49 | 165.8 | 137.06 | 135.79 | 64.24 | 105.44 | 59.56 | 47.42 |
| Body height| 48.77  | 27.21  | 41.74  | 48.73  | 40.37  | 40.93  | 41.31  | 40.03  | 38.76  | 32.74  | 49.29  | 12.82  | 29.74  |
| Physical Activity | 22.81 | -3.27  | 22.14  | 18.42  | 12.86  | 22.97  | 6.32  | 26.93  | 26.79  | 24.98  | 28.81  | -4.73  |       |
| Language region | -2.69 | -4.50  | -3.79  | -3.76  | -4.06  | -2.67  | 1.23  | -1.64  | -2.15  | -1.85  | -2.25  | -5.62  | -3.56  |
| Smoking   | -3.88  |       |       |       |       |       |       |       |       |       |       |       |       |
| Alcohol consumption |       |       |       | -2.53 |       |       |       |       |       |       |       |       |       |
| Fruit & Vegetable consumption |       |       |       | -3.36 |       |       |       |       |       |       |       |       |       |
| Self-rated health status |       | 695.37 |       |       |       |       |       |       |       |       |       |       |       |
| Urbanity   | 19.67  |       |       |       |       |       |       |       |       |       |       |       |       |
| Nationality | 76.38  |       |       |       |       |       |       |       |       |       |       |       |       |
| Meat consumption |       | 21.22 |       |       |       |       |       |       |       |       |       |       |       |
| Fish consumption |       | 0.14  |       |       |       |       |       |       |       |       |       |       |       |
| Milk & dairy consumption |       |       |       | -2.70 |       |       |       |       |       |       |       |       |       |
| Sweetened beverage consumption |       |       |       | 18.08 |       |       |       |       |       |       |       |       |       |
| Following recommendation of physical activity |       |       |       | 72.77 |       |       |       |       |       |       |       |       |       |
| Sleep disorder |       |       |       | 55.82 |       |       |       |       |       |       |       |       |       |

Variables

| Variables | Models (studies included) | Men | Models (studies included) | Women |
|-----------|---------------------------|-----|---------------------------|-------|
|           | Basis model (8) | Smoking (5) | Alcohol consumption (5) | Fruit & Vegetable consumption (7) | Self-rated health status (7) | Urbanity (5) | Nationality (7) | Meat consumption (6) | Fish consumption (6) | Milk & dairy consumption (4) | Sweetened beverage consumption (4) | Following recommendation of physical activity (3) | Sleep disorder (2) |
| Age       | 915.23 | 649.05 | 653.38 | 834.49 | 685.72 | 653.39 | 1075.45 | 692.18 | 675.24 | 437.5 | 308.27 | 239.94 | 498.08 |
| Education  | 424.43 | 428.59 | 510.81 | 594.68 | 523.75 | 497.78 | 165.8 | 109.44 | 294.37 | 307.24 | 133.11 | 244.89 |
| Body height| 285.25 | 200.77 | 213.69 | 272.14 | 250.06 | 215.56 | 41.31 | 219.74 | 216.75 | 94.0 | 141.66 | 54.96 | 122.48 |
| Physical Activity | 31.30 | -1.72  | 34.69  | 33.25  | 16.66  | 34.17  | 6.32  | 38.15  | 41.68  | 62.02  | 34.48  | -5.42  |       |
| Language region | 56.12  | 31.95  | 30.96  | 56.73  | 59.28  | 26.05  | 1.23  | 32.41  | 33.19  | 21.41  | 4.45  | 11.89  | 15.36  |
| Smoking   | 13.29  |       |       |       |       |       |       |       |       |       |       |       |       |
| Alcohol consumption |       |       |       | 3.79  |       |       |       |       |       |       |       |       |       |
| Fruit & Vegetable consumption |       |       |       | -4.53 |       |       |       |       |       |       |       |       |       |
| Self-rated health status |       | 868.9 |       |       |       |       |       |       |       |       |       |       |       |
| Urbanity   | 11.51  |       |       |       |       |       |       |       |       |       |       |       |       |
| Nationality | 76.38  |       |       |       |       |       |       |       |       |       |       |       |       |
| Meat consumption |       | 63.59 |       |       |       |       |       |       |       |       |       |       |       |
| Fish consumption |       | -1.58 |       |       |       |       |       |       |       |       |       |       |       |
| Milk & dairy consumption |       |       |       | -2.14 |       |       |       |       |       |       |       |       |       |
| Sweetened beverage consumption |       |       |       | 11.94 |       |       |       |       |       |       |       |       |       |
| Following recommendation of physical activity |       |       |       | 51.77 |       |       |       |       |       |       |       |       |       |
| Sleep disorder |       |       |       | 26.54 |       |       |       |       |       |       |       |       |       |