Total Records: 2618
PubMed: 894
Cochrane: 866
Ovid: 858

Total unique papers 1633

Papers screened (abstract and title reviewed) 1633

Papers for review of full text 99

Studies included 8

Papers excluded: 1534
Other intervention(s): 77
Not altering vegetables or fruit: 9
Not an RCT: 2
Short duration (< 2 weeks): 3

Duplicates: 985
Papers excluded: 90