**Table S1.** Studies excluded by reason

<table>
<thead>
<tr>
<th>Exclusion criteria (n excluded)</th>
<th>Author’s surname &amp; year of excluded studies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Study design (n = 68)</td>
<td>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., 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; Mauger 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</td>
</tr>
<tr>
<td>Exposure (n = 30)</td>
<td>Albertson, A. M. et al., 2012; al-Isa, 1999; am Albertson et al., 2012; Bazzano et al., 2005; Beck et al., 2018; Bertheus Forslund et al., 2005; Ericson et al., 2018; Esquivol 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</td>
</tr>
<tr>
<td>Language (n = 22)</td>
<td>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, 2018; Luciana Regina, 2018; Yoo et al., 2014; Zhang et al., 2007</td>
</tr>
<tr>
<td>Outcome (n = 21)</td>
<td>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; Maera et al., 1989; Nishiyama et al., 2009; Omate and Omoemu, 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</td>
</tr>
<tr>
<td>Exposure &amp; outcome (n = 15)</td>
<td>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</td>
</tr>
<tr>
<td>Target group (n = 9)</td>
<td>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</td>
</tr>
<tr>
<td>No effect size (n = 3)</td>
<td>Goyal and Julka, 2014; Sakurai et al., 2017; Wengreen and Moncur, 2009</td>
</tr>
<tr>
<td>Authors not reached (n = 2)</td>
<td>Dundes, 2008; Lauque et al., 1998</td>
</tr>
</tbody>
</table>
Table S2. Risk of bias in included studies according to ROBINS-I

<table>
<thead>
<tr>
<th>Author's surname</th>
<th>Risk of bias domains</th>
<th>Overall risk of bias</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Confoundning</td>
<td>Selection</td>
</tr>
<tr>
<td>Goto et al.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Guinter et al.</td>
<td></td>
<td></td>
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<tr>
<td>Hurst &amp; Fukuda</td>
<td></td>
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<tr>
<td>Kahleova et al.</td>
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<tr>
<td>Kito et al.</td>
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<tr>
<td>Nooyens et al.</td>
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<tr>
<td>Odegaard et al.</td>
<td></td>
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<tr>
<td>Smith et al.</td>
<td></td>
<td></td>
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<tr>
<td>van der Heijden et al.</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Meta-analysis (n studies)</th>
<th>Quality assessment</th>
<th>Summary of findings</th>
<th>Meta-evidence</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Risk of bias</td>
<td>Precision</td>
<td>Heterogeneity</td>
</tr>
<tr>
<td></td>
<td>(0-2 P)</td>
<td>(0-1 P)</td>
<td>(0-1.6 P)</td>
</tr>
<tr>
<td>Overweight/obesity (n=3)</td>
<td>1</td>
<td>1</td>
<td>0.4</td>
</tr>
<tr>
<td>Weight gain (n=2)</td>
<td>1</td>
<td>1</td>
<td>0.2</td>
</tr>
<tr>
<td>BMI change (n=2)</td>
<td>1</td>
<td>0</td>
<td>0.2</td>
</tr>
</tbody>
</table>

*n participants; no information on cases and controls
References


management-related characteristics between dieters and non-dieters’, *BMC public health*, vol. 16, p. 918.


