Table S1 Search Strategy. For all databases, the original searches were performed on October 18, 2013. Updated searches were performed on April 24, 2015.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Search #** | **Medline** | **Embase** | **CINAHL** | **Cochrane** |
| **Search period** | **1946 to April Week 3 2015** | **1946 to 2015 Week 16** | **1982 to 24 April 2015** | **Through April 2015** |
| **1** | exp Dietary Fiber/ | exp Dietary Fiber/ | [Dietary Fiber] | (MH "Dietary Fiber") |
| **2** | dietary fiber.mp. | dietary fiber.mp. | "dietary fiber" | "dietary fiber" |
| **3** | exp Avena Sativa/ | exp Oat/ | [Avena Sativa] | "avena sativa" |
| **4** | avena sativa.mp. | oat.mp. | "avena sativa" | (MH "Oats") |
| **5** | oat.mp. | avena sativa.mp. | "oat" | "oats" |
| **6** | exp beta-Glucans/ | exp beta glucan/ | [beta-Glucans] | "beta-glucans" |
| **7** | beta-glucans.mp. | beta-glucans.mp. | "beta-glucans" | "b-glucans" |
| **8** | b-glucans.mp. | b-glucans.mp. | "b-glucans" | 1 or 2 or 3 or 4 or 5 or 6 or 7 |
| **9** | 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 | 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 | 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 | (MH "Cholesterol+") |
| **10** | exp Cholesterol/ | exp Cholesterol/ | [Cholesterol] | "cholesterol" |
| **11** | cholesterol.mp. | cholesterol.mp. | "cholesterol" | 9 or 10 |
| **12** | 10 or 11 | 10 or 11 | 10 or 11 | (MH "Lipoproteins, LDL Cholesterol") |
| **13** | exp Cholesterol, LDL/ | exp low density lipoprotein/ | [Cholesterol, LDL] | "ldl cholesterol" |
| **14** | ldl-cholesterol.mp. | low density liporpotein cholesterol.mp. | "ldl cholesterol" | "low density lipoprotein cholesterol" |
| **15** | low density lipoprotein cholesterol.mp. | ldl cholesterol.mp. | "low density lipoprotein cholesterol" | 12 or 13 or 14 |
| **16** | 13 or 14 or 15 | 13 or 14 or 15 | 13 or 14 or 15 | (MH "Lipoproteins, HDL Cholesterol") |
| **17** | exp Cholesterol, HDL/ | exp high density lipoprotein choleterol/ | [Cholesterol, HDL] | "hdl cholesterol" |
| **18** | hdl cholesterol | high density lipoprotein cholesterol.mp. | "hdl cholesterol" | "high density lipoprotein cholesterol" |
| **19** | high density lipoprotein cholesterol.mp. | hdl cholesterol.mp. | "high density lipoprotein cholesterol" | 16 or 17 or 18 |
| **20** | 17 or 18 or 19 | 17 or 18 or 19 | 17 or 18 or 19 | (MH "Apolipoproteins") |
| **21** | exp Apolipoprotein B/ | exp apolipoprotein b/ | "apolipoprotein b" | "apolipoprotein B" |
| **22** | apolipoprotein b.mp. | apolipoprotein b.mp. | "apoB" | "apoB" |
| **23** | apoB.mp. | apoB.mp. | 21 or 22 | 20 or 21 or 22 |
| **24** | 21 or 22 or 23 | 21 or 22 or 23 | 12 or 16 or 20 or 23 | 11 or 15 or 23 |
| **25** | 12 or 16 or 20 or 24 | 12 or 16 or 20 or 24 | 9 and 24 | 8 and 24 |
| **26** | 9 and 25 | 9 and 25 |  |  |