

Supplemental Files:

Supplemental Figure 1: Flow chart of study selection based on PRISMA guidelines.

Supplemental Figure 2: Forest plot presenting mean difference (MD) and 95% confidence intervals for the impact of strawberry supplementation on a) Body weight, b) Body Mass Index, c) Waist Circumference, d) Fasting Blood Sugar, e) HbA1c, f) Insulin;

Supplemental Figure 3: Forest plot presenting mean difference (MD) and 95% confidence intervals for the impact of strawberry supplementation on a) oxidized LDL, b) Intracellular adhesion Molecule-1, c) Vascular Cell Adhesion Molecule-1,

Supplemental Figure 4: Funnel plot displaying publication bias in the studies reporting the impact of strawberry supplementation on a) HbA1c, b) Body Mass Index, c) C-Reactive Protein, d) Diastolic Blood Pressure, e) Fasting Blood Sugar, f) High Density Lipoprotein, g) Intracellular adhesion Molecule-1, h) Insulin.

Supplemental Figure 5: Funnel plot displaying publication bias in the studies reporting the impact of strawberry supplementation on a) Low-Density Lipoprotein, b) Malondialdehyde, c) Systolic Blood Pressure, d) Total Cholesterol, e) Triglyceride f) Vascular Cell Adhesion Molecule-1 g) Waist Circumference h) Weight.

Supplemental Table 1: Cochrane risk of bias of included studies.

Supplemental Table 2: Subgroup analysis to assess the effect of strawberry supplementation on cardiovascular risk factors