Figure 1. Study selection flow diagram (PRISMA template).

Total number of references identified = 11,233
Medline (Ovid) = 5,494; Embase (Ovid) = 2,312; PsycInfo (Ovid) = 236; Scopus = 2,223; Web of Science = 281; CINAHL(EBSCO) = 168; ASSIA (CSA) = 8; Cochrane Library = 75; CAB Abstracts = 8; Conference Papers Index = 14; WorldCat Dissertations = 193; Index to Theses = 221

Additional records identified through other sources (n = 11)

Records after duplicates removed (n = 9,037)

Records screened (n = 9,048)

Records excluded (n = 8780)

Full-text articles excluded (n = 200) Reasons:
- Mean/median age outside range 54 to 70 yrs (n = 139)
- Not an RCT (n = 20)
- No dietary outcomes assessed/reported (n = 26)
- Follow-up <3 months (n = 10)
- Participants recruited based on pre-existing condition (n = 5)
- Laboratory-based studies

Studies included in qualitative synthesis (n = 68 publications representing 24 studies)

Studies included in quantitative synthesis (meta-analysis) (n = 22)