

Table S1. Search terms used in PubMed.

Database	Search string
PubMed	“Nuts AND musculoskeletal,” “Nuts AND bone health,” “Nuts AND osteoporosis prevention,” “Nuts AND fracture risk,” “Nuts AND joint health,” “Nuts AND muscle function,” “Almonds AND bone health,” “Almonds AND muscle function,” “Walnuts AND bone health,” “Walnuts AND joint health,” “Cashews AND bone metabolism,” “Cashews AND muscle performance,” “Cashews AND skeletal development.” “Cashews AND joint support,” “Pistachios AND bone health,” “Pistachios AND muscle function,” “Pistachios AND calcium absorption,” “Brazil nuts AND bone health”

Table S2. Categorization system for data extraction.

Category	Description
Study Information	Title of the study, year of publication, authors, country
Population	Number of participants, sex, age, cohort description
Study Design	Type of design and length of study
Intervention	Nut type and duration, measurement (for observational)
Outcome Measures	Dependent variables assessed or primary outcomes
Results	Main findings (include adjusted risk estimates and confounders for observational studies)

Table S3. ROBINS-I Tool Risk of Bias Assessment of non-randomized controlled trials ($n = 1$).

Author (Year)	Confounding bias	Selection bias	Intervention bias	Deviation from intended intervention	Missing data	Measurement of outcomes	Selection of reported results	Overall risk of bias
Watanabe et al. (2022) [29]	Serious	Moderate	Low	Moderate	Low	Moderate	Low	Serious

One domain received a judgment of serious, but none of critical; therefore, the overall judgment for risk of bias is serious.