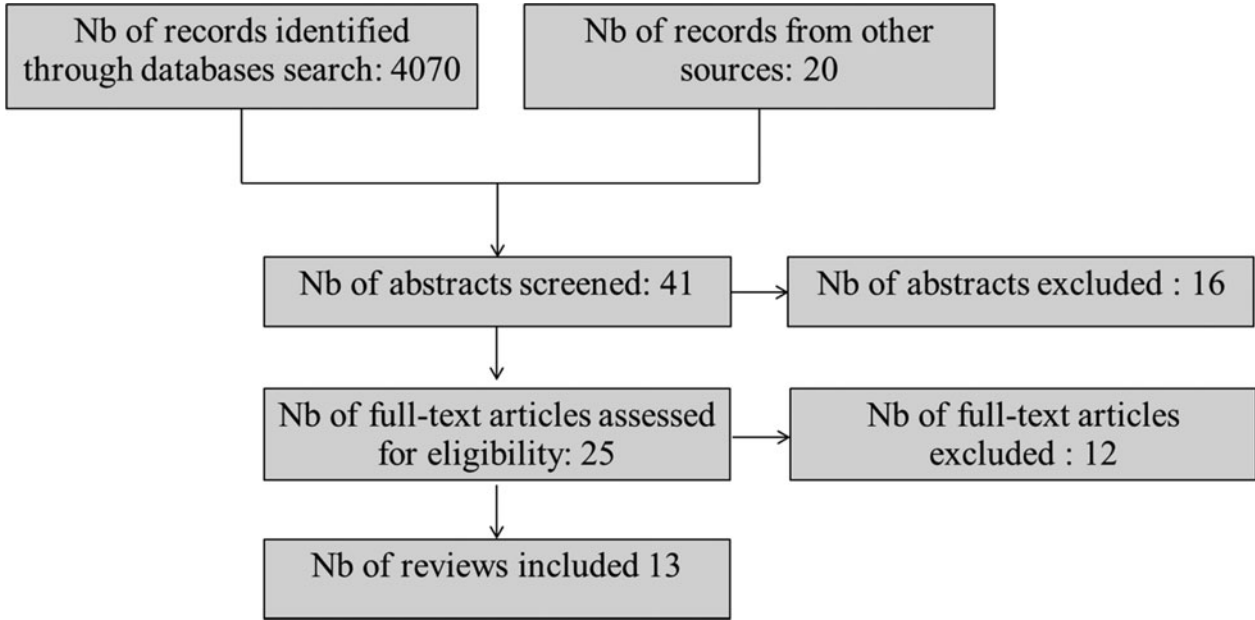
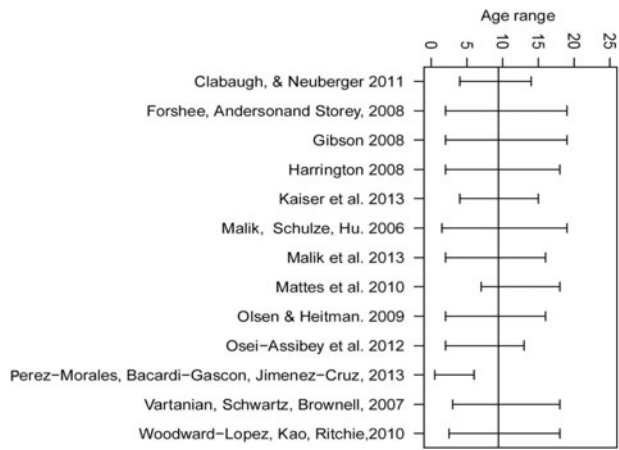


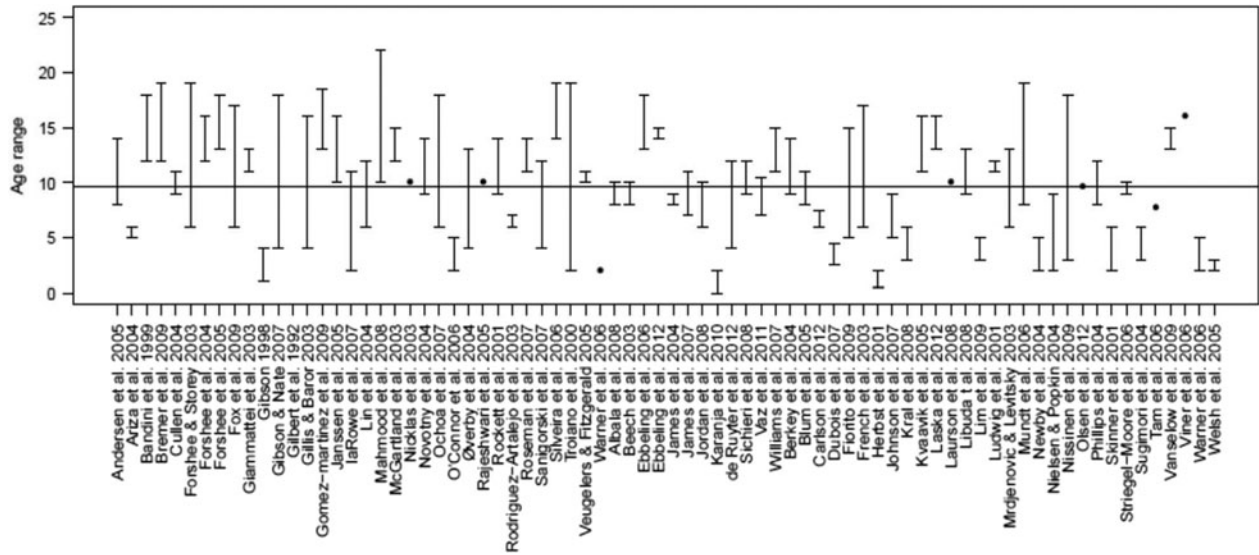
Supplementary Data



Supplementary Figure 1. Flow chart of review screening and selection process.



Supplementary Graph 1. Age ranges of included reviews and meta-analyses on sugar-sweetened beverages consumption and weight gain, overweight, and obesity among children and adolescents.



Supplementary Graph 2. Age ranges of studies cited in included reviews and meta-analyses on sugar-sweetened beverages consumption and weight gain, overweight, and obesity among children and adolescents.

Supplementary Table 1. Quality Assessment: AMSTAR Scores

AMSTAR questions	Authors and dates											Total			
	Clabaugh, and Neuberger (2011)	Forshee, Anderson and Storey (2008)	Gibson (2008)	Harrington (2008)	Kaiser and colleagues (2013)	Malik and colleagues (2006)	Malik and colleagues (2013)	Mattes and colleagues (2010)	Olsen and Heitmann (2009)	Osei-Assibey and colleagues (2012)	Perez-Morales and colleagues (2013)	Vartanian and colleagues (2007)	Woodward-Lopez and colleagues (2010)	N	%
1. Was an "a priori" design provided?	+	+	+	+	+	+	+	+	+	+	+	+	+	13	100
2. Was there duplicate study selection and data extraction?	-	-	-	-	+	-	+	-	-	+	+	-	+	5	38
3. Was a comprehensive literature search performed?	+	+	+	-	+	-	+	+	+	+	-	+	-	9	69
4. Was the status of publication (i.e., gray literature) used as an inclusion criterion?	-	+	-	-	+	-	-	+	-	-	-	+	-	4	31
5. Was a list of studies (included and excluded) provided?	-	-	-	-	+	-	+	+	-	-	+	-	-	4	31
6. Were the characteristics of the included studies provided?	+	+	+	+	+	+	+	+	+	+	+	-	-	11	85
7. Was the scientific quality of the included studies assessed and documented?	+	+	-	-	+	-	+	-	+	+	-	-	+	6	46
8. Was the scientific quality of the included studies used appropriately in formulating conclusions?	+	-	-	-	-	-	+	+	+	+	-	-	+	5	38
9. Were the methods used to combine the findings of studies appropriate?	N/A	+	N/A	N/A	+	N/A	+	+	N/A	N/A	N/A	+	N/A	5	100
10. Was the likelihood of publication bias assessed?	-	+	-	-	+	-	+	-	-	-	-	+	-	4	31
11. Was the conflict of interest included?	-	-	-	-	-	-	-	-	-	-	-	+	-	2	15
AMSTAR score ^a	5	7	3	2	9	2	9	7	4	6	4	6	4		

Maximum AMSTAR score is 11 for meta-analysis and 10 for reviews; (+) when the answer was "yes"; (-) when the answer was "no" or "can't answer."

^aOut of five meta-analyses.

AMSTAR, Assessment of Multiple SysTematic Reviews; N/A, not applicable.

Supplementary Table 2. Excluded Studies After Full-Text Selection

	Authors	Date	Title	Reasons for exclusion
1.	Bachman, Baranow-ski and Nicklas	2006	Is there an association between sweetened beverages and adiposity?	The authors state that the review is systematic; however, the method section is missing (classified as not systematic).
2.	Bray	2012	Fructose and risk of cardiometabolic disease.	Exposure: fructose and outcome: CVD. The review include also other review and meta-analysis (review of review).
3.	Forshee and colleagues.	2007	A critical examination of the evidence relating high fructose corn syrup and weight gain	Not primary about beverages
4.	Hu	2013	Resolved: There is sufficient scientific evidence that decreasing sugar-sweetened beverage consumption will reduce the prevalence of obesity and obesity-related diseases.	Not systematic. The review include also other reviews and meta-analyses (review of review).
5.	Libuda and Kersting	2009	Soft drinks and body weight development in childhood: Is there a relationship?	Not systematic
6.	Malik and colleagues.	2010	Sugar-sweetened beverages and risk of metabolic syndrome and type 2 diabetes.	Meta-analysis on SSB and metabolic syndrome and type 2 diabetes, not weight
7.	Malik, and Hu	2012	Sweeteners and risk of obesity and type 2 diabetes: The role of sugar-sweetened beverages.	Not systematic
8.	Pereira	2006	The possible role of sugar-sweetened beverages in obesity etiology: A review of the evidence.	Not systematic
9.	Ruxton, Gardner and McNulty	2010	Is sugar consumption detrimental to health? A review of the evidence 1995–2006.	About sugar and not specific to obesity or weight gain
10.	Te Morenga and colleagues	2013	Dietary sugars and body weight: Systematic review and meta-analyses of randomised controlled trials and cohort studies.	Not specific to SSBs—sugar in general
11.	Van Dam and colleagues	2007	Carbohydrate intake and obesity.	Exposure: carbohydrate intake Includes also other review and meta-analysis (review of review)
12.	Wolff and colleagues	2008	Soft drinks and weight gain: How strong is the link?	Not systematic

SSBs, sugar sweetened beverages.

Supplementary Table 3. Longitudinal Studies (n = 30) on Children and Adolescents Cited in Included Reviews and Meta-Analyses

Included reviews	Primary research articles included in review articles																																			
	Authors, date, and country																																			
Authors and date	Berkey et al. 2004, USA	Blum et al. 2005, USA	Carlson et al. 2012, USA	Dubois et al. 2007, Canada	Foritto et al. 2009, USA	French et al. 2003, USA	Herbst et al. 2001, Germany	Johnson et al. 2007, UK	Kral et al. 2008, USA	Kyaavik et al. 2005, Norway	Laska et al. 2012, USA	Laurson et al. 2008, USA	Libuda et al. 2008, Germany	Lim et al. 2009, USA	Ludwig et al. 2001, USA	Mrdjenovic Levitsky 2003, USA	Mundt et al. 2006, Canada	Newby et al. 2004, USA	Nielsen Popkin 2004, USA	Nissinen et al. 2009, Finland	Olsen et al. 2012, Denmark	Phillips et al. 2004, USA	Skinner et al. 2001, USA	Striegel-Moore et al. 2006, USA	Sugimori et al. 2004, Japan	Tam et al. 2006, Australia	Vanselow et al. 2009, USA	Viner et al. 2006, UK	Warner et al. 2006, USA	Veish et al. 2005, USA						
Clabaugh, and Neuberger (2011)	x														x																					
Forshee and colleagues (2008)	x	x											x		x	x	x					x														
Gibson (2008)	x	x						x							x	x	x															x				
Harrington (2008)	x					x									x																					
Kaiser and colleagues (2013)																																				
Malik and colleagues (2006)	x	x													x																		x			
Malik and colleagues (2013)	x	x													x																					
Mattes and colleagues (2010)																																				
Olsen and Heitman, (2009)	x	x													x																			x		
Osei-Assibey and colleagues (2012)																																				
Perez-Morales and colleagues (2013)																																				x
Vartanian and colleagues (2007)	x	x													x																					
Woodward-Lopez and colleagues(2010)	x	x													x																					x
Total	9	8	1	2	1	1	1	3	2	1	1	2	3	2	9	6	3	8	1	1	1	1	6	1	6	1	2	2	2	1	1	6	6			

Supplementary Table 4. Intervention Studies (n = 12) on Children and Adolescents Cited in Included Reviews and Meta-Analyses

Included reviews	Primary research articles included in review articles											
	Authors, date and country											
	Albala et al. 2008, USA	Beech et al. 2003, USA	Ebbeling et al. 2006, USA (pilot)	Ebbeling et al. 2012, USA	James et al. 2004, UK	James et al. 2007, UK	Jordan et al. 2008, USA	Karanja et al. 2010, USA	de Ruyter et al. 2012, Netherland	Sichieri et al. 2008, Brazil	Vaz et al. 2011, India	Williams et al. 2007, USA
Authors and date												
Clabaugh and Neuberger (2011)			x			x						
Forshee and colleagues (2008)			x		x							
Gibson (2008)			x		x					x		
Harrington (2008)			x		x							
Kaiser and colleagues (2013)				x					x		x	
Malik and colleagues (2006)			x		x							
Malik and colleagues (2013)			x	x	x				x	x		
Mattes et al. 2010	x		x		x	x				x		x
Olsen and Heitman. (2009)			x		x							
Osei-Assibey and colleagues (2012)					x			x				
Perez-Morales and colleagues (2013)												
Vartanian and colleagues (2007)			x		x							
Woodward-Lopez and colleagues (2010)		x	x		x		x					
Total	1	1	10	2	10	2	1	1	2	3	1	1

