The Electronic search strategy:

Strawberry AND (hypertension OR “blood pressure” OR lipid OR cholesterol OR LDL OR HDL OR triglyceride OR “blood glucose” OR “endothelial function” OR inflammation) AND trial

Supplemental Table 1. Quality assessment of included randomized controlled trials.

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| --- | --- | --- | --- | --- | --- | --- |
| **Study** | **Randomization process** | **Deviations from intended interventions** | **Missing outcome data** | **Measurement of the outcome** | **Selection of the reported result** | **Overall Bias** |
| Amani 2014 | Low | Low | Low | Low | Low | Low |
| Base 2010 | Low | High | Low | Low | Low | High |
| Basu 2014 | Low | Low | Low | Low | Low | Low |
| Burton-Freeman 2010 | Low | Low | Low | Low | Low | Low |
| Djurica 2016 | Low | Low | Low | Low | Low | Low |
| Ellis 2011 | Low | Low | Low | Low | Low | Low |
| Ferensin2017 | Low | Low | Low | Low | Low | Low |
| Jenkins, 2008 | Low | High | Low | Low | Low | High |
| Moazen2013 | Low | Low | Low | Low | Low | Low |
| Schell2017 | Low | Low | Low | Low | Low | Low |
| Zunino 2012 | Low | Low | Some concerns | Low | Low | Some concerns |



Supplemental Fig 1. Meta-regression between baseline level of total cholesterol (TC) and treatment effects of strawberry intervention.



Supplemental Fig 2. Meta-regression between baseline level of low-density lipoprotein-cholesterol (LDL-C) and treatment effects of strawberry intervention.