

1 **Supplementary File 1: Search Strategy**

2 OVID Medline: wholegrain & CVD

3

4 1. Randomized controlled trial*.sh.

5 2. experimental design.tw.

6 3. intervention*.tw.

7 4. (RCT* or rct*).tw.

8 5. random* control* trial*.tw.

9 6. clinical trial*.sh.

10 7. field trial*.tw.

11 8. community trial*.tw.

12 9. controlled clinical trial*.tw.

13 10. pragmatic trial*.tw.

14 11. observational study.sh.

15 12. cohort study.tw.

16 13. prospective cohort*.tw.

17 14. retrospective cohort*.tw.

18 15. case control*.sh.

19 16. ecological study.tw.

20 17. time series analys?s.tw.

21 18. before-after study.tw.

22 19. pre-post study.tw.

- 23 20. follow up stud*.sh.
- 24 21. comparative stud*.sh.
- 25 22. evaluation stud*.sh.
- 26 23. 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9 or 10 or 11 or 12 or 13 or 14 or 15 or 16 or 17 or 18 or 19 or 20
- 27 or 21 or 22
- 28 24. Edible Grain/ae, me [Adverse Effects, Metabolism]
- 29 25. grain*.tw.
- 30 26. Dietary Carbohydrates/ or Edible Grain/ or Bread/ or Dietary Fiber/
- 31 27. whole grain*.tw.
- 32 28. partially processed grains.tw.
- 33 29. whole wheat.tw.
- 34 30. wholemeal.tw.
- 35 31. rice*.tw.
- 36 32. oat*.tw.
- 37 33. barley*.tw.
- 38 34. wheat*.tw.
- 39 35. Amaranthus/ae, me [Adverse Effects, Metabolism]
- 40 36. amaranth.tw.
- 41 37. Millets/me [Metabolism]
- 42 38. millet*.tw.
- 43 39. Sorghum/me [Metabolism]
- 44 40. sorghum*.tw.

- 45 41. maize*.tw.
- 46 42. spelt*.tw.
- 47 43. buckwheat*.tw.
- 48 44. Triticale/me [Metabolism]
- 49 45. triticale*.tw.
- 50 46. fonio*.tw.
- 51 47. emmer.tw.
- 52 48. einkorn*.tw.
- 53 49. kamut*.tw.
- 54 50. canary seed*.tw.
- 55 51. Bread/ae, an, me [Adverse Effects, Analysis, Metabolism]
- 56 52. bread*.tw.
- 57 53. breakfast cereal*.tw.
- 58 54. pasta*.tw.
- 59 55. noodle*.tw.
- 60 56. Flour/ae, an, st [Adverse Effects, Analysis, Standards]
- 61 57. flour*.tw.
- 62 58. polenta*.tw.
- 63 59. semolina*.tw.
- 64 60. bran.tw.
- 65 61. corn.tw.
- 66 62. wheat germ*.tw.

67 63. corn cake*.tw.

68 64. scone*.tw.

69 65. couscous.tw.

70 66. crumpet*.tw.

71 67. dietary fiber.tw.

72 68. dietary carbohydrate*.tw.

73 69. glycemic index.tw.

74 70. 24 or 25 or 26 or 27 or 28 or 29 or 30 or 31 or 32 or 33 or 34 or 35 or 36 or 37 or 38 or 39 or 40 or 41

75 or 42 or 43 or 44 or 45 or 46 or 47 or 48 or 49 or 50 or 51 or 52 or 53 or 54 or 55 or 56 or 57 or 58 or 59

76 or 60 or 61 or 62 or 64 or 65 or 66 or 67 or 68 or 69

77 71. Coronary Disease/ or Cardiovascular Diseases/ or Hypertension/ or Atherosclerosis/

78 72. cardiovascular disease*.tw.

79 73. coronary*.tw.

80 74. heart*.tw.

81 75. cardia*.tw.

82 76. myocard*.tw.

83 77. isch?em*.tw.

84 78. angina*.tw.

85 79. ventric*.tw.

86 80. tachycardi*.tw.

87 81. pericard*.tw.

88 82. endocardi*.tw.

- 89 83. atrial fibrillat*.tw.
- 90 84. arrhythmi*.tw.
- 91 85. athero*.tw.
- 92 86. arterio*.tw.
- 93 87. HDL.tw.
- 94 88. LDL.tw.
- 95 89. VLDL.tw.
- 96 90. lipid*.tw.
- 97 91. lipoprotein*.tw.
- 98 92. triacylglycerol*.tw.
- 99 93. hyperlipid*.tw.
- 100 94. hypercholesterol*.tw.
- 101 95. hypercholester?emia*.tw.
- 102 96. hypertriglycerid?emia*.tw.
- 103 97. Cholesterol/
- 104 98. Stroke/
- 105 99. Cerebrovascular Disorders/
- 106 100. vascular accident*.tw.
- 107 101. TIA.tw.
- 108 102. Thrombosis/
- 109 103. thrombosis.tw.
- 110 104. Embolism/ or Pulmonary Embolism/

111 105. apoplexy.tw.

112 106. (brain adj2 accident*).tw.

113 107. ((brain* or cerebral or lacunar) adj2 infarct*).tw.

114 108. Blood Pressure/ or Hypertension/

115 109. systolic blood pressure.tw.

116 110. diastolic blood pressure.tw.

117 111. Peripheral Vascular Diseases/ or Peripheral Arterial Disease/

118 112. (coronar\$ adj5 (bypas\$ or graft\$ or disease\$ or event\$)).tw.

119 113. (cerebrovasc\$ or cardiovasc\$ or mortal\$ or angina\$ or stroke or strokes).tw.

120 114. (myocardi\$ adj5 (infarct\$ or revascular\$ or ischaemi\$ or ischemi\$)).tw.

121 115. (morbid\$ adj5 (heart\$ or coronar\$ or ischaem\$ or ischem\$ or myocard\$)).tw.

122 116. (vascular\$ adj5 (peripheral\$ or disease\$ or complication\$)).tw.

123 117. (heart\$ adj5 (disease\$ or attack\$ or bypass\$)).tw.

124 118. Mortality/

125 119. mortality.tw.

126 120. Diabetes Mellitus, Type 2/

127 121. Hyperglycemia/

128 122. hyperglycemi*.tw.

129 123. (glucose adj2 intoleran*).tw.

130 124. Insulin Resistance/

131 125. (metabolic adj3 syndrome adj3 x).tw.

132 126. metabolic cardiovascular syndrome.tw.

133 127. dysmetabolic syndrome x.tw.

134 128. HbA1c.tw.

135 129. (glyc?emic adj3 control).tw.

136 130. 71 or 72 or 73 or 74 or 75 or 76 or 77 or 78 or 79 or 80 or 81 or 82 or 83 or 84 or 85 or 86 or 87 or

137 88 or 89 or 90 or 91 or 92 or 93 or 94 or 95 or 96 or 97 or 98 or 99 or 100 or 101 or 102 or 103 or 104 or

138 105 or 106 or 107 or 108 or 109 or 110 or 111 or 112 or 113 or 114 or 115 or 116 or 117 or 118 or 119 or

139 120 or 121 or 122 or 123 or 124 or 125 or 126 or 127 or 128 or 129

140 131. 23 and 70 and 130

141 132. limit 131 to (humans and yr="1997 -Current")