

Supplemental Table 1 Search Strategy

1. fasting or hunger strike or time restricted feeding
2. blood glucose or blood sugar
3. stroke or cerebrovascular disease or cerebrovascular accident or brain vascular accident or apoplexy or myocardial infarction or cardiovascular stroke or heart attack or coronary disease or coronary heart disease or cardiovascular disease or mortality or case fatality or death
4. cohort studies or concurrent study or cohort analysis or incidence study or controlled clinical trial or randomized controlled trial
5. #1 and #2 and #3 and #4
6. restrict #5 to humans

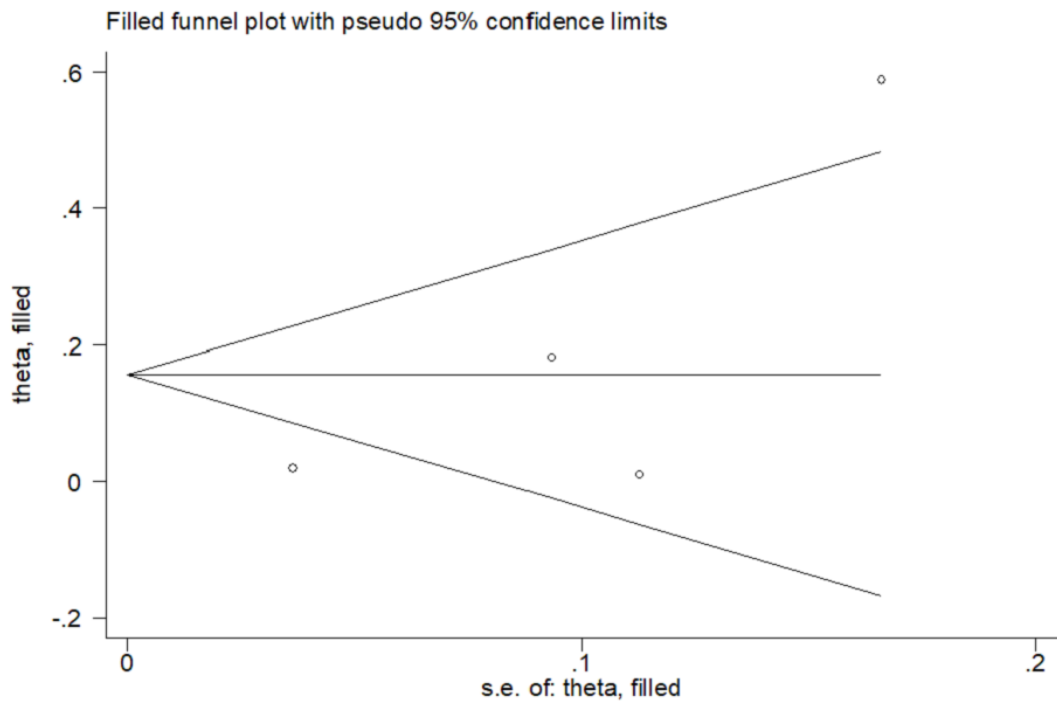
Supplemental Table 2 Critical Appraisal Results

Study	Was the defined representative sample of patients assembled at a common (usually early) point in the course of their disease?	Was patient follow-up sufficiently long and complete?	Were outcome criteria either objective or applied in a 'blind' fashion?	If subgroups with different prognoses are identified, did adjustment for important prognostic factors take place?
ACLS and SAHS 2000	N	Y	Y	Y
DECOD E 2003	N	Y	Y	Y
ERFC 2010	N	Y	Y	Y
ERFC 2011	N	Y	Y	Y
ERFC 2014	N	Y	Y	Y
KCPS 2013	Y	Y	Y	Y
KIHD 2014	Y	Y	Y	Y
Sung 2009	Y	Y	Y	Y
Wen 2005	Y	Y	Y	Y
WHI 2010	Y	Y	U	Y
Jin 2018	Y	Y	Y	Y

Y = Yes; N = no; U = unclear

Supplemental Figure 1 Funnel plots of all-cause mortality baseline with low fasting glucose (A) < 4.6 mmol/L and (B) < 4.0 mmol/L, respectively

(A)



(B)

