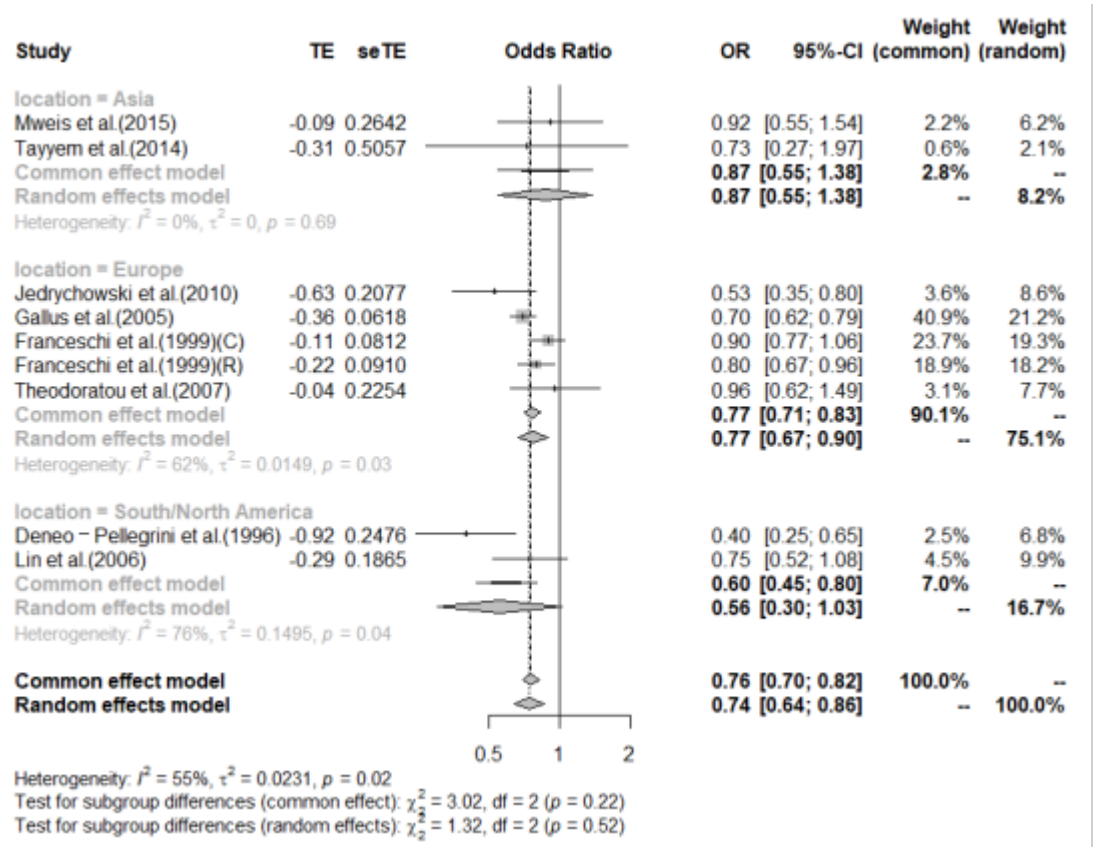
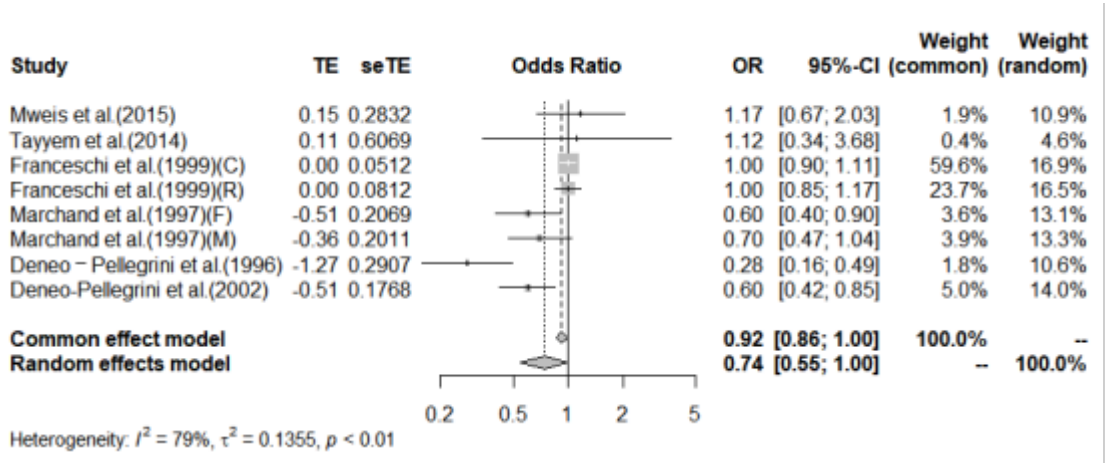
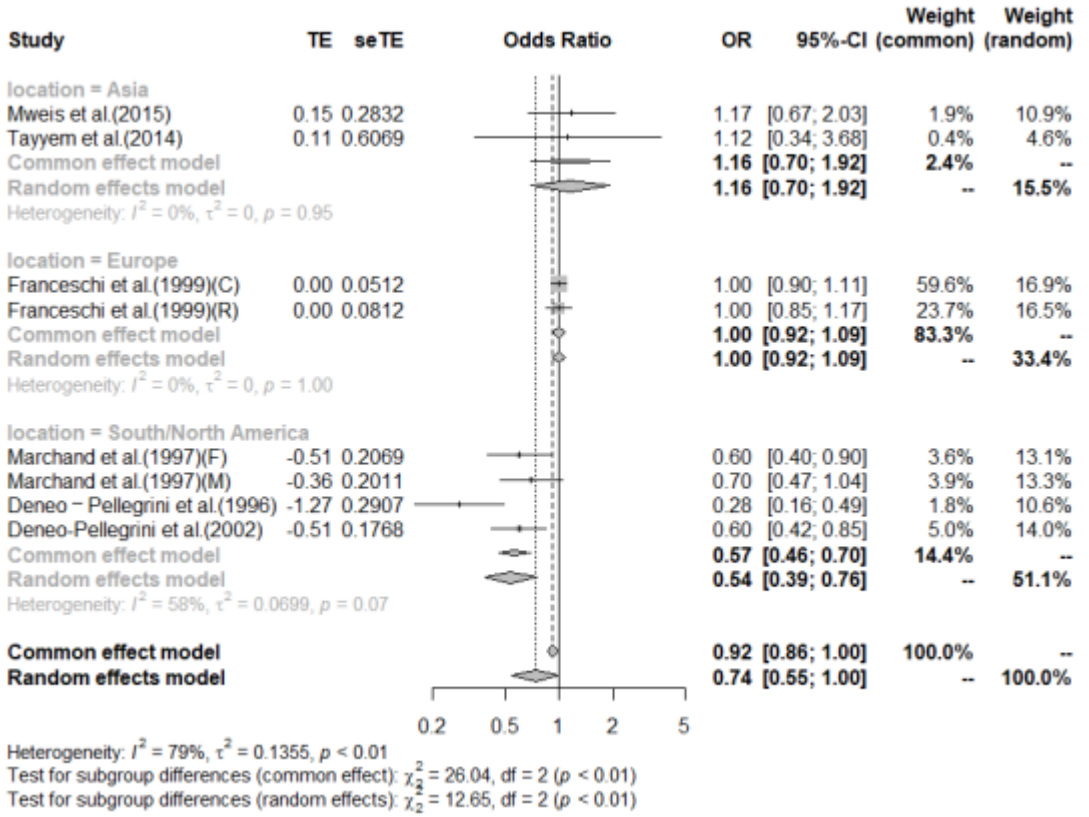
Supplementary Materials



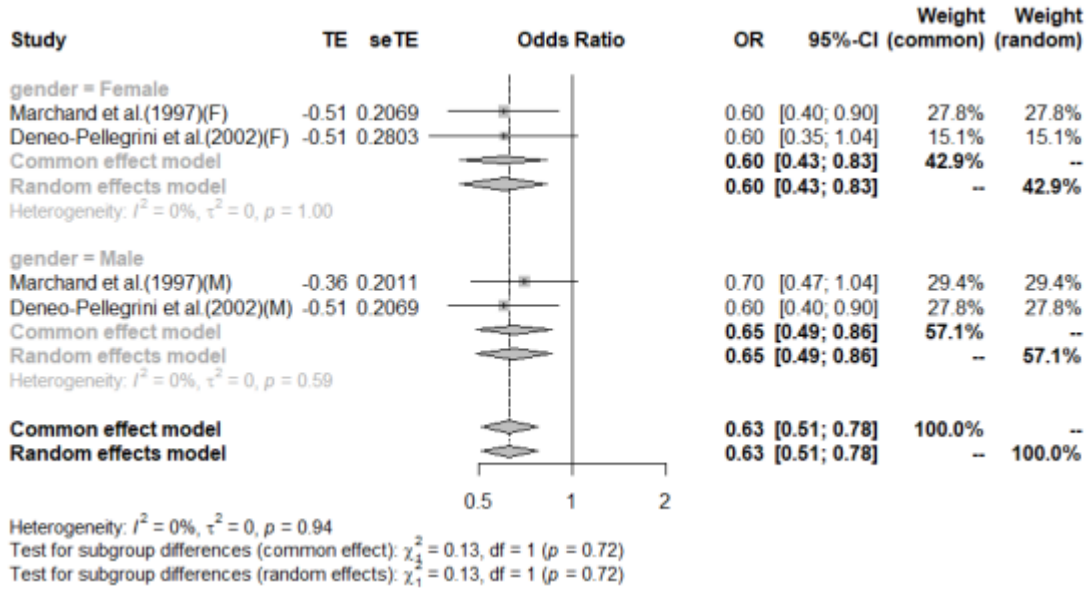
Supplementary Figure 1. Subgroup analysis of the risk of colorectal cancer in the highest versus lowest category of Apple intake by location. C = Colon cancer, R = Rectal cancer.



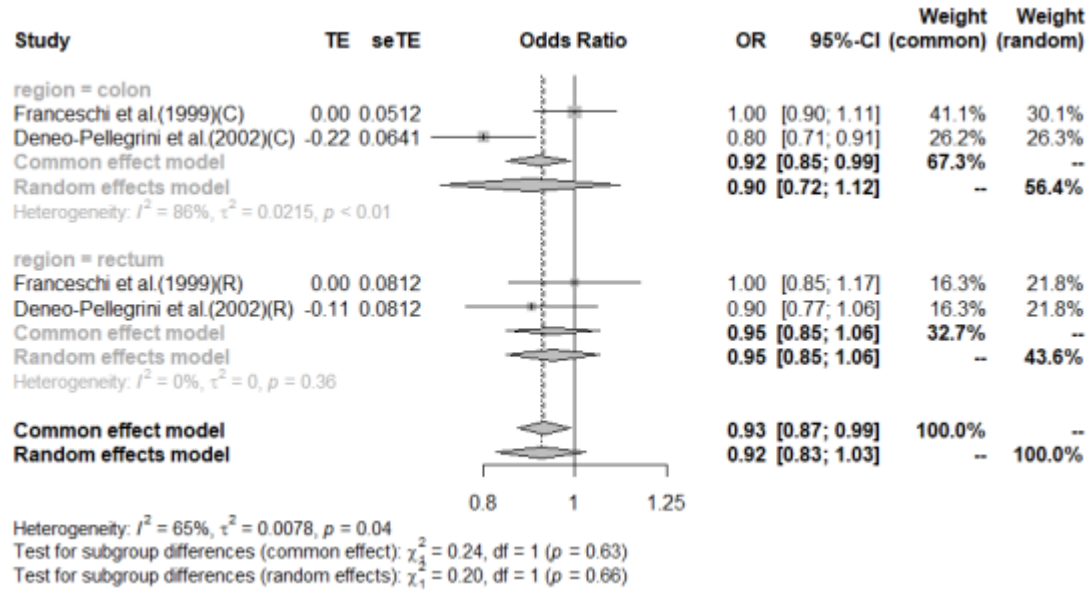
Supplementary Figure 2. Meta-analysis of the risk of colorectal cancer in the highest versus lowest category of Banana intake. C = Colon cancer, R = Rectal cancer. F = Female, M = Male; C = Colon cancer, R = Rectal cancer.



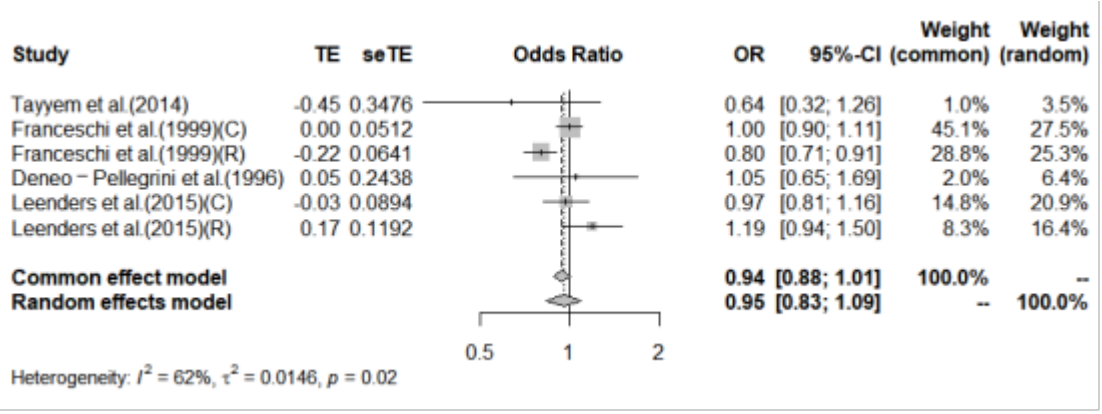
Supplementary Figure 3. Subgroup analysis of the risk of colorectal cancer in the highest versus lowest category of Banana intake by location. F = Female, M = Male; C = Colon cancer, R = Rectal cancer.



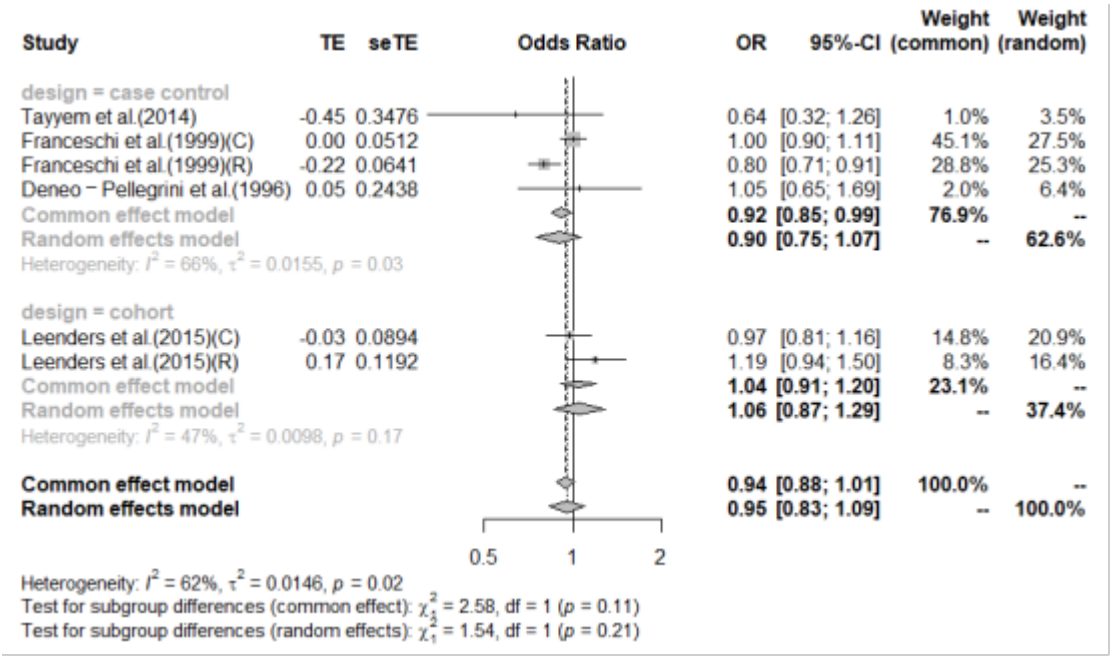
Supplementary Figure 4. Subgroup analysis of the risk of colorectal cancer in the highest versus lowest category of Banana intake by gender. F = Female, M = Male.



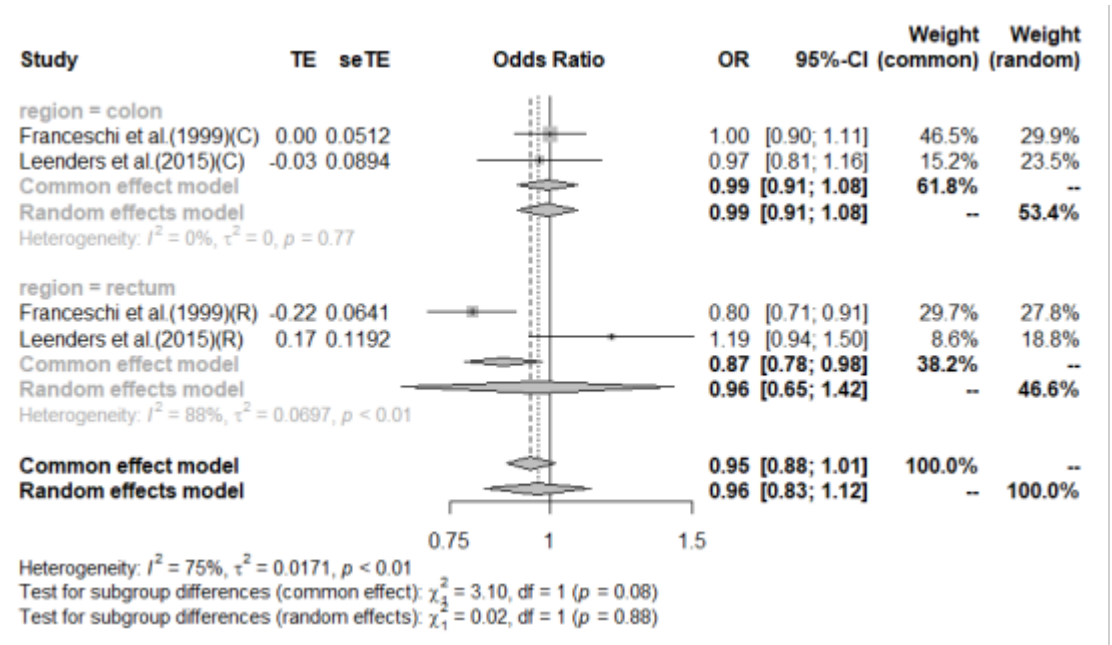
Supplementary Figure 5. Subgroup analysis of the risk of colorectal cancer in the highest versus lowest category of Banana intake by region of cancer. C = Colon cancer, R = Rectal cancer.



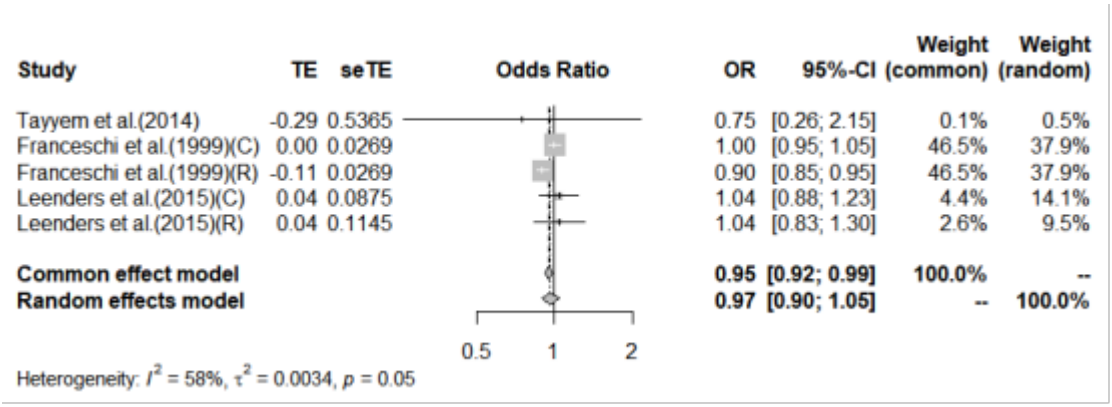
Supplementary Figure 6. Meta-analysis of the risk of colorectal cancer in the highest versus lowest category of Peach intake. C = Colon cancer, R = Rectal cancer.



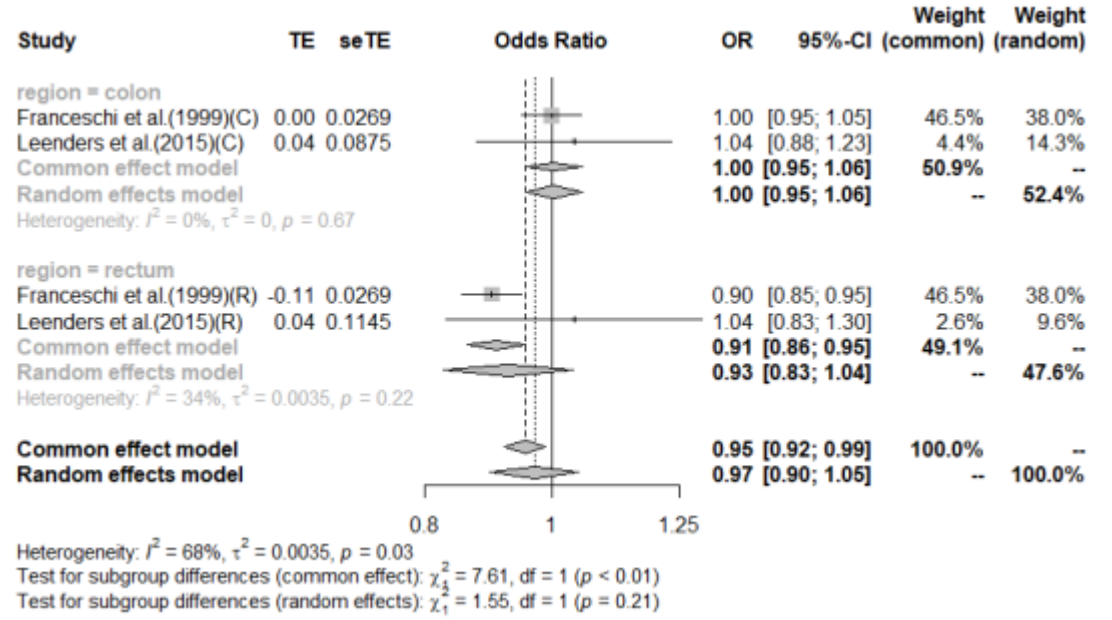
Supplementary Figure 7. Subgroup analysis of the risk of colorectal cancer in the highest versus lowest category of Peach intake by study type. C = Colon cancer, R = Rectal cancer.



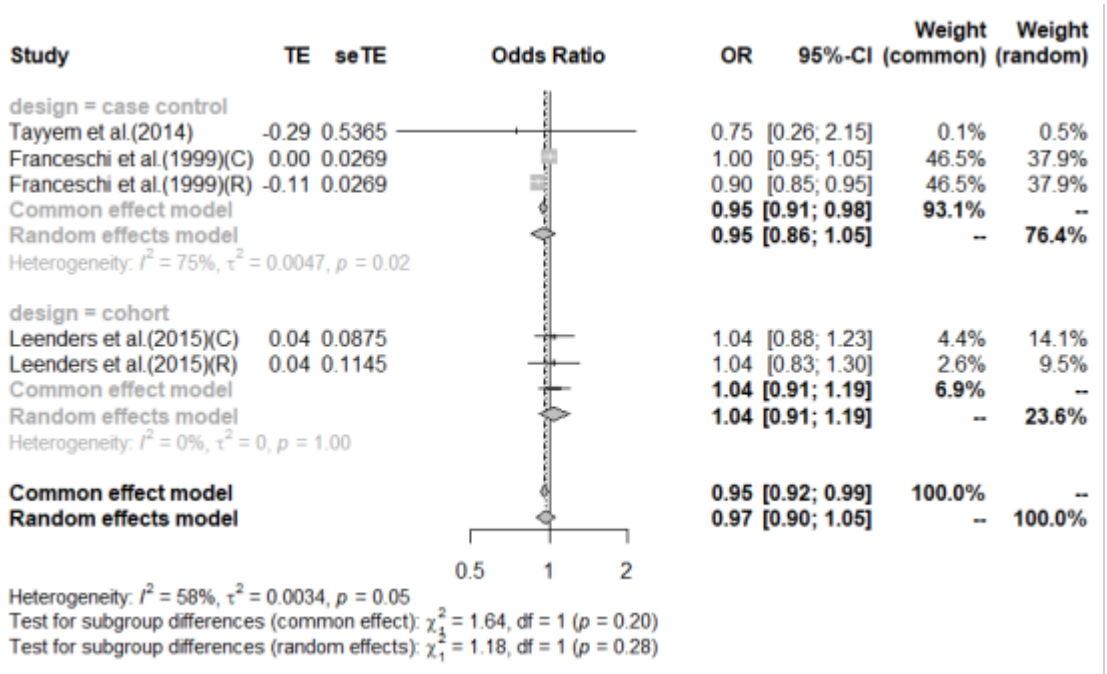
Supplementary Figure 8. Subgroup analysis of the risk of colorectal cancer in the highest versus lowest category of Peach intake by region of cancer. C = Colon cancer, R = Rectal cancer.



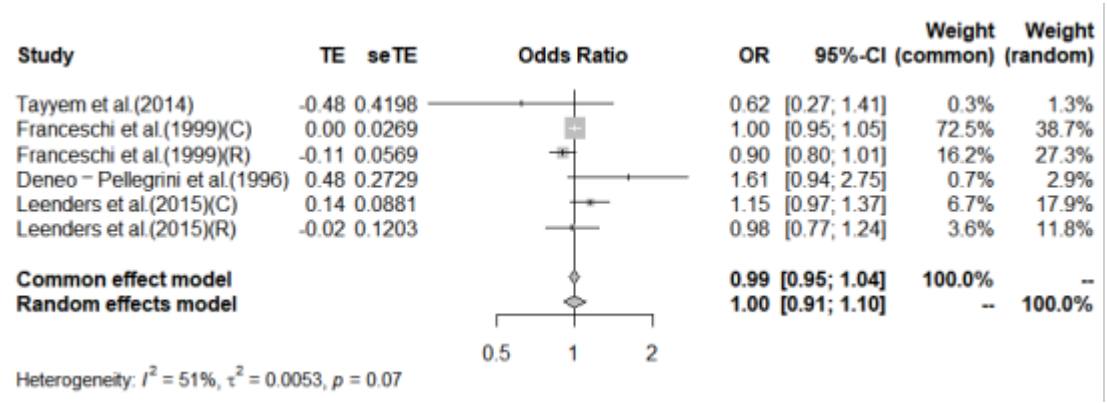
Supplementary Figure 9. Meta-analysis of the risk of colorectal cancer in the highest versus lowest category of Strawberry intake. C = Colon cancer, R = Rectal cancer.



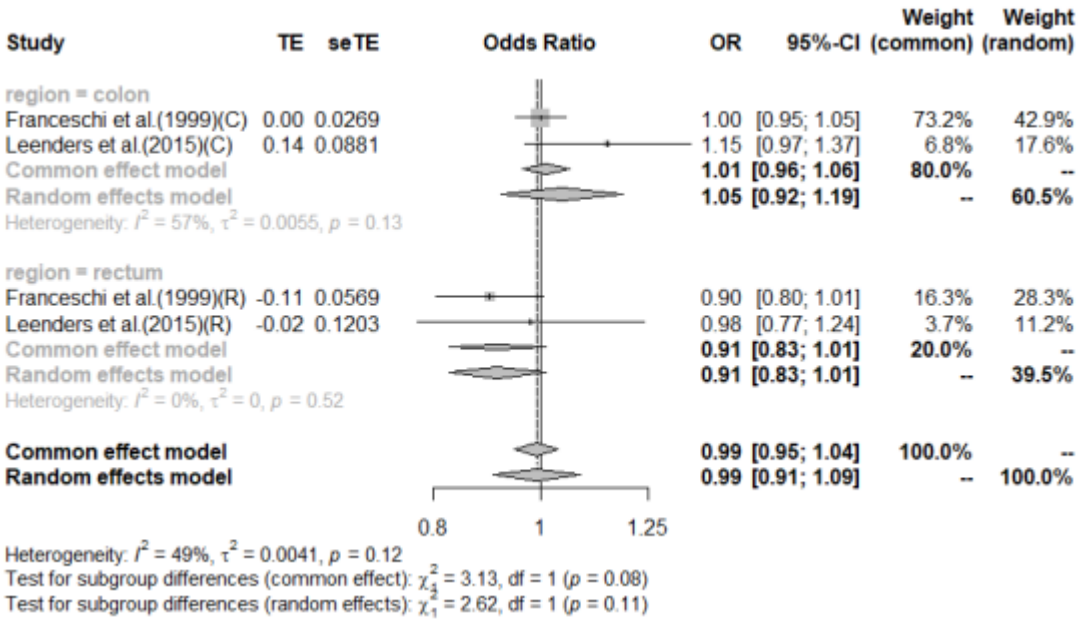
Supplementary Figure 10. Subgroup analysis of the risk of colorectal cancer in the highest versus lowest category of Strawberry intake by region of cancer. C = Colon cancer, R = Rectal cancer.



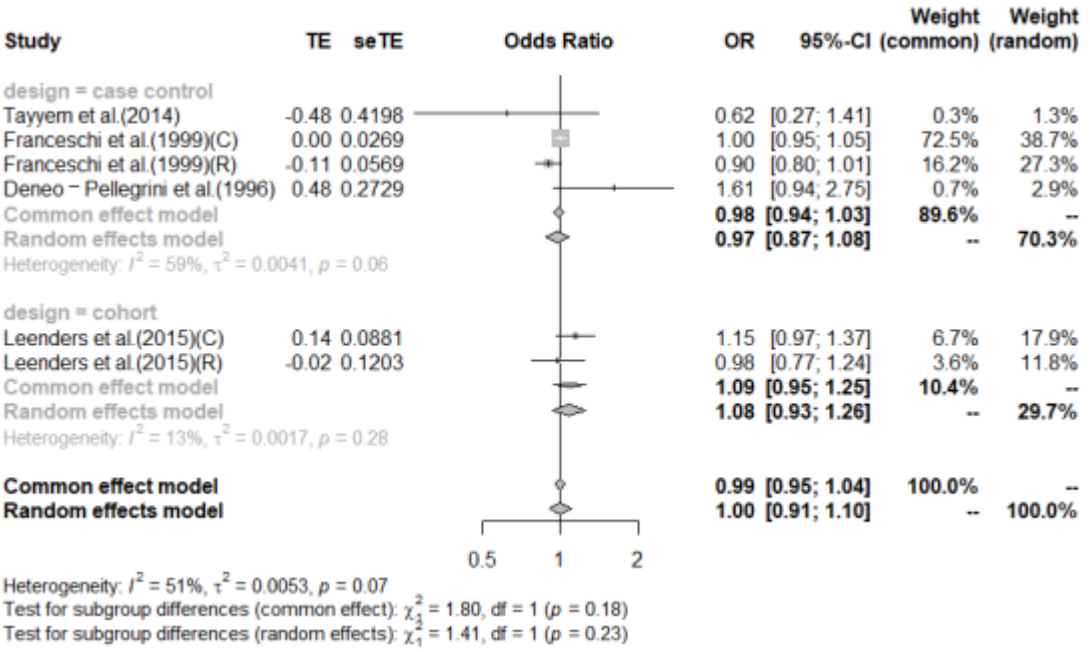
Supplementary Figure 11. Subgroup analysis of the risk of colorectal cancer in the highest versus lowest category of Strawberry intake by study type. C = Colon cancer, R = Rectal cancer.



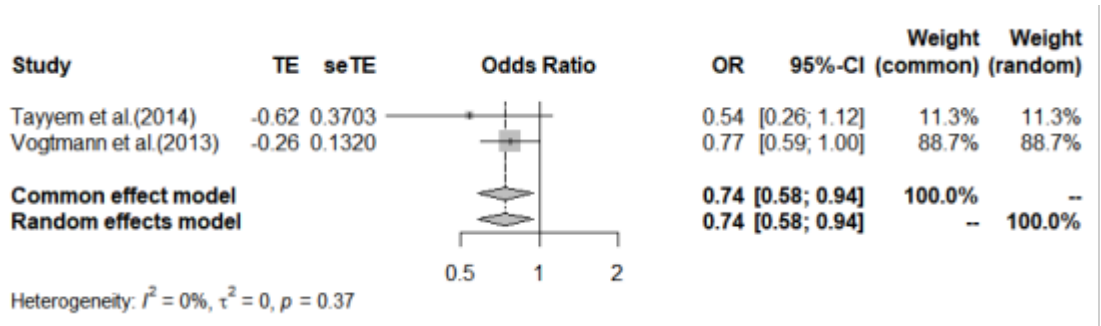
Supplementary Figure 12. Meta-analysis of the risk of colorectal cancer in the highest versus lowest category of Grape intake. C = Colon cancer, R = Rectal cancer.



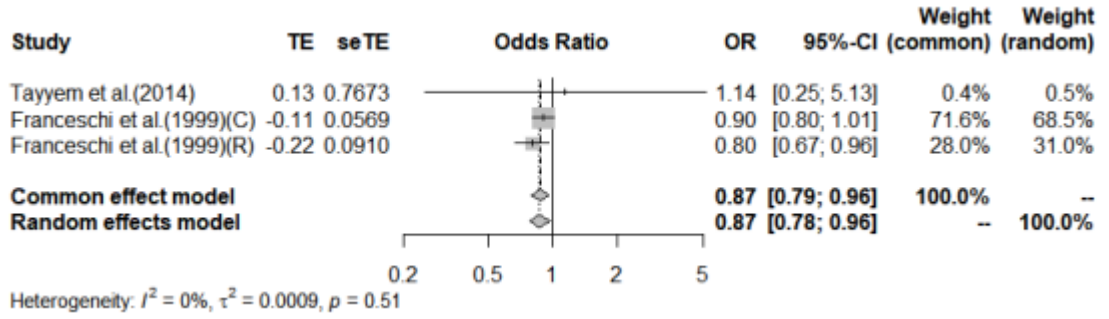
Supplementary Figure 13. Subgroup analysis of the risk of colorectal cancer in the highest versus lowest category of Grape intake by region of cancer. C = Colon cancer, R = Rectal cancer.



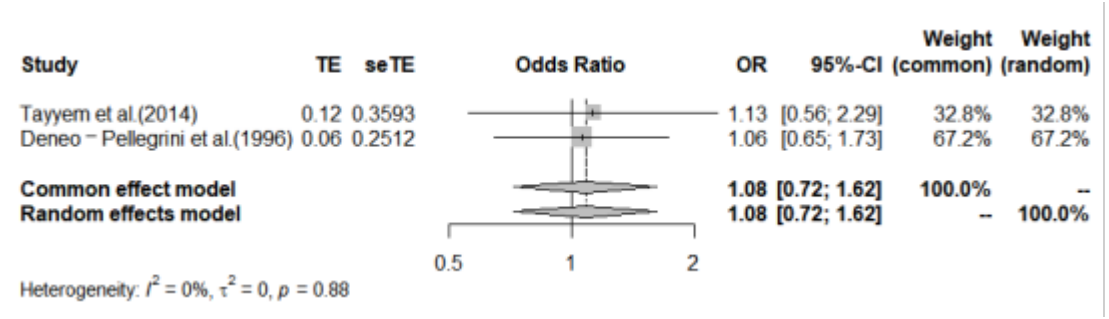
Supplementary Figure 14. Subgroup analysis of the risk of colorectal cancer in the highest versus lowest category of Grape intake by study type. C = Colon cancer, R = Rectal cancer.



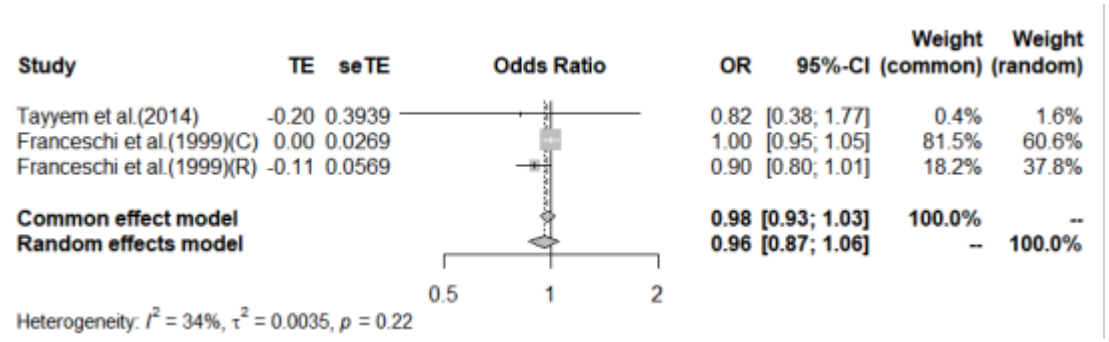
Supplementary Figure 15. Meta-analysis of the risk of Colorectal cancer in the highest versus lowest category of Watermelon intake.



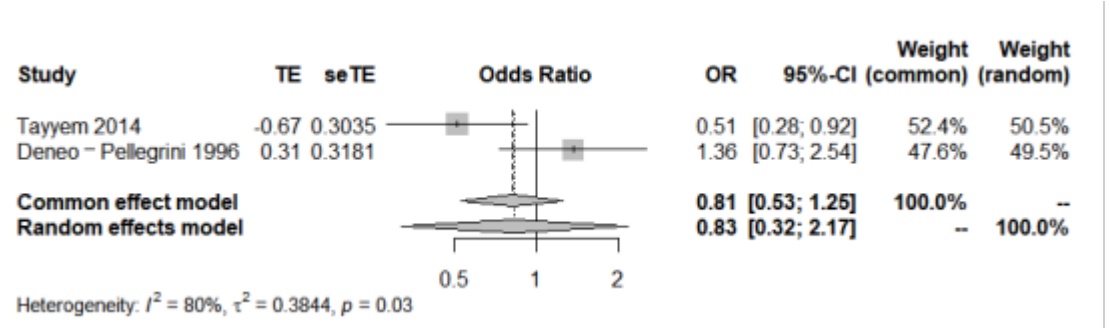
Supplementary Figure 16. Meta-analysis of the risk of colorectal cancer in the highest versus lowest category of Kiwi intake. C = Colon cancer, R = Rectal cancer.



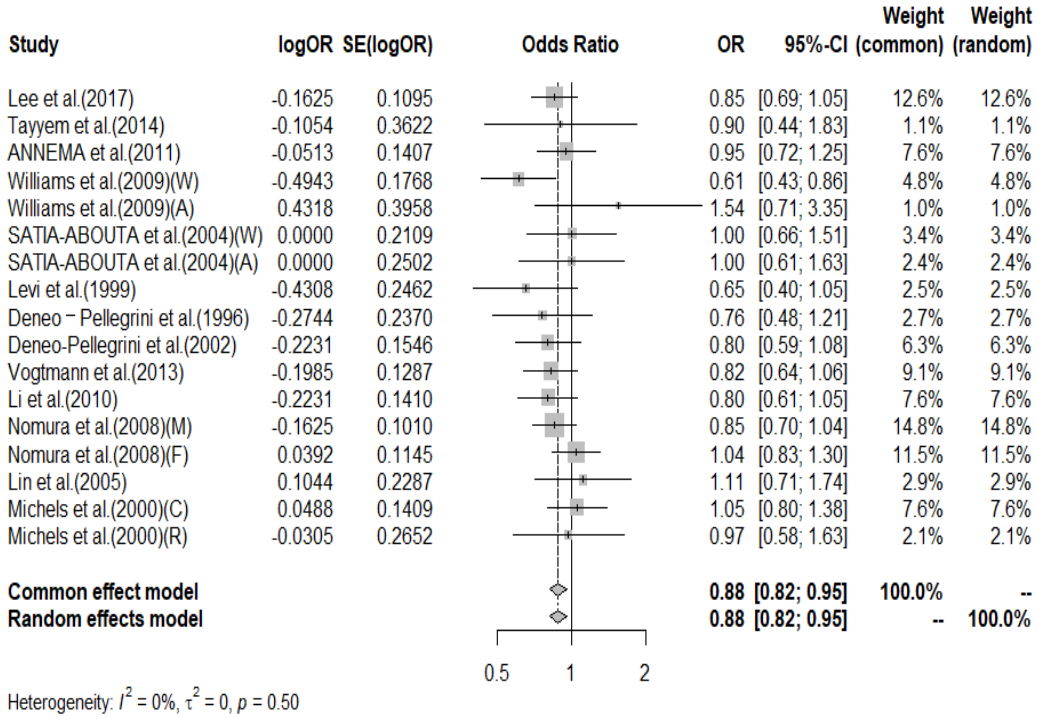
Supplementary Figure 17. Meta-analysis of the risk of colorectal cancer in the highest versus lowest category of Pear intake.



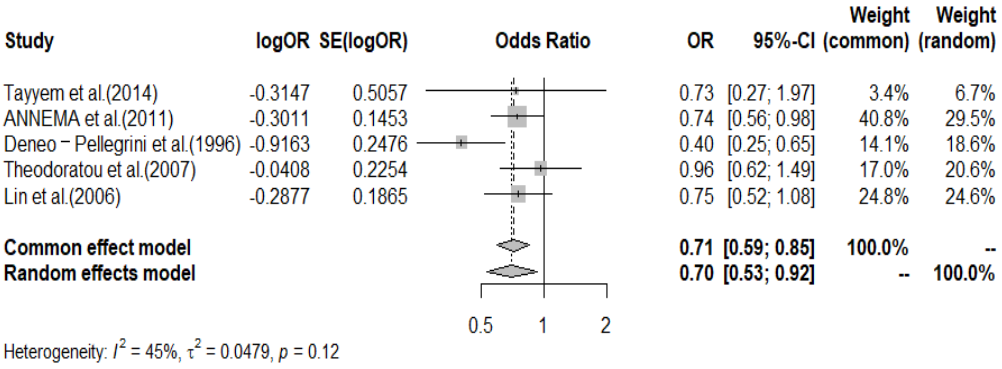
Supplementary Figure 18. Meta-analysis of the risk of colorectal cancer in the highest versus lowest category of Melon intake. C = Colon cancer, R = Rectal cancer.



Supplementary Figure 19. Meta-analysis of the risk of colorectal cancer in the highest versus lowest category of Fig intake.



Supplementary Figure 20. Sensitivity analysis plot of studies evaluating the association between Citrus intake and risk of colorectal cancer. F = Female, M = Male; W = Whites, A = African-Americans; C = Colon cancer, R = Rectal cancer.



Supplementary Figure 21. Sensitivity analysis plot of studies evaluating the association between Apple intake and risk of colorectal cancer.

Supplementary Table 1. The history of the database search strategy

Databases searched: Web of Science, PubMed, EMBASE, and Cochrane Library

Search Strategy in PubMed

Search number	Query	Results
7	#5 NOT #6	926
6	"review"[Publication Type] OR "conference abstract"[Publication Type] OR "letter"[Publication Type] OR "editorial"[Publication Type] OR "comment"[Publication Type]	5,077,024
5	(#1 OR #2) AND (#3 OR #4)	1,171
4	Fruit[MeSH Terms]	120,022
3	"Berries"[Title/Abstract] OR "Berry"[Title/Abstract] OR "fructus"[Title/Abstract] OR "Fruits"[Title/Abstract] OR "Legume Pod*"[Title/Abstract] OR "Plant Aril*"[Title/Abstract] OR "Plant Capsule*"[Title/Abstract]	61,610
2	colorectal neoplasms[MeSH Terms]	227,806
1	"cancer of colon rectum"[Title/Abstract] OR "cancer of rectum colon"[Title/Abstract] OR "cancer of the colon rectum"[Title/Abstract] OR "cancer of the colon the rectum"[Title/Abstract] OR "cancer of the rectum colon"[Title/Abstract] OR "cancer of the rectum the colon"[Title/Abstract] OR "colo rectal cancer"[Title/Abstract] OR "colo rectal carcinogenesis"[Title/Abstract] OR "colo rectal malignancies"[Title/Abstract] OR "colo rectal malignancy"[Title/Abstract] OR "Colorectal Cancer*"[Title/Abstract] OR "colorectal cancerogenesis"[Title/Abstract] OR "colorectal carcinogenesis"[Title/Abstract] OR "Colorectal Carcinoma*"[Title/Abstract] OR "colorectal malignancies"[Title/Abstract] OR "colorectal malignancy"[Title/Abstract] OR "Colorectal Neoplasm*"[Title/Abstract] OR "Colorectal Tumor*"[Title/Abstract] OR "malignancies of the colon rectum"[Title/Abstract] OR "malignancy of colon rectum"[Title/Abstract] OR "malignancy of the colon rectum"[Title/Abstract] OR "recto colonic cancer"[Title/Abstract] OR "rectocolonic cancer"[Title/Abstract]	141,444

Search Strategy in Cochrane

Search date: 18 Aug 2022

Search number	Search	Hits
#1	('cancer of colon rectum' OR 'cancer of rectum colon' OR 'cancer of the colon rectum' OR 'cancer of the colon the rectum' OR 'cancer of the rectum colon' OR 'cancer of the rectum the colon' OR 'colo rectal cancer' OR 'colo rectal carcinogenesis' OR 'colo rectal malignancies' OR 'colo rectal malignancy' OR 'Colorectal Cancer*' OR 'colorectal cancerogenesis' OR 'colorectal carcinogenesis' OR 'Colorectal Carcinoma*' OR 'colorectal malignancies' OR 'colorectal malignancy' OR 'Colorectal Neoplasm*' OR 'Colorectal Tumor*' OR	18358

	'malignancies of the colon rectum' OR 'malignancy of colon rectum' OR 'malignancy of the colon rectum' OR 'recto colonic cancer' OR 'rectocolonic cancer'):ti,ab,kw	
#2	MeSH descriptor: [Colorectal Neoplasms] explode all trees	9249
#3	('Berries' OR 'Berry' OR 'fructus' OR 'Fruits' OR 'Legume Pod*' OR 'Plant Aril*' OR 'Plant Capsule*'):ti,ab,kw	4641
#4	MeSH descriptor: [Fruit] explode all trees	2864
#5	(#1 OR #2) AND (#3 OR #4)	94

Search Strategy in Embase

Search date: 18 Aug 2022

Search number	Search	Hits
#6	#5 AND ('Article'/it OR 'Article in Press'/it OR 'Chapter'/it OR 'Conference Paper'/it OR 'Conference Review'/it OR 'Note'/it OR 'Short Survey'/it OR 'Tombstone'/it)	1,475
#5	(#1 OR #2) AND (#3 OR #4)	2,589
#4	'fruit'/exp	162,555
#3	'berries':ti,ab,kw OR 'berry':ti,ab,kw OR 'fructus':ti,ab,kw OR 'fruits':ti,ab,kw OR 'legume pod*':ti,ab,kw OR 'plant aril*':ti,ab,kw OR 'plant capsule*':ti,ab,kw	73,777
#2	'colorectal cancer'/exp	354,416
#1	'cancer of colon rectum':ti,ab,kw OR 'cancer of rectum colon':ti,ab,kw OR 'cancer of the colon rectum':ti,ab,kw OR 'cancer of the colon the rectum':ti,ab,kw OR 'cancer of the rectum colon':ti,ab,kw OR 'cancer of the rectum the colon':ti,ab,kw OR 'colo rectal cancer':ti,ab,kw OR 'colo rectal carcinogenesis':ti,ab,kw OR 'colo rectal malignancies':ti,ab,kw OR 'colo rectal malignancy':ti,ab,kw OR 'colorectal cancer*':ti,ab,kw OR 'colorectal cancerogenesis':ti,ab,kw OR 'colorectal carcinogenesis':ti,ab,kw OR 'colorectal carcinoma*':ti,ab,kw OR 'colorectal malignancies':ti,ab,kw OR 'colorectal malignancy':ti,ab,kw OR 'colorectal neoplasm*':ti,ab,kw OR 'colorectal tumor*':ti,ab,kw OR 'malignancies of the colon rectum':ti,ab,kw OR 'malignancy of colon rectum':ti,ab,kw OR 'malignancy of the colon rectum':ti,ab,kw OR 'recto colonic cancer':ti,ab,kw OR 'rectocolonic cancer':ti,ab,kw	211,775

Search Strategy in Web of science

#1	(TI=((cancer of colon and rectum) OR (cancer of rectum and colon) OR (cancer of the colon and rectum) OR (cancer of the colon and the rectum) OR (cancer of the rectum and colon) OR (cancer of the rectum and the colon) OR (colo rectal cancer) OR (colo rectal

	carcinogenesis) OR (colo rectal malignancies) OR (colo rectal malignancy) OR (Colorectal Cancer*) OR (colorectal cancerogenesis) OR (colorectal carcinogenesis) OR (Colorectal Carcinoma*) OR (colorectal malignancies) OR (colorectal malignancy) OR (Colorectal Neoplasm*) OR (Colorectal Tumor*) OR (malignancies of the colon and rectum) OR (malignancy of colon and rectum) OR (malignancy of the colon and rectum) OR (recto colonic cancer) OR (rectocolonic cancer)) OR AB=((cancer of colon and rectum) OR (cancer of rectum and colon) OR (cancer of the colon and rectum) OR (cancer of the colon and the rectum) OR (cancer of the rectum and colon) OR (cancer of the rectum and the colon) OR (colo rectal cancer) OR (colo rectal carcinogenesis) OR (colo rectal malignancies) OR (colo rectal malignancy) OR (Colorectal Cancer*) OR (colorectal cancerogenesis) OR (colorectal carcinogenesis) OR (Colorectal Carcinoma*) OR (colorectal malignancies) OR (colorectal malignancy) OR (Colorectal Neoplasm*) OR (Colorectal Tumor*) OR (malignancies of the colon and rectum) OR (malignancy of colon and rectum) OR (malignancy of the colon and rectum) OR (recto colonic cancer) OR (rectocolonic cancer)) OR AK=((cancer of colon and rectum) OR (cancer of rectum and colon) OR (cancer of the colon and rectum) OR (cancer of the colon and the rectum) OR (cancer of the rectum and colon) OR (cancer of the rectum and the colon) OR (colo rectal cancer) OR (colo rectal carcinogenesis) OR (colo rectal malignancies) OR (colo rectal malignancy) OR (Colorectal Cancer*) OR (colorectal cancerogenesis) OR (colorectal carcinogenesis) OR (Colorectal Carcinoma*) OR (colorectal malignancies) OR (colorectal malignancy) OR (Colorectal Neoplasm*) OR (Colorectal Tumor*) OR (malignancies of the colon and rectum) OR (malignancy of colon and rectum) OR (malignancy of the colon and rectum) OR (recto colonic cancer) OR (rectocolonic cancer)))
#2	(TI=((Berries) OR (Berry) OR (fructus) OR (Fruits) OR (Legume Pod*) OR (Plant Aril*) OR (Plant Capsule*)) OR AB=((Berries) OR (Berry) OR (fructus) OR (Fruits) OR (Legume Pod*) OR (Plant Aril*) OR (Plant Capsule*)) OR AK=((Berries) OR (Berry) OR (fructus) OR (Fruits) OR (Legume Pod*) OR (Plant Aril*) OR (Plant Capsule*)))
#3	#1 AND #2

108

109

110