**Table S1. Detailed inclusion/exclusion criteria, according to PICOS statement extended with language and time filter**.

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| Search strategy | Details |
| Inclusion criteria | P: adult population (female and male)  I: questionnaire/interview measuring dietary fiber intake  C: the highest vs the lowest intake  O: risk of rectal cancer (if any)  S: primary studies (clinical trial, cohort, case-control, cross-sectional) |
| Exclusion criteria | P: infants, children and adolescents, colon-rectal cancer combined or colon cancer alone.  I: no assessment of dietary intake  O: other outcomes not related to rectal cancer risk  S: not original papers (opinion paper, review article, commentary, letter, article without quantitative data) |
| Language filter | English |
| Time filter | No filter (from inception) |
| Database | PubMed/Medline; EMBASE; Scopus |