

Supplementary material—data

Searches:

Function foods AND diabetes, T2DM, T1DM; ("functional food"[MeSH Terms] OR ("functional"[All Fields] AND "food"[All Fields]) OR "functional food"[All Fields] OR ("functional"[All Fields] AND "foods"[All Fields]) OR "functional foods"[All Fields]) AND ("diabetes"[All Fields] OR "diabetes mellitus"[MeSH Terms] OR ("diabetes"[All Fields] AND "mellitus"[All Fields]) OR "diabetes mellitus"[All Fields] OR "diabetes"[All Fields] OR "diabetes insipidus"[MeSH Terms] OR ("diabetes"[All Fields] AND "insipidus"[All Fields]) OR "diabetes insipidus"[All Fields] OR "diabetic"[All Fields] OR "diabetics"[All Fields] OR "diabetes"[All Fields])

Green Tea: ("tea"[Supplementary Concept] OR "tea"[All Fields] OR "green tea"[All Fields] OR "tea"[MeSH Terms] OR ("green"[All Fields] AND "tea"[All Fields])) AND ("diabete"[All Fields] OR "diabetes mellitus"[MeSH Terms] OR ("diabetes"[All Fields] AND "mellitus"[All Fields]) OR "diabetes mellitus"[All Fields] OR "diabetes"[All Fields] OR "diabetes insipidus"[MeSH Terms] OR ("diabetes"[All Fields] AND "insipidus"[All Fields]) OR "diabetes insipidus"[All Fields] OR "diabetic"[All Fields] OR "diabetics"[All Fields] OR "diabets"[All Fields]) AND ("oxidability"[All Fields] OR "oxidable"[All Fields] OR "oxidant s"[All Fields] OR "oxidants"[All Fields] OR "oxidants"[Supplementary Concept] OR "oxidants"[All Fields] OR "oxidant"[All Fields] OR "oxidants"[MeSH Terms] OR "oxidate"[All Fields] OR "oxidated"[All Fields] OR "oxidates"[All Fields] OR "oxidating"[All Fields] OR "oxidation"[All Fields] OR "oxidations"[All Fields] OR "oxidative"[All Fields] OR "oxidatively"[All Fields] OR "oxidatives"[All Fields] OR "oxide s"[All Fields] OR "oxides"[Supplementary Concept] OR "oxides"[All Fields] OR "oxide"[All Fields] OR "oxides"[MeSH Terms] OR "oxidic"[All Fields] OR "oxidizing"[All Fields] OR "oxidisability"[All Fields] OR "oxidisable"[All Fields] OR "oxidisation"[All Fields] OR "oxidise"[All Fields] OR "oxidised"[All Fields] OR "oxidiser"[All Fields] OR "oxidisers"[All Fields] OR "oxidises"[All Fields] OR "oxidising"[All Fields] OR "oxidization"[All Fields] OR "oxidize"[All Fields] OR "oxidized"[All Fields] OR "oxidizer"[All Fields] OR "oxidizers"[All Fields] OR "oxidizes"[All Fields] OR "oxidizing"[All Fields]) AND ("antioxidant s"[All Fields] OR "antioxidants"[All Fields] OR "antioxidants"[Supplementary Concept] OR "antioxidants"[All Fields] OR "antioxidant"[All Fields] OR "antioxidants"[MeSH Terms] OR "antioxidating"[All

Fields] OR "antioxidation"[All Fields] OR "antioxidative"[All Fields] OR "antioxidatively"[All Fields] OR "antioxidatives"[All Fields] OR "antioxidizing"[All Fields]) AND ("inflammation"[MeSH Terms] OR "inflammation"[All Fields] OR "inflammations"[All Fields] OR "inflammation s"[All Fields]) AND ("anti inflammatory agents"[All Fields] OR "anti inflammatory agents"[Supplementary Concept] OR "anti inflammatory agents"[All Fields] OR "anti inflammatory"[All Fields] OR "anti inflammatory agents"[MeSH Terms] OR ("anti inflammatory"[All Fields] AND "agents"[All Fields]) OR ("anti"[All Fields] AND "inflammatory"[All Fields])) AND 1787:2026[pdat]

Flax/Flaxseed: ("flax"[MeSH Terms] OR "flax"[All Fields] OR "flaxseed"[All Fields] OR "flaxseeds"[All Fields]) AND ("flax"[MeSH Terms] OR "flax"[All Fields]) AND ("diabete"[All Fields] OR "diabetes mellitus"[MeSH Terms] OR ("diabetes"[All Fields] AND "mellitus"[All Fields]) OR "diabetes mellitus"[All Fields] OR "diabetes"[All Fields] OR "diabetes insipidus"[MeSH Terms] OR ("diabetes"[All Fields] AND "insipidus"[All Fields]) OR "diabetes insipidus"[All Fields] OR "diabetic"[All Fields] OR "diabetics"[All Fields] OR "diabets"[All Fields]) AND ("oxidability"[All Fields] OR "oxidable"[All Fields] OR "oxidant s"[All Fields] OR "oxidants"[All Fields] OR "oxidants"[Supplementary Concept] OR "oxidants"[All Fields] OR "oxidant"[All Fields] OR "oxidants"[MeSH Terms] OR "oxidate"[All Fields] OR "oxidated"[All Fields] OR "oxidates"[All Fields] OR "oxidating"[All Fields] OR "oxidation"[All Fields] OR "oxidations"[All Fields] OR "oxidative"[All Fields] OR "oxidatively"[All Fields] OR "oxidatives"[All Fields] OR "oxide s"[All Fields] OR "oxides"[Supplementary Concept] OR "oxides"[All Fields] OR "oxide"[All Fields] OR "oxides"[MeSH Terms] OR "oxidic"[All Fields] OR "oxidizing"[All Fields] OR "oxidisability"[All Fields] OR "oxidisable"[All Fields] OR "oxidisation"[All Fields] OR "oxidise"[All Fields] OR "oxidised"[All Fields] OR "oxidiser"[All Fields] OR "oxidisers"[All Fields] OR "oxidises"[All Fields] OR "oxidising"[All Fields] OR "oxidization"[All Fields] OR "oxidize"[All Fields] OR "oxidized"[All Fields] OR "oxidizer"[All Fields] OR "oxidizers"[All Fields] OR "oxidizes"[All Fields] OR "oxidizing"[All Fields]) AND ("antioxidant s"[All Fields] OR "antioxidants"[All Fields] OR "antioxidants"[Supplementary Concept] OR "antioxidants"[All Fields] OR "antioxidant"[All Fields] OR "antioxidants"[MeSH Terms] OR "antioxidating"[All Fields] OR "antioxidation"[All Fields] OR "antioxidative"[All Fields] OR "antioxidatively"[All Fields] OR "antioxidatives"[All Fields] OR "antioxidizing"[All Fields]) AND ("inflammation"[MeSH Terms] OR "inflammation"[All Fields] OR

"inflammations"[All Fields] OR "inflammation s"[All Fields]) AND ("antiinflammatory agents"[All Fields] OR "antiinflammatory agents"[Supplementary Concept] OR "anti inflammatory agents"[All Fields] OR "anti-inflammatory"[All Fields] OR "anti inflammatory agents"[MeSH Terms] OR ("anti inflammatory"[All Fields] AND "agents"[All Fields]) OR ("anti"[All Fields] AND "inflammatory"[All Fields])) AND 1787:2026[pdat].

Anthocyanins: ("anthocyanine"[All Fields] OR "anthocyanines"[All Fields] OR "anthocyanins"[Supplementary Concept] OR "anthocyanins"[All Fields] OR "anthocyanin"[All Fields] OR "anthocyanins"[MeSH Terms]) AND ("diabete"[All Fields] OR "diabetes mellitus"[MeSH Terms] OR ("diabetes"[All Fields] AND "mellitus"[All Fields]) OR "diabetes mellitus"[All Fields] OR "diabetes"[All Fields] OR "diabetes insipidus"[MeSH Terms] OR ("diabetes"[All Fields] AND "insipidus"[All Fields]) OR "diabetes insipidus"[All Fields] OR "diabetic"[All Fields] OR "diabetics"[All Fields] OR "diabets"[All Fields]) AND ("oxidability"[All Fields] OR "oxidable"[All Fields] OR "oxidant s"[All Fields] OR "oxidants"[All Fields] OR "oxidants"[Supplementary Concept] OR "oxidants"[All Fields] OR "oxidant"[All Fields] OR "oxidants"[MeSH Terms] OR "oxidate"[All Fields] OR "oxidated"[All Fields] OR "oxidates"[All Fields] OR "oxidating"[All Fields] OR "oxidation"[All Fields] OR "oxidations"[All Fields] OR "oxidative"[All Fields] OR "oxidatively"[All Fields] OR "oxidatives"[All Fields] OR "oxide s"[All Fields] OR "oxides"[Supplementary Concept] OR "oxides"[All Fields] OR "oxide"[All Fields] OR "oxides"[MeSH Terms] OR "oxidic"[All Fields] OR "oxidizing"[All Fields] OR "oxidisability"[All Fields] OR "oxidisable"[All Fields] OR "oxidisation"[All Fields] OR "oxidise"[All Fields] OR "oxidised"[All Fields] OR "oxidiser"[All Fields] OR "oxidisers"[All Fields] OR "oxidises"[All Fields] OR "oxidising"[All Fields] OR "oxidization"[All Fields] OR "oxidize"[All Fields] OR "oxidized"[All Fields] OR "oxidizer"[All Fields] OR "oxidizers"[All Fields] OR "oxidizes"[All Fields] OR "oxidizing"[All Fields]) AND ("antioxidant s"[All Fields] OR "antioxidants"[All Fields] OR "antioxidants"[Supplementary Concept] OR "antioxidants"[All Fields] OR "antioxidant"[All Fields] OR "antioxidants"[MeSH Terms] OR "antioxidating"[All Fields] OR "antiooxidation"[All Fields] OR "antiooxidative"[All Fields] OR "antiooxidatively"[All Fields] OR "antiooxidatives"[All Fields] OR "antiooxidizing"[All Fields]) AND ("inflammation"[MeSH Terms] OR "inflammation"[All Fields] OR "inflammations"[All Fields] OR "inflammation s"[All Fields]) AND ("anti inflammatory agents"[All Fields] OR "anti inflammatory agents"[Supplementary Concept] OR "anti inflammatory agents"[All Fields] OR

"anti inflammatory"[All Fields] OR "anti inflammatory agents"[MeSH Terms] OR ("anti inflammatory"[All Fields] AND "agents"[All Fields]) OR ("anti"[All Fields] AND "inflammatory"[All Fields])) AND 1787:2026[pdat].

Resveratrol: ("resveratrol"[Supplementary Concept] OR "resveratrol"[All Fields] OR "resveratrol"[MeSH Terms] OR "resveratrol s"[All Fields] OR "resveratrols"[All Fields]) AND ("diabete"[All Fields] OR "diabetes mellitus"[MeSH Terms] OR ("diabetes"[All Fields] AND "mellitus"[All Fields]) OR "diabetes mellitus"[All Fields] OR "diabetes"[All Fields] OR "diabetes insipidus"[MeSH Terms] OR ("diabetes"[All Fields] AND "insipidus"[All Fields]) OR "diabetes insipidus"[All Fields] OR "diabetic"[All Fields] OR "diabetics"[All Fields] OR "diabets"[All Fields]) AND ("oxidability"[All Fields] OR "oxidable"[All Fields] OR "oxidant s"[All Fields] OR "oxidants"[All Fields] OR "oxidants"[Supplementary Concept] OR "oxidants"[All Fields] OR "oxidant"[All Fields] OR "oxidants"[MeSH Terms] OR "oxidate"[All Fields] OR "oxidated"[All Fields] OR "oxidates"[All Fields] OR "oxidating"[All Fields] OR "oxidation"[All Fields] OR "oxidations"[All Fields] OR "oxidative"[All Fields] OR "oxidatively"[All Fields] OR "oxidatives"[All Fields] OR "oxide s"[All Fields] OR "oxides"[Supplementary Concept] OR "oxides"[All Fields] OR "oxide"[All Fields] OR "oxides"[MeSH Terms] OR "oxidic"[All Fields] OR "oxidizing"[All Fields] OR "oxidisability"[All Fields] OR "oxidisable"[All Fields] OR "oxidisation"[All Fields] OR "oxidise"[All Fields] OR "oxidised"[All Fields] OR "oxidiser"[All Fields] OR "oxidisers"[All Fields] OR "oxidises"[All Fields] OR "oxidising"[All Fields] OR "oxidization"[All Fields] OR "oxidize"[All Fields] OR "oxidized"[All Fields] OR "oxidizer"[All Fields] OR "oxidizers"[All Fields] OR "oxidizes"[All Fields] OR "oxidizing"[All Fields]) AND ("antioxidant s"[All Fields] OR "antioxidants"[All Fields] OR "antioxidants"[Supplementary Concept] OR "antioxidants"[All Fields] OR "antioxidant"[All Fields] OR "antioxidants"[MeSH Terms] OR "antioxidating"[All Fields] OR "antioxidation"[All Fields] OR "antioxidative"[All Fields] OR "antioxidatively"[All Fields] OR "antioxidatives"[All Fields] OR "antioxidizing"[All Fields]) AND ("inflammation"[MeSH Terms] OR "inflammation"[All Fields] OR "inflammations"[All Fields] OR "inflammation s"[All Fields]) AND ("anti-inflammatory agents"[All Fields] OR "anti-inflammatory agents"[Supplementary Concept] OR "anti inflammatory agents"[All Fields] OR "anti inflammatory"[All Fields] OR "anti inflammatory agents"[MeSH Terms] OR ("anti inflammatory"[All Fields] AND "agents"[All Fields]) OR ("anti"[All Fields] AND "inflammatory"[All Fields])) AND 1787:2026[pdat].

Turmeric/curcumin: ("turmeric extract"[Supplementary Concept] OR "turmeric extract"[All Fields] OR "turmeric"[All Fields] OR "curcuma"[MeSH Terms] OR "curcuma"[All Fields]) AND ("curcumin"[Supplementary Concept] OR "curcumin"[All Fields] OR "curcumin"[MeSH Terms] OR "curcumin s"[All Fields] OR "curcumine"[All Fields] OR "curcumins"[All Fields]) AND ("diabete"[All Fields] OR "diabetes mellitus"[MeSH Terms] OR ("diabetes"[All Fields] AND "mellitus"[All Fields]) OR "diabetes mellitus"[All Fields] OR "diabetes"[All Fields] OR "diabetes insipidus"[MeSH Terms] OR ("diabetes"[All Fields] AND "insipidus"[All Fields]) OR "diabetes insipidus"[All Fields] OR "diabetic"[All Fields] OR "diabetics"[All Fields] OR "diabets"[All Fields]) AND ("oxidability"[All Fields] OR "oxidable"[All Fields] OR "oxidant s"[All Fields] OR "oxidants"[All Fields] OR "oxidants"[Supplementary Concept] OR "oxidants"[All Fields] OR "oxidant"[All Fields] OR "oxidants"[MeSH Terms] OR "oxidate"[All Fields] OR "oxidated"[All Fields] OR "oxidates"[All Fields] OR "oxidating"[All Fields] OR "oxidation"[All Fields] OR "oxidations"[All Fields] OR "oxidative"[All Fields] OR "oxidatively"[All Fields] OR "oxidatives"[All Fields] OR "oxide s"[All Fields] OR "oxides"[Supplementary Concept] OR "oxides"[All Fields] OR "oxide"[All Fields] OR "oxides"[MeSH Terms] OR "oxidic"[All Fields] OR "oxidizing"[All Fields] OR "oxidisability"[All Fields] OR "oxidisable"[All Fields] OR "oxidisation"[All Fields] OR "oxidise"[All Fields] OR "oxidised"[All Fields] OR "oxidiser"[All Fields] OR "oxidisers"[All Fields] OR "oxidises"[All Fields] OR "oxidising"[All Fields] OR "oxidization"[All Fields] OR "oxidize"[All Fields] OR "oxidized"[All Fields] OR "oxidizer"[All Fields] OR "oxidizers"[All Fields] OR "oxidizes"[All Fields] OR "oxidizing"[All Fields]) AND ("antioxidant s"[All Fields] OR "antioxidants"[All Fields] OR "antioxidants"[Supplementary Concept] OR "antioxidants"[All Fields] OR "antioxidant"[All Fields] OR "antioxidants"[MeSH Terms] OR "antioxidating"[All Fields] OR "antioxidation"[All Fields] OR "antioxidative"[All Fields] OR "antioxidatively"[All Fields] OR "antioxidatives"[All Fields] OR "antioxidizing"[All Fields]) AND ("inflammation"[MeSH Terms] OR "inflammation"[All Fields] OR "inflammations"[All Fields] OR "inflammation s"[All Fields]) AND ("anti-inflammatory agents"[All Fields] OR "anti-inflammatory agents"[Supplementary Concept] OR "antiinflammatory agents"[All Fields] OR "anti-inflammatory"[All Fields] OR "anti-inflammatory agents"[MeSH Terms] OR ("anti-inflammatory"[All Fields] AND "agents"[All Fields]) OR ("anti"[All Fields] AND "inflammatory"[All Fields])) AND 1787:2026[pdat].

Ginger: ("ginger extract"[Supplementary Concept] OR "ginger extract"[All Fields] OR "ginger"[All Fields] OR "zingiber officinale"[MeSH Terms] OR ("zingiber"[All Fields] AND "officinale"[All Fields]) OR "zingiber officinale"[All Fields] OR "gingers"[All Fields] OR "gingers"[All Fields]) AND ("diabete"[All Fields] OR "diabetes mellitus"[MeSH Terms] OR ("diabetes"[All Fields] AND "mellitus"[All Fields]) OR "diabetes mellitus"[All Fields] OR "diabetes"[All Fields] OR "diabetes insipidus"[MeSH Terms] OR ("diabetes"[All Fields] AND "insipidus"[All Fields]) OR "diabetes insipidus"[All Fields] OR "diabetic"[All Fields] OR "diabetics"[All Fields] OR "diabets"[All Fields]) AND ("oxidability"[All Fields] OR "oxidable"[All Fields] OR "oxidant s"[All Fields] OR "oxidants"[All Fields] OR "oxidants"[Supplementary Concept] OR "oxidants"[All Fields] OR "oxidant"[All Fields] OR "oxidants"[MeSH Terms] OR "oxidate"[All Fields] OR "oxidated"[All Fields] OR "oxidates"[All Fields] OR "oxidating"[All Fields] OR "oxidation"[All Fields] OR "oxidations"[All Fields] OR "oxidative"[All Fields] OR "oxidatively"[All Fields] OR "oxidatives"[All Fields] OR "oxide s"[All Fields] OR "oxides"[Supplementary Concept] OR "oxides"[All Fields] OR "oxide"[All Fields] OR "oxides"[MeSH Terms] OR "oxidic"[All Fields] OR "oxidizing"[All Fields] OR "oxidisability"[All Fields] OR "oxidisable"[All Fields] OR "oxidisation"[All Fields] OR "oxidise"[All Fields] OR "oxidised"[All Fields] OR "oxidiser"[All Fields] OR "oxidisers"[All Fields] OR "oxidises"[All Fields] OR "oxidising"[All Fields] OR "oxidization"[All Fields] OR "oxidize"[All Fields] OR "oxidized"[All Fields] OR "oxidizer"[All Fields] OR "oxidizers"[All Fields] OR "oxidizes"[All Fields] OR "oxidizing"[All Fields]) AND ("antioxidant s"[All Fields] OR "antioxidants"[All Fields] OR "antioxidants"[Supplementary Concept] OR "antioxidants"[All Fields] OR "antioxidant"[All Fields] OR "antioxidants"[MeSH Terms] OR "antioxidating"[All Fields] OR "antioxidation"[All Fields] OR "antioxidative"[All Fields] OR "antioxidatively"[All Fields] OR "antioxidatives"[All Fields] OR "antioxidizing"[All Fields]) AND ("inflammation"[MeSH Terms] OR "inflammation"[All Fields] OR "inflammations"[All Fields] OR "inflammation s"[All Fields]) AND ("anti inflammatory agents"[All Fields] OR "anti inflammatory agents"[Supplementary Concept] OR "anti inflammatory agents"[All Fields] OR "anti inflammatory"[All Fields] OR "anti inflammatory agents"[MeSH Terms] OR ("anti inflammatory"[All Fields] AND "agents"[All Fields]) OR ("anti"[All Fields] AND "inflammatory"[All Fields])) AND 1787:2026[pdat].