

Supplementary Table S1. Studies excluded by reason.

| Exclusion Criteria (<i>n</i> excluded) | References |
|---|-------------------|
| Study design (<i>n</i> = 68) | [1–68] |
| Exposure (<i>n</i> = 30) | [69–98] |
| Language (<i>n</i> = 22) | [99–120] |
| Outcome (<i>n</i> = 21) | [121–141] |
| Exposure & outcome (<i>n</i> = 15) | [142–156] |
| Target group (<i>n</i> = 9) | [157–165] |
| No effect size (<i>n</i> = 3) | [166–168] |
| Authors not reached (<i>n</i> = 2) | [169,170] |

Supplementary Table S2. Risk of bias in included studies according to ROBINS-I.

| References | Risk of Bias Domains | | | | | | | Overall Risk of Bias |
|------------------------------------|----------------------|-----------|-------------------------|-------------------|--------------|---------------------|-----------|----------------------|
| | Confounding | Selection | Exposure classification | Misclassification | Missing data | Outcome measurement | Reporting | |
| Goto et al., 2010 [171] | Orange | Grey | Grey | Yellow | Grey | Green | Green | serious risk |
| Gunter et al., 2020 [172] | Yellow | Green | Green | Yellow | Green | Green | Green | moderate risk |
| Hurst and Fukuda, 2018 [173] | Orange | Red | Grey | Orange | Yellow | Green | Green | critical risk |
| Kahleova et al., 2017 [174] | Orange | Yellow | Orange | Yellow | Yellow | Orange | Green | serious risk |
| Kito et al., 2019 [175] | Orange | Green | Yellow | Yellow | Yellow | Green | Green | serious risk |
| Nooyens et al., 2005 [176] | Orange | Green | Yellow | Green | Yellow | Green | Yellow | serious risk |
| Odegaard et al., 2013 [177] | Yellow | Green | Yellow | Green | Green | Green | Green | moderate risk |
| Smith et al., 2017 [178] | Orange | Green | Yellow | Green | Green | Green | Green | serious risk |
| van der Heijden et al., 2007 [179] | Orange | Yellow | Orange | Yellow | Green | Yellow | Green | serious risk |

Legend: no information on risk of bias (grey); low risk of bias (green); moderate risk of bias (yellow); serious risk of bias (orange); critical risk of bias (red). ROBINS-I = Risk of Bias in Non-randomized Studies of Interventions.

Supplementary Table S3. Quality of evidence of meta-analyses referring to NutriGRADE.

| Meta-analysis (<i>n</i> studies) | Quality Assessment | | | | | | | | Summary of Findings | | Meta-Evidence (Σ 0–8.6 P) |
|--------------------------------------|--------------------|-----------------|-------------------|-----------------|------------------|-----------------|-----------------|-----------------|-------------------------------------|----------------------------------|--------------------------------------|
| | Risk of bias | Precision | Heterogeneity | Directness | Publication bias | Funding bias | Effect size | Dose-response | Participants | ES (95% CI) | |
| | (0–2 <i>p</i>) | (0–1 <i>p</i>) | (0–1.6 <i>p</i>) | (0–1 <i>p</i>) | (0–1 <i>p</i>) | (0–1 <i>p</i>) | (0–1 <i>p</i>) | (0–1 <i>p</i>) | <i>n</i> cases <i>n</i> controls | | |
| Overweight (<i>n</i> = 2) | 1 | 1 | 0.4 | 0 | 0 | 1 | 0 | 0 | 25,764 79,487 | RR = 1.11 (1.04, 1.19) | very low (Σ 3.4) |
| BMI change (<i>n</i> = 2) | 1 | 0 | 0.2 | 0 | 0 | 1 | 0 | 0 | 108,413* | β = -0.02 (-0.05, 0.01) | very low (Σ 2.2) |

Legend: NutriGRADE = Nutrition Grading of Recommendations Assessment, Development and Evaluation; BMI = body mass index; **n* participants; no information on cases and controls; ES = effect estimate; CI = confidence interval.

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