

Supplementary Material

Table S1. Search Strategy

(1) PubMed

| Search | Query | Items |
|---------------|--|--------------|
| #1 | "Diet, Mediterranean"[Mesh] | 5071 |
| #2 | (Diet, Mediterranean[Title/Abstract]) OR Mediterranean* | 60305 |
| #3 | #1 OR #2 | 60305 |
| #4 | "Meta-Analysis" [Publication Type] OR "Meta-Analysis as Topic"[Mesh] | 198744 |
| #5 | (Meta analys*[Title/Abstract]) OR Systematic review*[Title/Abstract] | 402802 |
| #6 | # 4 OR #5 | 430373 |
| #7 | #3 AND #6 | 1316 |

(2) Embase

| Search | Query | Items |
|---------------|---|--------------|
| #1 | 'Diet, Mediterranean'/exp | 11592 |
| #2 | 'Diet, Mediterranean':ab,ti OR Mediterranean*:ab,ti | 53881 |
| #3 | #1 OR #2 | 56984 |
| #4 | 'meta analysis'/exp | 272348 |
| #5 | 'meta analys*':ab,ti OR 'systematic review*':ab,ti | 496212 |
| #6 | #4 OR #5 | 541286 |
| #7 | #3 AND #6 | 1489 |

(3) Cochrane Library

| Search | Query | Items |
|---------------|---|--------------|
| #1 | MeSH descriptor: [Diet, Mediterranean] explode all trees | 754 |
| #2 | (Diet, Mediterranean):ti,ab,kw OR (Mediterranean*):ti,ab,kw | 2733 |
| #3 | #1 OR #2 | 2733 |
| #4 | MeSH descriptor: [Meta-Analysis as Topic] explode all trees | 1439 |
| #5 | (Meta analys*):ti,ab,kw OR (Systematic review*):ti,ab,kw | 27376 |
| #6 | #4 OR #5 | 27376 |
| #7 | #3 AND #6 | 60 |

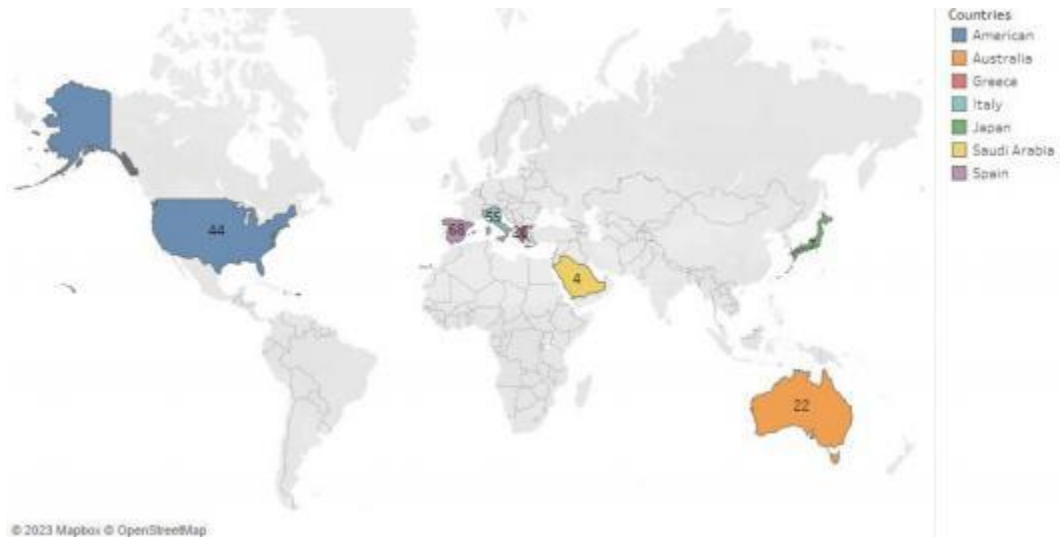


Figure S1. Distribution of publications by country.

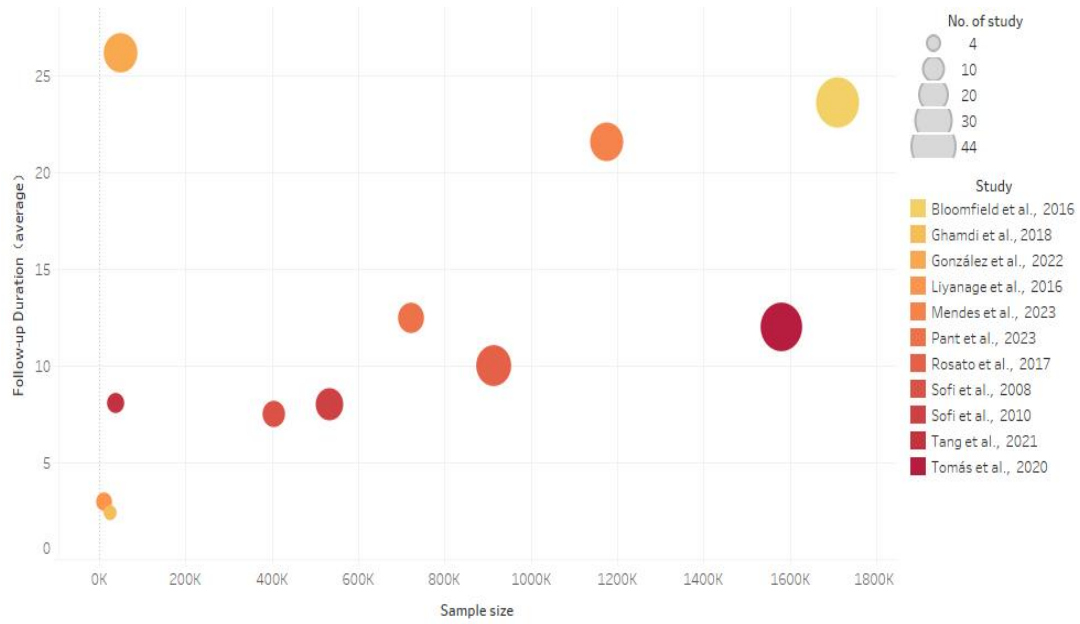


Figure S2. Evidence mapping of MD for cardiovascular disease. Including study, the number of included studies, sample size and follow-up time.