

Supplementary Table 1. Main observational studies assessing the association between breastfeeding and risk of NAFLD in parous women

Author, Year, Ref	Patient Characteristics	Diagnosis of NAFLD	Adjustments	Results
Ajmera et al. 2019 [4]	844 women from the Coronary Artery Risk Development in Young Adults cohort study who delivered ≥ 1 child and underwent a quantification of hepatic steatosis 25 years following cohort entry	Computed tomography	Age, ethnicity, education, and baseline body mass index	Breastfeeding duration longer than 6 months, compared to a breastfeeding duration less than < 1 month, was associated with a lower risk of NAFLD in midlife in parous women
Park et al. 2021 [5]	6,893 Korean parous women aged 30 to 50 years from the Korean National Health and Nutrition Examination Survey	Hepatic steatosis index (HSI)	Age, body mass index, waist circumference, dyslipidemia, type 2 diabetes, hypertension, education levels, smoking status, age at menarche, age at the first delivery and age at the last delivery	Longer breastfeeding was associated with a lower risk of NAFLD in midlife in parous women