

Appendix Table 1. Search Strategy for Studies Assessing the Effect of Tree Nut consumption on Metabolic Syndrome Criteria in RCTs.

Database	SearchPeriod	Search
MEDLINE	1946 to March Week 4 2014	<ol style="list-style-type: none"> 1. exp nut/ Or nuts.mp. Or nut.mp. Or expbertholletia/ Or walnut*.mp. Or expJuglans/ Or almond*.mp. Or expPrunus/ Or pecan*.mp. Or expCarya/ Or pistachio*.mp. Or expPistacia/ Or cashew*.mp. Or expAnacardium/ Or hazelnut*.mp. Or expCorylus/ Or macadamia*.mp. Or exp Macadamia/ 2. ogtt.mp. Or exp Glucose Tolerance Test/ Or "glucose tolerance test".mp. Or hba1c.mp. Or fructosamine*.mp. Or expFructosamine/ Or insulin*.mp. Or exp Insulin/ Or glycemia*.mp. Or glycaemia*.mp. Or hyperinsulin*.mp. Or expHyperinsulinism/ Or dysglycemia*.mp. Or dysglycaemia*.mp. Or gly* albumin.mp. Or expHemoglobin A, Glycosylated/ Or "blood glucose".mp. Or exp Blood Glucose/ Or hyperglycemia*.mp. Or 39. hyperglycaemia*.mp. Or expHyperglycemia/ Or "homeo* model assessment".mp. Or homa.mp. Or diabetes.mp. Or exp Diabetes Mellitus/ 3. exp Hypertension/ Or exp Blood Pressure/ Or "systolic blood pressure".mp. Or "diastolic blood pressure".mp. Or hypertension.mp. Or SBP.mp. Or DBP.mp. Or "mean arterial pressure".mp. 4. exp Triglycerides/ Or exp Hypertriglyceridemia/ Or hypertriglyceridemia*.mp. Or triglyceride*.mp. Or triacylglycerol*.mp. Or dyslipidemia*.mp. Or dyslipidaemia*.mp. Or exp Dyslipidemias/ 5. exp Cholesterol, HDL/ Or "high density lipoprotein cholesterol".mp. Or hdl.mp. 6. "abdominal obesity".mp. Or exp Obesity, Abdominal/ Or "waist circumference".mp. Or exp waist circumference/ Or "abdominal fat*".mp. Or exp Abdominal Fat/ 7. exp Insulin Resistance/ Or "metabolic syndrome".mp. 8. 1 and (2 or 3 or 4 or 5 or 6 or 7) 9. limit 8 to animals† 10. 8 not 9
EMBASE	1946 to 2014 Week 14	<ol style="list-style-type: none"> 1. exp nut/ Or nuts.mp. Or nut.mp. Or expbertholletia/ Or walnut*.mp. Or expJuglans/ Or almond*.mp. Or expPrunus/ Or pecan*.mp. Or expCarya/ Or pistachio*.mp. Or expPistacia/ Or cashew*.mp. Or expAnacardium/ Or hazelnut*.mp. Or expCorylus/ Or macadamia*.mp. Or exp Macadamia/ 2. ogtt.mp. Or exp Glucose Tolerance Test/ Or "glucose tolerance test".mp. Or hba1c.mp. Or fructosamine*.mp. Or expFructosamine/ Or insulin*.mp. Or exp Insulin/ Or glycemia*.mp. Or glycaemia*.mp. Or hyperinsulin*.mp. Or expHyperinsulinism/ Or dysglycemia*.mp. Or dysglycaemia*.mp. Or gly* albumin.mp. Or expHemoglobin A, Glycosylated/ Or "blood glucose".mp. Or exp Blood Glucose/ Or hyperglycemia*.mp. Or 39. hyperglycaemia*.mp. Or expHyperglycemia/ Or "homeo* model assessment".mp. Or homa.mp. Or diabetes.mp. Or exp Diabetes Mellitus/ 3. exp Hypertension/ Or exp Blood Pressure/ Or "systolic blood pressure".mp. Or "diastolic blood pressure".mp. Or hypertension.mp. Or SBP.mp. Or DBP.mp. Or "mean arterial pressure".mp. 4. exp Triglycerides/ Or exp Hypertriglyceridemia/ Or hypertriglyceridemia*.mp. Or triglyceride*.mp. Or triacylglycerol*.mp. Or dyslipidemia*.mp. Or dyslipidaemia*.mp. Or exp Dyslipidemias/ 5. exp Cholesterol, HDL/ Or "high density lipoprotein cholesterol".mp. Or hdl.mp. 6. "abdominal obesity".mp. Or exp Obesity, Abdominal/ Or "waist circumference".mp. Or exp waist circumference/ Or "abdominal fat*".mp. Or exp Abdominal Fat/ 7. exp Insulin Resistance/ Or "metabolic syndrome".mp. 8. 1 and (2 or 3 or 4 or 5 or 6 or 7) 9. limit 8 to animals† 10. 8 not 9

CINHAL	1982 to 4 April 2014	<ol style="list-style-type: none"> 1. (MH "Nuts+") Or "pistachio" Or "hazelnut" Or "macadamia" Or "brazil nut" Or "brazil nuts" Or "pine nut" Or "pine nuts". 2. "ogtt" Or (MM "Hemoglobin A, Glycosylated") Or "HbA1c" Or "fructosamine" Or "Insulin" Or "glycemia" Or "hyperinsulin" Or "dysglycemia" Or "gly* albumin" Or "blood glucose" Or "hyperglycemia" Or "homa" Or (MH "Diabetes Mellitus") Or "diabetes mellitus". 3. (MH "Hypertension") Or "hypertension" Or "SBP" Or "DBP" Or "mean arterial pressure" Or "MAP". 4. "triglycerides" Or "hypertriglyceridemia" Or "TG" Or "TAG" Or "dyslipidemia". 5. "HDL" Or (MH "Lipoproteins, HDL Cholesterol") Or "hypercholesterolemia". 6. "abdominal obesity" Or "abdominal fat" Or "waist circumference". 7. "Insulin resistance" Or "metabolic syndrome". 8. 1 and (2 or 3 or 4 or 5 or 6 or 7).
The Cochrane Library	Through December 2013	<ol style="list-style-type: none"> 1. nuts.mp. Or nut.mp. Or brazil nut.mp. Or brazil nuts.mp. Or pine nut.mp. Or walnut*.mp. Or almond*.mp. Or pecan*.mp. Or pistachio*.mp. Or cashew*.mp. Or hazelnut*.mp. Or macadamia.mp. 2. ogtt.mp. Or hba1c.mp. Or fuctosamine*.mp. Or Insulin*.mp. Or glycemia.mp. Hyperinsulin*.mp. Or dysglycemia.mp. Or gly* albumin.mp. Or exp Blood Glucose/ Or blood glucose.mp. Or expHyperglycemia/ Or homa.mp. Or exp Diabetes Mellitus/ Or diabetes mellitus.mp. 3. hypertension.mp. Or /blood pressure.mp. Or systolic blood pressure.mp. Or diastolic blood pressure.mp. Or hypertension.mp. Or SBP.mp. Or DBP.mp. Or mean arterial pressure.mp. Or MAP.mp. 4. triglycerides.mp. Or hypertriglyceridemia.mp. Or TG.mp. Or triacylglycerol*.mp. Or TAG.mp. Or dyslipidemia.mp. 5. HDL.mp. Or HDL cholesterol.mp. Or hypercholesterolemia.mp. 6. abdominal obesity.mp. Or abdominal fat.mp. 7. insulin resistance.mp. Or metabolic syndrome.mp. 8. 1 and (2 or 3 or 4 or 5 or 6 or 7)

* The symbol at the end of each search term is used in order to capture all possible endings with that word.

Original search date for all databases was May 25th 2012; update search dates for all databases were March 19th 2013 and April 4th 2014.

† Searches were limited to animals and then extracted from the general search.