

Identification

No of citations identified
through database search
n = 502

No of citations excluded
n = 361

Screening

No of abstracts screened
n = 141

No of abstracts excluded
n = 33

No of full text retrieved
n = 108

No of duplicates excluded
n = 59

Eligibility

No of full text articles
assessed for eligibility
n = 49

No of full text articles excluded
n = 42

Main reasons for exclusion:
- Animal studies
- Missing data for fish intake
- Missing criteria for MetS

Inclusion

No of studies included
n = 7