

Supplemental table 1. Confounding factors and methods for adjustment

Reference	Adjusted covariates	Total stroke	Nonfatal stroke	Fatal Stroke	Ischemic Stroke	Hemorrhagic stroke
Hirvonen et al. ⁸ 2000	Age, BMI, SBP, DBP, height, cholesterol, diabetes, history CHD, smoking, alcohol, supplementation group and education.	equal to ischemic stroke results			0.98 (0.80-1.21)	
Arts et al. ⁹ 2001	Age, BMI, smoking, alcohol, physical activity, coffee, diet, energy, FA, prescribed diet, intakes of fish, coffee, cholesterol, fiber, fish, vit C, vit E and β -carotene	0.92 (0.51-1.68)				
Knekt et al. ¹⁰ 2002	Age, sex, geographic area, occupation, BMI, BP, cholesterol, diabetes, region, SE and smoking	0.79 (0.64-0.98)				
Sesso et al. ¹¹ 2003	Age, exercise, aspirin, BMI, BP, postmenopausal hormone use, cholesterol, diabetes, history of CHD, smoking, alcohol, F & V, fiber, folate and vit E.	0.70 (0.46-1.07)				
Marniemi et al. ¹² 2005	Age, sex, smoking, functional capacity and weight adjusted energy intake.	0.65 (0.34-1.23)				
van der Schouw et al. ¹³ 2005	Age, BMI, cholesterol, physical activity, diabetes, hypertension, hypercholesterolemia, HRT, OC, MS, smoking, alcohol, energy, F & A, fiber, protein, fruit, vegetable and menopausal status.	1.05 (0.64-1.70)				
Mink et al. ¹⁴ 2007	Age, BMI, BP, diabetes, HRT, MS, education, smoking, activity, estrogen use, WHR and energy	equal to fatal stroke results		0.94 (0.69-1.29)		
Mursu et al. ¹⁵ 2008	Age, examination years, BMI, SBP, HM, cholesterol, TAG, maximal oxygen uptake, smoking, history of CVD, diabetes, alcohol, energy-adjusted intake of folate and vit E.	equal to ischemic stroke results			0.71 (0.37-1.37)	
Cassidy et al. ¹⁶ 2012	Age, physical activity, smoking, HRT, BMI, aspirin use,	equal to			0.90 (0.73-1.11)	

	diabetes, hypercholesterolemia, history of CHD, alcohol, menopausal status, energy, use of multivitamins and history of hypertension	ischemic stroke results	
McCullough et al. ¹⁷ 2012	Age, smoking, beer and liquor intake, history of hypertension, history of cholesterol, family history of MI, BMI, physical activity, energy intake, aspirin use, HRT, and sex	equal to fatal stroke results	0.83 (0.66-1.04)
Talaei et al. ¹⁸ 2014	Age, sex, dialect, year of interview, educational level, BMI, physical activity, smoking duration, alcohol, diabetes, hypertension, CHD, stroke, energy and fiber	equal to fatal stroke results	0.97 (0.81-1.16)

Abbreviations: BMI, body mass index; CVD, cardiovascular disease; CHD, coronary heart disease; BP, blood pressure; SBP: systolic blood pressures; DBP: diastolic blood pressures; vit C: vitamin C; vit E: vitamin E; FA: fatty acids; F & V: fruit and vegetable intake; MS: menopausal status; HRT: hormonal replacement therapy; OC: oral contraceptives; WHR: waist-to-hip ratio; HM: hypertension medication; MI: myocardial infarction.

Supplemental table 2. Flavonoid subclasses and compounds for each study.

Reference	Flavonoid subclasses
Hirvonen et al. ⁸ 2000	Quercetin, kaempferol, myricetin, luteolin, and apigenin..
Arts et al. ⁹ 2001	Quercetin, kaempferol, myricetin, luteolin, and apigenin..
Knekt et al. ¹⁰ 2002	4 flavonols (kaempferol, quercetin, myricetin, and isorhamnetin), 2 flavones (apigenin and luteolin), and 3 flavanones (hesperetin, naringenin, and eriodictyol).
Sesso et al. ¹¹ 2003	Quercetin, kaempferol, myricetin, luteolin, and apigenin..
Marniemi et al. ¹² 2005	Quercetin, kaempferol, myricetin, luteolin, and apigenin..
van der Schouw et al. ¹³ 2005	Daidzein, Genistein, Formononetin, Biochanin A.
Mink et al. ¹⁴ 2007	4 flavonols (kaempferol, quercetin, myricetin, and isorhamnetin), 2 flavones (apigenin and luteolin), 3 flavanones (hesperetin, naringenin, and eriodictyol), flavan-3-ols, anthocyanidins, isoflavones, proanthocyanidins.
Mursu et al. ¹⁵ 2008	Flavonols, flavones, flavanones, flavan-3-ols and anthocyanidins.
Cassidy et al. ¹⁶ 2012	4 flavonols (kaempferol, quercetin, myricetin, and isorhamnetin), 2 flavones (apigenin and luteolin), 6 anthocyanins (cyaniding, delphinindin, malvidin, pelargonidin, petunidin, peonidin), flavan-3-ols (catechins, epicatechins), and 3 flavanones (hesperetin, naringenin, and eriodictyol).
McCullough et al.¹⁷ 2012	Anthocyanidins, flavan-3-ols, flavanones, flavones, flavonols, proanthocyanidins, isoflavones.
Talaei et al. ¹⁸ 2014	Genistein, daidzein, and glycitein.