

## **Appendix 1a: Systematic search strategy performed using the OvidSP platform and MEDLINE, FSTA, and CAB abstracts databases**

((diet\* or nutri\* or CHO? or sugar? or fibre? or fibre? or whole cereal? or wholegrain? or whole-grain? or whole grain? or intact cereal? or intact grain? or (glycaemic adj1 (index or load))) adj2 (requirement? or recommended or recommendation? or reference? or guidance or guideline? or report)).ti,ab. AND (Austria? or Belgium or Belgian or Bulgaria? or Croatia? or Cyprus or Cypriot or Czech or Denmark or Danish or Estonia? or Finland or Finnish or France or French or Greece or Greek or Hungary or Hungarian or Iceland or Icelandic or Ireland or Irish or Italy or Italian or Latvia? or Liechtenstein or Lithuania? or Luxembourg or Malta or Maltese or Norway or Norwegian or Poland or Polish or Portugal or Portuguese or Romania? or Slovakia? or Slovenia? or Spain or Spanish or Sweden or Swedish or Russia? or Switzerland or Swiss or Turkey or Turkish).ti,ab.

## **Appendix 1b: Extracted information on processes and methodological approaches as available from reports describing the evidence-approach applied**

CHO exposures considered (e.g. % energy from sugars)

Health outcomes considered (e.g. body weight)

Details on literature search performed with respect to:

The time period considered for the literature search

Criteria for included/excluded studies

Employed search strategy (databases considered, additional hand searching etc.)

Type of quality assessment of the individual studies used for the evidence-appraisal

Principles for judging the strength of evidence

Type of review (narrative, systematic, meta-analysis)

Type of grading system (e.g. convincing/probable/suggestive/weak)

Public consultation (yes/no)

Specific considerations in translating the evidence into advice for implementation (e.g. only convincing/probable evidence considered, performed by expert group not involved in evidence appraisal)