

**Table S1.** Studies excluded by reason

<b>Exclusion criteria (n excluded)</b>	<b>Author's surname &amp; year of excluded studies</b>
Study design (n = 68)	Al-Rethaiaa et al., 2010; Aparicio et al., 2017; Azadbakht et al., 2013; Barnes and Kimbro, 2012; Barr et al., 2016; Batista-Jorge et al., 2016; Berg et al., 2009; Bjornara et al., 2014; Boo et al., 2010; Brikou et al., 2016; Carels et al., 2008; Chatelan et al., 2018; Cho et al., 2003; Chung et al., 2003; Chung et al., 2015; Deshmukh-Taskar et al., 2013; Di Giuseppe et al., 2012; Fayet-Moore et al., 2019; Forslund et al., 2002; Fuglestad et al., 2012; Fujiwara, 2003; Fujiwara et al., 2009; Fujiwara and Nakata, 2010; Gazibara et al., 2013; Gouda et al., 2018; Grujic et al., 2009; Hassan et al., 2015; Heinrich and Maddock, 2011; Hingorjo et al., 2009; Huang et al., 2010; Jang et al., 2020; Kant et al., 2008; Kent and Worsley, 2010; Keski-Rahkonen et al., 2003; Ko, 2007; Kong et al., 2012; Kutsuma et al., 2014; Lee, 2008; Lee et al., 2016; Ma et al., 2003; Maksimović et al., 2016; Malinauskas et al., 2006; Mansouri et al., 2018; Marin-Guerrero et al., 2008; Masheb et al., 2011; Masheb and Grilo, 2006; Maugeri et al., 2018; McCrory et al., 2009; Mills et al., 2011; Min et al., 2011; Mostad et al., 2014; Musaiger and Radwan, 1995; Navarro-Gonzalez et al., 2014; Navia et al., 2017; Olafsdottir et al., 2016; O'Neil et al., 2014; Otaki et al., 2017; Pot et al., 2014; Raynor et al., 2008; Reeves et al., 2013; Smith et al., 2013; Song et al., 2005; Watanabe et al., 2014; Wright et al., 2015; Wyatt et al., 2002; Yasuda et al., 2018; Zalewska and Maciorkowska, 2017; Zhang et al., 2017
Exposure (n = 30)	Albertson, A. M. et al., 2012; al-Isa, 1999; am Albertson et al., 2012; Bazzano et al., 2005; Beck et al., 2018; Berteus Forslund et al., 2005; Ericson et al., 2018; Esquirol et al., 2009; Gittelsohn et al., 1998; Grammatikopoulou et al., 2018; Heerman et al., 2017; Hermenegildo et al., 2016; Kant et al., 1995; Kent and Worsley, 2009; Mouchacca et al., 2013; Ortega et al., 1996; Ortega Anta et al., 2013; Osaka et al., 1999; Pot et al., 2016; Purslow et al., 2008; Quatela et al., 2017; Senekal et al., 2016; Sinaga et al., 2019; Sjoberg et al., 2012; Soreca et al., 2016; Suliburska et al., 2012; Summerbell et al., 1996; Tian et al., 2017; Wahlqvist et al., 1999; Wardle et al., 2000
Language (n = 22)	Alacid et al., 2014; Bion et al., 2008; Chiu et al., 2008; Duran Aguero et al., 2015; Egeda Manzanera and Rodrigo Vega, 2014; Fukunaga et al., 1997; Hage et al., 2010; Hu et al., 2020; Kahleova et al., 2016; Kasamaki et al., 2018; Morel, 1996; Nakano et al., 2006; Osako et al., 2005; Ratner et al., 2012; Redondo et al., 1996; Rodriguez et al., 2013; Soga et al., 2013; Spagnoli and Bianco, 1995; Sugisawa et al., 1998; Teixeira and Narloch Rizzo Hahn, Luciana Regina, 2018; Yoo et al., 2014; Zhang et al., 2007
Outcome (n = 21)	Adeoso and Atinmo, 2018; Alzamil et al., 2019; Cahill et al., 2013; Cakar et al., 2018; Clarke et al., 2009; Fransen et al., 2017; Fujii et al., 2010; Hojat et al., 2019; Kim et al., 2016; Likus et al., 2013; Macera et al., 1989; Nishiyama et al., 2009; Omega and Omuemu, 2018; Paulitsch et al., 2017; Poscia et al., 2017; Schoenborn, 1986; Schusdziarra et al., 2011; Segovia et al., 1989; Suliga et al., 2012; Williams, 2005; Yahia et al., 2008
Exposure & outcome (n = 15)	Almoosawi et al., 2013; Barr et al., 2013; Breslow and Breslow, 1993; Castro, 2009; Cebirbay et al., 2011; Colic Baric et al., 2003; Gutierrez-Salmean et al., 2013; Nola et al., 2010; Nti, 2008; Reicks et al., 2014; Satalic et al., 2007; Setayeshgar et al., 2015; Sun et al., 2013; Trivedi et al., 2013; Vogel et al., 2015
Target group (n = 9)	Chen and Liao, 2002; Christoforidis et al., 2011; Goff et al., 2019; Laska et al., 2012; Merten et al., 2009; Niemeier et al., 2006; Olatona et al., 2018; Quick et al., 2013; Serra-Majem et al., 2006
No effect size (n = 3)	Goyal and Julka, 2014; Sakurai et al., 2017; Wengreen and Moncur, 2009
Authors not reached (n = 2)	Dundes, 2008; Lauque et al., 1998

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

Author's surname	Risk of bias domains							Overall risk of bias
	Confounding	Selection	Exposure classification	Misclassification	Missing data	Outcome measurement	Reporting	
Goto et al.	serious risk	serious risk	no information on risk of bias	moderate risk of bias	no information on risk of bias	low risk of bias	low risk of bias	serious risk
Guintier et al.	moderate risk of bias	low risk of bias	low risk of bias	moderate risk of bias	low risk of bias	low risk of bias	low risk of bias	moderate risk
Hurst & Fukuda	serious risk	critical risk	no information on risk of bias	serious risk	moderate risk of bias	low risk of bias	low risk of bias	critical risk
Kahleova et al.	serious risk	moderate risk of bias	serious risk	moderate risk of bias	moderate risk of bias	serious risk	low risk of bias	serious risk
Kito et al.	serious risk	moderate risk of bias	moderate risk of bias	moderate risk of bias	moderate risk of bias	low risk of bias	low risk of bias	serious risk
Nooyens et al.	serious risk	low risk of bias	moderate risk of bias	low risk of bias	moderate risk of bias	low risk of bias	moderate risk of bias	serious risk
Odegaard et al.	moderate risk of bias	low risk of bias	moderate risk of bias	low risk of bias	low risk of bias	low risk of bias	low risk of bias	moderate risk
Smith et al.	serious risk	low risk of bias	moderate risk of bias	low risk of bias	low risk of bias	low risk of bias	low risk of bias	serious risk
van der Heijden et al.	serious risk	moderate risk of bias	serious risk	moderate risk of bias	low risk of bias	moderate risk of bias	low risk of bias	serious risk

**Legend:**

no information on risk of bias	low risk of bias	moderate risk of bias	serious risk of bias	critical risk of bias
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**Table S3.** Quality of evidence of meta-analyses referring to NutriGRADE

Meta-analysis (n studies)	Quality assessment								Summary of findings		Meta-evidence
	Risk of bias	Precision	Heterogeneity	Directness	Publication bias	Funding bias	Effect size	Dose-response	Participants	RR (95% CI)	
	(0-2 P)	(0-1 P)	(0-1.6 P)	(0-1 P)	(0-1 P)	(0-1 P)	(0-1 P)	(0-1 P)	<i>n cases</i> <i>n controls</i>		
Overweight/obesity (n=3)	1	1	0.4	0	0	1	0	0	26,547 82,292	1.14 (1.06-1.22)	low ( $\Sigma$ 3.4)
Weight gain (n=2)	1	1	0.2	0	0	1	1	0	6,455 18,243	1.21 (1.05-1.40)	low ( $\Sigma$ 4.2)
BMI change (n=2)	1	0	0.2	0	0	1	0	0	108,413*	1.02 (0.99-1.05)	very low ( $\Sigma$ 2.2)

\*n participants; no information on cases and controls

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