Supplemental Figure 1. Nut intake and risk of subtypes of stroke.

Supplemental Figure 2. Legume intake and risk of subtypes of stroke.

Supplemental Figure 3. Begg’s funnel plots for graphical evaluation of potential publication bias.

Supplemental Figure 4. Filled funnel plots with 95% confidence limits.

Search Queries. Search query used to identify studies examining the relationship between nut or legume intake and incident CHD, stroke, or diabetes.

**Supplemental Figure 1A**



**Study Name**

**Year**

**No. of Events**

**RR (%95 CI)**

**Weight (%)**

**Study**

**Size**

**Author**

0.30

3.00

1.00

**RR for ischemic stroke per 4 servings (28.4g)/week of nuts**

**Supplemental Figure 1B**



**Study Name**

**Year**

**No. of Events**

**RR (%95 CI)**

**Weight (%)**

**Study**

**Size**

**Author**

0.30

3.00

1.00

**RR for hemorrhagic stroke CHD per 4 servings (28.4g)/week of nuts**

Supplemental Figure 1. Nut intake and risk of subtypes of stroke.

Risk of ischemic stroke (A) and hemorrhagic stroke (B) associated with 4 servings per week of nuts.

**Supplemental Figure 2A**

0.30

3.00

1.00

**RR for ischemic stroke per 4 servings (100g)/week of legumes**

**Study Name**

**Year**

**No. of Events**

**RR (%95 CI)**

**Weight (%)**

**Study**

**Size**

**Author**



**Supplemental Figure 2B**



**Year**

**No. of Events**

**RR (%95 CI)**

**Weight (%)**

**Study Size**

**Author**

**Study Name**

**RR for hemorrhagic stroke per 4 servings (100g)/week of legumes**

3.00

0.30

1.00

Supplemental Figure 2. Legume intake and risk of subtypes of stroke.

Risk of ischemic stroke (A) and hemorrhagic stroke (B) associated with 4 servings per week of legumes.

Supplemental Figure 3. Funnel plots for graphical evaluation of potential publication bias.

**Nut consumption & Risk of Fatal CHD**

**Nut consumption & Risk of Non-Fatal CHD**

**Nut consumption & Risk of Total Stroke**

**Legume consumption & Risk of Total CHD**

**Legume consumption & Total Stroke**

**Legume consumption & Risk of Diabetes**

**Nut consumption & Risk of Diabetes**



**Nut consumption & Risk of Fatal CHD**

**Nut consumption & Risk of Total Stroke**

**Legume consumption & Risk of Total Stroke**

Supplemental Figure 4. Filled funnel plots with 95% confidence limits.

**Search Queries**

**Search query for Pubmed**

(“Nuts” [MeSH] OR “\*Nut$” [tiab] OR “Fagaceae” [MeSH] OR “\*Fagaceae$” [tiab] OR “almond$” [tiab] OR “pecan$” [tiab] OR “cashew$” [tiab] OR “pistachio$” [tiab] OR “macadamia $” [tiab] OR “Diet, Mediterranean” [MeSH] OR “Mediterranean Diet” [tiab] OR “Seeds” [MeSH] OR “Seed$” [tiab] OR “\*Bean$” [tiab] OR “Soybeans” [MeSH] OR “lentil$” [tiab] OR “legume$” [tiab] OR “pulse consumption” [tiab] OR “peas” [MeSH] OR “pea$” [tiab] OR “peanut\*” [tiab])

**AND** (“Cardiovascular Diseases” [MeSH] OR “Cardiovascular Disease$” [tiab] OR “Heart Diseases” [MeSH] OR “Heart Disease$” [tiab] OR "myocardial infarction$" [tiab] OR "heart attack$"[tiab] OR "sudden death$"[tiab] OR “stroke$” [tiab] OR strokes[tiab] OR "cerebrovascular accident$"[tiab] OR “Diabetes Mellitus” [MeSH] OR “Diabetes” [tiab] OR “Diabetes Mellitus, Type 2” [MeSH])

**LIMITS:**

**Age** Adults

**Setting** Any country

**Year Range** Any

**Language** Any

**Species** Human

**Date: 12/25/2013**

**Abstracts identified: 1393**

**Search query for OVID (free text)**

(Nuts OR Nut OR Seed OR Seeds OR Bean OR Beans OR Legume OR Legumes) **AND** (diabetes OR "cardiovascular disease" OR "cardiovascular diseases" OR "heart disease" OR "heart diseases" OR "myocardial infarction" OR "myocardial infarctions" OR "heart attack" OR "heart attacks" OR "sudden death" OR "sudden deaths" OR stroke OR strokes OR "cerebrovascular accident" OR "cerebrovascular accidents")

**LIMITS:**

**Age** Adults

**Setting** Any country

**Year Range** Any

**Language** Any

**Species** Human

**Date: 12/25/2013**

**Abstracts identified: 2168**

**Search query for Web of knowledge (3 databases)**

Topic=(((Nuts OR Nut OR Seed OR Seeds OR Bean OR Beans OR Legume OR Legumes OR hazelnut OR walnut OR almond OR pecan OR cashew OR pistachio OR lentil OR pea OR peanut) AND (diabetes OR "cardiovascular disease" OR "cardiovascular diseases" OR "heart disease" OR "heart diseases" OR "myocardial infarction" OR "myocardial infarctions" "heart attack" OR "heart attacks" OR "sudden death" OR "sudden deaths" OR stroke OR strokes OR "cerebrovascular accident" OR "cerebrovascular accidents"))) AND Topic=(adult\*) AND Topic=(human\*)

**Date: 12/25/2013**

**Abstracts identified: 1,201**

**Search query for CINAHL**

(Nuts OR Nut OR Seed OR Seeds OR Bean OR Beans OR Legume OR Legumes) **AND** (diabetes OR "cardiovascular disease" OR "cardiovascular diseases" OR "heart disease" OR "heart diseases" OR "myocardial infarction" OR "myocardial infarctions" OR "heart attack" OR "heart attacks" OR "sudden death" OR "sudden deaths" OR stroke OR strokes OR "cerebrovascular accident" OR "cerebrovascular accidents")

**LIMITS:**

**Age** Adults

**Setting** Any country

**Year Range** Any

**Language** Any

**Species** Human

**Date: 12/25/2013**

**Abstracts identified: 476**

**Search query for Faculty 1000**

(Nuts OR Nut OR Seed OR Seeds OR Bean OR Beans OR Legume OR Legumes) **AND** (diabetes OR"cardiovascular disease" OR "cardiovascular diseases" OR "heart disease" OR "heart diseases" OR "myocardial infarction" OR "myocardial infarctions" OR "heart attack" OR "heart attacks" OR "sudden death" OR "sudden deaths" OR stroke OR strokes OR "cerebrovascular accident" OR "cerebrovascular accidents")

**Date: 12/25/2013**

**Abstracts identified: 4**

**OpenGrey**

(Nuts OR Nut OR Seed OR Seeds OR Bean OR Beans OR Legume OR Legumes) **AND** (diabetes OR"cardiovascular disease" OR "cardiovascular diseases" OR "heart disease" OR "heart diseases" OR "myocardial infarction" OR "myocardial infarctions" OR "heart attack" OR "heart attacks" OR "sudden death" OR "sudden deaths" OR stroke OR strokes OR "cerebrovascular accident" OR "cerebrovascular accidents")

**Date: 12/25/2013**

**Abstracts identified: 3**

**Search query for Cochrane library**

(Nuts OR Nut OR Seed OR Seeds OR Bean OR Beans OR Legume OR Legumes) **AND** (diabetes OR"cardiovascular disease" OR "cardiovascular diseases" OR "heart disease" OR "heart diseases" OR "myocardial infarction" OR "myocardial infarctions" OR "heart attack" OR "heart attacks" OR "sudden death" OR "sudden deaths" OR stroke OR strokes OR "cerebrovascular accident" OR "cerebrovascular accidents")

**Date: 12/25/2013**

**Abstracts identified: 2**