

Supplementary Table S1. Ovid Medline search strategy to identify diet and academic achievement studies in university or college students.

| # | Searches | Results |
|----|---|---------|
| 1 | (academic* adj5 (behavio?r* or performance* or achievement* or attain*)).mp. | 5586 |
| 2 | (school* adj5 (performance* or achievement* or attain*)).mp. | 2802 |
| 3 | (scholastic* adj5 (behavio?r* or performance* or achievement* or attain*)).mp. | 344 |
| 4 | Achievement/ | 13762 |
| 5 | Educational Measurement/ | 30032 |
| 6 | Educational Status/ | 42542 |
| 7 | 1 or 2 or 3 or 4 or 5 or 6 | 88706 |
| 8 | Feeding Behavior/ | 41489 |
| 9 | food intake.mp. or Eating/ | 65742 |
| 10 | (diet* adj5 (intake or behavio?r* or quality or pattern*)).mp. | 49452 |
| 11 | nutrition*.mp. | 273337 |
| 12 | 8 or 9 or 10 or 11 | 388610 |
| 13 | ((universit* or college* or tertiary or undergraduate* or postgraduate* or post graduate* or higher education) adj5 (student* or population)).mp. | 39155 |
| 14 | Universities/ and students/ | 9990 |
| 15 | 13 or 14 | 40870 |
| 16 | 7 and 12 and 15 | 57 |
| 17 | limit 16 to english language | 47 |

Explanation of search terms:

- The truncation symbol (*) retrieves all words beginning with the set of letters appearing before the symbol
- 'adj5' searches for both terms within five words of each other in either order.
- 'Mp' searches several fields at once: MP search looks in the Title, Original Title, Abstract, Subject Heading, Name of Substance, and Registry Word fields
- The forward slash symbol (/) means that the term is a valid controlled vocabulary term which has been searched in the Subject Headings field of the database.

Supplementary Table S2. Risk of bias of included studies

| Study | Criteria 1 | Criteria 2 | Criteria 3 | Criteria 4 | Criteria 5 | Criteria 6 | Criteria 7 | Criteria 8 | Criteria 9 | Criteria 10 | Rating |
|-------------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|-------------|----------|
| Blai 1976 [1] | Y | N | Y | N | N | Y | N | Y | N | UC | Neutral |
| Deliens 2013 [2] | Y | Y | Y | UC | Y | Y | Y | Y | Y | Y | Positive |
| Larouche 1998 [3] | Y | Y | N | Y | N | Y | Y | N | Y | N | Neutral |
| Peltzer 2015 [4] | Y | Y | Y | N | Y | Y | Y | Y | Y | Y | Positive |
| Phillips 2005 [5] | Y | Y | UC | N | UC | N | UC | N | Y | UC | Neutral |
| Ruthig 2011 [6] | Y | Y | Y | Y | Y | Y | Y | Y | Y | N | Positive |
| Trockel 2000 [7] | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Positive |

¹ Assessed as per the Academy of Nutrition and Dietetics Quality Criteria Checklist [8].

The criteria assess whether 1) the research question was clearly stated; 2) selection of study participants was free from bias; 3) study groups were comparable; 4) methods for handling withdrawals were detailed; 5) blinding of study participants/personnel was used; 6) intervention/exposure were described in detail; 7) outcomes were clearly defined and measurements valid and reliable; 8) statistical analyses were appropriate for study design and outcomes; 9) conclusions were consistent with results and with consideration to biases and limitations, and 10) funding and conflicts of interest were reported and likely to have introduced bias.

References

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