Supplemental Table 1. Quality assessment of included studies.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Ref | First author (publication year) | Study design | Section | Comparability | Outcome/exposure | Overall quality |
| Fruit | 33 | Shin (2009) | Cross-sectional | \*\*\*\* | \*\* | \*\*\* | 9 |
| 25 | Park (2015) | Cross-sectional | \*\*\*\* | \*\* | \*\* | 8 |
| 29 | Kelishadi (2008) | Cross-sectional | \*\*\*\* | \* | \*\*\* | 8 |
| 30 | Esmaillzadeh (2006) | Cross-sectional | \*\*\*\* | \*\* | \*\*\* | 9 |
| 31 | de Oliveira (2012) | Cross-sectional | \*\*\* | \*\* | \*\* | 7 |
| 37 | Baik (2013) | Cohort | \*\*\*\* | \*\* | \*\*\* | 9 |
| 26 | Pan (2008) | Cross-sectional | \*\*\*\* | \*\* | \*\* | 8 |
| 27 | Masaki (2013) | Cross-sectional | \*\*\* | \*\* | \* | 6 |
| Vegetables | 33 | Shin (2009) | Cross-sectional | \*\*\*\* | \*\* | \*\*\* | 9 |
| 25 | Park (2015) | Cross-sectional | \*\*\*\* | \*\* | \*\* | 8 |
| 29 | Kelishadi (2008) | Cross-sectional | \*\*\*\* | \* | \*\*\* | 8 |
| 30 | Esmaillzadeh (2006) | Cross-sectional | \*\*\*\* | \*\* | \*\*\* | 9 |
| 31 | de Oliveira (2012) | Cross-sectional | \*\*\* | \*\* | \*\* | 7 |
| 37 | Baik (2013) | Cohort | \*\*\*\* | \*\* | \*\*\* | 9 |
| 35 | Kouki (2011) | Cross-sectional | \*\*\*\* | \*\* | \*\*\* | 9 |
| Fruit and vegetables | 29 | Kelishadi (2008) | Cross-sectional | \*\*\*\* | \* | \*\*\* | 8 |
| 34 | Lutsey (2008) | Cohort | \*\*\*\* | \*\* | \*\*\* | 9 |
| 28 | Kwasniewska (2009) | Cross-sectional | \*\*\*\* | \*\* | \*\*\* | 9 |
| 36 | Fletcher (2016) | Cross-sectional | \*\*\*\* | \*\* | \*\*\* | 9 |
| 32 | Boucher (2013) | Cohort | \*\*\* | \*\* | - | 5 |
|  |  |  |  |  |  |  |  |

The quality of studies was assessed by the Newcastle-Ottawa quality assessment scale.