

Table D-4. Observational studies, continuous measures

Author, year, PMID	n Source	Male %	Race %	Age mean (SD) [median]	SBP mean (SD) [median]	DBP mean (SD) [median]	Total Cholesterol mean (SD) mg/dL [mmol/L]	LDL mean (SD) mg/dL [mmol/L]	HDL mean (SD) mg/dL [mmol/L]	Triglycerides mean (SD) mg/dL [mmol/L]	BMI mean (SD)/weight mean (SD) Kg
Amiano, 2014, 24360762	Fish diet; Plant diet (ALA)	37.6		49.2 (8)							73.7 (12.6)
Ascherio, 1995, 7885425	Fish diet	100		53 (9.6) range 40,75			203				25.5 (SE 0.02)
Belin, 2011, 21610249	Fish diet; Diet (Total)	0	~84 white, ~7% black, ~3% Asian, ~5% Hispanic, ~0.4% American Indian/Alaskan Native, ~1% unknown	range 50, 79	127 (18)				64 (17)		28 (6)
Bell, 2014, 24496442	Marine oil supplement, Diet (Total)	49	93 white, 1 black, 2 Asian, 1 Hispanic, 1.5 Inuit/Eskimo, 1.5 other/missing								
Brouwer, 1996, 16569549	Diet (Total)	41% in Q3 (secondary study)		67.3 (7.6)	138 (21)	73 (11)	[6.6 (1.2)]		[1.3 (0.4)]		26.4 (3.6)
de Goede, 2010, 20335635	Diet (Total)	45		41.8	120.4 (15.9)	76.6 (10.5)	[5.2 (1.0)]		[1.4 (0.4)]		25.0 (3.9)
De Goede, 2013, 22633188	Diet (Total)	53		Cases: 50.1 (9.5), Controls: 50.0 (9.5)	Cases: 132.1 (20.2), Controls: 126.1 (16.1)	Cases: 82.9 (12.0), Controls: 80.9 (11.3)	[Cases: 5.7 (1.1), Controls: 5.6 (1.1)]		[Cases: 1.3 (0.4), Controls: 1.3 (0.3)]		Cases: 25.8 (4.1), Controls: 25.9 (4.3)
de Oliveira, 2013, 24351702	Diet (Total)	46.8	26 white, 25 black, 25 Asian, 25 Hispanic	61.5 (10.2)							27.9 (5.5)
Dolecek, 1992, 24351702	Diet (Total)	100		range 35, 57							
Hara, 2013, 23047296	Diet (Total)	77.8		65 range 57, 73			191 (range 163, 222)	122 (range 100, 147)	44 (range 38, 52)	98 (range 60, 153)	23.9 (range 22.1, 26.1)
Hellstrand, 2014, 25008580	Diet (Total)	37		range 44, 74							25.6

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Hu, 2002, 11939867	Fish diet; Plant diet (ALA)	0	98 white	range 34, 59							
Iso, 2006, 16401768	Fish diet	48		49							
Itakura, 2011, 21099130	Marine oil supplement	30.25	100 Asian	controls: 61 (9), cases: 61 (8)	controls: 134.9 (20.9), cases: 134.9 (21.4)	controls 79.2 (12.6), cases: 78.9 (12.6)					controls: 24.1 (3.3), cases 24.0 (3.2)
Joensen, 2010, 19825219	Fish diet	47.6		[men: 55.9, women 56.2]	[men: 140, women 136]		[median men: 5.9, women: 6.2]				25.9 (3.9)
Khaw, 2012, 22802735	No Data / Unclear	45.6		men: 60 (8), women 59.4 (8.5)	men: 136.1 (16.4), women: 132.6 (18.0)	men: 83.7 (10.6), women: 80 (10.7)	[men: 6.03 (1.05) 6.35 (1.20)]	[men: 3.92 (0.95), women: 4.03 (1.06)]	men: 1.25 (0.33), women: 1.58 (0.42)	[men: 2.01 (1.15), women: 1.64 (1.07)]	men: 26.3 (3.1), women: 25.9 (3.9)
Koh, 2013, 24343844	Fish diet, Plant diet, Diet (Total)	44.2		56 (8)							23.2 (3.3)
Larsson, 2012, 22265275	Fish diet	0		62							25
Lemaitre, 2012, 22743310	Plant diet (ALA)	36.1	87.8 white, 11.7 black	74 (5) median 73 IQR 71-98							
Levitan, 2009, 19383731	Fish diet	100		nd							
Matsumoto, 2013, 23098619	Diet (Total)	100		68.7 (8.7)							25.8 (3.4)
Miyagawa, 2014, 24468152	Diet (Total)	43.8		49.4 (13) (Q2)	Q2: 135.5 (21.5)	Q2: 81.1 (12.1)	Q2: 188.7 (33.8)				Q2: 22.7 (3.1)
Morris, 1995, 7598116	Fish diet	100		53.2							24.9
Nagata, 2002, 12397000	Diet (Total)			men: 54.0 (12.1), women: 55.1 (13.0)							men: 22.5 (2.8), women: 22.0 (2.9)
Ninomiya, 2013, 24267237	No data / Unclear	42		61.3 (12.5)	131.8 (21.1)	78.4 (11.9)	[5.28 (0.92)]		[1.62 (0.42)]	[Median 1.10 (IQR 0.78, 1.63)]	23.1 (3.4)

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Pietinen, 1997, 9149659	Diet (Total)	100		range 50, 69							
Strøm, 2012, 22146511	Diet (Total)	0		29.9 range 15.7-46.9							
Takata, 2013, 23788668	Fish diet	45.5		men: 55.1 (9.54), women: 51.8 (8.76)							
Vedtofte, 2011, 21865326	Diet (Total)	49.9		50.6 range 30.8, 60.8	123 range 104, 152						23.9 (range 19.7, 29.6)
Vedtofte, 2014, 24964401	Plant diet (ALA)	35.1		range 49, 61							
Virtanen, 2009, 19933935	Diet (Total)	100		52.8 (5.3)							
Wang, 2010, 20713915	Fish diet	0	95 white	54							25
Wang, 2011, 21734059	No Data / Unclear	0	71.6 white, 14.1 black, 13.25 Asian	54 (6.3)			208.45	122	54.1		25.5
Warensjö, 2008, 18614742	Diet (Total)	100		nd			6.9 (1.3)				25.0 (3.2)
Woodward, 2011, 21345851	Diet (Total)	53		men: 49.0 (6.9), women: 48.9 (6.6)	men: 133.2 (18.5), women: 130.0(20.0)		[men: 6.29(1.13), women: 6.49(1.31)]		[men: 1.38(0.37), women: 1.68(0.42)]		
Xun, 2011, 21205024	Fish diet	46.9	50.6 black	24.9 (3.7)	110 (10.2)	68.3 (8.8)					24.4 (4.9)
Yamagishi, 2008, 18786479	Fish diet	39.5	100 Asian	55.7							men: 22.7, women 22.9
Yamagishi, 2008, 19061714	Diet (Total)	46.6	100 white	men: 54.2 (5.6), women 53.3 (5.5)	men: 120.5 (14.8), women 116.9 (17.0)	men 75.5(9.2); women 72.1 (9.1)	men: 212 (39), women 216 (42)		men: 44(12); women: 60(17)	men: 139 (94), women: 116 (73)	men: 27.7 (3.7), women: 26.2 (5)
Yuan, 2001, 11682363	Fish diet	100		55.8 (45-64)							22.2
Zeng, 2014, 24966412	Diet (Total)	25.3									