**Appendix 7.** Evidence table for protein intake and outcome blood pressure (1 cross-sectional)

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Author (alphabetical order), year (ref.nr)**  **Country**  **Study design**  (RCT, CT, cohort, case control etc.) | **Population,**  **subject characteristics,** | **Outcome measures** | **Intervention/exposure** | **Time between baseline exposure and outcome assessment** | **Dietary assessment method** | **No of subjects analysed** | **Intervention**  Intervention (I)  (dose interval, duration)  Control (C) (active, placebo, usual care etc), compliance, achieved dietary change, adherence to dietary targets, actual dietary change | **Follow- up period, drop-out rate**  (from baseline to follow-up, or from end of intervention to follow-up)  Drop out (%) | **Results**  Results (I, C)  (Absolute difference, RR, OR, p-value, confidence interval, sensitivity, specificity, observer reliability?, etc) | **Confoun-ders adjusted for** | **Study quality and relevance, Comments**  A-C |
| **Ulbak,**  **2004**  **(58)**  Denmark  For protein: Cross sectional (intake in 2-5 yrs old) | **1.**Inclusion/exclusion criteria: Participants in DNBC of mothers with specific intake below 44th percentile and above 74th percentile in fish intake  2. Setting: Copenhagen Denmark  3. No at baseline: n=175/n=150 cross sectional  4. Male/Female:  ?  5. Age: cross sectional  6. Ethnicity of the subjects: Caucasian?  7. Anthropometry  Wt, Ht  8. Location: Copenhagen Denmark | Blood pressure | Diet, size | 0 | 7 days Food-record, coded diet | 69% i.e. n=73 (of 150) | Actual change within group in protein intake | 31% | 1-SD increase in protein intake corresponded to diminishing 3 mmHg in systolic blood pressure | Yes | B,  power calculations missing, no physical activity (but that might be NA because of young age), information on total energy intake is not found in the article. |

**Evidence table: Dietary information/Background diet\***

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Author (alphabetical order), year (ref.nr)** | **Expo-sure** | **Dietary Assessment Method\*\*** | **Food Composition Database\*\*\***  **Definition of relevant nutrient \*\*\*\*** | **Internal Calibration (or Validity) of Dietary Assessment? (**y/n**). If Yes, Provide Data** | **Biomarker Assay\*\*\*\*\*** | **Analytical Validity of Biomarker Data Reported? (**y/n**).**  **If Yes, Provide Data** | **Time between Biomarker Sampling and Analysis** | **Season/Date when biomarker samples were drawn** | **Background exposure data** |
| **Ulbak, 2004 (58)** | Diet, size | Recorded by using precoded questionnaire from the Danish National Food Service | GIES (version 0.9, Danish Veterinary and Food administration, Soborg, Denmark) | NA | NA | NA | NA | NA | NA |

\* Write “nd” if there was no data reported. Please do not leave blank

\*\*Please refer to brief name indicated in dietary assessment method table. If other method was used, please describe the detail.

\*\*\* Specify database used to calculate nutrient intakes. Other nutrient analysis, please specify.

\*\*\*\*Eg. are carbohydrates expressed as available carbohydrates or carbohydrates by difference, is fibre included in the carbohydrates or not, retinol equivalent or retinol activity etc. Chemical form of the nutrient.

\*\*\*\*\*ONLY biomarker of interest for outcome