United States Department of Agriculture

Dietary Patterns and Risk of Type 2 Diabetes: A Systematic Review

2020 Dietary Guidelines Advisory Committee, Dietary Patterns Subcommittee

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Nutrition Evidence Systematic Review
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This systematic review was conducted by the 2020 Dietary Guidelines Advisory Committee in collaboration with the Nutrition Evidence Systematic Review (NESR) team at the Center for Nutrition Policy and Promotion, Food and Nutrition Service, U.S. Department of Agriculture (USDA). All systematic reviews from the 2020 Advisory Committee Project are available on the NESR website: https://nesr.usda.gov/2020-dietary-guidelines-advisory-committee-systematic-reviews.

Conclusion statements drawn as part of this systematic review describe the state of science related to the specific question examined. Conclusion statements do not draw implications, and should not be interpreted as dietary guidance. This portfolio provides the complete documentation for this systematic review. A summary of this review is included in the 2020 Advisory Committee's Scientific Report available at www.DietaryGuidelines.gov.

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USDA and HHS implemented a process to identify topics and scientific questions to be examined by the 2020 Dietary Guidelines Advisory Committee. The Committee conducted its review of evidence in subcommittees for discussion by the full Committee during its public meetings. The role of the Committee members involved establishing all aspects of the protocol, which presented the plan for how they would examine the scientific evidence, including the inclusion and exclusion criteria; reviewing all studies that met the criteria they set; deliberating on the body of evidence for each question; and writing and grading the conclusion statements to be included in the scientific report the 2020 Committee submitted to USDA and HHS. The NESR

[i] Under contract with the Food and Nutrition Service, United States Department of Agriculture.

team with assistance from Federal Liaisons and Project Leadership, supported the Committee by facilitating, executing, and documenting the work necessary to ensure the reviews were completed in accordance with NESR methodology. More information about the 2020 Dietary Guidelines Advisory Committee, including the process used to identify topics and questions, can be found at www.DietaryGuidelines.gov. More information about NESR can be found at NESR.usda.gov.

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INTRODUCTION

This document describes a systematic review conducted to answer the following question: What is the relationship between dietary patterns consumed and risk of type 2 diabetes? This systematic review was conducted by the 2020 Dietary Guidelines Advisory Committee, supported by USDA's Nutrition Evidence Systematic Review (NESR).

More information about the 2020 Dietary Guidelines Advisory Committee is available at the following website: www.DietaryGuidelines.gov.

NESR specializes in conducting food- and nutrition-related systematic reviews using a rigorous, protocol-driven methodology. More information about NESR is available at the following website: NESR.usda.gov.

NESR's systematic review methodology involves developing a protocol, searching for and selecting studies, extracting data from and assessing the risk of bias of each included study, synthesizing the evidence, developing conclusion statements, grading the evidence underlying the conclusion statements, and recommending future research. A detailed description of the systematic reviews conducted for the 2020 Dietary Guidelines Advisory Committee, including information about methodology, used in conducting systematic reviews for the 2020 Dietary Guidelines Advisory Committee is available on the NESR website: https://nesr.usda.gov/2020-dietary-guidelines-advisory-committee-systematic-reviews. In addition, starting on page 46, this document describes the final protocol as it was applied in the systematic review. A description of and rationale for modifications made to the protocol are described in the 2020 Dietary Guidelines Advisory Committee Report, Part D: Chapter 8. Dietary Patterns.

List of abbreviations

Abbreviation	Full name
% E	Percent energy
ADA	American Diabetes Association
AHEI-2010	Alternative Health Eating Index-2010
AMDR	Acceptable macronutrient distribution range
BMI	Body mass index
CVD	Cardiovascular disease
EVOO	Extra virgin olive oil
EPIC	European Prospective Investigation into Cancer and Nutrition
f/u	Follow-up
FFQ	Food frequency questionnaire
HbA1c	Hemoglobin A1c, glycosylated hemoglobin
HHS	United States Department of Health and Human Services
mo	Month(s)
N/A	Not applicable
NESR	Nutrition Evidence Systematic Review
NHS	Nurses' Health Study
PREDIMED	Prevención con Dieta Mediterránea
PUFA	Polyunsaturated fatty acids
RCT	Randomized controlled trial
SES	Socoeconomic status
SSB	Sugar sweetened beverages
T2D	Type 2 diabetes
USDA	United States Department of Agriculture
wk	Week(s)
y	Year(s)

WHAT IS THE RELATIONSHIP BETWEEN DIETARY PATTERNS CONSUMED AND RISK OF TYPE 2 DIABETES?

PLAIN LANGUAGE SUMMARY

What is the question?

- The question is: What is the relationship between dietary patterns consumed and risk of type 2 diabetes?

What is the answer to the question?

Dietary patterns: Children

- Insufficient evidence is available to determine the relationship between dietary patterns consumed by children or adolescents and risk of type 2 diabetes.

Dietary patterns: Adults

- The 2020 Dietary Guidelines Advisory Committee reviewed newly published evidence using a systematic evidence scan and determined that the conclusion drawn by the 2015 Dietary Guidelines Advisory Committee generally reflects the current state of science: Moderate evidence indicates that healthy dietary patterns higher in vegetables, fruits, and whole grains and lower in red and processed meats, high-fat dairy products, refined grains, and sweets/sugar-sweetened beverages reduce the risk of developing type 2 diabetes.

Diets based on macronutrient distribution: Children

- No evidence is available to determine a relationship between diets based on macronutrient proportion distribution consumed during childhood and risk of type 2 diabetes.

Diets based on macronutrient distribution: Adults

- Insufficient evidence is available to determine the relationship between macronutrient distributions with proportions of energy falling outside of the AMDR for at least one macronutrient and risk of type 2 diabetes, due to methodological limitations and inconsistent results.

Why was this question asked?

- This important public health question was identified by the U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS) to be examined by the 2020 Dietary Guidelines Advisory Committee.

How was this question answered?

- The 2020 Dietary Guidelines Advisory Committee, Dietary Patterns Subcommittee conducted a systematic review to answer this question with support from the Nutrition Evidence Systematic Review (NESR) team.
- Dietary patterns were defined as the quantities, proportions, variety, or combination of different foods, drinks, and nutrients (when available) in diets, and the frequency with which they are habitually consumed.
- Diets based on macronutrient distribution were examined when at least one macronutrient proportion was outside of the acceptable macronutrient distribution range (AMDR) for carbohydrate, fat, and/or protein, whether or not the foods/food groups consumed were

provided.

What is the population of interest?

- Children and adults, ages 2 years and older.

What evidence was found?

- This review identified 72 articles that met inclusion criteria.
- One article examined dietary patterns consumed during adolescence (retrospectively) and risk of type 2 diabetes.
    - The 2020 Committee could not draw conclusions based on one article with critical limitations.
- Fifty-two articles examined dietary patterns consumed by adults and risk of type 2 diabetes.
    - The 2020 Committee determined these articles were generally consistent with those from an existing NESR systematic review. Therefore, the 2020 Committee carried forward the conclusion from the 2015 Committee.
- Twenty-three articles examined diets based on macronutrient distribution consumed by adults and risk of type 2 diabetes.
    - The 2020 Committee could not draw conclusions from the articles because they had several limitations.

How up-to-date is this systematic review?

- This review searched for studies from January 2000 to October 2019; and updated existing systematic reviews that included evidence from January 2000 to January 2014.

TECHNICAL ABSTRACT

Background

- This important public health question was identified by the U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS) to be examined by the 2020 Dietary Guidelines Advisory Committee.
- The 2020 Dietary Guidelines Advisory Committee, Dietary Patterns Subcommittee conducted a systematic review to answer this question with support from the Nutrition Evidence Systematic Review (NESR) team.
- The goal of this systematic review was to examine the following question: What is the relationship between dietary patterns consumed and risk of type 2 diabetes?

Conclusion statements and grades

Dietary patterns: Children

- Insufficient evidence is available to determine the relationship between dietary patterns consumed by children or adolescents and risk of type 2 diabetes. Grade: Grade Not Assignable

Dietary patterns: Adults

- The 2020 Dietary Guidelines Advisory Committee reviewed newly published evidence using a systematic evidence scan and determined that the conclusion drawn by the 2015 Dietary Guidelines Advisory Committee generally reflects the current state of science: Moderate evidence indicates that healthy dietary patterns higher in vegetables, fruits, and whole grains and lower in red and processed meats, high-fat dairy products, refined grains, and sweets/sugar-sweetened beverages reduce the risk of developing type 2 diabetes. 2015 Dietary Guidelines Advisory Committee Grade: Moderate

Diets based on macronutrient distribution: Children

- No evidence is available to determine a relationship between diets based on macronutrient proportion distribution consumed during childhood and risk of type 2 diabetes. Grade: Grade Not Assignable

Diets based on macronutrient distribution: Adults

- Insufficient evidence is available to determine the relationship between macronutrient distributions with proportions of energy falling outside of the AMDR for at least one macronutrient and risk of type 2 diabetes, due to methodological limitations and inconsistent results. Grade: Grade Not Assignable

Methods

- Two literature searches were conducted using 3 databases (PubMed, Cochrane, Embase) to identify articles that evaluated the intervention or exposure of dietary patterns consumed and the outcomes of type 2 diabetes. A manual search was conducted to identify articles that may not have been included in the electronic databases searched. Articles were screened by two NESR analysts independently for inclusion based on pre-determined criteria
- Data extraction and risk of bias assessment were conducted for each included study, and both were checked for accuracy. The Committee qualitatively synthesized the body of evidence to inform development of a conclusion statement(s), and graded the strength of evidence using pre-established criteria for risk of bias, consistency, directness, precision, and generalizability.

- Dietary patterns were defined as the quantities, proportions, variety, or combination of different foods, drinks, and nutrients (when available) in diets, and the frequency with which they are habitually consumed.
- Diets based on macronutrient distribution were examined when at least one macronutrient proportion was outside of the acceptable macronutrient distribution range (AMDR) for carbohydrate, fat, and/or protein, whether or not the foods/food groups consumed were provided.
- Studies examining energy-restricted diets that induce weight loss or treat overweight and obesity for the purposes of treating additional or other medical conditions were excluded.

Summary of the evidence

Dietary patterns: Children

- One article from a prospective cohort study examined dietary patterns consumed during adolescence (retrospectively) and risk of type 2 diabetes.

Dietary patterns: Adults

- Fifty-two articles examined dietary patterns consumed by adults and risk of type 2 diabetes.
    - These articles represent new evidence published since a systematic review completed by the 2015 Dietary Guidelines Advisory Committee.
    - A systematic evidence scan was conducted to identify and examine these articles, and determine whether a full systematic review update was warranted.
    - Based on results from the systematic evidence scan, the 2020 Committee determine that the recently published evidence was generally consistent with the body of evidence from the existing review, and a full systematic review update was not needed at this time. Therefore, the conclusion statement and grade from the existing review were carried forward.

Diets based on macronutrient distribution: Children

- No articles were identified that met inclusion criteria and examined diets based on macronutrient distribution consumed during childhood and risk of T2D across the lifespan.

Diets based on macronutrient distribution: Adults

- Twenty-three articles examined diets based on macronutrient distribution consumed by adults and risk of type 2 diabetes, met inclusion criteria, and were published between January 2000 and October 2019.
    - Two studies were RCTs, and 21 articles were prospective cohort studies.
    - When describing and categorizing studies included in this review, the Committee did not label the diets examined as “low” or “high,” because no standard definition is currently available for, for example, “low-carbohydrate” or “high-fat” diets. Instead, the Committee focused on whether, and the extent to which, the proportions of the macronutrients were below or above the AMDR.
    - Most of the articles examined distributions in which the proportion of energy from carbohydrate was below the AMDR; fat was above the AMDR; and protein was within the AMDR in at least one of the exposure groups compared.
    - Across studies, aspects of diet quality i.e., the foods/food groups consumed as part of the diet, were reported with limited detail such as “animal-based” macronutrient distributions.
    - Among studies that provided the context of foods/food groups, diets based on macronutrient distributions with proportions outside of the AMDR tended to have higher

amounts of saturated fat, trans fat, and/or animal-based sources of protein and fat, such as processed meat, red meat, butter, and cheese as well as refined grains, SSB's, and lower-fiber cereals/breads.

- Numerous limitations were identified that prevent adequate assessment across this body of evidence:
    - Several studies did not directly test differences in macronutrient proportions in the context of a constant dietary pattern
    - The gradient between macronutrient proportions compared within and across studies varied. Several studies compared distinct proportions between groups (e.g., 33.4% vs. 47.5% carbohydrate), whereas others were much closer in proximity relative to one another (e.g., 41.0% vs. 45.0% carbohydrate) or to the AMDR limit (e.g., 44.9% vs. 45% carbohydrate)

FULL REVIEW

Systematic review question

What is the relationship between dietary patterns consumed and risk of type 2 diabetes?

Conclusion statements and grades

Dietary Patterns: Children

Insufficient evidence is available to determine the relationship between dietary patterns consumed by children or adolescents and risk of type 2 diabetes. (Grade: Grade Not Assignable)

Dietary Patterns: Adults

The 2020 Dietary Guidelines Advisory Committee reviewed newly published evidence using a systematic evidence scan and determined that the conclusion drawn by the 2015 Dietary Guidelines Advisory Committee generally reflects the current state of science: Moderate evidence indicates that healthy dietary patterns higher in vegetables, fruits, and whole grains and lower in red and processed meats, high-fat dairy products, refined grains, and sweets/sugar-sweetened beverages reduce the risk of developing type 2 diabetes. (2015 Dietary Guidelines Advisory Committee Grade: Moderate)

Diets Based on Macronutrient Distribution: Children

No evidence is available to determine a relationship between diets based on macronutrient distribution consumed by children or adolescents and risk of type 2 diabetes. (Grade: Grade Not Assignable)

Diets Based on Macronutrient Distribution: Adults

Insufficient evidence is available to determine the relationship between macronutrient distributions with proportions of energy falling outside of the AMDR for at least one macronutrient and risk of type 2 diabetes, due to methodological limitations and inconsistent results. (Grade: Grade Not Assignable)

Summary of the evidence

- Seventy-two articles were identified that met inclusion criteria and examined the relationship between dietary patterns and/or diets based on macronutrient distribution and risk of type 2 diabetes
    - Dietary patterns were defined as the quantities, proportions, variety, or combination of different foods, drinks, and nutrients (when available) in diets, and the frequency with which they are habitually consumed.
    - Diets based on macronutrient distribution were examined when at least one macronutrient proportion was outside of the acceptable macronutrient distribution range (AMDR[ii]) for carbohydrate, fat, and/or protein, whether or not the foods/food groups consumed were provided.

[ii] Briefly, the AMDR in adults are as follows: Carbohydrate: 45 to 65% of energy; Fat: 25 to 35% of energy; Protein: 10 to 35% of energy. The AMDR for children are as follows: Carbohydrate: 45 to 65% of energy; Protein, ages 1-3y: 5 to 20% of energy, ages 4-18y: 10 to 30% of energy; Fat, ages 1-3y: 30 to 40% of energy, ages 4-18y: 25 to 35% of energy. Source: Institute of Medicine. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. Washington (DC): The National Academies Press; 2002. For more details on AMDR, see the Intervention/Exposure Inclusion and Exclusion criteria

        - When describing and categorizing studies included in these reviews, the Committee did not label the diets examined as “low” or “high,” because no standard definition is currently available for, for example, “low-carbohydrate” or “high-fat” diets. Instead, the Committee focused on whether, and the extent to which, the proportions of the macronutrients were below or above the AMDR.
    - Studies examining energy-restricted diets that induce weight loss or treat overweight and obesity for the purposes of treating additional or other medical conditions were excluded.

Dietary patterns: Children

- One article from a prospective cohort study examined dietary patterns consumed during adolescence (retrospectively) and risk of type 2 diabetes.[1]

Dietary patterns: Adults

- Fifty-two articles examined dietary patterns consumed by adults and risk of type 2 diabetes.[2-53]
    - These articles represent new evidence published since a systematic review completed by the 2015 Dietary Guidelines Advisory Committee.
    - A systematic evidence scan was conducted to identify and examine these articles, and determine whether a full systematic review update was warranted.
    - Based on results from the systematic evidence scan, the 2020 Committee determine that the recently published evidence was generally consistent with the body of evidence from the existing review, and a full systematic review update was not needed at this time. Therefore, the conclusion statement and grade from the existing review were carried forward.

Diets based on macronutrient distribution: Children

- No articles were identified that met inclusion criteria and examined diets based on macronutrient distribution consumed during childhood and risk of T2D across the lifespan.

Diets based on macronutrient distribution: Adults

- Twenty-three articles examined diets based on macronutrient distribution consumed by adults and risk of type 2 diabetes, met inclusion criteria, and were published between January 2000 and October 2019.[50-72]
    - Two studies were RCTs, and 21 articles were prospective cohort studies.
    - Most of the articles examined distributions in which the proportion of energy from carbohydrate was below the AMDR; Fat was above the AMDR; and protein was within the AMDR in at least one of the exposure groups compared.
    - Across studies, aspects of diet quality i.e., the foods/food groups consumed as part of the diet, were reported with limited detail such as “animal-based” macronutrient distributions.
    - Among studies that provided the context of foods/food groups, diets based on macronutrient distributions with proportions outside of the AMDR tended to have higher amounts of saturated fat, trans fat, and/or animal-based sources of protein and fat, such as processed meat, red meat, butter, and cheese as well as refined grains, SSB’s, and lower-fiber cereals/breads.
    - Numerous limitations were identified that prevent adequate assessment across this body of evidence:

- Several studies did not directly test differences in macronutrient proportions in the context of a constant dietary pattern
- The gradient between macronutrient proportions compared within and across studies varied. Several studies compared distinct proportions between groups (e.g., 33.4% vs. 47.5% carbohydrate), whereas others were much closer in proximity relative to one another (e.g., 41.0% vs. 45.0% carbohydrate) or to the AMDR limit (e.g., 44.9% vs. 45% carbohydrate)

Description of the evidence

Dietary patterns: Children

One article from the Nurses' Healthy Study (NHS) retrospectively evaluated the relationship between the Alternative Health Eating Index from 2010 (AHEI-2010) during adolescence and type 2 diabetes risk later in life.[1] Dietary intake during high school was collected with a validated, food frequency questionnaire (FFQ) at mean age 42y. Outcome data were diagnosis of type 2 diabetes, defined as self-reported incidence confirmed by validated questionnaire using 1997 American Diabetes Association (ADA) criteria (**Table 1**).

Dietary patterns: Adults

In a systematic evidence scan, fifty-two studies met inclusion criteria, were published between January 2014 and October 2019, and examined dietary patterns in adults and risk of type 2 diabetes. Among these studies, 4 studies examined both dietary patterns and diets based on macronutrient distribution.

Diets based on macronutrient distribution: Children

No studies were identified that met inclusion criteria and examined diets based on macronutrient distribution during childhood and risk of type 2 diabetes.

Diets based on macronutrient distribution: Adults

Twenty-three articles were included from studies that examined diets based on macronutrient distribution consumed by adults and risk of type 2 diabetes, described futher below and in **Table 2**.

Population/participant characteristics

The studies were conducted in populations from the following countries: Australia, China, Finland, Germany, Japan, Korea, Netherlands, Spain, Sweden, United Kingdom, and United States. Two studies were conducted in multiple European countries. Studies enrolled healthy, primarily middle-aged or older adults. The Prevención con Dieta Mediterránea (PREDIMED) randomized controlled trial (RCT) enrolled adults at high-risk for cardiovascular disease, and its primary results were reported by Salas-Salvado,[65] with secondary analyses reported in another article.[58] Multiple studies reported results from the same established cohorts (e.g., Nurses' Health Study-II (NHS-II); Health Professionals Follow-up Study, Malmö Diet and Cancer cohort), and reported different macronutrient distributions or dietary patterns. Several included articles reported data from different cohorts or data in the European Prospective Investigation into Cancer and Nutrition (EPIC) study.[53,66,70,71]

Intervention/exposure

Dietary intake was measured once at baseline using validated methods, either validated FFQ or diet history, in the majority of studies. In some studies, diet assessment using validated methods was conducted on an annual basis, or every ~4y during follow-up.[50,56,58,62,63,65]

Two RCTs randomized participants to consume specific diets compared to control diets. One RCT examined the effects of two different "Mediterranean" style patterns with either extra virgin olive oil (EVOO) or nuts (i.e., Med+EVOO or Med+Nuts) relative to the control group, which was advised to reduce dietary fat. The second RCT randomized participants to consume a low-fat vegan diet consisting of vegetables, grains, legumes, and fruits while avoiding animal products and added fats relative to a control group with no diet changes.

Several of the observational studies examined adherence scores for a "low" carbohydrate diet score and all applied a similar approach to derive the score by assigning from 0 to 10 points for consumption and dividing participants into groups based on 11 strata.[50,56,60,63,67] Other studies reported % energy consumed based on macronutrient distributions from dietary patterns identified using other indices/scores,[51,53] factor/cluster analysis,[52,54] or reduced rank regression[53]. Remaining studies examined macronutrient distributions based on % energy from total protein intake,[55,57,62,68,70-72] total carbohydrate intake,[64,66,69] or total fat intake.[58,59] Most studies used the residual-method to adjust macronutrient intake for total energy, with only a few studies applying the multivariate nutrient-density methods to consider replacement or substitution of macronutrient content.

The majority of studies examined macronutrient distributions in which energy from carbohydrate was below and fat above the AMDR in at least one of the exposure groups compared. Diets based on macronutrient distributions in which energy from carbohydrate above the AMDR and fat below the AMDR in at least one of the exposure groups compared were also examined, but in fewer studies.[59,61,63,64,67] Among all macronutrient distributions reported, the range in proportions with % energy falling outside of the AMDR were:

- Carbohydrate below the AMDR ranged between 29.6% and 44.8%
- Carbohydrate above the AMDR ranged between 65% and 80.5%
- Fat above the AMDR ranged between 35.1% and 46.3%
- Fat below the AMDR ranged between 8.1% and 19%

Outcome assessment

Included studies examined risk of type 2 diabetes over mean/median follow-up ranging from 16wk to 19y. Studies reported risk of type 2 diabetes as the endpoint outcome, with one study reporting the intermediate outcome of hemoglobin A1C (HbA1C). Outcome assessment methods varied but most studies collected self-reported data to assess type 2 diabetes incidence, but then confirmed diagnosis using authoritative criteria [e.g., ADA or World Health Organization (WHO)] against physician records or registry information for diabetic-medication usage in the majority of participants.

Evidence synthesis

Dietary patterns: Children

Summary of results

One study from the NHS cohort retrospectively evaluated the relationship between high-school AHEI-2010 adherence and type 2 diabetes risk over 13 years of follow-up.[1] The high-school AHEI-2010 consisted of the following components: fruits, vegetables, whole grains, sugar-sweetened beverages and juices, nuts and legumes, red/processed meat, *trans* fats, dark meat fish, PUFA, and high sodium foods. No significant association was observed between adherence to the AHEI-2010 and type 2 diabetes risk after adjustment for confounders during high school and adulthood (see **Table 1**).

Assessment of the evidence[iii]

The only study that met inclusion criteria, published between January 2014 and October 2019, examined dietary patterns in adolescence and risk of type 2 diabetes. A number of potential risks of bias or limitations make interpretation of results difficult. The included study adjusted for most but not all potential confounders, specifically race/ethnicity of participants. The population examined recalled their dietary pattern during adolescence and therefore, directness is low. Precision cannot be determined due to only one study meeting inclusion criteria. The study was conducted in women from the United States, with relatively higher socioeconomic status (SES) that the average population.

Dietary patterns: Adults

Evidence scan results

The 2020 Dietary Guidelines Advisory Committee conducted a systematic evidence scan to identify and examine new evidence published since a review done by the 2020 Dietary Guidelines Advisory Committee.[iv] The 2020 Committee determine that the newly published evidence was consistent with the evidence previously reviewed for the 2015 Dietary Guidelines for Americans Scientific Report.

Results across the newly published body of evidence were generally consistent with the conclusion from 2015, showing that dietary patterns of higher diet quality were typically associated with protection from developing type 2 diabetes. The populations, intervention, comparators, and outcomes of interest are directly related to the systematic review question. The evidence is primarily from prospective cohort studies, and the number of RCTs within this newly published set of evidence is limited. The study participants, interventions and/or exposures, comparators, and outcomes examined in the body of evidence are applicable to the U.S. population. Studies that examine overall dietary patterns in adults often vary in how alcohol intake is assessed, the thresholds applied for amounts of alcohol consumed, and scoring procedures of alcohol as a component (e.g., a positive component, positive in moderation, or negative component). Due to this inconsistency, the inclusion and specification of alcoholic beverages within dietary patterns warrants further investigation.

The 2020 Committee determined that the conclusion drawn by the 2015 Committee still reflects the current of science on dietary patterns in adults and risk of type 2 diabetes. Therefore, a full systematic review was not conducted at this time, and the 2015 Committee's conclusion statement and grade were carried forward. The 2015 Committee concluded that: Moderate evidence indicates that healthy dietary patterns higher in vegetables, fruits, and whole grains and lower in red and processed meats, high-fat dairy products, refined grains, and sweets/sugar-sweetened beverages reduce the risk of developing type 2 diabetes.

Diets based on macronutrient distribution: Children

[iii] A detailed description of the methodology used for grading the strength of the evidence is available on the NESR website: https://nesr.usda.gov/2020-dietary-guidelines-advisory-committee-systematic-reviews and in Part C of the following reference: Dietary Guidelines Advisory Committee. 2020. *Scientific Report of the 2020 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Agriculture and the Secretary of Health and Human Services*. U.S. Department of Agriculture, Agricultural Research Service, Washington, DC.

[iv] Dietary Guidelines Advisory Committee. 2015. *Scientific Report of the 2015 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Health and Human Services and the Secretary of Agriculture*. U.S. Department of Agriculture, Agricultural Research Service, Washington, DC.

No studies were identified that met inclusion criteria and examined diets based on macronutrient distribution consumed during childhood and risk of type 2 diabetes.

Diets based on macronutrient distribution: Adults

Summary of results

Twenty-three studies examined diets based on macronutrient distributions with proportions of energy falling outside of the AMDR for at least one macronutrient consumed by adults and risk of type 2 diabetes. The 23 articles included 2 articles from randomized controlled trials and 21 articles from prospective cohort studies (**Table 2**).

Results across studies supported that diets based on macronutrient distributions moderately outside (either below or above) the AMDR compared to within or near the AMDR were associated with higher type 2 diabetes risk. Most of the macronutrient distributions outside of the AMDR were comprised of higher amounts of saturated fat, trans fat, and/or animal-based sources of protein and fat, such as processed meat, red meat, butter, and cheese, and/or higher intakes of carbohydrate from refined grains, SSB's, and lower-fiber cereals/breads. The proportions of energy associated with these results varied below the AMDR for carbohydrate between 33.4% and 44.9%, and above the AMDR for fat between 35.8% and 46.3%.

Eleven articles reported diets with proportions of carbohydrate below and fat above the AMDR compared to within or near the AMDR (e.g., 35.8% carbohydrate, 46.3% fat vs. 50.2% carbohydrate, 30% fat) were associated with higher type 2 diabetes risk.[50,56-59,62,64,67,68,70,71] Eight articles reported diets based on macronutrient distributions with proportions within the AMDR compared to outside the AMDR (e.g., 45% carbohydrate vs. 41% carbohydrate) were significantly associated with lower risk of type 2 diabetes.[51-54,60,63,65,69] Four articles reported no significant associations between any macronutrient distributions compared and risk of type 2 diabetes.[61,66,72]

Several studies compared distinct proportions between groups (e.g., 33.4% vs. 47.5% carbohydrate), whereas other studies compared diets with proportions that were much closer in proximity to one another (e.g., 41.0% vs. 45.0% carbohydrate) or the AMDR limit (e.g., 44.9% vs. 45% carbohydrate).

Sub-group and/or sensitivity analyses

Some studies further examined relationships between macronutrient distribution and type 2 diabetes risk by weight status (BMI), age, or other factors, and reported generally consistent findings with main results. Salas-Salvado et al[65] found no significant interaction in stratification by BMI, age, sex, or fasting glucose.[65] Chen et al[55] reported that results did not differ by waist circumference, age, or sex, and sensitivity analyses with further adjustment (e.g., CVD history, replacement of protein with fat) yielded similar estimates as main results. de Koning et al[56] found no significant interactions found in stratification by age, BMI, alcohol, family history, or physical activity.[56] Guasch-Ferre et al[58] reported consistent results after conducting sensitivity analysis excluding early cases during follow-up.[58]

Among studies that examined results further by plant-based sources of the macronutrient distributions, most reported no significant associations with type 2 diabetes risk.[50,56,58,63,68,70,71] One study found plant-based "low-carbohydrate" scores significantly associated with lower type 2 diabetes risk, but main analyses with overall score produced null findings.[60]

Among studies that further examined by animal-based sources of the diets based on macronutrient distributions and type 2 diabetes risk, few reported no significant associations.[60,63] Most studies that further analyzed diets based on macronutrient distributions with animal-based foods reported significantly higher risk of type 2 diabetes.[50,58,68,70,71] Some of these studies

reported null findings in their main analyses. In additional analyses accounting for annually updated dietary intake as opposed to baseline dietary intake, Guasch-Ferre reported that macronutrient distributions based on higher animal-fat and saturated fat, whether participants were consuming a "Meditteranean" or control diet, were associated with significantly higher risk of type 2 diabetes.[58] Additionally, Chen et al[55] reported that distributions based on protein intake were not significantly associated with type 2 diabetes after full adjustments, but additional analyses revealed that higher total-animal protein was associated with higher risk of type 2 diabetes.

Assessment of the evidence[v]

This systematic review included 23 articles that examined diets based on macronutrient distribution and risk of type 2 diabetes, met inclusion criteria, and were published between January 2000 and October 2019. Multiple databases were used to obtain publications from a large, comprehensive search. Although many studies were from large prospective cohorts, studies with smaller sample sizes were also included as well as studies with both significant and non-significant results. Therefore, this risk of publication bias is relatively low. Some of the included articles were secondary analyses from the PREDIMED trial, which was subject to randomization issues established after publication of the initial study. However, the republished results confirmed the initial findings, even after accounting for participants that were subject to protocol deviation.

Most of the articles examined macronutrient distributions in which the proportion of energy from carbohydrate was below the AMDR; Fat was above the AMDR; and protein was within the AMDR in at least one of the exposure groups typically reflected poorer quality diets compared to higher quality alternatives. Therefore across studies, the comparisons were primarily of different dietary patterns and food groups that resulted in differing macronutrient proportions rather than comparing a different distribution of macronutrients within the same pattern of food intake. As a function of this, the differences in macronutrient proportions between exposure groups were either limited in magnitude, of a similar direction relative to the AMDR (e.g., all below or above the AMDR), only modestly different from the AMDR, or only relevant for a limited subset of the study population. As outlined and described below, the body of evidence was assessed for the following elements that were used when grading the strength of evidence

- **Risk of bias** [also see **Table 3**]: The included studies adjusted for most potential confounders including baseline BMI and physical activity. However, most studies did not account for race/ethnicity of participants and two studies did not account for alcohol intake, and therefore at higher risk of bias due to confounding. Most of the studies examined dietary intake once only at baseline and changes in dietary patterns were not accounted for that may have occurred over follow-up. Therefore, the studies are at a higher risk of bias due to departure from the intended exposure. Most of the studies used self-reported methods that varied to obtain dietary intake, derive macronutrient intake, and/or assess diet adherence. Studies are prone to selection bias, primarily related to the exclusion of participants with prevalent type 2 diabetes, CVD, cancer, or other medical conditions at baseline. Therefore, the results are likely representative of healthier populations. Several

[v] A detailed description of the methodology used for grading the strength of the evidence is available on the NESR website: https://nesr.usda.gov/2020-dietary-guidelines-advisory-committee-systematic-reviews and in Part C of the following reference: Dietary Guidelines Advisory Committee. 2020. Scientific Report of the 2020 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Agriculture and the Secretary of Health and Human Services. U.S. Department of Agriculture, Agricultural Research Service, Washington, DC.

studies did not account for missing data, primarily related to missing diet/exposure data at baseline. Most studies used self-reported data to assess type 2 diabetes incidence, but confirmed diagnosis against physician records or registry information for diabetic-medication usage.

- **Consistency:** Results across studies were consistent with diets based on macronutrient distributions outside the AMDR (below or above) compared to those that were either within or closer to the AMDR associating with higher type 2 diabetes risk. Most macronutrient distributions outside of the AMDR reported higher amounts of saturated fat, trans fat, and/or "animal-based" sources of protein and fat, such as processed meat, red meat, butter, and cheese and/or refined grains, SSB's, and lower-fiber cereals/breads. However, not all studies reported detailed information about the diet quality of the distribution examined. Not all studies consistently reported dairy and/or dairy products. Of those that did, there was inconsistency with the detail provided regarding type and/or amount e.g., "full-fat dairy", "fermented dairy", "milk". Proportions of energy associated with these results varied below the AMDR for carbohydrate between 33.4% and 44.9%, and above the AMDR for fat between 35.8% and 46.3%. Few studies that met inclusion criteria examined proportion of energy below the AMDR for carbohydrate less than 33.4% and of the few that did, their results were not statistically significant. The gradient between proportions compared within and across studies varied. Several studies compared sufficiently distinct proportions between groups (e.g., 33.4% vs. 47.5% carbohydrate), whereas other proportions were much closer in proximity relative to one another (e.g., 41.0% vs. 45.0% carbohydrate) or to the actual AMDR cut-off (e.g., 44.9% vs. 45% carbohydrate). Among studies that examined macronutrient distributions using adherence scores, similar methods were used to derive the categories of macronutrient distributions within limits/strata. Studies primarily used the residual-method to adjust macronutrient intake for total energy. However, the studies varied in terms of the distribution of macronutrients that were examined and the methods used to estimate nutrient intakes, derive the proportion of energy from macronutrients, and/or apply substitution modelling (e.g., multivariate-nutrient density methods). Sensitivity analyses or sub-group analyses were conducted in a few studies based on a variety of key or potential confounding factors, and consistently confirmed robustness of main results.
- **Precision**: In the two RCTs, wider confidence intervals were notable with relatively smaller number of cases suggesting some degree of imprecision. Most of the observational studies did not report power analyses or sample size calculations. However, the majority of had large analytic sample sizes, with a range of n=2006 and n=92,088. The duration of follow-up varied across studies, but was sufficient to examine the development of type 2 diabetes and ranged from mean/median of 4 to 20 y in studies reporting significant associations.
- **Directness**: Few studies directly examined the effect of diets based on macronutrient distributions outside the AMDR in the context of a constant dietary pattern. Another important limitation to highlight is that most of the studies assessed different dietary patterns as the primary comparators rather than using a common dietary pattern and adjusting macronutrient proportions within that dietary context. Due to the variety of methods used to estimate macronutrient intake and adjust intake for total energy, the confidence in the estimated proportions falling outside the AMDR is low. The gradient between proportions compared within macronutrients varied and in some cases, may not have been large enough to distinguish differences in risk of type 2 diabetes between exposure groups. Several studies reported to be examining one particular macronutrient of interest, such as "low-carbohydrate" intake, but the proportion for that nutrient was within

the AMDR e.g., 44.9%, 44.8%, and 51% carbohydrate were labeled as “low-carbohydrate” by Nanri et al.[63] Due to these issues, directness across the body of evidence could not be adequately assessed.

- **Generalizability**: Across the studies, the results may be less generalizable due to differences between countries in terms of national recommendations for macronutrient distributions consumed, and other factors such as BMI-differences between countries. For example, several of the macronutrient distributions compared were from populations that consume high amounts of rice with carbohydrate well above the AMDR and fat well below the AMDR, which is not typical of diets in the United States.

Research recommendations

In order to better assess the relationship between dietary patterns and/or diets based on macronutrient distribution and risk of type 2 diabetes, future research may:

1. Determine the impact that dietary patterns may have that is independent of adiposity and/or weight-loss, to better inform studies examining the relationship between dietary patterns and risk of type 2 diabetes, cardiovascular disease, and/or obesity
2. Conduct well-designed, sufficiently powered, randomized controlled trials that examine the relationship between dietary patterns consumed by adults and risk of type 2 diabetes, while clearly accounting for the role of concurrent weight loss.
3. Conduct well-designed, sufficiently powered studies that examine the relationship between dietary patterns consumed in childhood and prevention of type 2 diabetes outcomes. Particularly lacking are randomized controlled trials and studies during adolescence that could examine intermediate type 2 diabetes outcomes while clearly accounting for the role of concurrent weight loss/management.
4. Identify dietary patterns during childhood that may confer benefit to health outcomes including favorable growth and/or cardiometabolic health factors, over the lifecourse.
5. Develop a standardized definition for what constitutes a “very-low carbohydrate”, “low-carbohydrate”,“carbohydrate-restricted”, and/or “ketogenic diet” dietary pattern based on macronutrient proportion
6. Examine the relationship between diets based on macronutrient proportions of energy from carbohydrate below 25% within the context of specific dietary patterns to determine if and what relationship may exist between macronutrient distribution and the prevention of type 2 diabetes. These types of studies need to adequately control for the quality of food intake and role of weight loss/management.
7. Explore the role that macronutrient quality may have in the relationship between “low-carbohydrate” diets and the prevention of type 2 diabetes (i.e., effect modification), within the context of a constant dietary pattern and accounting for the role of weight loss.
8. Assess information regarding diet at more than one time-point in prospective cohort studies, preferably during the course of follow-up and in different populations, to facilitate understanding the relationship between dietary patterns over time and risk of type 2 diabetes.
9. Differentiate specific foods and food groups, in particular, the types and amounts, relevant biomarkers, and using repeated measures to facilitate both preventive strategies and overall outcomes
10. Elucidate the role of alcoholic beverage intake within dietary patterns utilizing more consistent controls and research methods to measure relative to risk of type 2 diabetes in prospective cohort studies.

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Table 1. Description of studies that examined the relationship between dietary patterns in children or adolescents and risk of type 2 diabetes[vi]

Study and Participant Characteristics	Dietary Pattern	Summary of Results	Methodological Considerations
Dahm, 2016[1] United States, Nurses' Health Study II (NHS II) Prospective cohort study, using retrospective data N=27,406 for T2D outcome, N=42112 for CVD outcomes 100% female Excluded those with history of CVD, cancer, hypercholesterolemia, hypertension, and/or T2D	Index/score: Alternative Healthy Eating Index (AHEI)-2010; examined as quintiles with Q1 as reference, or continuous per 10pt increment	No significant association between AHEI-2010 scores (categorical or continuous) and T2D risk at 13 y follow-up	Did not account for: Race/ethnicity N/A: Alcohol, Smoking Limitations: Diet assessed once at baseline, and was recalled retrospectively Funding: Carlsbergfondet Postdoc Travel Grant; the Danish Ministry of Science, Innovation and Higher Education International Network Programme; the Danish Council for Strategic Research; NIH

[vi] Abbreviations: CVD, cardiovascular disease; N/A, Not applicable; NIH, National Institutes of Health; T2D, Type 2 diabetes; y, year(s)

Table 2: Description of studies that examined the relationship between diets based on macronutrient distribution in adults and risk of type 2 diabetes[vii]

Study and Participant Characteristics [viii]	Diet Intervention or Exposure[ix]	Category	Macronutrient Distribution, % Energy Carbohydrate, Fat, Protein			Summary of Findings[x]	Methodological considerations
Bao, 2016[50] United States Nurses Health Study II (NHS); Health Professionals Follow-up Study (HPFS), PCS N=4502 100% female Exclusively those with history of gestational diabetes	% energy (E) based on "low-carbohydrate" diet (LCD) scores examined as a continuous, overall LCD score; animal-LCD score; and vegetable-LCD score Foods/Food groups: Red meat, poultry, fish, eggs, dairy, fruits, vegetables, nuts, legumes, whole grains, SSBs by quintiles provided	Q1, ref	57.3	27.3	17.0	↑ risk of type 2 diabetes (T2D) at 20y f/u, overall LCD score; Q4 vs. Q1 ↑ T2D, animal-LCD score ⦸ T2D, vegetable-LCD score	Did not account for: N/A Funding: Intramural Research Program of the Eunice Kennedy Shriver National Institute of Child Health and Human Development, NIH, American Diabetes Association
		Q2	52.3	29.8	19.0		
		Q3	49.6	31.9	19.3		
		Q4	46.0	34.4	20.2		
		Q5	42.0	36.9	21.6		
Brunner, 2008 [54] United Kingdom Whitehall II study, PCS	% E in 4 patterns identified by cluster analysis 'Unhealthy': Higher than average consumption of meat and sausages, white bread, fries, and full-cream milk. Average consumption of wine and	'Unhealthy', ref.	41.4	33.1	17.3	↓ T2D, Healthy vs. Unealthy ⦸ T2D, Sweet vs. Unhealthy; Mediterranean vs. Unhealthy	Did not account for: N/A Funding: UK Medical Research Council, the British Heart Foundation,

[vii] Abbreviations: % E, Percent energy; EPIC, European Prospective Investigation into Cancer and Nutrition; E, energy; EVOO, extra virgin olive oil; f/u, follow-up; Med, Mediterranean; N/A, Not applicable; NHLBI, National Heart Lung and Blood Institute; NIH, National Institutes of Health; NR, Not reported; mo, month(s); PCS, Prospective cohort study; RCT, randomized controlled trial; T2D, Type 2 diabetes; wk, week(s); y, year(s)

[viii] Includes last name of first author, publication year, country, analytic sample size, and select participant characteristics.

[ix] Unless otherwise noted, the first category listed was used as the referent group.

[x] Relevant results for the systematic review question are summarized using the following symbols:
↑ Significant (positive) association between higher adherence to diet and higher risk of T2D;
⦸ Association or difference between diet groups and risk of T2D was not statistically significant;
↓ Significant (inverse) association between higher adherence to diet and lower risk of T2D

Study and Participant Characteristics [viii]	Diet Intervention or Exposure[ix]	Category	Macronutrient Distribution, % Energy Carbohydrate, Fat, Protein			Summary of Findings[x]	Methodological considerations
N=7731	beer. Very low consumption of fruit and vegetables						the Health and Safety Executive, the Department of Health, NHLBI, National Institute on Aging, Agency for Health Care Policy Research, and the MacArthur Foundation Research Network on Socio-economic Status and Health.
	'Sweet': Higher than average consumption of biscuits, cakes, meat, sausages and savory pies, white bread, full-cream milk, butter, and wine and beer. Average intake of fruit and vegetables.	'Sweet'	43.2	33.6	15.7		
	'Mediterranean-like': Higher than average consumption of whole-meal bread, fruit, vegetables, pasta and rice, and wine and beer. Low intake of full-cream milk but high intake of butter. Average consumption of white bread.	'Mediterranean-like'	40.4	32.0	16.8		
	'Healthy': Higher than average consumption of whole-meal bread, fruit and vegetables, and polyunsaturated margarine. Average to low consumption of red meat, sweet foods, and wine and beer.	'Healthy'	43.4	30.5	17.9		
Chen, 2019 [55] Netherlands Rotterdam Study (RS), PCS N=6813, ≥45 y Included only those	% E based on "Low-carbohydrate" diet (LCD) score, examined by total protein intake, per-5% increase of protein from carbohydrate, from animal-protein, or plant-protein Foods/Food groups: Reported protein intake from meat, dairy, fish, grains,	LCD score, per-5% increase of protein from carbohydrate LCD score, animal-protein	43.7	32.8	16.3	⦰ T2D at ~5-10y f/u, per 5 E% total-p, animal-, or plant-protein intake at the expense of carbohydrate	Did not account for: N/A Funding: Erasmus MC and Erasmus University Rotterdam…[xi]

[xi] Additional funding sources reported by Chen, 2019 were: the Netherlands Organisation for Scientific Research; the Netherlands Organisation for Health Research and Development; the Research Institute for Diseases in the Elderly; the Netherlands Genomics Initiative; the Netherlands Ministry of Education, Culture and Science; the Netherlands Ministry of Health, Welfare and Sports; the European Commission; and the Municipality of Rotterdam

Study and Participant Characteristics [viii]	Diet Intervention or Exposure[ix]	Category	Macronutrient Distribution, % Energy Carbohydrate, Fat, Protein			Summary of Findings[x]	Methodological considerations
with data for T2D (Attrition ~1%)	legumes and nuts, potato, vegetables and fruit	LCD score, plant-protein					
de Koning, 2011[56] United States Health Professionals Follow-up Study (HPFS), PCS N=40,745 0% female	"Low-carbohydrate" diet (LCD) score with % E of total protein-fat intake Foods/Food groups: Reported intake from red and processed meat together and separate, chicken, dairy, fish, eggs, whole grains, refined grains, legumes, nuts, vegetables, and fruit	Q1, LCD score, total protein-fat; ref.	57.7	25.6	15.7	↑ T2D at 20y f/u	Did not account for: Race/ethnicity Diet assessed every 4y, with validated FFQ, using cumulative average Self-reported T2D using validated methods with confirmation from medical records <u>Funding:</u> Canadian Institutes of Health Research and the Canadian Diabetes Association; NIH
		Q5, LCD score, total protein-fat	37.3	38.6	21.5		
		Q1, LCD score, animal protein-fat, ref.	57.4	26.5	15.7	↑ T2D at 20y f/u	
		Q5, LCD score, animal protein-fat	37.4	37.5	21.6		
		Q1, LCD score, vegetable protein-fat, ref.	51.2	28.3	18.2	⦰ T2D at 20y f/u	
		Q5, LCD score, vegetable protein-fat	43.0	36.4	18.4		
Dominguez, 2015[51] Spain Seguimiento Universidad de Navarra (SUN), PCS N=17292	Diabetes Dietary score (DDS): Low, 11–24; Intermediate, 25–39; High, 40–60; Positive DDS components: vegetables, fruit, fiber, whole cereals, nuts, coffee, PUFA, low-fat dairy, alcohol in moderate amounts; Negatve DDS components: red meat, processed meat, and SSB Foods/Food groups: Reported intake from meat/meat products, whole dairy	Low Diabetes Dietary score (DDS), ref	41.0	40.0	17.8	↓ T2D, Intermediate DDS vs. ref at 9y f/u ↓ T2D, High DDS vs. ref at 9y f/u Sensivitiy analyses per-5-point increase in DDS was associated with ↓ T2D risk; yeilding generally inverse associations between DDS and T2D by sex,	Did not account for: Race/ethnicity Measured diet once at baseline using validated FFQ Residual method used to adjust nutrient intake for energy Self-reported T2D using validated
		Intermediate DDS	43.0	37.0	18.2		
		High DDS	45.0	34.0	18.1		

Study and Participant Characteristics [viii]	Diet Intervention or Exposure[ix]	Category	Macronutrient Distribution, % Energy Carbohydrate, Fat, Protein			Summary of Findings[x]	Methodological considerations
	products, low-fat dairy products, fish and other seafood, cereals, whole bread, potatoes, eggs, legumes, nuts, vegetables, fruit					age, BMI, or excluding early cases	methods with confirmation from medical records Funding: Spanish Ministry of Health and European Regional Development Fund; the Navarra Regional Government
Ericson, 2013[57] Sweden Malmö Diet and Cancer cohort, PCS N=27140	% E of total protein intake in women Foods/Food groups: NR by quintile of protein intake; alcohol and fiber intake varied by quintiles at baseline	Q1, ref	47.5	39.7	12.8	⦰ T2D at 12y f/u ↑ T2D per-5% substitution of carbohydrate with protein	Did not account for: Race/ethnicity Measured diet once at baseline using validated diet history methods Self-reported T2D diangosis, medication, or registered information Funding: Swedish Research Council, Region Skåne, Skåne University Hospital, Novo Nordic Foundation, Albert Påhlsson Research Foundation
		Q2	46.9	38.4	14.7		
		Q3	46.2	37.8	16.0		
		Q4	45.6	37.1	17.4		
		Q5	44.2	35.8	20.0		
	% E of total protein intake in men Foods/Food groups: NR; alcohol and fiber intake varied by quintiles at baseline	Q1, ref	46.5	41.0	12.5	⦰ T2D at 12y f/u ↑ T2D per-5% substitution of carbohydrate with protein	
		Q2	45.9	39.7	14.3		
		Q3	45.7	38.8	15.6		
		Q4	44.9	38.3	16.9		
		Q5	43.4	37.1	19.5		

Study and Participant Characteristics [viii]	Diet Intervention or Exposure[ix]	Category	Macronutrient Distribution, % Energy Carbohydrate, Fat, Protein			Summary of Findings[x]	Methodological considerations
Ericson, 2019[52] Sweden Malmö Diet and Cancer cohort, PCS N=20487	% E in 6 patterns identified by PCA in women and men Health-conscious cluster in women Foods/Food groups: characterized by high intakes of cottage cheese, fibre-rich bread, fruits, vegetables, breakfast cereals, fish and low-fat yoghurt, and by low intake of low-fibre bread, red and processed meat and SSB	Q1, ref	44.9	40.2	14.9	↓ T2D after ~15y f/u, across quintiles and continuous	Did not account for: Race/ethnicity <u>Funding:</u> Swedish Research Council, Region Skåne, Skåne University Hospital, Novo Nordic Foundation Albert Påhlsson Research Foundation
		Q2	45.6	39.2	15.2		
		Q3	45.8	38.8	14.4		
		Q4	46.6	37.7	15.6		
		Q5	47.7	36.1	16.2		
	Low-fat products cluster in women Foods/Food groups: characterized by high intakes of low-fat margarines, low-fat milk and low-fat yoghurt, but by low intake of butter	Q1, ref	43.3	42.3	14.4	⦰ T2D after ~15y f/u, across quintiles or continuous	
		Q2	45.3	39.4	15.3		
		Q3	46.6	37.8	15.6		
		Q4	47.1	37.1	15.8		
		Q5	48.3	35.4	16.2		
	Dressing/vegetables cluster in women Foods/Food groups: characterized by high intake of dressing/oils, vegetables, poultry, salty snacks, rice/pasta, fried potatoes and cheese, but by low intake of boiled potatoes and jam/sugar	Q1, ref	47.4	37.4	15.2	⦰ T2D after ~15y f/u, across quintiles or continuous	
		Q2	46.8	37.9	15.2		
		Q3	46.1	38.5	15.4		
		Q4	45.3	39.1	15.6		
		Q5	44.9	39.1	16.0		
	Health-conscious cluster of in men Foods/Food groups: characterized by high intakes of cream, fibre-rich bread, fruits, vegetables, breakfast cereals, fish and low-fat yoghurt, and by low intake of low-fibre bread, red and processed meat and SSB	Q1, ref	44.9	40.5	14.6	↓ T2D after ~15y f/u	
		Q2	44.5	40.7	14.8		
		Q3	45.0	40.1	14.9		
		Q4	45.4	39.4	15.2		
		Q5	46.2	38.0	15.7		

Study and Participant Characteristics [viii]	Diet Intervention or Exposure[ix]	Category	Macronutrient Distribution, % Energy Carbohydrate, Fat, Protein			Summary of Findings[x]	Methodological considerations
	Low-fat products cluster in men Foods/Food groups: characterized by high intakes of low-fat margarines, low-fat milk and low-fat yoghurt, but by low intake of butter	Q1, ref	42.2	43.8	14.0	⦸ T2D after ~15y f/u, across quintiles or	
		Q2	44.2	41.0	14.8		
		Q3	45.7	39.1	15.2		
		Q4	46.3	38.3	15.3		
		Q5	47.6	36.6	15.8		
	Dressing/vegetables cluster in men Foods/Food groups: characterized by high intake of dressing/oils, vegetables, poultry, salty snacks, rice/pasta, fried potatoes and cheese, but by low intake of boiled potatoes and jam/sugar	Q1, ref	46.6	38.9	14.5	⦸ T2D after ~15y f/u, across quinitles or continuous	
		Q2	45.7	39.5	14.8		
		Q3	45.0	39.9	15.1		
		Q4	44.6	40.2	15.2		
		Q5	44.1	40.3	15.6		
Guasch-Ferre, 2017[58] Spain PREDIMED, PCS N=3349 Exclusively high-CVD-risk sample	% E of total fat intake, additional analyses by animal-fat and vegetable-fat Foods/Food groups: NR by quartiles of total dietary fat	Q1, ref	50.2	30.0	16.6	↑ T2D after ~4y f/u ⦸ T2D based on annually updated total fat ⦸ T2D after ~4y f/u for animal fat ↑ risk of T2D after ~4y f/u for vegetable fat	Did not account for: Race/ethnicity (all Spanish) Funding: Carlos III Health Institute; National Center of CVD Research[xii]
		Q4	35.8	46.3	16.0		
Ha, 2019[59]	% E of total fat in women	Q1	80.5	8.1	11.4	↑ T2D after ~12y f/u	Did not account for: N/A
		Q4, ref.	65.9	19.0	15.1		

[xii] Additional funding sources reported by Guasch-Ferre, 2017 were: European Regional Development Fund; Ministry of Science and Innovation; Mapre Foundation, Regional Government of Andalusia Ministry of Health; Autonomous Government of Catalonia Department of Health; Regional Government of Navarra

Study and Participant Characteristics [viii]	Diet Intervention or Exposure[ix]	Category	Macronutrient Distribution, % Energy Carbohydrate, Fat, Protein			Summary of Findings[x]	Methodological considerations
Korea Korean Genome and Epidemiology Study, PCS N=5595	Foods/Food groups: Intakes of vitamins and minerals varied by quartiles						Funding: National Research Foundation of Korea; Korean Government
	% E of total fat in men	Q1	78.3	9.9	11.8	↑ T2D after ~12y f/u	
	Foods/Food groups: Intakes of vitamins and minerals varied by quartiles	Q4, ref.	64.2	20.6	15.2		
Halton, 2008[60] United States Nurses' Health Study, PCS N=85059 100% female Excluded those with history of diabetes, cancer, CVD, missing diet data, implausible energy intake	% E by adherence to the "low-carbohydrate" diet (LCD) score	Decile 1, ref	54.7	28.3	14.7	⦸ T2D after 20y f/u	Did not account for: Race/ethnicity Funding: NIH
	Foods/Food groups: Higher LCD scores related to lower cereal fiber, refined grain, and fruit and vegetable intakes; and higher red meat, animal fat, and saturated fat intakes	Decile 5	43.4	35.2	17.8		
		Decile 10	29.6	46.1	21.9		
	Animal LCD score	Decile 1, ref	55.3	28.9	14.2	⦸ T2D after 20y f/u	
		Decile 5	44.8	34.6	17.3		
		Decile 10	30.2	44.9	21.9		
	Vegetable LCD score	Decile 1, ref	46.5	32.9	18.4	↓ T2D after 20y f/u	
		Decile 5	37.7	39.9	19.2		
		Decile 10	36.5	42.4	18.4		
Inter Act Consortium, 2014[53] Europe - Multi-country EPIC-InterAct, PCS	aHEI score, examined between extreme quintiles Foods/Food groups: Vegetables, fruits, nuts, ratio of white meat to red meat, cereal fiber, ratio of PUFA to SFA, alcohol	Q1, ref	40.1	35.6	16.2	⦸ T2D	Did not account for: Race/ethnicity (but is adjusted for study centre which are varying countries), alcohol
		Q5	45.0	34.0	17.8		

Study and Participant Characteristics [viii]	Diet Intervention or Exposure[ix]	Category	Macronutrient Distribution, % Energy Carbohydrate, Fat, Protein			Summary of Findings[x]	Methodological considerations
N=12595 Excluded those with prevalent diabetes and uncertain diabetes status. Only the subcohort included	DASH score , examined between extreme quintiles Foods/Food groups: Grains (total grains, fiber content of grains), vegetables, fruits, dairy (total and fat content), meat/poultry/fish, nuts/seeds/legumes, fats and oils, sweets	Q1, ref	41.7	37.7	15.3	⦰ T2D	Funding: European Union FP6 programme
		Q5	45.5	32.3	17.9		
	RRR 1 score, examined continuous per-SD and between extreme quintiles Foods/Food groups: Positive scoring for wine, coffee, cabbages, and root vegetables; negative scoring for sugar-sweetened beverages, refined grains, processed meat, and diet soft drinks	Q1, ref	43.3	36.1	17.9	↓ T2D, continuous or Q5 vs. Q1, ref.	
		Q5	43.4	33.2	17.0		
	RRR 2 score, examined continuous per-SD and between extreme quintiles Foods/Food groups: Positive scoring for fruits; negative scoring for red meat, beer, poultry, legumes, sugar-sweetened soft drinks, processed meat, and white bread	Q1, ref.	39.5	35.3	17.9	⦰ T2D, continuous; ↓ T2D Q5 vs. Q1, ref.	
		Q5	47.5	33.3	16.0		
	RRR 3 score, examined continuous per-SD and between extreme quintiles Foods/Food groups: Positive scoring for breakfast cereals, honey, jam, sugar, dressings, and non-white bread; negative scoring for diet soft drinks, sugar-sweetened soft	Q1, ref.	41.6	35.8	17.7	↓ T2D , continuous or Q5 vs. Q1, ref.	
		Q5	46.1	33.5	16.3		

Study and Participant Characteristics [viii]	Diet Intervention or Exposure[ix]	Category	Macronutrient Distribution, % Energy Carbohydrate, Fat, Protein			Summary of Findings[x]	Methodological considerations
	drinks, processed meat, salty biscuits and crackers and white bread						
Kahleova, 2018[61] United States **RCT** N=75 (4% attrition), all overweight or obese Excluded those with history of diabetes, smoking, alcohol/ drug abuse, pregnancy/ lactation, or current use of vegan diet	Intervention: low-fat vegan diet for 16wk consisting of vegetables, grains, legumes, and fruits, and avoid animal products and added fats; plus vitamin B12 supplements provided (500g/day) Control: No diet changes	Intervention	69.6	17.5	12.3	⦸ HbA1c between groups after 16wk	Adherence not fully described Funding: Physicians Committee for Responsible Medicine
		Control	46.6	35.0	17.0		
Malik, 2016[62] United States Nurses Health Study I and II (NHS); Health Professionals Follow-up Study (HPFS), PCS N=72992 (NHS I) N=92088 (NHS II) N=40722 (HPFS)	% E of total protein intake, NHS I distribution, women Foods/Food groups: Whole grains, fruit, vegetables, red meat, processed meat, fish, chicken, eggs, dairy foods, legumes, nuts, peanuts, peanut butter, potatoes, coffee, SSB	Q1, ref	51.3	33.0	14.8	⦸ T2D risk for total protein, animal protein, or plant protein	Did not account for: N/A Funding: NIH
		Q3	46.4	35.1	18.0		
		Q5	41.8	35.1	21.6		
	% E of total protein intake, NHS II distribution, women Foods/Food groups: Same as above	Q1, ref	55.8	30.4	15.3	⦸ T2D risk for total protein, animal protein, or plant protien	
		Q3	49.4	32.1	18.8		
		Q5	44.6	31.5	22.6		
	% E of total protein intake, HPFS distribution, men	Q1, ref	50.9	30.7	14.7	↑ T2D for total protein ↑ T2D for animal protein	
		Q3	46.9	32.5	18.0		

Study and Participant Characteristics [viii]	Diet Intervention or Exposure[ix]	Category	Macronutrient Distribution, % Energy Carbohydrate, Fat, Protein			Summary of Findings[x]	Methodological considerations
Excluded those with diabetes, CVD or cancer at baseline	Foods/Food groups: Same as above	Q5	42.7	32.4	21.9	⦸ T2D for plant protien	
Nanri, 2015[63] Japan Japan Public Health Center (JPHC) study, PCS N=64674 Excluded those with a hx of T2D, or severe disease	% E by quintile of "low-carbohydrate" diet scores "Low-carbohydrate, high-protein and fat" score, men Foods/Food groups: NR by quintile	Q1, ref	64.7	15.8	11.3	⦸ T2D over 5y f/u	Did not account for: Race/ethnicity <u>Funding:</u> National Cancer Center Research and Development Fund; Ministry of Health, Labour and Welfare of Japan
		Q3	51.6	22.6	13.2		
		Q5	43.7	32.5	16.6		
	"Low-carbohydrate, high animal-protein and fat" score, men	Q1, ref	65.0	16.1	11.5	⦸ T2D over 5y f/u	
		Q3	52.1	22.3	13.2		
		Q5	42.7	32.2	16.3		
	"Low-carbohydrate, high plant-protein and fat" score, men	Q1, ref	59.7	18	11.9	⦸ T2D over 5y f/u	
		Q3	51.7	23.3	13.7		
		Q5	49.4	28.6	15.2		
	"Low-carbohydrate, high-protein and fat" score, women	Q1, ref	67.2	18.7	12.4	↓ T2D over 5y f/u	
		Q3	55.7	27.7	15.1		
		Q5	44.9	35.9	17.7		
	"Low-carbohydrate, high animal-protein and fat" score, women	Q1, ref	67.1	19.0	12.5	↓ T2D over 5y f/u	
		Q3	55.9	27.4	15.0		
		Q5	44.8	35.9	17.4		
	"Low-carbohydrate, high plant-protein and fat" score, women	Q1, ref	61.6	22.3	13.6	⦸ T2D over 5y f/u	
		Q3	55.7	27.7	15.0		
		Q5	51.0	31.7	16.4		
Sakurai, 2016[64]		Q1	<50.0	27.0	12.7	⦸ T2D after 10y	

Study and Participant Characteristics [viii]	Diet Intervention or Exposure[ix]	Category	Macronutrient Distribution, % Energy Carbohydrate, Fat, Protein			Summary of Findings[x]	Methodological considerations
Japan, PCS N=2006 0% female (all men)	% E of carbohydrate categories in men Foods/Food groups: NR	Q2, ref.	50.0-57.4	24.3	12.4	Sub-group analyses by BMI revealed ↑ T2D risk at 10y f/u in Q4 vs. Q2 (>65% carbohydrate vs. 50-57.4% carbohydrate) in obese participants	Did not account for: Race/ethnicity (all Japanese) Funding: Ministry of Health, Labor and Welfare; Health and Labor Sciences, Japan; Ministry of Education, Culture, Sports, Science and Technology of Japan for Scientific Research and for Young Scientists; Kanazawa Medical University; Japan Arteriosclerosis Prevention Fund
		Q3	57.5-65.0	21.3	11.6		
		Q4	>65.0	15.7	10.2		
Salas-Salvado, 2011[65] Spain PREDIMED**, RCT** N=418 Population exclusively at high-risk for CVD; excluded those with severe chronic illness,	% E based diet groups: Mediterranean+EVOO (Med+EVOO), Med+Nuts, or Control Med + EVOO: abundant olive oil, vegetables, fresh fruit and juices, legumes, fish or seafood, nuts and seeds, select white meat instead of red or processed meats, cook regularly with tomato, garlic and onion; wine preferred (if consuming alcohol); ad libitum nuts, eggs, fish, seafood, low-fat cheese, chocolate, whole-grain cereals + 15L EVOO	Med+EVOO	41.0	41.0	16.0	Med+EVOO vs. Control: ↓ T2D at 4y f/u; ↓ T2D in those >67 y, and those with fasting glucse >6.1 mmol/L; NSA when stratifying by sex, by BMI, in those 67 y or under and those with 6.1 mmol/L fasting glucose or less Med+Nuts vs. Control: ↓ T2D at 4y f/u; ↓ T2D in	Did not account for: Race/ethnicity Funding: Spanish Ministry of Health (Instituto de Salud Carlos III); Fondo Europeo de Desarrollo Regional, and the Public Health Division of the Department of Health of the

Study and Participant Characteristics [viii]	Diet Intervention or Exposure[ix]	Category	Macronutrient Distribution, % Energy Carbohydrate, Fat, Protein			Summary of Findings[x]	Methodological considerations
alcohol or drug abuse, or BMI ≥40	Med + Nuts: abundant olive oil, vegetables, fresh fruit and juices, legumes, fish or seafood, nuts and seeds, select white meat instead of red or processed meats, cook regularly with tomato, garlic and onion; wine preferred (if consuming alcohol); ad libitum nuts, eggs, fish, seafood, low-fat cheese, chocolate, whole-grain cereals +15g/d walnuts, 7.5g/d almonds, and 7.5g/d hazelnuts	Med+Nuts	40.0	41.0	16.0	females, and in those >67 y; NSA in males, 67 y or under, stratified by BMI or by fasting glucose	Autonomous Government of Catalonia
	Control: advice to reduce dietary fat	Control diet	41.0	40.0	16.0		
Schulze, 2008[66] Germany EPIC-Potsdam, PCS N=25067 Excluded those with diabetes	% E by quintiles of carbohydrate intake, in men Foods/Food groups: NR	Q1, ref.	30.2	45.8	14.6	⦸ T2D at ~10y f/u ↓ T2D when carbohydrate increased 5% at the expense of protein ⦸ T2D for exchanging carbohydrate for total fat, SFA, MUFA, or PUFA	Did not account for: Race/ethnicity Funding: Federal Ministry of Science, Germany; and the European Union; German Cancer Aid; and the European Community
		Q2	35.2	43.1	14.1		
		Q3	38.4	41.6	13.8		
		Q4	41.6	39.7	13.4		
		Q5	47.3	35.4	13.2		
	% E by quintiles of carbohydrate intake, in women Foods/Food groups: NR	Q1, ref.	36.0	42.9	14.8	⦸ T2D at ~10y f/u ⦸ T2D for exchanging carbohydrate for protein, total fat, SFA, MUFA, or PUFA	
		Q2	41.1	40.6	14.4		
		Q3	44.1	38.7	14.0		
		Q4	47.1	36.7	13.7		
		Q5	52.3	32.6	13.1		
Shan, 2018[67] China	% E of total population across tertiles ("Hi-carbohydrate", Hi-C, "Mod-carbohydrate", Mod-C, "Lo-carbohydrate", Lo-C) of low-	Hi-C	69.0	21.0	10.0	⦸ T2D at 5y f/u	Did not account for: Race/ethnicity Funding:
		Mod-C	61.0	27.0	12.0		
		Lo-C	52.0	34.0	14.0		

Study and Participant Characteristics [viii]	Diet Intervention or Exposure[ix]	Category	Macronutrient Distribution, % Energy Carbohydrate, Fat, Protein			Summary of Findings[x]	Methodological considerations
Harbin Cohort Study on Diet, Nutrition and Non-Communicable Diseases (Cohort 2), PCS N=7111 Excluded those with T2D at baseline	carbohydrate, high-fat, high-protein diet scores Foods/Food groups: Rice, wheat, potato, bean, snack, beverage, ice cream, livestock, poultry, fish, dairy, egg, vegetable, fruit						National Natural Science Foundation of China
	% E of population consuming extra calories across tertiles Foods/Food groups: Same as above	Hi-C	70.0	20.0	10.0	↑ T2D at 5y f/u	
		Mod-C	63.0	25.0	12.0		
		Lo-C	53.0	33.0	14.0		
	% E of population with normal caloric intake across tertiles Foods/Food groups: Same as above	Hi-C	66.0	24.0	10.0	⦰ T2D at 4-5y f/u	
		Mod-C	59.0	30.0	11.0		
		Lo-C	50.0	37.0	13.0		
Shang, 2016[68] Australia Melbourne Collaborative Cohort Study, PCS N=21523 Excluded those with CVD, cancer, kidney stones, or diabetes or high fasting glucose	% E of total protein, across three quintiles Foods/Food groups: Grains, Vegetables, Fruit, Legumes and nuts, Dairy, Eggs, Unprocessed red meat, Processed red meat, Chicken, Fish	Q1, ref	47.4	30.0	14.5	↑ T2D at 11y f/u	Did not account for: N/A Funding: VicHealth and Cancer Council Victoria and the Australian National Health and Medical Research Council
		Q3	45.7	30.5	17.7		
		Q5	41.1	31.6	21.9		
	% E of animal-protein, across three quintiles Foods/Food groups: Same as above	Q1, ref	49.1	28.8	15.2	↑ T2D at 11y f/u	
		Q3	45.4	30.4	17.7		
		Q5	40.1	32.6	21.4		
		Q1, ref	42.9	31.7	17.6	↑ T2D at 11y f/u4	

Study and Participant Characteristics [viii]	Diet Intervention or Exposure[ix]	Category	Macronutrient Distribution, % Energy Carbohydrate, Fat, Protein			Summary of Findings[x]	Methodological considerations
	% E of plant-protein, across three quintiles Foods/Food groups: Same as above	Q3	44.4	31.3	17.9		
		Q5	48.9	27.6	18.4		
Simila, 2012[69] Finland Alpha-Tocopherol, Beta-Carotene Cancer Prevention (ATBC) Study, PCS N=25943 0% female (100% male smokers) Excluded those with diabetes	% E by quintile of carbohydrate in men Foods/Food groups: Cereals, potatoes, milk, soft drinks, fruits and berries, vegetables and legumes	Q1, ref.	33.4	44.8	14.4	↓ T2D at 12y f/u ↓ T2D for 2 E% substitution replacing total fat with total carbohydrate ↓ T2D risk for 2 E% substitution replacing total protein with total carbohydrate	Did not account for: Alcohol, Race/ethnicity <u>Funding:</u> National Cancer Institute; Academy of Finland; Doctoral Programs in Public Health, the Finnish Cultural Foundation, the Kyllikki and Uolevi Lehikoinen Foundation, and the Juho Vainio Foundation.
		Q2	37.5	43.2	14.4		
		Q3	40.4	41.5	14.4		
		Q4	43.3	39.6	14.3		
		Q5	47.4	36.1	14.1		
Sluijs, 2010[70] Netherlands European Prospective Investigation into Cancer and Nutrition(EPIC)-NL, PCS N=38094	% E of total protein intake, animal-protein, or vegetable-protein across quartiles, per-10g, and per 5% E substitution Foods/food groups: NR	Q1, ref.	45.5	33.5	12.2	↑ T2D at 10y f/u per-10g total protein, HR: 1.16, 95% CI: 1.06, 1.26, p<0.05; ⦰ across quartiles ↑ T2D risk per-10g animal-protein, HR: 1.13, 95% CI: 1.04, 1.22, p<0.05; ⦰ across quartiles ⦰ vegetable-protein, NS	Did not account for: Race/ethnicity <u>Funding:</u> None reported
		Q2	44.0	33.1	13.7		
		Q3	44.6	33.6	15.2		
		Q4	46.3	34.6	18.0		

Study and Participant Characteristics [viii]	Diet Intervention or Exposure[ix]	Category	Macronutrient Distribution, % Energy Carbohydrate, Fat, Protein			Summary of Findings[x]	Methodological considerations
						↑ T2D risk per-5% E substitution of protein for fat, HR: 1.31, 95% CI: 1.06, 1.61, p<0.05 ↑ T2D risk per-5% E substitution of protein for carbohydrate, HR: 1.28, 95% CI: 1.01, 1.61, p<0.05 ⦸ T2D risk per-5% E substitution of animal or veg protein for fat or carbohydrate	
van Nielen, 2014[71] 8 European countries EPIC-InterAct, PCS N=16154	% E of total protein, animal-protein, and plant-protein intake across three quintiles, in women Foods/Food groups: Animal protein from red meat, processed meat, poultry, milk and dairy, cheese, fish, eggs; plant protein from bread, potatoes, pasta and rice, legumes	Q1, ref.	48.0	35.1	13.2	↑ T2D after 12y f/u for total proteinand per 10 g of total protein (men and women combined) ↑ T2D after 12y f/u for animal-proteinand per 10 g of animal-protein (men and women combined) ⦸ T2D after 12y f/u for vegetable-protein and or per 10 g vegetable-protein (men and women combined)	Did not account for: Race/ethnicity Funding: European Union FP6 programme
		Q3	45.1	34.9	17.2		
		Q5	40.9	35.5	21.6		
	% E of total protein, animal-protein, and plant-protein across three quintiles, in men	Q1, ref.	46.0	34.4	12.8		
		Q3	43.1	34.1	16.5		
		Q5	38.7	35.4	20.7		
Virtanen, 2017[72] Finland	% E of total protein intake, examined across quartiles; per-5g-increase; per-1% substitution of carbohydrate with protein Foods/Food groups: Reported intake in g/d of Fruits, berries, and vegetables,	Q1, ref	43.9	39.9	12.8	⦸ T2D after 19y f/u, across quintiles, per-5g increase, or per 1% substitution of carbohydrate with protein	Did not account for: Race/ethnicity (all Finnish) Funding:
		Q4	41.5	37.3	18.6		

Study and Participant Characteristics [viii]	Diet Intervention or Exposure[ix]	Category	Macronutrient Distribution, % Energy Carbohydrate, Fat, Protein			Summary of Findings[x]	Methodological considerations
Kuopio Ischaemic Heart Disease Risk Factor Study, PCS N=2332 0% female	Potatoes, Whole grain products, Unprocessed red meat, Processed red meat, Fish, Non fermented dairy, Fermented dairy, Coffee, mL/d						Finnish Cultural Foundation North Savo Regional; Päivikki and Sakari Sohlberg Foundation; University of Eastern Finland; Finnish Foundation for Cardiovascular Research and the Otto A. Malm Foundation
	% E of animal-protein, examined across quartiles; per-5g-increase Foods/Food groups: Protein from red meat, Unprocessed red meat, Processed red meat, Fish, Eggs, Dairy products, Non fermented dairy, Fermented dairy, Milk, Cheese	Q1, ref	46.4	37.9	13.1	⦰ T2D after 19y f/u, across quintiles or per-5g increase	
		Q4	39.8	38.8	18.4		
	% E of plant-protein, examined across quartiles; per-5g-increase Foods/Food groups: protein from grain products, and non-grain plant protein sources (e.g., vegetables, potatoes)	Q1, ref	37.7	41.9	15.6	⦰ T2D after 19y f/u, across quintiles or per-5g increase	
		Q4	48.0	35.2	15.6		

Table 3. Risk of bias for randomized controlled trials examining diets based on macronutrient distribution consumed by adults and risk of type 2 diabetes[xiii,xiv]

Article	Randomization	Deviations from intended interventions - effect assignment	Deviations from intended interventions - per protocol	Missing outcome data	Outcome measurement	Selection of the reported result
Kahleova, 2018[61]	Low	Low	Low	Low	Low	Low
Salas-Salvado, 2011[65]	Some concerns	Low	Low	Low	Low	Some concerns

[xiii] A detailed description of the methodology used for assessing risk of bias is available on the NESR website: https://nesr.usda.gov/2020-dietary-guidelines-advisory-committee-systematic-reviews and in Part C of the following reference: Dietary Guidelines Advisory Committee. 2020. *Scientific Report of the 2020 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Agriculture and the Secretary of Health and Human Services*. U.S. Department of Agriculture, Agricultural Research Service, Washington, DC.
Possible ratings of low, some concerns, or high determined using the "Cochrane Risk-of-bias 2.0" (RoB 2.0) (August 2016 version)" (Higgins JPT, Sterne JAC, Savović J, Page MJ, Hróbjartsson A, Boutron I, Reeves B, Eldridge S. A revised tool for assessing risk of bias in randomized trials In: Chandler J, McKenzie J, Boutron I, Welch V (editors). Cochrane Methods. Cochrane Database of Systematic Reviews 2016, Issue 10 (Suppl 1). dx.doi.org/10.1002/14651858.CD201601.)

Table 4. Risk of bias for observational studies examining diets based on macronutrient distribution consumed by adults and risk of type 2 diabetes[xv]

Article	Confounding	Selection of participants	Classification of exposures	Deviations from intended exposures	Missing data	Outcome measurement	Selection of the reported result
Bao, 2016[50]	Serious	Serious	Low	Serious	Serious	Low	Moderate
Brunner 2008[54]	Serious	Serious	Low	Serious	Moderate	Low	Moderate
Chen, 2020[55]	Moderate	Moderate	Low	Serious	Moderate	Low	Moderate
de Koning, 2011[56]	Serious	Serious	Low	Moderate	Serious	Low	Moderate
Dominguez, 2015[51]	Serious	Serious	Low	Serious	Serious	Moderate	Moderate
Ericson, 2013[57]	Serious	Serious	Low	Serious	Serious	Moderate	Moderate
Ericson, 2019[52]	Serious	Serious	Low	Serious	Serious	Moderate	Serious
Guasch-Ferre, 2017[58]	Serious	Serious	Low	Moderate	Moderate	Low	Moderate
Ha, 2019[59]	Moderate	Moderate	Low	Serious	Moderate	Low	Moderate
Halton, 2008[60]	Serious	Moderate	Moderate	Moderate	Moderate	Low	Moderate
Kroger, 2014[53]	Serious	Moderate	Low	Serious	Serious	Moderate	Moderate
Malik, 2016[62]	Moderate	Serious	Low	Moderate	Serious	Low	Moderate
Nanri, 2015[63]	Serious	Serious	Low	Moderate	Moderate	Low	Moderate
Sakurai, 2016[64]	Moderate	Serious	Moderate	Serious	Moderate	Low	Moderate
Schulze, 2008[66]	Serious	Serious	Low	Serious	Serious	Low	Moderate
Shan, 2018[67]	Serious	Serious	Low	Serious	Moderate	Low	Moderate
Shang, 2016[68]	Moderate	Serious	Low	Serious	Moderate	Moderate	Moderate
Simila, 2012[69]	Serious	Serious	Low	Serious	Moderate	Low	Moderate
Sluijs, 2010[70]	Serious	Serious	Low	Serious	Moderate	Moderate	Moderate
van Nielen, 2014	Serious	Moderate	Moderate	Serious	Moderate	Low	Moderate
Virtanen, 2017[71]	Serious	Moderate	Moderate	Serious	Moderate	Moderate	Moderate
Voortman, 2017[72]	Moderate	Serious	Serious	Serious	Moderate	Low	Moderate

[xv] Possible ratings of low, moderate, serious, critical, or no information determined using the "Risk of Bias for Nutrition Observational Studies" tool (RoB-NObs) (Dietary Guidelines Advisory Committee. 2020. Scientific Report of the 2020 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Agriculture and the Secretary of Health and Human Services. U.S. Department of Agriculture, Agricultural Research Service, Washington, DC.)

METHODOLOGY

The NESR team used its rigorous, protocol-driven methodology to support the 2020 Dietary Guidelines Advisory Committee in updating an existing systematic review, using an existing systematic review, and conducting a new systematic review for the question: What is the relationship between dietary patterns consumed and risk of type 2 diabetes?.

NESR's systematic review methodology involves:

- Developing a protocol,
- Searching for and selecting studies,
- Extracting data from and assessing the risk of bias of each included study,
- Synthesizing the evidence,
- Developing conclusion statements,
- Grading the evidence underlying the conclusion statements, and
- Recommending future research.

A detailed description of the methodology answering this systematic review question is available on the NESR website: https://nesr.usda.gov/2020-dietary-guidelines-advisory-committee-systematic-reviews, and can be found in 2020 Dietary Guidelines Advisory Committee Report, Part C: Methodology.[xvi] This systematic review was peer reviewed by Federal scientists, and information about the peer review process can also be found in the Committee's Report, Part C. Methodology. Additional information, including a description of and rationale for any modifications made to the protocol over the course of the Committee's work, are described in the 2020 Dietary Guidelines Advisory Committee Report, Part D: Chapter 8. Dietary Patterns.

This document includes a systematic evidence scan and update to an existing systematic review based on conclusions drawn by the 2015 Dietary Guidelines Advisory Committee with support from USDA's Nutrition Evidence Systematic Review (NESR) team. Information about the 2015 Dietary Guidelines Advisory Committee's review of the evidence on dietary patterns and risk of type 2 diabetes can be found in their report, which is available at the following website: https://www.dietaryguidelines.gov/current-dietary-guidelines/process-develop-2015-2020-dg/advisory-committee

Below are details of the final protocol as it was applied in the full systematic review described herein, including the:

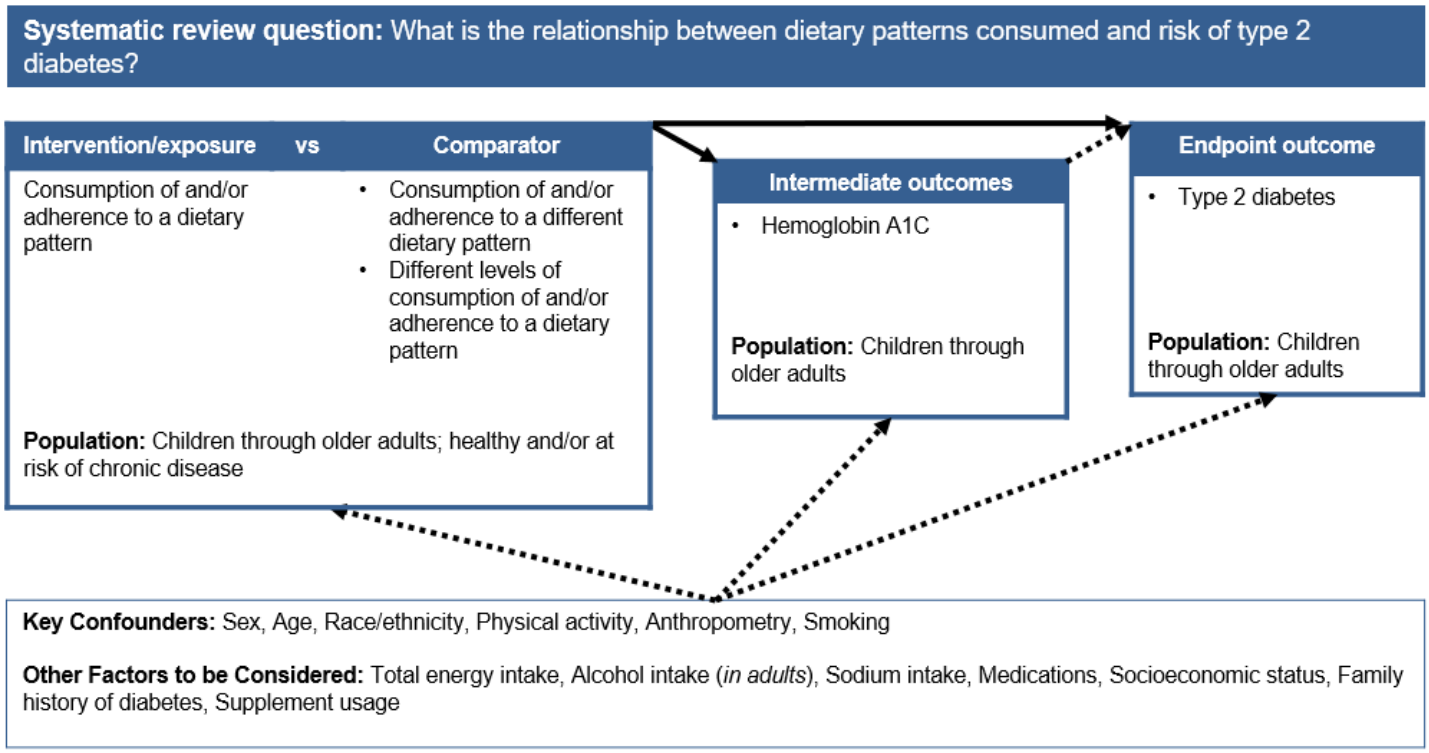
- Analytic framework
- Literature searches and screening plan
- Literature searches and screening results

[xvi] Dietary Guidelines Advisory Committee. 2020. *Scientific Report of the 2020 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Agriculture and the Secretary of Health and Human Services*. U.S. Department of Agriculture, Agricultural Research Service, Washington, DC.

ANALYTIC FRAMEWORK

The analytic framework (**Figure 1**) illustrates the overall scope of the systematic review question, including the population, the interventions and/or exposures, comparators, and outcomes of interest. It also includes definitions of key terms and identifies key confounders and other factors to be considered in the systematic review. The inclusion and exclusion criteria that follow provide additional information about how parts of the analytic framework were defined and operationalized for the review.

Figure 1: Analytic framework



Key definitions

Dietary patterns – The quantities, proportions, variety, or combination of different foods, drinks, and nutrients (when available) in diets, and the frequency with which they are habitually consumed.

Legend

The relationship of interest in the systematic review

Factors that may impact the relationship of interest in the systematic review

LITERATURE SEARCH AND SCREENING PLAN

Inclusion and Exclusion Criteria

This table provides the inclusion and exclusion criteria for the systematic review. The inclusion and exclusion criteria are a set of characteristics used to determine which articles identified in the literature search were included in or excluded from the systematic review.

Table 5. Inclusion and exclusion criteria

Category	Inclusion Criteria	Exclusion Criteria
Study design	• Randomized controlled trials • Non-randomized controlled trials, including quasi-experimental and controlled before and after studies • Prospective cohort studies • Retrospective cohort studies • Nested case-control studies	• Uncontrolled trials • Case-control studies • Cross-sectional studies • Uncontrolled before-and-after studies • Narrative reviews • Systematic reviews • Meta-analyses
Intervention/ exposure	• Studies that examine consumption of and/or adherence to a 1. Dietary pattern [i.e., the quantities, proportions, variety, or combination of different foods, drinks, and nutrients (when available) in diets, and the frequency with which they are habitually consumed] including, at a minimum, a description of the foods and beverages in the pattern o Dietary patterns may be measured or derived using a variety of approaches, such as adherence to a priori patterns (indices/scores), data driven patterns (factor or cluster analysis), reduced rank regression, or other methods, including clinical trials **and/or** 2. Diet based on macronutrient distribution outside of the acceptable macronutrient distribution range (AMDR[xvii]) and o Include the macronutrient distribution of carbohydrate, fat, and protein of the diet, and o Include at least one macronutrient outside of the AMDR	• Studies that 1a. Do not provide a description of the dietary pattern, which at minimum, must include the foods and beverages in the pattern (i.e., studies that examine a labeled dietary pattern, but do not describe the foods and beverages consumed) 2a. Examine consumption of and/or adherence to a diet based on macronutrient proportion in which all macronutrients are within the AMDR 2b. Do not describe the entire macronutrient distribution of the diet (i.e., studies that only examine a single macronutrient in relation to outcomes)

[xvii] Macronutrient percent of energy outside of the AMDR are as follows:
- Carbohydrate for all age groups: <45 or >65 percent of energy;
- Protein for children, 1-3y: <5 or >20 percent of energy, Protein for children, 4-18y: <10 or >30 percent of energy, Protein for adults, age 19y and older: <10 or >35 percent of energy;
- Fat for children, 1-3y: <30 or >40 percent of energy, Fat for children, 4-18y: <25 or >35 percent of energy, Fat for adults, age 19y and older: <20 or >35 percent of energy.

Institute of Medicine. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. Washington (DC): The National Academies Press; 2002.

Category	Inclusion Criteria	Exclusion Criteria
Comparator	• Dietary patterns described by foods and beverages consumed: o Consumption of and/or adherence to a different dietary pattern o Different levels of consumption of and/or adherence to a dietary pattern • Diets described by macronutrient distribution: o Different macronutrient distributions of carbohydrate, fat, and protein	N/A
Outcomes[xviii]	• Intermediate outcomes (All included study designs in children, ages 2-18 years; Interventions only in adults): o Hemoglobin A1C (HbA1C) • Endpoint outcomes (All included study designs in all included age groups): o Type 2 diabetes	• Gestational diabetes during pregnancy and/or lactation • Type 1 Diabetes • Glucose • Insulin • Prediabetes
Date of publication	January 2014 – October 2019 (this date range is in addition to the original systematic review, which included articles published from January 1980-July 2013)	Articles published prior to January 1980 or after October 2019
	Additional search to cover macronutrient proportion diets o January 2000– December 2013	Additional search to cover macronutrient proportion diets o Articles published prior to 2000
Publication status	Articles that have been peer-reviewed	Articles that have not been peer-reviewed and are not published in peer-reviewed journals (e.g., unpublished data, manuscripts, reports, abstracts, pre-prints and conference proceedings)
Language of publication	Articles published in English	Articles published in languages other than English
Country[xix]	Studies conducted in countries ranked as high or higher human development	Studies conducted in countries ranked as medium or lower human development
Study participants	• Human participants • Males	• Non-human participants (i.e., animals)

[xviii] The Pregnancy and Lactation Subcommittee of the 2020 Dietary Guidelines Advisory Committee will address dietary patterns during pregnancy in relation to gestational diabetes.

[xix] The Human Development classification was based on the Human Development Index (HDI) ranking from the year the study intervention occurred or data were collected (UN Development Program. HDI 1990-2017 HDRO calculations based on data from UNDESA (2017a), UNESCO Institute for Statistics (2018), United Nations Statistics Division (2018b), World Bank (2018b), Barro and Lee (2016) and IMF (2018). Available from: http://hdr.undp.org/en/data). If the study did not report the year in which the intervention occurred or data were collected, the HDI classification for the year of publication was applied. HDI values are available from 1980, and then from 1990 to present. If a study was conducted prior to 1990, the HDI classification from 1990 was applied. If a study was conducted in 2018 or 2019, the most current HDI classification was applied. When a country was not included in the HDI ranking, the current country classification from the World Bank was used instead (The World Bank. World Bank country and lending groups. Available from: https://datahelpdesk.worldbank.org/knowledgebase/articles/906519-world- country-and-lending-groups).

Category	Inclusion Criteria	Exclusion Criteria
	• Females • Women during pregnancy and lactation	
Age of study participants	• Age at intervention or exposure: ○ Children and adolescents (ages 2-18 years) ○ Adults (ages 19-64 years) ○ Older adults (ages 65 years and older)	• Age at intervention or exposure: N/A ○ Infants and toddlers (birth to 24 months)
	• Age at outcome: ○ Children and adolescents (ages 2-18 years) ○ Adults (ages 19-64 years) ○ Older adults (ages 65 years and older)	• Age at outcome ○ Infants and toddlers (birth to 24 months)
Health status of study participants	• Studies that enroll participants who are healthy and/or at risk for chronic disease, including those with obesity • Studies that enroll ***some*** participants diagnosed with a disease • Studies that enroll ***some*** participants with type 2 diabetes	• Studies that **exclusively** enroll participants diagnosed with a disease, or hospitalized with an illness or injury • Studies that **exclusively** enroll participants with type 2 diabetes (i.e., studies that aim to treat participants who have already been diagnosed with the endpoint outcomes of interest) • Addendum: ○ Interventions designed to induce weight loss or treat overweight and obesity through energy-restriction/hypocaloric diets for the purposes of treating additional or other medical conditions.
Study duration	• Minimum length of intervention of 12 weeks	• Interventions less than 12 weeks
Size of study groups	• 30 participants per-arm, or • A power calculation included for interventions • n≥1,000 for observational studies	• Fewer than 30 participants per arm, or • No power calculation reported for interventions • Fewer than 1,000 participants for observational studies

Electronic databases

Listed below are the databases searched to identify all potentially relevant articles that have been published to address the systematic review question. Two search strategies were developed and implemented each in three databases (PubMed, Cochrane Central Register of Controlled Trials (CENTRAL), and Embase).

Search 1: Literature search to update the existing systematic review

PubMed

- Provider: U.S. National Library of Medicine
- Date(s) Searched: October 21, 2019
- Date range searched: January 1, 2014-October 21, 2019
- Search Terms:

#1 - “dietary pattern*” OR “diet pattern*” OR “eating pattern*” OR “food pattern*” OR “diet quality*” OR “eating habit*” OR “dietary habit*” OR “diet habit*” OR “food habit*” OR “beverage habit*” OR "Feeding Behavior"[Mesh:NoExp] OR “dietary profile*” OR “food profile*” OR “diet profile*” OR “eating profile*” OR “dietary guideline* OR “dietary recommendation*” OR “dietary intake*” OR “eating style*” OR "Diet, Mediterranean"[Mesh] OR Mediterranean Diet*[tiab] OR "Dietary Approaches To Stop Hypertension"[Mesh] OR “Dietary Approaches To Stop Hypertension Diet*” OR “DASH diet*” OR "Diet, Gluten-Free"[Mesh] OR “Gluten Free diet*” OR “prudent diet*” OR "Diet, Paleolithic"[Mesh] OR Paleolithic Diet* OR "Diet, Vegetarian"[Mesh] OR vegetarian diet*[tiab] OR vegan diet* OR "Diet, Healthy"[Mesh] OR “plant based diet*” OR "Diet, Western"[Mesh] OR “western diet*” OR "Diet, Carbohydrate-Restricted"[Mesh] OR “low-carbohydrate diet*” OR “high carbohydrate diet*” OR “Ketogenic Diet*” OR “Nordic Diet*” OR "Diet, Fat-Restricted"[Mesh] OR "Diet, High-Fat"[Mesh] OR "Diet, High-Protein"[Mesh] OR high protein diet*[tiab] OR protein intake* OR high-fat diet* OR low fat diet* OR "Diet, Protein-Restricted"[Mesh] OR low protein diet* OR "Diet, Sodium-Restricted"[Mesh] OR low-sodium diet* OR low salt diet* OR (("Dietary Proteins"[Mesh] OR dietary protein*[tiab] OR "Dietary Carbohydrates"[Mesh] OR dietary carbohydrate*[tiab] OR "Dietary Fats"[Mesh] OR dietary fat*[tiab] OR hypocaloric OR hypo-caloric) AND (diet[tiab] OR diets[tiab] OR consumption[tiab] OR intake[tiab] OR supplement*[tiab])) OR ((“Guideline Adherence"[Mesh] OR guideline adherence*)AND (diet[tiab] OR dietary[tiab] OR food[tiab] OR beverage*[tiab] OR nutrition*[tiab])) OR diet score* OR diet quality score* OR diet quality index* OR kidmed OR diet index* OR dietary index* OR food score* OR MedDietScore OR healthy eating index[tiab] OR ((pattern[tiab] OR patterns[tiab] OR consumption[tiab] OR habit*[tiab]) AND (“Diet"[Mesh:NoExp] OR diet[tiab] OR diets[tiab] OR dietary[tiab] OR "Food"[Mesh] OR food[tiab] OR foods[tiab] OR "Beverages"[Mesh] OR beverage[tiab] OR beverages[tiab]))

#2 - "Cardiovascular Diseases"[Mesh:NoExp] OR cardiovascular disease*[tiab] OR coronary artery disease[tiab] OR heart disease*[tiab] OR "Heart Failure"[Mesh] OR heart failure[tiab] OR "Myocardial Infarction"[Mesh] OR myocardial infarction*[tiab] OR "Myocardial Ischemia"[Mesh] OR Myocardial Ischemia*[tiab] OR "Stroke"[Mesh] OR stroke[tiab] OR angina[tiab] OR heart attack[tiab] OR "Venous Thrombosis"[Mesh] OR venous thrombosis[tiab] OR hypertension[tiab] OR high

blood pressure[tiab] OR "Lipids/blood"[Mesh] OR "Cholesterol, HDL"[Mesh] OR HDL cholesterol[tiab] OR "Cholesterol, LDL"[Mesh] OR LDL cholesterol[tiab] OR total cholesterol[tiab] OR "Triglycerides"[Mesh] OR triglycerides[tiab]

#3 - "Diabetes Mellitus, Type 2"[Mesh] OR Type 2 diabetes[tiab] OR T2D[tiab] OR adult onset diabetes[tiab] OR "Prediabetic State"[Mesh] OR prediabet*[tiab] OR pre diabet* OR "Insulin Resistance"[Mesh] OR insulin resistance[tiab] OR "Glucose Intolerance"[Mesh] OR glucose intolerance[tiab] OR glucose tolerance[tiab] OR "Glycated Hemoglobin A"[Mesh] OR hemoglobin A1c[ti] OR "Hyperglycemia"[Mesh] OR "Hypoglycemia"[Mesh] OR ((impaired fasting[tiab] OR "Diabetes Mellitus"[Mesh:NoExp]) AND (glucose[tiab] OR glycemi*[tiab] OR high blood sugar[tiab] OR low blood sugar[tiab]))

#4 - "Body Weights and Measures"[Mesh] OR “Body Weight”[Mesh] OR obesity[tiab] OR obese[tiab] OR overweight[tiab] OR body mass index[tiab] OR BMI[tiab] OR underweight[tiab] OR wasting[tiab] OR healthy weight[tiab] OR “Body Composition”[Mesh] OR body composition[tiab] OR body fat[tiab] OR fat mass[tiab] OR fat free mass[tiab] OR body height[tiab] OR stunting[tiab] OR stunted[tiab] OR "Growth Charts"[Mesh] OR growth chart*[tiab] OR "Growth"[Mesh:NoExp] OR waist circumference[tiab] OR head circumference[tiab] OR arm circumference[tiab] OR thigh circumference[tiab] OR neck circumference[tiab] OR "Anthropometry"[Mesh:NoExp] OR "Overnutrition"[Mesh] OR anthropometr*[tiab] OR adiposity[tiab] OR calf circumference[tiab] OR skin fold*[tiab] OR healthy weight[tiab] OR weight for height[tiab] OR stature for age[tiab] OR weight for age[tiab] OR height for age[tiab] OR length for age[tiab] OR weight for length[tiab]

#5 - (#2 OR #3 OR #4)

#6 - ((#1 AND #5) NOT ("Animals"[Mesh] NOT ("Animals"[Mesh] AND "Humans"[Mesh])) NOT (editorial[ptyp] OR comment[ptyp] OR news[ptyp] OR letter[ptyp] OR review[ptyp] OR systematic review[ptyp] OR systematic review[ti] OR meta-analysis[ptyp] OR meta-analysis[ti] OR meta-analyses[ti] OR retracted publication[ptyp] OR retraction of publication[ptyp] OR retraction of publication[tiab] OR retraction notice[ti])
Filters: Publication date from 2014/01/01 to 2019/10/21; English

Cochrane Central Register of Controlled Trials (CENTRAL)

- Provider: John Wiley & Sons
- Date(s) Searched: October 21, 2019
- Date range searched: January 1, 2014-October 21, 2019
- Search Terms:

#1 - (“dietary pattern*” OR “diet pattern*” OR “eating pattern*” OR “food pattern*” OR “diet quality*” OR “eating habit*” OR “dietary habit*” OR “diet habit*” OR “food habit*” OR “beverage habit*” OR [mh ^"Feeding Behavior"] OR “dietary profile*” OR “food profile*” OR “diet profile*” OR “eating profile*” OR “dietary guideline*” OR “dietary recommendation*” OR “dietary intake*” OR “eating style*” OR [mh "Diet, Mediterranean"] OR “Mediterranean Diet*” OR [mh "Dietary Approaches To Stop Hypertension"] OR “Dietary Approaches To Stop Hypertension Diet*” OR “DASH

diet*” OR [mh "Diet, Gluten-Free"] OR “Gluten Free diet*” OR “prudent diet*” OR [mh "Diet, Paleolithic"] OR “Paleolithic Diet*” OR [mh "Diet, Vegetarian"] OR “vegetarian diet*” OR “vegan diet*” OR [mh "Diet, Healthy"] OR “plant based diet*” OR [mh "Diet, Western"] OR “western diet*” OR [mh "Diet, Carbohydrate-Restricted"] OR “low-carbohydrate diet*” OR “high carbohydrate diet*” OR “Ketogenic Diet*” OR “Nordic Diet*” OR [mh "Diet, Fat-Restricted"] OR [mh "Diet, High-Fat"] OR [mh "Diet, High-Protein"] OR “high protein diet*” OR “protein intake*” OR “high-fat diet*” OR “low fat diet*” OR [mh "Diet, Protein-Restricted"] OR “low protein diet*” OR [mh "Diet, Sodium-Restricted"] OR “low-sodium diet*” OR “low salt diet*”):ti,ab,kw

#2 - (([mh "Dietary Proteins"] OR “dietary protein*” OR [mh "Dietary Carbohydrates"] OR “dietary carbohydrate*” OR [mh "Dietary Fats"] OR “dietary fat*” OR hypocaloric OR hypo-caloric) NEAR/6 (diet OR diets OR consumption OR intake OR supplement*))

#3 - ([mh "Guideline Adherence"] OR guideline adherence*) NEAR/6 (diet OR dietary OR food OR beverage* OR nutrition*))

#4 - ("diet score*" OR "diet quality score*" OR "diet quality index*" OR kidmed OR "diet index*" OR "dietary index*" OR "food score*" OR MedDietScore OR "healthy eating index*"):ti,ab,kw

#5 - (((pattern OR patterns OR consumption OR habit*) NEAR/6 ([mh ^Diet] OR diet OR diets OR dietary OR [mh Food] OR food OR foods OR [mh Beverages] OR beverage OR beverages))):ti,ab,kw

#6 - #1 OR #2 OR #3 OR #4 OR #5

#7 - [mh ^"Cardiovascular Diseases"] OR [mh "Heart Failure"] OR [mh "Myocardial Infarction"] OR [mh "Myocardial Ischemia"] OR [mh Stroke] OR [mh "Venous Thrombosis"] OR [mh Lipids/BL] OR [mh "Cholesterol, HDL"] OR [mh "Cholesterol, LDL"] OR [mh Triglycerides]"

#8 - (“cardiovascular disease*” OR “coronary artery disease*” OR “heart disease*” OR “heart failure*” OR “myocardial infarction*” OR “myocardial ischemia*” OR stroke OR angina OR “heart attack*” OR “venous thrombosis” OR hypertension OR “high blood pressure” OR “HDL cholesterol” OR “LDL cholesterol” OR “total cholesterol” OR triglycerides):ti,ab,kw

#9 - #7 OR #8

#10 - [mh "Diabetes Mellitus, Type 2"] OR [mh "Prediabetic State"] OR [mh "Insulin Resistance"] OR [mh "Glucose Intolerance"] OR [mh "Glycated Hemoglobin A"] OR [mh Hyperglycemia] OR [mh Hypoglycemia]

#11 - (“Type 2 diabetes” OR T2D OR “adult onset diabetes” OR prediabet* OR pre diabet* OR “insulin resistance” OR “glucose intolerance” OR “glucose tolerance” OR “hemoglobin A1c”):ti,ab,kw

#12 - (((“impaired fasting” OR [mh ^"Diabetes Mellitus"]) NEAR/6 (glucose OR glycemi* OR “high blood sugar” OR “low blood sugar”))):ti,ab,kw

#13 - #10 OR #11 OR #12

#14 - [mh "Body Weights and Measures"] OR [mh “Body Weight”] OR [mh “Body Composition”] OR [mh "Growth Charts"] OR [mh ^"Growth"] OR [mh ^"Anthropometry"] OR [mh "Overnutrition"]

#15 - (obesity OR obese OR overweight OR "body mass index" OR BMI OR underweight OR wasting OR "healthy weight" OR "body composition" OR " body fat" OR "fat mass" OR "fat free mass" OR "body height" OR stunting OR stunted OR "growth chart" OR "waist circumference" OR "head circumference" OR "arm circumference" OR "thigh circumference" OR "neck circumference" OR "calf circumference" OR anthropometr* OR adiposity OR "skin fold" OR "healthy weight" OR "weight for height" OR "stature for age" OR "weight for age" OR "height for age" OR "length for age" OR "weight for length"):ti,ab,kw

#16 - #14 OR #15

#17 - #9 OR #13 OR #16

#18 - #6 AND #17" with Publication Year from 2014 to 2019, in Trials (Word variations have been searched)

Embase

- Provider: Elsevier
- Date(s) Searched: October 21, 2019
- Date range searched: January 1, 2014-October 21, 2019
- Search Terms:

#1 - 'feeding behavior'/de OR 'mediterranean diet'/exp OR 'dash diet'/exp OR 'gluten free diet'/exp OR 'paleolithic diet'/de OR 'vegetarian diet'/exp OR 'healthy diet'/de OR 'western diet'/de OR 'low carbohydrate diet'/exp OR 'low fat diet'/de OR 'lipid diet'/exp OR 'protein diet'/exp OR 'protein restriction'/de OR 'sodium restriction'/de

#2 - 'dietary pattern*':ab,ti OR 'diet pattern*':ab,ti OR 'eating pattern*':ab,ti OR 'food pattern*':ab,ti OR 'diet quality*':ab,ti OR 'eating habit*':ab,ti OR 'dietary habit*':ab,ti OR 'diet habit*':ab,ti OR 'food habit*':ab,ti OR 'beverage habit*':ab,ti OR 'dietary profile*':ab,ti OR 'food profile*':ab,ti OR 'diet profile*':ab,ti OR 'eating profile*':ab,ti OR 'dietary guideline*':ab,ti OR 'dietary recommendation*':ab,ti OR 'dietary intake*':ab,ti OR 'eating style*':ab,ti OR 'mediterranean diet*':ab,ti OR 'dietary approaches to stop hypertension diet*':ab,ti OR 'dash diet*':ab,ti OR 'gluten free diet*':ab,ti OR 'prudent diet*':ab,ti OR 'paleolithic diet*':ab,ti OR 'vegetarian diet*':ab,ti OR 'vegan diet*':ab,ti OR 'plant based diet*':ab,ti OR 'western diet*':ab,ti OR 'low-carbohydrate diet*':ab,ti OR 'high carbohydrate diet*':ab,ti OR 'ketogenic diet*':ab,ti OR 'nordic diet*':ab,ti OR 'high protein diet*':ab,ti OR 'protein intake*':ab,ti OR 'high-fat diet*':ab,ti OR 'low fat diet*':ab,ti OR 'low protein diet*':ab,ti OR 'low-sodium diet*':ab,ti OR 'low salt diet*':ab,ti

#3 - (('dietary protein*' OR 'dietary carbohydrate*' OR 'dietary fat*' OR hypocaloric OR hypo-caloric) NEAR/6 (diet OR diets OR consumption OR intake OR supplement)):ab,ti

#4 - ('guideline adherence' NEAR/6 (diet OR dietary OR food OR beverage OR nutrition*)):ab,ti

#5 - 'diet score':ab,ti OR 'diet quality score':ab,ti OR kidmed:ab,ti OR 'diet index':ab,ti OR 'dietary index':ab,ti OR 'diet quality index':ab,ti OR 'food score':ab,ti OR meddietscore:ab,ti OR 'healthy eating index':ab,ti

#6 - ((pattern OR patterns OR consumption OR habit*) NEAR/6 (diet OR diets OR dietary OR food OR foods OR beverage OR beverages)):ab,ti

#7 - #1 OR #2 OR #3 OR #4 OR #5 OR #6

#8 - 'cardiovascular disease'/de OR 'heart failure'/exp OR 'heart infarction'/exp OR 'heart muscle ischemia'/exp OR 'cerebrovascular accident'/exp OR 'vein thrombosis'/exp OR 'high density lipoprotein cholesterol'/de OR 'low density lipoprotein cholesterol'/de OR 'triacylglycerol'/exp

#9 - 'cardiovascular disease*':ab,ti OR 'coronary artery disease':ab,ti OR 'heart disease':ab,ti OR 'heart failure':ab,ti OR 'myocardial infarction*':ab,ti OR 'myocardial ischemia*':ab,ti OR stroke:ab,ti OR angina:ab,ti OR 'heart attack':ab,ti OR 'venous thrombosis':ab,ti OR 'hypertension':ab,ti OR 'high blood pressure':ab,ti OR 'hdl cholesterol':ab,ti OR 'ldl cholesterol':ab,ti OR 'total cholesterol':ab,ti OR triglycerides:ab,ti

#10 - #8 OR #9

#11 - 'non insulin dependent diabetes mellitus'/exp OR 'impaired glucose tolerance'/exp OR 'insulin resistance'/de OR 'glucose intolerance'/de OR 'glycosylated hemoglobin'/exp OR 'hyperglycemia'/de OR 'hypoglycemia'/exp

#12 - 'type 2 diabetes':ab,ti OR t2d:ab,ti OR 'adult onset diabetes':ab,ti OR prediabet*:ab,ti OR 'pre diabet*':ab,ti OR 'insulin resistance':ab,ti OR 'glucose intolerance':ab,ti OR 'glucose tolerance':ab,ti OR 'hemoglobin a1c':ab,ti

#13 - (('impaired fasting' OR 'diabetes mellitus]') NEAR/6 (glucose OR glycemi* OR 'high blood sugar' OR 'low blood sugar')):ab,ti

#14 - #11 OR #12 OR #13

#15 - 'weight, mass and size'/exp OR 'body weight'/exp OR 'body composition'/exp OR 'growth chart'/de OR 'growth'/de OR 'anthropometry'/de OR 'overnutrition'/exp

#16 - obesity:ab,ti OR obese:ab,ti OR overweight:ab,ti OR 'body mass index':ab,ti OR bmi:ab,ti OR underweight:ab,ti OR wasting:ab,ti OR 'body composition':ab,ti OR 'body fat':ab,ti OR 'fat mass':ab,ti OR 'fat free mass':ab,ti OR 'body height':ab,ti OR stunting:ab,ti OR stunted:ab,ti OR 'growth chart*':ab,ti OR 'waist circumference':ab,ti OR 'head circumference':ab,ti OR 'arm circumference':ab,ti OR 'thigh circumference':ab,ti OR 'neck circumference':ab,ti OR 'calf circumference':ab,ti OR anthropometr*:ab,ti OR adiposity:ab,ti OR 'skin fold*':ab,ti OR 'healthy weight':ab,ti OR 'weight for height':ab,ti OR 'stature for age':ab,ti OR 'weight for age':ab,ti OR 'height for age':ab,ti OR 'length for age':ab,ti OR 'weight for length':ab,ti

#17 - #15 OR #16

#18 - #10 OR #14 OR #17

#19 - #7 AND #18

#20 - #7 AND #18 AND ([article]/lim OR [article in press]/lim) AND [humans]/lim

AND [english]/lim AND [2014-2019]/py NOT ([conference abstract]/lim OR [conference review]/lim OR [conference paper]/lim OR [editorial]/lim OR [erratum]/lim OR [letter]/lim OR [note]/lim OR [review]/lim OR [systematic review]/lim OR [meta analysis]/lim)

Search 2: Additional literature search to cover diets based on macronutrient distribution

PubMed

- Provider: U.S. National Library of Medicine
- Date(s) Searched: November 8, 2019
- Date range searched: January 1, 2000-December 31, 2013
- Search Terms:

#1 - Macronutrient* OR Macro-nutrient* OR "Dietary Carbohydrates"[Mesh] OR dietary carbohydrate* OR carbohydrate diet* OR "Diet, Carbohydrate-Restricted"[Mesh] OR carbohydrate-restrict* OR low carbohydrate* OR high carbohydrate* OR carbohydrate intake* OR "Dietary Proteins"[Mesh] OR protein diet* OR "Diet, Protein-Restricted"[Mesh] OR protein restrict* OR protein intake[tiab] OR low protein* OR "Diet, High-Protein"[Mesh] OR high protein* OR Ketogenic Diet* OR "Dietary Fats"[Mesh] OR dietary fat* OR fat intake* OR "Diet, High-Fat"[Mesh] OR high fat* OR "Diet, Fat-Restricted"[Mesh] OR fat-restricted* OR low fat*

#2 - "Cardiovascular Diseases"[Mesh:NoExp] OR cardiovascular disease*[tiab] OR coronary artery disease[tiab] OR heart disease*[tiab] OR "Heart Failure"[Mesh] OR heart failure[tiab] OR "Myocardial Infarction"[Mesh] OR myocardial infarction*[tiab] OR "Myocardial Ischemia"[Mesh] OR Myocardial Ischemia*[tiab] OR "Stroke"[Mesh] OR stroke[tiab] OR angina[tiab] OR heart attack[tiab] OR "Venous Thrombosis"[Mesh] OR venous thrombosis[tiab] OR hypertension[tiab] OR high blood pressure[tiab] OR "Lipids/blood"[Mesh] OR "Cholesterol, HDL"[Mesh] OR HDL cholesterol[tiab] OR "Cholesterol, LDL"[Mesh] OR LDL cholesterol[tiab]

#3 - "Diabetes Mellitus, Type 2"[Mesh] OR Type 2 diabetes[tiab] OR T2D[tiab] OR adult onset diabetes[tiab] OR "Prediabetic State"[Mesh] OR prediabet*[tiab] OR pre diabet* OR "Insulin Resistance"[Mesh] OR insulin resistance[tiab] OR "Glucose Intolerance"[Mesh] OR glucose intolerance[tiab] OR glucose tolerance[tiab] OR "Glycated Hemoglobin A"[Mesh] OR hemoglobin A1c[ti] OR "Hyperglycemia"[Mesh] OR "Hypoglycemia"[Mesh] OR ((impaired fasting[tiab] OR "Diabetes Mellitus"[Mesh:NoExp]) AND (glucose[tiab] OR glycemi*[tiab] OR high blood sugar[tiab] OR low blood sugar[tiab]))

#4 - "Body Weights and Measures"[Mesh] OR “Body Weight”[Mesh] OR obesity[tiab] OR obese[tiab] OR overweight[tiab] OR body mass index[tiab] OR BMI[tiab] OR underweight[tiab] OR wasting[tiab] OR healthy weight[tiab] OR “Body Composition”[Mesh] OR body composition[tiab] OR body fat[tiab] OR fat mass[tiab] OR fat free mass[tiab] OR body height[tiab] OR stunting[tiab] OR stunted[tiab] OR "Growth Charts"[Mesh] OR growth chart*[tiab] OR "Growth"[Mesh:NoExp] OR waist circumference[tiab] OR head circumference[tiab] OR arm circumference[tiab] OR thigh circumference[tiab] OR neck circumference[tiab] OR

"Anthropometry"[Mesh:NoExp] OR "Overnutrition"[Mesh] OR anthropometr*[tiab] OR adiposity[tiab] OR calf circumference[tiab] OR skin fold*[tiab] OR healthy weight[tiab] OR weight for height[tiab] OR stature for age[tiab] OR weight for age[tiab] OR height for age[tiab] OR length for age[tiab] OR weight for length[tiab]

#5 - (#2 OR #3 OR #4)

#6 - (#1 AND #5) NOT ("Animals"[Mesh] NOT ("Animals"[Mesh] AND "Humans"[Mesh])) NOT (editorial[ptyp] OR comment[ptyp] OR news[ptyp] OR letter[ptyp] OR review[ptyp] OR systematic review[ptyp] OR systematic review[ti] OR meta-analysis[ptyp] OR meta-analysis[ti] OR meta-analyses[ti] OR retracted publication[ptyp] OR retraction of publication[ptyp] OR retraction of publication[tiab] OR retraction notice[ti])
Filters: Publication date from 2000/01/01 to 2013/12/31; English

Cochrane Central Register of Controlled Trials (CENTRAL)

- Provider: John Wiley & Sons
- Date(s) Searched: November 8, 2019
- Date range searched: January 1, 2000-December 31, 2013
- Search Terms:

#1 - [mh "Dietary Carbohydrates"] OR [mh "Diet, Carbohydrate-Restricted"] OR [mh "Dietary Proteins"] OR [mh "Diet, Protein-Restricted"] OR [mh "Diet, High-Protein"] OR [mh "Dietary Fats"] OR [mh "Diet, High-Fat"] OR [mh "Diet, Fat-Restricted"]

#2 - (macronutrient* OR macro-nutrient* OR “dietary carbohydrate*” OR “carbohydrate diet*” OR “carbohydrate-restrict*” OR “low carbohydrate*” OR “high carbohydrate*” OR “carbohydrate intake*” OR “protein diet*” OR “protein restrict*” OR “protein intake” OR “low protein*” OR “high protein*” OR “Ketogenic Diet*” OR “dietary fat*” OR “fatty diet*” OR “high fat*” OR “fat-restricted*” OR “low fat*”):ti,ab,kw

#3 - #1 OR #2

#4 - [mh ^"Cardiovascular Diseases"] OR [mh "Heart Failure"] OR [mh "Myocardial Infarction"] OR [mh "Myocardial Ischemia"] OR [mh Stroke] OR [mh "Venous Thrombosis"] OR [mh Lipids/BL] OR [mh "Cholesterol, HDL"] OR [mh "Cholesterol, LDL"] OR [mh Triglycerides]

#5 - (“cardiovascular disease*” OR “coronary artery disease*” OR “heart disease*” OR “heart failure*” OR “myocardial infarction*” OR “myocardial ischemia*” OR stroke OR angina OR “heart attack*” OR “venous thrombosis” OR hypertension OR “high blood pressure” OR “HDL cholesterol” OR “LDL cholesterol” OR “total cholesterol” OR triglycerides):ti,ab,kw

#6 - #4 OR #5

#7 - [mh "Diabetes Mellitus, Type 2"] OR [mh "Prediabetic State"] OR [mh "Insulin Resistance"] OR [mh "Glucose Intolerance"] OR [mh "Glycated Hemoglobin A"] OR [mh Hyperglycemia] OR [mh Hypoglycemia]

#8 - (“Type 2 diabetes” OR T2D OR “adult onset diabetes” OR prediabet* OR pre diabet* OR “insulin resistance” OR “glucose intolerance” OR “glucose tolerance” OR

“hemoglobin A1c”):ti,ab,kw"

#9 - ((“impaired fasting” OR [mh ^"Diabetes Mellitus"]) NEAR/6 (glucose OR glycemi* OR “high blood sugar” OR “low blood sugar”)):ti,ab,kw

#10 - #7 OR #8 OR #9

#11 - [mh "Body Weights and Measures"] OR [mh “Body Weight”] OR [mh “Body Composition”] OR [mh "Growth Charts"] OR [mh ^"Growth"] OR [mh ^"Anthropometry"] OR [mh "Overnutrition"]

#12 - (obesity OR obese OR overweight OR "body mass index" OR BMI OR underweight OR wasting OR "healthy weight" OR "body composition" OR " body fat" OR "fat mass" OR "fat free mass" OR "body height" OR stunting OR stunted OR "growth chart" OR "waist circumference" OR "head circumference" OR "arm circumference" OR "thigh circumference" OR "neck circumference" OR "calf circumference" OR anthropometr* OR adiposity OR "skin fold" OR "healthy weight" OR "weight for height" OR "stature for age" OR "weight for age" OR "height for age" OR "length for age" OR "weight for length"):ti,ab,kw

#13 - #11 OR #12

#14 - #6 OR #10 OR #13

#15 - #3 AND #14" with Publication Year from 2000 to 2013**,** in Trials (Word variations have been searched)

Embase

- Provider: Elsevier
- Date(s) Searched: November 8, 2019
- Date range searched: January 1, 2000-December 31, 2013
- Search Terms:

#1 - 'macronutrient'/exp OR 'carbohydrate diet'/exp OR 'low carbohydrate diet'/exp OR 'protein intake'/exp OR 'protein restriction'/exp OR 'protein diet'/exp OR 'fat intake'/exp OR 'lipid diet'/exp OR 'low fat diet'/exp

#2 - macronutrient*:ab,ti OR 'macro nutrient*':ab,ti OR 'dietary carbohydrate*':ab,ti OR 'carbohydrate diet*':ab,ti OR 'carbohydrate-restrict*':ab,ti OR 'low carbohydrate*':ab,ti OR 'high carbohydrate*':ab,ti OR 'carbohydrate intake*':ab,ti OR 'protein diet*':ab,ti OR 'protein restrict*':ab,ti OR 'protein intake':ab,ti OR 'low protein*':ab,ti OR 'high protein*':ab,ti OR 'ketogenic diet*':ab,ti OR 'dietary fat*':ab,ti OR 'fat intake*':ab,ti OR 'high fat*':ab,ti OR 'fat-restricted*':ab,ti OR 'low fat*':ab,ti

#3 - #1 OR #2

#4 - 'cardiovascular disease'/de OR 'heart failure'/exp OR 'heart infarction'/exp OR 'heart muscle ischemia'/exp OR 'cerebrovascular accident'/exp OR 'vein thrombosis'/exp OR 'high density lipoprotein cholesterol'/de OR 'low density lipoprotein cholesterol'/de OR 'triacylglycerol'/exp

#5 - 'cardiovascular disease*':ab,ti OR 'coronary artery disease':ab,ti OR 'heart disease':ab,ti OR 'heart failure':ab,ti OR 'myocardial infarction*':ab,ti OR 'myocardial ischemia*':ab,ti OR stroke:ab,ti OR angina:ab,ti OR 'heart attack':ab,ti OR 'venous

thrombosis':ab,ti OR 'hypertension':ab,ti OR 'high blood pressure':ab,ti OR 'hdl cholesterol':ab,ti OR 'ldl cholesterol':ab,ti OR 'total cholesterol':ab,ti OR triglycerides:ab,ti

#6 - #4 OR #5

#7 - 'non insulin dependent diabetes mellitus'/exp OR 'impaired glucose tolerance'/exp OR 'insulin resistance'/de OR 'glucose intolerance'/de OR 'glycosylated hemoglobin'/exp OR 'hyperglycemia'/de OR 'hypoglycemia'/exp

#8 - 'type 2 diabetes':ab,ti OR t2d:ab,ti OR 'adult onset diabetes':ab,ti OR prediabet*:ab,ti OR 'pre diabet*':ab,ti OR 'insulin resistance':ab,ti OR 'glucose intolerance':ab,ti OR 'glucose tolerance':ab,ti OR 'hemoglobin a1c':ab,ti

#9 - (('impaired fasting' OR 'diabetes mellitus]') NEAR/6 (glucose OR glycemi* OR 'high blood sugar' OR 'low blood sugar')):ab,ti

#10 - #7 OR #8 OR #9

#11 - 'weight, mass and size'/exp OR 'body weight'/exp OR 'body composition'/exp OR 'growth chart'/de OR 'growth'/de OR 'anthropometry'/de OR 'overnutrition'/exp

#12 - obesity:ab,ti OR obese:ab,ti OR overweight:ab,ti OR 'body mass index':ab,ti OR bmi:ab,ti OR underweight:ab,ti OR wasting:ab,ti OR 'body composition':ab,ti OR 'body fat':ab,ti OR 'fat mass':ab,ti OR 'fat free mass':ab,ti OR 'body height':ab,ti OR stunting:ab,ti OR stunted:ab,ti OR 'growth chart*':ab,ti OR 'waist circumference':ab,ti OR 'head circumference':ab,ti OR 'arm circumference':ab,ti OR 'thigh circumference':ab,ti OR 'neck circumference':ab,ti OR 'calf circumference':ab,ti OR anthropometr*:ab,ti OR adiposity:ab,ti OR 'skin fold*':ab,ti OR 'healthy weight':ab,ti OR 'weight for height':ab,ti OR 'stature for age':ab,ti OR 'weight for age':ab,ti OR 'height for age':ab,ti OR 'length for age':ab,ti OR 'weight for length':ab,ti

#13 - #11 OR #12

#14 - #6 OR #10 OR #13

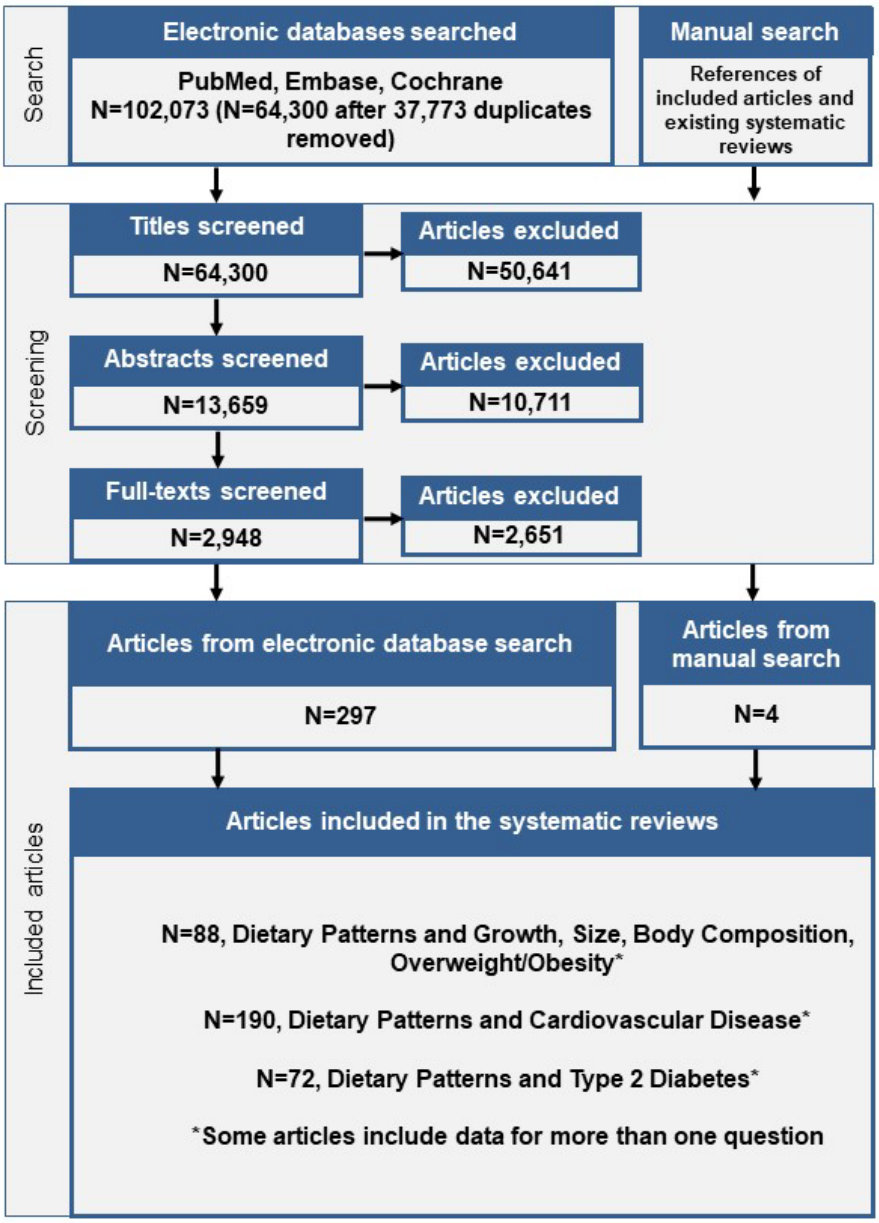
#15 - #3 AND #14

#16 - #3 AND #14 AND ([article]/lim OR [article in press]/lim) AND [humans]/lim AND [english]/lim AND [2000-2013]/py NOT ([conference abstract]/lim OR [conference review]/lim OR [conference paper]/lim OR [editorial]/lim OR [erratum]/lim OR [letter]/lim OR [note]/lim OR [review]/lim OR [systematic review]/lim OR [meta analysis]/lim)

LITERATURE SEARCH AND SCREENING RESULTS

The flow chart (**Figure 2**) below illustrates the literature searches and screening results for articles to answer this systematic review question, which were searched together with similar systematic review questions for screening efficiency The results of two electronic database searches, after removal of duplicates, were combined for efficiency and screened by two NESR analysts independently using a step-wise process by reviewing titles, abstracts, and full-texts to determine which articles met the inclusion criteria (**Table 5**) for each systematic review question depicted in the flow chart. Refer to **Table 6** for the rationale for exclusion for each excluded full-text article. A manual search was done to find articles that were not identified when searching the electronic databases; all manually identified articles are also screened to determine whether they meet criteria for inclusion.

Figure 2: Flow chart of literature search and screening results[xx]



[xx] The flow chart depicts the combined raw search totals from the electronic databases that were searched from both searches that included a total of 102,073 raw results, which were comprised of 63,384 raw results from the first search strategy and 38,689 from the second search strategy as described in the Electronic databases section. That section also provides the date range searched. Search results were combined for efficiency. Results were screened together in screening software by two analysts independently. Due to topical overlap, both of the searches were designed to comprehensively identify relevant literature in this systematic review question as well as two additional systematic reviews questions to avoid screening the same results multiple times.

Excluded articles

The table below lists the articles excluded after full-text screening from two literature searches for this systematic review question, as well as two additional systematic review questions. At least one reason for exclusion is provided for each article, which may not reflect all possible reasons. Information about articles excluded after title and abstract screening is available upon request.

Table 6. Articles excluded after full text screening with rationale for exclusion

No.	Citation	Rationale
1	Al Wattar B H, Dodds, J, Placzek, A, Beresford, L, Spyreli, E, Moore, A, Gonzalez Carreras, FJ, Austin, F, Murugesu, N, Roseboom, TJ, Bes-Rastrollo, M, Hitman, GA, Hooper, R, Khan, KS, Thangaratinam, S. Mediterranean-style diet in pregnant women with metabolic risk factors (ESTEEM): A pragmatic multicentre randomised trial. PLoS Med. 2019. 16:e1002857. doi:10.1371/journal.pmed.1002857	Outcome; Participants
2	. A low-carbohydrate diet reduces obesity and may improve dyslipidaemia compared with a low-fat diet. Evidence-Based Healthcare and Public Health. 2004. 8:370-372. doi:10.1016/j.ehbc.2004.09.006	Study Design; Publication Status
3	. Assessment of control of cardiovascular risk factors in obese posmenopausal women after monitoring a structured dietary education and exercise program. (SISIFO Program). Hipertension y riesgo vascular. 33 (3) (pp 103-110), 2016. Date of publication: 01 jul 2016.. 2016. :. doi:10.1016/j.hipert.2016.02.002	Language
4	. Brazil nut consumption improves postprandial satiety, blood glucose and insulin responses in healthy adults. Circulation. 2018. 138:. doi:unavailable	Publication Status
5	. Compliance, palatability and feasibility of paleolithic and Australian guide to healthy eating diets in healthy women: a 4-week dietary intervention. Nutrients. 8 (8) (no pagination), 2016. Article number: 481. Date of publication: 06 aug 2016.. 2016. :. doi:10.3390/nu8080481	Publication Status; Study duration
6	. Diets that work. The Journal of clinical endocrinology and metabolism. 2014. 99:31A-32A. doi:unavailable	Publication Status
7	. Effective dietary interventions for managing overweight and obesity in children. Nurs N Z. 2007. 13:30-1. doi:unavailable	Study Design; Publication Status
8	. Healthier protein sources may cut risks of coronary heart disease. Substituting fish, poultry and low-fat dairy for red meat makes a difference. Heart Advis. 2010. 13:7. doi:unavailable	Intervention/Exposure; Publication Status
9	. High fat diet more than a waistline worry. American journal of Alzheimer's disease and other dementias. 2004. 19:330-331. doi:unavailable	Study Design; Publication Status
10	. Mediterranean diets and metabolic syndrome status in the PREDIMED randomized trial. CMAJ : Canadian Medical Association journal = journal de l'Association medicale canadienne. 2018. 190:E808. doi:10.1503/cmaj.180791	Publication Status

No.	Citation	Rationale
11	. Mediterranean eating linked to lower diabetes risk. Harvard men's health watch. 2014. 18:8. doi:unavailable	Study Design; Publication Status
12	. Nutritional intervention based on mediterranean diet reduces blood pressure and immune cells response after immune stimulation. Annals of nutrition & metabolism. 2017. Conference: 10th Annual Conference of the International Symposium on Immunonutrition. Spain. 71:70-71. doi:unavailable	Publication Status
13	. Physical activity rather than food knowledge/preferences underlie waist circumference improvements in early preventive programs. Digestive and liver disease. 2017. Conference: 24th National SIGENP Congress. Italy. 49:e284. doi:10.1016/j.dld.2017.09.115	Publication Status
14	. Short-term effects of different dietary approaches on body weight and body composition among obese female. Obesity facts. 2018. Conference: 25th European Congress on Obesity, ECO 2018. Austria. 11:135-136. doi:10.1159/000489691	Publication Status
15	. Summaries for Patients. Effect of Allowing Choice of Diet on Weight Loss. Ann Intern Med. 2015. 162:I-22. doi:10.7326/p15-9021	Publication Status
16	Aadland, EK, Lavigne, C, Graff, IE, Eng, O, Paquette, M, Holthe, A, Mellgren, G, Jacques, H, Liaset, B. Lean seafood intake reduces cardiovascular risk factors in healthy subjects. Annals of nutrition and metabolism. 2015. 67:335-336. doi:10.1159/000440895	Intervention/Exposure; Study duration
17	Aadland, EK, Lavigne, C, Graff, IE, Eng, O, Paquette, M, Holthe, A, Mellgren, G, Jacques, H, Liaset, B. Lean-seafood intake reduces cardiovascular lipid risk factors in healthy subjects: results from a randomized controlled trial with a crossover design. Am J Clin Nutr. 2015. 102:582-92. doi:10.3945/ajcn.115.112086	Intervention/Exposure; Comparator
18	Aballay, LR, Osella, AR, De La Quintana, AG, Diaz, MDP. Nutritional profile and obesity: results from a random-sample population-based study in Cordoba, Argentina. Eur J Nutr. 2016. 55:675-685. doi:10.1007/s00394-015-0887-0	Study Design
19	Abbasi, F, McLaughlin, T, Lamendola, C, Kim, HS, Tanaka, A, Wang, T, Nakajima, K, Reaven, GM. High carbohydrate diets, triglyceride-rich lipoproteins, and coronary heart disease risk. Am J Cardiol. 2000. 85:45-8. doi:10.1016/s0002-9149(99)00604-9	Study duration
20	Abdel-Megeid, FY, Abdelkarem, HM, El-Fetouh, AM. Unhealthy nutritional habits in university students are a risk factor for cardiovascular diseases. Saudi Medical Journal. 2011. 32:621-627. doi:unavailable	Study Design
21	Aberg, G, Edman, G, Rossner, S. Perceived hunger, palatability, and adherence: A comparison of high- and low-fat diets. Obes Res Clin Pract. 2008. 2:71-142. doi:10.1016/j.orcp.2008.03.001	Study duration ; Health Status
22	Abete, I, Parra, D, De Morentin, BM, Alfredo Martinez, J. Effects of two energy-restricted diets differing in the carbohydrate/protein ratio on weight loss and oxidative changes of obese men. Int J Food Sci Nutr. 2009. 60 Suppl 3:1-13. doi:10.1080/09637480802232625	Study duration
23	Abete, I, Parra, D, Martinez, JA. Legume-, fish-, or high-protein-based hypocaloric diets: effects on weight loss and mitochondrial oxidation in obese men. J Med Food. 2009. 12:100-8. doi:10.1089/jmf.2007.0700	Study duration

No.	Citation	Rationale
24	Abu-Saad, K, Novikov, I, Gimpelevitz, I, Benderly, M, Alpert, G, Goldbourt, U, Kalter-Leibovici, O. Micronutrient intake and adherence to DASH diet are associated with incident major adverse cardiovascular events and all-cause mortality in a bi-ethnic population. European heart journal. 2017. 38:1120-. doi:10.1093/eurheartj/ehx502.P5321	Publication Status
25	Acosta-Navarro, JC, Oki, AM, Antoniazzi, L, Bonfim, MAC, Hong, V, Gaspar, MCA, Sandrim, VC, Nogueira, A. Consumption of animal-based and processed food associated with cardiovascular risk factors and subclinical atherosclerosis biomarkers in men. Rev Assoc Med Bras (1992). 2019. 65:43-50. doi:10.1590/1806-9282.65.1.43	Study Design
26	Adachi, H, Hino, A. Trends in nutritional intake and serum cholesterol levels over 40 years in Tanushimaru, Japanese men. J Epidemiol. 2005. 15:85-9. doi:10.2188/jea.15.85	Study Design
27	Adamsson, V, Cederholm, T, Vessby, B, Risérus, U. Influence of a healthy Nordic diet on serum fatty acid composition and associations with blood lipoproteins - Results from the NORDIET study. Food and Nutrition Research. 2014. 58:. doi:10.3402/fnr.v58.24114	Intervention/Exposure; Outcome
28	Adamsson, V, Reumark, A, Fredriksson, IB, Hammarstrom, E, Vessby, B, Johansson, G, Riserus, U. Effects of a healthy Nordic diet on cardiovascular risk factors in hypercholesterolaemic subjects: a randomized controlled trial (NORDIET). J Intern Med. 2011. 269:150-9. doi:10.1111/j.1365-2796.2010.02290.x	Intervention/Exposure; Publication Date Overlaps with Existing Review
29	Adechian, S, Balage, M, Remond, D, Migne, C, Quignard-Boulange, A, Marset-Baglieri, A, Rousset, S, Boirie, Y, Gaudichon, C, Dardevet, D, Mosoni, L. Protein feeding pattern, casein feeding, or milk-soluble protein feeding did not change the evolution of body composition during a short-term weight loss program. Am J Physiol Endocrinol Metab. 2012. 303:E973-82. doi:10.1152/ajpendo.00285.2012	Intervention/Exposure; Study duration
30	Adelina, R. BMI correlated to dietary pattern of Indonesian college students lives in Taipei city, Taiwan. Pakistan Journal of Medical and Health Sciences. 2018. 12:1308-1311. doi:unavailable	Study Design; Intervention/Exposure
31	Adochio, RL, Leitner, JW, Gray, K, Draznin, B, Cornier, MA. Early responses of insulin signaling to high-carbohydrate and high-fat overfeeding. Nutr Metab (Lond). 2009. 6:37. doi:10.1186/1743-7075-6-37	Study duration
32	Adriouch, S, Julia, C, Kesse-Guyot, E, Mejean, C, Ducrot, P, Peneau, S, Donnenfeld, M, Deschasaux, M, Menai, M, Hercberg, S, Touvier, M, Fezeu, LK. Prospective association between a dietary quality index based on a nutrient profiling system and cardiovascular disease risk. Eur J Prev Cardiol. 2016. 23:1669-76. doi:10.1177/2047487316640659	Intervention/Exposure
33	Adriouch, S, Lelong, H, Kesse-Guyot, E, Baudry, J, Lampuré, A, Galan, P, Hercberg, S, Touvier, M, Fezeu, LK. Compliance with nutritional and lifestyle recommendations in 13,000 patients with a cardiometabolic disease from the Nutrinet-Santé study. Nutrients. 2017. 9:. doi:10.3390/nu9060546	Study Design
34	Aeberli, I, Kaspar, M, Zimmermann, MB. Dietary intake and physical activity of normal weight and overweight 6 to 14 year old Swiss children. Swiss Med Wkly. 2007. 137:424-30. doi:2007/29/smw-11696	Study Design
35	Aeberli, I, Spinas, GA, Lehmann, R, l'Allemand, D, Molinari, L, Zimmermann, MB. Diet determines features of the metabolic syndrome in 6- to 14-year-old children. Int J Vitam Nutr Res. 2009. 79:14-23. doi:10.1024/0300-9831.79.1.14	Study Design

No.	Citation	Rationale
36	Aguiar-Bloemer, AC, Japur, CC, Francisco, LV, Diez-Garcia, RW. Dietary quality differences between women with and without weight loss in nutritional treatment. Clinical Nutrition ESPEN. 2019. doi:10.1016/j.clnesp.2019.08.003	Study Design
37	Ahadi, Z, Qorbani, M, Kelishadi, R, Ardalan, G, Motlagh, ME, Asayesh, H, Zeynali, M, Chinian, M, Larijani, B, Shafiee, G, Heshmat, R. Association between breakfast intake with anthropometric measurements, blood pressure and food consumption behaviors among Iranian children and adolescents: the CASPIAN-IV study. Public Health. 2015. 129:740-7. doi:10.1016/j.puhe.2015.03.019	Study Design; Intervention/Exposure
38	Ahluwalia, N, Ferrieres, J, Dallongeville, J, Simon, C, Ducimetiere, P, Amouyel, P, Arveiler, D, Ruidavets, JB. Association of macronutrient intake patterns with being overweight in a population-based random sample of men in France. Diabetes Metab. 2009. 35:129-36. doi:10.1016/j.diabet.2008.09.006	Study Design
39	Ahmadi-Abhari, S, Luben, RN, Powell, N, Bhaniani, A, Chowdhury, R, Wareham, NJ, Forouhi, NG, Khaw, KT. Dietary intake of carbohydrates and risk of type 2 diabetes: the European Prospective Investigation into Cancer-Norfolk study. Br J Nutr. 2014. 111:342-52. doi:10.1017/s0007114513002298	Intervention/Exposure
40	Ahn, Y, Park, SJ, Kwack, HK, Kim, MK, Ko, KP, Kim, SS. Rice-eating pattern and the risk of metabolic syndrome especially waist circumference in Korean Genome and Epidemiology Study (KoGES). BMC Public Health. 2013. 13:61. doi:10.1186/1471-2458-13-61	Study Design
41	Ahuja, KD, Ashton, EL, Ball, MJ. Effects of two lipid-lowering, carotenoid-controlled diets on the oxidative modification of low-density lipoproteins in free-living humans. Clin Sci (Lond). 2003. 105:355-61. doi:10.1042/cs20030050	Study duration
42	Akbaraly, T, Wurtz, P, Singh-Manoux, A, Shipley, MJ, Haapakoski, R, Lehto, M, Desrumaux, C, Kahonen, M, Lehtimaki, T, Mikkila, V, Hingorani, A, Humphries, SE, Kangas, AJ, Soininen, P, Raitakari, O, Ala-Korpela, M, Kivimaki, M. Association of circulating metabolites with healthy diet and risk of cardiovascular disease: analysis of two cohort studies. Sci Rep. 2018. 8:8620. doi:10.1038/s41598-018-26441-1	Intervention/Exposure
43	Akbaraly, TN, Shipley, MJ, Ferrie, JE, Virtanen, M, Lowe, G, Hamer, M, Kivimaki, M. Long-term adherence to healthy dietary guidelines and chronic inflammation in the prospective Whitehall II study. Am J Med. 2015. 128:152-160.e4. doi:10.1016/j.amjmed.2014.10.002	Outcome
44	Akbari-Sedigh, A, Asghari, G, Yuzbashian, E, Dehghan, P, Imani, H, Mirmiran, P. Association of dietary pattern with carotid intima media thickness among children with overweight or obesity. Diabetol Metab Syndr. 2019. 11:77. doi:10.1186/s13098-019-0472-4	Study Design
45	Akdemir, M, Donmez, L, Polat, H. The effect of nutritional and physical activity interventions on nutritional status and obesity in primary school children: A cluster randomized controlled study. Kuwait Medical Journal. 2017. 49:105-113. doi:unavailable	Intervention/Exposure
46	Akinyemi, RO, Allan, L, Owolabi, MO, Akinyemi, JO, Ogbole, G, Ajani, A, Firbank, M, Ogunniyi, A, Kalaria, RN. Profile and determinants of vascular cognitive impairment in African stroke survivors: the CogFAST Nigeria Study. J Neurol Sci. 2014. 346:241-9. doi:10.1016/j.jns.2014.08.042	Intervention/Exposure
47	Akita, S, Sacks, FM, Svetkey, LP, Conlin, PR, Kimura, G. Effects of the Dietary Approaches to Stop Hypertension (DASH) diet on the pressure-natriuresis relationship. Hypertension. 2003. 42:8-13. doi:10.1161/01.Hyp.0000074668.08704.6e	Outcome

No.	Citation	Rationale
48	Akter, S, Kurotani, K, Kashino, I, Goto, A, Mizoue, T, Noda, M, Sawada, N, Tsugane, S. High Dietary Acid Load Score Is Associated with Increased Risk of Type 2 Diabetes in Japanese Men: The Japan Public Health Center-based Prospective Study. J Nutr. 2016. 146:1076-83. doi:10.3945/jn.115.225177	Intervention/Exposure
49	Akter, S, Nanri, A, Mizoue, T, Noda, M, Sawada, N, Sasazuki, S, Tsugane, S. Dietary acid load and mortality among Japanese men and women: the Japan Public Health Center-based Prospective Study. Am J Clin Nutr. 2017. 106:146-154. doi:10.3945/ajcn.117.152876	Intervention/Exposure
50	Al Hourani, H, Atoum, M, Alboqai, O, Ismail, LC, Al Dhaheri, A, Hijjawi, N. Effectiveness of dietary intervention for obese women in Jordan. International Journal of Food Sciences and Nutrition. 2009. 60:76-82. doi:10.1080/09637480903022727	Study Design
51	Al Suwaidi, J. Dietary patterns and their association with acute coronary heart disease: Lessons from the REGARDS Study. Glob Cardiol Sci Pract. 2015. 2015:56. doi:10.5339/gcsp.2015.56	Study Design
52	Al-Delaimy, WK, Natarajan, L, Rock, CL, Sun, S, Flatt, SW, Pierce, JP. Insulin-like growth factor I, insulin-like growth factor I binding protein 1, insulin, glucose, and leptin serum levels are not influenced by a reduced-fat, high-fiber diet intervention. Cancer Epidemiol Biomarkers Prev. 2006. 15:1238-9. doi:10.1158/1055-9965.Epi-06-0160	Study Design; Health Status
53	Aldrich, ND, Reicks, MM, Sibley, SD, Redmon, JB, Thomas, W, Raatz, SK. Varying protein source and quantity do not significantly improve weight loss, fat loss, or satiety in reduced energy diets among midlife adults. Nutr Res. 2011. 31:104-12. doi:10.1016/j.nutres.2011.01.004	Power/Size
54	Alemany, JA, Nindl, BC, Kellogg, MD, Tharion, WJ, Young, AJ, Montain, SJ. Effects of dietary protein content on IGF-I, testosterone, and body composition during 8 days of severe energy deficit and arduous physical activity. J Appl Physiol (1985). 2008. 105:58-64. doi:10.1152/japplphysiol.00005.2008	Study duration
55	Alenazi, SA, Koura, HM, Zaki, SM, Mohamed, AH. Prevalence of Obesity Among Male Adolescents in Arar Saudi Arabia: Future Risk of Cardiovascular Disease. Indian J Community Med. 2015. 40:182-7. doi:10.4103/0970-0218.158864	Study Design
56	AlEssa, HB, Bhupathiraju, SN, Malik, VS, Wedick, NM, Campos, H, Rosner, B, Willett, WC, Hu, FB. Carbohydrate quality and quantity and risk of type 2 diabetes in US women. Am J Clin Nutr. 2015. 102:1543-53. doi:10.3945/ajcn.115.116558	Intervention/Exposure
57	Alexander, S, Ostfeld, RJ, Allen, K, Williams, KA. A plant-based diet and hypertension. J Geriatr Cardiol. 2017. 14:327-330. doi:10.11909/j.issn.1671-5411.2017.05.014	Study Design
58	Alexy, U, Sichert-Hellert, W, Kersting, M, Schultze-Pawlitschko, V. Pattern of long-term fat intake and BMI during childhood and adolescence--results of the DONALD Study. Int J Obes Relat Metab Disord. 2004. 28:1203-9. doi:10.1038/sj.ijo.0802708	Power/Size
59	Alhassan, S, Kim, S, Bersamin, A, King, AC, Gardner, CD. Dietary adherence and weight loss success among overweight women: results from the A TO Z weight loss study. Int J Obes (Lond). 2008. 32:985-91. doi:10.1038/ijo.2008.8	Weight loss/Hypocaloric
60	Alhazmi, A, Stojanovski, E, McEvoy, M, Garg, ML. Macronutrient intake and type 2 diabetes risk in middle-aged Australian women. Results from the Australian Longitudinal Study on Women's Health. Public Health Nutr. 2014. 17:1587-94. doi:10.1017/s1368980013001870	Intervention/Exposure

No.	Citation	Rationale
61	Alimujiang, A, Colditz, GA, Gardner, JD, Park, Y, Berkey, CS, Sutcliffe, S. Childhood diet and growth in boys in relation to timing of puberty and adult height: the Longitudinal Studies of Child Health and Development. Cancer Causes Control. 2018. 29:915-926. doi:10.1007/s10552-018-1068-2	Study Design; Intervention/Exposure; Outcome
62	Alissa, EM, Bahjri, SM, Al-Ama, N, Ahmed, WH, Ferns, GA. High cardiovascular risk in young Saudi males: cardiovascular risk factors, diet and inflammatory markers. Clin Chim Acta. 2006. 365:288-96. doi:10.1016/j.cca.2005.09.007	Study Design; Intervention/Exposure
63	Aljuraiban, GS, Gibson, R, Oude Griep, LM, Okuda, N, Steffen, LM, Van Horn, L, Chan, Q. Perspective: The Application of A Priori Diet Quality Scores to Cardiovascular Disease Risk-A Critical Evaluation of Current Scoring Systems. Adv Nutr. 2019. :. doi:10.1093/advances/nmz059	Study Design
64	Allan, GM, Ivers, N, Sharma, AM. Diets for weight loss and prevention of negative health outcomes. Can Fam Physician. 2011. 57:894-5. doi:unavailable	Study Design; Publication Status
65	Aller, EE, Larsen, TM, Claus, H, Lindroos, AK, Kafatos, A, Pfeiffer, A, Martinez, JA, Handjieva-Darlenska, T, Kunesova, M, Stender, S, Saris, WH, Astrup, A, van Baak, MA. Weight loss maintenance in overweight subjects on ad libitum diets with high or low protein content and glycemic index: the DIOGENES trial 12-month results. Int J Obes (Lond). 2014. 38:1511-7. doi:10.1038/ijo.2014.52	Intervention/Exposure
66	Aller, R, De Luis, DA, Izaola, O, La Calle, F, Del Olmo, L, Fernandez, L, Arranz, T, Gonzalez Hernandez, JM. Effect of soluble fiber intake in lipid and glucose leves in healthy subjects: A randomized clinical trial. Diabetes Research and Clinical Practice. 2004. 65:7-11. doi:10.1016/j.diabres.2003.11.005	Intervention/Exposure; Comparator
67	Allison, MA, Aragaki, AK, Ray, RM, Margolis, KL, Beresford, SA, Kuller, L, Jo O'Sullivan, M, Wassertheil-Smoller, S, Van Horn, L. A Randomized Trial of a Low-Fat Diet Intervention on Blood Pressure and Hypertension: Tertiary Analysis of the WHI Dietary Modification Trial. Am J Hypertens. 2016. 29:959-68. doi:10.1093/ajh/hpv196	Intervention/Exposure
68	Almohanna, A, Conforti, F, Eigel, W, Barbeau, W. Impact of Dietary Acculturation on the Food Habits, Weight, Blood Pressure, and Fasting Blood Glucose Levels of International College Students. J Am Coll Health. 2015. 63:307-14. doi:10.1080/07448481.2015.1025075	Intervention/Exposure; Comparator
69	Al-Nakeeb, Y, Lyons, M, Dodd, LJ, Al-Nuaim, A. An investigation into the lifestyle, health habits and risk factors of young adults. Int J Environ Res Public Health. 2015. 12:4380-94. doi:10.3390/ijerph120404380	Intervention/Exposure
70	Alnasir, FA, Fateha, BE. Low carbohydrate diet. Its effects on selected body parameters of obese patients. Saudi Med J. 2003. 24:949-52. doi:unavailable	Study Design
71	Alonso, A, Beunza, JJ, Bes-Rastrollo, M, Pajares, RM, Martinez-Gonzalez, MA. Vegetable protein and fiber from cereal are inversely associated with the risk of hypertension in a Spanish cohort. Arch Med Res. 2006. 37:778-86. doi:10.1016/j.arcmed.2006.01.007	Intervention/Exposure; Outcome
72	Al-Sarraj, T, Saadi, H, Calle, MC, Volek, JS, Fernandez, ML. Carbohydrate restriction, as a first-line dietary intervention, effectively reduces biomarkers of metabolic syndrome in Emirati adults. J Nutr. 2009. 139:1667-76. doi:10.3945/jn.109.109603	Study duration

No.	Citation	Rationale
73	Al-Sarraj, T, Saadi, H, Volek, JS, Fernandez, ML. Carbohydrate restriction favorably alters lipoprotein metabolism in Emirati subjects classified with the metabolic syndrome. Nutr Metab Cardiovasc Dis. 2010. 20:720-6. doi:10.1016/j.numecd.2009.06.004	Intervention/Exposure
74	Al-Sarraj, T, Volek, JS, Saadi, H, Fernandez, ML. Carbohydrate restriction reduces dyslipidemias associated with atherogenic lipoprotein profiles in Emirati men and women with metabolic syndrome. FASEB journal. 2013. 27:. doi:unavailable	Publication Status
75	Alshaikh, MK, Rawaf, S, Quezada-Yamamoto, H. Cardiovascular risk and fruit and vegetable consumption among women in KSA; A cross-sectional study. J Taibah Univ Med Sci. 2018. 13:444-451. doi:10.1016/j.jtumed.2018.06.001	Study Design
76	Alsharari, ZD, Leander, K, Sjogren, P, Carlsson, A, Cederholm, T, de Faire, U, Hellenius, ML, Marklund, M, Riserus, U. Association between carbohydrate intake and fatty acids in the de novo lipogenic pathway in serum phospholipids and adipose tissue in a population of Swedish men. Eur J Nutr. 2019. :. doi:10.1007/s00394-019-02058-6	Study Design; Outcome
77	Al-Sobayel, H, Al-Hazzaa, HM, Abahussain, NA, Qahwaji, DM, Musaiger, AO. Gender differences in leisure-time versus non-leisure-time physical activity among Saudi adolescents. Ann Agric Environ Med. 2015. 22:344-8. doi:10.5604/12321966.1152091	Study Design; Intervention/Exposure
78	Al-Solaiman, Y, Jesri, A, Mountford, WK, Lackland, DT, Zhao, Y, Egan, BM. DASH lowers blood pressure in obese hypertensives beyond potassium, magnesium and fibre. J Hum Hypertens. 2010. 24:237-46. doi:10.1038/jhh.2009.58	Study duration
79	Altorf-van der Kuil, W, Engberink, MF, De Neve, M, van Rooij, FJ, Hofman, A, van't Veer, P, Witteman, JC, Franco, OH, Geleijnse, JM. Dietary amino acids and the risk of hypertension in a Dutch older population: the Rotterdam Study. Am J Clin Nutr. 2013. 97:403-10. doi:10.3945/ajcn.112.038737	Intervention/Exposure
80	Altorf-van der Kuil, W, Engberink, MF, van Rooij, FJ, Hofman, A, van't Veer, P, Witteman, JC, Geleijnse, JM. Dietary protein and risk of hypertension in a Dutch older population: the Rotterdam study. J Hypertens. 2010. 28:2394-400. doi:10.1097/HJH.0b013e32833eff63	Intervention/Exposure
81	Alvarez-Alvarez, I, Toledo, E, Lecea, O, Salas-Salvado, J, Corella, D, Buil-Cosiales, P, Zomeno, MD, Vioque, J, Martinez, JA, Konieczna, J, Baron-Lopez, FJ, Lopez-Miranda, J, Estruch, R, Bueno-Cavanillas, A, Alonso-Gomez, AM, Tur, JA, Tinahones, FJ, Serra-Majem, L, Martin, V, Ortega-Calvo, M, Vazquez, C, Pinto, X, Vidal, J, Daimiel, L, Delgado-Rodriguez, M, Matia, P, Gonzalez, JI, Diaz-Lopez, A, Paz-Graniel, I, Munoz, MA, Fito, M, Pertusa-Martinez, S, Abete, I, Garcia-Rios, A, Ros, E, Ruiz-Canela, M, Martinez-Gonzalez, MA. Adherence to a priori dietary indexes and baseline prevalence of cardiovascular risk factors in the PREDIMED-Plus randomised trial. Eur J Nutr. 2019. :. doi:10.1007/s00394-019-01982-x	Study Design
82	Ambrosini, GL, Emmett, PM, Northstone, K, Howe, LD, Tilling, K, Jebb, SA. Identification of a dietary pattern prospectively associated with increased adiposity during childhood and adolescence. Int J Obes (Lond). 2012. 36:1299-305. doi:10.1038/ijo.2012.127	Publication Date Overlaps with Existing Review
83	Ambrosini, GL, Emmett, PM, Northstone, K, Jebb, SA. Tracking a dietary pattern associated with increased adiposity in childhood and adolescence. Obesity (Silver Spring). 2014. 22:458-65. doi:10.1002/oby.20542	Outcome

No.	Citation	Rationale
84	Ambrosini, GL, Solis-Trapala, I, Ahern, AL, Fuller, NR, Holzapfel, C, Hauner, H, Caterson, ID, Jebb, SA. Greater improvements in diet quality among overweight participants following a group-based commercial weight loss programme than those receiving support to lose weight in primary care. Nutr J. 2018. 17:64. doi:10.1186/s12937-018-0370-x	Intervention/Exposure
85	Ambroszkiewicz, J, Chelchowska, M, Rowicka, G, Klemarczyk, W, Strucinska, M, Gajewska, J. Anti-Inflammatory and Pro-Inflammatory Adipokine Profiles in Children on Vegetarian and Omnivorous Diets. Nutrients. 2018. 10:. doi:10.3390/nu10091241	Study Design
86	Ambroszkiewicz, J, Chelchowska, M, Szamotulska, K, Rowicka, G, Klemarczyk, W, Strucinska, M, Gajewska, J. Bone status and adipokine levels in children on vegetarian and omnivorous diets. Clin Nutr. 2019. 38:730-737. doi:10.1016/j.clnu.2018.03.010	Study Design
87	Ambroszkiewicz, J, Klemarczyk, W, Gajewska, J, Chelchowska, M, Rowicka, G, Oltarzewski, M, Laskowska-Klita, T. Serum concentration of adipocytokines in prepubertal vegetarian and omnivorous children. Med Wieku Rozwoj. 2011. 15:326-34. doi:unavailable	Study Design
88	Ambroszkiewicz, J, Laskowska-Klita, T, Klemarczyk, W. Low serum leptin concentration in vegetarian prepubertal children. Rocz Akad Med Bialymst. 2004. 49:103-5. doi:unavailable	Study Design
89	Amini, P, Maghsoudi, Z, Feizi, A, Ghiasvand, R, Askari, G. Effects of High Protein and Balanced Diets on Lipid Profiles and Inflammation Biomarkers in Obese and Overweight Women at Aerobic Clubs: A Randomized Clinical Trial. Int J Prev Med. 2016. 7:110. doi:10.4103/2008-7802.190608	Intervention/Exposure
90	Amor, AJ, Masana, L, Soriguer, F, Goday, A, Calle-Pascual, A, Gaztambide, S, Rojo-Martinez, G, Valdes, S, Gomis, R, Ortega, E. Estimating Cardiovascular Risk in Spain by the European Guidelines on Cardiovascular Disease Prevention in Clinical Practice. Rev Esp Cardiol (Engl Ed). 2015. 68:417-25. doi:10.1016/j.rec.2014.05.023	Study Design
91	Ampatzoglou, A, Atwal, KK, Maidens, CM, Williams, CL, Ross, AB, Thielecke, F, Jonnalagadda, SS, Kennedy, OB, Yaqoob, P. Increased whole grain consumption does not affect blood biochemistry, body composition, or gut microbiology in healthy, low-habitual whole grain consumers. J Nutr. 2015. 145:215-21. doi:10.3945/jn.114.202176	Intervention/Exposure
92	An, R, Burd, NA. Change in daily energy intake associated with pairwise compositional change in carbohydrate, fat and protein intake among US adults, 1999-2010. Public Health Nutr. 2015. 18:1343-52. doi:10.1017/s1368980014001876	Study Design
93	Anders, S, Schroeter, C. Diabetes, diet-health behavior, and obesity. Front Endocrinol (Lausanne). 2015. 6:33. doi:10.3389/fendo.2015.00033	Study Design
94	Andersen, LB, Arnberg, K, Trolle, E, Michaelsen, KF, Bro, R, Pipper, CB, Molgaard, C. The effects of water and dairy drinks on dietary patterns in overweight adolescents. Int J Food Sci Nutr. 2016. 67:314-24. doi:10.3109/09637486.2016.1150435	Outcome
95	Andersen, LB, Molgaard, C, Ejlerskov, KT, Trolle, E, Michaelsen, KF, Bro, R, Pipper, CB. Development of Dietary Patterns Spanning Infancy and Toddlerhood: Relation to Body Size, Composition and Metabolic Risk Markers at Three Years. AIMS Public Health. 2015. 2:332-357. doi:10.3934/publichealth.2015.3.332	Study Design; Intervention/Exposure; AGE: Intervention/Exposure

No.	Citation	Rationale
96	Anderson, AL, Harris, TB, Houston, DK, Tylavsky, FA, Lee, JS, Sellmeyer, DE, Sahyoun, NR. Relationships of dietary patterns with body composition in older adults differ by gender and PPAR-gamma Pro12Ala genotype. Eur J Nutr. 2010. 49:385-94. doi:10.1007/s00394-010-0096-9	Study Design
97	Anderson, AL, Harris, TB, Tylavsky, FA, Perry, SE, Houston, DK, Hue, TF, Strotmeyer, ES, Sahyoun, NR. Dietary patterns and survival of older adults. J Am Diet Assoc. 2011. 111:84-91. doi:10.1016/j.jada.2010.10.012	Outcome
98	Anderson, AL, Harris, TB, Tylavsky, FA, Perry, SE, Houston, DK, Lee, JS, Kanaya, AM, Sahyoun, NR. Dietary patterns, insulin sensitivity and inflammation in older adults. Eur J Clin Nutr. 2012. 66:18-24. doi:10.1038/ejcn.2011.162	Outcome
99	Anderson, AS, Haynie, KR, McMillan, RP, Osterberg, KL, Boutagy, NE, Frisard, MI, Davy, BM, Davy, KP, Hulver, MW. Early skeletal muscle adaptations to short-term high-fat diet in humans before changes in insulin sensitivity. Obesity (Silver Spring). 2015. 23:720-4. doi:10.1002/oby.21031	Power/Size
100	Anderson-Vasquez, HE, Perez-Martinez, P, Ortega Fernandez, P, Wanden-Berghe, C. Impact of the consumption of a rich diet in butter and it replacement for a rich diet in extra virgin olive oil on anthropometric, metabolic and lipid profile in postmenopausal women. Nutr Hosp. 2015. 31:2561-70. doi:10.3305/nh.2015.31.6.8732	Study duration
101	Andersson, J, Mellberg, C, Otten, J, Ryberg, M, Rinnstrom, D, Larsson, C, Lindahl, B, Hauksson, J, Johansson, B, Olsson, T. Left ventricular remodelling changes without concomitant loss of myocardial fat after long-term dietary intervention. Int J Cardiol. 2016. 216:92-6. doi:10.1016/j.ijcard.2016.04.050	Study Design; Intervention/Exposure; Outcome
102	Andrikopoulos, S. The Paleo diet and diabetes. Med J Aust. 2016. 205:151-2. doi:10.5694/mja16.00347	Publication Status
103	Angelis, A, Ioakeimidis, N, Aznaouridis, K, Georgakopoulos, C, Gourgouli, I, Rokas, K, Terentes, D, Zisimos, K, Chrysohoou, C, Aggeli, K, etal, . Mediterranean diet adherence in essential hypertension middle aged men, outcome in endogenous testosterone left ventricular geometry and central haemodynamics. European heart journal. Conference: european society of cardiology, ESC congress 2017. Spain. 2017. 38:1054. doi:10.1093/eurheartj/ehx502.5027	Publication Status
104	Anglin, JC, Borchardt, N, Ramos, E, Mhoon, K. Diet quality of adults using intuitive eating for weight loss - pilot study. Nutr Health. 2013. 22:255-64. doi:10.1177/0260106015601943	Intervention/Exposure; Study duration
105	Anil, S, Charlton, KE, Tapsell, LC, Probst, Y, Ndanuko, R, Batterham, MJ. Identification of dietary patterns associated with blood pressure in a sample of overweight Australian adults. J Hum Hypertens. 2016. 30:672-678. doi:10.1038/jhh.2016.10	Study Design
106	Ankarfeldt, MZ, Angquist, L, Jakobsen, MU, Overvad, K, Tjonneland, A, Halkjaer, J, Astrup, A, Sorensen, TI. Interactions of dietary protein and adiposity measures in relation to subsequent changes in body weight and waist circumference. Obesity (Silver Spring). 2014. 22:2097-103. doi:10.1002/oby.20812	Intervention/Exposure
107	Ankarfeldt, MZ, Ängquist, L, Stocks, T, Jakobsen, MU, Overvad, K, Halkjær, J, Saris, WHM, Astrup, A, Sørensen, TIA. Body composition, dietary protein and body weight regulation. Reconciling conflicting results from intervention and observational studies?. PLoS ONE. 2014. 9:. doi:10.1371/journal.pone.0101134	Study Design; Intervention/Exposure
108	Ankarfeldt, MZ, Gottliebsen, K, Angquist, L, Astrup, A, Heitmann, BL, Sorensen, TI. Dietary protein and urinary nitrogen in relation to 6-year changes in fat mass and fat-free mass. Int J Obes (Lond). 2015. 39:162-8. doi:10.1038/ijo.2014.80	Power/Size

No.	Citation	Rationale
109	Annuzzi, G, Bozzetto, L, Costabile, G, Della Corte, G, Anniballi, G, Vitale, M, Cocozza, S, Giacco, R, Vetrani, C, Rivieccio, A, etal, . Effects of dietary polyphenols and/or n-3 fatty acids on postprandial lipaemia in people at high cardiovascular risk: the Etherpaths project. Diabetologia. 2012. 55:S362. doi:10.1007/s00125-012-2688-9	Publication Status
110	Anonymous, . Popular diets equally effective for losing weight. Journal of family practice. 2005. 54:306. doi:unavailable	Publication Status
111	Antonio de Luis, D, Izaola, O, Primo, D, Aller, R. Modifications of serum levels of omentin-1 and other cardiovascular risk factors following weight loss secondary to a Mediterranean hypocaloric diet. Clin Nutr. 2018. 37:2280-2283. doi:10.1016/j.clnu.2017.11.009	Study Design; Intervention/Exposure
112	Antonio, J, Ellerbroek, A, Evans, C, Silver, T, Peacock, CA. High protein consumption in trained women: bad to the bone?. J Int Soc Sports Nutr. 2018. 15:6. doi:10.1186/s12970-018-0210-6	Power/Size
113	Antonio, J, Ellerbroek, A, Silver, T, Vargas, L, Peacock, C. The effects of a high protein diet on indices of health and body composition--a crossover trial in resistance-trained men. J Int Soc Sports Nutr. 2016. 13:3. doi:10.1186/s12970-016-0114-2	Power/Size
114	Antonio, J, Ellerbroek, A, Silver, T, Vargas, L, Tamayo, A, Buehn, R, Peacock, CA. A High Protein Diet Has No Harmful Effects: A One-Year Crossover Study in Resistance-Trained Males. J Nutr Metab. 2016. 2016:9104792. doi:10.1155/2016/9104792	Power/Size
115	Antonio, J, Peacock, CA, Ellerbroek, A, Fromhoff, B, Silver, T. The effects of consuming a high protein diet (4.4 g/kg/d) on body composition in resistance-trained individuals. J Int Soc Sports Nutr. 2014. 11:19. doi:10.1186/1550-2783-11-19	Study duration
116	Anwar, A, Aslam, S, Akram, A. A comparative study of dietary patterns in the patients with coronary artery disease and control. Pakistan Journal of Medical and Health Sciences. 2017. 11:1541-1542. doi:unavailable	Study Design
117	Apolzan, JW, Hsia, DS, Martin, CK. Effects of a higher vs. lower protein diet on weight loss in teenagers: results from a randomized controlled trial. FASEB journal. 2016. 30:. doi:unavailable	Publication Status
118	Apolzan, JW, Hsia, DS, Martin, CK. Effects of a higher vs. Lower protein energy restricted diet on parameters of the metabolic syndrome in adolescents: a randomized, controlled trial. Diabetes. 2016. 65:A336-. doi:10.2337/db16-861-1374	Publication Status
119	Appannah, G, Pot, GK, Huang, RC, Oddy, WH, Beilin, LJ, Mori, TA, Jebb, SA, Ambrosini, GL. Identification of a dietary pattern associated with greater cardiometabolic risk in adolescence. Nutr Metab Cardiovasc Dis. 2015. 25:643-50. doi:10.1016/j.numecd.2015.04.007	Study Design
120	Appannah, G, Pot, GK, Oddy, WH, Jebb, SA, Ambrosini, GL. Determinants of a dietary pattern linked with greater metabolic risk and its tracking during adolescence. J Hum Nutr Diet. 2018. 31:218-227. doi:10.1111/jhn.12519	Outcome
121	Appel, LJ, Sacks, FM, Carey, VJ, Obarzanek, E, Swain, JF, Miller, ER, 3rd, Conlin, PR, Erlinger, TP, Rosner, BA, Laranjo, NM, Charleston, J, McCarron, P, Bishop, LM. Effects of protein, monounsaturated fat, and carbohydrate intake on blood pressure and serum lipids: results of the OmniHeart randomized trial. Jama. 2005. 294:2455-64. doi:10.1001/jama.294.19.2455	Intervention/Exposure; Publication Date Overlaps with Existing Review

No.	Citation	Rationale
122	Arabshahi, S, Lahmann, PH, Hughes, MC, Williams, GW, van der Pols, JC. Dietary behaviours, weight loss attempts and change in waist circumference: 15-year longitudinal study in Australian adults. Asia Pac J Clin Nutr. 2017. 26:657-664. doi:10.6133/apjcn.062016.04	Intervention/Exposure
123	Arabzadegan, N, Daneshzad, E, Fatahi, S, Moosavian, SP, Surkan, PJ, Azadbakht, L. Effects of dietary whole grain, fruit, and vegetables on weight and inflammatory biomarkers in overweight and obese women. Eat Weight Disord. 2019. :. doi:10.1007/s40519-019-00757-x	Intervention/Exposure
124	Archer, WR, Lamarche, B, Deriaz, O, Landry, N, Corneau, L, Despres, JP, Bergeron, J, Couture, P, Bergeron, N. Variations in body composition and plasma lipids in response to a high-carbohydrate diet. Obes Res. 2003. 11:978-86. doi:10.1038/oby.2003.135	Study duration
125	Archer, WR, Lamarche, B, St-Pierre, AC, Mauger, JF, Deriaz, O, Landry, N, Corneau, L, Despres, JP, Bergeron, J, Couture, P, Bergeron, N. High carbohydrate and high monounsaturated fatty acid diets similarly affect LDL electrophoretic characteristics in men who are losing weight. J Nutr. 2003. 133:3124-9. doi:10.1093/jn/133.10.3124	Study duration
126	Archero, F, Ricotti, R, Solito, A, Carrera, D, Civello, F, Di Bella, R, Bellone, S, Prodam, F. Adherence to the Mediterranean Diet among School Children and Adolescents Living in Northern Italy and Unhealthy Food Behaviors Associated to Overweight. Nutrients. 2018. 10:. doi:10.3390/nu10091322	Study Design
127	Arciero, PJ, Ormsbee, MJ, Gentile, CL, Nindl, BC, Brestoff, JR, Ruby, M. Increased protein intake and meal frequency reduces abdominal fat during energy balance and energy deficit. Obesity (Silver Spring). 2013. 21:1357-66. doi:10.1002/oby.20296	Study duration
128	Ard, JD, Lewis, KH, Rothberg, A, Auriemma, A, Coburn, SL, Cohen, SS, Loper, J, Matarese, L, Pories, WJ, Periman, S. Effectiveness of a Total Meal Replacement Program (OPTIFAST Program) on Weight Loss: Results from the OPTIWIN Study. Obesity. 2019. 27:22-29. doi:10.1002/oby.22303	Intervention/Exposure
129	Arefhosseini, SR, Edwards, CA, Malkova, D, Higgins, S. Effect of advice to increase carbohydrate and reduce fat intake on dietary profile and plasma lipid concentrations in healthy postmenopausal women. Ann Nutr Metab. 2009. 54:138-44. doi:10.1159/000210435	Study Design
130	Arguin, H, Tremblay, A, Blundell, JE, Despres, JP, Richard, D, Lamarche, B, Drapeau, V. Impact of a non-restrictive satiating diet on anthropometrics, satiety responsiveness and eating behaviour traits in obese men displaying a high or a low satiety phenotype. Br J Nutr. 2017. 118:750-760. doi:10.1017/s0007114517002549	Study Design; Intervention/Exposure
131	Armeno, M, Verini, A, Del Pino, M, Araujo, MB, Mestre, G, Reyes, G, Caraballo, RH. A Prospective Study on Changes in Nutritional Status and Growth Following Two Years of Ketogenic Diet (KD) Therapy in Children with Refractory Epilepsy. Nutrients. 2019. 11:. doi:10.3390/nu11071596	Health Status
132	Arnlov, J, Lind, L, Sundstrom, J, Andren, B, Vessby, B, Lithell, H. Insulin resistance, dietary fat intake and blood pressure predict left ventricular diastolic function 20 years later. Nutr Metab Cardiovasc Dis. 2005. 15:242-9. doi:10.1016/j.numecd.2004.10.002	Intervention/Exposure; Outcome

No.	Citation	Rationale
133	Arnold, K, Weinhold, KR, Andridge, R, Johnson, K, Orchard, TS. Improving Diet Quality Is Associated with Decreased Inflammation: Findings from a Pilot Intervention in Postmenopausal Women with Obesity. J Acad Nutr Diet. 2018. 118:2135-2143. doi:10.1016/j.jand.2018.05.014	Study Design
134	Arouca, A, Moreno, L, Marcos, A, Kafatos, A, Michels, N, De Henauw, S. Diet as a moderator in the association of adiposity and sedentary behavior with inflammatory biomarkers in european adolescents. Annals of nutrition & metabolism. 2018. 73:201-. doi:10.1159/000493135	Publication Status
135	Arredondo, A, Torres, C, Orozco, E, Pacheco, S, Huang, F, Zambrano, E, Bolanos-Jimenez, F. Socio-economic indicators, dietary patterns, and physical activity as determinants of maternal obesity in middle-income countries: Evidences from a cohort study in Mexico. Int J Health Plann Manage. 2019. 34:e713-e725. doi:10.1002/hpm.2684	Study Design; Outcome
136	Arsiwalla, DD, Arnold, AW, Teel, KP, Ulrich, PV, Gropper, SS. The interactive role of eating regulation and stress in the prediction of weight-related outcomes among college students. Stress Health. 2018. 34:59-71. doi:10.1002/smi.2760	Study Design; Intervention/Exposure
137	Arvidsson, E, Viguerie, N, Andersson, I, Verdich, C, Langin, D, Arner, P. Effects of different hypocaloric diets on protein secretion from adipose tissue of obese women. Diabetes. 2004. 53:1966-71. doi:10.2337/diabetes.53.8.1966	Outcome
138	Asano, M, Kushida, M, Yamamoto, K, Tomata, Y, Tsuji, I, Tsuduki, T. Abdominal Fat in Individuals with Overweight Reduced by Consumption of a 1975 Japanese Diet: A Randomized Controlled Trial. Obesity (Silver Spring). 2019. 27:899-907. doi:10.1002/oby.22448	Intervention/Exposure
139	Asghari, G, Yuzbashian, E, Mirmiran, P, Hooshmand, F, Najafi, R, Azizi, F. Dietary Approaches to Stop Hypertension (DASH) Dietary Pattern Is Associated with Reduced Incidence of Metabolic Syndrome in Children and Adolescents. J Pediatr. 2016. 174:178-184.e1. doi:10.1016/j.jpeds.2016.03.077	Power/Size
140	Asghari, G, Yuzbashian, E, Mirmiran, P, Mahmoodi, B, Azizi, F. Fast Food Intake Increases the Incidence of Metabolic Syndrome in Children and Adolescents: Tehran Lipid and Glucose Study. PLoS One. 2015. 10:e0139641. doi:10.1371/journal.pone.0139641	Intervention/Exposure
141	Ashourpour, M, Kaveh, MH, Ta Bata Baee, HR, Ta Ghdir, M, Salehi, M. Dietary pattern of children with malnutrition in a Persian population. Gazzetta Medica Italiana Archivio per le Scienze Mediche. 2018. 177:185-192. doi:10.23736/S0393-3660.17.03577-X	Study Design
142	Ashton, EL, Pomeroy, S, Foster, JE, Kaye, RS, Nestel, PJ, Ball, M. Diet high in monounsaturated fat does not have a different effect on arterial elasticity than a low-fat, high-carbohydrate diet. J Am Diet Assoc. 2000. 100:537-42. doi:10.1016/s0002-8223(00)00167-x	Study duration
143	Ashworth, A, Mitchell, K, Blackwell, JR, Vanhatalo, A, Jones, AM. High-nitrate vegetable diet increases plasma nitrate and nitrite concentrations and reduces blood pressure in healthy women. Public Health Nutr. 2015. 18:2669-78. doi:10.1017/s1368980015000038	Intervention/Exposure; Study duration
144	Assmann, KE, Adjibade, M, Andreeva, VA, Hercberg, S, Galan, P, Kesse-Guyot, E. Association Between Adherence to the Mediterranean Diet at Midlife and Healthy Aging in a Cohort of French Adults. J Gerontol A Biol Sci Med Sci. 2018. 73:347-354. doi:10.1093/gerona/glx066	Outcome

No.	Citation	Rationale
145	Assmann, KE, Adjibade, M, Shivappa, N, Hebert, JR, Wirth, MD, Touvier, M, Akbaraly, T, Hercberg, S, Galan, P, Julia, C, Kesse-Guyot, E. The Inflammatory Potential of the Diet at Midlife Is Associated with Later Healthy Aging in French Adults. J Nutr. 2018. 148:437-444. doi:10.1093/jn/nxx061	Intervention/Exposure; Outcome
146	Assmann, KE, Joslowski, G, Buyken, AE, Cheng, G, Remer, T, Kroke, A, Gunther, AL. Prospective association of protein intake during puberty with body composition in young adulthood. Obesity (Silver Spring). 2013. 21:E782-9. doi:10.1002/oby.20516	Power/Size
147	Assmann, KE, Lassale, C, Andreeva, VA, Jeandel, C, Hercberg, S, Galan, P, Kesse-Guyot, E. A Healthy Dietary Pattern at Midlife, Combined with a Regulated Energy Intake, Is Related to Increased Odds for Healthy Aging. J Nutr. 2015. 145:2139-45. doi:10.3945/jn.115.210740	Outcome
148	Assmann, KE, Lassale, C, Galan, P, Hercberg, S, Kesse-Guyot, E. Dietary quality and 6-year anthropometric changes in a sample of French middle-aged overweight and obese adults. PLoS One. 2014. 9:e87083. doi:10.1371/journal.pone.0087083	Intervention/Exposure
149	Astrup, A, Damsgaard, CT, Papadaki, A, Jensen, SM, Dalskov, SM, Hlavaty, P, Saris, WHM, Martinez, JA, Handjieva-Darlenska, T, Rohr-Andersen, M, etal, . 1 The use of an ad libitum higher-protein, low-glycemic index diet in overweight children: the Diogenes Study. FASEB journal. 2013. 27:. doi:unavailable	Publication Status
150	Astrup, A, Hjorth, MF, Ritz, C, Poulsen, SK, Larsen, TM, Zohar, Y. Pretreatment fasting plasma glucose and insulin as determinants of weight loss success: the new nordic diet study. Diabetes. 2017. 66:A205-. doi:unavailable	Publication Status
151	Astrup, A, Rodrigues, D, Bendtsen, L, Larsen, T, Ritz, C, Handijeva-Darlenska, T, Van Baak, M, Martinez, J, Saris, W. The importance of amounts of protein, and the protein to carbohydrate ratio for weight control: analyses from the DiOGenes study. Obesity reviews. 2014. 15:181. doi:10.1111/obr.12152	Publication Status
152	Astrup, A, Rodrigues, DMT, Bendtsen, LQ, Larsen, TM, Ritz, C. Role of protein and fat content, and protein/carbohydrate ratio in weight maintenance? The DiOGenes Study. Annals of nutrition and metabolism. Conference: 12th european nutrition conference, FENS 2015. Berlin germany. Conference start: 20151020. Conference end: 20151023. Conference publication: (var.pagings). 2015. 67:156-157. doi:10.1159/000440895	Publication Status
153	Astrup, A. Protein, carbs and fats in personalized weight control-efficacy, effectiveness and safety. Obesity facts. 2014. 7:3. doi:10.1159/000363668	Publication Status
154	Astrup, A. The role of protein and carbohydrates for weight loss and maintenance: evidence from the Diogenes study. Australasian medical journal. 2011. 4:717. doi:unavailable	Publication Status
155	Ata, SM, Vaishnav, U, Puglisi, M, Lofgren, IE, Wood, RJ, Volek, JS, Fernandez, ML. Macronutrient composition and increased physical activity modulate plasma adipokines and appetite hormones during a weight loss intervention. J Womens Health (Larchmt). 2010. 19:139-45. doi:10.1089/jwh.2009.1472	Study Design
156	Aude, YW, Agatston, AS, Lopez-Jimenez, F, Lieberman, EH, Marie, Almon, Hansen, M, Rojas, G, Lamas, GA, Hennekens, CH. The national cholesterol education program diet vs a diet lower in carbohydrates and higher in protein and monounsaturated fat: a randomized trial. Arch Intern Med. 2004. 164:2141-6. doi:10.1001/archinte.164.19.2141	Intervention/Exposure

No.	Citation	Rationale
157	Auslander, W, Haire-Joshu, D, Houston, C, Rhee, CW, Williams, JH. A controlled evaluation of staging dietary patterns to reduce the risk of diabetes in African-American women. Diabetes Care. 2002. 25:809-14. doi:10.2337/diacare.25.5.809	Intervention/Exposure
158	Austel, A, Ranke, C, Wagner, N, Gorge, J, Ellrott, T. Weight loss with a modified Mediterranean-type diet using fat modification: a randomized controlled trial. Eur J Clin Nutr. 2015. 69:878-84. doi:10.1038/ejcn.2015.11	Intervention/Exposure
159	Avanzini, F, Marzona, I, Baviera, M, Barlera, S, Milani, V, Caimi, V, Longoni, P, Tombesi, M, Silletta, MG, Tognoni, G, Roncaglioni, MC. Improving cardiovascular prevention in general practice: Results of a comprehensive personalized strategy in subjects at high risk. Eur J Prev Cardiol. 2016. 23:947-55. doi:10.1177/2047487315613664	Comparator; Outcome
160	Aynaci, G, Akdemir, O. The Relationship Between Lifestyle, Health Promotion Lifestyle Profile II And High Blood Pressure In University Students. Open Access Maced J Med Sci. 2018. 6:1756-1761. doi:10.3889/oamjms.2018.314	Study Design; Intervention/Exposure
161	Azadbakht, L, Izadi, V, Surkan, PJ, Esmaillzadeh, A. Effect of a High Protein Weight Loss Diet on Weight, High-Sensitivity C-Reactive Protein, and Cardiovascular Risk among Overweight and Obese Women: A Parallel Clinical Trial. Int J Endocrinol. 2013. 2013:971724. doi:10.1155/2013/971724	Intervention/Exposure
162	Azadbakht, L, Kimiagar, M, Mehrabi, Y, Zadeh, AE. Soy inclusion in the diet improves features of the metabolic syndrome: a randomized cross-over study in postmenopausal women. Iranian journal of diabetes and lipid disorders. 2007. 7:E11. doi:unavailable	Language
163	Azadbakht, L, Kimiagar, M, Mehrabi, Y, Zadeh, AE. To determine the effects of soy consumption on markers of inflammation and endothelial function in postmenopausal women with the metabolic syndrome. Iranian journal of diabetes and lipid disorders. 2007. 6:81-92, E46. doi:unavailable	Language
164	Azadbakht, L, Mirmiran, P, Esmaillzadeh, A, Azizi, F. Better dietary adherence and weight maintenance achieved by a long-term moderate-fat diet. Br J Nutr. 2007. 97:399-404. doi:10.1017/s0007114507328602	Intervention/Exposure
165	Azadbakht, L, Mirmiran, P, Esmaillzadeh, A, Azizi, T, Azizi, F. Beneficial effects of a Dietary Approaches to Stop Hypertension eating plan on features of the metabolic syndrome. Diabetes Care. 2005. 28:2823-31. doi:10.2337/diacare.28.12.2823	Publication Date Overlaps with Existing Review
166	Babio, N, Becerra-Tomas, N, Martinez-Gonzalez, MA, Corella, D, Estruch, R, Ros, E, Sayon-Orea, C, Fito, M, Serra-Majem, L, Aros, F, Lamuela-Raventos, RM, Lapetra, J, Gomez-Gracia, E, Fiol, M, Diaz-Lopez, A, Sorli, JV, Martinez, JA, Salas-Salvado, J. Consumption of Yogurt, Low-Fat Milk, and Other Low-Fat Dairy Products Is Associated with Lower Risk of Metabolic Syndrome Incidence in an Elderly Mediterranean Population. J Nutr. 2015. 145:2308-16. doi:10.3945/jn.115.214593	Intervention/Exposure
167	Backx, EM, Tieland, M, Borgonjen-van den Berg, KJ, Claessen, PR, van Loon, LJ, de Groot, LC. Protein intake and lean body mass preservation during energy intake restriction in overweight older adults. Int J Obes (Lond). 2016. 40:299-304. doi:10.1038/ijo.2015.182	Weight loss/Hypocaloric
168	Bacopoulou, F, Landis, G, Rentoumis, A, Tsitsika, A, Efthymiou, V. Mediterranean diet decreases adolescent waist circumference. Eur J Clin Invest. 2017. 47:447-455. doi:10.1111/eci.12760	Study Design

No.	Citation	Rationale
169	Bagherniya, M, Sharma, M, Mostafavi Darani, F, Maracy, MR, Safarian, M, Allipour Birgani, R, Bitarafan, V, Keshavarz, SA. School-Based Nutrition Education Intervention Using Social Cognitive Theory for Overweight and Obese Iranian Adolescent Girls: A Cluster Randomized Controlled Trial. Int Q Community Health Educ. 2017. 38:37-45. doi:10.1177/0272684x17749566	Intervention/Exposure
170	Bahadori, B, Yazdani-Biuki, B, Krippl, P, Brath, H, Uitz, E, Wascher, TC. Low-fat, high-carbohydrate (low-glycaemic index) diet induces weight loss and preserves lean body mass in obese healthy subjects: results of a 24-week study. Diabetes Obes Metab. 2005. 7:290-3. doi:10.1111/j.1463-1326.2004.00445.x	Study Design; Intervention/Exposure
171	Bahari, T, Uemura, H, Katsuura-Kamano, S, Yamaguchi, M, Nakamoto, M, Miki, K, Ishizu, M, Arisawa, K. Nutrient-Derived Dietary Patterns and Their Association With Metabolic Syndrome in a Japanese Population. J Epidemiol. 2018. 28:194-201. doi:10.2188/jea.JE20170010	Study Design
172	Bai, G, Zhang, J, Zhao, C, Wang, Y, Qi, Y, Zhang, B. Adherence to a healthy lifestyle and a DASH-style diet and risk of hypertension in Chinese individuals. Hypertens Res. 2017. 40:196-202. doi:10.1038/hr.2016.119	Outcome; Country
173	Bailes, JR, Strow, MT, Werthammer, J, McGinnis, RA, Elitsur, Y. Effect of low-carbohydrate, unlimited calorie diet on the treatment of childhood obesity: a prospective controlled study. Metab Syndr Relat Disord. 2003. 1:221-5. doi:10.1089/154041903322716697	Intervention/Exposure
174	Bailey, BW, Perkins, A, Tucker, LA, LeCheminant, JD, Tucker, JM, Moncur, B. Adherence to the 2010 Dietary Guidelines for Americans and the relationship to adiposity in young women. J Nutr Educ Behav. 2015. 47:86-93. doi:10.1016/j.jneb.2014.08.011	Study Design
175	Bailey, BW, Sullivan, DK, Kirk, EP, Donnelly, JE. Dietary predictors of visceral adiposity in overweight young adults. Br J Nutr. 2010. 103:1702-5. doi:10.1017/s0007114509993771	Study Design; Study duration
176	Bajaj, A, Rader, DJ. Can changes in the plasma lipidome help explain the cardiovascular benefits of the Mediterranean diet?. Am J Clin Nutr. 2017. 106:965-966. doi:10.3945/ajcn.117.165886	Study Design
177	Bajerska, J, Chmurzynska, A, Muzsik, A, Krzyzanowska, P, Madry, E, Malinowska, AM, Walkowiak, J. Weight loss and metabolic health effects from energy-restricted Mediterranean and Central-European diets in postmenopausal women: A randomized controlled trial. Sci Rep. 2018. 8:11170. doi:10.1038/s41598-018-29495-3	Weight loss/Hypocaloric
178	Bajerska, J, Chmurzynska, A, Muzsik, A, Menclewicz, K, Krzyzanowska, P, Walkowiak, J. Adherence to the mediterranean and the central european diets in relation to weight loss changes in postmenopausal women with diagnosed metabolic syndrome. Annals of nutrition & metabolism. 2017. 71:994-. doi:10.1159/000480486	Publication Status
179	Bajerska, J, Chmurzynska, A, Muzsik, A, Menclewicz, K, Krzyzanowska, P, Walkowiak, J. Effects of a 16-week dietary intervention with either a mediterranean diet or a central european diet on anthropometric parameters in obese postmenopausal with diagnosed metabolic syndrome. Annals of nutrition & metabolism. 2017. 71:994-995. doi:10.1159/000480486	Publication Status
180	Bakker, LE, van Schinkel, LD, Guigas, B, Streefland, TC, Jonker, JT, van Klinken, JB, van der Zon, GC, Lamb, HJ, Smit, JW, Pijl, H, Meinders, AE, Jazet, IM. A 5-day high-fat, high-calorie diet impairs insulin sensitivity in healthy, young South Asian men but not in Caucasian men. Diabetes. 2014. 63:248-58. doi:10.2337/db13-0696	Study duration

No.	Citation	Rationale
181	Bales, CW, Porter Starr, KN, Orenduff, MC, McDonald, SR, Molnar, K, Jarman, AK, Onyenwoke, A, Mulder, H, Payne, ME, Pieper, CF. Influence of Protein Intake, Race, and Age on Responses to a Weight-Reduction Intervention in Obese Women(). Curr Dev Nutr. 2017. 1:. doi:10.3945/cdn.117.000703	Intervention/Exposure; Health Status
182	Ballard, KD, Quann, EE, Kupchak, BR, Volk, BM, Kawiecki, DM, Fernandez, ML, Seip, RL, Maresh, CM, Kraemer, WJ, Volek, JS. Dietary carbohydrate restriction improves insulin sensitivity, blood pressure, microvascular function, and cellular adhesion markers in individuals taking statins. Nutr Res. 2013. 33:905-12. doi:10.1016/j.nutres.2013.07.022	Study Design
183	Ballesteros-Pomar, MD, Calleja-Fernandez, AR, Vidal-Casariego, A, Urioste-Fondo, AM, Cano-Rodriguez, I. Effectiveness of energy-restricted diets with different protein:carbohydrate ratios: the relationship to insulin sensitivity. Public Health Nutr. 2010. 13:2119-26. doi:10.1017/s1368980009991881	Power/Size
184	Balthazar, EA, de Oliveira, MR. Differences in dietary pattern between obese and eutrophic children. BMC Res Notes. 2011. 4:567. doi:10.1186/1756-0500-4-567	Study Design
185	Bamberger, C, Rossmeier, A, Lechner, K, Wu, L, Waldmann, E, Stark, RG, Altenhofer, J, Henze, K, Parhofer, KG. A Walnut-Enriched Diet Reduces Lipids in Healthy Caucasian Subjects, Independent of Recommended Macronutrient Replacement and Time Point of Consumption: a Prospective, Randomized, Controlled Trial. Nutrients. 2017. 9:. doi:10.3390/nu9101097	Study duration
186	Banini, AE, Allen, JC, Allen, HG, Boyd, LC, Lartey, A. Fatty acids, diet, and body indices of type II diabetic American whites and blacks and Ghanaians. Nutrition. 2003. 19:722-6. doi:10.1016/s0899-9007(03)00108-4	Study Design
187	Bansal, S, Cramp, L, Blalock, D, Zelleke, T, Carpenter, J, Kao, A. The ketogenic diet: Initiation at goal calories versus gradual caloric advancement. Pediatric Neurology. 2014. 50:26-30. doi:10.1016/j.pediatrneurol.2013.08.006	Study Design; Outcome
188	Banuls, C, Martinez-Triguero, ML, Lopez-Ruiz, A, Morillas, C, Lacomba, R, Victor, VM, Rocha, M, Hernandez-Mijares, A. Evaluation of cardiovascular risk and oxidative stress parameters in hypercholesterolemic subjects on a standard healthy diet including low-fat milk enriched with plant sterols. J Nutr Biochem. 2010. 21:881-6. doi:10.1016/j.jnutbio.2009.07.001	Intervention/Exposure; Comparator
189	Barchitta, M, Quattrocchi, A, Adornetto, V, Marchese, AE, Agodi, A. Tumor necrosis factor-alpha -308 G>A polymorphism, adherence to Mediterranean diet, and risk of overweight/obesity in young women. Biomed Res Int. 2014. 2014:742620. doi:10.1155/2014/742620	Study Design
190	Barnard, ND, Scialli, AR, Bertron, P, Hurlock, D, Edmonds, K, Talev, L. Effectiveness of a low-fat vegetarian diet in altering serum lipids in healthy premenopausal women. Am J Cardiol. 2000. 85:969-72. doi:10.1016/s0002-9149(99)00911-x	Study duration
191	Barnard, ND, Scialli, AR, Turner-McGrievy, G, Lanou, AJ, Glass, J. The effects of a low-fat, plant-based dietary intervention on body weight, metabolism, and insulin sensitivity. Am J Med. 2005. 118:991-7. doi:10.1016/j.amjmed.2005.03.039	Power/Size
192	Barnes, TL, French, SA, Mitchell, NR, Wolfson, J. Fast-food consumption, diet quality and body weight: cross-sectional and prospective associations in a community sample of working adults. Public Health Nutr. 2016. 19:885-92. doi:10.1017/s1368980015001871	Comparator; Outcome

No.	Citation	Rationale
193	Barnett, TD, Barnard, ND, Radak, TL. Development of symptomatic cardiovascular disease after self-reported adherence to the Atkins diet. J Am Diet Assoc. 2009. 109:1263-5. doi:10.1016/j.jada.2009.04.003	Study Design
194	Baron, KG, Reid, KJ, Horn, LV, Zee, PC. Contribution of evening macronutrient intake to total caloric intake and body mass index. Appetite. 2013. 60:246-251. doi:10.1016/j.appet.2012.09.026	Study duration
195	Barona, J, Jones, JJ, Kopec, RE, Comperatore, M, Andersen, C, Schwartz, SJ, Lerman, RH, Fernandez, ML. A Mediterranean-style low-glycemic-load diet increases plasma carotenoids and decreases LDL oxidation in women with metabolic syndrome. J Nutr Biochem. 2012. 23:609-15. doi:10.1016/j.jnutbio.2011.02.016	Intervention/Exposure
196	Barros, L, Lopes, C, Oliveira, A. Child and family characteristics are associated with a dietary variety index in 4-year-old children from the Generation XXI cohort. Nutr Res. 2019. 63:76-85. doi:10.1016/j.nutres.2018.12.001	Study Design
197	Basciani, S, Costantini, D, Contini, S, Persichetti, A, Watanabe, M, Mariani, S, Lubrano, C, Spera, G, Lenzi, A, Gnessi, L. Safety and efficacy of a multiphase dietetic protocol with meal replacements including a step with very low calorie diet. Endocrine. 2015. 48:863-70. doi:10.1007/s12020-014-0355-2	Study Design; Study duration
198	Basharat, S, Gilani, SA, Burq, AI, Bashir, S. Low glycaemic index diet is effective in managing weight among obese postpartum women. Journal of the Pakistan Medical Association. 2018. 68:548-552. doi:unavailable	Intervention/Exposure
199	Baskaran, C, Carson, TL, Campoverde Reyes, KJ, Becker, KR, Slattery, MJ, Tulsiani, S, Eddy, KT, Anderson, EJ, Hubbard, JL, Misra, M, Klibanski, A. Macronutrient intake associated with weight gain in adolescent girls with anorexia nervosa. Int J Eat Disord. 2017. 50:1050-1057. doi:10.1002/eat.22732	Intervention/Exposure
200	Bathrellou, E, Kontogianni, MD, Chrysanthopoulou, E, Georgousopoulou, E, Chrysohoou, C, Pitsavos, C, Panagiotakos, D. Adherence to a DASH-style diet and cardiovascular disease risk: The 10-year follow-up of the ATTICA study. Nutr Health. 2019. 25:225-230. doi:10.1177/0260106019862995	Power/Size
201	Batis, C, Mendez, MA, Gordon-Larsen, P, Sotres-Alvarez, D, Adair, L, Popkin, B. Using both principal component analysis and reduced rank regression to study dietary patterns and diabetes in Chinese adults. Public Health Nutr. 2016. 19:195-203. doi:10.1017/s1368980014003103	Country
202	Batis, C, Mendez, MA, Sotres-Alvarez, D, Gordon-Larsen, P, Popkin, B. Dietary pattern trajectories during 15 years of follow-up and HbA1c, insulin resistance and diabetes prevalence among Chinese adults. J Epidemiol Community Health. 2014. 68:773-9. doi:10.1136/jech-2013-203560	Country
203	Baulderstone, L, Yaxley, A, Luszcz, M, Miller, M Diet Liberalisation in Older Australians Decreases Frailty without Increasing the Risk of Developing Chronic Disease J Frailty Aging, 2012 1(4): 174-82.doi 10.14283/jfa.2012.27	Intervention/Exposure ?
204	Baudry, J, Mejean, C, Peneau, S, Galan, P, Hercberg, S, Lairon, D, Kesse-Guyot, E. Health and dietary traits of organic food consumers: results from the NutriNet-Sante study. Br J Nutr. 2015. 114:2064-73. doi:10.1017/s0007114515003761	Study Design
205	Bauer, LB, Reynolds, LJ, Douglas, SM, Kearney, ML, Hoertel, HA, Shafer, RS, Thyfault, JP, Leidy, HJ. A pilot study examining the effects of consuming a high-protein vs normal-protein breakfast on free-living glycemic control in overweight/obese 'breakfast skipping' adolescents. Int J Obes (Lond). 2015. 39:1421-4. doi:10.1038/ijo.2015.101	Intervention/Exposure

No.	Citation	Rationale
206	Baxheinrich, A, Stratmann, B, Lee-Barkey, YH, Tschoepe, D, Wahrburg, U. Effects of a rapeseed oil-enriched hypoenergetic diet with a high content of alpha-linolenic acid on body weight and cardiovascular risk profile in patients with the metabolic syndrome. Br J Nutr. 2012. 108:682-91. doi:10.1017/s0007114512002875	Intervention/Exposure
207	Baxter, KA, Ware, RS, Batch, JA, Truby, H. Predicting success: factors associated with weight change in obese youth undertaking a weight management program. Obes Res Clin Pract. 2013. 7:e147-e154. doi:10.1016/j.orcp.2011.09.004	Intervention/Exposure
208	Bazzano, LA, He, J, Ogden, LG, Loria, CM, Whelton, PK. Dietary fiber intake and reduced risk of coronary heart disease in US men and women: the National Health and Nutrition Examination Survey I Epidemiologic Follow-up Study. Arch Intern Med. 2003. 163:1897-904. doi:10.1001/archinte.163.16.1897	Intervention/Exposure
209	Bazzano, LA, Reynolds, K, Hu, T, Yao, L, Bunol, C, Liu, Y, Chen, CS, He, J. Effect of a low-carbohydrate diet on weight and cardiovascular risk factors: a randomized controlled trial. Circulation. 2012. 125:. doi:unavailable	Publication Status
210	Bazzocchi, A, Santoro, A, Mercatelli, D, Ponti, F, Diano, D, Zanirato Rambaldi, G, Scurti, M, Berendsen, A, Pietruszka, B, Jennings, A, etal, . New dietary strategies addressing the specific needs of elderly population for a healthy aging in Europe (NU-AGE): the effect of a tailored Mediterranean diet on body composition. Skeletal radiology. 2017. 46:856-. doi:10.1007/s00256-017-2619-4	Publication Status
211	Beasley, J, Viswanathan, S, Wylie-Rosett, J. Associations between change in DASH diet scores and CVD risk factors in the PREMIER Trial. FASEB journal. 2014. 28:. doi:unavailable	Publication Status
212	Beasley, JM, Yi, SS, Ahn, J, Kwon, SC, Wylie-Rosett, J. Dietary Patterns in Chinese Americans are Associated with Cardiovascular Disease Risk Factors, the Chinese American Cardiovascular Health Assessment (CHA CHA). J Immigr Minor Health. 2019. 21:1061-1069. doi:10.1007/s10903-018-0800-z	Study Design
213	Beauchesne-Rondeau, E, Gascon, A, Bergeron, J, Jacques, H. Plasma lipids and lipoproteins in hypercholesterolemic men fed a lipid-lowering diet containing lean beef, lean fish, or poultry. Am J Clin Nutr. 2003. 77:587-93. doi:10.1093/ajcn/77.3.587	Study duration
214	Beavers, KM, Gordon, MM, Easter, L, Beavers, DP, Hairston, KG, Nicklas, BJ, Vitolins, MZ. Effect of protein source during weight loss on body composition, cardiometabolic risk and physical performance in abdominally obese, older adults: a pilot feeding study. Journal of nutrition, health & aging. 2014. 19:87-95. doi:10.1007/s12603-015-0438-7	Intervention/Exposure
215	Beavers, KM, Nesbit, BA, Kiel, JR, Sheedy, JL, Arterburn, LM, Collins, AE, Ford, SA, Henderson, RM, Coleman, CD, Beavers, DP. Effect of an Energy-Restricted, Nutritionally Complete, Higher Protein Meal Plan on Body Composition and Mobility in Older Adults With Obesity: A Randomized Controlled Trial. J Gerontol A Biol Sci Med Sci. 2019. 74:929-935. doi:10.1093/gerona/gly146	Intervention/Exposure
216	Beck, KL, Jones, B, Ullah, I, McNaughton, SA, Haslett, SJ, Stonehouse, W. Associations between dietary patterns, socio-demographic factors and anthropometric measurements in adult New Zealanders: an analysis of data from the 2008/09 New Zealand Adult Nutrition Survey. Eur J Nutr. 2018. 57:1421-1433. doi:10.1007/s00394-017-1421-3	Study Design
217	Becker, GF, Passos, EP, Moulin, CC. Short-term effects of a hypocaloric diet with low glycemic index and low glycemic load on body adiposity, metabolic variables, ghrelin, leptin, and pregnancy rate in overweight and obese infertile women: a randomized controlled trial. Am J Clin Nutr. 2015. 102:1365-72. doi:10.3945/ajcn.115.117200	Intervention/Exposure

No.	Citation	Rationale
218	Becquey, E, Savy, M, Danel, P, Dabire, HB, Tapsoba, S, Martin-Prevel, Y. Dietary patterns of adults living in Ouagadougou and their association with overweight. Nutr J. 2010. 9:13. doi:10.1186/1475-2891-9-13	Study Design
219	Bedard, A, Corneau, L, Dodin, S, Lemieux, S. Sex Differences in the Effects of Repeated Taste Exposure to the Mediterranean Diet: A 6-month Follow-up Study. Can J Diet Pract Res. 2016. 77:125-32. doi:10.3148/cjdpr-2015-052	Study Design; Study duration
220	Bedard, A, Corneau, L, Lamarche, B, Dodin, S, Lemieux, S. Sex Differences in the Impact of the Mediterranean Diet on LDL Particle Size Distribution and Oxidation. Nutrients. 2015. 7:3705-23. doi:10.3390/nu7053705	Study duration
221	Bedard, A, Corneau, L, Vohl, MC, Dodin, S, Lemieux, S. Effect of the Mediterranean diet on the lipid-lipoprotein profile: is it influenced by the family history of dyslipidemia?. J Nutrigenet Nutrigenomics. 2014. 7:177-87. doi:10.1159/000374116	Study Design; Study duration
222	Bedard, A, Dodin, S, Corneau, L, Lemieux, S. Impact of the traditional Mediterranean diet on the Framingham risk score and the metabolic syndrome according to sex. Metab Syndr Relat Disord. 2014. 12:95-101. doi:10.1089/met.2012.0076	Study Design; Intervention/Exposure
223	Bedard, A, Garcia-Aymerich, J, Sanchez, M, Le Moual, N, Clavel-Chapelon, F, Boutron-Ruault, MC, Maccario, J, Varraso, R. Confirmatory Factor Analysis Compared with Principal Component Analysis to Derive Dietary Patterns: A Longitudinal Study in Adult Women. J Nutr. 2015. 145:1559-68. doi:10.3945/jn.114.204479	Outcome
224	Bédard, A, Lamarche, B, Corneau, L, Dodin, S, Lemieux, S. Sex differences in the impact of the Mediterranean diet on systemic inflammation. Nutrition Journal. 2015. 14:. doi:10.1186/s12937-015-0035-y	Outcome
225	Bekkouche, L, Bouchenak, M, Malaisse, WJ, Yahia, DA. The Mediterranean diet adoption improves metabolic, oxidative, and inflammatory abnormalities in Algerian metabolic syndrome patients. Horm Metab Res. 2014. 46:274-82. doi:10.1055/s-0033-1363657	Comparator
226	Belanger, M, Poirier, M, Jbilou, J, Scarborough, P. Modelling the impact of compliance with dietary recommendations on cancer and cardiovascular disease mortality in Canada. Public Health. 2014. 128:222-30. doi:10.1016/j.puhe.2013.11.003	Study Design
227	Belin, RJ, Greenland, P, Allison, M, Martin, L, Shikany, JM, Larson, J, Tinker, L, Howard, BV, Lloyd-Jones, D, Van Horn, L. Diet quality and the risk of cardiovascular disease: The Women's Health Initiative (WHI). American Journal of Clinical Nutrition. 2011. 94:49-57. doi:10.3945/ajcn.110.011221	Intervention/Exposure; Publication Date Overlaps with Existing Review
228	Bello, JK, Stulberg, DB, Zhou, Y, Wang, C. Physical Activity and Consumption Patterns of Reproductive-Aged Women by BMI Category. Matern Child Health J. 2018. 22:713-724. doi:10.1007/s10995-018-2440-2	Study Design; Intervention/Exposure
229	Bel-Serrat, S, Mouratidou, T, Bornhorst, C, Peplies, J, De Henauw, S, Marild, S, Molnar, D, Siani, A, Tornaritis, M, Veidebaum, T, Krogh, V, Moreno, LA. Food consumption and cardiovascular risk factors in European children: the IDEFICS study. Pediatr Obes. 2013. 8:225-36. doi:10.1111/j.2047-6310.2012.00107.x	Study Design

No.	Citation	Rationale
230	Bel-Serrat, S, Ojeda-Rodriguez, A, Heinen, MM, Buoncristiano, M, Abdrakhmanova, S, Duleva, V, Sant'Angelo, VF, Fijalkowska, A, Hejgaard, T, Huidumac, C, Hyska, J, Kujundzic, E, Milanovic, SM, Ovezmyradova, G, Perez-Farinos, N, Petrauskiene, A, Rito, AI, Shengelia, L, Braunerova, RT, Rutter, H, Murrin, CM, Kelleher, CC, Breda, J. Clustering of Multiple Energy Balance-Related Behaviors in School Children and its Association with Overweight and Obesity-WHO European Childhood Obesity Surveillance Initiative (COSI 2015(-)2017). Nutrients. 2019. 11:. doi:10.3390/nu11030511	Study Design
231	Bemelmans, WJ, Broer, J, de Vries, JH, Hulshof, KF, May, JF, Meyboom-De Jong, B. Impact of Mediterranean diet education versus posted leaflet on dietary habits and serum cholesterol in a high risk population for cardiovascular disease. Public Health Nutr. 2000. 3:273-83. doi:10.1017/s1368980000000318	Intervention/Exposure; Comparator
232	Ben Ayed, H, Yaich, S, Ben Hmida, M, Trigui, M, Ben Jemaa, M, Jedidi, J, Karray, R, Mejdoub, Y, Feki, H, Kassis, M, Damak, J. Prevalence, determinants and outcomes of general and abdominal obesity in medical students. Obesity Medicine. 2019. 13:39-44. doi:10.1016/j.obmed.2018.12.007	Study Design; Intervention/Exposure
233	Berard, E, Bongard, V, Haas, B, Dallongeville, J, Moitry, M, Cottel, D, Ruidavets, JB, Ferrieres, J. Score of Adherence to 2016 European Cardiovascular Prevention Guidelines Predicts Cardiovascular and All-Cause Mortality in the General Population. Can J Cardiol. 2017. 33:1298-1304. doi:10.1016/j.cjca.2017.06.008	Study Design; Intervention/Exposure
234	Berg, CM, Lappas, G, Strandhagen, E, Wolk, A, Toren, K, Rosengren, A, Aires, N, Thelle, DS, Lissner, L. Food patterns and cardiovascular disease risk factors: the Swedish INTERGENE research program. Am J Clin Nutr. 2008. 88:289-97. doi:10.1093/ajcn/88.2.289	Study Design; Publication Date Overlaps with Existing Review
235	Bergeron, N, Chiu, S, Williams, PT, King S M, Krauss, RM. Effects of red meat, white meat, and nonmeat protein sources on atherogenic lipoprotein measures in the context of low compared with high saturated fat intake: a randomized controlled trial. Am J Clin Nutr. 2019. :. doi:10.1093/ajcn/nqz035	Study duration
236	Berglund, L, Lefevre, M, Ginsberg, HN, Kris-Etherton, PM, Elmer, PJ, Stewart, PW, Ershow, A, Pearson, TA, Dennis, BH, Roheim, PS, Ramakrishnan, R, Reed, R, Stewart, K, Phillips, KM. Comparison of monounsaturated fat with carbohydrates as a replacement for saturated fat in subjects with a high metabolic risk profile: studies in the fasting and postprandial states. Am J Clin Nutr. 2007. 86:1611-20. doi:10.1093/ajcn/86.5.1611	Study duration
237	Bergouignan, A, Gozansky, WS, Barry, DW, Leitner, W, MacLean, PS, Hill, JO, Draznin, B, Melanson, EL. Increasing dietary fat elicits similar changes in fat oxidation and markers of muscle oxidative capacity in lean and obese humans. PLoS One. 2012. 7:e30164. doi:10.1371/journal.pone.0030164	Study duration
238	Berkey, CS, Rockett, HR, Field, AE, Gillman, MW, Frazier, AL, Camargo, CA, Jr, Colditz, GA. Activity, dietary intake, and weight changes in a longitudinal study of preadolescent and adolescent boys and girls. Pediatrics. 2000. 105:E56. doi:10.1542/peds.105.4.e56	Intervention/Exposure
239	Berlin, KS, Kamody, RC, Thurston, IB, Banks, GG, Rybak, TM, Ferry, RJ, Jr. Physical Activity, Sedentary Behaviors, and Nutritional Risk Profiles and Relations to Body Mass Index, Obesity, and Overweight in Eighth Grade. Behav Med. 2017. 43:31-39. doi:10.1080/08964289.2015.1039956	Study Design; Intervention/Exposure

No.	Citation	Rationale
240	Bermudez, OI, Velez-Carrasco, W, Schaefer, EJ, Tucker, KL. Dietary and plasma lipid, lipoprotein, and apolipoprotein profiles among elderly Hispanics and non-Hispanics and their association with diabetes. Am J Clin Nutr. 2002. 76:1214-21. doi:10.1093/ajcn/76.6.1214	Study Design
241	Bernstein, AM, Sun, Q, Hu, FB, Stampfer, MJ, Manson, JE, Willett, WC. Major dietary protein sources and risk of coronary heart disease in women. Circulation. 2010. 122:876-83. doi:10.1161/circulationaha.109.915165	Intervention/Exposure
242	Berryman, CE, Fleming, JA, Kris-Etherton, PM. Inclusion of Almonds in a Cholesterol-Lowering Diet Improves Plasma HDL Subspecies and Cholesterol Efflux to Serum in Normal-Weight Individuals with Elevated LDL Cholesterol. J Nutr. 2017. 147:1517-1523. doi:10.3945/jn.116.245126	Intervention/Exposure
243	Bersamin, A, Luick, BR, King, IB, Stern, JS, Zidenberg-Cherr, S. Westernizing diets influence fat intake, red blood cell fatty acid composition, and health in remote Alaskan Native communities in the center for Alaska Native health study. J Am Diet Assoc. 2008. 108:266-73. doi:10.1016/j.jada.2007.10.046	Study Design
244	Bertoli, S, Neri, IG, Trentani, C, Ferraris, C, De Amicis, R, Battezzati, A, Veggiotti, P, De Giorgis, V, Tagliabue, A. Short-term effects of ketogenic diet on anthropometric parameters, body fat distribution, and inflammatory cytokine production in GLUT1 deficiency syndrome. Nutrition. 2015. 31:981-7. doi:10.1016/j.nut.2015.02.017	Health Status
245	Bertz, F, Winkvist, A, Brekke, HK. Sustainable weight loss among overweight and obese lactating women is achieved with an energy-reduced diet in line with dietary recommendations: results from the LEVA randomized controlled trial. J Acad Nutr Diet. 2015. 115:78-86. doi:10.1016/j.jand.2014.05.017	Weight loss/Hypocaloric
246	Berz, JP, Singer, MR, Guo, X, Daniels, SR, Moore, LL. Use of a DASH food group score to predict excess weight gain in adolescent girls in the National Growth and Health Study. Arch Pediatr Adolesc Med. 2011. 165:540-6. doi:10.1001/archpediatrics.2011.71	Publication Date Overlaps with Existing Review
247	Best, TH, Franz, DN, Gilbert, DL, Nelson, DP, Epstein, MR. Cardiac complications in pediatric patients on the ketogenic diet. Neurology. 2000. 54:2328-30. doi:10.1212/wnl.54.12.2328	Study Design; Comparator
248	Bethancourt, HJ, Kratz, M, O'Connor, K. A short-term religious "fast" from animal products has a minimal impact on cardiometabolic health biomarkers irrespective of concurrent shifts in distinct plant-based food groups. Am J Clin Nutr. 2019. 110:722-732. doi:10.1093/ajcn/nqz153	Study duration
249	Beulen, Y, Martinez-Gonzalez, MA, van de Rest, O, Salas-Salvado, J, Sorli, JV, Gomez-Gracia, E, Fiol, M, Estruch, R, Santos-Lozano, JM, Schroder, H, Alonso-Gomez, A, Serra-Majem, L, Pinto, X, Ros, E, Becerra-Tomas, N, Gonzalez, JI, Fito, M, Martinez, JA, Gea, A. Quality of Dietary Fat Intake and Body Weight and Obesity in a Mediterranean Population: Secondary Analyses within the PREDIMED Trial. Nutrients. 2018. 10:. doi:10.3390/nu10122011	Intervention/Exposure
250	Beydoun, HA, Huang, S, Beydoun, MA, Hossain, S, Zonderman, AB. Mediating-Moderating Effect of Allostatic Load on the Association between Dietary Approaches to Stop Hypertension Diet and All-Cause and Cause-Specific Mortality: 2001-2010 National Health and Nutrition Examination Surveys. Nutrients. 2019. 11:. doi:10.3390/nu11102311	Intervention/Exposure

No.	Citation	Rationale
251	Beyerlein, A, Uusitalo, UM, Virtanen, SM, Vehik, K, Yang, J, Winkler, C, Kersting, M, Koletzko, S, Schatz, D, Aronsson, CA, Elding Larsson, H, Krischer, JP, Ziegler, AG, Norris, JM, Hummel, S. Intake of Energy and Protein is Associated with Overweight Risk at Age 5.5 Years: Results from the Prospective TEDDY Study. Obesity (Silver Spring). 2017. 25:1435-1441. doi:10.1002/oby.21897	Study Design; Intervention/Exposure
252	Bhargava, A, Guthrie, JF. Unhealthy eating habits, physical exercise and macronutrient intakes are predictors of anthropometric indicators in the Women's Health Trial: Feasibility Study in Minority Populations. Br J Nutr. 2002. 88:719-28. doi:10.1079/bjn2002739	Intervention/Exposure; Comparator
253	Bhattacharyya, M, Maity, S, Bandyopadhyay, S. Exploring the Missing Links Between Dietary Habits and Diseases. IEEE Trans Nanobioscience. 2017. 16:226-238. doi:10.1109/tnb.2017.2654121	Study Design
254	Bian, JT, Szczurek, M, Ranieri, C, Grizelj, I, Cavka, A, Robinson, A, Marsh, G, Li, K, Sanyaolu, RA, Shinde, S, etal, . Weight loss with low carbohydrate diets improves flow induced vasodilation in resistance arteries. Circulation. 2014. 130:. doi:unavailable	Publication Status
255	Bianco, A, Thomas, E, Bellafiore, M, Martines, F, Messina, G, Battaglia, G, Karsten, B, Sahin, FN, Bielec, G, Paoli, A, Palma, A. Mediterranean diet and dietary protein supplementation as possible predicting variables of weight management: An update of the protein project. Acta Medica Mediterranea. 2015. 31:1265-1270. doi:unavailable	Study Design
256	Biazzi Leal, D, Altenburg de Assis, MA, Hinnig, PF, Schmitt, J, Soares Lobo, A, Bellisle, F, Di Pietro, PF, Vieira, FK, de Moura Araujo, PH, de Andrade, DF. Changes in Dietary Patterns from Childhood to Adolescence and Associated Body Adiposity Status. Nutrients. 2017. 9:. doi:10.3390/nu9101098	Power/Size
257	Bihuniak, JD, Ramos, A, Huedo-Medina, T, Hutchins-Wiese, H, Kerstetter, JE, Kenny, AM. Adherence to a Mediterranean-Style Diet and Its Influence on Cardiovascular Risk Factors in Postmenopausal Women. J Acad Nutr Diet. 2016. 116:1767-1775. doi:10.1016/j.jand.2016.06.377	Study Design; Intervention/Exposure
258	Bilenko, N, Fraser, D, Vardi, H, Shai, I, Shahar, DR. Mediterranean diet and cardiovascular diseases in an Israeli population. Prev Med. 2005. 40:299-305. doi:10.1016/j.ypmed.2004.06.004	Study Design
259	Binns, A, Gray, M, Henson, AC, Fort, IL. Changes in Lean Mass and Serum Myostatin with Habitual Protein Intake and High-Velocity Resistance Training. J Nutr Health Aging. 2017. 21:1111-1117. doi:10.1007/s12603-017-0883-6	Intervention/Exposure
260	Bisschop, PH, Ackermans, MT, Endert, E, Ruiter, AF, Meijer, AJ, Kuipers, F, Sauerwein, HP, Romijn, JA. The effect of carbohydrate and fat variation in euenergetic diets on postabsorptive free fatty acid release. Br J Nutr. 2002. 87:555-9. doi:10.1079/bjnbjn2002578	Study duration
261	Bisschop, PH, Bandsma, RH, Stellaard, F, ter Harmsel, A, Meijer, AJ, Sauerwein, HP, Kuipers, F, Romijn, JA. Low-fat, high-carbohydrate and high-fat, low-carbohydrate diets decrease primary bile acid synthesis in humans. Am J Clin Nutr. 2004. 79:570-6. doi:10.1093/ajcn/79.4.570	Study duration
262	Bisschop, PH, de Metz, J, Ackermans, MT, Endert, E, Pijl, H, Kuipers, F, Meijer, AJ, Sauerwein, HP, Romijn, JA. Dietary fat content alters insulin-mediated glucose metabolism in healthy men. Am J Clin Nutr. 2001. 73:554-9. doi:10.1093/ajcn/73.3.554	Study duration

No.	Citation	Rationale
263	Bjerregaard, P, Pedersen, HS, Mulvad, G. The associations of a marine diet with plasma lipids, blood glucose, blood pressure and obesity among the inuit in Greenland. Eur J Clin Nutr. 2000. 54:732-7. doi:10.1038/sj.ejcn.1601088	Intervention/Exposure
264	Black, MH, Watanabe, RM, Trigo, E, Takayanagi, M, Lawrence, JM, Buchanan, TA, Xiang, AH. High-fat diet is associated with obesity-mediated insulin resistance and beta-cell dysfunction in Mexican Americans. J Nutr. 2013. 143:479-85. doi:10.3945/jn.112.170449	Study Design
265	Black, MH, Watanabe, RM, Trigo, E, Takayanagi, M, Lawrence, JM, Buchanan, TA, Xiang, AH. High-fat diet is associated with obesity-mediated insulin resistance and β-cell dysfunction in Mexican Americans. Journal of Nutrition. 2013. 143:479-485. doi:10.3945/jn.112.170449	Power/Size; Study Design
266	Black, RN, Spence, M, McMahon, RO, Cuskelly, GJ, Ennis, CN, McCance, DR, Young, IS, Bell, PM, Hunter, SJ. Effect of eucaloric high- and low-sucrose diets with identical macronutrient profile on insulin resistance and vascular risk: a randomized controlled trial. Diabetes. 2006. 55:3566-72. doi:10.2337/db06-0220	Intervention/Exposure; Publication Date Overlaps with Existing Review
267	Bladbjerg, EM, Larsen, TM, Due, A, Stender, S, Astrup, A, Jespersen, J. Effects on markers of inflammation and endothelial cell function of three ad libitum diets differing in type and amount of fat and carbohydrate: a 6-month randomised study in obese individuals. Br J Nutr. 2011. 106:123-9. doi:10.1017/s0007114510005829	Power/Size
268	Blesso, CN, Andersen, CJ, Barona, J, Volek, JS, Fernandez, ML. Whole egg consumption improves lipoprotein profiles and insulin sensitivity to a greater extent than yolk-free egg substitute in individuals with metabolic syndrome. Metabolism. 2013. 62:400-10. doi:10.1016/j.metabol.2012.08.014	Intervention/Exposure; Comparator
269	Blesso, CN, Andersen, CJ, Barona, J, Volk, B, Volek, JS, Fernandez, ML. Effects of carbohydrate restriction and dietary cholesterol provided by eggs on clinical risk factors in metabolic syndrome. J Clin Lipidol. 2013. 7:463-71. doi:10.1016/j.jacl.2013.03.008	Power/Size
270	Bligh, HF, Godsland, IF, Frost, G, Hunter, KJ, Murray, P, MacAulay, K, Hyliands, D, Talbot, DC, Casey, J, Mulder, TP, Berry, MJ. Plant-rich mixed meals based on Palaeolithic diet principles have a dramatic impact on incretin, peptide YY and satiety response, but show little effect on glucose and insulin homeostasis: an acute-effects randomised study. Br J Nutr. 2015. 113:574-84. doi:10.1017/s0007114514004012	Study duration
271	Block, JP. Mediterranean diet lowers cardiovascular risk even without weight loss. Journal of clinical outcomes management. 2013. 20:150-152. doi:unavailable	Publication Status
272	Blomfield, RL, Collins, CE, Hutchesson, MJ, Young, MD, Jensen, ME, Callister, R, Morgan, PJ. Impact of self-help weight loss resources with or without online support on the dietary intake of overweight and obese men: the SHED-IT randomised controlled trial. Obes Res Clin Pract. 2014. 8:e476-87. doi:10.1016/j.orcp.2013.09.004	Intervention/Exposure
273	Blomquist, C, Chorell, E, Ryberg, M, Mellberg, C, Worrsjo, E, Makoveichuk, E, Larsson, C, Lindahl, B, Olivecrona, G, Olsson, T. Decreased lipogenesis-promoting factors in adipose tissue in postmenopausal women with overweight on a Paleolithic-type diet. Eur J Nutr. 2018. 57:2877-2886. doi:10.1007/s00394-017-1558-0	Power/Size

No.	Citation	Rationale
274	Bloomer, RJ, Gunnels, TA, Schriefer, JM. Comparison of a Restricted and Unrestricted Vegan Diet Plan with a Restricted Omnivorous Diet Plan on Health-Specific Measures. Healthcare (Basel). 2015. 3:544-55. doi:10.3390/healthcare3030544	Study Design; Study duration
275	Blumenthal, JA, Sherwood, A, Smith, PJ, Mabe, S, Watkins, L, Lin, PH, Craighead, LW, Babyak, M, Tyson, C, Young, K, Ashworth, M, Kraus, W, Liao, L, Hinderliter, A. Lifestyle modification for resistant hypertension: The TRIUMPH randomized clinical trial. Am Heart J. 2015. 170:986-994.e5. doi:10.1016/j.ahj.2015.08.006	Study Design; Intervention/Exposure
276	Boden-Albala, B, Elkind, MS, White, H, Szumski, A, Paik, MC, Sacco, RL. Dietary total fat intake and ischemic stroke risk: the Northern Manhattan Study. Neuroepidemiology. 2009. 32:296-301. doi:10.1159/000204914	Intervention/Exposure
277	Boers, I, Muskiet, FA, Berkelaar, E, Schut, E, Penders, R, Hoenderdos, K, Wichers, HJ, Jong, MC. Favourable effects of consuming a Palaeolithic-type diet on characteristics of the metabolic syndrome: a randomized controlled pilot-study. Lipids Health Dis. 2014. 13:160. doi:10.1186/1476-511x-13-160	Study duration
278	Bogart, LM, Elliott, MN, Uyeda, K, Hawes-Dawson, J, Klein, DJ, Schuster, MA. Preliminary healthy eating outcomes of SNaX, a pilot community-based intervention for adolescents. Journal of Adolescent Health. 2011. 48:196-202. doi:10.1016/j.jadohealth.2010.06.004	Intervention/Exposure
279	Bogl, LH, Pietilainen, KH, Rissanen, A, Kangas, AJ, Soininen, P, Rose, RJ, Ala-Korpela, M, Kaprio, J. Association between habitual dietary intake and lipoprotein subclass profile in healthy young adults. Nutr Metab Cardiovasc Dis. 2013. 23:1071-8. doi:10.1016/j.numecd.2012.11.007	Study Design
280	Bogomolova, S, Zarnowiecki, D, Wilson, A, Fielder, A, Procter, N, Itsiopoulos, C, O'Dea, K, Strachan, J, Ballestrin, M, Champion, A, Parletta, N. Dietary intervention for people with mental illness in South Australia. Health Promot Int. 2018. 33:71-83. doi:10.1093/heapro/daw055	Study Design; Health Status
281	Bonaccio, M, Di Castelnuovo, A, Costanzo, S, Persichillo, M, De Curtis, A, Donati, MB, de Gaetano, G, Iacoviello, L. Adherence to the traditional Mediterranean diet and mortality in subjects with diabetes. Prospective results from the MOLI-SANI study. Eur J Prev Cardiol. 2016. 23:400-7. doi:10.1177/2047487315569409	Health Status
282	Bondia-Pons, I, Martinez, JA, de la Iglesia, R, Lopez-Legarrea, P, Poutanen, K, Hanhineva, K, Zulet Mde, L. Effects of short- and long-term Mediterranean-based dietary treatment on plasma LC-QTOF/MS metabolic profiling of subjects with metabolic syndrome features: The Metabolic Syndrome Reduction in Navarra (RESMENA) randomized controlled trial. Mol Nutr Food Res. 2015. 59:711-28. doi:10.1002/mnfr.201400309	Intervention/Exposure; Outcome
283	Bondonno, NP, Lewis, JR, Blekkenhorst, LC, Shivappa, N, Woodman, RJ, Bondonno, CP, Ward, NC, Hebert, JR, Thompson, PL, Prince, RL, Hodgson, JM. Dietary inflammatory index in relation to sub-clinical atherosclerosis and atherosclerotic vascular disease mortality in older women. Br J Nutr. 2017. 117:1577-1586. doi:10.1017/s0007114517001520	Intervention/Exposure
284	Bonfanti, N, Fernández, JM, Gomez-Delgado, F, Pérez-Jiménez, F. Effect of two hypocaloric diets and their combination with physical exercise on basal metabolic rate and body composition. Nutricion hospitalaria. 2014. 29:635-643. doi:10.3305/nh.2014.29.3.7119	Language

No.	Citation	Rationale
285	Booth, A, Nowson, C, Worsley, A, Magerison, C, Jorna, M. Dietary approaches for weight loss with increased intakes of fruit, vegetables and dairy products. Nutrition & dietetics. 2008. 65:115-120. doi:unavailable	Intervention/Exposure; Publication Date Overlaps with Existing Review
286	Bopp, MJ, Houston, DK, Lenchik, L, Easter, L, Kritchevsky, SB, Nicklas, BJ. Lean mass loss is associated with low protein intake during dietary-induced weight loss in postmenopausal women. J Am Diet Assoc. 2008. 108:1216-20. doi:10.1016/j.jada.2008.04.017	Study Design; Intervention/Exposure
287	Borges, CA, Marchioni, DML, Levy, RB, Slater, B. Dietary patterns associated with overweight among Brazilian adolescents. Appetite. 2018. 123:402-409. doi:10.1016/j.appet.2018.01.001	Study Design
288	Bortolotti, M, Kreis, R, Debard, C, Cariou, B, Faeh, D, Chetiveaux, M, Ith, M, Vermathen, P, Stefanoni, N, Le, KA, Schneiter, P, Krempf, M, Vidal, H, Boesch, C, Tappy, L. High protein intake reduces intrahepatocellular lipid deposition in humans. Am J Clin Nutr. 2009. 90:1002-10. doi:10.3945/ajcn.2008.27296	Study duration
289	Bosco, G, Lodi, A, Cenci, L, Grimaldi, K, Parmagnani, A, Paoli, A. Hunger-related hormones, body composition and metabolism in overweight subjects two months after a mediterranean ketogenetic diet weight loss program. Eating and weight disorders. 2014. 19:423. doi:10.1007/s40519-014-0134-3	Publication Status
290	Bosse, MC, Davis, SC, Puhl, SM, Pedersen, M, Low, V, Reiner, L, Dominguez, T, Seals, N. Effects of Zone diet macronutrient proportions on blood lipids, blood glucose, body composition, and treadmill exercise performance. Nutrition Research. 2004. 24:521-530. doi:10.1016/j.nutres.2004.04.001	Study duration
291	Boucher, AB, Adesanya, EA, Owei, I, Gilles, AK, Ebenibo, S, Wan, J, Edeoga, C, Dagogo-Jack, S. Dietary habits and leisure-time physical activity in relation to adiposity, dyslipidemia, and incident dysglycemia in the pathobiology of prediabetes in a biracial cohort study. Metabolism. 2015. 64:1060-7. doi:10.1016/j.metabol.2015.05.015	Intervention/Exposure
292	Bouillon, K, Singh-Manoux, A, Jokela, M, Shipley, MJ, Batty, GD, Brunner, EJ, Sabia, S, Tabák, AG, Akbaraly, T, Ferrie, JE, Kivimäki, M. Decline in low-density lipoprotein cholesterol concentration: Lipid-lowering drugs, diet, or physical activity? Evidence from the Whitehall II study. Heart. 2011. 97:923-930. doi:10.1136/hrt.2010.216309	Outcome
293	Bounds, RG, Grandjean, PW, O'Brien, BC, Inman, C, Crouse, SF. Diet and short term plasma lipoprotein-lipid changes after exercise in trained Men. Int J Sport Nutr Exerc Metab. 2000. 10:114-27. doi:10.1123/ijsnem.10.2.114	Study duration
294	Bowen, J, Noakes, M, Clifton, P. High dairy-protein versus high mixed-protein energy restricted diets - the effect on bone turnover and calcium excretion in overweight adults. Asia pacific journal of clinical nutrition. 2003. 12 Suppl:S52. doi:unavailable	Intervention/Exposure; Publication Status
295	Bowen, J, Noakes, M, Clifton, PM. A high dairy protein, high-calcium diet minimizes bone turnover in overweight adults during weight loss. J Nutr. 2004. 134:568-73. doi:10.1093/jn/134.3.568	Intervention/Exposure; Comparator
296	Bowen, J, Noakes, M, Clifton, PM. Effect of calcium and dairy foods in high protein, energy-restricted diets on weight loss and metabolic parameters in overweight adults. Int J Obes (Lond). 2005. 29:957-65. doi:10.1038/sj.ijo.0802895	Intervention/Exposure; Comparator

No.	Citation	Rationale
297	Bowen, KJ, Kris-Etherton, PM, Jones, PJ, Reddivari, L. Effects of diets that vary in fatty acid composition on fecal short-chain fatty acid levels and their relationship with circulating lipids and lipoproteins. Circulation. 2019. 139:. doi:10.1161/circ.139.suppl_1.P293	Publication Status
298	Bowling, A, Davison, K, Haneuse, S, Beardslee, W, Miller, DP. ADHD Medication, Dietary Patterns, Physical Activity, and BMI in Children: A Longitudinal Analysis of the ECLS-K Study. Obesity (Silver Spring). 2017. 25:1802-1808. doi:10.1002/oby.21949	Intervention/Exposure
299	Bowman, SA, Spence, JT. A comparison of low-carbohydrate vs. high-carbohydrate diets: energy restriction, nutrient quality and correlation to body mass index. J Am Coll Nutr. 2002. 21:268-74. doi:10.1080/07315724.2002.10719220	Study Design
300	Boyle, KE, Canham, JP, Consitt, LA, Zheng, D, Koves, TR, Gavin, TP, Holbert, D, Neufer, PD, Ilkayeva, O, Muoio, DM, Houmard, JA. A high-fat diet elicits differential responses in genes coordinating oxidative metabolism in skeletal muscle of lean and obese individuals. J Clin Endocrinol Metab. 2011. 96:775-81. doi:10.1210/jc.2010-2253	Study duration
301	Bozzetto, L, Annuzzi, G, Pacini, G, Costabile, G, Vetrani, C, Vitale, M, Griffo, E, Giacco, A, De Natale, C, Cocozza, S, Della Pepa, G, Tura, A, Riccardi, G, Rivellese, AA. Polyphenol-rich diets improve glucose metabolism in people at high cardiometabolic risk: a controlled randomised intervention trial. Diabetologia. 2015. 58:1551-60. doi:10.1007/s00125-015-3592-x	Intervention/Exposure
302	Brader, L, Uusitupa, M, Dragsted, LO, Hermansen, K. Effects of an isocaloric healthy Nordic diet on ambulatory blood pressure in metabolic syndrome: a randomized SYSDIET sub-study. Eur J Clin Nutr. 2014. 68:57-63. doi:10.1038/ejcn.2013.192	Study Design; Publication Status
303	Brader, L, Uusitupa, M, Hermansen, K. Beneficial effects of a Healthy Nordic diet on ambulatory blood pressure in subjects with the metabolic syndrome: a SYSDIET sub study. Obesity reviews. 2011. 12:230. doi:10.1111/j.1467-789X.2011.00889.x	Study Design; Intervention/Exposure; Publication Status
304	Bradley, U, Spence, M, Courtney, CH, McKinley, MC, Ennis, CN, McCance, DR, McEneny, J, Bell, PM, Young, IS, Hunter, SJ. Low-fat versus low-carbohydrate weight reduction diets: effects on weight loss, insulin resistance, and cardiovascular risk: a randomized control trial. Diabetes. 2009. 58:2741-8. doi:10.2337/db09-0098	Study duration
305	Braha, K, Cupak, A, Pokrivcak, J, Qineti, A, Rizov, M. Economic analysis of the link between diet quality and health: Evidence from Kosovo. Econ Hum Biol. 2017. 27:261-274. doi:10.1016/j.ehb.2017.08.003	Study Design; Outcome
306	Brand-Miller, JC, Colagiuri, S, Gan, ST. Insulin sensitivity predicts glycemia after a protein load. Metabolism. 2000. 49:1-5. doi:10.1016/s0026-0495(00)90488-8	Study duration
307	Branis, NM, Etesami, M, Walker, RW, Berk, ES, Albu, JB. Effect of a 1-week, eucaloric, moderately high-fat diet on peripheral insulin sensitivity in healthy premenopausal women. BMJ Open Diabetes Res Care. 2015. 3:e000100. doi:10.1136/bmjdrc-2015-000100	Study duration
308	Brassard, D, Tessier-Grenier, M, Allaire, J, Rajendiran, E, She, Y, Ramprasath, V, Gigleux, I, Talbot, D, Levy, E, Tremblay, A, Jones, PJ, Couture, P, Lamarche, B. Comparison of the impact of SFAs from cheese and butter on cardiometabolic risk factors: a randomized controlled trial. Am J Clin Nutr. 2017. 105:800-809. doi:10.3945/ajcn.116.150300	Intervention/Exposure; Comparator

No.	Citation	Rationale
309	Bravo-Herrera, MD, Lopez-Miranda, J, Marin, C, Gomez, P, Gomez, MJ, Moreno, JA, Perez-Martinez, P, Blanco, A, Jimenez-Gomez, Y, Perez-Jimenez, F. Tissue factor expression is decreased in monocytes obtained from blood during Mediterranean or high carbohydrate diets. Nutr Metab Cardiovasc Dis. 2004. 14:128-32. doi:unavailable	Study duration
310	Bray, GA, Champagne, CM. Dietary Patterns May Modify Central Adiposity. Journal of the American Dietetic Association. 2009. 109:1354-1355. doi:10.1016/j.jada.2009.05.013	Publication Status
311	Bray, GA, Lovejoy, JC, Most-Windhauser, M, Smith, SR, Volaufova, J, Denkins, Y, de Jonge, L, Rood, J, Lefevre, M, Eldridge, AL, Peters, JC. A 9-mo randomized clinical trial comparing fat-substituted and fat-reduced diets in healthy obese men: the Ole Study. Am J Clin Nutr. 2002. 76:928-34. doi:10.1093/ajcn/76.5.928	Intervention/Exposure; Comparator
312	Bray, GA, Redman, LM, de Jonge, L, Rood, J, Smith, SR. Effect of Three Levels of Dietary Protein on Metabolic Phenotype of Healthy Individuals With 8 Weeks of Overfeeding. J Clin Endocrinol Metab. 2016. 101:2836-43. doi:10.1210/jc.2016-1313	Power/Size
313	Bray, GA, Redman, LM, de Jonge, L, Rood, J, Sutton, EF, Smith, SR. Plasma Amino Acids During 8 Weeks of Overfeeding: Relation to Diet Body Composition and Fat Cell Size in the PROOF Study. Obesity (Silver Spring). 2018. 26:324-331. doi:10.1002/oby.22087	Intervention/Exposure; Outcome
314	Bray, GA, Ryan, DH, Johnson, W, Champagne, CM, Johnson, CM, Rood, J, Williamson, DA, Sacks, FM. Markers of dietary protein intake are associated with successful weight loss in the POUNDS Lost trial. Clin Obes. 2017. 7:166-175. doi:10.1111/cob.12188	Weight loss/Hypocaloric
315	Bray, GA, Smith, SR, de Jonge, L, Xie, H, Rood, J, Martin, CK, Most, M, Brock, C, Mancuso, S, Redman, LM. Effect of dietary protein content on weight gain, energy expenditure, and body composition during overeating: a randomized controlled trial. Jama. 2012. 307:47-55. doi:10.1001/jama.2011.1918	Study duration
316	Bray, GA, Smith, SR, DeJonge, L, de Souza, R, Rood, J, Champagne, CM, Laranjo, N, Carey, V, Obarzanek, E, Loria, CM, Anton, SD, Ryan, DH, Greenway, FL, Williamson, D, Sacks, FM. Effect of diet composition on energy expenditure during weight loss: the POUNDS LOST Study. Int J Obes (Lond). 2012. 36:448-55. doi:10.1038/ijo.2011.173	Intervention/Exposure; Weight loss/Hypocaloric; Study duration
317	Bray, GA, Vollmer, WM, Sacks, FM, Obarzanek, E, Svetkey, LP, Appel, LJ. A further subgroup analysis of the effects of the DASH diet and three dietary sodium levels on blood pressure: results of the DASH-Sodium Trial. Am J Cardiol. 2004. 94:222-7. doi:10.1016/j.amjcard.2004.03.070	Study Design; Intervention/Exposure
318	Brehm, BJ, Seeley, RJ, Daniels, SR, D'Alessio, DA. A randomized trial comparing a very low carbohydrate diet and a calorie-restricted low fat diet on body weight and cardiovascular risk factors in healthy women. J Clin Endocrinol Metab. 2003. 88:1617-23. doi:10.1210/jc.2002-021480	Power/Size
319	Brehm, BJ, Spang, SE, Lattin, BL, Seeley, RJ, Daniels, SR, D'Alessio, DA. The role of energy expenditure in the differential weight loss in obese women on low-fat and low-carbohydrate diets. J Clin Endocrinol Metab. 2005. 90:1475-82. doi:10.1210/jc.2004-1540	Power/Size

No.	Citation	Rationale
320	Breitenbach, Z, Raposa, B, Szabó, Z, Polyák, É, Szűcs, Z, Kubányi, J, Figler, M. Examination of Hungarian college students' eating habits, physical activity and body composition. European Journal of Integrative Medicine. 2016. 8:13-17. doi:10.1016/j.eujim.2016.11.007	Study Design
321	Brennan, IM, Luscombe-Marsh, ND, Seimon, RV, Otto, B, Horowitz, M, Wishart, JM, Feinle-Bisset, C. Effects of fat, protein, and carbohydrate and protein load on appetite, plasma cholecystokinin, peptide YY, and ghrelin, and energy intake in lean and obese men. Am J Physiol Gastrointest Liver Physiol. 2012. 303:G129-40. doi:10.1152/ajpgi.00478.2011	Study duration
322	Bril, N, Shelef, I, Schwarzfuchs, D, Serfaty, D, Gepner, Y, Lerner, M, Cohen, N, Shemesh, E, Tangi-Rosental, O, Sarusi, B, etal, . Acute diet induced thermogenesis (DIT), specific foods, and visceral adiposity. Clinical nutrition. 2013. 32:S24-S25. doi:unavailable	Publication Status
323	Brinkworth, GD, Buckley, JD, Noakes, M, Clifton, PM. Renal function following long-term weight loss in individuals with abdominal obesity on a very-low-carbohydrate diet vs high-carbohydrate diet. J Am Diet Assoc. 2010. 110:633-8. doi:10.1016/j.jada.2009.12.016	Weight loss/Hypocaloric
324	Brinkworth, GD, Noakes, M, Buckley, JD, Keogh, JB, Clifton, PM. Long-term effects of a very-low-carbohydrate weight loss diet compared with an isocaloric low-fat diet after 12 mo. Am J Clin Nutr. 2009. 90:23-32. doi:10.3945/ajcn.2008.27326	Weight loss/Hypocaloric
325	Brinkworth, GD, Noakes, M, Keogh, JB, Luscombe, ND, Wittert, GA, Clifton, PM. Long-term effects of a high-protein, low-carbohydrate diet on weight control and cardiovascular risk markers in obese hyperinsulinemic subjects. Int J Obes Relat Metab Disord. 2004. 28:661-70. doi:10.1038/sj.ijo.0802617	Power/Size
326	Brito Beck da Silva, K, Leovigildo Fiaccone, R, Couto, RD, Ribeiro-Silva Rde, C. EVALUATION OF THE EFFECTS OF A PROGRAMME PROMOTING ADEQUATE AND HEALTHY EATING ON ADOLESCENT HEALTH MARKERS: AN INTERVENTIONAL STUDY. Nutr Hosp. 2015. 32:1582-90. doi:10.3305/nh.2015.32.4.9512	Intervention/Exposure
327	Brito Beck da Silva, K, Ortelan, N, Giardini Murta, S, Sartori, I, Couto, RD, Leovigildo Fiaccone, R, Lima Barreto, M, Jones Bell, M, Barr Taylor, C, Ribeiro-Silva, RC. Evaluation of the Computer-Based Intervention Program Stayingfit Brazil to Promote Healthy Eating Habits: The Results from a School Cluster-Randomized Controlled Trial. Int J Environ Res Public Health. 2019. 16:. doi:10.3390/ijerph16101674	Intervention/Exposure; Outcome
328	Brixval, CS, Andersen, LB, Heitmann, BL. Fat intake and weight development from 9 to 16 years of age: the European youth heart study - a longitudinal study. Obes Facts. 2009. 2:166-70. doi:10.1159/000219134	Intervention/Exposure
329	Brons, C, Jensen, CB, Storgaard, H, Hiscock, NJ, White, A, Appel, JS, Jacobsen, S, Nilsson, E, Larsen, CM, Astrup, A, Quistorff, B, Vaag, A. Impact of short-term high-fat feeding on glucose and insulin metabolism in young healthy men. J Physiol. 2009. 587:2387-97. doi:10.1113/jphysiol.2009.169078	Study duration
330	Brooking, LA, Williams, SM, Mann, JI. Effects of macronutrient composition of the diet on body fat in indigenous people at high risk of type 2 diabetes. Diabetes Res Clin Pract. 2012. 96:40-6. doi:10.1016/j.diabres.2011.11.021	Study duration
331	Brouwer-Brolsma, EM, van Lee, L, Streppel, MT, Sluik, D, van de Wiel, AM, de Vries, JHM, Geelen, A, Feskens, EJM. Nutrition Questionnaires plus (NQplus) study, a prospective study on dietary determinants and cardiometabolic health in Dutch adults. BMJ Open. 2018. 8:e020228. doi:10.1136/bmjopen-2017-020228	Study Design; Outcome

No.	Citation	Rationale
332	Brown, DL, Conley, KM, Sanchez, BN, Resnicow, K, Cowdery, JE, Sais, E, Murphy, J, Skolarus, LE, Lisabeth, LD, Morgenstern, LB. A Multicomponent Behavioral Intervention to Reduce Stroke Risk Factor Behaviors: The Stroke Health and Risk Education Cluster-Randomized Controlled Trial. Stroke. 2015. 46:2861-7. doi:10.1161/strokeaha.115.010678	Intervention/Exposure
333	Browning, JD, Baker, JA, Rogers, T, Davis, J, Satapati, S, Burgess, SC. Short-term weight loss and hepatic triglyceride reduction: evidence of a metabolic advantage with dietary carbohydrate restriction. Am J Clin Nutr. 2011. 93:1048-52. doi:10.3945/ajcn.110.007674	Study duration
334	Browning, JD, Davis, J, Saboorian, MH, Burgess, SC. A low-carbohydrate diet rapidly and dramatically reduces intrahepatic triglyceride content. Hepatology. 2006. 44:487-8. doi:10.1002/hep.21264	Publication Status
335	Brunerova, L, Smejkalova, V, Potockova, J, Andel, M. A comparison of the influence of a high-fat diet enriched in monounsaturated fatty acids and conventional diet on weight loss and metabolic parameters in obese non-diabetic and Type 2 diabetic patients. Diabet Med. 2007. 24:533-40. doi:10.1111/j.1464-5491.2007.02104.x	Intervention/Exposure
336	Bruno, E, Manoukian, S, Venturelli, E, Oliverio, A, Rovera, F, Iula, G, Morelli, D, Peissel, B, Azzolini, J, Roveda, E, Pasanisi, P. Adherence to Mediterranean Diet and Metabolic Syndrome in BRCA Mutation Carriers. Integr Cancer Ther. 2018. 17:153-160. doi:10.1177/1534735417721015	Outcome
337	Brynes, AE, Adamson, J, Dornhorst, A, Frost, GS. The beneficial effect of a diet with low glycaemic index on 24 h glucose profiles in healthy young people as assessed by continuous glucose monitoring. Br J Nutr. 2005. 93:179-82. doi:10.1079/bjn20041318	Study duration
338	Bucher Della Torre, S, Wild, P, Dorribo, V, Amati, F, Danuser, B. Eating Habits of Professional Firefighters: Comparison With National Guidelines and Impact Healthy Eating Promotion Program. J Occup Environ Med. 2019. 61:e183-e190. doi:10.1097/jom.0000000000001565	Study Design
339	Buckland, NJ, Camidge, D, Croden, F, Lavin, JH, Stubbs, RJ, Hetherington, MM, Blundell, JE, Finlayson, G. A Low Energy-Dense Diet in the Context of a Weight-Management Program Affects Appetite Control in Overweight and Obese Women. J Nutr. 2018. 148:798-806. doi:10.1093/jn/nxy041	Intervention/Exposure
340	Buendia, JR, Bradlee, ML, Singer, MR, Moore, LL. Diets higher in protein predict lower high blood pressure risk in Framingham Offspring Study adults. Am J Hypertens. 2015. 28:372-9. doi:10.1093/ajh/hpu157	Outcome
341	Bui, Q. Dietary fat modification and the risk of future cardiovascular events and mortality. Am Fam Physician. 2013. 87:609-10. doi:unavailable	Study Design; Publication Status
342	Buijsse, B, Boeing, H, Drogan, D, Schulze, MB, Feskens, EJ, Amiano, P, Barricarte, A, Clavel-Chapelon, F, de Lauzon-Guillain, B, Fagherazzi, G, Fonseca-Nunes, A, Franks, PW, Huerta, JM, Jakobsen, MU, Kaaks, R, Key, TJ, Khaw, KT, Masala, G, Moskal, A, Nilsson, PM, Overvad, K, Pala, V, Panico, S, Redondo, ML, Ricceri, F, Rolandsson, O, Sanchez, MJ, Sluijs, I, Spijkerman, AM, Tjonneland, A, Tumino, R, van der, Dl A, van der Schouw, YT, Langenberg, C, Sharp, SJ, Forouhi, NG, Riboli, E, Wareham, NJ. Consumption of fatty foods and incident type 2 diabetes in populations from eight European countries. Eur J Clin Nutr. 2015. 69:455-61. doi:10.1038/ejcn.2014.249	Intervention/Exposure

No.	Citation	Rationale
343	Buijsse, B, Jacobs, DR, Jr, Steffen, LM, Kromhout, D, Gross, MD. Plasma Ascorbic Acid, A Priori Diet Quality Score, and Incident Hypertension: A Prospective Cohort Study. PLoS One. 2015. 10:e0144920. doi:10.1371/journal.pone.0144920	Outcome
344	Buil-Cosiales, P, Toledo, E, Salas-Salvadó, J, Zazpe, I, Farràs, M, Basterra-Gortari, FJ, Diez-Espino, J, Estruch, R, Corella, D, Ros, E, Marti, A, Gómez-Gracia, E, Ortega-Calvo, M, Arós, F, Moñino, M, Serra-Majem, L, Pintó, X, Lamuela-Raventós, RM, Babio, N, Gonzalez, JI, Fitó, M, Martínez-González, MA. Association between dietary fibre intake and fruit, vegetable or whole-grain consumption and the risk of CVD: Results from the PREvención con DIeta MEDiterránea (PREDIMED) trial. British Journal of Nutrition. 2016. 116:534-546. doi:10.1017/S0007114516002099	Intervention/Exposure
345	Buil-Cosiales, P, Zazpe, I, Toledo, E, Corella, D, Salas-Salvado, J, Diez-Espino, J, Ros, E, Fernandez-Creuet Navajas, J, Santos-Lozano, JM, Aros, F, Fiol, M, Castaner, O, Serra-Majem, L, Pinto, X, Lamuela-Raventos, RM, Marti, A, Basterra-Gortari, FJ, Sorli, JV, Verdu-Rotellar, JM, Basora, J, Ruiz-Gutierrez, V, Estruch, R, Martinez-Gonzalez, MA. Fiber intake and all-cause mortality in the Prevencion con Dieta Mediterranea (PREDIMED) study. Am J Clin Nutr. 2014. 100:1498-507. doi:10.3945/ajcn.114.093757	Intervention/Exposure
346	Bullo, M, Casas, R, Portillo, MP, Basora, J, Estruch, R, Garcia-Arellano, A, Lasa, A, Juanola-Falgarona, M, Aros, F, Salas-Salvado, J. Dietary glycemic index/load and peripheral adipokines and inflammatory markers in elderly subjects at high cardiovascular risk. Nutr Metab Cardiovasc Dis. 2013. 23:443-50. doi:10.1016/j.numecd.2011.09.009	Outcome
347	Bunyard, LB, Dennis, KE, Nicklas, BJ. Dietary intake and changes in lipoprotein lipids in obese, postmenopausal women placed on an American Heart Association Step 1 diet. J Am Diet Assoc. 2002. 102:52-7. doi:10.1016/s0002-8223(02)90016-7	Study Design
348	Burger, KN, Beulens, JW, Boer, JM, Spijkerman, AM, van der, Dl A. Dietary glycemic load and glycemic index and risk of coronary heart disease and stroke in Dutch men and women: the EPIC-MORGEN study. PLoS One. 2011. 6:e25955. doi:10.1371/journal.pone.0025955	Intervention/Exposure
349	Burgess, B, Raynor, HA, Tepper, BJ. PROP Nontaster Women Lose More Weight Following a Low-Carbohydrate Versus a Low-Fat Diet in a Randomized Controlled Trial. Obesity (Silver Spring). 2017. 25:1682-1690. doi:10.1002/oby.21951	Intervention/Exposure; Comparator
350	Burke, LE, Hudson, AG, Warziski, MT, Styn, MA, Music, E, Elci, OU, Sereika, SM. Effects of a vegetarian diet and treatment preference on biochemical and dietary variables in overweight and obese adults: a randomized clinical trial. Am J Clin Nutr. 2007. 86:588-96. doi:10.1093/ajcn/86.3.588	Intervention/Exposure; Publication Date Overlaps with Existing Review
351	Burke, LE, Styn, MA, Steenkiste, AR, Music, E, Warziski, M, Choo, J. A randomized clinical trial testing treatment preference and two dietary options in behavioral weight management: preliminary results of the impact of diet at 6 months--PREFER study. Obesity (Silver Spring). 2006. 14:2007-17. doi:10.1038/oby.2006.235	Intervention/Exposure
352	Burke, LE, Warziski, M, Styn, MA, Music, E, Hudson, AG, Sereika, SM. A randomized clinical trial of a standard versus vegetarian diet for weight loss: the impact of treatment preference. Int J Obes (Lond). 2008. 32:166-76. doi:10.1038/sj.ijo.0803706	Intervention/Exposure; Publication Date Overlaps with Existing Review

No.	Citation	Rationale
353	Burke, V, Beilin, LJ, Cutt, HE, Mansour, J, Williams, A, Mori, TA. A lifestyle program for treated hypertensives improved health-related behaviors and cardiovascular risk factors, a randomized controlled trial. J Clin Epidemiol. 2007. 60:133-41. doi:10.1016/j.jclinepi.2006.05.012	Intervention/Exposure
354	Burkhart, SJ, Pelly, FE. Dietary intake of athletes seeking nutrition advice at a major international competition. Nutrients. 2016. 8:. doi:10.3390/nu8100638	Study Design
355	Buscemi, S, Verga, S, Tranchina, MR, Cottone, S, Cerasola, G. Effects of hypocaloric very-low-carbohydrate diet vs. Mediterranean diet on endothelial function in obese women*. Eur J Clin Invest. 2009. 39:339-47. doi:10.1111/j.1365-2362.2009.02091.x	Study duration
356	Buschard, K, Thomassen, K, Lynge, E, Vejborg, I, Tjonneland, A, von Euler-Chelpin, M, Andersen, ZJ. Diabetes, diabetes treatment, and mammographic density in Danish Diet, Cancer, and Health cohort. Cancer Causes Control. 2017. 28:13-21. doi:10.1007/s10552-016-0829-z	Intervention/Exposure
357	Buteau-Poulin, D, Poirier, P, Despres, JP, Almeras, N. Assessing nutritional quality as a 'vital sign' of cardiometabolic health. Br J Nutr. 2019. 122:195-205. doi:10.1017/s0007114519001016	Study Design
358	Buyken, AE, Flood, V, Empson, M, Rochtchina, E, Barclay, AW, Brand-Miller, J, Mitchell, P. Carbohydrate nutrition and inflammatory disease mortality in older adults. Am J Clin Nutr. 2010. 92:634-43. doi:10.3945/ajcn.2010.29390	Intervention/Exposure
359	Byrne, DW, Rolando, LA, Aliyu, MH, McGown, PW, Connor, LR, Awalt, BM, Holmes, MC, Wang, L, Yarbrough, MI. Modifiable Healthy Lifestyle Behaviors: 10-Year Health Outcomes From a Health Promotion Program. Am J Prev Med. 2016. 51:1027-1037. doi:10.1016/j.amepre.2016.09.012	Intervention/Exposure
360	Cade, JE, Burley, VJ, Greenwood, DC. The UK Women's Cohort Study: comparison of vegetarians, fish-eaters and meat-eaters. Public Health Nutr. 2004. 7:871-8. doi:unavailable	Intervention/Exposure
361	Cai, J, Nuli, R, Zhang, Y, Zhang, Y, Abudusemaiti, M, Kadeer, A, Tian, X, Xiao, H. Association of Dietary Patterns with Type 2 Diabetes Mellitus among Middle-Aged Adults in Uygur Population of Xinjiang Region. J Nutr Sci Vitaminol (Tokyo). 2019. 65:362-374. doi:10.3177/jnsv.65.362	Study Design
362	Cai, J, Zhang, Y, Nuli, R, Zhang, Y, Abudusemaiti, M, Kadeer, A, Tian, X, Xiao, H. Interaction between dietary patterns and TCF7L2 polymorphisms on type 2 diabetes mellitus among Uyghur adults in Xinjiang Province, China. Diabetes Metab Syndr Obes. 2019. 12:239-255. doi:10.2147/dmso.S191759	Study Design; Intervention/Exposure
363	Cakir, M, Akbulut, UE, Okten, A. Association between Adherence to the Mediterranean Diet and Presence of Nonalcoholic Fatty Liver Disease in Children. Child Obes. 2016. 12:279-85. doi:10.1089/chi.2015.0197	Study Design
364	Calleja Fernandez, A, Vidal Casariego, A, Cano Rodriguez, I, Ballesteros Pomar, MD. One-year effectiveness of two hypocaloric diets with different protein/carbohydrate ratios in weight loss and insulin resistance. Nutr Hosp. 2012. 27:2093-101. doi:10.3305/nh.2012.27.6.6133	Power/Size

No.	Citation	Rationale
365	Camargo, A, Meneses, ME, Pérez-Martínez, P, Delgado-Lista, J, Rangel-Zúñiga, OA, Marín, C, Almadén, Y, Yubero-Serrano, EM, González-Guardia, L, Fuentes, F, Tinahones, FJ, Roche, HM, Malagón, MM, Pérez-Jiménez, F, López-Miranda, J. Dietary fat modifies lipid metabolism in the adipose tissue of metabolic syndrome patients. Genes and Nutrition. 2014. 9:. doi:10.1007/s12263-014-0409-3	Outcome
366	Cameron, JD, Riou, ME, Tesson, F, Goldfield, GS, Rabasa-Lhoret, R, Brochu, M, Doucet, E. The TaqIA RFLP is associated with attenuated intervention-induced body weight loss and increased carbohydrate intake in post-menopausal obese women. Appetite. 2013. 60:111-116. doi:10.1016/j.appet.2012.09.010	Intervention/Exposure
367	Camhi, SM, Crouter, SE, Hayman, LL, Must, A, Lichtenstein, AH. Lifestyle Behaviors in Metabolically Healthy and Unhealthy Overweight and Obese Women: A Preliminary Study. PLoS One. 2015. 10:e0138548. doi:10.1371/journal.pone.0138548	Study Design; Intervention/Exposure
368	Camhi, SM, Stefanick, ML, Katzmarzyk, PT, Young, DR. Metabolic syndrome and changes in body fat from a low-fat diet and/or exercise randomized controlled trial. Obesity (Silver Spring). 2010. 18:548-54. doi:10.1038/oby.2009.304	Intervention/Exposure; Publication Date Overlaps with Existing Review
369	Camhi, SM, Whitney Evans, E, Hayman, LL, Lichtenstein, AH, Must, A. Healthy eating index and metabolically healthy obesity in U.S. adolescents and adults. Prev Med. 2015. 77:23-7. doi:10.1016/j.ypmed.2015.04.023	Study Design
370	Caminhotto Rde, O, Fonseca, FL, Castro, NC, Arantes, JP, Sertie, RA. Atkins diet program rapidly decreases atherogenic index of plasma in trained adapted overweight men. Arch Endocrinol Metab. 2015. 59:568-71. doi:10.1590/2359-3997000000106	Study duration
371	Campbell, CP, Raubenheimer, D, Badaloo, AV, Gluckman, PD, Martinez, C, Gosby, A, Simpson, SJ, Osmond, C, Boyne, MS, Forrester, TE. Developmental contributions to macronutrient selection: a randomized controlled trial in adult survivors of malnutrition. Evol Med Public Health. 2016. 2016:158-69. doi:10.1093/emph/eov030	Study duration ; Health Status
372	Campbell, DD, Meckling, KA. Effect of the protein:carbohydrate ratio in hypoenergetic diets on metabolic syndrome risk factors in exercising overweight and obese women. Br J Nutr. 2012. 108:1658-71. doi:10.1017/s0007114511007215	Power/Size
373	Campbell, EK, Fidahusain, M, Campbell Ii, TM. Evaluation of an Eight-Week Whole-Food Plant-Based Lifestyle Modification Program. Nutrients. 2019. 11:. doi:10.3390/nu11092068	Study Design; Intervention/Exposure
374	Campbell, TC. A plant-based diet and animal protein: questioning dietary fat and considering animal protein as the main cause of heart disease. J Geriatr Cardiol. 2017. 14:331-337. doi:10.11909/j.issn.1671-5411.2017.05.011	Study Design
375	Campbell, WW, Kim, JE, Amankwaah, AF, Gordon, SL, Weinheimer-Haus, EM. Higher Total Protein Intake and Change in Total Protein Intake Affect Body Composition but Not Metabolic Syndrome Indexes in Middle-Aged Overweight and Obese Adults Who Perform Resistance and Aerobic Exercise for 36 Weeks. J Nutr. 2015. 145:2076-83. doi:10.3945/jn.115.213595	Intervention/Exposure
376	Campbell, WW, O'Connor, LE, Li, J, Sayer, RD, Wright, AJ. Adopting, abandoning, and re-adopting healthy eating patterns sends cardiovascular disease risk factors on a rollercoaster ride. FASEB journal. 2017. 31:. doi:unavailable	Publication Status

No.	Citation	Rationale
377	Campbell, WW, Tang, M. Protein intake, weight loss, and bone mineral density in postmenopausal women. J Gerontol A Biol Sci Med Sci. 2010. 65:1115-22. doi:10.1093/gerona/glq083	Intervention/Exposure
378	Campos-Nonato, I, Hernandez, L, Barquera, S. Effect of a High-Protein Diet versus Standard-Protein Diet on Weight Loss and Biomarkers of Metabolic Syndrome: A Randomized Clinical Trial. Obes Facts. 2017. 10:238-251. doi:10.1159/000471485	Intervention/Exposure
379	Can, AS, Uysal, C, Palaoglu, KE. Short term effects of a low-carbohydrate diet in overweight and obese subjects with low HDL-C levels. BMC Endocr Disord. 2010. 10:18. doi:10.1186/1472-6823-10-18	Study Design
380	Canfi, A, Gepner, Y, Schwarzfuchs, D, Golan, R, Shahar, DR, Fraser, D, Witkow, S, Greenberg, I, Sarusi, B, Vardi, H, Friger, M, Stampfer, MJ, Shai, I. Effect of changes in the intake of weight of specific food groups on successful body weight loss during a multi-dietary strategy intervention trial. J Am Coll Nutr. 2011. 30:491-501. doi:10.1080/07315724.2011.10719995	Intervention/Exposure; Publication Date Overlaps with Existing Review
381	Cano-Ibanez, N, Bueno-Cavanillas, A, Martinez-Gonzalez, MA, Salas-Salvado, J, Corella, D, Freixer, GL, Romaguera, D, Vioque, J, Alonso-Gomez, AM, Warnberg, J, Martinez, JA, Serra-Majem, L, Estruch, R, Tinahones, FJ, Lapetra, J, Pinto, X, Tur, JA, Garcia-Rios, A, Garcia-Molina, L, Delgado-Rodriguez, M, Matia-Martin, P, Daimiel, L, Martin-Sanchez, V, Vidal, J, Vazquez, C, Ros, E, Bartolome-Resano, J, Palau-Galindo, A, Portoles, O, Torres, L, Miquel, Fiol, Sanchez, MTC, Sorto-Sanchez, C, Moreno-Morales, N, Abete, I, Alvarez-Perez, J, Sacanella, E, Bernal-Lopez, MR, Santos-Lozano, JM, Fanlo-Maresma, M, Bouzas, C, Razquin, C, Becerra-Tomas, N, Ortega-Azorin, C, Limona R L, Morey, M, Roman-Macia, J, Goicolea-Guemez, L, Vazquez-Ruiz, Z, Barrubes, L, Fito, M, Gea, A. Effect of changes in adherence to Mediterranean diet on nutrient density after 1-year of follow-up: results from the PREDIMED-Plus Study. Eur J Nutr. 2019. :. doi:10.1007/s00394-019-02087-1	Outcome
382	Carbajo, MA, Castro, MJ, Kleinfinger, S, Gomez-Arenas, S, Ortiz-Solorzano, J, Wellman, R, Garcia-Ianza, C, Luque, E. Effects of a balanced energy and high protein formula diet (Vegestart complet(R)) vs. low-calorie regular diet in morbid obese patients prior to bariatric surgery (laparoscopic single anastomosis gastric bypass): a prospective, double-blind randomized study. Nutr Hosp. 2010. 25:939-48. doi:unavailable	Intervention/Exposure; Study duration ; Health Status
383	Cardel, M, Lemas, DJ, Jackson, KH, Friedman, JE, Fernandez, JR. Higher Intake of PUFAs Is Associated with Lower Total and Visceral Adiposity and Higher Lean Mass in a Racially Diverse Sample of Children. J Nutr. 2015. 145:2146-52. doi:10.3945/jn.115.212365	Study Design
384	Cardillo, S, Seshadri, P, Iqbal, N. The effects of a low-carbohydrate versus low-fat diet on adipocytokines in severely obese adults: three-year follow-up of a randomized trial. Eur Rev Med Pharmacol Sci. 2006. 10:99-106. doi:unavailable	Study duration ; Health Status
385	Cardoso, DA, Moreira, AS, de Oliveira, GM, Raggio Luiz, R, Rosa, G. A COCONUT EXTRA VIRGIN OIL-RICH DIET INCREASES HDL CHOLESTEROL AND DECREASES WAIST CIRCUMFERENCE AND BODY MASS IN CORONARY ARTERY DISEASE PATIENTS. Nutr Hosp. 2015. 32:2144-52. doi:10.3305/nh.2015.32.5.9642	Health Status
386	Carpentier, A, Zinman, B, Leung, N, Giacca, A, Hanley, AJ, Harris, SB, Hegele, RA, Lewis, GF. Free fatty acid-mediated impairment of glucose-stimulated insulin secretion in nondiabetic Oji-Cree individuals from the Sandy Lake community of Ontario, Canada: a population at very high risk for developing type 2 diabetes. Diabetes. 2003. 52:1485-95. doi:10.2337/diabetes.52.6.1485	Study duration

No.	Citation	Rationale
387	Carstens, MT, Goedecke, JH, Dugas, L, Evans, J, Kroff, J, Levitt, NS, Lambert, EV. Fasting substrate oxidation in relation to habitua dietary fat intake and insulin resistance in non-diabetic women: A case for metabolic flexibility?. Nutrition and Metabolism. 2013. 10:. doi:10.1186/1743-7075-10-8	Study Design
388	Carty, CL, Kooperberg, C, Neuhouser, ML, Tinker, L, Howard, B, Wactawski-Wende, J, Beresford, SA, Snetselaar, L, Vitolins, M, Allison, M, Budrys, N, Prentice, R, Peters, U. Low-fat dietary pattern and change in body-composition traits in the Women's Health Initiative Dietary Modification Trial. Am J Clin Nutr. 2011. 93:516-24. doi:10.3945/ajcn.110.006395	Publication Date Overlaps with Existing Review
389	Casas, R, Sacanella, E, Urpí-Sardà, M, Corella, D, Castañer, O, Lamuela-Raventos, RM, Salas-Salvadó, J, Martínez-González, MA, Ros, E, Estruch, R. Long-Term Immunomodulatory Effects of a Mediterranean Diet in Adults at High Risk of Cardiovascular Disease in the PREvención con DIeta MEDiterránea (PREDIMED) Randomized Controlled Trial. Journal of nutrition. 2016. 146:1684-1693. doi:10.3945/jn.115.229476	Study Design; Outcome
390	Casazza, K, Cardel, M, Dulin-Keita, A, Hanks, LJ, Gower, BA, Newton, AL, Wallace, S. Reduced carbohydrate diet to improve metabolic outcomes and decrease adiposity in obese peripubertal African American girls. J Pediatr Gastroenterol Nutr. 2012. 54:336-42. doi:10.1097/MPG.0b013e31823df207	Study duration
391	Casazza, K, Dulin-Keita, A, Gower, BA, Fernandez, JR. Relationships between reported macronutrient intake and insulin dynamics in a multi-ethnic cohort of early pubertal children. Int J Pediatr Obes. 2009. 4:249-56. doi:10.3109/17477160902763366	Study Design
392	Casazza, K. A reduced carbohydrate diet results in loss in lean mass in peripubertal African American girls. FASEB journal. 2010. 24:. doi:unavailable	Publication Status
393	Cases, J, Romain, C, Dallas, C, Gerbi, A, Cloarec, M. Regular consumption of Fiit-ns, a polyphenol extract from fruit and vegetables frequently consumed within the Mediterranean diet, improves metabolic ageing of obese volunteers: a randomized, double-blind, parallel trial. Int J Food Sci Nutr. 2015. 66:120-5. doi:10.3109/09637486.2014.971229	Intervention/Exposure
394	Cassady, BA, Charboneau, NL, Brys, EE, Crouse, KA, Beitz, DC, Wilson, T. Effects of low carbohydrate diets high in red meats or poultry, fish and shellfish on plasma lipids and weight loss. Nutr Metab (Lond). 2007. 4:23. doi:10.1186/1743-7075-4-23	Study duration
395	Cassani, RS, Fassini, PG, Silvah, JH, Lima, CM, Marchini, JS. Impact of weight loss diet associated with flaxseed on inflammatory markers in men with cardiovascular risk factors: a clinical study. Nutrition journal. 2015. 14:5. doi:10.1186/1475-2891-14-5	Intervention/Exposure
396	Castaldo, G, Monaco, L, Castaldo, L, Galdo, G, Cereda, E. An observational study of sequential protein-sparing, very low-calorie ketogenic diet (Oloproteic diet) and hypocaloric Mediterranean-like diet for the treatment of obesity. Int J Food Sci Nutr. 2016. 67:696-706. doi:10.1080/09637486.2016.1186157	Study Design; Publication Status
397	Castro, Mbtd, Araujo, MC, Barbosa Cunha, D, Bezerra, IN, Adegboye, ARA, Kac, G, Sichieri, R. Effect of high protein intake and nutritional advice on body weight maintainance among overweight and obese postpartum women. Annals of nutrition & metabolism. 2017. 71:845-846. doi:10.1159/000480486	Publication Status

No.	Citation	Rationale
398	Cataife, G. Small area estimation of obesity prevalence and dietary patterns: a model applied to Rio de Janeiro city, Brazil. Health Place. 2014. 26:47-52. doi:10.1016/j.healthplace.2013.12.004	Study Design
399	Catenacci, VA, Odgen, L, Phelan, S, Thomas, JG, Hill, J, Wing, RR, Wyatt, H. Dietary habits and weight maintenance success in high versus low exercisers in the National Weight Control Registry. J Phys Act Health. 2014. 11:1540-8. doi:10.1123/jpah.2012-0250	Intervention/Exposure
400	Cayanan, EA, Hoyos, CM, Djavadkhani, Y, Wong, KKW, Yee, BY, Phillips, C, Marshall, NS, Grunstein, RR. Effectiveness of two maintenance diets following a very vow energy diet to reduce cardio-metabolic risk in obese sleep apnea patients: a randomised controlled trial. Obesity reviews. 2016. 17:38-. doi:10.1111/obr.12400	Publication Status
401	Cayanan, EA, Marshall, NS, Hoyos, CM, Djavadkhani, Y, Yee, B, Wong, KK, Grunstein, RR. Effectiveness of two maintenance diets following a very low energy diet to reduce cardiometabolic risk in obese sleep apnea patients: a randomised controlled trial. Journal of sleep research. 2014. 23:68-. doi:10.1111/jsr.12213	Publication Status
402	Celis-Morales, C, Livingstone, KM, Affleck, A, Navas-Carretero, S, San-Cristobal, R, Martinez, JA, Marsaux, CFM, Saris, WHM, O'Donovan, CB, Forster, H, Woolhead, C, Gibney, ER, Walsh, MC, Brennan, L, Gibney, M, Moschonis, G, Lambrinou, CP, Mavrogianni, C, Manios, Y, Macready, AL, Fallaize, R, Lovegrove, JA, Kolossa, S, Daniel, H, Traczyk, I, Drevon, CA, Mathers, JC. Correlates of overall and central obesity in adults from seven European countries: findings from the Food4Me Study. Eur J Clin Nutr. 2018. 72:207-219. doi:10.1038/s41430-017-0004-y	Study Design
403	Cespedes, EM, Hu, FB, Redline, S, Rosner, B, Gillman, MW, Rifas-Shiman, SL, Taveras, EM. Chronic insufficient sleep and diet quality: Contributors to childhood obesity. Obesity (Silver Spring). 2016. 24:184-90. doi:10.1002/oby.21196	Study Design; Outcome
404	Chai, L, Collins, C, May, C, Holder, C, Brown, LJ, Burrows, T. An online telehealth nutrition intervention to support parents in child weight management - A randomised feasibility controlled trial. Obesity facts. 2019. 12:111-112. doi:10.1159/000489691	Publication Status
405	Champagne, CM, Bray, G, Sacks, F, Miketinas, D. Fiber intake, dietary energy density, and diet-type predict 6-month weight-loss in free-living adults who adhered to prescribed macronutrient and energy composition of varying diets. FASEB journal. 2017. 31:. doi:unavailable	Publication Status
406	Champagne, CM, Broyles, ST, Moran, LD, Cash, KC, Levy, EJ, Lin, PH, Batch, BC, Lien, LF, Funk, KL, Dalcin, A, Loria, C, Myers, VH. Dietary intakes associated with successful weight loss and maintenance during the Weight Loss Maintenance trial. J Am Diet Assoc. 2011. 111:1826-35. doi:10.1016/j.jada.2011.09.014	Weight loss/Hypocaloric
407	Chan, R, Leung, J, Woo, J, Kwok, T. Associations of dietary protein intake on subsequent decline in muscle mass and physical functions over four years in ambulant older Chinese people. J Nutr Health Aging. 2014. 18:171-7. doi:10.1007/s12603-013-0379-y	Intervention/Exposure; Country
408	Chang, JJ, Bena, J, Kannan, S, Kim, J, Burguera, B, Kashyap, SR. LIMITED CARBOHYDRATE REFEEDING INSTRUCTION FOR LONG-TERM WEIGHT MAINTENANCE FOLLOWING A KETOGENIC, VERY-LOW-CALORIE MEAL PLAN. Endocr Pract. 2017. 23:649-656. doi:10.4158/ep161383.Or	Intervention/Exposure

No.	Citation	Rationale
409	Chang, L, Vethakkan, S, Nesaretnam, K, Teng, K. Effects of exchanging dietary saturated fatty acids or carbohydrate for monounsaturated fatty acids on inflammatory responses in abdominally obese Malaysians: a randomized controlled trial. Obesity reviews. 2014. 15:94-. doi:10.1111/obr.12149	Publication Status
410	Chang, LF, Vethakkan, SR, Nesaretnam, K, Sanders, TA, Teng, KT. Adverse effects on insulin secretion of replacing saturated fat with refined carbohydrate but not with monounsaturated fat: A randomized controlled trial in centrally obese subjects. J Clin Lipidol. 2016. 10:1431-1441.e1. doi:10.1016/j.jacl.2016.09.006	Intervention/Exposure
411	Chaparro, MP, Crespi, CM, Anderson, CE, Wang, MC, Whaley, SE. The 2009 Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) food package change and children's growth trajectories and obesity in Los Angeles County. Am J Clin Nutr. 2019. 109:1414-1421. doi:10.1093/ajcn/nqy347	Intervention/Exposure
412	Chaput, JP, Tremblay, A, Rimm, EB, Bouchard, C, Ludwig, DS. A novel interaction between dietary composition and insulin secretion: effects on weight gain in the Quebec Family Study. Am J Clin Nutr. 2008. 87:303-9. doi:10.1093/ajcn/87.2.303	Intervention/Exposure
413	Charkiewicz, AE, Jamiolkowski, J, Pedzinski, B, Krzyzak, M, Maslach, D, Szpak, A, Omeljaniuk, WJ. Changes in Dietary Patterns and the Nutritional Status in Men in the Metallurgical Industry in Poland Over A 21-Year Period. Ann Nutr Metab. 2018. 72:161-171. doi:10.1159/000485389	Study Design; Comparator
414	Chauveau, P, Vendrely, B, El Haggan, W, Barthe, N, Rigalleau, V, Combe, C, Aparicio, M. Body composition of patients on a very low-protein diet: a two-year survey with DEXA. J Ren Nutr. 2003. 13:282-7. doi:unavailable	Health Status
415	Chavez Palencia, C, Larrosa Haro, A, Romero Velarde, E, Lopez-Uriarte, PJ. Efficacy of a modified carbohydrate diet in obese women. Annals of nutrition & metabolism. 2017. 71:1034-1035. doi:10.1159/000480486	Publication Status
416	Chee, C, Mansell, P, Stephens, F, Cordon, S, Kavani, M, Bawden, S, Hoad, C, Gowland, P, Macdonald, I. Differential effects of carbohydrate vs fat overfeeding on liver fat content and lipid metabolism in healthy overweight males. Diabetologia. 2015. 58:S336. doi:10.1007/s00125-015-3687-4	Publication Status
417	Chen, Q, Turban, S, Miller, ER, Appel, LJ. The effects of dietary patterns on plasma renin activity: results from the Dietary Approaches to Stop Hypertension trial. J Hum Hypertens. 2012. 26:664-9. doi:10.1038/jhh.2011.87	Publication Date Overlaps with Existing Review
418	Chen, ST, Maruthur, NM, Appel, LJ. The effect of dietary patterns on estimated coronary heart disease risk: results from the Dietary Approaches to Stop Hypertension (DASH) trial. Circ Cardiovasc Qual Outcomes. 2010. 3:484-9. doi:10.1161/circoutcomes.109.930685	Intervention/Exposure; Publication Date Overlaps with Existing Review
419	Chen, X, Pang, Z, Li, K. Dietary fat, sedentary behaviors and the prevalence of the metabolic syndrome among Qingdao adults. Nutr Metab Cardiovasc Dis. 2009. 19:27-34. doi:10.1016/j.numecd.2008.01.010	Study Design; Country
420	Chen, Y, Xiang, J, Wang, Z, Xiao, Y, Zhang, D, Chen, X, Li, H, Liu, M, Zhang, Q. Associations of Bone Mineral Density with Lean Mass, Fat Mass, and Dietary Patterns in Postmenopausal Chinese Women: A 2-Year Prospective Study. PLoS One. 2015. 10:e0137097. doi:10.1371/journal.pone.0137097	Country

No.	Citation	Rationale
421	Cheraghi, Z, Mirmiran, P, Mansournia, MA, Moslehi, N, Khalili, D, Nedjat, S. The association between nutritional exposures and metabolic syndrome in the Tehran Lipid and Glucose Study (TLGS): a cohort study. Public Health. 2016. 140:163-171. doi:10.1016/j.puhe.2016.07.003	Intervention/Exposure; Outcome
422	Cheraghi, Z, Nedjat, S, Mirmiran, P, Moslehi, N, Mansournia, N, Etminan, M, Mansournia, MA, McCandless, LC. Effects of food items and related nutrients on metabolic syndrome using Bayesian multilevel modelling using the Tehran Lipid and Glucose Study (TLGS): A cohort study. BMJ Open. 2018. 8:. doi:10.1136/bmjopen-2017-020642	Intervention/Exposure
423	Chiu, S, Bergeron, N, Williams, PT, Bray, GA, Sutherland, B, Krauss, RM. Comparison of the DASH (Dietary Approaches to Stop Hypertension) diet and a higher-fat DASH diet on blood pressure and lipids and lipoproteins: a randomized controlled trial. Am J Clin Nutr. 2016. 103:341-7. doi:10.3945/ajcn.115.123281	Study duration
424	Chiu, S, Williams, PT, Dawson, T, Bergman, RN, Stefanovski, D, Watkins, SM, Krauss, RM. Diets high in protein or saturated fat do not affect insulin sensitivity or plasma concentrations of lipids and lipoproteins in overweight and obese adults. J Nutr. 2014. 144:1753-9. doi:10.3945/jn.114.197624	Study duration
425	Chiu, TH, Huang, HY, Chiu, YF, Pan, WH, Kao, HY, Chiu, JP, Lin, MN, Lin, CL. Taiwanese vegetarians and omnivores: dietary composition, prevalence of diabetes and IFG. PLoS One. 2014. 9:e88547. doi:10.1371/journal.pone.0088547	Study Design; Country
426	Chiu, THT, Pan, WH, Lin, MN, Lin, CL. Vegetarian diet, change in dietary patterns, and diabetes risk: a prospective study. Nutr Diabetes. 2018. 8:12. doi:10.1038/s41387-018-0022-4	Intervention/Exposure
427	Chiu, YF, Hsu, CC, Chiu, TH, Lee, CY, Liu, TT, Tsao, CK, Chuang, SC, Hsiung, CA. Cross-sectional and longitudinal comparisons of metabolic profiles between vegetarian and non-vegetarian subjects: a matched cohort study. Br J Nutr. 2015. 114:1313-20. doi:10.1017/s0007114515002937	Country
428	Chiuve, SE, Sandhu, RK, Moorthy, MV, Glynn, RJ, Albert, CM. Dietary Fat Intake Is Differentially Associated with Risk of Paroxysmal Compared with Sustained Atrial Fibrillation in Women. J Nutr. 2015. 145:2092-101. doi:10.3945/jn.115.212860	Intervention/Exposure; Outcome
429	Choi, H, Song, S, Kim, J, Chung, J, Yoon, J, Paik, HY, Song, Y. High carbohydrate intake was inversely associated with high-density lipoprotein cholesterol among Korean adults. Nutr Res. 2012. 32:100-6. doi:10.1016/j.nutres.2011.12.013	Study Design
430	Choi, SE, Brandeau, ML, Basu, S. Expansion of the National Salt Reduction Initiative: A Mathematical Model of Benefits and Risks of Population-Level Sodium Reduction. Med Decis Making. 2016. 36:72-85. doi:10.1177/0272989x15583846	Study Design; Intervention/Exposure
431	Chomentowski, P, Dube, JJ, Amati, F, Stefanovic-Racic, M, Zhu, S, Toledo, FG, Goodpaster, BH. Moderate exercise attenuates the loss of skeletal muscle mass that occurs with intentional caloric restriction-induced weight loss in older, overweight to obese adults. J Gerontol A Biol Sci Med Sci. 2009. 64:575-80. doi:10.1093/gerona/glp007	Intervention/Exposure; Comparator
432	Chong, MF, Fielding, BA, Frayn, KN. Mechanisms for the acute effect of fructose on postprandial lipemia. Am J Clin Nutr. 2007. 85:1511-20. doi:10.1093/ajcn/85.6.1511	Study duration
433	Christie, C. Proposed Dietary Guidelines 2015 and Implications for Cardiovascular Disease and Diabetes. J Cardiovasc Nurs. 2015. 30:375-8. doi:10.1097/jcn.0000000000000286	Study Design

No.	Citation	Rationale
434	Chuang, SY, Chiu, TH, Lee, CY, Liu, TT, Tsao, CK, Hsiung, CA, Chiu, YF. Vegetarian diet reduces the risk of hypertension independent of abdominal obesity and inflammation: a prospective study. J Hypertens. 2016. 34:2164-71. doi:10.1097/hjh.0000000000001068	Intervention/Exposure; Outcome; Country
435	Chun, BO, Yun, ME, Kim, IM, Lee, JK. Effects of short-term training camp including aerobic exercise and vegetarian diet on body composition, physical fitness and blood biochemical parameters in collegians. Gazzetta Medica Italiana Archivio per le Scienze Mediche. 2017. 176:289-298. doi:10.23736/S0393-3660.16.03277-0	Study duration
436	Chung, GKK, Yu, RHY, Ho, SSY, Woo, J, Ho, SC. Associations of consuming specific fruit and vegetable subgroups with LDL-C status in early postmenopausal Chinese women. Menopause. 2018. 25:436-443. doi:10.1097/gme.0000000000001008	Intervention/Exposure; Outcome; Country
437	Chung, HV, Iversen, CS, Lai, M, Saka, S, Mahabub-ul Anwar, M, Nigg, CR. Omega-3 fatty acids from fish, other nutrient intake, and lifestyle factors: exploring the relationship in children. Asia Pac J Public Health. 2014. 26:517-26. doi:10.1177/1010539513485970	Study Design; Intervention/Exposure
438	Churm, R, Prior, SL, Stephens, JW, Caplin, S, Barry, J, Luzio, SD, Bracken, RM. The hepatic and metabolic impact of a three week hypocaloric diet in overweight patients: a pilot study. Diabetic medicine. 2017. 34:105-106. doi:10.1111/dme.13302	Publication Status
439	Claessens, M, van Baak, MA, Monsheimer, S, Saris, WH. The effect of a low-fat, high-protein or high-carbohydrate ad libitum diet on weight loss maintenance and metabolic risk factors. Int J Obes (Lond). 2009. 33:296-304. doi:10.1038/ijo.2008.278	Intervention/Exposure
440	Clamp, LD, Hume, DJ, Lambert, EV, Kroff, J. Successful and unsuccessful weight-loss maintainers: strategies to counteract metabolic compensation following weight loss. J Nutr Sci. 2018. 7:e20. doi:10.1017/jns.2018.11	Intervention/Exposure; Study duration
441	Clark, RL, Famodu, OA, Holaskova, I, Infante, AM, Murray, PJ, Olfert, IM, McFadden, JW, Downes, MT, Chantler, PD, Duespohl, MW, Cuff, CF, Olfert, MD. Educational intervention improves fruit and vegetable intake in young adults with metabolic syndrome components. Nutr Res. 2019. 62:89-100. doi:10.1016/j.nutres.2018.11.010	Study Design
442	Clarys, P, Deriemaeker, P, Huybrechts, I, Hebbelinck, M, Mullie, P. Dietary pattern analysis: a comparison between matched vegetarian and omnivorous subjects. Nutr J. 2013. 12:82. doi:10.1186/1475-2891-12-82	Study Design
443	Clemente-Postigo, M, Queipo-OrtunoBoto-Ordonez, MI, Coin-Araguez, L, Roca-Rodriguez, MM, Delgado-Lista, J, Cardona, F, Andres-Lacueva, C, Tinahones, FJ. The effect of acute and chronic red wine consumption on lipopolysaccharide concentrations. Journal of diabetes. 2013. 5:73. doi:10.1111/1753-0407.12032	Publication Status
444	Clifton, PM, Keogh, JB, Foster, PR, Noakes, M. Effect of weight loss on inflammatory and endothelial markers and FMD using two low-fat diets. Int J Obes (Lond). 2005. 29:1445-51. doi:10.1038/sj.ijo.0803039	Intervention/Exposure
445	Clifton, PM, Keogh, JB, Noakes, M. Long-term effects of a high-protein weight-loss diet. Am J Clin Nutr. 2008. 87:23-9. doi:10.1093/ajcn/87.1.23	Weight loss/Hypocaloric
446	Clifton, PM, Noakes, M, Keogh, J, Foster, P. Effect of an energy reduced high protein red meat diet on weight loss and metabolic parameters in obese women. Asia pacific journal of clinical nutrition. 2003. 12 Suppl:S10. doi:unavailable	Intervention/Exposure; Publication Status
447	Clifton, PM, Noakes, M, Keogh, JB. Very low-fat (12%) and high monounsaturated fat (35%) diets do not differentially affect abdominal fat loss in overweight, nondiabetic women. J Nutr. 2004. 134:1741-5. doi:10.1093/jn/134.7.1741	Intervention/Exposure

No.	Citation	Rationale
448	Clifton, PM, Turner, K, Keogh, JB. Effect of lean red meat and dairy on insulin sensitivity. Diabetes. 2015. 64:A23. doi:10.2337/db151385	Publication Status
449	Clinton, CM, O'Brien, S, Law, J, Renier, CM, Wendt, MR. Whole-foods, plant-based diet alleviates the symptoms of osteoarthritis. Arthritis. 2015. 2015:708152. doi:10.1155/2015/708152	Outcome
450	Cohen, J, Rimm, EB, Martínez-González, MA, Salas-Salvadó, J, Covas, MI, Corella, D, Lamuela-Raventós, RM, Estruch, R. The association between obesity status and long-term adherence to mediterranean diet in the predimed trial. Circulation. 2013. 127:. doi:unavailable	Publication Status
451	Cohen, JF, Kraak, VI, Choumenkovitch, SF, Hyatt, RR, Economos, CD. The CHANGE study: a healthy-lifestyles intervention to improve rural children's diet quality. J Acad Nutr Diet. 2014. 114:48-53. doi:10.1016/j.jand.2013.08.014	Intervention/Exposure; Outcome
452	Coleman, MD, Nickols-Richardson, SM. Urinary ketones reflect serum ketone concentration but do not relate to weight loss in overweight premenopausal women following a low-carbohydrate/high-protein diet. J Am Diet Assoc. 2005. 105:608-11. doi:10.1016/j.jada.2005.01.004	Study Design; Outcome
453	Coles, LT, Fletcher, EA, Galbraith, CE, Clifton, PM. Patient freedom to choose a weight loss diet in the treatment of overweight and obesity: a randomized dietary intervention in type 2 diabetes and pre-diabetes. Int J Behav Nutr Phys Act. 2014. 11:64. doi:10.1186/1479-5868-11-64	Intervention/Exposure; Health Status
454	Coletta, AM, Sanchez, B, O'Connor, A, Dalton, R, Springer, S, Koozehchian, MS, Murano, PS, Woodman, CR, Rasmussen, C, Kreider, RB. Alignment of diet prescription to genotype does not promote greater weight loss success in women with obesity participating in an exercise and weight loss program. Obes Sci Pract. 2018. 4:554-574. doi:10.1002/osp4.305	Study Design; Intervention/Exposure
455	Colette, C, Percheron, C, Pares-Herbute, N, Michel, F, Pham, TC, Brillant, L, Descomps, B, Monnier, L. Exchanging carbohydrates for monounsaturated fats in energy-restricted diets: effects on metabolic profile and other cardiovascular risk factors. Int J Obes Relat Metab Disord. 2003. 27:648-56. doi:10.1038/sj.ijo.0802299	Study duration
456	Colica, C, Merra, G, Gasbarrini, A, De Lorenzo, A, Cioccoloni, G, Gualtieri, P, Perrone, MA, Bernardini, S, Bernardo, V, Di Renzo, L, Marchetti, M. Efficacy and safety of very-low-calorie ketogenic diet: a double blind randomized crossover study. Eur Rev Med Pharmacol Sci. 2017. 21:2274-2289. doi:unavailable	Study duration
457	Colombo, C, Muti, P, Pala, V, Cavalleri, A, Venturelli, E, Locardi, M, Berrino, F, Secreto, G. Plant-based diet, serum fatty acid profile, and free radicals in postmenopausal women: the diet and androgens (DIANA) randomized trial. Int J Biol Markers. 2005. 20:169-76. doi:unavailable	Intervention/Exposure
458	Conlin, PR, Chow, D, Miller, ER, 3rd, Svetkey, LP, Lin, PH, Harsha, DW, Moore, TJ, Sacks, FM, Appel, LJ. The effect of dietary patterns on blood pressure control in hypertensive patients: results from the Dietary Approaches to Stop Hypertension (DASH) trial. Am J Hypertens. 2000. 13:949-55. doi:10.1016/s0895-7061(99)00284-8	Intervention/Exposure
459	Cook, CM, McCormick, CN, Knowles, M, Kaden, VN. A Commercially Available Portion-Controlled Diet Program Is More Effective for Weight Loss than a Self-Directed Diet: Results from a Randomized Clinical Trial. Front Nutr. 2017. 4:55. doi:10.3389/fnut.2017.00055	Intervention/Exposure

No.	Citation	Rationale
460	Cooper, JA, Watras, AC, Adams, AK, Schoeller, DA. Effects of dietary fatty acid composition on 24-h energy expenditure and chronic disease risk factors in men. Am J Clin Nutr. 2009. 89:1350-6. doi:10.3945/ajcn.2008.27419	Study duration
461	Cooper, JA, Watras, AC, Shriver, T, Adams, AK, Schoeller, DA. Influence of dietary fatty acid composition and exercise on changes in fat oxidation from a high-fat diet. J Appl Physiol (1985). 2010. 109:1011-8. doi:10.1152/japplphysiol.01025.2009	Study duration
462	Corella, D, Coltell, O, Ortega-Azorin, C, Portoles, O, Barragan, R, Saez-Tormo, G, Burguete, C, Castello, A, Ordovas, JM, Sorli, JV. FNDC5 polymorphisms and cardiovascular risk factors and disease. Modulation by Mediterranean diet and physical activity. Annals of nutrition and metabolism. 2015. 67:286-287. doi:10.1159/000440895	Publication Status
463	Corella, D, Ortega-Azorín, C, Sorlí, JV, Portolés, O, Asensio, EM, Saiz, C, Osma, R, Guillem-Saiz, P, González, JI, Coltell, O. Mediterranean diet, adiponectin levels, genetic polymorphisms and incidence of cardiovascular diseases in the predimedvalencia study. Cardiology (switzerland). 2014. 128:64-. doi:10.1159/000365062	Publication Status
464	Corella, D. Mediterranean diet and cardiovascular health: teachings of the PREDIMED study. Advances in nutrition (bethesda, md.). 2014. 5:330S-336S. doi:10.3945/an.113.005389	Study Design
465	Cormier, H, Thifault, E, Garneau, V, Tremblay, A, Drapeau, V, Perusse, L, Vohl, MC. Association between yogurt consumption, dietary patterns, and cardio-metabolic risk factors. Eur J Nutr. 2016. 55:577-587. doi:10.1007/s00394-015-0878-1	Intervention/Exposure; Comparator
466	Cornier, MA, Bergman, BC, Bessesen, DH. The effects of short-term overfeeding on insulin action in lean and reduced-obese individuals. Metabolism: Clinical and Experimental. 2006. 55:1207-1214. doi:10.1016/j.metabol.2006.05.003	Study duration
467	Cornier, MA, Donahoo, WT, Pereira, R, Gurevich, I, Westergren, R, Enerback, S, Eckel, PJ, Goalstone, ML, Hill, JO, Eckel, RH, Draznin, B. Insulin sensitivity determines the effectiveness of dietary macronutrient composition on weight loss in obese women. Obes Res. 2005. 13:703-9. doi:10.1038/oby.2005.79	Intervention/Exposure
468	Corsino, L, Rocha-Goldberg, MP, Batch, BC, Ortiz-Melo, DI, Bosworth, HB, Svetkey, LP. The Latino Health Project: Pilot testing a culturally adapted behavioral weight loss intervention in obese and overweight Latino adults. Ethnicity and Disease. 2012. 22:51-57. doi:unavailable	Study Design; Intervention/Exposure; Outcome
469	Cosgrove, K, Johnston, CS. Examining the Impact of Adherence to a Vegan Diet on Acid-Base Balance in Healthy Adults. Plant Foods Hum Nutr. 2017. 72:308-313. doi:10.1007/s11130-017-0620-7	Study duration
470	Costa, MB, Ferreira, SR, Franco, LJ, Gimeno, SG, Iunes, M. Dietary patterns in a high-risk population for glucose intolerance. Japanese-Brazilian Diabetes Study Group. J Epidemiol. 2000. 10:111-7. doi:10.2188/jea.10.111	Study Design
471	Costa, S, Pinto, A, Santos, AC, Oliveira, A. The association of problematic eating behaviours with food quality and body mass index at 7 years of age. Eur J Clin Nutr. 2019. 73:549-557. doi:10.1038/s41430-018-0169-z	Intervention/Exposure
472	Couch, SC, Saelens, BE, Hinn, K, Dart, KB, Khoury, P, Mitsnefes, M, Daniels, SR, Urbina, EM. Effects of a clinic-initiated behavioral nutrition intervention emphasizing the dash diet on blood pressure control in adolescents with elevated blood pressure. Journal of the american society of hypertension. 2014. 8:e116. doi:10.1016/j.jash.2014.03.262	Publication Status

No.	Citation	Rationale
473	Couch, SC, Saelens, BE, Levin, L, Dart, K, Falciglia, G, Daniels, SR. The efficacy of a clinic-based behavioral nutrition intervention emphasizing a DASH-type diet for adolescents with elevated blood pressure. J Pediatr. 2008. 152:494-501. doi:10.1016/j.jpeds.2007.09.022	Intervention/Exposure; Publication Date Overlaps with Existing Review
474	Couch, SC, Saelens, BE. Factors Associated with Pediatric Hypertension in Mexico. Journal of the American Dietetic Association. 2009. 109:992-995. doi:10.1016/j.jada.2009.03.015	Study Design; Publication Status
475	Courie, R, Gaillard, M, Lainas, P, Hansel, B, Naveau, S, Dagher, I, Tranchart, H. Weight outcome after 2 years of a diet that excludes six processed foods: exploratory study of the "1,2,3 diet" in a moderately obese population. Diabetes Metab Syndr Obes. 2018. 11:345-355. doi:10.2147/dmso.S165598	Study Design; Intervention/Exposure
476	Coyle, EF, Jeukendrup, AE, Oseto, MC, Hodgkinson, BJ, Zderic, TW. Low-fat diet alters intramuscular substrates and reduces lipolysis and fat oxidation during exercise. Am J Physiol Endocrinol Metab. 2001. 280:E391-8. doi:10.1152/ajpendo.2001.280.3.E391	Study duration
477	Craig, LC, McNeill, G, Macdiarmid, JI, Masson, LF, Holmes, BA. Dietary patterns of school-age children in Scotland: association with socio-economic indicators, physical activity and obesity. Br J Nutr. 2010. 103:319-34. doi:10.1017/s0007114509991942	Study Design
478	Crane, MM, Jeffery, RW, Sherwood, NE. Exploring Gender Differences in a Randomized Trial of Weight Loss Maintenance. Am J Mens Health. 2017. 11:369-375. doi:10.1177/1557988316681221	Intervention/Exposure
479	Crichton, GE, Alkerwi, A. Dairy food intake is positively associated with cardiovascular health: findings from Observation of Cardiovascular Risk Factors in Luxembourg study. Nutr Res. 2014. 34:1036-44. doi:10.1016/j.nutres.2014.04.002	Intervention/Exposure
480	Crujeiras, A, Bellido, D, Sajoux, I, Moreno, B, Casanueva, F. Comparison of a very low-calorie-ketogenic diet with a standard low-calorie diet in the treatment of obesity: values at 24 months of treatment. Obesity facts. Conference: european obesity summit (EOS): 1st joint congress of EASO and IFSO-EC. Gothenburg sweden. Conference start: 20160601. Conference end: 20160604. Conference publication: (var.pagings). 2016. 9:253. doi:10.1159/000446744	Publication Status
481	Cuenca-Garcia, M, Ortega, FB, Ruiz, JR, Gonzalez-Gross, M, Labayen, I, Jago, R, Martinez-Gomez, D, Dallongeville, J, Bel-Serrat, S, Marcos, A, Manios, Y, Breidenassel, C, Widhalm, K, Gottrand, F, Ferrari, M, Kafatos, A, Molnar, D, Moreno, LA, De Henauw, S, Castillo, MJ, Sjostrom, M. Combined influence of healthy diet and active lifestyle on cardiovascular disease risk factors in adolescents. Scand J Med Sci Sports. 2014. 24:553-62. doi:10.1111/sms.12022	Study Design
482	Cueto-Galan, R, Baron, FJ, Valdivielso, P, Pinto, X, Corbella, E, Gomez-Gracia, E, Warnberg, J. Changes in fatty liver index after consuming a Mediterranean diet: 6-year follow-up of the PREDIMED-Malaga trial. Med Clin (Barc). 2017. 148:435-443. doi:10.1016/j.medcli.2016.11.032	Outcome
483	Culling, KS, Neil, HA, Gilbert, M, Frayn, KN. Effects of short-term low- and high-carbohydrate diets on postprandial metabolism in non-diabetic and diabetic subjects. Nutr Metab Cardiovasc Dis. 2009. 19:345-51. doi:10.1016/j.numecd.2007.09.003	Study duration

No.	Citation	Rationale
484	Cunha, DB, da Costa, THM, da Veiga, GV, Pereira, RA, Sichieri, R. Ultra-processed food consumption and adiposity trajectories in a Brazilian cohort of adolescents: ELANA study. Nutr Diabetes. 2018. 8:28. doi:10.1038/s41387-018-0043-z	Intervention/Exposure
485	Czekajlo, A, Rozanska, D, Zatonska, K, Szuba, A, Regulska-Ilow, B. Association between dietary patterns and cardiovascular risk factors in a selected population of Lower Silesia (PURE Study Poland). Ann Agric Environ Med. 2018. 25:635-641. doi:10.26444/aaem/76321	Study Design
486	da Costa, TH, Reis, CE, da Silva, FV, Casulari, LA. Improvement in metabolic parameters in obese subjects after 16 weeks on a Brazilian-staple calorie-restricted diet. Nutr Res Pract. 2014. 8:410-6. doi:10.4162/nrp.2014.8.4.410	Weight loss/Hypocaloric
487	da Silva, SM, Luiz, RR, Pereira, RA. Risk and protection factors for cardiovascular diseases among adults of Cuiaba, Mato Grosso, Brazil. Rev Bras Epidemiol. 2015. 18:425-38. doi:10.1590/1980-5497201500020011	Study Design
488	Dabbagh-Moghaddam, A, Kamali, M, Hojjati, A, Foroughi, M, Ghiasvand, R, Askari, G, Hosseinzadeh, J. The Relationship between Dietary Patterns with Blood Pressure in Iranian Army Staffs. Adv Biomed Res. 2018. 7:127. doi:10.4103/abr.abr_35_18	Study Design
489	Dahlman, I, Linder, K, Arvidsson Nordstrom, E, Andersson, I, Liden, J, Verdich, C. Changes in adipose tissue gene expression with energy-restricted diets in obese women Am J Clin Nutr. 2005 Sep;82(3): 709. American journal of clinical nutrition. 2005. 81:1275-1285. doi:unavailable	Study duration
490	Dai, J, Krasnow, RE, Reed, T. Midlife moderation-quantified healthy diet and 40-year mortality risk from CHD: the prospective National Heart, Lung, and Blood Institute Twin Study. Br J Nutr. 2016. 116:326-34. doi:10.1017/s0007114516001914	Power/Size
491	Dallas Hall, W, Feng, Z, George, VA, Lewis, CE, Oberman, A, Huber, M, Fouad, M, Cutler, JA. Low-fat diet: Effect on athropometrics, blood pressure, glucose, and insulin in older women. Ethnicity and Disease. 2003. 13:337-343. doi:unavailable	Intervention/Exposure
492	Dalle Grave, R, Calugi, S, Gavasso, I, El Ghoch, M, Marchesini, G. A randomized trial of energy-restricted high-protein versus high-carbohydrate, low-fat diet in morbid obesity. Obesity (Silver Spring). 2013. 21:1774-81. doi:10.1002/oby.20320	Intervention/Exposure
493	Dalzill, C, Nigam, A, Juneau, M, Guilbeault, V, Latour, E, Mauriege, P, Gayda, M. Intensive lifestyle intervention improves cardiometabolic and exercise parameters in metabolically healthy obese and metabolically unhealthy obese individuals. Can J Cardiol. 2014. 30:434-40. doi:10.1016/j.cjca.2013.11.033	Study Design; Intervention/Exposure
494	Damasceno, NR, Sala-Vila, A, Cofan, M, Perez-Heras, AM, Fito, M, Ruiz-Gutierrez, V, Martinez-Gonzalez, MA, Corella, D, Aros, F, Estruch, R, Ros, E. Mediterranean diet supplemented with nuts reduces waist circumference and shifts lipoprotein subfractions to a less atherogenic pattern in subjects at high cardiovascular risk. Atherosclerosis. 2013. 230:347-53. doi:10.1016/j.atherosclerosis.2013.08.014	Outcome; Publication Date Overlaps with Existing Review
495	Damsgaard, CT, Dalskov, SM, Laursen, RP, Ritz, C, Hjorth, MF, Lauritzen, L, Sorensen, LB, Petersen, RA, Andersen, MR, Stender, S, Andersen, R, Tetens, I, Molgaard, C, Astrup, A, Michaelsen, KF. Provision of healthy school meals does not affect the metabolic syndrome score in 8-11-year-old children, but reduces cardiometabolic risk markers despite increasing waist circumference. Br J Nutr. 2014. 112:1826-36. doi:10.1017/s0007114514003043	Intervention/Exposure

No.	Citation	Rationale
496	Damsgaard, CT, Papadaki, A, Jensen, SM, Ritz, C, Dalskov, SM, Hlavaty, P, Saris, WH, Martinez, JA, Handjieva-Darlenska, T, Andersen, MR, Stender, S, Larsen, TM, Astrup, A, Molgaard, C, Michaelsen, KF. Higher protein diets consumed ad libitum improve cardiovascular risk markers in children of overweight parents from eight European countries. J Nutr. 2013. 143:810-7. doi:10.3945/jn.112.173427	Intervention/Exposure
497	D'Anci, KE, Watts, KL, Kanarek, RB, Taylor, HA. Low-carbohydrate weight-loss diets. Effects on cognition and mood. Appetite. 2009. 52:96-103. doi:10.1016/j.appet.2008.08.009	Outcome; Study duration
498	Daniels, SR. DASH to stop metabolic syndrome. Journal of Pediatrics. 2016. 174:1-3. doi:10.1016/j.jpeds.2016.05.040	Publication Status
499	Daniuseviciute-Brazaite, L, Abromaitiene, L. Evaluation of students' dietary behaviours depending on gender. Progress in Nutrition. 2018. 20:21-29. doi:10.23751/pn.v20i1.6247	Study Design; Intervention/Exposure
500	Dansinger, ML, Gleason, JA, Griffith, JL, Selker, HP, Schaefer, EJ. Comparison of the Atkins, Ornish, Weight Watchers, and Zone diets for weight loss and heart disease risk reduction: a randomized trial. Jama. 2005. 293:43-53. doi:10.1001/jama.293.1.43	Weight loss/Hypocaloric
501	Darakhshan, F, Pelloux, V, Rouault, C, Laromiguiere, M, Debrus, G, Massiera, F, Basdevant, A, Clément, K, Rizkalla, SW. Effect of a high-protein-low-glycaemic-index hypocaloric diet on adiposity markers, cardiovascular and metabolic risk factors: a randomised controlled trial. Diabetes. 2010. :. doi:unavailable	Publication Status
502	Das, SK, Roberts, SB, Bhapkar, MV, Villareal, DT, Fontana, L, Martin, CK, Racette, SB, Fuss, PJ, Kraus, WE, Wong, WW, Saltzman, E, Pieper, CF, Fielding, RA, Schwartz, AV, Ravussin, E, Redman, LM. Body-composition changes in the Comprehensive Assessment of Long-term Effects of Reducing Intake of Energy (CALERIE)-2 study: a 2-y randomized controlled trial of calorie restriction in nonobese humans. Am J Clin Nutr. 2017. 105:913-927. doi:10.3945/ajcn.116.137232	Intervention/Exposure
503	Dashti, HM, Al-Zaid, NS, Mathew, TC, Al-Mousawi, M, Talib, H, Asfar, SK, Behbahani, AI. Long term effects of ketogenic diet in obese subjects with high cholesterol level. Mol Cell Biochem. 2006. 286:1-9. doi:10.1007/s11010-005-9001-x	Study Design; Intervention/Exposure
504	Dashti, HM, Bo-Abbas, YY, Asfar, SK, Mathew, TC, Hussein, T, Behbahani, A, Khoursheed, MA, Al-Sayer, HM, Al-Zaid, NS. Ketogenic diet modifies the risk factors of heart disease in obese patients. Nutrition. 2003. 19:901-2. doi:10.1016/s0899-9007(03)00161-8	Intervention/Exposure
505	Dashti, HM, Mathew, TC, Hussein, T, Asfar, SK, Behbahani, A, Khoursheed, MA, Al-Sayer, HM, Bo-Abbas, YY, Al-Zaid, NS. Long-term effects of a ketogenic diet in obese patients. Exp Clin Cardiol. 2004. 9:200-5. doi:unavailable	Study Design; Intervention/Exposure
506	Datta Banik, S, Andrade Olalde, AC, Rodriguez, L, Dickinson, F. The effect of socioeconomic indicators and macronutrient intake rate on body composition in adolescents 12 to 16 years old in Merida, Yucatan. Anthropol Anz. 2014. 71:347-68. doi:10.1127/0003-5548/2014/0402	Study Design
507	Dauchet, L, Kesse-Guyot, E, Czernichow, S, Bertrais, S, Estaquio, C, Peneau, S, Vergnaud, AC, Chat-Yung, S, Castetbon, K, Deschamps, V, Brindel, P, Hercberg, S. Dietary patterns and blood pressure change over 5-y follow-up in the SU.VI.MAX cohort. Am J Clin Nutr. 2007. 85:1650-6. doi:10.1093/ajcn/85.6.1650	Publication Date Overlaps with Existing Review

No.	Citation	Rationale
508	D'Auria, E, Fabiano, V, Bertoli, S, Bedogni, G, Bosetti, A, Pendezza, E, Sartorio, MUA, Leone, A, Spadafranca, A, Borsani, B, Stucchi, F, Battezzati, A, Zuccotti, GV. Growth Pattern, Resting Energy Expenditure, and Nutrient Intake of Children with Food Allergies. Nutrients. 2019. 11:. doi:10.3390/nu11020212	Study Design
509	Davis, JN, Kelly, LA, Lane, CJ, Ventura, EE, Byrd-Williams, CE, Alexandar, KA, Azen, SP, Chou, CP, Spruijt-Metz, D, Weigensberg, MJ, Berhane, K, Goran, MI. Randomized control trial to improve adiposity and insulin resistance in overweight Latino adolescents. Obesity (Silver Spring). 2009. 17:1542-8. doi:10.1038/oby.2009.19	Intervention/Exposure
510	Davis, JN, Ventura, EE, Alexander, KE, Salguero, LE, Weigensberg, MJ, Crespo, NC, Spruijt-Metz, D, Goran, MI. Feasibility of a home-based versus classroom-based nutrition intervention to reduce obesity and type 2 diabetes in Latino youth. Int J Pediatr Obes. 2007. 2:22-30. doi:10.1080/17477160601133077	Intervention/Exposure
511	de Castro, MB, Kac, G, de Leon, AP, Sichieri, R. High-protein diet promotes a moderate postpartum weight loss in a prospective cohort of Brazilian women. Nutrition. 2009. 25:1120-8. doi:10.1016/j.nut.2009.02.006	Intervention/Exposure; Country
512	de Castro, MB, Sichieri, R, Barbosa Brito Fdos, S, Nascimento, S, Kac, G. Mixed dietary pattern is associated with a slower decline of body weight change during postpartum in a cohort of Brazilian women. Nutr Hosp. 2014. 29:519-25. doi:10.3305/nh.2014.29.3.7155	Power/Size
513	de Castro, MBT, Cunha, DB, Araujo, MC, Bezerra, IN, Adegboye, ARA, Kac, G, Sichieri, R. High protein diet promotes body weight loss among Brazilian postpartum women. Matern Child Nutr. 2019. 15:e12746. doi:10.1111/mcn.12746	Intervention/Exposure
514	de Deus, RM, Mingoti, SA, Jaime, PC, Lopes, AC. The impact of a nutritional intervention on the nutritional status and anthropometric profile of participants in the health Gym Programme in Brazil. Cien Saude Colet. 2015. 20:1937-46. doi:10.1590/1413-81232015206.11882014	Intervention/Exposure
515	de Ferranti, SD, Milliren, CE, Denhoff, ER, Quinn, N, Osganian, SK, Feldman, HA, Ebbeling, CB, Ludwig, DS. Providing food to treat adolescents at risk for cardiovascular disease. Obesity (Silver Spring). 2015. 23:2109-17. doi:10.1002/oby.21246	Power/Size
516	De Goede, J, Verschuren, WM, Boer, JM, Kromhout, D, Geleijnse, JM. N-6 and n-3 fatty acid cholesteryl esters in relation to incident stroke in a Dutch adult population: a nested case-control study. Nutr Metab Cardiovasc Dis. 2013. 23:737-43. doi:10.1016/j.numecd.2012.03.001	Intervention/Exposure
517	de Haas, SCM, de Jonge, EAL, Voortman, T, Graaff, JSD, Franco, OH, Ikram, MA, Rivadeneira, F, Kiefte-de Jong, JC, Schoufour, JD. Dietary patterns and changes in frailty status: the Rotterdam study. European Journal of Nutrition. 2018. 57:2365-2375. doi:10.1007/s00394-017-1509-9	Outcome
518	De La Iglesia, R, Lopez-Legarrea, P, Abete, I, Navas-Carrtero, S, Martinez, JA, Zulet, MA. The beneficial effects of the resmena dietary pattern on OxLDL in patients with metabolic syndrome. Annals of nutrition and metabolism. 2013. 63:171. doi:10.1159/000354245	Publication Status
519	de la Iglesia, R, Lopez-Legarrea, P, Celada, P, Sanchez-Muniz, FJ, Martinez, JA, Zulet, MA. Beneficial effects of the RESMENA dietary pattern on oxidative stress in patients suffering from metabolic syndrome with hyperglycemia are associated to dietary TAC and fruit consumption. Int J Mol Sci. 2013. 14:6903-19. doi:10.3390/ijms14046903	Power/Size

No.	Citation	Rationale
520	De Lorenzo, A, Petroni, ML, De Luca, PP, Andreoli, A, Morini, P, Iacopino, L, Innocente, I, Perriello, G. Use of quality control indices in moderately hypocaloric Mediterranean diet for treatment of obesity. Diabetes Nutr Metab. 2001. 14:181-8. doi:unavailable	Study Design
521	de Luis, D, Izaola, O, Primo, D, Aller, R. Role of rs670 variant of APOA1 gene on metabolic response after a high fat vs. a low fat hypocaloric diets in obese human subjects. J Diabetes Complications. 2019. 33:249-254. doi:10.1016/j.jdiacomp.2018.10.015	Intervention/Exposure; Comparator
522	de Luis, DA, Aller, R, Izaola, O, Bachiller, R, Pacheco, D. Cardiovascular risk factors and adipocytokines levels after two hypocaloric diets with different fat distribution in obese subjects and rs6923761 gene variant of glucagon-like peptide 1 receptor. J Endocrinol Invest. 2014. 37:853-9. doi:10.1007/s40618-014-0116-3	Intervention/Exposure; Comparator
523	De Luis, DA, Aller, R, Izaola, O, De La Fuente, B, Conde, R, Eiros Bouza, JM. Relation of -55CT polymorphism of UCP3 gene with weight loss and metabolic changes after a high monounsaturated fat diet in obese non diabetic patients. Eur Rev Med Pharmacol Sci. 2013. 17:2810-5. doi:unavailable	Intervention/Exposure
524	de Luis, DA, Aller, R, Izaola, O, de la Fuente, B, Conde, R, Sagrado, MG, Primo, D. Evaluation of weight loss and adipocytokines levels after two hypocaloric diets with different macronutrient distribution in obese subjects with rs9939609 gene variant. Diabetes Metab Res Rev. 2012. 28:663-8. doi:10.1002/dmrr.2323	Intervention/Exposure
525	De Luis, DA, Aller, R, Izaola, O, De La Fuente, B, Primo, D, Conde, R, Sagrado, MG. Evaluation of weight loss and adipocytokine levels after two hypocaloric diets with different macronutrient distribution in obese subjects with the rs6923761 gene variant of glucagon-like peptide 1 receptor. Annals of Nutrition and Metabolism. 2014. 63:277-282. doi:10.1159/000356710	Intervention/Exposure
526	de Luis, DA, Aller, R, Izaola, O, Diaz Soto, G, Lopez Gomez, JJ, Gomez Hoyos, E, Torres, B, Villar, A, Romero, E. Effects of a High-Protein/Low-Carbohydrate versus a Standard Hypocaloric Diet on Weight and Cardiovascular Risk Factors during 9 Months: Role of a Genetic Variation in the Cannabinoid Receptor Gene (CNR1) (G1359A Polymorphism). Ann Nutr Metab. 2015. 66:125-31. doi:10.1159/000375412	Comparator
527	de Luis, DA, Aller, R, Izaola, O, Gonzalez Sagrado, M, Bellioo, D, Conde, R. Effects of a low-fat versus a low-carbohydrate diet on adipocytokines in obese adults. Horm Res. 2007. 67:296-300. doi:10.1159/000099329	Outcome; Health Status
528	de Luis, DA, Aller, R, Izaola, O, Gonzalez Sagrado, M, Conde, R. Effect of two different hypocaloric diets in transaminases and insulin resistance in nonalcoholic fatty liver disease and obese patients. Nutr Hosp. 2010. 25:730-5. doi:unavailable	Power/Size
529	De Luis, DA, Aller, R, Izaola, O, González Sagrado, M, Conde, R. The effects of a low-fat versus a low carbohydrate diet in obese adults. Medicina clinica. 2009. 132:203-207. doi:10.1016/j.medcli.2008.03.003	Language
530	De Luis, DA, Aller, R, Izaola, O, Pacheco, D. ROLE OF RS9939609 FTO GENE VARIANT IN WEIGHT LOSS, INSULIN RESISTANCE AND METABOLIC PARAMETERS AFTER A HIGH MONOUNSATURATED VS A HIGH POLYUNSATURATED FAT HYPOCALORIC DIETS. Nutr Hosp. 2015. 32:175-81. doi:10.3305/nh.2015.32.1.9169	Intervention/Exposure; Comparator

No.	Citation	Rationale
531	de Luis, DA, Aller, R, Izaola, O, Primo, D, Urdiales, S, Romero, E. Effects of a High-Protein/Low-Carbohydrate Diet versus a Standard Hypocaloric Diet on Weight and Cardiovascular Risk Factors: Role of a Genetic Variation in the rs9939609 FTO Gene Variant. J Nutrigenet Nutrigenomics. 2015. 8:128-36. doi:10.1159/000441142	Weight loss/Hypocaloric
532	de Luis, DA, Aller, R, Izaola, O, Romero, E. Effects of a high-protein/low-carbohydrate versus a standard hypocaloric diet on adipocytokine levels and cardiovascular risk factors during 9 months, role of rs6923761 gene variant of glucagon-like peptide 1 receptor. J Endocrinol Invest. 2015. 38:1183-9. doi:10.1007/s40618-015-0304-9	Weight loss/Hypocaloric
533	de Luis, DA, Izaola, O, Aller, R, de la Fuente, B, Bachiller, R, Romero, E. Effects of a high-protein/low carbohydrate versus a standard hypocaloric diet on adipocytokine levels and insulin resistance in obese patients along 9 months. J Diabetes Complications. 2015. 29:950-4. doi:10.1016/j.jdiacomp.2015.06.002	Weight loss/Hypocaloric
534	de Luis, DA, Izaola, O, de la Fuente, B, Primo, D, Romero, E. Role of Fatty Acid-Binding Protein 2 Ala54Thr Genotype on Weight Loss and Cardiovascular Risk Factors after a High-Protein/Low-Carbohydrate versus a Standard Hypocaloric Diet during 9 Months. Ann Nutr Metab. 2015. 67:81-6. doi:10.1159/000438947	Weight loss/Hypocaloric
535	de Luis, DA, Izaola, O, Primo, D, Aller, R. Different effects of high-protein/low-carbohydrate versus standard hypocaloric diet on insulin resistance and lipid profile: Role of rs16147 variant of neuropeptide Y. Diabetes Res Clin Pract. 2019. 156:107825. doi:10.1016/j.diabres.2019.107825	Intervention/Exposure; Comparator
536	de Luis, DA, Izaola, O, Primo, D, Aller, R. Polymorphism rs16147 of the Neuropeptide Y Gene Modifies the Response of Cardiovascular Risk Biomarkers and Adipokines to Two Hypocaloric Diets. J Nutrigenet Nutrigenomics. 2017. 10:63-72. doi:10.1159/000478528	Intervention/Exposure; Comparator
537	de Luis, DA, Izaola, O, Primo, D, de la Fuente, B, Mulero, I, Aller, R. The rs1862513 Variant in Resistin Gene-Modified Insulin Resistance and Insulin Levels after Weight Loss Secondary to Hypocaloric Diet. Ann Nutr Metab. 2016. 69:256-262. doi:10.1159/000453676	Study Design; Intervention/Exposure
538	de Luis, DA, Izaola, O, Primo, D, Ovalle, HF, Lopez, JJ, Gomez, E, Ortola, A, Aller, R. Biochemical, Anthropometric and Lifestyle Factors Related with Weight Maintenance after Weight Loss Secondary to a Hypocaloric Mediterranean Diet. Ann Nutr Metab. 2017. 71:217-223. doi:10.1159/000484446	Study Design; Intervention/Exposure
539	de Luis, DA, Perez Castrillon, JL, Aller, R, Izaola, O, Bachiller, C. Response of osteocalcin and insulin resistance after a hypocaloric diet in obese patients. Eur Rev Med Pharmacol Sci. 2015. 19:2174-9. doi:unavailable	Study Design
540	de Luis, DA, Romero, E, Izaola, O, Primo, D, Aller, R. Cardiovascular Risk Factors and Insulin Resistance after Two Hypocaloric Diets with Different Fat Distribution in Obese Subjects: Effect of the rs10767664 Gene Variant in Brain-Derived Neurotrophic Factor. J Nutrigenet Nutrigenomics. 2017. 10:163-171. doi:10.1159/000485248	Intervention/Exposure; Comparator
541	de Luis, DA, Sagrado, MG, Conde, R, Aller, R, Izaola, O. The effects of two different hypocaloric diets on glucagon-like peptide 1 in obese adults, relation with insulin response after weight loss. J Diabetes Complications. 2009. 23:239-43. doi:10.1016/j.jdiacomp.2007.12.006	Weight loss/Hypocaloric

No.	Citation	Rationale
542	de Mello, VD, Schwab, U, Kolehmainen, M, Koenig, W, Siloaho, M, Poutanen, K, Mykkanen, H, Uusitupa, M. A diet high in fatty fish, bilberries and wholegrain products improves markers of endothelial function and inflammation in individuals with impaired glucose metabolism in a randomised controlled trial: the Sysdimet study. Diabetologia. 2011. 54:2755-67. doi:10.1007/s00125-011-2285-3	Intervention/Exposure
543	De Miguel-Etayo, P, Moreno, LA, Santabarbara, J, Martin-Matillas, M, Azcona-San Julian, MC, Marti Del Moral, A, Campoy, C, Marcos, A, Garagorri, JM. Diet quality index as a predictor of treatment efficacy in overweight and obese adolescents: The EVASYON study. Clin Nutr. 2019. 38:782-790. doi:10.1016/j.clnu.2018.02.032	Study Design; Comparator
544	de Paula Franco, E, Moraes de Oliveira, GM, Raggio Luiz, R, Rosa, G. EFFECT OF HYPOENERGETIC DIET COMBINED WITH CONSUMPTION OF COCONUT FLOUR IN OVERWEIGHT WOMEN. Nutr Hosp. 2015. 32:2012-8. doi:10.3305/nh.2015.32.5.9661	Intervention/Exposure
545	de Roos, NM, Bots, ML, Siebelink, E, Schouten, E, Katan, MB. Flow-mediated vasodilation is not impaired when HDL-cholesterol is lowered by substituting carbohydrates for monounsaturated fat. Br J Nutr. 2001. 86:181-8. doi:10.1079/bjn2001365	Study duration
546	de Rougemont, A, Normand, S, Nazare, JA, Skilton, MR, Sothier, M, Vinoy, S, Laville, M. Beneficial effects of a 5-week low-glycaemic index regimen on weight control and cardiovascular risk factors in overweight non-diabetic subjects. Br J Nutr. 2007. 98:1288-98. doi:10.1017/s0007114507778674	Intervention/Exposure; Comparator
547	de Souza, RGM, Gomes, AC, de Castro, IA, Mota, JF. A baru almond-enriched diet reduces abdominal adiposity and improves high-density lipoprotein concentrations: a randomized, placebo-controlled trial. Nutrition. 2018. 55-56:154-160. doi:10.1016/j.nut.2018.06.001	Intervention/Exposure
548	de Souza, RJ, Bray, GA, Carey, VJ, Hall, KD, LeBoff, MS, Loria, CM, Laranjo, NM, Sacks, FM, Smith, SR. Effects of 4 weight-loss diets differing in fat, protein, and carbohydrate on fat mass, lean mass, visceral adipose tissue, and hepatic fat: results from the POUNDS LOST trial. Am J Clin Nutr. 2012. 95:614-25. doi:10.3945/ajcn.111.026328	Weight loss/Hypocaloric
549	de Souza, RJ, Swain, JF, Appel, LJ, Sacks, FM. Alternatives for macronutrient intake and chronic disease: a comparison of the OmniHeart diets with popular diets and with dietary recommendations. Am J Clin Nutr. 2008. 88:1-11. doi:10.1093/ajcn/88.1.1	Intervention/Exposure; Outcome
550	Dearborn, JL, Qiao, Y, Guallar, E, Steffen, LM, Gottesman, RF, Zhang, Y, Wasserman, BA. Polyunsaturated fats, carbohydrates and carotid disease: The Atherosclerosis Risk in Communities (ARIC) Carotid MRI study. Atherosclerosis. 2016. 251:361-366. doi:10.1016/j.atherosclerosis.2016.05.024	Outcome
551	DeClercq, V, Cui, Y, Forbes, C, Grandy, SA, Keats, M, Parker, L, Sweeney, E, Yu, ZM, Dummer, TJB. Association between Diet Quality and Adiposity in the Atlantic PATH Cohort. Nutrients. 2017. 9:. doi:10.3390/nu9101155	Study Design
552	Decombaz, J, Fleith, M, Hoppeler, H, Kreis, R, Boesch, C. Effect of diet on the replenishment of intramyocellular lipids after exercise. Eur J Nutr. 2000. 39:244-7. doi:10.1007/s003940070002	Study duration

No.	Citation	Rationale
553	Decombaz, J, Schmitt, B, Ith, M, Decarli, B, Diem, P, Kreis, R, Hoppeler, H, Boesch, C. Postexercise fat intake repletes intramyocellular lipids but no faster in trained than in sedentary subjects. Am J Physiol Regul Integr Comp Physiol. 2001. 281:R760-9. doi:10.1152/ajpregu.2001.281.3.R760	Intervention/Exposure; Study duration
554	Defoort, C, Vincent-Baudry, S, Lairon, D. Effects of 3-month Mediterranean-type diet on postprandial TAG and apolipoprotein B48 in the Medi-RIVAGE cohort. Public Health Nutr. 2011. 14:2302-8. doi:10.1017/s1368980011002552	Outcome
555	Dehghan, M, Mente, A, Zhang, X, Swaminathan, S, Li, W, Mohan, V, Iqbal, R, Kumar, R, Wentzel-Viljoen, E, Rosengren, A, Amma, LI, Avezum, A, Chifamba, J, Diaz, R, Khatib, R, Lear, S, Lopez-Jaramillo, P, Liu, X, Gupta, R, Mohammadifard, N, Gao, N, Oguz, A, Ramli, AS, Seron, P, Sun, Y, Szuba, A, Tsolekile, L, Wielgosz, A, Yusuf, R, Hussein Yusufali, A, Teo, KK, Rangarajan, S, Dagenais, G, Bangdiwala, SI, Islam, S, Anand, SS, Yusuf, S. Associations of fats and carbohydrate intake with cardiovascular disease and mortality in 18 countries from five continents (PURE): a prospective cohort study. Lancet. 2017. 390:2050-2062. doi:10.1016/s0140-6736(17)32252-3	Intervention/Exposure; Comparator
556	Dekker, LH, van Dam, RM, Snijder, MB, Peters, RJ, Dekker, JM, de Vries, JH, de Boer, EJ, Schulze, MB, Stronks, K, Nicolaou, M. Comparable Dietary Patterns Describe Dietary Behavior across Ethnic Groups in the Netherlands, but Different Elements in the Diet Are Associated with Glycated Hemoglobin and Fasting Glucose Concentrations. J Nutr. 2015. 145:1884-91. doi:10.3945/jn.114.207472	Outcome
557	Delgado Floody, PA, Caamano Navarrete, F, Jerez Mayorga, D, Cofre-Lizama, A, Guzman-Guzman, IP. The association between children's food habits, anthropometric parameters and health-related quality of life in Chilean school-age children. Nutr Hosp. 2019. 36:1061-1066. doi:10.20960/nh.02643	Study Design; Outcome
558	Della Pepa, G, Vetrani, C, Vitale, M, Bozzetto, L, Costabile, G, Cipriano, P, Mangione, A, Patti, L, Riccardi, G, Rivellese, AA, Annuzzi, G. Effects of a diet naturally rich in polyphenols on lipid composition of postprandial lipoproteins in high cardiometabolic risk individuals: an ancillary analysis of a randomized controlled trial. Eur J Clin Nutr. 2019. :. doi:10.1038/s41430-019-0459-0	Intervention/Exposure
559	Dello Russo, M, Ahrens, W, De Henauw, S, Eiben, G, Hebestreit, A, Kourides, Y, Lissner, L, Molnar, D, Moreno, LA, Pala, V, Veidebaum, T, Siani, A, Russo, P. The Impact of Adding Sugars to Milk and Fruit on Adiposity and Diet Quality in Children: A Cross-Sectional and Longitudinal Analysis of the Identification and Prevention of Dietary- and Lifestyle-Induced Health Effects in Children and Infants (IDEFICS) Study. Nutrients. 2018. 10:. doi:10.3390/nu10101350	Outcome
560	Demol, S, Yackobovitch-Gavan, M, Shalitin, S, Nagelberg, N, Gillon-Keren, M, Phillip, M. Low-carbohydrate (low & high-fat) versus high-carbohydrate low-fat diets in the treatment of obesity in adolescents. Acta Paediatr. 2009. 98:346-51. doi:10.1111/j.1651-2227.2008.01051.x	Intervention/Exposure
561	Denke, MA. Dietary prescriptions to control dyslipidemias. Circulation. 2002. 105:132-5. doi:10.1161/hc0202.103479	Study Design
562	Denke, MA. Metabolic effects of high-protein, low-carbohydrate diets. American Journal of Cardiology. 2001. 88:59-61. doi:10.1016/S0002-9149(01)01586-7	Publication Status

No.	Citation	Rationale
563	Denova-Gutierrez, E, Munoz-Aguirre, P, Shivappa, N, Hebert, JR, Tolentino-Mayo, L, Batis, C, Barquera, S. Dietary Inflammatory Index and Type 2 Diabetes Mellitus in Adults: The Diabetes Mellitus Survey of Mexico City. Nutrients. 2018. 10:. doi:10.3390/nu10040385	Study Design; Intervention/Exposure
564	Denova-Gutierrez, E, Tucker, KL, Flores, M, Barquera, S, Salmeron, J. Dietary Patterns Are Associated with Predicted Cardiovascular Disease Risk in an Urban Mexican Adult Population. J Nutr. 2016. 146:90-7. doi:10.3945/jn.115.217539	Outcome
565	Deriemaeker, P, Aerenhouts, D, De Ridder, D, Hebbelinck, M, Clarys, P. Health aspects, nutrition and physical characteristics in matched samples of institutionalized vegetarian and non-vegetarian elderly (> 65yrs). Nutr Metab (Lond). 2011. 8:37. doi:10.1186/1743-7075-8-37	Study Design
566	Derks, IPM, Bolhuis, K, Sijbrands, EJG, Gaillard, R, Hillegers, MHJ, Jansen, PW. Predictors and patterns of eating behaviors across childhood: Results from The Generation R study. Appetite. 2019. 141:104295. doi:10.1016/j.appet.2019.05.026	Intervention/Exposure
567	Detopoulou, P, Fragopoulou, E, Alepoudea, E, Nomikos, T, Kalogeropoulos, N, Antonopoulou, S. Associations between erythrocyte fatty acids and Mediterranean diet in Greek volunteers. Hellenic Journal of Atherosclerosis. 2018. 9:17-31. doi:unavailable	Publication Status
568	Devlin, BL, Leveritt, MD, Kingsley, M, Belski, R. Dietary Intake, Body Composition, and Nutrition Knowledge of Australian Football and Soccer Players: Implications for Sports Nutrition Professionals in Practice. Int J Sport Nutr Exerc Metab. 2017. 27:130-138. doi:10.1123/ijsnem.2016-0191	Study Design
569	Di Daniele, N, Petramala, L, Di Renzo, L, Sarlo, F, Della Rocca, DG, Rizzo, M, Fondacaro, V, Iacopino, L, Pepine, CJ, De Lorenzo, A. Body composition changes and cardiometabolic benefits of a balanced Italian Mediterranean Diet in obese patients with metabolic syndrome. Acta Diabetologica. 2013. 50:409-416. doi:10.1007/s00592-012-0445-7	Study Design; Intervention/Exposure
570	Di Renzo, L, Cioccoloni, G, Falco, S, Abenavoli, L, Moia, A, Sinibaldi Salimei, P, De Lorenzo, A. Influence of FTO rs9939609 and Mediterranean diet on body composition and weight loss: a randomized clinical trial. J Transl Med. 2018. 16:308. doi:10.1186/s12967-018-1680-7	Study duration
571	Di Renzo, L, Marsella, LT, Sarlo, F, Soldati, L, Gratteri, S, Abenavoli, L, De Lorenzo, A. C677T gene polymorphism of MTHFR and metabolic syndrome: response to dietary intervention. J Transl Med. 2014. 12:329. doi:10.1186/s12967-014-0329-4	Intervention/Exposure
572	Diaf, M, Khaled, MB, Sellam, F. Correlation between dietary fat intake and atherogenic indices in normal, overweight and obese adults with or without type 2 diabetes. Romanian Journal of Diabetes, Nutrition and Metabolic Diseases. 2015. 22:347-360. doi:10.1515/rjdnmd-2015-0041	Study Design; Intervention/Exposure
573	Diaz, KM, Booth, JN, 3rd, Calhoun, DA, Irvin, MR, Howard, G, Safford, MM, Muntner, P, Shimbo, D. Healthy lifestyle factors and risk of cardiovascular events and mortality in treatment-resistant hypertension: the Reasons for Geographic and Racial Differences in Stroke study. Hypertension. 2014. 64:465-71. doi:10.1161/hypertensionaha.114.03565	Health Status

No.	Citation	Rationale
574	Diaz-Gutierrez, J, Ruiz-Canela, M, Gea, A, Fernandez-Montero, A, Martinez-Gonzalez, MA. Association Between a Healthy Lifestyle Score and the Risk of Cardiovascular Disease in the SUN Cohort. Rev Esp Cardiol (Engl Ed). 2018. 71:1001-1009. doi:10.1016/j.rec.2017.10.038	Intervention/Exposure
575	Diaz-Gutierrez, J, Ruiz-Estigarribia, L, Bes-Rastrollo, M, Ruiz-Canela, M, Martin-Moreno, JM, Martinez-Gonzalez, MA. The role of lifestyle behaviour on the risk of hypertension in the SUN cohort: The hypertension preventive score. Prev Med. 2019. 123:171-178. doi:10.1016/j.ypmed.2019.03.026	Intervention/Exposure; Outcome
576	DiBello, JR, Kraft, P, McGarvey, ST, Goldberg, R, Campos, H, Baylin, A. Comparison of 3 methods for identifying dietary patterns associated with risk of disease. Am J Epidemiol. 2008. 168:1433-43. doi:10.1093/aje/kwn274	Study Design
577	Diethelm, K, Gunther, AL, Schulze, MB, Standl, M, Heinrich, J, Buyken, AE. Prospective relevance of dietary patterns at the beginning and during the course of primary school to the development of body composition. Br J Nutr. 2014. 111:1488-98. doi:10.1017/s0007114513004017	Power/Size
578	Diez-Espino, J, Basterra-Gortari, FJ, Salas-Salvado, J, Buil-Cosiales, P, Corella, D, Schroder, H, Estruch, R, Ros, E, Gomez-Gracia, E, Aros, F, Fiol, M, Lapetra, J, Serra-Majem, L, Pinto, X, Babio, N, Quiles, L, Fito, M, Marti, A, Toledo, E. Egg consumption and cardiovascular disease according to diabetic status: The PREDIMED study. Clin Nutr. 2017. 36:1015-1021. doi:10.1016/j.clnu.2016.06.009	Intervention/Exposure
579	Diez-Espino, J, Buil-Cosiales, P, Babio, N, Toledo, E, Corella, D, Ros, E, Fito, M, Gomez-Gracia, E, Estruch, R, Fiol, M, Lapetra, J, Alonso-Gomez, A, Serra-Majem, L, Pinto, X, Sorli, JV, Munoz, MA, Basora, J, Martinez-Gonzalez, MA. Impact of Life's Simple 7 on the incidence of major cardiovascular events in high-risk Spanish adults in the PREDIMED study cohort. Rev Esp Cardiol (Engl Ed). 2019. :. doi:10.1016/j.rec.2019.05.010	Outcome
580	Dimitriadis, D, Mamplekou, E, Dimitriadis, P, Komessidou, V, Dimitriadis, G, Papageorgiou, C. The Association between Obesity and Symptoms of Psychopathology and its Relationship with Sedentary Behavior and Mediterranean Diet. Isr J Psychiatry Relat Sci. 2016. 53:17-24. doi:unavailable	Study Design
581	Ding, M, Ellervik, C, Huang, T, Jensen, MK, Curhan, GC, Pasquale, LR, Kang, JH, Wiggs, JL, Hunter, DJ, Willett, WC, Rimm, EB, Kraft, P, Chasman, DI, Qi, L, Hu, FB, Qi, Q. Diet quality and genetic association with body mass index: results from 3 observational studies. Am J Clin Nutr. 2018. 108:1291-1300. doi:10.1093/ajcn/nqy203	Intervention/Exposure
582	Ding, N, Wang, X, Tucker, KL, Weisskopf, MG, Sparrow, D, Hu, H, Park, SK. Dietary patterns, bone lead and incident coronary heart disease among middle-aged to elderly men. Environ Res. 2019. 168:222-229. doi:10.1016/j.envres.2018.09.035	Power/Size
583	Dinu, M, Colombini, B, Pagliai, G, Cesari, F, Gori, A, Giusti, B, Marcucci, R, Sofi, F. Effects of a dietary intervention with Mediterranean and vegetarian diets on hormones that influence energy balance: results from the CARDIntervention/ExposureG study. Int J Food Sci Nutr. 2019. :1-8. doi:10.1080/09637486.2019.1658723	Intervention/Exposure
584	Dinu, M, Pagliai, G, Colombini, B, Sereni, A, Gori, AM, Giusti, B, Marcucci, R, Casini, A, Sofi, F. Dietary intervention with vegetarian and mediterranean diets for cardiovascular prevention: effects on hormones involved in the energy balance. Nutrition, metabolism and cardiovascular diseases. 2019. 29:881-. doi:10.1016/j.numecd.2019.05.038	Publication Status

No.	Citation	Rationale
585	Dipla, K, Makri, M, Zafeiridis, A, Soulas, D, Tsalouhidou, S, Mougios, V, Kellis, S. An isoenergetic high-protein, moderate-fat diet does not compromise strength and fatigue during resistance exercise in women. Br J Nutr. 2008. 100:283-6. doi:10.1017/s0007114507898679	Study duration
586	Dipnall, JF, Pasco, JA, Meyer, D, Berk, M, Williams, LJ, Dodd, S, Jacka, FN. The association between dietary patterns, diabetes and depression. J Affect Disord. 2015. 174:215-24. doi:10.1016/j.jad.2014.11.030	Study Design
587	Divens, LL, Carter-Holmes, DV. Optimizing Blood Pressure in African-American Women with Dietary Approaches to Stop Hypertension (DASH). J Natl Black Nurses Assoc. 2019. 30:1-6. doi:unavailable	Study Design
588	Djuric, Z, Ren, J, Blythe, J, VanLoon, G, Sen, A. A Mediterranean dietary intervention in healthy American women changes plasma carotenoids and fatty acids in distinct clusters. Nutr Res. 2009. 29:156-63. doi:10.1016/j.nutres.2009.03.001	Publication Date Overlaps with Existing Review
589	Dolman, RC, Wentzel-Viljoen, E, Jerling, JC, Feskens, EJ, Kruger, A, Pieters, M. The use of predefined diet quality scores in the context of CVD risk during urbanization in the South African Prospective Urban and Rural Epidemiological (PURE) study. Public Health Nutr. 2014. 17:1706-16. doi:10.1017/s1368980013002206	Country
590	Domenech, M, Roman, P, Lapetra, J, Garcia de la Corte, FJ, Sala-Vila, A, de la Torre, R, Corella, D, Salas-Salvado, J, Ruiz-Gutierrez, V, Lamuela-Raventos, RM, Toledo, E, Estruch, R, Coca, A, Ros, E. Mediterranean diet reduces 24-hour ambulatory blood pressure, blood glucose, and lipids: one-year randomized, clinical trial. Hypertension. 2014. 64:69-76. doi:10.1161/hypertensionaha.113.03353	Intervention/Exposure
591	Dominguez, LJ, Bes-Rastrollo, M, de la Fuente-Arrillaga, C, Toledo, E, Beunza, JJ, Barbagallo, M, Martinez-Gonzalez, MA. Similar prediction of total mortality, diabetes incidence and cardiovascular events using relative- and absolute-component Mediterranean diet score: the SUN cohort. Nutr Metab Cardiovasc Dis. 2013. 23:451-8. doi:10.1016/j.numecd.2011.10.009	Outcome; Publication Date Overlaps with Existing Review
592	Dominguez-Reyes, T, Astudillo-Lopez, CC, Salgado-Goytia, L, Munoz-Valle, JF, Salgado-Bernabe, AB, Guzman-Guzman, IP, Castro-Alarcon, N, Moreno-Godinez, ME, Parra-Rojas, I. Interaction of dietary fat intake with APOA2, APOA5 and LEPR polymorphisms and its relationship with obesity and dyslipidemia in young subjects. Lipids Health Dis. 2015. 14:106. doi:10.1186/s12944-015-0112-4	Intervention/Exposure
593	Dominique Ashen, M, Blumenthal, RS. Low HDL cholesterol levels. New England Journal of Medicine. 2005. 353:1252-1260. doi:10.1056/NEJMcp044370	Study Design; Publication Status
594	Donahoo, W, Wyatt, HR, Kriehn, J, Stuht, J, Dong, F, Hosokawa, P, Grunwald, GK, Johnson, SL, Peters, JC, Hill, JO. Dietary fat increases energy intake across the range of typical consumption in the United States. Obesity (Silver Spring). 2008. 16:64-9. doi:10.1038/oby.2007.31	Study duration
595	Dong, D, Bilger, M, van Dam, RM, Finkelstein, EA. Consumption Of Specific Foods And Beverages And Excess Weight Gain Among Children And Adolescents. Health Aff (Millwood). 2015. 34:1940-8. doi:10.1377/hlthaff.2015.0434	Intervention/Exposure; Outcome
596	Doo, EY, Jun, DW, Yang, SY, Kim, YS, Lee, SM. The intervention and education of low-sodium diet decreases insulin resistance in obese subjects. Clinical nutrition (edinburgh, scotland). 2015. 34:S210-S211. doi:unavailable	Publication Status

No.	Citation	Rationale
597	Doo, M, Kim, Y. Sleep duration and dietary macronutrient consumption can modify the cardiovascular disease for Korean women but not for men. Lipids Health Dis. 2016. 15:17. doi:10.1186/s12944-015-0170-7	Study Design
598	Doostvandi, T, Bahadoran, Z, Mozaffari-Khosravi, H, Mirmiran, P, Azizi, F. Food intake patterns are associated with the risk of impaired glucose and insulin homeostasis: a prospective approach in the Tehran Lipid and Glucose Study. Public Health Nutr. 2016. 19:2467-74. doi:10.1017/s1368980016000616	Outcome
599	Doostvandi, T, Bahadoran, Z, Mozaffari-Khosravi, H, Tahmasebinejad, Z, Mirmiran, P, Azizi, F. The association of dietary patterns and the incidence of insulin resistance after a 3-year follow-up: Tehran Lipid and Glucose Study. Asia Pac J Clin Nutr. 2017. 26:531-538. doi:10.6133/apjcn.032016.12	Outcome
600	Dopheide, J, Geleijnse, JM, Bakker, SJL, Brink, EJ, Van Baak, MA. Increased dietary protein intake lowers blood pressure in overweight subjects. Obesity reviews. 2011. 12:275-276. doi:10.1111/j.1467-789X.2011.00889.x	Publication Status
601	Dopheide, J, Teunissen-Beekman, KFM, Geleijnse, JM, Bakker, SJL, Brink, EJ, Van Baak, MA. Increased dietary protein intake lowers blood pressure in overweight subjects. Annals of nutrition & metabolism. 2013. 62:148. doi:10.1159/000346990	Publication Status
602	Dorenbos, E, Drummen, M, Rijks, J, Adam, T, Stouthart, P, Alfredo Martinez, J, Navas-Carretero, S, Stratton, G, Swindell, N, Fogelholm, M, Raben, A, Westerterp-Plantenga, M, Vreugdenhil, A. PREVIEW (Prevention of Diabetes Through Lifestyle Intervention and Population Studies in Europe and Around the World) study in children aged 10 to 17 years: Design, methods and baseline results. Diabetes Obes Metab. 2018. 20:1096-1101. doi:10.1111/dom.13216	Study Design
603	Dorgan, JF, Liu, L, Barton, BA, Deshmukh, S, Snetselaar, LG, Van Horn, L, Stevens, VJ, Robson, AM, Lasser, NL, Himes, JH, Shepherd, JA, Pourfarzib, R, Pettee Gabriel, K, Kriska, A, Kwiterovich, PO, Jr. Adolescent diet and metabolic syndrome in young women: results of the Dietary Intervention Study in Children (DISC) follow-up study. J Clin Endocrinol Metab. 2011. 96:E1999-2008. doi:10.1210/jc.2010-2726	Intervention/Exposure
604	Dorosty, AR, Emmett, PM, Cowin, IS, Reilly, JJ. Factors associated with early adiposity rebound. Pediatrics. 2000. 105:1115-1118. doi:10.1542/peds.105.5.1115	AGE: Intervention/Exposure
605	Dow, CA, Stauffer, BL, Greiner, JJ, DeSouza, CA. Influence of habitual high dietary fat intake on endothelium-dependent vasodilation. Appl Physiol Nutr Metab. 2015. 40:711-5. doi:10.1139/apnm-2015-0006	Study Design
606	Downer, MK, Gea, A, Stampfer, M, Sanchez-Tainta, A, Corella, D, Salas-Salvado, J, Ros, E, Estruch, R, Fito, M, Gomez-Gracia, E, Aros, F, Fiol, M, De-la-Corte, FJ, Serra-Majem, L, Pinto, X, Basora, J, Sorli, JV, Vinyoles, E, Zazpe, I, Martinez-Gonzalez, MA. Predictors of short- and long-term adherence with a Mediterranean-type diet intervention: the PREDIMED randomized trial. Int J Behav Nutr Phys Act. 2016. 13:67. doi:10.1186/s12966-016-0394-6	Outcome
607	Drake, I, Sonestedt, E, Ericson, U, Wallstrom, P, Orho-Melander, M. A Western dietary pattern is prospectively associated with cardio-metabolic traits and incidence of the metabolic syndrome. Br J Nutr. 2018. 119:1168-1176. doi:10.1017/s000711451800079x	Outcome

No.	Citation	Rationale
608	Draper, CF, Vassallo, I, Di Cara, A, Milone, C, Comminetti, O, Monnard, I, Godin, JP, Scherer, M, Su, M, Jia, W, Guiraud, SP, Praplan, F, Guignard, L, Ammon Zufferey, C, Shevlyakova, M, Emami, N, Moco, S, Beaumont, M, Kaput, J, Martin, FP. A 48-Hour Vegan Diet Challenge in Healthy Women and Men Induces a BRANCH-Chain Amino Acid Related, Health Associated, Metabolic Signature. Mol Nutr Food Res. 2018. 62:. doi:10.1002/mnfr.201700703	Study duration
609	Drehmer, M, Camey, SA, Nunes, MA, Duncan, BB, Lacerda, M, Pinheiro, AP, Schmidt, MI. Fibre intake and evolution of BMI: from pre-pregnancy to postpartum. Public Health Nutr. 2013. 16:1403-13. doi:10.1017/s1368980012003849	Intervention/Exposure; AGE: Intervention/Exposure
610	Drehmer, M, Odegaard, AO, Schmidt, MI, Duncan, BB, Cardoso, LO, Matos, SMA, Molina, Mdcb, Barreto, SM, Pereira, MA. Brazilian dietary patterns and the dietary approaches to stop hypertension (DASH) diet-relationship with metabolic syndrome and newly diagnosed diabetes in the ELSA-Brasil study. Diabetol Metab Syndr. 2017. 9:13. doi:10.1186/s13098-017-0211-7	Study Design
611	Drenowatz, C, Shook, RP, Hand, GA, Hebert, JR, Blair, SN. The independent association between diet quality and body composition. Sci Rep. 2014. 4:4928. doi:10.1038/srep04928	Study Design
612	Dreon, DM, Fernstrom, HA, Williams, PT, Krauss, RM. Reduced LDL particle size in children consuming a very-low-fat diet is related to parental LDL-subclass patterns. Am J Clin Nutr. 2000. 71:1611-6. doi:10.1093/ajcn/71.6.1611	Study duration
613	Drogan, D, Hoffmann, K, Schulz, M, Bergmann, MM, Boeing, H, Weikert, C. A food pattern predicting prospective weight change is associated with risk of fatal but not with nonfatal cardiovascular disease. J Nutr. 2007. 137:1961-7. doi:10.1093/jn/137.8.1961	Intervention/Exposure
614	Drouin-Chartier, JP, Tremblay, AJ, Lépine, MC, Lemelin, V, Lamarche, B, Couture, P. Substitution of dietary ω-6 polyunsaturated fatty acids for saturated fatty acids decreases LDL apolipoprotein B-100 production rate in men with dyslipidemia associated with insulin resistance: a randomized controlled trial. American journal of clinical nutrition. 2018. 107:26-34. doi:10.1093/ajcn/nqx013	Intervention/Exposure; Comparator
615	Drummen, M, Dorenbos, E, Vreugdenhil, ACE, Raben, A, Fogelholm, M, Westerterp-Plantenga, MS, Adam, TC. Long-term effects of increased protein intake after weight loss on intrahepatic lipid content and implications for insulin sensitivity: a PREVIEW study. Am J Physiol Endocrinol Metab. 2018. 315:E885-e891. doi:10.1152/ajpendo.00162.2018	Intervention/Exposure; Outcome
616	Du, H, Dong, CY, Lin, QY. Risk factors of acute myocardial infarction in middle-aged and adolescent people (< 45 years) in Yantai. BMC Cardiovasc Disord. 2015. 15:106. doi:10.1186/s12872-015-0102-5	Study Design; Intervention/Exposure
617	Dubois, L, Carter, MA, Farmer, A, Girard, M, Burnier, D, Tatone-Tokuda, F, Porcherie, M. Higher intakes of energy and grain products at 4 years of age are associated with being overweight at 6 years of age. Journal of Nutrition. 2011. 141:2024-2029. doi:10.3945/jn.111.143347	Intervention/Exposure
618	Dubois, L, Diasparra, M, Bogl, LH, Fontaine-Bisson, B, Bedard, B, Tremblay, RE, Kaprio, J, Boivin, M. Dietary Intake at 9 Years and Subsequent Body Mass Index in Adolescent Boys and Girls: A Study of Monozygotic Twin Pairs. Twin Res Hum Genet. 2016. 19:47-59. doi:10.1017/thg.2015.97	Intervention/Exposure

No.	Citation	Rationale
619	Dubois, L, Farmer, AP, Girard, M, Peterson, K. Preschool children's eating behaviours are related to dietary adequacy and body weight. Eur J Clin Nutr. 2007. 61:846-55. doi:10.1038/sj.ejcn.1602586	Study Design; Intervention/Exposure; Outcome
620	Duckworth, LC, Gately, PJ, Radley, D, Cooke, CB, King, RF, Hill, AJ. RCT of a high-protein diet on hunger motivation and weight-loss in obese children: an extension and replication. Obesity (Silver Spring). 2009. 17:1808-10. doi:10.1038/oby.2009.95	Study duration
621	Dudum, R, Juraschek, SP, Appel, LJ. Dose-dependent effects of lifestyle interventions on blood lipid levels: Results from the PREMIER trial. Patient Educ Couns. 2019. 102:1882-1891. doi:10.1016/j.pec.2019.05.005	Intervention/Exposure; Comparator
622	Due, A, Larsen, TM, Hermansen, K, Stender, S, Holst, JJ, Toubro, S, Martinussen, T, Astrup, A. Comparison of the effects on insulin resistance and glucose tolerance of 6-mo high-monounsaturated-fat, low-fat, and control diets. Am J Clin Nutr. 2008. 87:855-62. doi:10.1093/ajcn/87.4.855	Power/Size
623	Due, A, Larsen, TM, Mu, H, Hermansen, K, Stender, S, Toubro, S, Allison, DB, Astrup, A. The effect of three different ad libitum diets for weight loss maintenance: a randomized 18-month trial. Eur J Nutr. 2017. 56:727-738. doi:10.1007/s00394-015-1116-6	Weight loss/Hypocaloric
624	Due, A, Toubro, S, Skov, AR, Astrup, A. Effect of normal-fat diets, either medium or high in protein, on body weight in overweight subjects: a randomised 1-year trial. Int J Obes Relat Metab Disord. 2004. 28:1283-90. doi:10.1038/sj.ijo.0802767	Intervention/Exposure
625	Dugas, C, Belanger, M, Perron, J, Weisnagel, SJ, Tchernof, A, Marc, I, Robitaille, J. Is A Healthy Diet Associated with Lower Anthropometric and Glycemic Alterations in Predisposed Children Born from Mothers with Gestational Diabetes Mellitus?. Nutrients. 2019. 11:. doi:10.3390/nu11030570	Study Design
626	Duhita, MR, Schutz, Y, Montani, JP, Dulloo, AG, Miles-Chan, JL. Does gender influence dietary protein-induced thermogenesis? A pilot dose response study. Obesity reviews. 2018. 19:103-. doi:10.1111/(ISSN)1467-789X	Publication Status
627	Duijzer, G, Haveman-Nies, A, Jansen, SC, Beek, JT, van Bruggen, R, Willink, MGJ, Hiddink, GJ, Feskens, EJM. Effect and maintenance of the SLIMMER diabetes prevention lifestyle intervention in Dutch primary healthcare: a randomised controlled trial. Nutr Diabetes. 2017. 7:e268. doi:10.1038/nutd.2017.21	Intervention/Exposure
628	Dujmovic, M, Kresic, G, Mandic, ML, Kenjeric, D, Cvijanovic, O. Changes in dietary intake and body weight in lactating and non-lactating women: prospective study in northern coastal Croatia. Coll Antropol. 2014. 38:179-87. doi:unavailable	Participants
629	Dulloo, AG, Antic, V, Yang, Z, Montani, JP. Propellers of growth trajectories to obesity and the metabolic syndrome. Int J Obes (Lond). 2006. 30 Suppl 4:S1-3. doi:10.1038/sj.ijo.0803512	Publication Status
630	Dumesnil, JG, Turgeon, J, Tremblay, A, Poirier, P, Gilbert, M, Gagnon, L, St-Pierra, S, Garneau, C, Lemieux, I, Pascot, A, Bergeron, J, Deapés, JP. Effect of a low-glycaemic index-low-fat-high protein diet on the atherogenic metabolic risk profile of abdominally obese men. British Journal of Nutrition. 2001. 86:557-568. doi:unavailable	Study duration
631	Dumesnil, JG, Turgeon, J, Tremblay, A, Poirier, P, Gilbert, M, Gagnon, L, St-Pierre, S, Garneau, C, Lemieux, I, Pascot, A, Bergeron, J, Despres, JP. Effect of a low-glycaemic index--low-fat--high protein diet on the atherogenic metabolic risk profile of abdominally obese men. Br J Nutr. 2001. 86:557-68. doi:10.1079/bjn2001427	Study duration

No.	Citation	Rationale
632	Dunlap, BS, Bailes, JR, Jr. Unlimited energy, restricted carbohydrate diet improves lipid parameters in obese children. Metab Syndr Relat Disord. 2008. 6:32-6. doi:10.1089/met.2007.0023	Study Design
633	Dunn, SL, Siu, W, Freund, J, Boutcher, SH. The effect of a lifestyle intervention on metabolic health in young women. Diabetes Metab Syndr Obes. 2014. 7:437-44. doi:10.2147/dmso.S67845	Intervention/Exposure
634	Durao, C, Oliveira, A, Santos, AC, Severo, M, Guerra, A, Barros, H, Lopes, C. Protein intake and dietary glycemic load of 4-year-olds and association with adiposity and serum insulin at 7 years of age: sex-nutrient and nutrient-nutrient interactions. Int J Obes (Lond). 2017. 41:533-541. doi:10.1038/ijo.2016.240	Intervention/Exposure
635	Durkalec-Michalski, K, Zawieja, EE, Zawieja, BE, Jurkowska, D, Buchowski, MS, Jeszka, J. Effects of Low Versus Moderate Glycemic Index Diets on Aerobic Capacity in Endurance Runners: Three-Week Randomized Controlled Crossover Trial. Nutrients. 2018. 10:. doi:10.3390/nu10030370	Study duration
636	Durrer, C, Lewis, N, Wan, Z, Ainslie, PN, Jenkins, NT, Little, JP. Short-Term Low-Carbohydrate High-Fat Diet in Healthy Young Males Renders the Endothelium Susceptible to Hyperglycemia-Induced Damage, An Exploratory Analysis. Nutrients. 2019. 11:. doi:10.3390/nu11030489	Study duration
637	Durward, CM, Zack, MK, Shlisky, JD, Campbell, JK, Jonnalagadda, SS, Nickols-Richardson, SM. Predictors of early weight loss in a diet and exercise weight loss trial. FASEB journal. 2011. 25:. doi:unavailable	Publication Status
638	Dyson, PA, Beatty, S, Matthews, DR. A low-carbohydrate diet is more effective in reducing body weight than healthy eating in both diabetic and non-diabetic subjects. Diabet Med. 2007. 24:1430-5. doi:10.1111/j.1464-5491.2007.02290.x	Weight loss/Hypocaloric
639	Dyson, PA, Beatty, S, Matthews, DR. An assessment of low-carbohydrate or low-fat diets for weight loss at 2 year's follow-up. Diabetic medicine. 2010. 27:363-364. doi:10.1111/j.1464-5491.2010.02926.x	Publication Status
640	Earnest, CP, Church, TS. Evaluation of a Voluntary Worksite Weight Loss Program on Metabolic Syndrome. Metab Syndr Relat Disord. 2015. 13:406-14. doi:10.1089/met.2015.0075	Study Design
641	Ebbeling, CB, Feldman, HA, Klein, GL, Wong, JMW, Bielak, L, Steltz, SK, Luoto, PK, Wolfe, RR, Wong, WW, Ludwig, DS. Effects of a low carbohydrate diet on energy expenditure during weight loss maintenance: randomized trial. Bmj. 2018. 363:k4583. doi:10.1136/bmj.k4583	Outcome
642	Ebbeling, CB, Klein, GL, Luoto, PK, Wong, JMW, Bielak, L, Eddy, RG, Steltz, SK, Devlin, C, Sandman, M, Hron, B, Shimy, K, Heymsfield, SB, Wolfe, RR, Wong, WW, Feldman, HA, Ludwig, DS. A randomized study of dietary composition during weight-loss maintenance: Rationale, study design, intervention, and assessment. Contemp Clin Trials. 2018. 65:76-86. doi:10.1016/j.cct.2017.12.004	Study Design
643	Ebbeling, CB, Leidig, MM, Feldman, HA, Lovesky, MM, Ludwig, DS. Effects of a low-glycemic load vs low-fat diet in obese young adults: a randomized trial. Jama. 2007. 297:2092-102. doi:10.1001/jama.297.19.2092	Weight loss/Hypocaloric
644	Ebbeling, CB, Leidig, MM, Sinclair, KB, Hangen, JP, Ludwig, DS. A reduced-glycemic load diet in the treatment of adolescent obesity. Arch Pediatr Adolesc Med. 2003. 157:773-9. doi:10.1001/archpedi.157.8.773	Intervention/Exposure

No.	Citation	Rationale
645	Ebbeling, CB, Leidig, MM, Sinclair, KB, Seger-Shippee, LG, Feldman, HA, Ludwig, DS. Effects of an ad libitum low-glycemic load diet on cardiovascular disease risk factors in obese young adults. Am J Clin Nutr. 2005. 81:976-82. doi:10.1093/ajcn/81.5.976	Intervention/Exposure
646	Ebbeling, CB, Swain, JF, Feldman, HA, Wong, WW, Hachey, DL, Garcia-Lago, E, Ludwig, DS. Effects of dietary composition on energy expenditure during weight-loss maintenance. Jama. 2012. 307:2627-34. doi:10.1001/jama.2012.6607	Study duration
647	Ebrahimof, S, Hosseini-Esfahani, F, Mirmiran, P, Fallah-Kezabi, M, Azizi, F. Food Patterns and Framingham Risk Score in Iranian Adults: Tehran Lipid and Glucose Study: 2005-2011. Metab Syndr Relat Disord. 2018. 16:64-71. doi:10.1089/met.2017.0125	Language
648	Echeverría, G, Dussaillant, C, McGee, EE, Mena, C, Nitsche, MP, Urquiaga, I, Bitran, M, Pedrals, N, Rigotti, A. Promoting and Implementing the Mediterranean Diet in the Southern Hemisphere: the Chilean Experience. European Journal of Clinical Nutrition. 2018. :. doi:10.1038/s41430-018-0307-7	Study Design
649	Eckel, RH, Hernandez, TL, Bell, ML, Weil, KM, Shepard, TY, Grunwald, GK, Sharp, TA, Francis, CC, Hill, JO. Carbohydrate balance predicts weight and fat gain in adults. Am J Clin Nutr. 2006. 83:803-8. doi:10.1093/ajcn/83.4.803	Intervention/Exposure; Study duration
650	Eftekhari, MH, Rajaeifard, AR, Ahmadi, A, Kashfi, SM, Khajeh Rahim, AA. Effect of two isocaloric diets, low fat- high calcium and low fat- high fiber on weight reduction, lipid profile, and blood pressure. Iranian Cardiovascular Research Journal. 2009. 3:200-206. doi:unavailable	Intervention/Exposure; Language
651	Egert, S, Baxheinrich, A, Lee-Barkey, YH, Tschoepe, D, Stehle, P, Stratmann, B, Wahrburg, U. Effects of a hypoenergetic diet rich in alpha-linolenic acid on fatty acid composition of serum phospholipids in overweight and obese patients with metabolic syndrome. Nutrition. 2018. 49:74-80. doi:10.1016/j.nut.2017.11.002	Intervention/Exposure; Outcome
652	Egert, S, Kratz, M, Kannenberg, F, Fobker, M, Wahrburg, U. Effects of high-fat and low-fat diets rich in monounsaturated fatty acids on serum lipids, LDL size and indices of lipid peroxidation in healthy non-obese men and women when consumed under controlled conditions. Eur J Nutr. 2011. 50:71-9. doi:10.1007/s00394-010-0116-9	Study duration
653	Eilat-Adar, S. Reduce simple carbohydrate and animal protein intake and increase polyunsaturated fatty acid intake in patients with metabolic syndrome and insulin resistance. J Am Diet Assoc. 2008. 108:802-3. doi:10.1016/j.jada.2008.02.013	Study Design; Publication Status
654	Ejlerskov, KT, Larnkjaer, A, Pedersen, D, Ritz, C, Molgaard, C, Michaelsen, KF. IGF-I at 9 and 36 months of age - relations with body composition and diet at 3 years - the SKOT cohort. Growth Horm IGF Res. 2014. 24:239-44. doi:10.1016/j.ghir.2014.10.005	Study Design; Intervention/Exposure; Outcome; AGE: Intervention/Exposure
655	Ek, A, Chamberlain, KL, Ejderhamn, J, Fisher, PA, Marcus, C, Chamberlain, P, Nowicka, P. The More and Less Study: a randomized controlled trial testing different approaches to treat obesity in preschoolers. BMC Public Health. 2015. 15:735. doi:10.1186/s12889-015-1912-1	Study Design; Intervention/Exposure
656	El Ansari, W, Suominen, S, Berg-Beckhoff, G. Mood and food at the University of Turku in Finland: nutritional correlates of perceived stress are most pronounced among overweight students. Int J Public Health. 2015. 60:707-16. doi:10.1007/s00038-015-0717-4	Study Design

No.	Citation	Rationale
657	Elbelt, U, Schuetz, T, Knoll, N, Burkert, S. Self-Directed Weight Loss Strategies: Energy Expenditure Due to Physical Activity Is Not Increased to Achieve Intended Weight Loss. Nutrients. 2015. 7:5868-88. doi:10.3390/nu7075256	Study Design; Intervention/Exposure
658	Ellingsen, I, Hjerkinn, EM, Arnesen, H, Seljeflot, I, Hjermann, I, Tonstad, S. Follow-up of diet and cardiovascular risk factors 20 years after cessation of intervention in the Oslo Diet and Antismoking Study. Eur J Clin Nutr. 2006. 60:378-85. doi:10.1038/sj.ejcn.1602327	Intervention/Exposure
659	Elliott, SA, Truby, H, Lee, A, Harper, C, Abbott, RA, Davies, PS. Associations of body mass index and waist circumference with: energy intake and percentage energy from macronutrients, in a cohort of Australian children. Nutr J. 2011. 10:58. doi:10.1186/1475-2891-10-58	Study Design
660	Ellsworth, DL, Costantino, NS, Blackburn, HL, Engler, RJ, Kashani, M, Vernalis, MN. Lifestyle modification interventions differing in intensity and dietary stringency improve insulin resistance through changes in lipoprotein profiles. Obes Sci Pract. 2016. 2:282-292. doi:10.1002/osp4.54	Intervention/Exposure
661	Eloranta, AM, Schwab, U, Venalainen, T, Kiiskinen, S, Lakka, HM, Laaksonen, DE, Lakka, TA, Lindi, V. Dietary quality indices in relation to cardiometabolic risk among Finnish children aged 6-8 years - The PANIC study. Nutr Metab Cardiovasc Dis. 2016. 26:833-41. doi:10.1016/j.numecd.2016.05.005	Study Design
662	Eloranta, AM, Schwab, U, Venäläinen, T, Kiiskinen, S, Lakka, HM, Laaksonen, DE, Lakka, TA, Lindi, V. Dietary quality indices in relation to cardiometabolic risk among Finnish children aged 6–8 years – The PANIC study. Nutrition, Metabolism and Cardiovascular Diseases. 2016. 26:833-841. doi:10.1016/j.numecd.2016.05.005	Study Design
663	Elvevoll, EO, Eilertsen, KE, Brox, J, Dragnes, BT, Falkenberg, P, Olsen, JO, Kirkhus, B, Lamglait, A, Osterud, B. Seafood diets: hypolipidemic and antiatherogenic effects of taurine and n-3 fatty acids. Atherosclerosis. 2008. 200:396-402. doi:10.1016/j.atherosclerosis.2007.12.021	Intervention/Exposure; Comparator
664	Emond, A, Emmett, P, Steer, C, Golding, J. Feeding symptoms, dietary patterns, and growth in young children with autism spectrum disorders. Pediatrics. 2010. 126:e337-e342. doi:10.1542/peds.2009-2391	Intervention/Exposure; Health Status
665	Engberink, MF, Geleijnse, JM, Bakker, SJ, Larsen, TM, Handjieva-Darlesnka, T, Kafatos, A, Martinez, JA, Pfeiffer, AF, Kunesova, M, Jebb, SA, Holst, C, Astrup, A, Saris, WH, Brink, EJ, van Baak, MA. Effect of a high-protein diet on maintenance of blood pressure levels achieved after initial weight loss: the DiOGenes randomized study. J Hum Hypertens. 2015. 29:58-63. doi:10.1038/jhh.2014.30	Intervention/Exposure
666	Engel, S, Tholstrup, T. Butter increased total and LDL cholesterol compared with olive oil but resulted in higher HDL cholesterol compared with a habitual diet. Am J Clin Nutr. 2015. 102:309-15. doi:10.3945/ajcn.115.112227	Study duration
667	Entezari, MH, Salehi, R, Kazemi, M, Janghorbani, M, Kafeshani, M. Comparison of the effect of the Dietary Approaches to Stop Hypertension diet with usual dietary advice on expression of peroxisome proliferators-activated receptor gamma gene in women: A randomized controlled clinical trial. ARYA Atheroscler. 2018. 14:24-31. doi:10.22122/arya.v14i1.1565	Power/Size

No.	Citation	Rationale
668	Erber, E, Hopping, BN, Grandinetti, A, Park, SY, Kolonel, LN, Maskarinec, G. Dietary patterns and risk for diabetes: The multiethnic cohort. Diabetes Care. 2010. 33:532-538. doi:10.2337/dc09-1621	Intervention/Exposure; Publication Date Overlaps with Existing Review
669	Ericson, U, Hellstrand, S, Brunkwall, L, Schulz, CA, Sonestedt, E, Wallstrom, P, Gullberg, B, Wirfalt, E, Orho-Melander, M. Food sources of fat may clarify the inconsistent role of dietary fat intake for incidence of type 2 diabetes. Am J Clin Nutr. 2015. 101:1065-80. doi:10.3945/ajcn.114.103010	Intervention/Exposure
670	Ericson, U, Rukh, G, Stojkovic, I, Sonestedt, E, Gullberg, B, Wirfalt, E, Wallstrom, P, Orho-Melander, M. Sex-specific interactions between the IRS1 polymorphism and intakes of carbohydrates and fat on incident type 2 diabetes. Am J Clin Nutr. 2013. 97:208-16. doi:10.3945/ajcn.112.046474	Intervention/Exposure
671	Erlinger, TP, Miller, ER, 3rd, Charleston, J, Appel, LJ. Inflammation modifies the effects of a reduced-fat low-cholesterol diet on lipids: results from the DASH-sodium trial. Circulation. 2003. 108:150-4. doi:10.1161/01.Cir.0000080288.30567.86	Study Design; Intervention/Exposure
672	Ertas Ozturk, Y, Bozbulut, R, Doger, E, Bideci, A, Koksal, E. The relationship between diet quality and insulin resistance in obese children: adaptation of the Healthy Lifestyle-Diet Index in Turkey. J Pediatr Endocrinol Metab. 2018. 31:391-398. doi:10.1515/jpem-2017-0271	Study Design
673	Escurriol, V, Cofan, M, Serra, M, Bullo, M, Basora, J, Salas-Salvado, J, Corella, D, Zazpe, I, Martinez-Gonzalez, MA, Ruiz-Gutierrez, V, Estruch, R, Ros, E. Serum sterol responses to increasing plant sterol intake from natural foods in the Mediterranean diet. Eur J Nutr. 2009. 48:373-82. doi:10.1007/s00394-009-0024-z	Outcome; Publication Date Overlaps with Existing Review
674	Esfandiari, S, Bahadoran, Z, Mirmiran, P, Tohidi, M, Azizi, F. Adherence to the dietary approaches to stop hypertension trial (DASH) diet is inversely associated with incidence of insulin resistance in adults: the Tehran lipid and glucose study. J Clin Biochem Nutr. 2017. 61:123-129. doi:10.3164/jcbn.16-95	Power/Size
675	Eshriqui, I, Vilela, AA, Rebelo, F, Farias, DR, Castro, MB, Kac, G. Gestational dietary patterns are not associated with blood pressure changes during pregnancy and early postpartum in a Brazilian prospective cohort. Eur J Nutr. 2016. 55:21-32. doi:10.1007/s00394-014-0819-4	Outcome; Participants
676	Eslamian, G, Mirmiran, P, Asghari, G, Hosseini-Esfahani, F, Yuzbashian, E, Azizi, F. Low carbohydrate diet score does not predict metabolic syndrome in children and adolescents: Tehran Lipid and Glucose Study. Arch Iran Med. 2014. 17:417-22. doi:014176/aim.008	Power/Size
677	Esmaeili, SS, Fallahi, F, Gholami Fesharaki, M, Noormohammadi, G. A Randomized Trial on the Effect of Razavi's Dietary Pattern on the Components of Metabolic Syndrome. Iran Red Crescent Med J. 2014. 16:e14601. doi:10.5812/ircmj.14601	Intervention/Exposure
678	Esposito, K, Marfella, R, Ciotola, M, Di Palo, C, Giugliano, F, Giugliano, G, D'Armiento, M, D'Andrea, F, Giugliano, D. Effect of a Mediterranean-style diet on endothelial dysfunction and markers of vascular inflammation in the metabolic syndrome: A randomized trial. Journal of the American Medical Association. 2004. 292:1440-1446. doi:10.1001/jama.292.12.1440	Intervention/Exposure; Publication Date Overlaps with Existing Review

No.	Citation	Rationale
679	Essah, PA, Levy, JR, Sistrun, SN, Kelly, SM, Nestler, JE. Effect of weight loss by a low-fat diet and a low-carbohydrate diet on peptide YY levels. Int J Obes (Lond). 2010. 34:1239-42. doi:10.1038/ijo.2010.48	Intervention/Exposure
680	Esser, D, van Dijk, SJ, Oosterink, E, Muller, M, Afman, LA. A high-fat SFA, MUFA, or n3 PUFA challenge affects the vascular response and initiates an activated state of cellular adherence in lean and obese middle-aged men. J Nutr. 2013. 143:843-51. doi:10.3945/jn.113.174540	Study duration
681	Estrada-Reyes, C, Tlatempa-Sotelo, P, Valdes-Ramos, R, Cabanas-Armesilla, M, Manjarrez-Montes-de-Oca, R. Dietary Patterns and Fitness Level in Mexican Teenagers. J Nutr Metab. 2018. 2018:7159216. doi:10.1155/2018/7159216	Study Design; Outcome
682	Estruch, R, Casas, R, Sacanella, E, Urpi-Sarda, M, Corella, C, Cataner, O, Salas-Salvado, J, Martinez-Gonzalez, MA, Lamuela-Raventos, RM. Mediterranean diet and inflammatory biomarkers. Annals of nutrition and metabolism. 2015. 67:41-42. doi:10.1159/000440895	Publication Status
683	Estruch, R, Martinez-Gonzalez, MA, Corella, D, Basora-Gallisa, J, Ruiz-Gutierrez, V, Covas, MI, Fiol, M, Gomez-Gracia, E, Lopez-Sabater, MC, Escoda, R, Pena, MA, Diez-Espino, J, Lahoz, C, Lapetra, J, Saez, G, Ros, E. Effects of dietary fibre intake on risk factors for cardiovascular disease in subjects at high risk. J Epidemiol Community Health. 2009. 63:582-8. doi:10.1136/jech.2008.082214	Intervention/Exposure
684	Estruch, R, Martinez-Gonzalez, MA, Corella, D, Salas-Salvado, J, Fito, M, Chiva-Blanch, G, Fiol, M, Gomez-Gracia, E, Aros, F, Lapetra, J, Serra-Majem, L, Pinto, X, Buil-Cosiales, P, Sorli, JV, Munoz, MA, Basora-Gallisa, J, Lamuela-Raventos, RM, Serra-Mir, M, Ros, E. Retracted: Effect of a high-fat Mediterranean diet on bodyweight and waist circumference: a prespecified secondary outcomes analysis of the PREDIMED randomised controlled trial. Lancet Diabetes Endocrinol. 2016. 4:666-676. doi:10.1016/s2213-8587(16)30085-7	Publication Status
685	Estruch, R, Martínez-González, MA, Corella, D, Salas-Salvadó, J, Fitó, M, Chiva-Blanch, G, Fiol, M, Gómez-Gracia, E, Arós, F, Lapetra, J, Serra-Majem, L, Pintó, X, Buil-Cosiales, P, Sorlí, JV, Muñoz, MA, Basora-Gallisá, J, Lamuela-Raventós, RM, Serra-Mir, M, Ros, E. Effect of a high-fat Mediterranean diet on bodyweight and waist circumference: a prespecified secondary outcomes analysis of the PREDIMED randomised controlled trial. The Lancet Diabetes and Endocrinology. 2016. 4:666-676. doi:10.1016/S2213-8587(16)30085-7	Publication Status
686	Estruch, R, Martinez-Gonzalez, MA, Corella, D, Salas-Salvado, J, Ruiz-Gutierrez, V, Covas, MI, Fiol, M, Gomez-Gracia, E, Lopez-Sabater, MC, Vinyoles, E, Aros, F, Conde, M, Lahoz, C, Lapetra, J, Saez, G, Ros, E. Effects of a Mediterranean-style diet on cardiovascular risk factors: a randomized trial. Ann Intern Med. 2006. 145:1-11. doi:10.7326/0003-4819-145-1-200607040-00004	Intervention/Exposure; Publication Date Overlaps with Existing Review
687	Estruch, R, Martínez-González, MA. Mediterranean diets reduced cardiovascular events more than a low-fat diet in high-risk persons. Annals of Internal Medicine. 2013. 158:JC3. doi:10.7326/0003-4819-158-12-201306180-02003	Publication Status
688	Estruch, R, Ros, E, Salas-Salvadó, J, Covas, MI, Corella, D, Arós, F, Gómez-Gracia, E, Ruiz-Gutiérrez, V, Fiol, M, Lapetra, J, Lamuela-Raventos, RM, Serra-Majem, L, Pintó, X, Basora, J, Muñoz, MA, Sorlí, JV, Martínez, JA, Martínez-González, MA. Primary prevention of cardiovascular disease with a Mediterranean diet. New England Journal of Medicine. 2013. 368:1279-1290. doi:10.1056/NEJMoa1200303	Study Design; Publication Status

No.	Citation	Rationale
689	Estruch, R. Anti-inflammatory effects of the Mediterranean diet: the experience of the PREDIMED study. Proc Nutr Soc. 2010. 69:333-40. doi:10.1017/s0029665110001539	Publication Status
690	Estruch, R. Cardiovascular mortality: how can it be prevented?. Nefrologia. 2014. 34:561-9. doi:10.3265/Nefrologia.pre2014.Apr.12481	Study Design; Publication Status
691	Evans, EM, Mojtahedi, MC, Thorpe, MP, Valentine, RJ, Kris-Etherton, PM, Layman, DK. Effects of protein intake and gender on body composition changes: a randomized clinical weight loss trial. Nutr Metab (Lond). 2012. 9:55. doi:10.1186/1743-7075-9-55	Weight loss/Hypocaloric
692	Fagherazzi, G, Gusto, G, Mancini, FR, Dow, C, Rajaobelina, K, Balkau, B, Boutron-Ruault, MC, Bonnet, F. Determinants of 20-year non-progression to Type 2 diabetes in women at very high risk: the E3N cohort study. Diabet Med. 2018. 35:1716-1721. doi:10.1111/dme.13774	Power/Size
693	Faghihnia, N, Tsimikas, S, Miller, ER, Witztum, JL, Krauss, RM. Changes in lipoprotein(a), oxidized phospholipids, and LDL subclasses with a low-fat high-carbohydrate diet. J Lipid Res. 2010. 51:3324-30. doi:10.1194/jlr.M005769	Intervention/Exposure
694	Fajcsak, Z, Gabor, A, Kovacs, V, Martos, E. The effects of 6-week low glycemic load diet based on low glycemic index foods in overweight/obese children--pilot study. J Am Coll Nutr. 2008. 27:12-21. doi:10.1080/07315724.2008.10719670	Study Design
695	Fallaize, R, Livingstone, KM, Celis-Morales, C, Macready, AL, San-Cristobal, R, Navas-Carretero, S, Marsaux, CFM, O'Donovan, CB, Kolossa, S, Moschonis, G, Walsh, MC, Gibney, ER, Brennan, L, Bouwman, J, Manios, Y, Jarosz, M, Martinez, JA, Daniel, H, Saris, WHM, Gundersen, TE, Drevon, CA, Gibney, MJ, Mathers, JC, Lovegrove, JA. Association between Diet-Quality Scores, Adiposity, Total Cholesterol and Markers of Nutritional Status in European Adults: Findings from the Food4Me Study. Nutrients. 2018. 10:. doi:10.3390/nu10010049	Study Design
696	Farhadnejad, H, Asghari, G, Mirmiran, P, Azizi, F. Dietary approach to stop hypertension diet and cardiovascular risk factors among 10- to 18-year-old individuals. Pediatr Obes. 2018. 13:185-194. doi:10.1111/ijpo.12268	Power/Size
697	Farhangi, MA, Jahangiry, L. Dietary diversity score is associated with cardiovascular risk factors and serum adiponectin concentrations in patients with metabolic syndrome. BMC Cardiovasc Disord. 2018. 18:68. doi:10.1186/s12872-018-0807-3	Power/Size
698	Farnsworth, E, Luscombe, ND, Noakes, M, Wittert, G, Argyiou, E, Clifton, PM. Effect of a high-protein, energy-restricted diet on body composition, glycemic control, and lipid concentrations in overweight and obese hyperinsulinemic men and women. Am J Clin Nutr. 2003. 78:31-9. doi:10.1093/ajcn/78.1.31	Power/Size
699	Farrell, P, Negin, J, Awoke, M, Thow, AM, Taua, M, Faumuina, T, Mihrshahi, S, Vizintin, P, Richards, J. Associations between sociodemographic and behaviour factors, and dietary risk factors for overweight and obesity, in Samoan women. Appetite. 2019. 134:155-161. doi:10.1016/j.appet.2018.12.037	Study Design
700	Farvid, MS, Malekshah, AF, Pourshams, A, Poustchi, H, Sepanlou, SG, Sharafkhah, M, Khoshnia, M, Farvid, M, Abnet, CC, Kamangar, F, Dawsey, SM, Brennan, P, Pharoah, PD, Boffetta, P, Willett, WC, Malekzadeh, R. Dietary Protein Sources and All-Cause and Cause-Specific Mortality: The Golestan Cohort Study in Iran. Am J Prev Med. 2017. 52:237-248. doi:10.1016/j.amepre.2016.10.041	Intervention/Exposure; Country

No.	Citation	Rationale
701	Fatemi, MJ, Fararouei, M, Moravej, H, Dianatinasab, M. Stunting and its associated factors among 6-7-year-old children in southern Iran: a nested case-control study. Public Health Nutr. 2018. :1-8. doi:10.1017/s136898001800263x	Study Design; Intervention/Exposure
702	Fava, F, Gitau, R, Griffin, BA, Gibson, GR, Tuohy, KM, Lovegrove, JA. The type and quantity of dietary fat and carbohydrate alter faecal microbiome and short-chain fatty acid excretion in a metabolic syndrome 'at-risk' population. Int J Obes (Lond). 2013. 37:216-23. doi:10.1038/ijo.2012.33	Power/Size
703	Fearnbach, SN, Masterson, TD, Schlechter, HA, Ross, AJ, Rykaczewski, MJ, Loken, E, Downs, DS, Thivel, D, Keller, KL. Impact of imposed exercise on energy intake in children at risk for overweight. Nutrition Journal. 2016. 15:. doi:10.1186/s12937-016-0206-5	Intervention/Exposure; Study duration
704	Feart, C, Jutand, MA, Larrieu, S, Letenneur, L, Delcourt, C, Combe, N, Barberger-Gateau, P. Energy, macronutrient and fatty acid intake of French elderly community dwellers and association with socio-demographic characteristics: data from the Bordeaux sample of the Three-City Study. Br J Nutr. 2007. 98:1046-57. doi:10.1017/s0007114507756520	Study Design
705	Fechner, E, Bilet, L, Peters, HPF, Hiemstra, H, Schrauwen, P, Mensink, RP. Investigating The Effectiveness Of A Healthy Diet On Cardiovascular Risk Markers - A Challenge-Based Human Trial. Atherosclerosis. 2019. 287:e148-. doi:10.1016/j.atherosclerosis.2019.06.441	Publication Status
706	Feng, R, Du, S, Chen, Y, Zheng, S, Zhang, W, Na, G, Li, Y, Sun, C. High carbohydrate intake from starchy foods is positively associated with metabolic disorders: a Cohort Study from a Chinese population. Sci Rep. 2015. 5:16919. doi:10.1038/srep16919	Country
707	Feng, R, Sun, G, Zhang, Y, Sun, Q, Ju, L, Sun, C, Wang, C. Short-term high-fat diet exacerbates insulin resistance and glycolipid metabolism disorders in young obese men with hyperlipidemia, as determined by metabolomics analysis using ultra-HPLC-quadrupole time-of-flight mass spectrometry. J Diabetes. 2019. 11:148-160. doi:10.1111/1753-0407.12828	Study duration
708	Ferdowsian, HR, Barnard, ND, Hoover, VJ, Katcher, HI, Levin, SM, Green, AA, Cohen, JL. A multicomponent intervention reduces body weight and cardiovascular risk at a GEICO corporate site. Am J Health Promot. 2010. 24:384-7. doi:10.4278/ajhp.081027-QUAN-255	Publication Date Overlaps with Existing Review
709	Ferland, A, Chateau-Degat, ML, Hernandez, TL, Eckel, RH. Tissue-specific responses of lipoprotein lipase to dietary macronutrient composition as a predictor of weight gain over 4 years. Obesity (Silver Spring). 2012. 20:1006-11. doi:10.1038/oby.2011.372	Study duration
710	Fernandez de la Puebla, RA, Fuentes, F, Perez-Martinez, P, Sanchez, E, Paniagua, JA, Lopez-Miranda, J, Perez-Jimenez, F. A reduction in dietary saturated fat decreases body fat content in overweight, hypercholesterolemic males. Nutr Metab Cardiovasc Dis. 2003. 13:273-7. doi:unavailable	Study duration
711	Fernandez, C, Kasper, NM, Miller, AL, Lumeng, JC, Peterson, KE. Association of Dietary Variety and Diversity With Body Mass Index in US Preschool Children. Pediatrics. 2016. 137:e20152307. doi:10.1542/peds.2015-2307	Intervention/Exposure
712	Fernandez, ML. Plant-Based Diet Quality is Associated with Changes in Plasma Adiposity Biomarker Concentrations in Women. J Nutr. 2019. 149:551-552. doi:10.1093/jn/nxy317	Study Design; Publication Status

No.	Citation	Rationale
713	Fernandez-Lazaro, CI, Toledo, E, Salas-Salvado, J, Corella, D, Fito, M, Martinez, JA, Buil-Cosiales, P. PREDIMED-Plus trial: one-year changes in the quality of dietary carbohydrate intake and concurrent changes in cardiovascular risk factors. Annals of nutrition & metabolism. 2019. 75:20-21. doi:10.1159/000501441	Publication Status
714	Ferranti, R, Marventano, S, Castellano, S, Giogianni, G, Nolfo, F, Rametta, S, Matalone, M, Mistretta, A. Sleep quality and duration is related with diet and obesity in young adolescent living in Sicily, Southern Italy. Sleep Sci. 2016. 9:117-22. doi:10.1016/j.slsci.2016.04.003	Study Design
715	Ferrara, LA, Innelli, P, Palmieri, V, Limauro, S, De Luca, G, Ferrara, F, Liccardo, E, Celentano, A. Effects of different dietary protein intakes on body composition and vascular reactivity. Eur J Clin Nutr. 2006. 60:643-9. doi:10.1038/sj.ejcn.1602363	Intervention/Exposure
716	Ferreira, AA, Souza-Filho, ZA, Goncalves, MJF, Santos, J, Pierin, AMG. Relationship between alcohol drinking and arterial hypertension in indigenous people of the Mura ethnics, Brazil. PLoS One. 2017. 12:e0182352. doi:10.1371/journal.pone.0182352	Study Design
717	Feuerstein, JS, Bautista, LT, Bjerke, WS. A dietary approach for treating dyslipidemia and hyperglycemia. Current Nutrition and Food Science. 2011. 7:271-274. doi:unavailable	Study Design
718	Field, AE, Willett, WC, Lissner, L, Colditz, GA. Dietary fat and weight gain among women in the Nurses' Health Study. Obesity (Silver Spring). 2007. 15:967-76. doi:10.1038/oby.2007.616	Intervention/Exposure
719	Filaire, E, Maso, F, Degoutte, F, Jouanel, P, Lac, G. Food restriction, performance, psychological state and lipid values in judo athletes. Int J Sports Med. 2001. 22:454-9. doi:10.1055/s-2001-16244	Study duration
720	Finelli, C, Crispino, P, Gioia, S, La Sala, N, D'amico, L, La Grotta, M, Miro, O, Colarusso, D. The improvement of large high-density lipoprotein (HDL) particle levels, and presumably HDL metabolism, depend on effects of low-carbohydrate diet and weight loss. EXCLI Journal. 2016. 15:166-176. doi:10.17179/excli2015-642	Publication Status
721	Fito, M, Estruch, R, Salas-Salvado, J, Martinez-Gonzalez, MA, Aros, F, Vila, J, Corella, D, Diaz, O, Saez, G, de la Torre, R, Mitjavila, MT, Munoz, MA, Lamuela-Raventos, RM, Ruiz-Gutierrez, V, Fiol, M, Gomez-Gracia, E, Lapetra, J, Ros, E, Serra-Majem, L, Covas, MI. Effect of the Mediterranean diet on heart failure biomarkers: a randomized sample from the PREDIMED trial. Eur J Heart Fail. 2014. 16:543-50. doi:10.1002/ejhf.61	Outcome
722	Fito, M, Hernaez, A, Olga, C, Pinto, X, Estruch, R, Salas-Salvado, J, Corella, D, Blanchart, G, Gaixas, S, Aros, F, etal, . Effects of the mediterranean diet on the lipid profile and lipoprotein-related markers. Annals of nutrition & metabolism. 2017. 71:193-194. doi:10.1159/000480486	Publication Status
723	Fitzpatrick, SL, Coughlin, JW, Appel, LJ, Tyson, C, Stevens, VJ, Jerome, GJ, Dalcin, A, Brantley, PJ, Hill-Briggs, F. Application of Latent Class Analysis to Identify Behavioral Patterns of Response to Behavioral Lifestyle Interventions in Overweight and Obese Adults. Int J Behav Med. 2015. 22:471-80. doi:10.1007/s12529-014-9446-y	Intervention/Exposure
724	Fleming, J, Kris-Etherton, P, Petersen, K, Baer, D. Effect of mediterranean diet with varying amounts of lean beef on measures of arterial stiffness and central blood pressure. Circulation. 2018. 138:. doi:unavailable	Publication Status

No.	Citation	Rationale
725	Fleming, J, Kris-Etherton, P, Petersen, K, Baer, D. The dose-response effect of a mediterranean style diet with lean beef on lipids and lipoproteins. Circulation. 2019. 139:. doi:10.1161/circ.139.suppl_1.045	Publication Status
726	Fleming, RM. The effect of high-, moderate-, and low-fat diets on weight loss and cardiovascular disease risk factors. Prev Cardiol. 2002. 5:110-8. doi:10.1111/j.1520-037x.2002.01231.x	Intervention/Exposure
727	Fletcher, EA, Lamb, KE, McNaughton, SA, Garnett, SP, Dunstan, DW, Baur, LA, Salmon, J. Cross-sectional and prospective mediating effects of dietary intake on the relationship between sedentary behaviour and body mass index in adolescents. BMC Public Health. 2017. 17:751. doi:10.1186/s12889-017-4771-0	Study Design; Intervention/Exposure
728	Fletcher, ES, Rugg-Gunn, AJ, Matthews, JN, Hackett, A, Moynihan, PJ, Mathers, JC, Adamson, AJ. Changes over 20 years in macronutrient intake and body mass index in 11- to 12-year-old adolescents living in Northumberland. Br J Nutr. 2004. 92:321-33. doi:10.1079/bjn20041199	Intervention/Exposure
729	Fletcher, S, Wright, C, Jones, A, Parkinson, K, Adamson, A. Tracking of toddler fruit and vegetable preferences to intake and adiposity later in childhood. Matern Child Nutr. 2017. 13:. doi:10.1111/mcn.12290	Intervention/Exposure; Outcome
730	Flock, MR, Kris-Etherton, PM. Dietary Guidelines for Americans 2010: implications for cardiovascular disease. Curr Atheroscler Rep. 2011. 13:499-507. doi:10.1007/s11883-011-0205-0	Study Design
731	Flood, A, Mai, V, Pfeiffer, R, Kahle, L, Remaley, AT, Rosen, CJ, Lanza, E, Schatzkin, A. The effects of a high-fruit and -vegetable, high-fiber, low-fat dietary intervention on serum concentrations of insulin, glucose, IGF-I and IGFBP-3. Eur J Clin Nutr. 2008. 62:186-96. doi:10.1038/sj.ejcn.1602726	Outcome; Publication Date Overlaps with Existing Review
732	Florencio, TM, Bueno, NB, Clemente, AP, Albuquerque, FC, Britto, RP, Ferriolli, E, Sawaya, AL. Weight gain and reduced energy expenditure in low-income Brazilian women living in slums: a 4-year follow-up study. Br J Nutr. 2015. 114:462-71. doi:10.1017/s0007114515001816	Intervention/Exposure
733	Flores, M, Macias, N, Rivera, M, Lozada, A, Barquera, S, Rivera-Dommarco, J, Tucker, KL. Dietary patterns in Mexican adults are associated with risk of being overweight or obese. J Nutr. 2010. 140:1869-73. doi:10.3945/jn.110.121533	Study Design
734	Fonseca, MJ, Durao, C, Lopes, C, Santos, AC. Weight following birth and childhood dietary intake: A prospective cohort study. Nutrition. 2017. 33:58-64. doi:10.1016/j.nut.2016.08.008	Intervention/Exposure; Outcome
735	Foraker, RE, Pennell, M, Sprangers, P, Vitolins, MZ, DeGraffinreid, C, Paskett, ED. Effect of a low-fat or low-carbohydrate weight-loss diet on markers of cardiovascular risk among premenopausal women: a randomized trial. J Womens Health (Larchmt). 2014. 23:675-80. doi:10.1089/jwh.2013.4638	Intervention/Exposure
736	Ford, CN, Weber, MB, Staimez, LR, Anjana, RM, Lakshmi, K, Mohan, V, Narayan, KMV, Harish, R. Dietary changes in a diabetes prevention intervention among people with prediabetes: the Diabetes Community Lifestyle Improvement Program trial. Acta Diabetologica. 2019. 56:197-209. doi:10.1007/s00592-018-1249-1	Intervention/Exposure
737	Ford, DW, Hartman, TJ, Still, C, Wood, C, Mitchell, DC, Erickson, P, Bailey, R, Smiciklas-Wright, H, Coffman, DL, Jensen, GL. Body mass index, poor diet quality, and health-related quality of life are associated with mortality in rural older adults. J Nutr Gerontol Geriatr. 2014. 33:23-34. doi:10.1080/21551197.2014.875819	Outcome

No.	Citation	Rationale
738	Forouhi, NG, Sharp, SJ, Du, H, van der, Dl A, Halkjaer, J, Schulze, MB, Tjonneland, A, Overvad, K, Jakobsen, MU, Boeing, H, Buijsse, B, Palli, D, Masala, G, Feskens, EJ, Sorensen, TI, Wareham, NJ. Dietary fat intake and subsequent weight change in adults: results from the European Prospective Investigation into Cancer and Nutrition cohorts. Am J Clin Nutr. 2009. 90:1632-41. doi:10.3945/ajcn.2009.27828	Intervention/Exposure
739	Forsythe, CE, French, MA, Goh, YK, Clandinin, MT. Cholesterolaemic influence of palmitic acid in the sn-1, 3 v. the sn-2 position with high or low dietary linoleic acid in healthy young men. Br J Nutr. 2007. 98:337-44. doi:10.1017/s0007114507704993	Study duration
740	Forsythe, CE, Phinney, SD, Feinman, RD, Volk, BM, Freidenreich, D, Quann, E, Ballard, K, Puglisi, MJ, Maresh, CM, Kraemer, WJ, Bibus, DM, Fernandez, ML, Volek, JS. Limited effect of dietary saturated fat on plasma saturated fat in the context of a low carbohydrate diet. Lipids. 2010. 45:947-62. doi:10.1007/s11745-010-3467-3	Intervention/Exposure; Comparator
741	Fortes, C, Forastiere, F, Farchi, S, Rapiti, E, Pastori, G, Perucci, CA. Diet and overall survival in a cohort of very elderly people. Epidemiology. 2000. 11:440-5. doi:10.1097/00001648-200007000-00013	Intervention/Exposure; Comparator
742	Foscolou, A, Georgousopoulou, E, Magriplis, E, Naumovski, N, Rallidis, L, Matalas, AL, Chrysohoou, C, Tousoulis, D, Pitsavos, C, Panagiotakos, D. The mediating role of Mediterranean diet on the association between Lp(a) levels and cardiovascular disease risk: A 10-year follow-up of the ATTICA study. Clin Biochem. 2018. 60:33-37. doi:10.1016/j.clinbiochem.2018.07.011	Intervention/Exposure
743	Foscolou, A, Magriplis, E, Tyrovolas, S, Soulis, G, Bountziouka, V, Mariolis, A, Piscopo, S, Valacchi, G, Anastasiou, F, Gotsis, E, Metallinos, G, Tyrovola, D, Polystipioti, A, Polychronopoulos, E, Matalas, AL, Lionis, C, Zeimbekis, A, Tur, JA, Sidossis, LS, Panagiotakos, D. Lifestyle determinants of healthy ageing in a Mediterranean population: The multinational MEDIS study. Exp Gerontol. 2018. 110:35-41. doi:10.1016/j.exger.2018.05.008	Study Design; Outcome
744	Foscolou, A, Polychronopoulos, E, Paka, E, Tyrovolas, S, Bountziouka, V, Zeimbekis, A, Tyrovola, D, Ural, D, Panagiotakos, D. Lifestyle and health determinants of cardiovascular disease among Greek older adults living in Eastern Aegean Islands: An adventure within the MEDIS study. Hellenic J Cardiol. 2016. 57:407-414. doi:10.1016/j.hjc.2016.11.021	Study Design
745	Foster, GD, Wyatt, HR, Hill, JO, Makris, AP, Rosenbaum, DL, Brill, C, Stein, RI, Mohammed, BS, Miller, B, Rader, DJ, Zemel, B, Wadden, TA, Tenhave, T, Newcomb, CW, Klein, S. Weight and metabolic outcomes after 2 years on a low-carbohydrate versus low-fat diet: a randomized trial. Ann Intern Med. 2010. 153:147-57. doi:10.7326/0003-4819-153-3-201008030-00005	Intervention/Exposure
746	Foster, GD, Wyatt, HR, Hill, JO, Makris, AP, Rosenbaum, DL, Brill, C, Stein, RI, Mohammed, S, Miller, B, Rader, DJ, etal, . Weight and metabolic outcomes after 2 years on a low-carbohydrate versus low-fat diet. Obstetrical & gynecological survey. 2010. 65:769-770. doi:10.1097/OGX.0b013e31821342ba	Publication Status
747	Foster, GD, Wyatt, HR, Hill, JO, McGuckin, BG, Brill, C, Mohammed, BS, Szapary, PO, Rader, DJ, Edman, JS, Klein, S. A randomized trial of a low-carbohydrate diet for obesity. N Engl J Med. 2003. 348:2082-90. doi:10.1056/NEJMoa022207	Intervention/Exposure

No.	Citation	Rationale
748	Franklin, KA, Eriksson, M, Larsson, C, Lindahl, B, Mellberg, C, Sahlin, C, Olsson, T, Ryberg, M. Palaeolithic diet and obstructive sleep apnoea in overweight females: a randomised controlled trial. European respiratory journal. 2016. 48:. doi:10.1183/13993003.congress-2016.PA2376	Publication Status
749	Frankwich, KA, Egnatios, J, Kenyon, ML, Rutledge, TR, Liao, PS, Gupta, S, Herbst, KL, Zarrinpar, A. Differences in Weight Loss Between Persons on Standard Balanced vs Nutrigenetic Diets in a Randomized Controlled Trial. Clin Gastroenterol Hepatol. 2015. 13:1625-1632.e1. doi:10.1016/j.cgh.2015.02.044	Power/Size
750	Franzini, L, Ardigo, D, Valtuena, S, Pellegrini, N, Del Rio, D, Bianchi, MA, Scazzina, F, Piatti, PM, Brighenti, F, Zavaroni, I. Food selection based on high total antioxidant capacity improves endothelial function in a low cardiovascular risk population. Nutr Metab Cardiovasc Dis. 2012. 22:50-7. doi:10.1016/j.numecd.2010.04.001	Study duration
751	Franzon, K, Byberg, L, Sjogren, P, Zethelius, B, Cederholm, T, Kilander, L. Predictors of Independent Aging and Survival: A 16-Year Follow-Up Report in Octogenarian Men. J Am Geriatr Soc. 2017. 65:1953-1960. doi:10.1111/jgs.14971	Outcome
752	Fraser, D, Bilenko, N, Vardy, H, Abu-Saad, K, Shai, I, Abu-Shareb, H, Shahar, DR. Differences in food intake and disparity in obesity rates between adult Jews and Bedouins in Southern Israel. Ethnicity and Disease. 2008. 18:13-18. doi:unavailable	Study Design
753	Freire, RD, Cardoso, MA, Gimeno, SG, Ferreira, SR. Dietary fat is associated with metabolic syndrome in Japanese Brazilians. Diabetes Care. 2005. 28:1779-85. doi:10.2337/diacare.28.7.1779	Study Design
754	Freisling, H, Pisa, PT, Ferrari, P, Byrnes, G, Moskal, A, Dahm, CC, Vergnaud, AC, Boutron-Ruault, MC, Fagherazzi, G, Cadeau, C, Kuhn, T, Neamat-Allah, J, Buijsse, B, Boeing, H, Halkjaer, J, Tjonneland, A, Hansen, CP, Quiros, JR, Travier, N, Molina-Montes, E, Amiano, P, Huerta, JM, Barricarte, A, Khaw, KT, Wareham, N, Key, TJ, Romaguera, D, Lu, Y, Lassale, CM, Naska, A, Orfanos, P, Trichopoulou, A, Masala, G, Pala, V, Berrino, F, Tumino, R, Ricceri, F, de Magistris, MS, Bueno-de-Mesquita, HB, Ocke, MC, Sonestedt, E, Ericson, U, Johansson, M, Skeie, G, Weiderpass, E, Braaten, T, Peeters, PH, Slimani, N. Main nutrient patterns are associated with prospective weight change in adults from 10 European countries. Eur J Nutr. 2016. 55:2093-104. doi:10.1007/s00394-015-1023-x	Study Design; Intervention/Exposure
755	Freitas-Vilela, AA, Smith, AD, Kac, G, Pearson, RM, Heron, J, Emond, A, Hibbeln, JR, Castro, MB, Emmett, PM. Dietary patterns by cluster analysis in pregnant women: relationship with nutrient intakes and dietary patterns in 7-year-old offspring. Matern Child Nutr. 2017. 13:. doi:10.1111/mcn.12353	Study Design
756	French, SA, Harnack, L, Jeffery, RW. Fast food restaurant use among women in the Pound of Prevention study: dietary, behavioral and demographic correlates. Int J Obes Relat Metab Disord. 2000. 24:1353-9. doi:10.1038/sj.ijo.0801429	Intervention/Exposure
757	Frisch, S, Zittermann, A, Berthold, HK, Gotting, C, Kuhn, J, Kleesiek, K, Stehle, P, Kortke, H. A randomized controlled trial on the efficacy of carbohydrate-reduced or fat-reduced diets in patients attending a telemedically guided weight loss program. Cardiovasc Diabetol. 2009. 8:36. doi:10.1186/1475-2840-8-36	Weight loss/Hypocaloric
758	Fritzen, AM, Lundsgaard, AM, Jordy, AB, Poulsen, SK, Stender, S, Pilegaard, H, Astrup, A, Larsen, TM, Wojtaszewski, JF, Richter, EA, Kiens, B. New Nordic Diet-Induced Weight Loss Is Accompanied by Changes in Metabolism and AMPK Signaling in Adipose Tissue. J Clin Endocrinol Metab. 2015. 100:3509-19. doi:10.1210/jc.2015-2079	Power/Size

No.	Citation	Rationale
759	Frolich, S, Lehmann, N, Weyers, S, Wahl, S, Dragano, N, Budde, T, Kalsch, H, Mahabadi, AA, Erbel, R, Moebus, S, Jockel, KH, Schmidt, B. Association of dietary patterns with five-year degree and progression of coronary artery calcification in the Heinz Nixdorf Recall study. Nutr Metab Cardiovasc Dis. 2017. 27:999-1007. doi:10.1016/j.numecd.2017.09.002	Outcome
760	Fuehrlein, BS, Rutenberg, MS, Silver, JN, Warren, MW, Theriaque, DW, Duncan, GE, Stacpoole, PW, Brantly, ML. Differential metabolic effects of saturated versus polyunsaturated fats in ketogenic diets. J Clin Endocrinol Metab. 2004. 89:1641-5. doi:10.1210/jc.2003-031796	Study duration
761	Fuentes, F, Lopez-Miranda, J, Perez-Martinez, P, Jimenez, Y, Marin, C, Gomez, P, Fernandez, JM, Caballero, J, Delgado-Lista, J, Perez-Jimenez, F. Chronic effects of a high-fat diet enriched with virgin olive oil and a low-fat diet enriched with alpha-linolenic acid on postprandial endothelial function in healthy men. Br J Nutr. 2008. 100:159-65. doi:10.1017/s0007114508888708	Intervention/Exposure; Outcome
762	Fuentes, F, Lopez-Miranda, J, Sanchez, E, Sanchez, F, Paez, J, Paz-Rojas, E, Marin, C, Gomez, P, Jimenez-Pereperez, J, Ordovas, JM, Perez-Jimenez, F. Mediterranean and low-fat diets improve endothelial function in hypercholesterolemic men. Ann Intern Med. 2001. 134:1115-9. doi:10.7326/0003-4819-134-12-200106190-00011	Intervention/Exposure
763	Fukuda, Y, Umeno, Y, Taniguchi, Y, Marukawa, S, Kurihara, H, Nakajima, H, Yamasaki, T. Analysis of Dietary Factors Affecting Body Mass Index in Elderly Patients With Type 2 Diabetes Mellitus. J Clin Med Res. 2019. 11:563-571. doi:10.14740/jocmr3893	Study Design; Health Status
764	Fung, TT, Chiuve, SE, McCullough, ML, Rexrode, KM, Logroscino, G, Hu, FB. Adherence to a DASH-style diet and risk of coronary heart disease and stroke in women. Arch Intern Med. 2008. 168:713-20. doi:10.1001/archinte.168.7.713	Publication Date Overlaps with Existing Review
765	Fung, TT, Feskanich, D. Dietary patterns and risk of hip fractures in postmenopausal women and men over 50 years. Osteoporos Int. 2015. 26:1825-30. doi:10.1007/s00198-015-3081-6	Outcome
766	Fung, TT, Rimm, EB, Spiegelman, D, Rifai, N, Tofler, GH, Willett, WC, Hu, FB. Association between dietary patterns and plasma biomarkers of obesity and cardiovascular disease risk. Am J Clin Nutr. 2001. 73:61-7. doi:10.1093/ajcn/73.1.61	Intervention/Exposure
767	Fung, TT, Schulze, M, Manson, JE, Willett, WC, Hu, FB. Dietary patterns, meat intake, and the risk of type 2 diabetes in women. Arch Intern Med. 2004. 164:2235-40. doi:10.1001/archinte.164.20.2235	Publication Date Overlaps with Existing Review
768	Fung, TT, Stampfer, MJ, Manson, JE, Rexrode, KM, Willett, WC, Hu, FB. Prospective study of major dietary patterns and stroke risk in women. Stroke. 2004. 35:2014-9. doi:10.1161/01.Str.0000135762.89154.92	Publication Date Overlaps with Existing Review
769	Furber, M, Anton-Solanas, A, Koppe, E, Ashby, C, Roberts, M, Roberts, J. A 7-day high protein hypocaloric diet promotes cellular metabolic adaptations and attenuates lean mass loss in healthy males. Clinical Nutrition Experimental. 2017. 14:13-25. doi:10.1016/j.yclnex.2017.05.002	Study duration

No.	Citation	Rationale
770	Furtado, JD, Campos, H, Appel, LJ, Miller, ER, Laranjo, N, Carey, VJ, Sacks, FM. Effect of protein, unsaturated fat, and carbohydrate intakes on plasma apolipoprotein B and VLDL and LDL containing apolipoprotein C-III: results from the OmniHeart Trial. Am J Clin Nutr. 2008. 87:1623-30. doi:10.1093/ajcn/87.6.1623	Study duration
771	Furtado, JD, Campos, H, Sumner, AE, Appel, LJ, Carey, VJ, Sacks, FM. Dietary interventions that lower lipoproteins containing apolipoprotein C-III are more effective in whites than in blacks: results of the OmniHeart trial. Am J Clin Nutr. 2010. 92:714-22. doi:10.3945/ajcn.2009.28532	Intervention/Exposure
772	Gadelha, Pcfp, de Arruda, IKG, Coelho, PBP, Queiroz, PMA, Maio, R, da Silva Diniz, A. Consumption of ultraprocessed foods, nutritional status, and dyslipidemia in schoolchildren: a cohort study. Eur J Clin Nutr. 2019. 73:1194-1199. doi:10.1038/s41430-019-0404-2	Study Design
773	Gadgil, MD, Anderson, CA, Kandula, NR, Kanaya, AM. Dietary patterns in Asian Indians in the United States: an analysis of the metabolic syndrome and atherosclerosis in South Asians Living in America study. J Acad Nutr Diet. 2014. 114:238-43. doi:10.1016/j.jand.2013.09.021	Study Design
774	Gadgil, MD, Appel, LJ, Yeung, E, Anderson, CA, Sacks, FM, Miller, ER, 3rd. The effects of carbohydrate, unsaturated fat, and protein intake on measures of insulin sensitivity: results from the OmniHeart trial. Diabetes Care. 2013. 36:1132-7. doi:10.2337/dc12-0869	Outcome; Study duration
775	Gaeini, Z, Bahadoran, Z, Mirmiran, P, Djazayery, A. The Association between Dietary Fat Pattern and the Risk of Type 2 Diabetes. Prev Nutr Food Sci. 2019. 24:1-7. doi:10.3746/pnf.2019.24.1.1	Intervention/Exposure
776	Gajda, K, Sulich, A, Hamulka, J, Bialkowska, A. Comparing diabetic with non-diabetic overweight subjects through assessing dietary intakes and key parameters of blood biochemistry and haematology. Rocz Panstw Zakl Hig. 2014. 65:133-8. doi:unavailable	Study Design
777	Galan-Lopez, P, Ries, F, Gisladottir, T, Dominguez, R, Sanchez-Oliver, AJ. Healthy Lifestyle: Relationship between Mediterranean Diet, Body Composition and Physical Fitness in 13 to 16-Years Old Icelandic Students. Int J Environ Res Public Health. 2018. 15:. doi:10.3390/ijerph15122632	Study Design
778	Galan-Lopez, P, Sanchez-Oliver, AJ, Ries, F, Gonzalez-Jurado, JA. Mediterranean Diet, Physical Fitness and Body Composition in Sevillian Adolescents: A Healthy Lifestyle. Nutrients. 2019. 11:. doi:10.3390/nu11092009	Study Design
779	Galbreath, M, Campbell, B, LaBounty, P, Bunn, J, Dove, J, Harvey, T, Hudson, G, Gutierrez, JL, Levers, K, Galvan, E, Jagim, A, Greenwood, L, Cooke, MB, Greenwood, M, Rasmussen, C, Kreider, RB. Effects of Adherence to a Higher Protein Diet on Weight Loss, Markers of Health, and Functional Capacity in Older Women Participating in a Resistance-Based Exercise Program. Nutrients. 2018. 10:. doi:10.3390/nu10081070	Intervention/Exposure
780	Gao, J, Sun, H, Liang, X, Gao, M, Zhao, H, Qi, Y, Wang, Y, Liu, Y, Li, J, Zhu, Y, Zhao, Y, Wang, W, Ma, L, Wu, S. Ideal cardiovascular health behaviors and factors prevent the development of hypertension in prehypertensive subjects. Clin Exp Hypertens. 2015. 37:650-5. doi:10.3109/10641963.2015.1047938	Intervention/Exposure; Country

No.	Citation	Rationale
781	Garaulet, M, Martinez, A, Victoria, F, Perez-Llamas, F, Ortega, RM, Zamora, S. Difference in dietary intake and activity level between normal-weight and overweight or obese adolescents. J Pediatr Gastroenterol Nutr. 2000. 30:253-8. doi:10.1097/00005176-200003000-00008	Study Design; Intervention/Exposure
782	Garcia Hermoso, A, Saavedra Garcia, JM, Escalante Gonzalez, Y, Dominguez Pachon, AM. Effect of long-term physical exercise program and/or diet on metabolic syndrome in obese boys. Nutr Hosp. 2014. 30:94-103. doi:10.3305/nh.2014.30.1.7448	Intervention/Exposure; Comparator
783	Garcia-Arellano, A, Ramallal, R, Ruiz-Canela, M, Salas-Salvado, J, Corella, D, Shivappa, N, Schroder, H, Hebert, JR, Ros, E, Gomez-Garcia, E, Estruch, R, Lapetra, J, Aros, F, Fiol, M, Serra-Majem, L, Pinto, X, Babio, N, Gonzalez, JI, Fito, M, Martinez, JA, Martinez-Gonzalez, MA. Dietary Inflammatory Index and Incidence of Cardiovascular Disease in the PREDIMED Study. Nutrients. 2015. 7:4124-38. doi:10.3390/nu7064124	Intervention/Exposure
784	Garcia-Calzon, S, Gea, A, Razquin, C, Corella, D, Lamuela-Raventos, RM, Martinez, JA, Martinez-Gonzalez, MA, Zalba, G, Marti, A. Longitudinal association of telomere length and obesity indices in an intervention study with a Mediterranean diet: the PREDIMED-NAVARRA trial. Int J Obes (Lond). 2014. 38:177-82. doi:10.1038/ijo.2013.68	Intervention/Exposure
785	Garcia-Calzon, S, Martinez-Gonzalez, MA, Razquin, C, Corella, D, Salas-Salvado, J, Martinez, JA, Zalba, G, Marti, A. Pro12Ala polymorphism of the PPARgamma2 gene interacts with a mediterranean diet to prevent telomere shortening in the PREDIMED-NAVARRA randomized trial. Circ Cardiovasc Genet. 2015. 8:91-9. doi:10.1161/circgenetics.114.000635	Intervention/Exposure; Outcome
786	Garcia-Calzon, S, Zalba, G, Ruiz-Canela, M, Shivappa, N, Hebert, JR, Martinez, JA, Fito, M, Gomez-Gracia, E, Martinez-Gonzalez, MA, Marti, A. Dietary inflammatory index and telomere length in subjects with a high cardiovascular disease risk from the PREDIMED-NAVARRA study: cross-sectional and longitudinal analyses over 5 y. Am J Clin Nutr. 2015. 102:897-904. doi:10.3945/ajcn.115.116863	Intervention/Exposure
787	García-López, M, Toledo, E, Beunza, JJ, Aros, F, Estruch, R, Salas-Salvadó, J, Corella, D, Ros, E, Covas, MI, Gómez-Gracia, E, etal, . Mediterranean diet and heart rate: the PREDIMED randomised trial. International journal of cardiology. 2014. 171:299-301. doi:10.1016/j.ijcard.2013.11.074	Publication Status
788	Garcia-Perez, I, Posma, JM, Gibson, R, Chambers, ES, Hansen, TH, Vestergaard, H, Hansen, T, Beckmann, M, Pedersen, O, Elliott, P, Stamler, J, Nicholson, JK, Draper, J, Mathers, JC, Holmes, E, Frost, G. Objective assessment of dietary patterns by use of metabolic phenotyping: a randomised, controlled, crossover trial. Lancet Diabetes Endocrinol. 2017. 5:184-195. doi:10.1016/s2213-8587(16)30419-3	Study duration
789	Garcia-Rios, A, Alcala-Diaz, JF, Gomez-Delgado, F, Delgado-Lista, J, Marin, C, Leon-Acuna, A, Camargo, A, Rodriguez-Cantalejo, F, Blanco-Rojo, R, Quintana-Navarro, G, etal, . Beneficial effect of CETP gene polymorphism in combination with a Mediterranean diet influencing lipid metabolism in metabolic syndrome patients: CORDIOPREV study. Clinical nutrition. (no pagination), 2016. 2016. Date of Publication: February 15:. doi:10.1016/j.clnu.2016.12.011	Intervention/Exposure; Health Status
790	Garcia-Silva, J, Navarrete N N, Peralta-Ramirez, MI, Garcia-Sanchez, A, Ferrer-Gonzalez, MA, Caballo, VE. Efficacy of Cognitive Behavioral Therapy in Adherence to the Mediterranean Diet in Metabolic Syndrome Patients: A Randomized Controlled Trial. J Nutr Educ Behav. 2018. 50:896-904. doi:10.1016/j.jneb.2018.06.003	Intervention/Exposure

No.	Citation	Rationale
791	Garcia-Unciti, M, Martinez, JA, Izquierdo, M, Gorostiaga, EM, Grijalba, A, Ibanez, J. Effect of resistance training and hypocaloric diets with different protein content on body composition and lipid profile in hypercholesterolemic obese women. Nutr Hosp. 2012. 27:1511-20. doi:10.3305/nh.2012.27.5.5921	Power/Size
792	Gardener, H, Wright, CB, Cabral, D, Scarmeas, N, Gu, Y, Cheung, K, Elkind, MS, Sacco, RL, Rundek, T. Mediterranean diet and carotid atherosclerosis in the Northern Manhattan Study. Atherosclerosis. 2014. 234:303-10. doi:10.1016/j.atherosclerosis.2014.03.011	Outcome
793	Gardner, CD, Coulston, A, Chatterjee, L, Rigby, A, Spiller, G, Farquhar, JW. The effect of a plant-based diet on plasma lipids in hypercholesterolemic adults: a randomized trial. Ann Intern Med. 2005. 142:725-33. doi:10.7326/0003-4819-142-9-200505030-00007	Intervention/Exposure
794	Gardner, CD, Hauser, M, Gobbo, LD, Trepanowski, J, Rigdon, J, Ioannidis, J, King, A, Desai, M. Neither insulin secretion nor genotype pattern modify 12-month weight loss effects of healthy low-fat vs. healthy low-carbohydrate diets among adults with obesity. Circulation. 2017. 135:. doi:unavailable	Publication Status
795	Gardner, CD, Kiazand, A, Alhassan, S, Kim, S, Stafford, RS, Balise, RR, Kraemer, HC, King, AC. Comparison of the Atkins, Zone, Ornish, and LEARN diets for change in weight and related risk factors among overweight premenopausal women: the A TO Z Weight Loss Study: a randomized trial. Jama. 2007. 297:969-77. doi:10.1001/jama.297.9.969	Weight loss/Hypocaloric
796	Gardner, CD, Offringa, LC, Hartle, JC, Kapphahn, K, Cherin, R. Weight loss on low-fat vs. low-carbohydrate diets by insulin resistance status among overweight adults and adults with obesity: A randomized pilot trial. Obesity (Silver Spring). 2016. 24:79-86. doi:10.1002/oby.21331	Weight loss/Hypocaloric
797	Garemo, M, Elamin, A, Gardner, A. Weight status and food habits of preschool children in Abu Dhabi, United Arab Emirates: NOPLAS project. Asia Pac J Clin Nutr. 2018. 27:1302-1314. doi:10.6133/apjcn.201811_27(6).0018	Study Design
798	Garg, R, Sun, B, Williams, J. Effect of low salt diet on insulin resistance in salt-sensitive versus salt-resistant hypertension. Hypertension. 2014. 64:1384-7. doi:10.1161/hypertensionaha.114.03880	Intervention/Exposure; Study duration
799	Garnett, SP, Baur, LA, Noakes, M, Steinbeck, K, Woodhead, HJ, Burrell, S, Chisholm, K, Broderick, CR, Parker, R, De, S, Shrinivasan, S, Hopley, L, Hendrie, G, Ambler, GR, Kohn, MR, Cowell, CT. Researching Effective Strategies to Improve Insulin Sensitivity in Children and Teenagers - RESIST. A randomised control trial investigating the effects of two different diets on insulin sensitivity in young people with insulin resistance and/or pre-diabetes. BMC Public Health. 2010. 10:575. doi:10.1186/1471-2458-10-575	Study Design
800	Garnett, SP, Gow, M, Ho, M, Baur, LA, Noakes, M, Woodhead, HJ, Broderick, CR, Burrell, S, Chisholm, K, Halim, J, De, S, Steinbeck, K, Srinivasan, S, Ambler, GR, Kohn, MR, Cowell, CT. Optimal macronutrient content of the diet for adolescents with prediabetes; RESIST a randomised control trial. J Clin Endocrinol Metab. 2013. 98:2116-25. doi:10.1210/jc.2012-4251	Intervention/Exposure
801	Garnett, SP, Gow, M, Ho, M, Baur, LA, Noakes, M, Woodhead, HJ, Broderick, CR, Chisholm, K, Briody, J, De, S, Steinbeck, K, Srinivasan, S, Ambler, GR, Cowell, CT. Improved insulin sensitivity and body composition, irrespective of macronutrient intake, after a 12 month intervention in adolescents with pre-diabetes; RESIST a randomised control trial. BMC Pediatr. 2014. 14:289. doi:10.1186/s12887-014-0289-0	Intervention/Exposure

No.	Citation	Rationale
802	Garralda-Del-Villar, M, Carlos-Chilleron, S, Diaz-Gutierrez, J, Ruiz-Canela, M, Gea, A, Martinez-Gonzalez, MA, Bes-Rastrollo, M, Ruiz-Estigarribia, L, Kales, SN, Fernandez-Montero, A. Healthy Lifestyle and Incidence of Metabolic Syndrome in the SUN Cohort. Nutrients. 2018. 11:. doi:10.3390/nu11010065	Intervention/Exposure; Outcome
803	Gately, PJ, King, NA, Greatwood, HC, Humphrey, LC, Radley, D, Cooke, CB, Hill, AJ. Does a high-protein diet improve weight loss in overweight and obese children?. Obesity (Silver Spring). 2007. 15:1527-34. doi:10.1038/oby.2007.181	Intervention/Exposure
804	Gawęcka, A, Ryterska, K, Wysokiński, P, Ficek, K, Wilk, K, Banaszczak, M, Jakubczak, K, Piotrowki, J, Czerwińska, M, Hołowko, J, etal, . CHANGES IN BODY MASS AND BLOOD LIPID LEVELS IN PATIENTS UNDERGOING CALORIC RESTRICTION. Annales academiae medicae stetinensis. 2014. 60:29-33. doi:unavailable	Language
805	Geiker, NRW, Toennesen, LL, Astrup, A, Backer, V. The efficacy of a high protein/low glycemic index diet intervention in non-obese patients with asthma. Eur J Clin Nutr. 2018. 72:511-516. doi:10.1038/s41430-018-0092-3	Intervention/Exposure; Comparator
806	Gemmink, A, Bakker, LE, Guigas, B, Kornips, E, Schaart, G, Meinders, AE, Jazet, IM, Hesselink, MK. Lipid droplet dynamics and insulin sensitivity upon a 5-day high-fat diet in Caucasians and South Asians. Sci Rep. 2017. 7:42393. doi:10.1038/srep42393	Intervention/Exposure; Study duration
807	Genaro Pde, S, Pinheiro Mde, M, Szejnfeld, VL, Martini, LA. Dietary protein intake in elderly women: association with muscle and bone mass. Nutr Clin Pract. 2015. 30:283-9. doi:10.1177/0884533614545404	Study Design; Intervention/Exposure
808	Genoni, A, Lyons-Wall, P, Lo, J, Devine, A. Cardiovascular, Metabolic Effects and Dietary Composition of Ad-Libitum Paleolithic vs. Australian Guide to Healthy Eating Diets: A 4-Week Randomised Trial. Nutrients. 2016. 8:. doi:10.3390/nu8050314	Study duration
809	Georgiopoulos, G, Karatzi, K, Euthimiou, E, Laina, A, Kontogiannis, C, Mareti, A, Mavroeidis, I, Kouzoupis, A, Mitrakou, A, Papamichael, C, Stamatelopoulos, K. Association of macronutrient consumption with arterial aging in adults without clinically overt cardiovascular disease: a 5-year prospective cohort study. Eur J Nutr. 2019. 58:2305-2314. doi:10.1007/s00394-018-1781-3	Power/Size
810	Georgoulis, M, Labrou, K, Yiannakouris, N, Mourati, I, Vagiakis, E, Kechribari, I, Kokkinos, A, Kontogianni, M. Effects of a weight-loss Mediterranean lifestyle intervention on obstructive sleep apnea: preliminary results of a randomized controlled clinical trial. Journal of sleep research. 2018. 27:149-150. doi:10.1111/jsr.12751	Publication Status
811	Georgousopoulou, EN, Kouli, GM, Panagiotakos, DB, Kalogeropoulou, A, Zana, A, Chrysohoou, C, Tsigos, C, Tousoulis, D, Stefanadis, C, Pitsavos, C. Anti-inflammatory diet and 10-year (2002-2012) cardiovascular disease incidence: The ATTICA study. Int J Cardiol. 2016. 222:473-478. doi:10.1016/j.ijcard.2016.08.007	Intervention/Exposure
812	Georgousopoulou, EN, Mellor, DD, Naumovski, N, Polychronopoulos, E, Tyrovolas, S, Piscopo, S, Valacchi, G, Anastasiou, F, Zeimbekis, A, Bountziouka, V, Gotsis, E, Metallinos, G, Tyrovola, D, Foscolou, A, Tur, JA, Matalas, AL, Lionis, C, Sidossis, L, Panagiotakos, D. Mediterranean lifestyle and cardiovascular disease prevention. Cardiovasc Diagn Ther. 2017. 7:S39-s47. doi:10.21037/cdt.2017.03.11	Study Design

No.	Citation	Rationale
813	Gepner, Y, Shelef, I, Komy, O, Cohen, N, Schwarzfuchs, D, Bril, N, Rein, M, Serfaty, D, Kenigsbuch, S, Zelicha, H, Yaskolka Meir, A, Tene, L, Bilitzky, A, Tsaban, G, Chassidim, Y, Sarusy, B, Ceglarek, U, Thiery, J, Stumvoll, M, Bluher, M, Stampfer, MJ, Rudich, A, Shai, I. The beneficial effects of Mediterranean diet over low-fat diet may be mediated by decreasing hepatic fat content. J Hepatol. 2019. 71:379-388. doi:10.1016/j.jhep.2019.04.013	Intervention/Exposure
814	Gerhard, GT, Connor, SL, Wander, RC, Connor, WE. Plasma lipid and lipoprotein responsiveness to dietary fat and cholesterol in premenopausal African American and white women. Am J Clin Nutr. 2000. 72:56-63. doi:10.1093/ajcn/72.1.56	Study duration
815	Giacco, R, Lappi, J, Costabile, G, Kolehmainen, M, Schwab, U, Landberg, R, Uusitupa, M, Poutanen, K, Pacini, G, Rivellese, AA, Riccardi, G, Mykkanen, H. Effects of rye and whole wheat versus refined cereal foods on metabolic risk factors: a randomised controlled two-centre intervention study. Clin Nutr. 2013. 32:941-9. doi:10.1016/j.clnu.2013.01.016	Intervention/Exposure
816	Giardina, S, Hernandez-Alonso, P, Diaz-Lopez, A, Salas-Huetos, A, Salas-Salvado, J, Bullo, M. Changes in circulating miRNAs in healthy overweight and obese subjects: Effect of diet composition and weight loss. Clin Nutr. 2019. 38:438-443. doi:10.1016/j.clnu.2017.11.014	Intervention/Exposure
817	Gibas, MK, Gibas, KJ. Induced and controlled dietary ketosis as a regulator of obesity and metabolic syndrome pathologies. Diabetes Metab Syndr. 2017. 11 Suppl 1:S385-s390. doi:10.1016/j.dsx.2017.03.022	Intervention/Exposure
818	Gibbs, BB, Tudorascu, D, Bryce, C, Comer, D, Fischer, G, Hess, R, Huber, K, McTigue, K, Simkin-Silverman, L, Conroy, MB. Dietary habits associated with 6-and 24-month weight loss maintenance in primary care patients. Circulation. 2018. 137:. doi:unavailable	Publication Status
819	Gilardini, L, Croci, M, Pasqualinotto, L, Caffetto, K, Invitti, C. Dietary Habits and Cardiometabolic Health in Obese Children. Obes Facts. 2015. 8:101-9. doi:10.1159/000381157	Study Design; Intervention/Exposure
820	Gilis-Januszewska, A, Barengo, NC, Lindstrom, J, Wojtowicz, E, Acosta, T, Tuomilehto, J, Schwarz, PEH, Piwonska-Solska, B, Szybinski, Z, Windak, A, Hubalewska-Dydejczyk, A. Predictors of long term weight loss maintenance in patients at high risk of type 2 diabetes participating in a lifestyle intervention program in primary health care: The DE-PLAN study. PLoS One. 2018. 13:e0194589. doi:10.1371/journal.pone.0194589	Intervention/Exposure
821	Gillingham, MB, Purnell, JQ, Jordan, J, Stadler, D, Haqq, AM, Harding, CO. Effects of higher dietary protein intake on energy balance and metabolic control in children with long-chain 3-hydroxy acyl-CoA dehydrogenase (LCHAD) or trifunctional protein (TFP) deficiency. Mol Genet Metab. 2007. 90:64-9. doi:10.1016/j.ymgme.2006.08.002	Study duration
822	Gingras, V, Rifas-Shiman, SL, Taveras, EM, Oken, E, Hivert, MF. Dietary behaviors throughout childhood are associated with adiposity and estimated insulin resistance in early adolescence: a longitudinal study. Int J Behav Nutr Phys Act. 2018. 15:129. doi:10.1186/s12966-018-0759-0	Intervention/Exposure
823	Ginos, BNR, Navarro, SL, Schwarz, Y, Gu, H, Wang, D, Randolph, TW, Shojaie, A, Hullar, MAJ, Lampe, PD, Kratz, M, Neuhouser, ML, Raftery, D, Lampe, JW. Circulating bile acids in healthy adults respond differently to a dietary pattern characterized by whole grains, legumes and fruits and vegetables compared to a diet high in refined grains and added sugars: A randomized, controlled, crossover feeding study. Metabolism. 2018. 83:197-204. doi:10.1016/j.metabol.2018.02.006	Outcome

No.	Citation	Rationale
824	Giontella, A, Bonafini, S, Tagetti, A, Bresadola, I, Minuz, P, Gaudino, R, Cavarzere, P, Ramaroli, DA, Marcon, D, Branz, L, Nicolussi Principe, L, Antoniazzi, F, Maffeis, C, Fava, C. Relation between Dietary Habits, Physical Activity, and Anthropometric and Vascular Parameters in Children Attending the Primary School in the Verona South District. Nutrients. 2019. 11:. doi:10.3390/nu11051070	Study Design
825	Glabska, D, Cackowska, K, Guzek, D. Comparison of the Body Composition of Caucasian Young Normal Body Mass Women, Measured in the Follicular Phase, Depending on the Carbohydrate Diet Level. Medicina (Kaunas). 2018. 54:. doi:10.3390/medicina54060104	Study Design; Intervention/Exposure
826	Goff, LM, Frost, GS, Hamilton, G, Thomas, EL, Dhillo, WS, Dornhorst, A, Bell, JD. Carbohydrate-induced manipulation of insulin sensitivity independently of intramyocellular lipids. Br J Nutr. 2003. 89:365-75. doi:10.1079/bjn2002789	Intervention/Exposure; Study duration
827	Gogebakan, O, Kohl, A, Osterhoff, MA, van Baak, MA, Jebb, SA, Papadaki, A, Martinez, JA, Handjieva-Darlenska, T, Hlavaty, P, Weickert, MO, Holst, C, Saris, WH, Astrup, A, Pfeiffer, AF. Effects of weight loss and long-term weight maintenance with diets varying in protein and glycemic index on cardiovascular risk factors: the diet, obesity, and genes (DiOGenes) study: a randomized, controlled trial. Circulation. 2011. 124:2829-38. doi:10.1161/circulationaha.111.033274	Intervention/Exposure
828	Gokmen-Ozel, H, Ferguson, C, Evans, S, Daly, A, MacDonald, A. Does a lower carbohydrate protein substitute impact on blood phenylalanine control, growth and appetite in children with PKU?. Mol Genet Metab. 2011. 104 Suppl:S64-7. doi:10.1016/j.ymgme.2011.09.014	Health Status
829	Goldberg, JM, O'Mara, K. Metabolic and anthropometric changes in obese subjects from an unrestricted calorie, high monounsaturated fat, very low carbohydrate diet. Journal of Clinical Ligand Assay. 2000. 23:97-103. doi:unavailable	Study Design
830	Goldberg, R, Temprosa, M, Otvos, J, Brunzell, J, Marcovina, S, Mather, K, Arakaki, R, Watson, K, Horton, E, Barrett-Connor, E. Lifestyle and metformin treatment favorably influence lipoprotein subfraction distribution in the Diabetes Prevention Program. J Clin Endocrinol Metab. 2013. 98:3989-98. doi:10.1210/jc.2013-1452	Intervention/Exposure
831	Goletzke, J, Herder, C, Joslowski, G, Bolzenius, K, Remer, T, Wudy, SA, Roden, M, Rathmann, W, Buyken, AE. Habitually higher dietary glycemic index during puberty is prospectively related to increased risk markers of type 2 diabetes in younger adulthood. Diabetes Care. 2013. 36:1870-1876. doi:10.2337/dc12-2063	Intervention/Exposure; Comparator
832	Golley, RK, Hendrie, GA. Evaluation of the relative concentration of serum fatty acids C14:0, C15:0 and C17:0 as markers of children's dairy fat intake. Ann Nutr Metab. 2014. 65:310-6. doi:10.1159/000368325	Intervention/Exposure; Outcome
833	Golzarand, M, Bahadoran, Z, Mirmiran, P, Azizi, F. Protein Foods Group and 3-Year Incidence of Hypertension: A Prospective Study From Tehran Lipid and Glucose Study. J Ren Nutr. 2016. 26:219-25. doi:10.1053/j.jrn.2016.01.017	Intervention/Exposure
834	Golzarand, M, Bahadoran, Z, Mirmiran, P, Sadeghian-Sharif, S, Azizi, F. Dietary phytochemical index is inversely associated with the occurrence of hypertension in adults: a 3-year follow-up (the Tehran Lipid and Glucose Study). Eur J Clin Nutr. 2015. 69:392-8. doi:10.1038/ejcn.2014.233	Intervention/Exposure; Outcome
835	Gomez-Arbelaez, D, Bellido, D, Castro, AI, Ordonez-Mayan, L, Carreira, J, Galban, C, Martinez-Olmos, MA, Crujeiras, AB, Sajoux, I, Casanueva, FF. Body Composition Changes After Very-Low-Calorie Ketogenic Diet in Obesity Evaluated by 3 Standardized Methods. J Clin Endocrinol Metab. 2017. 102:488-498. doi:10.1210/jc.2016-2385	Study Design

No.	Citation	Rationale
836	Gomez-Arbelaez, D, Crujeiras, AB, Castro, AI, Martinez-Olmos, MA, Canton, A, Ordonez-Mayan, L, Sajoux, I, Galban, C, Bellido, D, Casanueva, FF. Resting metabolic rate of obese patients under very low calorie ketogenic diet. Nutr Metab (Lond). 2018. 15:18. doi:10.1186/s12986-018-0249-z	Study Design; Intervention/Exposure
837	Gomez-Delgado, F, Alcala-Diaz, JF, Garcia-Rios, A, Delgado-Lista, J, Ortiz-Morales, A, Rangel-Zuniga, O, Tinahones, FJ, Gonzalez-Guardia, L, Malagon, MM, Bellido-Munoz, E, Ordovas, JM, Perez-Jimenez, F, Lopez-Miranda, J, Perez-Martinez, P. Polymorphism at the TNF-alpha gene interacts with Mediterranean diet to influence triglyceride metabolism and inflammation status in metabolic syndrome patients: From the CORDIOPREV clinical trial. Mol Nutr Food Res. 2014. 58:1519-27. doi:10.1002/mnfr.201300723	Intervention/Exposure; Comparator
838	Gomez-Huelgas, R, Jansen-Chaparro, S, Baca-Osorio, AJ, Mancera-Romero, J, Tinahones, FJ, Bernal-Lopez, MR. Effects of a long-term lifestyle intervention program with Mediterranean diet and exercise for the management of patients with metabolic syndrome in a primary care setting. Eur J Intern Med. 2015. 26:317-23. doi:10.1016/j.ejim.2015.04.007	Intervention/Exposure
839	Gomez-Marin, B, Gomez-Delgado, F, Lopez-Moreno, J, Alcala-Diaz, JF, Jimenez-Lucena, R, Torres-Pena, JD, Garcia-Rios, A, Ortiz-Morales, AM, Yubero-Serrano, EM, Del Mar Malagon, M, Lai, CQ, Delgado-Lista, J, Ordovas, JM, Lopez-Miranda, J, Perez-Martinez, P. Long-term consumption of a Mediterranean diet improves postprandial lipemia in patients with type 2 diabetes: the Cordioprev randomized trial. Am J Clin Nutr. 2018. 108:963-970. doi:10.1093/ajcn/nqy144	Health Status
840	Goni, L, Riezu-Boj, JI, Milagro, FI, Corrales, FJ, Ortiz, L, Cuervo, M, Martinez, JA. Interaction between an ADCY3 Genetic Variant and Two Weight-Lowering Diets Affecting Body Fatness and Body Composition Outcomes Depending on Macronutrient Distribution: A Randomized Trial. Nutrients. 2018. 10:. doi:10.3390/nu10060789	Weight loss/Hypocaloric
841	Goni, L, Sun, D, Heianza, Y, Wang, T, Huang, T, Cuervo, M, Martinez, JA, Shang, X, Bray, GA, Sacks, FM, Qi, L. Macronutrient-specific effect of the MTNR1B genotype on lipid levels in response to 2 year weight-loss diets. J Lipid Res. 2018. 59:155-161. doi:10.1194/jlr.P078634	Intervention/Exposure
842	Goni, L, Sun, D, Heianza, Y, Wang, T, Huang, T, Martinez, JA, Shang, X, Bray, GA, Smith, SR, Sacks, FM, Qi, L. A circadian rhythm-related MTNR1B genetic variant modulates the effect of weight-loss diets on changes in adiposity and body composition: the POUNDS Lost trial. Eur J Nutr. 2019. 58:1381-1389. doi:10.1007/s00394-018-1660-y	Intervention/Exposure
843	González Devia, LJ, Monroy Romero, PA, Almonacid Urrego, CC, Orjuela, OL, Huérfano, MJ, Mendieta Zerón, H. Comparative study of risk factors related to cardiovascular disease in children from Bogotá, Colombia and Toluca, Mexico. Revista de la Facultad de Ciencias Médicas (Córdoba, Argentina). 2014. 71:98-105. doi:unavailable	Study Design
844	Gooding, HC, Shay, CM, Ning, H, Gillman, MW, Chiuve, SE, Reis, JP, Allen, NB, Lloyd-Jones, DM. Optimal Lifestyle Components in Young Adulthood Are Associated With Maintaining the Ideal Cardiovascular Health Profile Into Middle Age. J Am Heart Assoc. 2015. 4:. doi:10.1161/jaha.115.002048	Intervention/Exposure; Outcome
845	Gopinath, B, Flood, VM, Rochtchina, E, Baur, LA, Louie, JC, Smith, W, Mitchell, P. Carbohydrate nutrition and development of adiposity during adolescence. Obesity (Silver Spring). 2013. 21:1884-90. doi:10.1002/oby.20405	Intervention/Exposure
846	Gopinath, B, Russell, J, Kifley, A, Flood, VM, Mitchell, P. Adherence to Dietary Guidelines and Successful Aging Over 10 Years. J Gerontol A Biol Sci Med Sci. 2016. 71:349-55. doi:10.1093/gerona/glv189	Outcome

No.	Citation	Rationale
847	Gorczyca, D, Pasciak, M, Szponar, B, Gamian, A, Jankowski, A. An impact of the diet on serum fatty acid and lipid profiles in Polish vegetarian children and children with allergy. Eur J Clin Nutr. 2011. 65:191-5. doi:10.1038/ejcn.2010.231	Study Design
848	Gordon, MM, Bopp, MJ, Easter, L, Miller, GD, Lyles, MF, Houston, DK, Nicklas, BJ, Kritchevsky, SB. Effects of dietary protein on the composition of weight loss in post-menopausal women. J Nutr Health Aging. 2008. 12:505-9. doi:unavailable	Weight loss/Hypocaloric
849	Goree, LL, Chandler-Laney, P, Ellis, AC, Casazza, K, Granger, WM, Gower, BA. Dietary macronutrient composition affects beta cell responsiveness but not insulin sensitivity. Am J Clin Nutr. 2011. 94:120-7. doi:10.3945/ajcn.110.002162	Outcome; Study duration
850	Gorna, I, Kowalowka, M, Morawska, A, Kosewski, G, Boleslawska, I, Przyslawskia, J. Influence of the frequency of consumption of foodstuffs on the risk of overweight and obesity in a group of post-menopausal women. Prz Menopauzalny. 2019. 18:39-45. doi:10.5114/pm.2019.84156	Study Design; Intervention/Exposure
851	Gorostegi-Anduaga, I, Corres, P, Jurio-Iriarte, B, Martinez-Aguirre, A, Perez-Asenjo, J, Aispuru, GR, Arenaza, L, Romaratezabala, E, Arratibel-Imaz, I, Mujika, I, Francisco-Terreros, S, Maldonado-Martin, S. Clinical, physical, physiological, and dietary patterns of obese and sedentary adults with primary hypertension characterized by sex and cardiorespiratory fitness: EXERDIET-HTA study. Clin Exp Hypertens. 2018. 40:141-149. doi:10.1080/10641963.2017.1346111	Study Design; Outcome
852	Goss, AM, Goree, LL, Ellis, AC, Chandler-Laney, PC, Casazza, K, Lockhart, ME, Gower, BA. Effects of diet macronutrient composition on body composition and fat distribution during weight maintenance and weight loss. Obesity (Silver Spring). 2013. 21:1139-42. doi:10.1002/oby.20191	Study duration
853	Goss, AM, Gower, BA, Soleymani, T, Stewart, M, Fontaine, K. Effects of an egg-based, carbohydraterestricted diet on body composition, fat distribution, and metabolic health in older adults with obesity: preliminary results from a randomized controlled trial. FASEB journal. 2017. 31:. doi:unavailable	Publication Status
854	Goulet, J, Lamarche, B, Nadeau, G, Lemieux, S. Effect of a nutritional intervention promoting the Mediterranean food pattern on plasma lipids, lipoproteins and body weight in healthy French-Canadian women. Atherosclerosis. 2003. 170:115-24. doi:10.1016/s0021-9150(03)00243-0	Study Design
855	Gower, B, Goss, A, Soleymani, T. Metabolically healthy obese individuals lose more visceral and total body fat with a low-glycemic diet under controlled feeding conditions. Diabetes. 2016. 65:A70-. doi:10.2337/db16-1-381	Publication Status
856	Gower, BA, Goree, LL, Chandler-Laney, PC, Ellis, AC, Casazza, K, Granger, WM. A higher-carbohydrate, lower-fat diet reduces fasting glucose concentration and improves beta-cell function in individuals with impaired fasting glucose. Metabolism. 2012. 61:358-65. doi:10.1016/j.metabol.2011.07.011	Study duration
857	Gower, BA, Goss, AM. A lower-carbohydrate, higher-fat diet reduces abdominal and intermuscular fat and increases insulin sensitivity in adults at risk of type 2 diabetes. J Nutr. 2015. 145:177s-83s. doi:10.3945/jn.114.195065	Intervention/Exposure; Study duration
858	Goyenechea, E, Holst, C, van Baak, MA, Saris, WH, Jebb, S, Kafatos, A, Pfeiffer, A, Handjiev, S, Hlavaty, P, Stender, S, Larsen, TM, Astrup, A, Martinez, JA. Effects of different protein content and glycaemic index of ad libitum diets on diabetes risk factors in overweight adults: the DIOGenes multicentre, randomized, dietary intervention trial. Diabetes Metab Res Rev. 2011. 27:705-16. doi:10.1002/dmrr.1218	Intervention/Exposure

No.	Citation	Rationale
859	Grafenauer, SJ, Tapsell, LC, Beck, EJ, Batterham, MJ. Baseline dietary patterns are a significant consideration in correcting dietary exposure for weight loss. Eur J Clin Nutr. 2013. 67:330-6. doi:10.1038/ejcn.2013.26	Power/Size
860	Graffouillere, L, Deschasaux, M, Mariotti, F, Neufcourt, L, Shivappa, N, Hebert, JR, Wirth, MD, Latino-Martel, P, Hercberg, S, Galan, P, Julia, C, Kesse-Guyot, E, Touvier, M. Prospective association between the Dietary Inflammatory Index and mortality: modulation by antioxidant supplementation in the SU.VI.MAX randomized controlled trial. Am J Clin Nutr. 2016. 103:878-85. doi:10.3945/ajcn.115.126243	Intervention/Exposure; Outcome
861	Grandl, G, Straub, L, Rudigier, C, Arnold, M, Wueest, S, Konrad, D, Wolfrum, C. Short-term feeding of a ketogenic diet induces more severe hepatic insulin resistance than an obesogenic high-fat diet. J Physiol. 2018. 596:4597-4609. doi:10.1113/jp275173	Participants
862	Granic, A, Mendonca, N, Sayer, AA, Hill, TR, Davies, K, Siervo, M, Mathers, JC, Jagger, C. Effects of dietary patterns and low protein intake on sarcopenia risk in the very old: The Newcastle 85+ study. Clin Nutr. 2019. :. doi:10.1016/j.clnu.2019.01.009	Outcome
863	Grau, K, Tetens, I, Bjornsbo, KS, Heitman, BL. Overall glycaemic index and glycaemic load of habitual diet and risk of heart disease. Public Health Nutr. 2011. 14:109-18. doi:10.1017/s136898001000176x	Intervention/Exposure
864	Gray, A, Smith, C. Fitness, dietary intake, and body mass index in urban Native American youth. J Am Diet Assoc. 2003. 103:1187-91. doi:10.1016/s0002-8223(03)00979-9	Study Design
865	Gray, DL, O'Brien, KD, D'Alessio, DA, Brehm, BJ, Deeg, MA. Plasma glycosylphosphatidylinositol-specific phospholipase D predicts the change in insulin sensitivity in response to a low-fat but not a low-carbohydrate diet in obese women. Metabolism. 2008. 57:473-8. doi:10.1016/j.metabol.2007.11.007	Intervention/Exposure; Outcome
866	Gray-Donald, K, St-Arnaud-McKenzie, D, Gaudreau, P, Morais, JA, Shatenstein, B, Payette, H. Protein intake protects against weight loss in healthy community-dwelling older adults. J Nutr. 2014. 144:321-6. doi:10.3945/jn.113.184705	Intervention/Exposure
867	Greco, M, Chiefari, E, Montalcini, T, Accattato, F, Costanzo, FS, Pujia, A, Foti, D, Brunetti, A, Gulletta, E. Early effects of a hypocaloric, Mediterranean diet on laboratory parameters in obese individuals. Mediators Inflamm. 2014. 2014:750860. doi:10.1155/2014/750860	Intervention/Exposure
868	Green, CA, Yarborough, BJ, Leo, MC, Yarborough, MT, Stumbo, SP, Janoff, SL, Perrin, NA, Nichols, GA, Stevens, VJ. The STRIDE weight loss and lifestyle intervention for individuals taking antipsychotic medications: a randomized trial. Am J Psychiatry. 2015. 172:71-81. doi:10.1176/appi.ajp.2014.14020173	Intervention/Exposure
869	Green, JG, Johnson, NA, Sachinwalla, T, Cunningham, CW, Thompson, MW, Stannard, SR. Low-carbohydrate diet does not affect intramyocellular lipid concentration or insulin sensitivity in lean, physically fit men when protein intake is elevated. Metabolism. 2010. 59:1633-41. doi:10.1016/j.metabol.2010.03.013	Study duration
870	Green, KK, Shea, JL, Vasdev, S, Randell, E, Gulliver, W, Sun, G. Higher Dietary Protein Intake is Associated with Lower Body Fat in the Newfoundland Population. Clin Med Insights Endocrinol Diabetes. 2010. 3:25-35. doi:10.4137/cmed.s4619	Study Design; Intervention/Exposure

No.	Citation	Rationale
871	Greenberg, I, Stampfer, MJ, Schwarzfuchs, D, Shai, I. Adherence and success in long-term weight loss diets: the dietary intervention randomized controlled trial (DIRECT). J Am Coll Nutr. 2009. 28:159-68. doi:10.1080/07315724.2009.10719767	Weight loss/Hypocaloric
872	Greenlee, H, Strizich, G, Lovasi, GS, Kaplan, RC, Biggs, ML, Li, CI, Richardson, J, Burke, GL, Fitzpatrick, AL, Fretts, AM, Psaty, BM, Fried, LP. Concordance With Prevention Guidelines and Subsequent Cancer, Cardiovascular Disease, and Mortality: A Longitudinal Study of Older Adults. Am J Epidemiol. 2017. 186:1168-1179. doi:10.1093/aje/kwx150	Intervention/Exposure
873	Greer, BK, Edsall, KM, Greer, AE. Reliability of BOD POD Measurements Remains High After a Short-Duration Low-Carbohydrate Diet. Int J Sport Nutr Exerc Metab. 2016. 26:145-9. doi:10.1123/ijsnem.2015-0184	Study duration
874	Grieb, P, Klapcinska, B, Smol, E, Pilis, T, Pilis, W, Sadowska-Krepa, E, Sobczak, A, Bartoszewicz, Z, Nauman, J, Stanczak, K, Langfort, J. Long-term consumption of a carbohydrate-restricted diet does not induce deleterious metabolic effects. Nutr Res. 2008. 28:825-33. doi:10.1016/j.nutres.2008.09.011	Study Design
875	Griffin, BA, Walker, CG, Jebb, SA, Moore, C, Frost, GS, Goff, L, Sanders, TAB, Lewis, F, Griffin, M, Gitau, R, Lovegrove, JA. APOE4 Genotype Exerts Greater Benefit in Lowering Plasma Cholesterol and Apolipoprotein B than Wild Type (E3/E3), after Replacement of Dietary Saturated Fats with Low Glycaemic Index Carbohydrates. Nutrients. 2018. 10:. doi:10.3390/nu10101524	Intervention/Exposure
876	Griffin, HJ, Cheng, HL, O'Connor, HT, Rooney, KB, Petocz, P, Steinbeck, KS. Higher protein diet for weight management in young overweight women: a 12-month randomized controlled trial. Diabetes Obes Metab. 2013. 15:572-5. doi:10.1111/dom.12056	Power/Size
877	Griffin, HJ, O'Connor, HT, Rooney, KB, Steinbeck, KS, Cheng, HL, Petocz, P. Comparison of higher-protein and higher-carbohydrate diets in overweight and obese young women. Obesity reviews. 2010. 11:823-. doi:10.1111/j.1467-789X.2010.00822.x	Publication Status
878	Griffin, LE, Djuric, Z, Angiletta, CJ, Mitchell, CM, Baugh, ME, Davy, KP, Neilson, AP. A Mediterranean diet does not alter plasma trimethylamine N-oxide concentrations in healthy adults at risk for colon cancer. Food Funct. 2019. 10:2138-2147. doi:10.1039/c9fo00333a	Outcome
879	Grimaldi, M, Ciano, O, Manzo, M, Rispoli, M, Guglielmi, M, Limardi, A, Calatola, P, Lucibello, M, Pardo, S, Capaldo, B, Riccardi, G. Intensive dietary intervention promoting the Mediterranean diet in people with high cardiometabolic risk: a non-randomized study. Acta Diabetol. 2018. 55:219-226. doi:10.1007/s00592-017-1078-7	Intervention/Exposure; Comparator
880	Gu, Y, Yu, H, Li, Y, Ma, X, Lu, J, Yu, W, Xiao, Y, Bao, Y, Jia, W. Beneficial effects of an 8-week, very low carbohydrate diet intervention on obese subjects. Evid Based Complement Alternat Med. 2013. 2013:760804. doi:10.1155/2013/760804	Study Design
881	Gu, Y, Zhao, A, Huang, F, Zhang, Y, Liu, J, Wang, C, Jia, W, Xie, G, Jia, W. Very low carbohydrate diet significantly alters the serum metabolic profiles in obese subjects. J Proteome Res. 2013. 12:5801-11. doi:10.1021/pr4008199	Study Design
882	Guasch-Ferre, M, Hruby, A, Salas-Salvado, J, Martinez-Gonzalez, MA, Sun, Q, Willett, WC, Hu, FB. Olive oil consumption and risk of type 2 diabetes in US women. Am J Clin Nutr. 2015. 102:479-86. doi:10.3945/ajcn.115.112029	Intervention/Exposure

No.	Citation	Rationale
883	Guasch-Ferre, M, Hu, FB, Martinez-Gonzalez, MA, Fito, M, Bullo, M, Estruch, R, Ros, E, Corella, D, Recondo, J, Gomez-Gracia, E, Fiol, M, Lapetra, J, Serra-Majem, L, Munoz, MA, Pinto, X, Lamuela-Raventos, RM, Basora, J, Buil-Cosiales, P, Sorli, JV, Ruiz-Gutierrez, V, Martinez, JA, Salas-Salvado, J. Olive oil intake and risk of cardiovascular disease and mortality in the PREDIMED Study. BMC Med. 2014. 12:78. doi:10.1186/1741-7015-12-78	Intervention/Exposure
884	Guay, V, Lamarche, B, Charest, A, Tremblay, AJ, Couture, P. Effect of short-term low- and high-fat diets on low-density lipoprotein particle size in normolipidemic subjects. Metabolism. 2012. 61:76-83. doi:10.1016/j.metabol.2011.06.002	Study duration
885	Guevara-Cruz, M, Tovar, AR, Aguilar-Salinas, CA, Medina-Vera, I, Gil-Zenteno, L, Hernandez-Viveros, I, Lopez-Romero, P, Ordaz-Nava, G, Canizales-Quinteros, S, Guillen Pineda, LE, Torres, N. A dietary pattern including nopal, chia seed, soy protein, and oat reduces serum triglycerides and glucose intolerance in patients with metabolic syndrome. J Nutr. 2012. 142:64-9. doi:10.3945/jn.111.147447	Intervention/Exposure
886	Gulseth, HL, Gjelstad, IM, Tierney, AC, Shaw, DI, Helal, O, Hees, AM, Delgado-Lista, J, Leszczynska-Golabek, I, Karlstrom, B, Lovegrove, J, Defoort, C, Blaak, EE, Lopez-Miranda, J, Dembinska-Kiec, A, Riserus, U, Roche, HM, Birkeland, KI, Drevon, CA. Dietary fat modifications and blood pressure in subjects with the metabolic syndrome in the LIPGENE dietary intervention study. Br J Nutr. 2010. 104:160-3. doi:10.1017/s0007114510000565	Intervention/Exposure
887	Gulseth, HL, Gjelstad, IMF, Tiereny, AC, McCarthy, D, Lovegrove, JA, Defoort, C, Blaak, EE, Lopez-Miranda, J, Dembinska-Kiec, A, Riserus, U, Roche, HM, Drevon, CA, Birkeland, KI. Effects of dietary fat on insulin secretion in subjects with the metabolic syndrome. Eur J Endocrinol. 2019. 180:321-328. doi:10.1530/eje-19-0022	Outcome
888	Gulseth, HL, Gjelstad, IMF, Tierney, AC, Shaw, DI, Helal, O, Hees, AMJV, Delgado-Lista, J, Leszczynska-Golabek, I, Karlström, B, Lovegrove, J, Defoort, C, Blaak, EE, Lopez-Miranda, J, Dembinska-Kiec, A, Risérus, U, Roche, HM, Birkeland, KI, Drevon, CA. Dietary fat modifications and blood pressure in subjects with the metabolic syndrome in the LIPGENE dietary intervention study. British Journal of Nutrition. 2010. 104:160-163. doi:10.1017/S0007114510000565	Intervention/Exposure
889	Gungor, S, Celiloglu, OS, Raif, SG, Ozcan, OO, Selimoglu, MA. Malnutrition and Obesity in Children With ADHD. J Atten Disord. 2016. 20:647-52. doi:10.1177/1087054713478465	Study Design; Intervention/Exposure
890	Gunther, AL, Buyken, AE, Kroke, A. The influence of habitual protein intake in early childhood on BMI and age at adiposity rebound: results from the DONALD Study. Int J Obes (Lond). 2006. 30:1072-9. doi:10.1038/sj.ijo.0803288	AGE: Intervention/Exposure
891	Gunther, AL, Karaolis-Danckert, N, Kroke, A, Remer, T, Buyken, AE. Dietary protein intake throughout childhood is associated with the timing of puberty. J Nutr. 2010. 140:565-71. doi:10.3945/jn.109.114934	Outcome
892	Gunther, AL, Remer, T, Kroke, A, Buyken, AE. Early protein intake and later obesity risk: which protein sources at which time points throughout infancy and childhood are important for body mass index and body fat percentage at 7 y of age?. Am J Clin Nutr. 2007. 86:1765-72. doi:10.1093/ajcn/86.5.1765	Intervention/Exposure; AGE: Intervention/Exposure
893	Gunther, AL, Schulze, MB, Kroke, A, Diethelm, K, Joslowski, G, Krupp, D, Wudy, S, Buyken, AE. Early Diet and Later Cancer Risk: Prospective Associations of Dietary Patterns During Critical Periods of Childhood with the GH-IGF Axis, Insulin Resistance and Body Fatness in Younger Adulthood. Nutr Cancer. 2015. 67:877-92. doi:10.1080/01635581.2015.1056313	AGE: Intervention/Exposure

No.	Citation	Rationale
894	Gutierrez-Bedmar, M, Martinez-Gonzalez, MA, Munoz-Bravo, C, Ruiz-Canela, M, Mariscal, A, Salas-Salvado, J, Estruch, R, Corella, D, Aros, F, Fito, M, Lapetra, J, Serra-Majem, L, Pinto, X, Alonso-Gomez, A, Portoles, O, Fiol, M, Bullo, M, Castaner, O, Ros, E, Gomez-Gracia, E. Chromium Exposure and Risk of Cardiovascular Disease in High Cardiovascular Risk Subjects- Nested Case-Control Study in the Prevention With Mediterranean Diet (PREDIMED) Study. Circ J. 2017. 81:1183-1190. doi:10.1253/circj.CJ-17-0032	Intervention/Exposure
895	Gwin, JA, Leidy, HJ. Effects of dietary protein evenly spread throughout the day on sleep and mood in overweight women during sub-chronic energy balance and energy restriction. FASEB journal. 2017. 31:. doi:unavailable	Publication Status
896	Gwynne, M, Mounsey, A. Mediterranean diet: Higher fat but lower risk. Journal of Family Practice. 2013. 62:745-748. doi:unavailable	Publication Status
897	Ha, SA, Lee, SY, Kim, KA, Seo, JS, Sohn, CM, Park, HR, Kim, KW. Eating habits, physical activity, nutrition knowledge, and self-efficacy by obesity status in upper-grade elementary school students. Nutr Res Pract. 2016. 10:597-605. doi:10.4162/nrp.2016.10.6.597	Study Design; Intervention/Exposure
898	Haas, MC, Bodner, EV, Brown, CJ, Bryan, D, Buys, DR, Keita, AD, Flagg, LA, Goss, A, Gower, B, Hovater, M, Hunter, G, Ritchie, CS, Roth, DL, Wingo, BC, Ard, J, Locher, JL. Calorie restriction in overweight seniors: response of older adults to a dieting study: the CROSSROADS randomized controlled clinical trial. J Nutr Gerontol Geriatr. 2014. 33:376-400. doi:10.1080/21551197.2014.965993	Intervention/Exposure; Comparator
899	Habowski, S, Ziegenfuss, T, Sandrock, J, Raub, B, Kedia, W, Lopez, H. A prospective evaluation of a commercial weight loss program on body weight and body circumferences in overweight/obese men and women. FASEB journal. 2017. 31:. doi:unavailable	Publication Status
900	Haghighatdoost, F, Malekahmadi, M, Onvani, S, Ramezani, N, Azadbakht, L. Macronutrient composition and Body Mass Index vary by season in college students. Progress in Nutrition. 2018. 20:483-490. doi:10.23751/pn.v20i3.5313	Study Design; Comparator
901	Haire-Joshu, DL, Schwarz, CD, Peskoe, SB, Budd, EL, Brownson, RC, Joshu, CE. A group randomized controlled trial integrating obesity prevention and control for postpartum adolescents in a home visiting program. Int J Behav Nutr Phys Act. 2015. 12:88. doi:10.1186/s12966-015-0247-8	Intervention/Exposure
902	Hajiluian, G, Farhangi, MA, Jahangiry, L. Mediterranean dietary pattern and VEGF +405 G/C gene polymorphisms in patients with metabolic syndrome: An aspect of genenutrient interaction. PLoS ONE. 2017. 12:. doi:10.1371/journal.pone.0171637	Study Design
903	Halbesma, N, Bakker, SJ, Jansen, DF, Stolk, RP, De Zeeuw, D, De Jong, PE, Gansevoort, RT. High protein intake associates with cardiovascular events but not with loss of renal function. J Am Soc Nephrol. 2009. 20:1797-804. doi:10.1681/asn.2008060649	Intervention/Exposure
904	Halkjaer, J, Tjonneland, A, Overvad, K, Sorensen, TI. Dietary predictors of 5-year changes in waist circumference. J Am Diet Assoc. 2009. 109:1356-66. doi:10.1016/j.jada.2009.05.015	Intervention/Exposure
905	Halkjaer, J, Tjonneland, A, Thomsen, BL, Overvad, K, Sorensen, TI. Intake of macronutrients as predictors of 5-y changes in waist circumference. Am J Clin Nutr. 2006. 84:789-97. doi:10.1093/ajcn/84.4.789	Intervention/Exposure

No.	Citation	Rationale
906	Hall, KD, Ayuketah, A, Brychta, R, Cai, H, Cassimatis, T, Chen, KY, Chung, ST, Costa, E, Courville, A, Darcey, V, Fletcher, LA, Forde, CG, Gharib, AM, Guo, J, Howard, R, Joseph, PV, McGehee, S, Ouwerkerk, R, Raisinger, K, Rozga, I, Stagliano, M, Walter, M, Walter, PJ, Yang, S, Zhou, M. Ultra-Processed Diets Cause Excess Calorie Intake and Weight Gain: An Inpatient Randomized Controlled Trial of Ad Libitum Food Intake. Cell Metab. 2019. 30:67-77.e3. doi:10.1016/j.cmet.2019.05.008	Study duration
907	Hall, KD, Bemis, T, Brychta, R, Chen, KY, Courville, A, Crayner, EJ, Goodwin, S, Guo, J, Howard, L, Knuth, ND, Miller, BV, 3rd, Prado, CM, Siervo, M, Skarulis, MC, Walter, M, Walter, PJ, Yannai, L. Calorie for Calorie, Dietary Fat Restriction Results in More Body Fat Loss than Carbohydrate Restriction in People with Obesity. Cell Metab. 2015. 22:427-36. doi:10.1016/j.cmet.2015.07.021	Study duration
908	Hall, KD, Chen, KY, Guo, J, Lam, YY, Leibel, RL, Mayer, LE, Reitman, ML, Rosenbaum, M, Smith, SR, Walsh, BT, Ravussin, E. Energy expenditure and body composition changes after an isocaloric ketogenic diet in overweight and obese men. Am J Clin Nutr. 2016. 104:324-33. doi:10.3945/ajcn.116.133561	Study Design; Study duration
909	Hall, WD, Feng, Z, George, VA, Lewis, CE, Oberman, A, Huber, M, Fouad, M, Cutler, JA. Low-fat diet: effect on anthropometrics, blood pressure, glucose, and insulin in older women. Ethn Dis. 2003. 13:337-43. doi:unavailable	Intervention/Exposure
910	Hallikainen, M, Toppinen, L, Mykkanen, H, Agren, JJ, Laaksonen, DE, Miettinen, TA, Niskanen, L, Poutanen, KS, Gylling, H. Interaction between cholesterol and glucose metabolism during dietary carbohydrate modification in subjects with the metabolic syndrome. Am J Clin Nutr. 2006. 84:1385-92. doi:10.1093/ajcn/84.6.1385	Intervention/Exposure
911	Hamideh, S, Behzad, M, Ebrahim, G, Hassan, E, Mojtaba, S. Diet, hypertension, hypercholesterolemia and diabetes in ischemic heart diseases. Pakistan Journal of Medical Sciences. 2007. 23:597-601. doi:unavailable	Study Design; Country
912	Hammons, AJ, Hannon, BA, Teran-Garcia, M, Barragan, M, Villegas, E, Wiley, A, Fiese, B. Effects of Culturally Tailored Nutrition Education on Dietary Quality of Hispanic Mothers: A Randomized Control Trial. J Nutr Educ Behav. 2019. :. doi:10.1016/j.jneb.2019.06.017	Intervention/Exposure
913	Hamnvlk, OPR, Saidana, F, Levy, BD, Loscalzo, J. Against the grain. New England Journal of Medicine. 2014. 371:1333-1338. doi:10.1056/NEJMcps1301321	Study Design
914	Han, CJ, Korde, L, Reding, S, Reding, K. Impact of a lifestyle intervention on metabolic pathways: results from the diet, exercise, emotional processing, and mindfulness (DEEM) intervention. Molecular cancer research. 2016. 14:. doi:10.1158/1557-3125.METCA15-A34	Publication Status
915	Han, JS, Kim, AJ. The Effect of Nutrition and Exercise or Exercise Program alone on Macronutrients, Sodium Intake and Physical Strength in Middle Aged Obese Women. Korean j obes. 2014. 23:187-193. doi:10.7570/kjo.2014.23.3.187	Language
916	Han, Y, Kang, D, Lee, SA. Effect of 'rice' pattern on high blood pressure by gender and obesity: using the community-based KoGES cohort. Public Health Nutr. 2019. :1-11. doi:10.1017/s136898001900168x	Outcome
917	Handjieva-Darlenska, T, Holst, C, Grau, K, Blaak, E, Martinez, JA, Oppert, JM, Taylor, MA, Sørensen, TIA, Astrup, A. Clinical correlates of weight loss and attrition during a 10-week dietary intervention study: Results from the NUGENOB project. Obesity Facts. 2015. 5:928-936. doi:10.1159/000345951	Intervention/Exposure

No.	Citation	Rationale
918	Hankinson, AL, Daviglus, ML, Van Horn, L, Chan, Q, Brown, I, Holmes, E, Elliott, P, Stamler, J. Diet composition and activity level of at risk and metabolically healthy obese American adults. Obesity (Silver Spring). 2013. 21:637-43. doi:10.1002/oby.20257	Study Design
919	Hansen-Krone, IJ, Enga, KF, Njolstad, I, Hansen, JB, Braekkan, SK. Heart healthy diet and risk of myocardial infarction and venous thromboembolism. The Tromso Study. Thromb Haemost. 2012. 108:554-60. doi:10.1160/th11-11-0818	Intervention/Exposure; Publication Date Overlaps with Existing Review
920	Harber, MP, Schenk, S, Barkan, AL, Horowitz, JF. Alterations in carbohydrate metabolism in response to short-term dietary carbohydrate restriction. Am J Physiol Endocrinol Metab. 2005. 289:E306-12. doi:10.1152/ajpendo.00069.2005	Study duration
921	Harber, MP, Schenk, S, Barkan, AL, Horowitz, JF. Effects of dietary carbohydrate restriction with high protein intake on protein metabolism and the somatotropic axis. J Clin Endocrinol Metab. 2005. 90:5175-81. doi:10.1210/jc.2005-0559	Study duration
922	Hardcastle, SJ, Taylor, AH, Bailey, MP, Harley, RA, Hagger, MS. Effectiveness of a motivational interviewing intervention on weight loss, physical activity and cardiovascular disease risk factors: a randomised controlled trial with a 12-month post-intervention follow-up. Int J Behav Nutr Phys Act. 2013. 10:40. doi:10.1186/1479-5868-10-40	Intervention/Exposure
923	Harding, AH, Day, NE, Khaw, KT, Bingham, S, Luben, R, Welsh, A, Wareham, NJ. Dietary fat and the risk of clinical type 2 diabetes: the European prospective investigation of Cancer-Norfolk study. Am J Epidemiol. 2004. 159:73-82. doi:10.1093/aje/kwh004	Intervention/Exposure
924	Hardy, LL, Mihrshahi, S, Gale, J, Nguyen, B, Baur, LA, O'Hara, BJ. Translational research: are community-based child obesity treatment programs scalable?. BMC Public Health. 2015. 15:652. doi:10.1186/s12889-015-2031-8	Study Design; Intervention/Exposure
925	Hargrove, RL, Etherton, TD, Pearson, TA, Harrison, EH, Kris-Etherton, PM. Low fat and high monounsaturated fat diets decrease human low density lipoprotein oxidative susceptibility in vitro. J Nutr. 2001. 131:1758-63. doi:10.1093/jn/131.6.1758	Study duration
926	Haring, B, von Ballmoos, MC, Appel, LJ, Sacks, FM. Healthy dietary interventions and lipoprotein (a) plasma levels: results from the Omni Heart Trial. PLoS One. 2014. 9:e114859. doi:10.1371/journal.pone.0114859	Outcome
927	Haro, C, Garcia-Carpintero, S, Rangel-Zuniga, OA, Alcala-Diaz, JF, Landa, BB, Clemente, JC, Perez-Martinez, P, Lopez-Miranda, J, Perez-Jimenez, F, Camargo, A. Consumption of Two Healthy Dietary Patterns Restored Microbiota Dysbiosis in Obese Patients with Metabolic Dysfunction. Mol Nutr Food Res. 2017. 61:. doi:10.1002/mnfr.201700300	Outcome
928	Harrington, DM, Champagne, CM, Broyles, ST, Johnson, WD, Tudor-Locke, C, Katzmarzyk, PT. Cardiometabolic risk factor response to a lifestyle intervention: a randomized trial. Metab Syndr Relat Disord. 2015. 13:125-31. doi:10.1089/met.2014.0112	Intervention/Exposure; Comparator
929	Harrington, JM, Dahly, DL, Fitzgerald, AP, Gilthorpe, MS, Perry, IJ. Capturing changes in dietary patterns among older adults: a latent class analysis of an ageing Irish cohort. Public Health Nutr. 2014. 17:2674-86. doi:10.1017/s1368980014000111	Power/Size
930	Harris, C, Flexeder, C, Thiering, E, Buyken, A, Berdel, D, Koletzko, S, Bauer, CP, Bruske, I, Koletzko, B, Standl, M. Changes in dietary intake during puberty and their determinants: results from the GINIplus birth cohort study. BMC Public Health. 2015. 15:841. doi:10.1186/s12889-015-2189-0	Intervention/Exposure

No.	Citation	Rationale
931	Harris, KA, West, SG, Vanden Heuvel, JP, Kris-Etherton, PM. A refined carbohydrate diet attenuates weight loss in insulin resistant individuals. Circulation. 2012. 125:. doi:unavailable	Publication Status
932	Harrison, T, McCullough, D, Lane, KE, Boddy, LM, Stewart, CE, Enright, KJ, Amirabdollahian, F, Schmidt, MA, Davies, IG. Dietary carbohydrate intake, visceral adipose tissue and associated markers of cardiometabolic risk. Proceedings of the nutrition society. 2018. 77:. doi:10.1017/S0029665118001751	Publication Status
933	Harsha, DW, Sacks, FM, Obarzanek, E, Svetkey, LP, Lin, PH, Bray, GA, Aickin, M, Conlin, PR, Miller, ER, 3rd, Appel, LJ. Effect of dietary sodium intake on blood lipids: results from the DASH-sodium trial. Hypertension. 2004. 43:393-8. doi:10.1161/01.HYP.0000113046.83819.a2	Intervention/Exposure
934	Hartman, TJ, Albert, PS, Zhang, Z, Bagshaw, D, Kris-Etherton, PM, Ulbrecht, J, Miller, CK, Bobe, G, Colburn, NH, Lanza, E. Consumption of a legume-enriched, low-glycemic index diet is associated with biomarkers of insulin resistance and inflammation among men at risk for colorectal cancer. Journal of Nutrition. 2010. 140:60-67. doi:10.3945/jn.109.114249	Intervention/Exposure
935	Harvey, Cjdc, Schofield, GM, Zinn, C, Thornley, SJ, Crofts, C, Merien, FLR. Low-carbohydrate diets differing in carbohydrate restriction improve cardiometabolic and anthropometric markers in healthy adults: A randomised clinical trial. PeerJ. 2019. 7:e6273. doi:10.7717/peerj.6273	Intervention/Exposure
936	Harvie, M, Wright, C, Pegington, M, McMullan, D, Mitchell, E, Martin, B, Cutler, RG, Evans, G, Whiteside, S, Maudsley, S, Camandola, S, Wang, R, Carlson, OD, Egan, JM, Mattson, MP, Howell, A. The effect of intermittent energy and carbohydrate restriction v. daily energy restriction on weight loss and metabolic disease risk markers in overweight women. Br J Nutr. 2013. 110:1534-47. doi:10.1017/s0007114513000792	Intervention/Exposure
937	Hashemian, M, Farvid, MS, Poustchi, H, Murphy, G, Etemadi, A, Hekmatdoost, A, Kamangar, F, Sheikh, M, Pourshams, A, Sepanlou, SG, Fazeltabar Malekshah, A, Khoshnia, M, Gharavi, A, Brennan, PJ, Boffetta, P, Dawsey, SM, Reedy, J, Subar, AF, Abnet, CC, Malekzadeh, R. The application of six dietary scores to a Middle Eastern population: a comparative analysis of mortality in a prospective study. Eur J Epidemiol. 2019. 34:371-382. doi:10.1007/s10654-019-00508-3	Country
938	Hassan, NE, El Shebini, SM, Ahmed, NH. Association between Dietary Patterns, Breakfast Skipping and Familial Obesity among a Sample of Egyptian Families. Open Access Maced J Med Sci. 2016. 4:213-8. doi:10.3889/oamjms.2016.050	Study Design
939	Hassannejad, R, Kazemi, I, Sadeghi, M, Mohammadifard, N, Roohafza, H, Sarrafzadegan, N, Talaei, M, Mansourian, M. Longitudinal association of metabolic syndrome and dietary patterns: A 13-year prospective population-based cohort study. Nutr Metab Cardiovasc Dis. 2018. 28:352-360. doi:10.1016/j.numecd.2017.10.025	Country
940	Hassapidou, M, Tziomalos, K, Lazaridou, S, Pagkalos, I, Papadimitriou, K, Kokkinopoulou, A, Tzotzas, T. The Nutrition Health Alliance (NutriHeAl) Study: A Randomized, Controlled, Nutritional Intervention Based on Mediterranean Diet in Greek Municipalities. J Am Coll Nutr. 2019. :1-7. doi:10.1080/07315724.2019.1660928	Intervention/Exposure
941	Hassapidou, MN, Fotiadou, E. Dietary intakes and food habits of adolescents in northern Greece. Int J Food Sci Nutr. 2001. 52:109-16. doi:10.1080/713671767	Study Design; Comparator
942	Haub, MD, Wells, AM, Tarnopolsky, MA, Campbell, WW. Effect of protein source on resistive-training-induced changes in body composition and muscle size in older men. Am J Clin Nutr. 2002. 76:511-7. doi:10.1093/ajcn/76.3.511	Intervention/Exposure

No.	Citation	Rationale
943	Haufe, S, Engeli, S, Kast, P, Bohnke, J, Utz, W, Haas, V, Hermsdorf, M, Mahler, A, Wiesner, S, Birkenfeld, AL, Sell, H, Otto, C, Mehling, H, Luft, FC, Eckel, J, Schulz-Menger, J, Boschmann, M, Jordan, J. Randomized comparison of reduced fat and reduced carbohydrate hypocaloric diets on intrahepatic fat in overweight and obese human subjects. Hepatology. 2011. 53:1504-14. doi:10.1002/hep.24242	Weight loss/Hypocaloric
944	Haugaard, SB, Madsbad, S, Hoy, CE, Vaag, A. Dietary intervention increases n-3 long-chain polyunsaturated fatty acids in skeletal muscle membrane phospholipids of obese subjects. Implications for insulin sensitivity. Clin Endocrinol (Oxf). 2006. 64:169-78. doi:10.1111/j.1365-2265.2006.02444.x	Study Design
945	Haulrik, N, Toubro, S, Dyerberg, J, Stender, S, Skov, AR, Astrup, A. Effect of protein and methionine intakes on plasma homocysteine concentrations: a 6-mo randomized controlled trial in overweight subjects. Am J Clin Nutr. 2002. 76:1202-6. doi:10.1093/ajcn/76.6.1202	Outcome
946	Hauner, H. High-fat mediterranean diet leads to slight weight reduction. Deutsche medizinische wochenschrift (1946). 2016. 141:1278. doi:10.1055/s-0042-111570	Publication Status; Language
947	Hauser, ME, Hartle, J, Qin, F, Rigdon, J, Del Gobbo, L, Shih, C, Gardner, CD. Dietary adherence and dietary quality are associated with weight loss success among those following low-fat and low-carbohydrate diets. Circulation. 2018. 137:. doi:unavailable	Publication Status
948	Hays, NP, Starling, RD, Liu, X, Sullivan, DH, Trappe, TA, Fluckey, JD, Evans, WJ. Effects of an ad libitum low-fat, high-carbohydrate diet on body weight, body composition, and fat distribution in older men and women: a randomized controlled trial. Arch Intern Med. 2004. 164:210-7. doi:10.1001/archinte.164.2.210	Power/Size
949	He, DH, Yang, M, Zhang, RH, Ma, XG, Huang, LC, Huang, ES, Gu, W, Zhu, YB, Zhao, D, Zhu, XH, Ding, GQ, Zhou, B. Dietary Patterns Associated Metabolic Syndrome in Chinese Adults. Biomed Environ Sci. 2015. 28:370-3. doi:10.3967/bes2015.051	Publication Status
950	He, F, Bixler, EO, Liao, J, Berg, A, Imamura Kawasawa, Y, Fernandez-Mendoza, J, Vgontzas, AN, Liao, D. Habitual sleep variability, mediated by nutrition intake, is associated with abdominal obesity in adolescents. Sleep Med. 2015. 16:1489-94. doi:10.1016/j.sleep.2015.07.028	Intervention/Exposure
951	Heatherly, AJ, Killen, LG, Smith, AF, Waldman, HS, Seltmann, CL, Hollingsworth, A, O'Neal, EK. Effects of Ad libitum Low-Carbohydrate High-Fat Dieting in Middle-Age Male Runners. Med Sci Sports Exerc. 2018. 50:570-579. doi:10.1249/mss.0000000000001477	Study duration
952	Hebestreit, A, Bornhorst, C, Pala, V, Barba, G, Eiben, G, Veidebaum, T, Hadjigergiou, C, Molnar, D, Claessens, M, Fernandez-Alvira, JM, Pigeot, I. Dietary energy density in young children across Europe. Int J Obes (Lond). 2014. 38 Suppl 2:S124-34. doi:10.1038/ijo.2014.143	Intervention/Exposure
953	Heggen, E, Klemsdal, TO, Haugen, F, Holme, I, Tonstad, S. Effect of a low-fat versus a low-gycemic-load diet on inflammatory biomarker and adipokine concentrations. Metab Syndr Relat Disord. 2012. 10:437-42. doi:10.1089/met.2012.0012	Weight loss/Hypocaloric

No.	Citation	Rationale
954	Heggen, E, Svendsen, M, Klemsdal, TO, Tonstad, S. Low Carbohydrate and Moderately Fat-Reduced Diets Similarly Affected Early Weight Gain in Varenicline-Treated Overweight or Obese Smokers. Nicotine Tob Res. 2016. 18:1440-8. doi:10.1093/ntr/ntv164	Intervention/Exposure
955	Heianza, Y, Ma, W, Huang, T, Wang, T, Zheng, Y, Smith, SR, Bray, GA, Sacks, FM, Qi, L. Macronutrient Intake-Associated FGF21 Genotype Modifies Effects of Weight-Loss Diets on 2-Year Changes of Central Adiposity and Body Composition: The POUNDS Lost Trial. Diabetes Care. 2016. 39:1909-1914. doi:10.2337/dc16-1111	Intervention/Exposure; Comparator
956	Heianza, Y, Sun, D, Ma, W, Zheng, Y, Champagne, CM, Bray, GA, Sacks, FM, Qi, L. Gut-microbiome-related LCT genotype and 2-year changes in body composition and fat distribution: the POUNDS Lost Trial. Int J Obes (Lond). 2018. 42:1565-1573. doi:10.1038/s41366-018-0046-9	Intervention/Exposure
957	Heikkilä, HM, Krachler, B, Rauramaa, R, Schwab, US. Diet, insulin secretion and insulin sensitivity - The Dose-Responses to Exercise Training (DR's EXTRA) Study (ISRCTN45977199). British Journal of Nutrition. 2014. 112:1530-1541. doi:10.1017/S0007114514002426	Study Design
958	Heikkila, HM, Krachler, B, Savonen, K, Hassinen, M, Rauramaa, R, Schwab, US. Combined low-saturated fat intake and high fitness may counterbalance diabetogenic effects of obesity: the DR's EXTRA Study. Eur J Clin Nutr. 2013. 67:1000-2. doi:10.1038/ejcn.2013.138	Study Design; Intervention/Exposure
959	Helge, JW. Prolonged adaptation to fat-rich diet and training; effects on body fat stores and insulin resistance in man. Int J Obes Relat Metab Disord. 2002. 26:1118-24. doi:10.1038/sj.ijo.0802058	Study duration
960	Helms, ER, Zinn, C, Rowlands, DS, Naidoo, R, Cronin, J. High-protein, low-fat, short-term diet results in less stress and fatigue than moderate-protein moderate-fat diet during weight loss in male weightlifters: a pilot study. Int J Sport Nutr Exerc Metab. 2015. 25:163-70. doi:10.1123/ijsnem.2014-0056	Study duration
961	Henderson, M, Benedetti, A, Gray-Donald, K. Dietary composition and its associations with insulin sensitivity and insulin secretion in youth. Br J Nutr. 2014. 111:527-34. doi:10.1017/s0007114513002572	Study Design; Intervention/Exposure
962	Hengeveld, LM, Wijnhoven, HAH, Olthof, MR, Brouwer, IA, Harris, TB, Kritchevsky, SB, Newman, AB, Visser, M. Prospective associations of poor diet quality with long-term incidence of protein-energy malnutrition in community-dwelling older adults: the Health, Aging, and Body Composition (Health ABC) Study. Am J Clin Nutr. 2018. 107:155-164. doi:10.1093/ajcn/nqx020	Outcome
963	Hermanussen, M. Nutritional protein intake is associated with body mass index in young adolescents. Georgian Med News. 2008. :84-8. doi:unavailable	Publication Status; Country
964	Hernáez, Á, Castañer, O, Elosua, R, Pintó, X, Estruch, R, Salas-Salvadó, J, Corella, D, Arós, F, Serra-Majem, L, Fiol, M, Ortega-Calvo, M, Ros, E, Martínez-González, Á M, De La Torre, R, López-Sabater, MC, Fitó, M. Mediterranean Diet Improves High-Density Lipoprotein Function in High-Cardiovascular-Risk Individuals. Circulation. 2017. 135:633-643. doi:10.1161/CIRCULATIONAHA.116.023712	Study Design; Outcome

No.	Citation	Rationale
965	Hernaez, A, Castaner, O, Elosua, R, Pinto, X, Estruch, R, Salas-Salvado, J, Corella, D, Aros, F, Serra-Majem, L, Fiol, M, Ortega-Calvo, M, Ros, E, Martinez-Gonzalez, MA, de la Torre, R, Lopez-Sabater, MC, Fito, M. Mediterranean Diet Improves High-Density Lipoprotein Function in High-Cardiovascular-Risk Individuals: A Randomized Controlled Trial. Circulation. 2017. 135:633-643. doi:10.1161/circulationaha.116.023712	Outcome
966	Hernaez, A, Castaner, O, Goday, A, Ros, E, Pinto, X, Estruch, R, Salas-Salvado, J, Corella, D, Aros, F, Serra-Majem, L, Martinez-Gonzalez, MA, Fiol, M, Lapetra, J, de la Torre, R, Lopez-Sabater, MC, Fito, M. The Mediterranean Diet decreases LDL atherogenicity in high cardiovascular risk individuals: a randomized controlled trial. Mol Nutr Food Res. 2017. 61:. doi:10.1002/mnfr.201601015	Outcome
967	Hernaez, A, Sanllorente, A, Castaner, O, Martinez-Gonzalez, MA, Ros, E, Pinto, X, Estruch, R, Salas-Salvado, J, Corella, D, Alonso-Gomez, AM, Serra-Majem, L, Fiol, M, Lapetra, J, Gomez-Gracia, E, de la Torre, R, Lamuela-Raventos, RM, Fito, M. Increased Consumption of Virgin Olive Oil, Nuts, Legumes, Whole Grains, and Fish Promotes HDL Functions in Humans. Mol Nutr Food Res. 2019. 63:e1800847. doi:10.1002/mnfr.201800847	Intervention/Exposure
968	Hernandez, JA, Del Valle Laveaga, D, Cano, JM. Sub-patterns of food consumption and hyperglycemia in Mexican young people: a study by factor analysis. Food Nutr Res. 2016. 60:30185. doi:10.3402/fnr.v60.30185	Study Design; Intervention/Exposure
969	Hernandez-Mijares, A, Banuls, C, Rocha, M, Morillas, C, Martinez-Triguero, ML, Victor, VM, Lacomba, R, Alegria, A, Barbera, R, Farre, R, Lagarda, MJ. Effects of phytosterol ester-enriched low-fat milk on serum lipoprotein profile in mildly hypercholesterolaemic patients are not related to dietary cholesterol or saturated fat intake. Br J Nutr. 2010. 104:1018-25. doi:10.1017/s0007114510001686	Intervention/Exposure
970	Herrmann, TS, Bean, ML, Black, TM, Wang, P, Coleman, RA. High glycemic index carbohydrate diet alters the diurnal rhythm of leptin but not insulin concentrations. Exp Biol Med (Maywood). 2001. 226:1037-44. doi:10.1177/153537020122601111	Study duration
971	Hess, AL, Carayol, J, Blaedel, T, Hager, J, Di Cara, A, Astrup, A, Saris, WHM, Larsen, LH, Valsesia, A. Analysis of circulating angiopoietin-like protein 3 and genetic variants in lipid metabolism and liver health: the DiOGenes study. Genes Nutr. 2018. 13:7. doi:10.1186/s12263-018-0597-3	Intervention/Exposure; Outcome
972	Hesselink, AE, Bilo, HJ, Jonkers, R, Martens, M, de Weerdt, I, Rutten, GE. A cluster-randomized controlled trial to study the effectiveness of a protocol-based lifestyle program to prevent type 2 diabetes in people with impaired fasting glucose. BMC Fam Pract. 2013. 14:184. doi:10.1186/1471-2296-14-184	Intervention/Exposure
973	Hickey, JT, Hickey, L, Yancy, WS, Hepburn, J, Westman, EC. Clinical use of a carbohydrate-restricted diet to treat the dyslipidemia of the metabolic syndrome. Metab Syndr Relat Disord. 2003. 1:227-32. doi:10.1089/154041903322716705	Intervention/Exposure
974	Hickling, S, Hung, J, Knuiman, M, Divitini, M, Beilby, J. Are the associations between diet and C-reactive protein independent of obesity?. Prev Med. 2008. 47:71-6. doi:10.1016/j.ypmed.2008.02.007	Study Design; Intervention/Exposure
975	Hickner, RC. Take flight to reduce cardiovascular disease risk in youth. Exerc Sport Sci Rev. 2014. 42:143-4. doi:10.1249/jes.0000000000000028	Study Design; Publication Status

No.	Citation	Rationale
976	Hikmat, F, Appel, LJ. Effects of the DASH diet on blood pressure in patients with and without metabolic syndrome: results from the DASH trial. J Hum Hypertens. 2014. 28:170-5. doi:10.1038/jhh.2013.52	Study duration
977	Hill, AM, Harris Jackson, KA, Roussell, MA, West, SG, Kris-Etherton, PM. Type and amount of dietary protein in the treatment of metabolic syndrome: a randomized controlled trial. Am J Clin Nutr. 2015. 102:757-70. doi:10.3945/ajcn.114.104026	Power/Size
978	Hinderliter, A, Smith, P, Sherwood, A, Blumenthal, J. Lifestyle interventions reduce the need for guideline-directed antihypertensive medication. Hypertension. 2018. 72:. doi:10.1161/hyp.72.suppl_1.P388	Publication Status
979	Hinderliter, AL, Sherwood, A, Craighead, LW, Lin, PH, Watkins, L, Babyak, MA, Blumenthal, JA. The long-term effects of lifestyle change on blood pressure: One-year follow-up of the ENCORE study. Am J Hypertens. 2014. 27:734-41. doi:10.1093/ajh/hpt183	Intervention/Exposure; Comparator
980	Hindy, G, Sonestedt, E, Ericson, U, Jing, XJ, Zhou, Y, Hansson, O, Renstrom, E, Wirfalt, E, Orho-Melander, M. Role of TCF7L2 risk variant and dietary fibre intake on incident type 2 diabetes. Diabetologia. 2012. 55:2646-2654. doi:10.1007/s00125-012-2634-x	Intervention/Exposure
981	Hirsch, O, Kluckner, VJ, Brandt, S, Moss, A, Weck, M, Florath, I, Wabitsch, M, Hebebrand, J, Schimmelmann, BG, Christiansen, H. Restrained and external-emotional eating patterns in young overweight children-results of the Ulm Birth Cohort Study. PLoS One. 2014. 9:e105303. doi:10.1371/journal.pone.0105303	Intervention/Exposure
982	Hjartaker, A, Knudsen, MD, Tretli, S, Weiderpass, E. Consumption of berries, fruits and vegetables and mortality among 10,000 Norwegian men followed for four decades. Eur J Nutr. 2015. 54:599-608. doi:10.1007/s00394-014-0741-9	Intervention/Exposure
983	Hjerkinn, EM, Sandvik, L, Hjermann, I, Arnesen, H. Effect of diet intervention on long-term mortality in healthy middle-aged men with combined hyperlipidaemia. Journal of Internal Medicine. 2004. 255:68-73. doi:10.1046/j.0954-6820.2003.01248.x	Intervention/Exposure; Outcome
984	Hjerpsted, J, Leedo, E, Tholstrup, T. Cheese intake in large amounts lowers LDL-cholesterol concentrations compared with butter intake of equal fat content. Am J Clin Nutr. 2011. 94:1479-84. doi:10.3945/ajcn.111.022426	Intervention/Exposure
985	Hjorth, MF, Astrup, A, Zohar, Y, Urban, LE, Sayer, RD, Patterson, BW, Herring, SJ, Klein, S, Zemel, BS, Foster, GD, Wyatt, HR, Hill, JO. Personalized nutrition: pretreatment glucose metabolism determines individual long-term weight loss responsiveness in individuals with obesity on low-carbohydrate versus low-fat diet. Int J Obes (Lond). 2019. 43:2037-2044. doi:10.1038/s41366-018-0298-4	Intervention/Exposure
986	Hlebowicz, J, Persson, M, Gullberg, B, Sonestedt, E, Wallstrom, P, Drake, I, Nilsson, J, Hedblad, B, Wirfalt, E. Food patterns, inflammation markers and incidence of cardiovascular disease: the Malmo Diet and Cancer study. J Intern Med. 2011. 270:365-76. doi:10.1111/j.1365-2796.2011.02382.x	Publication Date Overlaps with Existing Review
987	Ho, CY, Huang, YC, Lo, YT, Wahlqvist, ML, Lee, MS. Breakfast is associated with the metabolic syndrome and school performance among Taiwanese children. Res Dev Disabil. 2015. 43-44:179-88. doi:10.1016/j.ridd.2015.07.003	Study Design; Intervention/Exposure; Country

No.	Citation	Rationale
988	Hobbs, M, Green, M, Roberts, K, Griffiths, C, McKenna, J. Reconsidering the relationship between fast-food outlets, area-level deprivation, diet quality and body mass index: an exploratory structural equation modelling approach. J Epidemiol Community Health. 2019. 73:861-866. doi:10.1136/jech-2018-211798	Study Design
989	Hodge, AM, English, DR, O'Dea, K, Giles, GG. Dietary patterns and diabetes incidence in the Melbourne collaborative cohort study. American Journal of Epidemiology. 2007. 165:603-610. doi:10.1093/aje/kwk061	Intervention/Exposure; Publication Date Overlaps with Existing Review
990	Hodge, AM, English, DR, O'Dea, K, Giles, GG. Glycemic index and dietary fiber and the risk of type 2 diabetes. Diabetes Care. 2004. 27:2701-6. doi:10.2337/diacare.27.11.2701	Intervention/Exposure; Outcome
991	Hodge, AM, O'Dea, K, English, DR, Giles, GG, Flicker, L. Dietary patterns as predictors of successful ageing. J Nutr Health Aging. 2014. 18:221-7. doi:10.1007/s12603-013-0405-0	Outcome
992	Hodgson, JM, Burke, V, Beilin, LJ, Puddey, IB. Partial substitution of carbohydrate intake with protein intake from lean red meat lowers blood pressure in hypertensive persons. Am J Clin Nutr. 2006. 83:780-7. doi:10.1093/ajcn/83.4.780	Study duration
993	Hodson, L, Harnden, KE, Roberts, R, Dennis, AL, Frayn, KN. Does the DASH diet lower blood pressure by altering peripheral vascular function?. J Hum Hypertens. 2010. 24:312-9. doi:10.1038/jhh.2009.65	Intervention/Exposure; Publication Date Overlaps with Existing Review
994	Hodson, L, Skeaff, CM, Chisholm, WA. The effect of replacing dietary saturated fat with polyunsaturated or monounsaturated fat on plasma lipids in free-living young adults. Eur J Clin Nutr. 2001. 55:908-15. doi:10.1038/sj.ejcn.1601234	Intervention/Exposure; Study duration
995	Hodson, L, Skeaff, CM, McKenzie, JE. Maximal response to a plasma cholesterol-lowering diet is achieved within two weeks. Nutr Metab Cardiovasc Dis. 2002. 12:291-5. doi:unavailable	Study duration
996	Hoevenaar-Blom, MP, Nooyens, ACJ, Kromhout, D, Spijkerman, AMW, Beulens, JWJ, van der Schouw, YT, Bueno-de-Mesquita, B, Verschuren, WMM. Mediterranean Style Diet and 12-Year Incidence of Cardiovascular Diseases: The EPIC-NL Cohort Study. PLoS ONE. 2012. 7:. doi:10.1371/journal.pone.0045458	Publication Date Overlaps with Existing Review
997	Hoffman, JR, Ratamess, NA, Kang, J, Falvo, MJ, Faigenbaum, AD. Effect of protein intake on strength, body composition and endocrine changes in strength/power athletes. J Int Soc Sports Nutr. 2006. 3:12-8. doi:10.1186/1550-2783-3-2-12	Power/Size
998	Hoffmann, K, Schulze, MB, Schienkiewitz, A, Nothlings, U, Boeing, H. Application of a new statistical method to derive dietary patterns in nutritional epidemiology. Am J Epidemiol. 2004. 159:935-44. doi:10.1093/aje/kwh134	Intervention/Exposure; Publication Date Overlaps with Existing Review
999	Holloway, CJ, Cochlin, LE, Emmanuel, Y, Murray, A, Codreanu, I, Edwards, LM, Szmigielski, C, Tyler, DJ, Knight, NS, Saxby, BK, Lambert, B, Thompson, C, Neubauer, S, Clarke, K. A high-fat diet impairs cardiac high-energy phosphate metabolism and cognitive function in healthy human subjects. Am J Clin Nutr. 2011. 93:748-55. doi:10.3945/ajcn.110.002758	Study duration

No.	Citation	Rationale
1000	Holmberg, S, Thelin, A, Stiernstrom, EL. Food choices and coronary heart disease: a population based cohort study of rural Swedish men with 12 years of follow-up. Int J Environ Res Public Health. 2009. 6:2626-38. doi:10.3390/ijerph6102626	Intervention/Exposure
1001	Holme, I. Long-term survival in pre-specified groups at risk in the Oslo Study, 1972-1973. Scand J Public Health. 2015. 43:117-22. doi:10.1177/1403494814558157	Intervention/Exposure; Comparator
1002	Holt, S. Cochrane corner: Mediterranean diet for the prevention of cardiovascular disease. Advances in Integrative Medicine. 2014. 1:61. doi:10.1016/j.aimed.2013.08.009	Study Design; Publication Status
1003	Honemann, I, Ranke, C, Austel, A, Jarzemski, S, Deeken, I, Pleyer, I, Renziehausen, F, Pudel, V, Ellrott, T. Changes of cardiovascular risk factors while following one of three currently discussed dietetic weight-reducing strategies. Aktuelle ernahrungsmedizin. 2010. 35:227-235. doi:10.1055/s-0030-1248497	Language
1004	Honerlaw, JP, Ho, YL, Nguyen, XT, Cho, K, Vassy, JL, Gagnon, DR, O'Donnell, CJ, Gaziano, JM, Wilson, PWF, Djousse, L. Fried food consumption and risk of coronary artery disease: The Million Veteran Program. Clin Nutr. 2019. :. doi:10.1016/j.clnu.2019.05.008	Intervention/Exposure
1005	Hong, K, Kim, K, Lee, S. High percentage of fat intakes, not low fat oxidation, may induce overweight cyclists. J Sports Med Phys Fitness. 2012. 52:405-12. doi:unavailable	Study Design; Study duration
1006	Hong, X, Xu, F, Wang, Z, Liang, Y, Li, J. Dietary patterns and the incidence of hyperglyacemia in China. Public Health Nutr. 2016. 19:131-41. doi:10.1017/s1368980015000774	Country
1007	Hooshmand, F, Asghari, G, Yuzbashian, E, Mahdavi, M, Mirmiran, P, Azizi, F. Modified Healthy Eating Index and Incidence of Metabolic Syndrome in Children and Adolescents: Tehran Lipid and Glucose Study. J Pediatr. 2018. 197:134-139.e2. doi:10.1016/j.jpeds.2018.01.080	Study Design; Country
1008	Hoppu, U, Isolauri, E, Koskinen, P, Laitinen, K. Diet and blood lipids in 1-4 year-old children. Nutr Metab Cardiovasc Dis. 2013. 23:980-6. doi:10.1016/j.numecd.2012.10.007	Study Design; Intervention/Exposure
1009	Horan, MK, McGowan, CA, Gibney, ER, Donnelly, JM, McAuliffe, FM. Maternal diet and weight at 3 months postpartum following a pregnancy intervention with a low glycaemic index diet: results from the ROLO randomised control trial. Nutrients. 2014. 6:2946-55. doi:10.3390/nu6072946	Outcome; Participants
1010	Hoscan, Y, Yigit, F, Muderrisoglu, H. Adherence to Mediterranean diet and its relation with cardiovascular diseases in Turkish population. Int J Clin Exp Med. 2015. 8:2860-6. doi:unavailable	Power/Size
1011	Hosking, D, Danthiir, V. Retrospective lifetime dietary patterns are associated with demographic and cardiovascular health variables in an older community-dwelling Australian population. Br J Nutr. 2013. 110:2069-83. doi:10.1017/s000711451300144x	Publication Date Overlaps with Existing Review
1012	Hosseini, N, Talaei, M, Dianatkhah, M, Sadeghi, M, Oveisgharan, S, Sarrafzadegan, N. Determinants of Incident Metabolic Syndrome in a Middle Eastern Population: Isfahan Cohort Study. Metab Syndr Relat Disord. 2017. 15:354-362. doi:10.1089/met.2016.0156	Country

No.	Citation	Rationale
1013	Hosseini, Z, Whiting, SJ, Vatanparast, H. Type 2 diabetes prevalence among Canadian adults - dietary habits and sociodemographic risk factors. Appl Physiol Nutr Metab. 2019. 44:1099-1104. doi:10.1139/apnm-2018-0567	Study Design
1014	Hosseini-Esfahani, F, Esfandiar, Z, Mirmiran, P, Daneshpour, MS, Ghanbarian, A, Azizi, F. The interaction of cholesteryl ester transfer protein gene variations and diet on changes in serum lipid profiles. Eur J Clin Nutr. 2019. 73:1291-1298. doi:10.1038/s41430-019-0397-x	Intervention/Exposure
1015	Hosseini-Esfahani, F, Koochakpoor, G, Daneshpour, MS, Sedaghati-Khayat, B, Mirmiran, P, Azizi, F. Mediterranean Dietary Pattern Adherence Modify the Association between FTO Genetic Variations and Obesity Phenotypes. Nutrients. 2017. 9:. doi:10.3390/nu9101064	Country
1016	Hosseini-Esfahani, F, Koochakpoor, G, Mirmiran, P, Daneshpour, MS, Azizi, F. Dietary patterns modify the association between fat mass and obesity-associated genetic variants and changes in obesity phenotypes. Br J Nutr. 2019. 121:1247-1254. doi:10.1017/s0007114519000643	Intervention/Exposure; Comparator
1017	Hosseini-Esfahani, F, Mirmiran, P, Daneshpour, MS, Mehrabi, Y, Hedayati, M, Soheilian-Khorzoghi, M, Azizi, F. Dietary patterns interact with APOA1/APOC3 polymorphisms to alter the risk of the metabolic syndrome: the Tehran Lipid and Glucose Study. Br J Nutr. 2015. 113:644-53. doi:10.1017/s0007114514003687	Comparator; Outcome
1018	Hosseini-Esfahani, F, Mirmiran, P, Daneshpour, MS, Mehrabi, Y, Hedayati, M, Zarkesh, M, Azizi, F. Western dietary pattern interaction with APOC3 polymorphism in the risk of metabolic syndrome: Tehran Lipid and Glucose Study. J Nutrigenet Nutrigenomics. 2014. 7:105-17. doi:10.1159/000365445	Study Design; Country
1019	Houston, DK, Nicklas, BJ, Ding, J, Harris, TB, Tylavsky, FA, Newman, AB, Lee, JS, Sahyoun, NR, Visser, M, Kritchevsky, SB. Dietary protein intake is associated with lean mass change in older, community-dwelling adults: the Health, Aging, and Body Composition (Health ABC) Study. Am J Clin Nutr. 2008. 87:150-5. doi:10.1093/ajcn/87.1.150	Intervention/Exposure
1020	Howard, BV, Manson, JE, Stefanick, ML, Beresford, SA, Frank, G, Jones, B, Rodabough, RJ, Snetselaar, L, Thomson, C, Tinker, L, Vitolins, M, Prentice, R. Low-fat dietary pattern and weight change over 7 years: the Women's Health Initiative Dietary Modification Trial. Jama. 2006. 295:39-49. doi:10.1001/jama.295.1.39	Intervention/Exposure
1021	Howard, BV, Van Horn, L, Hsia, J, Manson, JE, Stefanick, MI, Wassertheil-Smoller, S, Kuller, LH, LaCroix, AZ, Langer, RD, Lasser, NI, etal, . Low-fat dietary pattern and risk of cardiovascular disease: the women's health initiative randomized controlled dietary modification trial. Obstetrical & gynecological survey. 2006. 61:451-453. doi:10.1097/01.ogx.0000224659.41638.7d	Publication Status
1022	Howard, BV, Van Horn, L, Hsia, J, Manson, JE, Stefanick, ML, Wassertheil-Smoller, S, Kuller, LH, LaCroix, AZ, Langer, RD, Lasser, NL, Lewis, CE, Limacher, MC, Margolis, KL, Mysiw, WJ, Ockene, JK, Parker, LM, Perri, MG, Phillips, L, Prentice, RL, Robbins, J, Rossouw, JE, Sarto, GE, Schatz, IJ, Snetselaar, LG, Stevens, VJ, Tinker, LF, Trevisan, M, Vitolins, MZ, Anderson, GL, Assaf, AR, Bassford, T, Beresford, SA, Black, HR, Brunner, RL, Brzyski, RG, Caan, B, Chlebowski, RT, Gass, M, Granek, I, Greenland, P, Hays, J, Heber, D, Heiss, G, Hendrix, SL, Hubbell, FA, Johnson, KC, Kotchen, JM. Low-fat dietary pattern and risk of cardiovascular disease: the Women's Health Initiative Randomized Controlled Dietary Modification Trial. Jama. 2006. 295:655-66. doi:10.1001/jama.295.6.655	Intervention/Exposure

No.	Citation	Rationale
1023	Howe, AS, Skidmore, PM, Parnell, WR, Wong, JE, Lubransky, AC, Black, KE. Cardiorespiratory fitness is positively associated with a healthy dietary pattern in New Zealand adolescents. Public Health Nutr. 2016. 19:1279-87. doi:10.1017/s1368980015002566	Study Design
1024	Howe, HR, 3rd, Heidal, K, Choi, MD, Kraus, RM, Boyle, K, Hickner, RC. Increased adipose tissue lipolysis after a 2-week high-fat diet in sedentary overweight/obese men. Metabolism. 2011. 60:976-81. doi:10.1016/j.metabol.2010.09.007	Study duration
1025	Hron, BM, Ebbeling, CB, Feldman, HA, Ludwig, DS. Relationship of insulin dynamics to body composition and resting energy expenditure following weight loss. Obesity (Silver Spring). 2015. 23:2216-22. doi:10.1002/oby.21213	Study duration
1026	Hsiao, PY, Mitchell, DC, Wood, GC, Jensen, GL, Still, CD, Hartman, TJ. The association of dietary patterns and weight change in rural older adults 75 years and older. J Nutr Gerontol Geriatr. 2014. 33:357-75. doi:10.1080/21551197.2014.959681	Power/Size
1027	Hsu, WC, Lau, KH, Matsumoto, M, Moghazy, D, Keenan, H, King, GL. Improvement of insulin sensitivity by isoenergy high carbohydrate traditional Asian diet: a randomized controlled pilot feasibility study. PLoS One. 2014. 9:e106851. doi:10.1371/journal.pone.0106851	Study duration
1028	Hu, FB, Rimm, EB, Stampfer, MJ, Ascherio, A, Spiegelman, D, Willett, WC. Prospective study of major dietary patterns and risk of coronary heart disease in men. Am J Clin Nutr. 2000. 72:912-21. doi:10.1093/ajcn/72.4.912	Intervention/Exposure
1029	Hu, M, Li, Z, Fang, DZ. The C-514T polymorphism of hepatic lipase gene modulates the impact of a high carbohydrate diet on lipid profile in healthy Chinese young adults. Asian Biomedicine. 2012. 6:675-682. doi:10.5372/1905-7415.0605.107	Intervention/Exposure; Study duration
1030	Hu, T, Reynolds, K, Yao, L, Bunol, C, Liu, Y, Chen, CS, He, J, Bazzano, L. The long-term effect of a low-carbohydrate diet on endothelial dysfunction and insulin resistance: a randomized controlled trial. Circulation. 2013. 127:. doi:unavailable	Publication Status
1031	Hu, T, Stuchlik, P, Yao, L, Reynolds, K, Whelton, P, He, J, Bazzano, L. Adherence to low carbohydrate and low fat diets in relation to weight loss and cardiovascular risk factor reduction. Circulation. 2015. 131:. doi:unavailable	Publication Status
1032	Hu, T, Yao, L, Reynolds, K, Niu, T, Li, S, Whelton, PK, He, J, Steffen, LM, Bazzano, LA. Adherence to low-carbohydrate and low-fat diets in relation to weight loss and cardiovascular risk factors. Obes Sci Pract. 2016. 2:24-31. doi:10.1002/osp4.23	Intervention/Exposure
1033	Hu, T, Yao, L, Reynolds, K, Whelton, PK, Niu, T, Li, S, He, J, Bazzano, LA. The Effects of a Low-Carbohydrate Diet vs. a Low-Fat Diet on Novel Cardiovascular Risk Factors: A Randomized Controlled Trial. Nutrients. 2015. 7:7978-94. doi:10.3390/nu7095377	Outcome
1034	Hu, TY, Chen, YC, Lin, P, Shih, CK, Bai, CH, Yuan, KC, Lee, SY, Chang, JS. Testosterone-Associated Dietary Pattern Predicts Low Testosterone Levels and Hypogonadism. Nutrients. 2018. 10:. doi:10.3390/nu10111786	Study Design
1035	Hu, TY, Lee, SY, Shih, CK, Chou, MJ, Wu, MC, Teng, IC, Bai, CH, Sabrina, N, Tinkov, AA, Skalny, AV, Chang, JS. Soluble CD163-Associated Dietary Patterns and the Risk of Metabolic Syndrome. Nutrients. 2019. 11:. doi:10.3390/nu11040940	Study Design
1036	Huang, JH, Li, RH, Huang, SL, Sia, HK, Hsu, WT, Tang, FC. Health-associated nutrition and exercise behaviors in relation to metabolic risk factors stratified by body mass index. International Journal of Environmental Research and Public Health. 2019. 16:. doi:10.3390/ijerph16050869	Study Design

No.	Citation	Rationale
1037	Huang, T, Beaty, T, Li, J, Liu, H, Zhao, W, Wang, Y. Association between dietary fat intake and insulin resistance in Chinese child twins. Br J Nutr. 2017. 117:230-236. doi:10.1017/s0007114516004542	Country
1038	Huang, T, Huang, J, Qi, Q, Li, Y, Bray, GA, Rood, J, Sacks, FM, Qi, L. PCSK7 genotype modifies effect of a weight-loss diet on 2-year changes of insulin resistance: the POUNDS LOST trial. Diabetes Care. 2015. 38:439-44. doi:10.2337/dc14-0473	Outcome
1039	Huang, T, Shen, Y, Zheng, Y, Smith, S, Bray, G, Sacks, F, Qi, L. Dietary fat intake, MC4R genotype and 2-year changes in body composition: the pounds lost trial. Circulation. 2015. 131:. doi:unavailable	Publication Status
1040	Huang, T, Wang, T, Heianza, Y, Sun, D, Ivey, K, Durst, R, Schwarzfuchs, D, Stampfer, MJ, Bray, GA, Sacks, FM, Shai, I, Qi, L. HNF1A variant, energy-reduced diets and insulin resistance improvement during weight loss: The POUNDS Lost trial and DIRECT. Diabetes Obes Metab. 2018. 20:1445-1452. doi:10.1111/dom.13250	Intervention/Exposure
1041	Huang, T, Wang, T, Heianza, Y, Sun, D, Zheng, Y, Bray, G, Sacks, FM, Qi, L. Genetic susceptibility to obesity, weight-loss diets, and improvement of insulin resistance and beta-cell function: the pounds lost trial. Diabetes. 2016. 65:A391-. doi:10.2337/db16-1375-1656	Publication Status
1042	Huang, T, Xu, M, Lee, A, Cho, S, Qi, L. Consumption of whole grains and cereal fiber and total and cause-specific mortality: prospective analysis of 367,442 individuals. BMC Med. 2015. 13:59. doi:10.1186/s12916-015-0294-7	Intervention/Exposure
1043	Huang, T, Zheng, Y, Bray, GA, Sacks, FM, Qi, L. Diabetes genetic score, 2-year changes in insulin sensitivity, and insulin resistance in response to weight loss diets: the pounds lost trial. Diabetes. 2015. 64:A423-A424. doi:10.2337/db1514721800	Publication Status
1044	Huang, X, Gong, R, Lin, J, Li, R, Xiao, L, Duan, W, Fang, D. Effects of lipoprotein lipase gene variations, a high-carbohydrate low-fat diet, and gender on serum lipid profiles in healthy Chinese Han youth. Biosci Trends. 2011. 5:198-204. doi:unavailable	Study duration ; Country
1045	Huang, Z, Li, N, Hu, YM. Dietary patterns and their effects on postpartum weight retention of lactating women in south central China. Nutrition. 2019. 67-68:110555. doi:10.1016/j.nut.2019.110555	Study Design; Participants
1046	Hudson, JL, Kim, JE, Paddon-Jones, D, Campbell, WW. Evenly re-distributing daily dietary protein intake does not augment changes in body composition and cardio-metabolic health indexes. FASEB journal. 2017. 31:. doi:unavailable	Publication Status
1047	Huete, L, Manzano-Lista, FJ, Aranguez, I, Fernandez-Alfonso, MS. Impact of pharmacist's intervention on reducing cardiovascular risk in obese patients. Int J Clin Pharm. 2019. 41:1099-1109. doi:10.1007/s11096-019-00856-w	Study Design; Intervention/Exposure
1048	Huffman, KM, Hawk, VH, Henes, ST, Ocampo, CI, Orenduff, MC, Slentz, CA, Johnson, JL, Houmard, JA, Samsa, GP, Kraus, WE, Bales, CW. Exercise effects on lipids in persons with varying dietary patterns - Does diet matter if they exercise? Responses in Studies of a Targeted Risk Reduction Intervention through Defined Exercise I. American Heart Journal. 2012. 164:117-124. doi:10.1016/j.ahj.2012.04.014	Intervention/Exposure
1049	Huisman, MJ, Soedamah-Muthu, SS, Vermeulen, E, Muilwijk, M, Snijder, MB, Nicolaou, MN, van Valkengoed, IGM. Does a High Sugar High Fat Dietary Pattern Explain the Unequal Burden in Prevalence of Type 2 Diabetes in a Multi-Ethnic Population in The Netherlands? The HELIUS Study. Nutrients. 2018. 10:. doi:10.3390/nu10010092	Study Design

No.	Citation	Rationale
1050	Hulmi, JJ, Isola, V, Suonpaa, M, Jarvinen, NJ, Kokkonen, M, Wennerstrom, A, Nyman, K, Perola, M, Ahtiainen, JP, Hakkinen, K. The Effects of Intensive Weight Reduction on Body Composition and Serum Hormones in Female Fitness Competitors. Front Physiol. 2016. 7:689. doi:10.3389/fphys.2016.00689	Intervention/Exposure
1051	Hulsegge, G, van der Schouw, YT, Daviglus, ML, Smit, HA, Verschuren, WM. Determinants of attaining and maintaining a low cardiovascular risk profile--the Doetinchem Cohort Study. Eur J Public Health. 2016. 26:135-40. doi:10.1093/eurpub/ckv125	Outcome
1052	Hume, DJ, Kroff, J, Clamp, LD, Lambert, EV. Compensations for Weight Loss in Successful and Unsuccessful Dieters. Am J Health Behav. 2015. 39:589-600. doi:10.5993/ajhb.39.5.1	Intervention/Exposure; Outcome
1053	Hung, CJ, Huang, PC, Li, YH, Lu, SC, Ho, LT, Chou, HF. Taiwanese vegetarians have higher insulin sensitivity than omnivores. British Journal of Nutrition. 2006. 95:129-135. doi:10.1079/BJN20051588	Study Design; Country
1054	Hung, JD, Murray, SW, Shaw, MA, Unwin, D. Impact of a low carbohydrate diet on traditional CVD risk factors in people with features of the metabolic syndrome and type 2 diabetes. European journal of preventive cardiology. 2018. 25:S14-S15. doi:unavailable	Publication Status
1055	Hwalla, N, Torbay, N, Andari, N, Adra, N, Azar, ST, Habbal, Z. Restoration of normal insulinemia and insulin sensitivity in hyperinsulinemic normoglycemic men by a hypoenergetic high monounsaturated fat diet. Journal of Nutritional and Environmental Medicine. 2004. 14:29-38. doi:10.1080/13590840410001695211	Study duration
1056	Hwang, JY, Lee, H, Ko, A, Han, CJ, Chung, HW, Chang, N. Dietary changes in Vietnamese marriage immigrant women: The KoGES follow-up study. Nutr Res Pract. 2014. 8:319-26. doi:10.4162/nrp.2014.8.3.319	Intervention/Exposure; Comparator
1057	Hyde, PN, Sapper, TN, Crabtree, CD, LaFountain, RA, Bowling, ML, Buga, A, Fell, B, McSwiney, FT, Dickerson, RM, Miller, VJ, Scandling, D, Simonetti, OP, Phinney, SD, Kraemer, WJ, King, SA, Krauss, RM, Volek, JS. Dietary carbohydrate restriction improves metabolic syndrome independent of weight loss. JCI Insight. 2019. 4:. doi:10.1172/jci.insight.128308	Study duration
1058	Iacovides, S, Goble, D, Paterson, B, Meiring, RM. Three consecutive weeks of nutritional ketosis has no effect on cognitive function, sleep, and mood compared with a high-carbohydrate, low-fat diet in healthy individuals: a randomized, crossover, controlled trial. Am J Clin Nutr. 2019. 110:349-357. doi:10.1093/ajcn/nqz073	Study duration
1059	Ibarra-Reynoso Ldel, R, Pisarchyk, L, Perez-Luque, EL, Garay-Sevilla, ME, Malacara, JM. Dietary restriction in obese children and its relation with eating behavior, fibroblast growth factor 21 and leptin: a prospective clinical intervention study. Nutr Metab (Lond). 2015. 12:31. doi:10.1186/s12986-015-0027-0	Intervention/Exposure
1060	Ibe, Y, Takahashi, Y, Sone, H. Food groups and weight gain in Japanese men. Clin Obes. 2014. 4:157-64. doi:10.1111/cob.12056	Intervention/Exposure; Comparator
1061	Ibrahim, M, Bonfiglio, S, Schlogl, M, Vinales, KL, Piaggi, P, Venti, C, Walter, M, Krakoff, J, Thearle, MS. Energy Expenditure and Hormone Responses in Humans After Overeating High-Fructose Corn Syrup Versus Whole-Wheat Foods. Obesity (Silver Spring). 2018. 26:141-149. doi:10.1002/oby.22068	Intervention/Exposure; Study duration

No.	Citation	Rationale
1062	Ibsen, DB, Laursen, ASD, Lauritzen, L, Tjonneland, A, Overvad, K, Jakobsen, MU. Substitutions between dairy product subgroups and risk of type 2 diabetes: the Danish Diet, Cancer and Health cohort. Br J Nutr. 2017. 118:989-997. doi:10.1017/s0007114517002896	Intervention/Exposure
1063	Iglay, HB, Thyfault, JP, Apolzan, JW, Campbell, WW. Resistance training and dietary protein: effects on glucose tolerance and contents of skeletal muscle insulin signaling proteins in older persons. Am J Clin Nutr. 2007. 85:1005-13. doi:10.1093/ajcn/85.4.1005	Intervention/Exposure
1064	Ilich, JZ, Kelly, OJ, Liu, PY, Shin, H, Kim, Y, Chi, Y, Wickrama, Kkas, Colic-Baric, I. Role of Calcium and Low-Fat Dairy Foods in Weight-Loss Outcomes Revisited: Results from the Randomized Trial of Effects on Bone and Body Composition in Overweight/Obese Postmenopausal Women. Nutrients. 2019. 11:. doi:10.3390/nu11051157	Intervention/Exposure
1065	Imamura, F, Lemaitre, RN, King, IB, Song, X, Steffen, LM, Folsom, AR, Siscovick, DS, Mozaffarian, D. Long-chain monounsaturated Fatty acids and incidence of congestive heart failure in 2 prospective cohorts. Circulation. 2013. 127:1512-21, 1521e1-18. doi:10.1161/circulationaha.112.001197	Intervention/Exposure
1066	Inelmen, EM, Toffanello, ED, Enzi, G, Sergi, G, Coin, A, Busetto, L, Manzato, E. Differences in dietary patterns between older and younger obese and overweight outpatients. J Nutr Health Aging. 2008. 12:3-8. doi:unavailable	Publication Date Overlaps with Existing Review
1067	Isanejad, M, LaCroix, AZ, Thomson, CA, Tinker, L, Larson, JC, Qi, Q, Qi, L, Cooper-DeHoff, RM, Phillips, LS, Prentice, RL, Beasley, JM. Branched-chain amino acid, meat intake and risk of type 2 diabetes in the Women's Health Initiative. Br J Nutr. 2017. 117:1523-1530. doi:10.1017/s0007114517001568	Intervention/Exposure
1068	Isanejad, M, Mursu, J, Sirola, J, Kroger, H, Rikkonen, T, Tuppurainen, M, Erkkila, AT. Association of protein intake with the change of lean mass among elderly women: The Osteoporosis Risk Factor and Prevention - Fracture Prevention Study (OSTPRE-FPS). J Nutr Sci. 2015. 4:e41. doi:10.1017/jns.2015.31	Intervention/Exposure
1069	Isanejad, M, Mursu, J, Sirola, J, Kroger, H, Rikkonen, T, Tuppurainen, M, Erkkila, AT. Dietary protein intake is associated with better physical function and muscle strength among elderly women. Br J Nutr. 2016. 115:1281-91. doi:10.1017/s000711451600012x	Intervention/Exposure; Outcome
1070	Isanejad, M, Sirola, J, Mursu, J, Rikkonen, T, Kroger, H, Tuppurainen, M, Erkkila, AT. Association of the Baltic Sea and Mediterranean diets with indices of sarcopenia in elderly women, OSPTRE-FPS study. Eur J Nutr. 2018. 57:1435-1448. doi:10.1007/s00394-017-1422-2	Power/Size
1071	Itoh, K, Moriguchi, R, Yamada, Y, Fujita, M, Yamato, T, Oumi, M, Holst, JJ, Seino, Y. High saturated fatty acid intake induces insulin secretion by elevating gastric inhibitory polypeptide levels in healthy individuals. Nutr Res. 2014. 34:653-60. doi:10.1016/j.nutres.2014.07.013	Intervention/Exposure; Study duration
1072	Izadi, V, Esmaillzadeh, A, Hashemipour, M, Surkan, PJ, Azadbakht, L, Kelishadi, R. High protein diets do not affect anthropometric indexes and cardiometabolic risk factors among children with excess weight: A randomized controlled trial. J Cardiovasc Thorac Res. 2018. 10:95-103. doi:10.15171/jcvtr.2018.15	Intervention/Exposure

No.	Citation	Rationale
1073	Izadpanah, A, Barnard, RJ, Almeda, AJ, Baldwin, GC, Bridges, SA, Shellman, ER, Burant, CF, Roberts, CK. A short-term diet and exercise intervention ameliorates inflammation and markers of metabolic health in overweight/obese children. Am J Physiol Endocrinol Metab. 2012. 303:E542-50. doi:10.1152/ajpendo.00190.2012	Study duration
1074	Izaola, O, Primo, D, Gomez Hoyos, E, Lopez Gomez, JJ, Ortola, A, de Luis, D. Association of rs670 variant of APOA1 gene with lipid profile and insulin resistance after 9 months of a high protein/low carbohydrate vs a standard hypocaloric diet. Clinical nutrition (Edinburgh, Scotland). 2019. :. doi:10.1016/j.clnu.2019.04.030	Study Design; Intervention/Exposure
1075	Jaacks, LM, Sher, S, Staercke, C, Porkert, M, Alexander, WR, Jones, DP, Vaccarino, V, Ziegler, TR, Quyyumi, AA. Pilot randomized controlled trial of a Mediterranean diet or diet supplemented with fish oil, walnuts, and grape juice in overweight or obese US adults. BMC Nutr. 2018. 4:26. doi:10.1186/s40795-018-0234-y	Power/Size
1076	Jaaskelainen, A, Kaila-Kangas, L, Leino-Arjas, P, Lindbohm, ML, Nevanpera, N, Remes, J, Jarvelin, MR, Laitinen, J. Association between occupational psychosocial factors and waist circumference is modified by diet among men. Eur J Clin Nutr. 2015. 69:1053-9. doi:10.1038/ejcn.2015.59	Intervention/Exposure
1077	Jabekk, PT, Moe, IA, Meen, HD, Tomten, SE, Hostmark, AT. Resistance training in overweight women on a ketogenic diet conserved lean body mass while reducing body fat. Nutr Metab (Lond). 2010. 7:17. doi:10.1186/1743-7075-7-17	Study duration
1078	Jaceldo-Siegl, K, Haddad, E, Knutsen, S, Fan, J, Lloren, J, Bellinger, D, Fraser, GE. Lower C-reactive protein and IL-6 associated with vegetarian diets are mediated by BMI. Nutr Metab Cardiovasc Dis. 2018. 28:787-794. doi:10.1016/j.numecd.2018.03.003	Study Design
1079	Jaceldo-Siegl, K, Lutjohann, D, Sirirat, R, Mashchak, A, Fraser, GE, Haddad, E. Variations in dietary intake and plasma concentrations of plant sterols across plant-based diets among North American adults. Mol Nutr Food Res. 2017. 61:. doi:10.1002/mnfr.201600828	Study Design; Outcome
1080	Jacka, FN, Cherbuin, N, Anstey, KJ, Butterworth, P. Dietary patterns and depressive symptoms over time: examining the relationships with socioeconomic position, health behaviours and cardiovascular risk. PLoS One. 2014. 9:e87657. doi:10.1371/journal.pone.0087657	Study Design; Outcome
1081	Jackson, SL, Cunningham, SA. The stability of children's weight status over time, and the role of television, physical activity, and diet. Prev Med. 2017. 100:229-234. doi:10.1016/j.ypmed.2017.04.026	Intervention/Exposure
1082	Jacobo-Albavera, L, Posadas-Romero, C, Vargas-Alarcon, G, Romero-Hidalgo, S, Posadas-Sanchez, R, Gonzalez-Salazar Mdel, C, Carnevale, A, Canizales-Quinteros, S, Medina-Urrutia, A, Antunez-Arguelles, E, Villarreal-Molina, T. Dietary fat and carbohydrate modulate the effect of the ATP-binding cassette A1 (ABCA1) R230C variant on metabolic risk parameters in premenopausal women from the Genetics of Atherosclerotic Disease (GEA) Study. Nutr Metab (Lond). 2015. 12:45. doi:10.1186/s12986-015-0040-3	Study Design; Intervention/Exposure
1083	Jacobs, B, De Angelis-Schierbaum, G, Egert, S, Assmann, G, Kratz, M. Individual serum triglyceride responses to high-fat and low-fat diets differ in men with modest and severe hypertriglyceridemia. J Nutr. 2004. 134:1400-5. doi:10.1093/jn/134.6.1400	Study duration

No.	Citation	Rationale
1084	Jacques, PF, Cassidy, A, Rogers, G, Peterson, JJ, Dwyer, JT. Dietary flavonoid intakes and CVD incidence in the Framingham Offspring Cohort. Br J Nutr. 2015. 114:1496-503. doi:10.1017/s0007114515003141	Intervention/Exposure
1085	Jagim, A, Byrd, M, Lockard, B, Baetge, C, Levers, K, Galvan, E, Simbo, S, Jung, YP, Oliver, J, Koozehchian, M, etal, . Adherence to a high protein and low fat energy-restricted diet while participating in a circuit resistance-exercise program promotes positive changes in blood glucose and lipids in postmenopausal women. FASEB journal. 2013. 27:. doi:unavailable	Publication Status
1086	Jago, R, Baranowski, T, Baranowski, JC, Thompson, D, Greaves, KA. BMI from 3-6y of age is predicted by TV viewing and physical activity, not diet. International Journal of Obesity. 2005. 29:557-564. doi:10.1038/sj.ijo.0802969	Intervention/Exposure
1087	Jakicic, JM, King, WC, Marcus, MD, Davis, KK, Helsel, D, Rickman, AD, Gibbs, BB, Rogers, RJ, Wahed, A, Belle, SH. Short-term weight loss with diet and physical activity in young adults: The IDEA study. Obesity (Silver Spring). 2015. 23:2385-97. doi:10.1002/oby.21241	Intervention/Exposure
1088	Jakobsen, MU, Dethlefsen, C, Due, KM, May, AM, Romaguera, D, Vergnaud, AC, Norat, T, Sorensen, TI, Halkjaer, J, Tjonneland, A, Boutron-Ruault, MC, Clavel-Chapelon, F, Fagherazzi, G, Teucher, B, Kuhn, T, Bergmann, MM, Boeing, H, Naska, A, Orfanos, P, Trichopoulou, A, Palli, D, Santucci De Magistris, M, Sieri, S, Bueno-de-Mesquita, HB, van der, Dl A, Engeset, D, Hjartaker, A, Rodriguez, L, Agudo, A, Molina-Montes, E, Huerta, JM, Barricarte, A, Amiano, P, Manjer, J, Wirfalt, E, Hallmans, G, Johansson, I, Khaw, KT, Wareham, NJ, Key, TJ, Chajes, V, Slimani, N, Riboli, E, Peeters, PH, Overvad, K. Fish consumption and subsequent change in body weight in European women and men. Br J Nutr. 2013. 109:353-62. doi:10.1017/s0007114512001079	Intervention/Exposure
1089	Jakobsen, MU, Dethlefsen, C, Joensen, AM, Stegger, J, Tjonneland, A, Schmidt, EB, Overvad, K. Intake of carbohydrates compared with intake of saturated fatty acids and risk of myocardial infarction: importance of the glycemic index. Am J Clin Nutr. 2010. 91:1764-8. doi:10.3945/ajcn.2009.29099	Intervention/Exposure
1090	Jakobsen, MU, Madsen, L, Dethlefsen, C, Due, KM, Halkjaer, J, Sorensen, TI, Kristiansen, K, Overvad, K. Dietary n-6 PUFA, carbohydrate:protein ratio and change in body weight and waist circumference: a follow-up study. Public Health Nutr. 2015. 18:1317-23. doi:10.1017/s1368980014001578	Intervention/Exposure
1091	Jakobsen, MU, Madsen, L, Skjoth, F, Berentzen, TL, Halkjaer, J, Tjonneland, A, Schmidt, EB, Sorensen, TI, Kristiansen, K, Overvad, K. Dietary intake and adipose tissue content of long-chain n-3 PUFAs and subsequent 5-y change in body weight and waist circumference. Am J Clin Nutr. 2017. 105:1148-1157. doi:10.3945/ajcn.116.140079	Intervention/Exposure
1092	Jakobsen, MU, Overvad, K, Dyerberg, J, Schroll, M, Heitmann, BL. Dietary fat and risk of coronary heart disease: possible effect modification by gender and age. Am J Epidemiol. 2004. 160:141-9. doi:10.1093/aje/kwh193	Intervention/Exposure
1093	Jakse, B, Jakse, B, Pajek, J, Pajek, M. Effects of ad libitum consumed, low-fat, high-fiber plant-based diet supplemented with plant-based meal replacements on cardiovascular risk factors. Food Nutr Res. 2019. 63:. doi:10.29219/fnr.v63.1560	Study Design; Intervention/Exposure
1094	Jalali-Farahani, S, Amiri, P, Akbar, HM, Cheraghi, L, Karimi, M, Azizi, F. Effects of a Healthy Lifestyle Education on the Incidence of Metabolic Syndrome in Children during a 13-Year Follow-up. Int J Behav Med. 2018. 25:131-140. doi:10.1007/s12529-017-9680-1	Study Design; Intervention/Exposure; Country

No.	Citation	Rationale
1095	Jamar, G, Pisani, LP, Medeiros, A, Oyama, LM, Masquio, DC, Colantonio, E, Garcia, S, Sanches, RB, dos Santos Moraes, A, Belote, C, Caranti, DA. Effect of Fat Intake on the Inflammatory Process and Cardiometabolic Risk in Obesity After Interdisciplinary Therapy. Horm Metab Res. 2016. 48:106-11. doi:10.1055/s-0035-1548871	Study Design; Intervention/Exposure
1096	James, EL, Stacey, FG, Chapman, K, Boyes, AW, Burrows, T, Girgis, A, Asprey, G, Bisquera, A, Lubans, DR. Impact of a nutrition and physical activity intervention (ENRICH: Exercise and Nutrition Routine Improving Cancer Health) on health behaviors of cancer survivors and carers: a pragmatic randomized controlled trial. BMC Cancer. 2015. 15:710. doi:10.1186/s12885-015-1775-y	Intervention/Exposure
1097	Jancey, JM, Dos Remedios Monteiro, SM, Dhaliwal, SS, Howat, PA, Burns, S, Hills, AP, Anderson, AS. Dietary outcomes of a community based intervention for mothers of young children: a randomised controlled trial. Int J Behav Nutr Phys Act. 2014. 11:120. doi:10.1186/s12966-014-0120-1	Outcome
1098	Janda, J, Veleminsky, M, Sulakova, T, Prochazka, B, Eliasek, J, Stransky, P, Rokyta, R. Effect of the DASH-diet and salt Kardisal® on blood pressure in adolescents with prehypertension (cooperative multicentre interventional study). Neuroendocrinology Letters. 2017. 38:544-548. doi:unavailable	Intervention/Exposure
1099	Janicke, DM, Lim, CS, Perri, MG, Mathews, AE, Bobroff, LB, Gurka, MJ, Parish, A, Brumback, BA, Dumont-Driscoll, M, Silverstein, JH. Featured Article: Behavior Interventions Addressing Obesity in Rural Settings: The E-FLIP for Kids Trial. J Pediatr Psychol. 2019. 44:889-901. doi:10.1093/jpepsy/jsz029	Intervention/Exposure
1100	Jankovic, N, Geelen, A, Streppel, MT, de Groot, LC, Kiefte-de Jong, JC, Orfanos, P, Bamia, C, Trichopoulou, A, Boffetta, P, Bobak, M, Pikhart, H, Kee, F, O'Doherty, MG, Buckland, G, Woodside, J, Franco, OH, Ikram, MA, Struijk, EA, Pajak, A, Malyutina, S, Kubinova, R, Wennberg, M, Park, Y, Bueno-de-Mesquita, HB, Kampman, E, Feskens, EJ. WHO guidelines for a healthy diet and mortality from cardiovascular disease in European and American elderly: the CHANCES project. Am J Clin Nutr. 2015. 102:745-56. doi:10.3945/ajcn.114.095117	Intervention/Exposure
1101	Jankovic, N, Steppel, MT, Kampman, E, de Groot, LC, Boshuizen, HC, Soedamah-Muthu, SS, Kromhout, D, Feskens, EJ. Stability of dietary patterns assessed with reduced rank regression; the Zutphen Elderly Study. Nutr J. 2014. 13:30. doi:10.1186/1475-2891-13-30	Power/Size
1102	Jansen, EC, Kasper, N, Lumeng, JC, Brophy Herb, HE, Horodynski, MA, Miller, AL, Contreras, D, Peterson, KE. Changes in household food insecurity are related to changes in BMI and diet quality among Michigan Head Start preschoolers in a sex-specific manner. Soc Sci Med. 2017. 181:168-176. doi:10.1016/j.socscimed.2017.04.003	Power/Size
1103	Jansen, S, Lopez-Miranda, J, Castro, P, Lopez-Segura, F, Marin, C, Ordovas, JM, Paz, E, Jimenez-Pereperez, J, Fuentes, F, Perez-Jimenez, F. Low-fat and high-monounsaturated fatty acid diets decrease plasma cholesterol ester transfer protein concentrations in young, healthy, normolipemic men. Am J Clin Nutr. 2000. 72:36-41. doi:10.1093/ajcn/72.1.36	Study duration
1104	Japas, C, Knutsen, S, Dehom, S, Dos Santos, H, Tonstad, S. Body mass index gain between ages 20 and 40 years and lifestyle characteristics of men at ages 40-60 years: the Adventist Health Study-2. Obes Res Clin Pract. 2014. 8:e549-57. doi:10.1016/j.orcp.2013.11.007	Study Design; Outcome

No.	Citation	Rationale
1105	Jarvis, M, McNaughton, L, Seddon, A, Thompson, D. The acute 1-week effects of the Zone diet on body composition, blood lipid levels, and performance in recreational endurance athletes. J Strength Cond Res. 2002. 16:50-7. doi:unavailable	Study duration
1106	Jayasinghe, SN, Breier, BH, McNaughton, SA, Russell, AP, Della Gatta, PA, Mason, S, Stonehouse, W, Walsh, DCI, Kruger, R. Dietary Patterns in New Zealand Women: Evaluating Differences in Body Composition and Metabolic Biomarkers. Nutrients. 2019. 11:. doi:10.3390/nu11071643	Study Design
1107	Jebb, SA, Lovegrove, JA, Griffin, BA, Frost, GS, Moore, CS, Chatfield, MD, Bluck, LJ, Williams, CM, Sanders, TA. Effect of changing the amount and type of fat and carbohydrate on insulin sensitivity and cardiovascular risk: the RISCK (Reading, Imperial, Surrey, Cambridge, and Kings) trial. Am J Clin Nutr. 2010. 92:748-58. doi:10.3945/ajcn.2009.29096	Weight loss/Hypocaloric
1108	Jen, V, Karagounis, LG, Jaddoe, VWV, Franco, OH, Voortman, T. Dietary protein intake in school-age children and detailed measures of body composition: the Generation R Study. Int J Obes (Lond). 2018. 42:1715-1723. doi:10.1038/s41366-018-0098-x	Intervention/Exposure
1109	Jenkins, DJ, Jones, PJ, Frohlich, J, Lamarche, B, Ireland, C, Nishi, SK, Srichaikul, K, Galange, P, Pellini, C, Faulkner, D, de Souza, RJ, Sievenpiper, JL, Mirrahimi, A, Jayalath, VH, Augustin, LS, Bashyam, B, Leiter, LA, Josse, R, Couture, P, Ramprasath, V, Kendall, CW. The effect of a dietary portfolio compared to a DASH-type diet on blood pressure. Nutr Metab Cardiovasc Dis. 2015. 25:1132-9. doi:10.1016/j.numecd.2015.08.006	Health Status
1110	Jenkins, DJ, Jones, PJ, Lamarche, B, Kendall, CW, Faulkner, D, Cermakova, L, Gigleux, I, Ramprasath, V, de Souza, R, Ireland, C, Patel, D, Srichaikul, K, Abdulnour, S, Bashyam, B, Collier, C, Hoshizaki, S, Josse, RG, Leiter, LA, Connelly, PW, Frohlich, J. Effect of a dietary portfolio of cholesterol-lowering foods given at 2 levels of intensity of dietary advice on serum lipids in hyperlipidemia: a randomized controlled trial. Jama. 2011. 306:831-9. doi:10.1001/jama.2011.1202	Intervention/Exposure; Publication Date Overlaps with Existing Review
1111	Jenkins, DJ, Kendall, CW, Marchie, A, Faulkner, DA, Wong, JM, de Souza, R, Emam, A, Parker, TL, Vidgen, E, Lapsley, KG, Trautwein, EA, Josse, RG, Leiter, LA, Connelly, PW. Effects of a dietary portfolio of cholesterol-lowering foods vs lovastatin on serum lipids and C-reactive protein. Jama. 2003. 290:502-10. doi:10.1001/jama.290.4.502	Publication Date Overlaps with Existing Review
1112	Jenkins, DJ, Kendall, CW, Marchie, A, Faulkner, DA, Wong, JM, de Souza, R, Emam, A, Parker, TL, Vidgen, E, Trautwein, EA, Lapsley, KG, Josse, RG, Leiter, LA, Singer, W, Connelly, PW. Direct comparison of a dietary portfolio of cholesterol-lowering foods with a statin in hypercholesterolemic participants. Am J Clin Nutr. 2005. 81:380-7. doi:10.1093/ajcn.81.2.380	Intervention/Exposure
1113	Jenkins, DJ, Kendall, CW, Nguyen, TH, Teitel, J, Marchie, A, Chiu, M, Taha, AY, Faulkner, DA, Kemp, T, Wong, JM, de Souza, R, Emam, A, Trautwein, EA, Lapsley, KG, Holmes, C, Josse, RG, Leiter, LA, Singer, W. Effect on hematologic risk factors for coronary heart disease of a cholesterol reducing diet. Eur J Clin Nutr. 2007. 61:483-92. doi:10.1038/sj.ejcn.1602551	Intervention/Exposure
1114	Jenkins, DJ, Kendall, CW, Popovich, DG, Vidgen, E, Mehling, CC, Vuksan, V, Ransom, TP, Rao, AV, Rosenberg-Zand, R, Tariq, N, Corey, P, Jones, PJ, Raeini, M, Story, JA, Furumoto, EJ, Illingworth, DR, Pappu, AS, Connelly, PW. Effect of a very-high-fiber vegetable, fruit, and nut diet on serum lipids and colonic function. Metabolism. 2001. 50:494-503. doi:10.1053/meta.2001.21037	Intervention/Exposure; Study duration

No.	Citation	Rationale
1115	Jenkins, DJ, Kendall, CW, Vidgen, E, Mehling, CC, Parker, T, Seyler, H, Faulkner, D, Garsetti, M, Griffin, LC, Agarwal, S, Rao, AV, Cunnane, SC, Ryan, MA, Connelly, PW, Leiter, LA, Vuksan, V, Josse, R. The effect on serum lipids and oxidized low-density lipoprotein of supplementing self-selected low-fat diets with soluble-fiber, soy, and vegetable protein foods. Metabolism. 2000. 49:67-72. doi:10.1016/s0026-0495(00)90738-8	Intervention/Exposure
1116	Jenkins, DJ, Wong, JM, Kendall, CW, Esfahani, A, Ng, VW, Leong, TC, Faulkner, DA, Vidgen, E, Paul, G, Mukherjea, R, Krul, ES, Singer, W. Effect of a 6-month vegan low-carbohydrate ('Eco-Atkins') diet on cardiovascular risk factors and body weight in hyperlipidaemic adults: a randomised controlled trial. BMJ Open. 2014. 4:e003505. doi:10.1136/bmjopen-2013-003505	Power/Size
1117	Jessri, M, Ng, AP, L'Abbe, MR. Adapting the Healthy Eating Index 2010 for the Canadian Population: Evidence from the Canadian National Nutrition Survey. Nutrients. 2017. 9:. doi:10.3390/nu9080910	Study Design
1118	Jessri, M, Nishi, SK, L'Abbe, MR. Assessing the Nutritional Quality of Diets of Canadian Adults Using the 2014 Health Canada Surveillance Tool Tier System. Nutrients. 2015. 7:10447-68. doi:10.3390/nu7125543	Study Design; Outcome
1119	Jiang, J, Liu, M, Troy, LM, Bangalore, S, Hayes, RB, Parekh, N. Concordance with DASH diet and blood pressure change: results from the Framingham Offspring Study (1991-2008). J Hypertens. 2015. 33:2223-30. doi:10.1097/hjh.0000000000000710	Outcome
1120	Jiang, L, Audouze, K, Romero Herrera, JA, Angquist, LH, Kjaerulff, SK, Izarzugaza, JMG, Tjonneland, A, Halkjaer, J, Overvad, K, Sorensen, TIA, Brunak, S. Conflicting associations between dietary patterns and changes of anthropometric traits across subgroups of middle-aged women and men. Clin Nutr. 2019. :. doi:10.1016/j.clnu.2019.02.003	Intervention/Exposure
1121	Jiang, L, Huang, H, Johnson, A, Dill, EJ, Beals, J, Manson, SM, Roubideaux, Y. Socioeconomic Disparities in Weight and Behavioral Outcomes Among American Indian and Alaska Native Participants of a Translational Lifestyle Intervention Project. Diabetes Care. 2015. 38:2090-9. doi:10.2337/dc15-0394	Intervention/Exposure
1122	Jimenez Jaime, T, Leiva Balich, L, Barrera Acevedo, G, de la Maza Cave, MP, Hirsch Birn, S, Henriquez Parada, S, Rodriguez Silva, J, Bunout Barnett, D. Effect of calorie restriction on energy expenditure in overweight and obese adult women. Nutr Hosp. 2015. 31:2428-36. doi:10.3305/nh.2015.31.6.8782	Study Design; Intervention/Exposure
1123	Jimenez, AM, Oliva, SL, Vilar, EG, De Cuevillas, B, Morais Moreno, MDC, Gabella De Prado, J, Diaz, EA, Mauro Martin, IS. The Mediterranean diet pattern with intermittent semi-fasting may facilitate weight loss: Randomised controlled trial. Mediterranean Journal of Nutrition and Metabolism. 2019. 12:153-161. doi:10.3233/MNM-180257	Intervention/Exposure; Study duration
1124	Jimenez-Gomez, Y, Cruz-Teno, C, Rangel-Zuniga, OA, Peinado, JR, Perez-Martinez, P, Delgado-Lista, J, Garcia-Rios, A, Camargo, A, Vazquez-Martinez, R, Ortega-Bellido, M, Perez-Jimenez, F, Roche, HM, Malagon, MM, Lopez-Miranda, J. Effect of dietary fat modification on subcutaneous white adipose tissue insulin sensitivity in patients with metabolic syndrome. Mol Nutr Food Res. 2014. 58:2177-88. doi:10.1002/mnfr.201300901	Intervention/Exposure; Health Status
1125	Jin, Y, Kanaya, AM, Kandula, NR, Rodriguez, LA, Talegawkar, SA. Vegetarian Diets Are Associated with Selected Cardiometabolic Risk Factors among Middle-Older Aged South Asians in the United States. J Nutr. 2018. 148:1954-1960. doi:10.1093/jn/nxy217	Study Design

No.	Citation	Rationale
1126	Jitnarin, N, Kosulwat, V, Rojroongwasinkul, N, Boonpraderm, A, Haddock, CK, Poston, WS. Risk factors for overweight and obesity among Thai adults: results of the National Thai Food Consumption Survey. Nutrients. 2010. 2:60-74. doi:10.3390/nu20100060	Study Design
1127	Jobs, E, Adamsson, V, Larsson, A, Jobs, M, Nerpin, E, Ingelsson, E, Arnlov, J, Riserus, U. Influence of a prudent diet on circulating cathepsin S in humans. Nutr J. 2014. 13:84. doi:10.1186/1475-2891-13-84	Comparator; Outcome
1128	Johansson-Persson, A, Ulmius, M, Cloetens, L, Karhu, T, Herzig, KH, Onning, G. A high intake of dietary fiber influences C-reactive protein and fibrinogen, but not glucose and lipid metabolism, in mildly hypercholesterolemic subjects. Eur J Nutr. 2014. 53:39-48. doi:10.1007/s00394-013-0496-8	Intervention/Exposure
1129	Johns, DJ, Lindroos, AK, Jebb, SA, Sjostrom, L, Carlsson, LM, Ambrosini, GL. Tracking of a dietary pattern and its components over 10-years in the severely obese. PLoS One. 2014. 9:e97457. doi:10.1371/journal.pone.0097457	Outcome
1130	Johnson, C, Chaput, JP, Rioux, F, Diasparra, M, Richard, C, Dubois, L. An exploration of reported food intake among inmates who gained body weight during incarceration in Canadian federal penitentiaries. PLoS One. 2018. 13:e0208768. doi:10.1371/journal.pone.0208768	Study Design; Intervention/Exposure
1131	Johnson, L, Mander, AP, Jones, LR, Emmett, PM, Jebb, SA. A prospective analysis of dietary energy density at age 5 and 7 years and fatness at 9 years among UK children. Int J Obes (Lond). 2008. 32:586-93. doi:10.1038/sj.ijo.0803746	Power/Size
1132	Johnson, L, Mander, AP, Jones, LR, Emmett, PM, Jebb, SA. Energy-dense, low-fiber, high-fat dietary pattern is associated with increased fatness in childhood. Am J Clin Nutr. 2008. 87:846-54. doi:10.1093/ajcn/87.4.846	Power/Size
1133	Johnson, NA, Stannard, SR, Mehalski, K, Trenell, MI, Sachinwalla, T, Thompson, CH, Thompson, MW. Intramyocellular triacylglycerol in prolonged cycling with high- and low-carbohydrate availability. J Appl Physiol (1985). 2003. 94:1365-72. doi:10.1152/japplphysiol.00833.2002	Study duration
1134	Johnson, NA, Stannard, SR, Rowlands, DS, Chapman, PG, Thompson, CH, O'Connor, H, Sachinwalla, T, Thompson, MW. Effect of short-term starvation versus high-fat diet on intramyocellular triglyceride accumulation and insulin resistance in physically fit men. Exp Physiol. 2006. 91:693-703. doi:10.1113/expphysiol.2006.033399	Study duration
1135	Johnson, NA, Stannard, SR, Rowlands, DS, Chapman, PG, Thompson, CH, Sachinwalla, T, Thompson, MW. Short-term suppression of plasma free fatty acids fails to improve insulin sensitivity when intramyocellular lipid is elevated. Diabet Med. 2006. 23:1061-8. doi:10.1111/j.1464-5491.2006.01952.x	Study duration
1136	Johnston, C, Cosgrove, K. Consistency of adherence to a vegan diet on acid-base balance: a randomized controlled trial in healthy omnivore college students. FASEB journal. 2017. 31:. doi:unavailable	Publication Status
1137	Johnston, CS, Tjonn, SL, Swan, PD, White, A, Hutchins, H, Sears, B. Ketogenic low-carbohydrate diets have no metabolic advantage over nonketogenic low-carbohydrate diets. Am J Clin Nutr. 2006. 83:1055-61. doi:10.1093/ajcn/83.5.1055	Study duration
1138	Johnston, CS, Tjonn, SL, Swan, PD. High-protein, low-fat diets are effective for weight loss and favorably alter biomarkers in healthy adults. J Nutr. 2004. 134:586-91. doi:10.1093/jn/134.3.586	Study duration

No.	Citation	Rationale
1139	Johnstone, AM, Horgan, GW, Murison, SD, Bremner, DM, Lobley, GE. Effects of a high-protein ketogenic diet on hunger, appetite, and weight loss in obese men feeding ad libitum. Am J Clin Nutr. 2008. 87:44-55. doi:10.1093/ajcn/87.1.44	Study duration
1140	Johnstone, AM, Lobley, GE, Horgan, GW, Bremner, DM, Fyfe, CL, Morrice, PC, Duthie, GG. Effects of a high-protein, low-carbohydrate v. high-protein, moderate-carbohydrate weight-loss diet on antioxidant status, endothelial markers and plasma indices of the cardiometabolic profile. Br J Nutr. 2011. 106:282-91. doi:10.1017/s0007114511000092	Study duration
1141	Jones, JL, Comperatore, M, Barona, J, Calle, MC, Andersen, C, McIntosh, M, Najm, W, Lerman, RH, Fernandez, ML. A Mediterranean-style, low-glycemic-load diet decreases atherogenic lipoproteins and reduces lipoprotein (a) and oxidized low-density lipoprotein in women with metabolic syndrome. Metabolism. 2012. 61:366-72. doi:10.1016/j.metabol.2011.07.013	Intervention/Exposure; Comparator
1142	Jones, JL, Fernandez, ML, McIntosh, MS, Najm, W, Calle, MC, Kalynych, C, Vukich, C, Barona, J, Ackermann, D, Kim, JE, Kumar, V, Lott, M, Volek, JS, Lerman, RH. A Mediterranean-style low-glycemic-load diet improves variables of metabolic syndrome in women, and addition of a phytochemical-rich medical food enhances benefits on lipoprotein metabolism. J Clin Lipidol. 2011. 5:188-196. doi:10.1016/j.jacl.2011.03.002	Intervention/Exposure; Comparator
1143	Jones, RB, Alderete, TL, Kim, JS, Millstein, J, Gilliland, FD, Goran, MI. High intake of dietary fructose in overweight/obese teenagers associated with depletion of Eubacterium and Streptococcus in gut microbiome. Gut Microbes. 2019. :1-8. doi:10.1080/19490976.2019.1592420	Study Design; Intervention/Exposure
1144	Joo, NS, Park, YW, Park, KH, Kim, CW, Kim, BT. Application of Protein-Rich Oriental Diet in a community-based obesity control program. Yonsei Med J. 2011. 52:249-56. doi:10.3349/ymj.2011.52.2.249	Study duration
1145	Joost, U, Villa, I, Comasco, E, Oreland, L, Veidebaum, T, Harro, J. Association between Transcription Factor AP-2B genotype, obesity, insulin resistance and dietary intake in a longitudinal birth cohort study. Int J Obes (Lond). 2019. 43:2095-2106. doi:10.1038/s41366-019-0396-y	Study Design; Intervention/Exposure
1146	Josse, AR, Atkinson, SA, Tarnopolsky, MA, Phillips, SM. Consumption of higher dairy and dietary protein during diet- and exercise-induced weight loss promotes a metabolically favourable body composition change in overweight and obese young women. FASEB journal. 2011. 25:. doi:unavailable	Publication Status
1147	Josse, AR, Atkinson, SA, Tarnopolsky, MA, Phillips, SM. Increased consumption of dairy foods and protein during diet- and exercise-induced weight loss promotes fat mass loss and lean mass gain in overweight and obese premenopausal women. J Nutr. 2011. 141:1626-34. doi:10.3945/jn.111.141028	Intervention/Exposure
1148	Juanola-Falgarona, M, Salas-Salvado, J, Ibarrola-Jurado, N, Rabassa-Soler, A, Bullo, M. Effect of dietary glycemic index and glycemic load on body weight and cardiovascular risk factors: the GLYNDIET Study. Obesity facts. 2013. 6:111. doi:unavailable	Intervention/Exposure
1149	Juanola-Falgarona, M, Salas-Salvado, J, Ibarrola-Jurado, N, Rabassa-Soler, A, Diaz-Lopez, A, Guasch-Ferre, M, Hernandez-Alonso, P, Balanza, R, Bullo, M. Effect of the glycemic index of the diet on weight loss, modulation of satiety, inflammation, and other metabolic risk factors: a randomized controlled trial. Am J Clin Nutr. 2014. 100:27-35. doi:10.3945/ajcn.113.081216	Weight loss/Hypocaloric

No.	Citation	Rationale
1150	Julia, C, Ducrot, P, Lassale, C, Fezeu, L, Mejean, C, Peneau, S, Touvier, M, Hercberg, S, Kesse-Guyot, E. Prospective associations between a dietary index based on the British Food Standard Agency nutrient profiling system and 13-year weight gain in the SU.VI.MAX cohort. Prev Med. 2015. 81:189-94. doi:10.1016/j.ypmed.2015.08.022	Intervention/Exposure
1151	Julia, C, Fezeu, LK, Ducrot, P, Mejean, C, Peneau, S, Touvier, M, Hercberg, S, Kesse-Guyot, E. The Nutrient Profile of Foods Consumed Using the British Food Standards Agency Nutrient Profiling System Is Associated with Metabolic Syndrome in the SU.VI.MAX Cohort. J Nutr. 2015. 145:2355-61. doi:10.3945/jn.115.213629	Intervention/Exposure
1152	Julibert, A, Bibiloni, MDM, Bouzas, C, Martinez-Gonzalez, MA, Salas-Salvado, J, Corella, D, Zomeno, MD, Romaguera, D, Vioque, J, Alonso-Gomez, AM, Warnberg, J, Martinez, JA, Serra-Majem, L, Estruch, R, Tinahones, FJ, Lapetra, J, Pinto, X, Lopez-Miranda, J, Garcia-Molina, L, Gaforio, JJ, Matia-Martin, P, Daimiel, L, Martin-Sanchez, V, Vidal, J, Vazquez, C, Ros, E, Toledo, E, Becerra-Tomas, N, Portoles, O, Perez-Vega, KA, Fiol, M, Torres-Collado, L, Tojal-Sierra, L, Carabano-Moral, R, Abete, I, Sanchez-Villegas, A, Casas, R, Bernal-Lopez, MR, Santos-Lozano, JM, Galera, A, Ugarriza, L, Ruiz-Canela, M, Babio, N, Coltell, O, Schroder, H, Konieczna, J, Orozco-Beltran, D, Sorto-Sanchez, C, Eguaras, S, Barrubes, L, Fito, M, Tur, JA, Investigators, PP. Total and Subtypes of Dietary Fat Intake and Its Association with Components of the Metabolic Syndrome in a Mediterranean Population at High Cardiovascular Risk. Nutrients. 2019. 11:. doi:10.3390/nu11071493	Study Design; Intervention/Exposure
1153	Jung, YP, Byrd, M, Baetge, C, Lockard, B, Levers, K, Galvan, E, Jagim, A, Simbo, S, Oliver, JM, Koozehchian, M, etal, . Adherence to a high protein and low fat energy-restricted diet while participating in a circuit resistance-exercise program promotes fat loss with no loss in fat free mass in postmenopausal women. FASEB journal. 2013. 27:. doi:unavailable	Publication Status
1154	Jurado-Fasoli, L, De-la, OA, Castillo, MJ, Amaro-Gahete, FJ. Dietary differences between metabolically healthy overweight-obese and metabolically unhealthy overweight-obese adults. Br J Nutr. 2019. :1-21. doi:10.1017/s0007114519002071	Study Design; Intervention/Exposure
1155	Juraschek, SP, Appel, LJ, Anderson, CA, Miller, ER, 3rd. Effect of a high-protein diet on kidney function in healthy adults: results from the OmniHeart trial. Am J Kidney Dis. 2013. 61:547-54. doi:10.1053/j.ajkd.2012.10.017	Study duration
1156	Juraschek, SP, Gelber, AC, Choi, HK, Appel, LJ, Miller, ER, 3rd. Effects of the Dietary Approaches to Stop Hypertension (DASH) Diet and Sodium Intake on Serum Uric Acid. Arthritis Rheumatol. 2016. 68:3002-3009. doi:10.1002/art.39813	Outcome
1157	Juraschek, SP, Miller, ER, 3rd, Selvin, E, Carey, VJ, Appel, LJ, Christenson, RH, Sacks, FM. Effect of type and amount of dietary carbohydrate on biomarkers of glucose homeostasis and C reactive protein in overweight or obese adults: results from the OmniCarb trial. BMJ Open Diabetes Res Care. 2016. 4:e000276. doi:10.1136/bmjdrc-2016-000276	Study duration
1158	Juraschek, SP, Miller, ER, 3rd, Weaver, CM, Appel, LJ. Effects of Sodium Reduction and the DASH Diet in Relation to Baseline Blood Pressure. J Am Coll Cardiol. 2017. 70:2841-2848. doi:10.1016/j.jacc.2017.10.011	Study duration
1159	Juraschek, SP, Woodward, M, Sacks, FM, Carey, VJ, Miller, ER, 3rd, Appel, LJ. Time Course of Change in Blood Pressure From Sodium Reduction and the DASH Diet. Hypertension. 2017. 70:923-929. doi:10.1161/hypertensionaha.117.10017	Study duration
1160	Kahleova, H, Fleeman, R, Hlozkova, A, Holubkov, R, Barnard, ND. A plant-based diet in overweight individuals in a 16-week randomized clinical trial: metabolic benefits of plant protein. Nutr Diabetes. 2018. 8:58. doi:10.1038/s41387-018-0067-4	Data overlap with included article

No.	Citation	Rationale
1161	Kahleova, H, Hlozkova, A, Fleeman, R, Fletcher, K, Holubkov, R, Barnard, ND. Fat Quantity and Quality, as Part of a Low-Fat, Vegan Diet, Are Associated with Changes in Body Composition, Insulin Resistance, and Insulin Secretion. A 16-Week Randomized Controlled Trial. Nutrients. 2019. 11:. doi:10.3390/nu11030615	Data overlap with included article
1162	Kahleova, H, Tura, A, Hill, M, Holubkov, R, Barnard, N. A plant-based diet improves beta-cell function and insulin resistance in overweight adults-a 16-week randomized clinical trial. Diabetes. 2018. 67:A78-. doi:unavailable	Publication Status
1163	Kahleova, H, Tura, A, Hill, M, Holubkov, R, Barnard, ND. A Plant-Based Dietary Intervention Improves Beta-Cell Function and Insulin Resistance in Overweight Adults: A 16-Week Randomized Clinical Trial. Nutrients. 2018. 10:. doi:10.3390/nu10020189	Data overlap with included article
1164	Kaippert, VC, Dos Santos Lopes, MCO, De Carvalho, PD, Rosado, EL. Effects of unsaturated fatty acids on weight loss, body composition and obesity related biomarkers. Diabetology & metabolic syndrome. 2015. 7:59-. doi:unavailable	Publication Status
1165	Kaitosaari, T, Ronnemaa, T, Viikari, J, Raitakari, O, Arffman, M, Marniemi, J, Kallio, K, Pahkala, K, Jokinen, E, Simell, O. Low-saturated fat dietary counseling starting in infancy improves insulin sensitivity in 9-year-old healthy children: the Special Turku Coronary Risk Factor Intervention Project for Children (STRIP) study. Diabetes Care. 2006. 29:781-5. doi:10.2337/diacare.29.04.06.dc05-1523	Intervention/Exposure
1166	Kalantarian, S, Rimm, EB, Herrington, DM, Mozaffarian, D. Dietary macronutrients, genetic variation, and progression of coronary atherosclerosis among women. Am Heart J. 2014. 167:627-635.e1. doi:10.1016/j.ahj.2014.01.001	Intervention/Exposure
1167	Kanamori, K, Ihana-Sugiyama, N, Yamamoto-Honda, R, Nakamura, T, Sobe, C, Kamiya, S, Kishimoto, M, Kajio, H, Kawano, K, Noda, M. Postprandial Glucose Surges after Extremely Low Carbohydrate Diet in Healthy Adults. Tohoku J Exp Med. 2017. 243:35-39. doi:10.1620/tjem.243.35	Study duration
1168	Kang, HJ, Jun, DW, Lee, SM, Jang, EC, Cho, YK. Low salt and low calorie diet does not reduce more body fat than same calorie diet: a randomized controlled study. Oncotarget. 2018. 9:8521-8530. doi:10.18632/oncotarget.23959	Intervention/Exposure
1169	Kang, SH, Cho, KH, Do, JY. Association Between the Modified Dietary Approaches to Stop Hypertension and Metabolic Syndrome in Postmenopausal Women Without Diabetes. Metab Syndr Relat Disord. 2018. 16:282-289. doi:10.1089/met.2018.0007	Study Design; Intervention/Exposure
1170	Kanikowska, D, Sikorska, D, Kuczynska, B, Grzymislawski, M, Breborowicz, A, Witowski, J. Do medical students adhere to advice regarding a healthy lifestyle? A pilot study of BMI and some aspects of lifestyle in medical students in Poland. Adv Clin Exp Med. 2017. 26:1391-1398. doi:10.17219/acem/65783	Study Design; Intervention/Exposure
1171	Kant, AK, Graubard, BI. Energy density of diets reported by American adults: association with food group intake, nutrient intake, and body weight. Int J Obes (Lond). 2005. 29:950-6. doi:10.1038/sj.ijo.0802980	Study Design
1172	Kant, AK, Leitzmann, MF, Park, Y, Hollenbeck, A, Schatzkin, A. Patterns of recommended dietary behaviors predict subsequent risk of mortality in a large cohort of men and women in the United States. J Nutr. 2009. 139:1374-80. doi:10.3945/jn.109.104505	Publication Date Overlaps with Existing Review

No.	Citation	Rationale
1173	Kao, HN, Yang, JH, Hsia, CH, Chen, CY, Lim, SY, Chien, YW. The effect of high protein diet on weight reduction and maintenance in overweight adults. FASEB journal. 2013. 27:. doi:unavailable	Publication Status
1174	Kapelios, CJ, Kyriazis, I, Ioannidis, I, Dimosthenopoulos, C, Hatziagelaki, E, Liatis, S. Diet, life-style and cardiovascular morbidity in the rural, free living population of Elafonisos island. BMC Public Health. 2017. 17:147. doi:10.1186/s12889-017-4053-x	Study Design
1175	Kapetanakis, M, Liuba, P, Odermarsky, M, Lundgren, J, Hallbook, T. Effects of ketogenic diet on vascular function. Eur J Paediatr Neurol. 2014. 18:489-94. doi:10.1016/j.ejpn.2014.03.006	Health Status
1176	Kaplan, RJ, Greenwood, CE, Winocur, G, Wolever, TM. Cognitive performance is associated with glucose regulation in healthy elderly persons and can be enhanced with glucose and dietary carbohydrates. Am J Clin Nutr. 2000. 72:825-36. doi:10.1093/ajcn/72.3.825	Study duration
1177	Kapoor, D, Iqbal, R, Singh, K, Jaacks, LM, Shivashankar, R, Sudha, V, Anjana, RM, Kadir, M, Mohan, V, Ali, MK, Narayan, KM, Tandon, N, Prabhakaran, D, Merchant, AT. Association of dietary patterns and dietary diversity with cardiometabolic disease risk factors among adults in South Asia: The CARRS study. Asia Pac J Clin Nutr. 2018. 27:1332-1343. doi:10.6133/apjcn.201811_27(6).0021	Country
1178	Karanja, N, Erlinger, TP, Pao-Hwa, L, Miller, IiiER, Bray, GA. The DASH diet for high blood pressure: From clinical trial to dinner table. Cleveland Clinic Journal of Medicine. 2004. 71:745-753. doi:10.3949/ccjm.71.9.745	Study Design
1179	Karfopoulou, E, Brikou, D, Mamalaki, E, Bersimis, F, Anastasiou, CA, Hill, JO, Yannakoulia, M. Dietary patterns in weight loss maintenance: results from the MedWeight study. Eur J Nutr. 2017. 56:991-1002. doi:10.1007/s00394-015-1147-z	Study Design
1180	Karl, JP, Roberts, SB, Schaefer, EJ, Gleason, JA, Fuss, P, Rasmussen, H, Saltzman, E, Das, SK. Effects of carbohydrate quantity and glycemic index on resting metabolic rate and body composition during weight loss. Obesity (Silver Spring). 2015. 23:2190-8. doi:10.1002/oby.21268	Intervention/Exposure
1181	Karwacki-Marugg, C, Huddy, K, Bernstein, B, Whitaker, M, Pranitis, L, Morse, B, Colangelo, R, Stuart, M, O'Donnell, M, Kelsey, AM. Support for Women Achieving Cardiovascular Health Through Exercise And Nutrition (SWAN) Study Pilot. Conn Med. 2016. 80:69-74. doi:unavailable	Study Design
1182	Kasai, M, Maki, H, Nosaka, N, Aoyama, T, Ooyama, K, Uto, H, Okazaki, M, Igarashi, O, Kondo, K. Effect of medium-chain triglycerides on the postprandial triglyceride concentration in healthy men. Biosci Biotechnol Biochem. 2003. 67:46-53. doi:10.1271/bbb.67.46	Study duration
1183	Kasim-Karakas, SE, Almario, RU, Mueller, WM, Peerson, J. Changes in plasma lipoproteins during low-fat, high-carbohydrate diets: effects of energy intake. Am J Clin Nutr. 2000. 71:1439-47. doi:10.1093/ajcn/71.6.1439	Study Design; Intervention/Exposure
1184	Kasim-Karakas, SE, Tsodikov, A, Singh, U, Jialal, I. Responses of inflammatory markers to a low-fat, high-carbohydrate diet: effects of energy intake. Am J Clin Nutr. 2006. 83:774-9. doi:10.1093/ajcn/83.4.774	Study Design; Intervention/Exposure

No.	Citation	Rationale
1185	Katsa, ME, Ioannidis, A, Zyga, S, Tsironi, M, Koutsovitis, P, Chatzipanagiotou, S, Panagiotakos, D, Sachlas, A, Kolovos, P, Routsi, K, Pistikou, AM, Kougioumtzi Dimoliani, DE, Rojas Gil, AP. The Effect of Nutrition and Sleep Habits on Predisposition for Metabolic Syndrome in Greek Children. J Pediatr Nurs. 2018. 40:e2-e8. doi:10.1016/j.pedn.2018.01.012	Study Design; Intervention/Exposure
1186	Katsiki, N, Mikhailidis, DP. The Mediterranean diet in the primary prevention of CVD. Cardiology Review. 2013. 29:. doi:unavailable	Study Design
1187	Katzmarzyk, PT, Barreira, TV, Broyles, ST, Champagne, CM, Chaput, JP, Fogelholm, M, Hu, G, Johnson, WD, Kuriyan, R, Kurpad, A, Lambert, EV, Maher, C, Maia, J, Matsudo, V, Olds, T, Onywera, V, Sarmiento, OL, Standage, M, Tremblay, MS, Tudor-Locke, C, Zhao, P, Church, TS. Relationship between lifestyle behaviors and obesity in children ages 9-11: Results from a 12-country study. Obesity (Silver Spring). 2015. 23:1696-702. doi:10.1002/oby.21152	Study Design
1188	Kaur, B, Ranawana, V, Teh, AL, Henry, CJK. The impact of a low glycemic index (GI) breakfast and snack on daily blood glucose profiles and food intake in young Chinese adult males. J Clin Transl Endocrinol. 2015. 2:92-98. doi:10.1016/j.jcte.2015.05.002	Intervention/Exposure
1189	Kawamura, A, Kajiya, K, Kishi, H, Inagaki, J, Mitarai, M, Oda, H, Umemoto, S, Kobayashi, S. Effects of the DASH-JUMP dietary intervention in Japanese participants with high-normal blood pressure and stage 1 hypertension: an open-label single-arm trial. Hypertens Res. 2016. 39:777-785. doi:10.1038/hr.2016.76	Study Design; Intervention/Exposure
1190	Kawamura, A, Kajiya, K, Kishi, H, Inagaki, J, Mitarai, M, Oda, H, Umemoto, S, Kobayashi, S. The Nutritional Characteristics of the Hypotensive WASHOKU-modified DASH Diet: A Sub-analysis of the DASH-JUMP Study. Curr Hypertens Rev. 2018. 14:56-65. doi:10.2174/1573402114666180405100430	Study Design
1191	Ke, Q, Chen, C, He, F, Ye, Y, Bai, X, Cai, L, Xia, M. Association between dietary protein intake and type 2 diabetes varies by dietary pattern. Diabetol Metab Syndr. 2018. 10:48. doi:10.1186/s13098-018-0350-5	Study Design; Country
1192	Kell, KP, Judd, SE, Pearson, KE, Shikany, JM, Fernandez, JR. Associations between socio-economic status and dietary patterns in US black and white adults. Br J Nutr. 2015. 113:1792-9. doi:10.1017/s0007114515000938	Study Design; Outcome
1193	Kent, L, Morton, D, Rankin, P, Ward, E, Grant, R, Gobble, J, Diehl, H. The effect of a low-fat, plant-based lifestyle intervention (CHIP) on serum HDL levels and the implications for metabolic syndrome status - a cohort study. Nutr Metab (Lond). 2013. 10:58. doi:10.1186/1743-7075-10-58	Study Design; Intervention/Exposure
1194	Kent, LM, Grant, RS, Watts, G, Morton, DP, Rankin, PM, Ward, EJ. HDL subfraction changes with a low-fat, plant-based Complete Health Improvement Program (CHIP). Asia Pac J Clin Nutr. 2018. 27:1002-1009. doi:10.6133/apjcn.052018.05	Study Design; Comparator
1195	Keogh, JB, Brinkworth, GD, Clifton, PM. Effects of weight loss on a low-carbohydrate diet on flow-mediated dilatation, adhesion molecules and adiponectin. Br J Nutr. 2007. 98:852-9. doi:10.1017/s0007114507747815	Weight loss/Hypocaloric
1196	Keogh, JB, Brinkworth, GD, Noakes, M, Belobrajdic, DP, Buckley, JD, Clifton, PM. Effects of weight loss from a very-low-carbohydrate diet on endothelial function and markers of cardiovascular disease risk in subjects with abdominal obesity. Am J Clin Nutr. 2008. 87:567-76. doi:10.1093/ajcn/87.3.567	Study duration

No.	Citation	Rationale
1197	Keogh, JB, Grieger, JA, Noakes, M, Clifton, PM. Flow-mediated dilatation is impaired by a high-saturated fat diet but not by a high-carbohydrate diet. Arterioscler Thromb Vasc Biol. 2005. 25:1274-9. doi:10.1161/01.ATV.0000163185.28245.a1	Study duration
1198	Keogh, JB, Luscombe-Marsh, ND, Noakes, M, Wittert, GA, Clifton, PM. Long-term weight maintenance and cardiovascular risk factors are not different following weight loss on carbohydrate-restricted diets high in either monounsaturated fat or protein in obese hyperinsulinaemic men and women. Br J Nutr. 2007. 97:405-10. doi:10.1017/s0007114507252687	Weight loss/Hypocaloric
1199	Kephart, WC, Pledge, CD, Roberson, PA, Mumford, PW, Romero, MA, Mobley, CB, Martin, JS, Young, KC, Lowery, RP, Wilson, JM, Huggins, KW, Roberts, MD. The Three-Month Effects of a Ketogenic Diet on Body Composition, Blood Parameters, and Performance Metrics in CrossFit Trainees: A Pilot Study. Sports (Basel). 2018. 6:. doi:10.3390/sports6010001	Intervention/Exposure; Comparator
1200	Kerksick, C, Thomas, A, Campbell, B, Taylor, L, Wilborn, C, Marcello, B, Roberts, M, Pfau, E, Grimstvedt, M, Opusunju, J, Magrans-Courtney, T, Rasmussen, C, Wilson, R, Kreider, RB. Effects of a popular exercise and weight loss program on weight loss, body composition, energy expenditure and health in obese women. Nutr Metab (Lond). 2009. 6:23. doi:10.1186/1743-7075-6-23	Intervention/Exposure; Publication Status
1201	Kerksick, CM, Wismann-Bunn, J, Fogt, D, Thomas, AR, Taylor, L, Campbell, BI, Wilborn, CD, Harvey, T, Roberts, MD, La Bounty, P, Galbreath, M, Marcello, B, Rasmussen, CJ, Kreider, RB. Changes in weight loss, body composition and cardiovascular disease risk after altering macronutrient distributions during a regular exercise program in obese women. Nutr J. 2010. 9:59. doi:10.1186/1475-2891-9-59	Study duration
1202	Kesse-Guyot, E, Bertrais, S, Péneau, S, Estaquio, C, Dauchet, L, Vergnaud, AC, Czernichow, S, Galan, P, Hercberg, S, Bellisle, F. Dietary patterns and their sociodemographic and behavioural correlates in French middle-aged adults from the SU.VI.MAX cohort. European Journal of Clinical Nutrition. 2009. 63:521-528. doi:10.1038/sj.ejcn.1602978	Study Design
1203	Kesse-Guyot, E, Fezeu, L, Galan, P, Hercberg, S, Czernichow, S, Castetbon, K. Adherence to French nutritional guidelines is associated with lower risk of metabolic syndrome. Journal of Nutrition. 2011. 141:1134-1139. doi:10.3945/jn.110.136317	Outcome; Publication Date Overlaps with Existing Review
1204	Kesse-Guyot, E, Touvier, M, Henegar, A, Czernichow, S, Galan, P, Hercberg, S, Castetbon, K. Higher adherence to French dietary guidelines and chronic diseases in the prospective SU.VI.MAX cohort. European Journal of Clinical Nutrition. 2011. 65:887-894. doi:10.1038/ejcn.2011.61	Publication Date Overlaps with Existing Review
1205	Kessler, K, Hornemann, S, Petzke, KJ, Kemper, M, Kramer, A, Pfeiffer, AF, Pivovarova, O, Rudovich, N. The effect of diurnal distribution of carbohydrates and fat on glycaemic control in humans: a randomized controlled trial. Sci Rep. 2017. 7:44170. doi:10.1038/srep44170	Study duration
1206	Keyserling, TC, Samuel-Hodge, CD, Pitts, SJ, Garcia, BA, Johnston, LF, Gizlice, Z, Miller, CL, Braxton, DF, Evenson, KR, Smith, JC, Davis, GB, Quenum, EL, Elliott, NT, Gross, MD, Donahue, KE, Halladay, JR, Ammerman, AS. A community-based lifestyle and weight loss intervention promoting a Mediterranean-style diet pattern evaluated in the stroke belt of North Carolina: the Heart Healthy Lenoir Project. BMC Public Health. 2016. 16:732. doi:10.1186/s12889-016-3370-9	Intervention/Exposure

No.	Citation	Rationale
1207	Khakimov, B, Poulsen, SK, Savorani, F, Acar, E, Gurdeniz, G, Larsen, TM, Astrup, A, Dragsted, LO, Engelsen, SB. New Nordic Diet versus Average Danish Diet: A Randomized Controlled Trial Revealed Healthy Long-Term Effects of the New Nordic Diet by GC-MS Blood Plasma Metabolomics. J Proteome Res. 2016. 15:1939-54. doi:10.1021/acs.jproteome.6b00109	Intervention/Exposure; Outcome
1208	Khalil, H, Murrin, C, O'Reilly, M, Viljoen, K, Segurado, R, O'Brien, J, Somerville, R, McGillicuddy, F, Kelleher, CC. Total HDL cholesterol efflux capacity in healthy children - Associations with adiposity and dietary intakes of mother and child. Nutr Metab Cardiovasc Dis. 2017. 27:70-77. doi:10.1016/j.numecd.2016.10.002	Intervention/Exposure; Outcome
1209	Kheirat, F, Merzouk, H, Saidi Merzouk, A, Merzouk, SA, Belarbi, B. One year changes in biochemical and redox markers in training menopausal women with adherence to Mediterranean diet. Science and Sports. 2018. 33:e25-e32. doi:10.1016/j.scispo.2017.07.013	Study Design; Intervention/Exposure
1210	Khera, AV, Plutzky, J. Management of low levels of high-density lipoprotein-cholesterol. Circulation. 2013. 128:72-78. doi:10.1161/CIRCULATIONAHA.112.000443	Study Design
1211	Kilinç, FN, Çağdaş, D. Evaluation of body compositions, dietary habits and nutritional knowledge of health college students. Turk Pediatri Arsivi. 2012. 47:181-188. doi:10.4274/tpa.842	Study Design; Language
1212	Kim, HS, Demyen, MF, Mathew, J, Kothari, N, Feurdean, M, Ahlawat, SK. Obesity, Metabolic Syndrome, and Cardiovascular Risk in Gluten-Free Followers Without Celiac Disease in the United States: Results from the National Health and Nutrition Examination Survey 2009-2014. Dig Dis Sci. 2017. 62:2440-2448. doi:10.1007/s10620-017-4583-1	Study Design
1213	Kim, IY, Schutzler, SE, Azhar, G, Wolfe, RR, Ferrando, AA, Coker, RH. Short term elevation in dietary protein intake does not worsen insulin resistance or lipids in older adults with metabolic syndrome: a randomized-controlled trial. BMC Nutr. 2017. 3:. doi:10.1186/s40795-017-0152-4	Intervention/Exposure
1214	Kim, J, Kim, J. Association between Fruit and Vegetable Consumption and Risk of Hypertension in Middle-Aged and Older Korean Adults. J Acad Nutr Diet. 2018. 118:1438-1449.e5. doi:10.1016/j.jand.2017.08.122	Intervention/Exposure; Outcome
1215	Kim, M, Tanaka, K. Non-high-density lipoprotein cholesterol changes in middle-aged obese men with and without metabolic syndrome during weight loss. Metabolic Syndrome and Related Disorders. 2014. 12:464-471. doi:10.1089/met.2014.0032	Study Design
1216	Kim, MH, Bae, YJ. Comparative Study of Serum Leptin and Insulin Resistance Levels Between Korean Postmenopausal Vegetarian and Non-vegetarian Women. Clin Nutr Res. 2015. 4:175-81. doi:10.7762/cnr.2015.4.3.175	Study Design; Intervention/Exposure
1217	Kim, MH, Bae, YJ. Postmenopausal vegetarians' low serum ferritin level may reduce the risk for metabolic syndrome. Biological Trace Element Research. 2012. 149:34-41. doi:10.1007/s12011-012-9405-x	Study Design
1218	Kim, MK. Effects of low calorie diet-induced weight loss on post-exercise heart rate recovery in obese men. J Exerc Nutrition Biochem. 2014. 18:181-8. doi:10.5717/jenb.2014.18.2.181	Intervention/Exposure; Outcome
1219	Kim, N, Seo, DC, King, MH, Lederer, AM, Sovinski, D. Long-term predictors of blood pressure among adolescents during an 18-month school-based obesity prevention intervention. Journal of Adolescent Health. 2014. 55:521-527. doi:10.1016/j.jadohealth.2014.04.011	Intervention/Exposure

No.	Citation	Rationale
1220	Kim, SA, Ha, K, Ahn, S, Ham, D, Kim, S, Joung, H. A randomized clinical trial for the effects of rice-based Korean diet on cardiovascular risk factors in Korean adults. FASEB journal. 2017. 31:. doi:unavailable	Publication Status
1221	Kim, Y, Keogh, JB, Clifton, PM. Consumption of red and processed meat and refined grains for 4weeks decreases insulin sensitivity in insulin-resistant adults: A randomized crossover study. Metabolism. 2017. 68:173-183. doi:10.1016/j.metabol.2016.12.011	Study duration
1222	Kim, Y, Keogh, JB, Clifton, PM. Differential Effects of Red Meat/Refined Grain Diet and Dairy/Chicken/Nuts/Whole Grain Diet on Glucose, Insulin and Triglyceride in a Randomized Crossover Study. Nutrients. 2016. 8:. doi:10.3390/nu8110687	Study duration
1223	Kim, Y, Keogh, JB, Clifton, PM. Effects of Two Different Dietary Patterns on Inflammatory Markers, Advanced Glycation End Products and Lipids in Subjects without Type 2 Diabetes: A Randomised Crossover Study. Nutrients. 2017. 9:. doi:10.3390/nu9040336	Study duration
1224	Kimokoti, RW, Brown, LS. Dietary management of the metabolic syndrome. Clinical Pharmacology and Therapeutics. 2011. 90:184-187. doi:10.1038/clpt.2011.92	Study Design
1225	Kimokoti, RW, Gona, P, Zhu, L, Newby, PK, Millen, BE, Brown, LS, D'Agostino, RB, Fung, TT. Dietary patterns of women are associated with incident abdominal obesity but not metabolic syndrome. Journal of Nutrition. 2012. 142:1720-1727. doi:10.3945/jn.112.162479	Intervention/Exposure; Publication Date Overlaps with Existing Review
1226	Kimokoti, RW, Newby, PK, Gona, P, Zhu, L, Campbell, WR, D'Agostino, RB, Millen, BE. Stability of the Framingham Nutritional Risk Score and its component nutrients over 8 years: The Framingham Nutrition Studies. European Journal of Clinical Nutrition. 2012. 66:336-344. doi:10.1038/ejcn.2011.167	Study Design; Intervention/Exposure
1227	Kimokoti, RW, Newby, PK, Gona, P, Zhu, L, Jasuja, GK, Pencina, MJ, McKeon-O'Malley, C, Fox, CS, D'Agostino, RB, Millen, BE. Diet quality, physical activity, smoking status, and weight fluctuation are associated with weight change in women and men. Journal of Nutrition. 2010. 140:1287-1293. doi:10.3945/jn.109.120808	Intervention/Exposure
1228	Kineish, O, Stentz, FB, Kitabchi, AE. Effect of high protein vs high carbohydrate diets on satiety and cardiovascular factors. Journal of investigative medicine. 2013. 61:496. doi:10.231/JIM.0b013e3182820c55	Publication Status
1229	Kirk, E, Reeds, DN, Finck, BN, Mayurranjan, SM, Patterson, BW, Klein, S. Dietary fat and carbohydrates differentially alter insulin sensitivity during caloric restriction. Gastroenterology. 2009. 136:1552-60. doi:10.1053/j.gastro.2009.01.048	Study duration
1230	Kirk, S, Brehm, B, Saelens, BE, Woo, JG, Kissel, E, D'Alessio, D, Bolling, C, Daniels, SR. Role of carbohydrate modification in weight management among obese children: a randomized clinical trial. J Pediatr. 2012. 161:320-7.e1. doi:10.1016/j.jpeds.2012.01.041	Weight loss/Hypocaloric
1231	Kirk, S, Woo, JG, Brehm, B, Daniels, SR, Saelens, BE. Changes in Eating Behaviors of Children with Obesity in Response to Carbohydrate-Modified and Portion-Controlled Diets. Child Obes. 2017. 13:377-383. doi:10.1089/chi.2017.0020	Intervention/Exposure; Outcome

No.	Citation	Rationale
1232	Kirk, S, Woo, JG, Jones, MN, Siegel, RM. Increased frequency of dietitian visits is associated with improved body mass index outcomes in obese youth participating in a comprehensive pediatric weight management program. Child Obes. 2015. 11:202-8. doi:10.1089/chi.2014.0079	Intervention/Exposure
1233	Kirkegaard, H, Stovring, H, Rasmussen, KM, Abrams, B, Sørensen, TIA, Nohr, EA. Maternal weight change from prepregnancy to 7 years postpartum - The influence of behavioral factors. Obesity. 2015. 23:870-878. doi:10.1002/oby.21022	Participants
1234	Kirkwood, L, Aldujaili, E, Drummond, S. Effects of advice on dietary intake and/or physical activity on body composition, blood lipids and insulin resistance following a low-fat, sucrose-containing, high-carbohydrate, energy-restricted diet. Int J Food Sci Nutr. 2007. 58:383-97. doi:10.1080/09637480701252336	Weight loss/Hypocaloric
1235	Kistorp, C, Bliddal, H, Goetze, JP, Christensen, R, Faber, J. Cardiac natriuretic peptides in plasma increase after dietary induced weight loss in obesity. BMC Obes. 2014. 1:24. doi:10.1186/s40608-014-0024-2	Intervention/Exposure
1236	Kitabchi, AE, Brewer, A, Wan, J, Sands, C, Stentz, FB. Remission of impaired glucose tolerance (IGT) to normal glucose tolerance (NGT) in obese adults with high protein vs. High carbohydrate diet. Diabetes. 2015. 64:A23-A24. doi:10.2337/db151385	Publication Status
1237	Kitabchi, AE, Stentz, FB, Nyenwe, EA, McDaniel, KA, Tylavsky, FA, Wan, JY, Sands, CW. Effect of macronutrients on markers of oxidative stress, proinflammatory cytokines, adipokines, CV risk factors and lipid peroxidation in obese non-diabetic women. Diabetes. 2012. 61:A11. doi:10.2337/db12-1-377	Intervention/Exposure
1238	Klass, DM, Buhrmann, K, Sauter, G, Del Puppo, M, Scheibner, J, Fuchs, M, Stange, EF. Biliary lipids, cholesterol and bile synthesis: different adaptive mechanisms to dietary cholesterol in lean and obese subjects. Aliment Pharmacol Ther. 2006. 23:895-905. doi:10.1111/j.1365-2036.2006.02836.x	Study duration
1239	Kleiner, RE, Hutchins, AM, Johnston, CS, Swan, PD. Effects of an 8-week high-protein or high-carbohydrate diet in adults with hyperinsulinemia. MedGenMed. 2006. 8:39. doi:unavailable	Intervention/Exposure
1240	Klempel, MC, Kroeger, CM, Norkeviciute, E, Goslawski, M, Phillips, SA, Varady, KA. Benefit of a low-fat over high-fat diet on vascular health during alternate day fasting. Nutr Diabetes. 2013. 3:e71. doi:10.1038/nutd.2013.14	Intervention/Exposure; Outcome
1241	Klempel, MC, Kroeger, CM, Varady, KA. Alternate day fasting (ADF) with a high-fat diet produces similar weight loss and cardio-protection as ADF with a low-fat diet. Metabolism. 2013. 62:137-43. doi:10.1016/j.metabol.2012.07.002	Intervention/Exposure
1242	Klemsdal, TO, Holme, I, Nerland, H, Pedersen, TR, Tonstad, S. Effects of a low glycemic load diet versus a low-fat diet in subjects with and without the metabolic syndrome. Nutr Metab Cardiovasc Dis. 2010. 20:195-201. doi:10.1016/j.numecd.2009.03.010	Weight loss/Hypocaloric
1243	Klonizakis, M, Grammatikopoulou, MG, Theodoridis, X, Milner, M, Liu, Y, Chourdakis, M. Effects of Long-Versus Short-Term Exposure to the Mediterranean Diet on Skin Microvascular Function and Quality of Life of Healthy Adults in Greece and the UK. Nutrients. 2019. 11:. doi:10.3390/nu11102487	Study duration
1244	Knopp, RH, Paramsothy, P, Retzlaff, BM, Dowdy, A, Fish, B. Undesirable effects of extreme dietary carbohydrate and saturated fat intakes: the search for the middle ground. Curr Atheroscler Rep. 2005. 7:409-11. doi:unavailable	Study Design; Publication Status

No.	Citation	Rationale
1245	Knopp, RH, Retzlaff, B, Walden, C, Fish, B, Buck, B, McCann, B. One-year effects of increasingly fat-restricted, carbohydrate-enriched diets on lipoprotein levels in free-living subjects. Proc Soc Exp Biol Med. 2000. 225:191-9. doi:10.1046/j.1525-1373.2000.22524.x	Study Design; Intervention/Exposure
1246	Koebnick, C, Plank-Habibi, S, Wirsam, B, Gruendel, S, Hahn, A, Meyer-Kleine, C, Leitzmann, C, Zunft, HJ. Double-blind, randomized feedback control fails to improve the hypocholesterolemic effect of a plant-based low-fat diet in patients with moderately elevated total cholesterol levels. Eur J Clin Nutr. 2004. 58:1402-9. doi:10.1038/sj.ejcn.1601984	Study duration
1247	Koebnick, C, Plank-Habibi, S, Wirsam, B, Gruendel, S, Hahn, A, Meyer-Kleine, C, Leitzmann, C, Zunft, HJF. Double-blind, randomized feedback controls fails to improve the hypocholesterolemic effect of a plant-based low-fat diet in patients with moderately elevated total cholesterol levels. European Journal of Clinical Nutrition. 2004. 58:1402-1409. doi:10.1038/sj.ejcn.1601984	Study duration
1248	Kohler, B, Andreen, I. Body weight maintenance and levels of mutans streptococci and lactobacilli in a group of Swedish women seven years after completion of a Weight Watchers' diet. Swed Dent J. 2011. 35:101-9. doi:unavailable	Intervention/Exposure
1249	Kokanovic, A, Mandic, ML, Banjari, I. Does individual dietary intervention have any impact on adolescents with cardiovascular health risks?. Med Glas (Zenica). 2014. 11:234-7. doi:unavailable	Study Design
1250	Kokkinos, P, Moutsatsos, G. Obesity and cardiovascular disease: The role of diet and physical activity. Journal of Cardiopulmonary Rehabilitation. 2004. 24:197-203. doi:10.1097/00008483-200405000-00011	Study Design
1251	Kolahdooz, F, Nader, F, Daemi, M, Jang, SL, Johnston, N, Sharma, S. Prevalence of Known Risk Factors for Type 2 Diabetes Mellitus in Multiethnic Urban Youth in Edmonton: Findings From the WHY ACT NOW Project. Can J Diabetes. 2019. 43:207-214. doi:10.1016/j.jcjd.2018.10.002	Intervention/Exposure
1252	Kolehmainen, M, Ulven, SM, Paananen, J, de Mello, V, Schwab, U, Carlberg, C, Myhrstad, M, Pihlajamaki, J, Dungner, E, Sjolin, E, Gunnarsdottir, I, Cloetens, L, Landin-Olsson, M, Akesson, B, Rosqvist, F, Hukkanen, J, Herzig, KH, Dragsted, LO, Savolainen, MJ, Brader, L, Hermansen, K, Riserus, U, Thorsdottir, I, Poutanen, KS, Uusitupa, M, Arner, P, Dahlman, I. Healthy Nordic diet downregulates the expression of genes involved in inflammation in subcutaneous adipose tissue in individuals with features of the metabolic syndrome. Am J Clin Nutr. 2015. 101:228-39. doi:10.3945/ajcn.114.092783	Outcome
1253	Komiyama, N, Saito, T, Hosaka, Y, Aida, K, Kaneko, T, Sato, A, Onaya, T, Kobayashi, T, Tawata, M. Effects of a 4-week 70% high carbohydrate/15% low fat diet on glucose tolerance and on lipid profiles. Diabetes Res Clin Pract. 2004. 64:11-8. doi:10.1016/j.diabres.2003.10.002	Study duration
1254	Kong, AP, Choi, KC, Chan, RS, Lok, K, Ozaki, R, Li, AM, Ho, CS, Chan, MH, Sea, M, Henry, CJ, Chan, JC, Woo, J. A randomized controlled trial to investigate the impact of a low glycemic index (GI) diet on body mass index in obese adolescents. BMC Public Health. 2014. 14:180. doi:10.1186/1471-2458-14-180	Weight loss/Hypocaloric
1255	Kong, LC, Holmes, BA, Cotillard, A, Habi-Rachedi, F, Brazeilles, R, Gougis, S, Gausseres, N, Cani, PD, Fellahi, S, Bastard, JP, Kennedy, SP, Dore, J, Ehrlich, SD, Zucker, JD, Rizkalla, SW, Clement, K. Dietary patterns differently associate with inflammation and gut microbiota in overweight and obese subjects. PLoS One. 2014. 9:e109434. doi:10.1371/journal.pone.0109434	Study Design

No.	Citation	Rationale
1256	Koopman, KE, Booij, J, Fliers, E, La Fleur, SE, Serlie, MJ. A hypercaloric high fat high sugar diet decreases diencephalic serotonin transporters in humans. Clinical nutrition, supplement. 2012. 7:30. doi:10.1016/S1744-1161%2812%2970065-0	Publication Status
1257	Kouris-Blazos, A, Itsiopoulos, C. Low all-cause mortality despite high cardiovascular risk in elderly Greek-born Australians: attenuating potential of diet?. Asia Pacific journal of clinical nutrition. 2014. 23:532-544. doi:10.6133/apjcn.2014.23.4.16	Study Design
1258	Koutsari, C, Malkova, D, Hardman, AE. Postprandial lipemia after short-term variation in dietary fat and carbohydrate. Metabolism. 2000. 49:1150-5. doi:10.1053/meta.2000.8612	Study duration
1259	Koutsari, C, Sidossis, LS. Effect of isoenergetic low- and high-carbohydrate diets on substrate kinetics and oxidation in healthy men. Br J Nutr. 2003. 90:413-8. doi:10.1079/bjn2003894	Study duration
1260	Kouvari, M, Notara, V, Panagiotakos, DB, Michalopoulou, M, Vassileiou, N, Papataxiarchis, E, Tzanoglou, D, Mantas, Y, Kogias, Y, Stravopodis, P, Papanagnou, G, Zombolos, S, Pitsavos, C. Exclusive olive oil consumption and 10-year (2004-2014) acute coronary syndrome incidence among cardiac patients: the GREECS observational study. J Hum Nutr Diet. 2016. 29:354-62. doi:10.1111/jhn.12324	Health Status
1261	Kovell, LC, Yeung, EH, Miller, ER, 3rd, Appel, LJ, Christenson, RH, Rebuck, H, Schulman, SP, Juraschek, SP. Healthy diet reduces markers of cardiac injury and inflammation regardless of macronutrients: Results from the OmniHeart trial. Int J Cardiol. 2019. :. doi:10.1016/j.ijcard.2019.07.102	Study duration
1262	Krajcovicova-Kudlackova, M, Blazicek, P, Babinska, K, Kopcova, J, Klvanova, J, Bederova, A, Magalova, T. Traditional and alternative nutrition--levels of homocysteine and lipid parameters in adults. Scand J Clin Lab Invest. 2000. 60:657-64. doi:10.1080/00365510050216385	Study Design
1263	Kralova Lesna, I, Suchanek, P, Brabcova, E, Kovar, J, Malinska, H, Poledne, R. Effect of different types of dietary fatty acids on subclinical inflammation in humans. Physiol Res. 2013. 62:145-52. doi:unavailable	Intervention/Exposure; Study duration
1264	Kramer, CS, Szmidt, MK, Sicinska, E, Brzozowska, A, Santoro, A, Franceschi, C, de Groot, Lcpgm, Berendsen, AAM. The Elderly-Nutrient Rich Food Score Is Associated With Biochemical Markers of Nutritional Status in European Older Adults. Front Nutr. 2019. 6:150. doi:10.3389/fnut.2019.00150	Study Design; Outcome
1265	Krasevec, J, An, X, Kumapley, R, Bégin, F, Frongillo, EA. Diet quality and risk of stunting among infants and young children in low- and middle-income countries. Maternal and Child Nutrition. 2017. 13:. doi:10.1111/mcn.12430	Country; AGE: Intervention/Exposure
1266	Kratz, M, Weigle, DS, Breen, PA, Meeuws, KE, Burden, VR, Callahan, HS, Matthys, CC, Purnell, JQ. Exchanging carbohydrate or protein for fat improves lipid-related cardiovascular risk profile in overweight men and women when consumed ad libitum. J Investig Med. 2010. 58:711-9. doi:10.231/JIM.0b013e3181da4d37	Study Design; Intervention/Exposure
1267	Krauss, RM, Blanche, PJ, Rawlings, RS, Fernstrom, HS, Williams, PT. Separate effects of reduced carbohydrate intake and weight loss on atherogenic dyslipidemia. Am J Clin Nutr. 2006. 83:1025-31; quiz 1205. doi:10.1093/ajcn/83.5.1025	Weight loss/Hypocaloric
1268	Krebs, NF, Gao, D, Gralla, J, Collins, JS, Johnson, SL. Efficacy and safety of a high protein, low carbohydrate diet for weight loss in severely obese adolescents. J Pediatr. 2010. 157:252-8. doi:10.1016/j.jpeds.2010.02.010	Weight loss/Hypocaloric

No.	Citation	Rationale
1269	Kreider, RB, Rasmussen, C, Kerksick, CM, Wilborn, C, Taylor, th L, Campbell, B, Magrans-Courtney, T, Fogt, D, Ferreira, M, Li, R, Galbreath, M, Iosia, M, Cooke, M, Serra, M, Gutierrez, J, Byrd, M, Kresta, JY, Simbo, S, Oliver, J, Greenwood, M. A carbohydrate-restricted diet during resistance training promotes more favorable changes in body composition and markers of health in obese women with and without insulin resistance. Phys Sportsmed. 2011. 39:27-40. doi:10.3810/psm.2011.05.1893	Study duration
1270	Krieger, JP, Pestoni, G, Cabaset, S, Brombach, C, Sych, J, Schader, C, Faeh, D, Rohrmann, S. Dietary Patterns and Their Sociodemographic and Lifestyle Determinants in Switzerland: Results from the National Nutrition Survey menuCH. Nutrients. 2018. 11:. doi:10.3390/nu11010062	Study Design
1271	Krishnan, S, Adams, SH, Allen, LH, Laugero, KD, Newman, JW, Stephensen, CB, Burnett, DJ, Witbracht, M, Welch, LC, Que, ES, Keim, NL. A randomized controlled-feeding trial based on the Dietary Guidelines for Americans on cardiometabolic health indexes. Am J Clin Nutr. 2018. 108:266-278. doi:10.1093/ajcn/nqy113	Study duration
1272	Krishnan, S, Steffen, LM, Paton, CM, Cooper, JA. Impact of dietary fat composition on prediabetes: a 12-year follow-up study. Public Health Nutr. 2017. 20:1617-1626. doi:10.1017/s1368980016003669	Intervention/Exposure; Outcome
1273	Krokstad, S, Ding, D, Grunseit, AC, Sund, ER, Holmen, TL, Rangul, V, Bauman, A. Multiple lifestyle behaviours and mortality, findings from a large population-based Norwegian cohort study - The HUNT Study. BMC Public Health. 2017. 17:58. doi:10.1186/s12889-016-3993-x	Intervention/Exposure
1274	Kromhout, D, Menotti, A, Alberti-Fidanza, A, Puddu, PE, Hollman, P, Kafatos, A, Tolonen, H, Adachi, H, Jacobs, DR, Jr. Comparative ecologic relationships of saturated fat, sucrose, food groups, and a Mediterranean food pattern score to 50-year coronary heart disease mortality rates among 16 cohorts of the Seven Countries Study. Eur J Clin Nutr. 2018. 72:1103-1110. doi:10.1038/s41430-018-0183-1	Study Design
1275	Krzyminiewski, R, Mrozinska, G, Dobosz, B. The impact of Fruit-Vegetable Diet on High Signal Resolution Pulse Wave (HSR-PW) Parameters. J Nutr Health Aging. 2018. 22:420-424. doi:10.1007/s12603-017-0944-x	Intervention/Exposure; Study duration
1276	Kucharska, A, Gajewska, D, Kiedrowski, M, Sinska, B, Juszczyk, G, Czerw, A, Augustynowicz, A, Bobinski, K, Deptala, A, Niegowska, J. The impact of individualised nutritional therapy according to DASH diet on blood pressure, body mass, and selected biochemical parameters in overweight/obese patients with primary arterial hypertension: a prospective randomised study. Kardiol Pol. 2018. 76:158-165. doi:10.5603/KP.a2017.0184	Weight loss/Hypocaloric
1277	Kuchta, A, Lebiedzinska, A, Fijalkowski, M, Galaska, R, Kreft, E, Toton, M, Czaja, K, Kozlowska, A, Cwiklinska, A, Kortas-Stempak, B, Strzelecki, A, Gliwinska, A, Dabkowski, K, Jankowski, M. Impact of plant-based diet on lipid risk factors for atherosclerosis. Cardiol J. 2016. 23:141-8. doi:10.5603/CJ.a2016.0002	Study Design
1278	Kunesova, M, Braunerova, R, Hlavaty, P, Tvrzicka, E, Stankova, B, Skrha, J, Hilgertova, J, Hill, M, Kopecky, J, Wagenknecht, M, Hainer, V, Matoulek, M, Parizkova, J, Zak, A, Svacina, S. The influence of n-3 polyunsaturated fatty acids and very low calorie diet during a short-term weight reducing regimen on weight loss and serum fatty acid composition in severely obese women. Physiol Res. 2006. 55:63-72. doi:unavailable	Study duration

No.	Citation	Rationale
1279	Kurihara, A, Okamura, T, Sugiyama, D, Higashiyama, A, Watanabe, M, Okuda, N, Kadota, A, Miyagawa, N, Fujiyoshi, A, Yoshita, K, Ohkubo, T, Okayama, A, Miura, K, Ueshima, H. Vegetable Protein Intake was Inversely Associated with Cardiovascular Mortality in a 15-Year Follow-Up Study of the General Japanese Population. J Atheroscler Thromb. 2019. 26:198-206. doi:10.5551/jat.44172	Intervention/Exposure
1280	Kurka, JM, Buman, MP, Ainsworth, BE. Validity of the Rapid Eating Assessment for Patients for assessing dietary patterns in NCAA athletes. J Int Soc Sports Nutr. 2014. 11:42. doi:10.1186/s12970-014-0042-y	Study Design; Outcome
1281	Kurotani, K, Nanri, A, Goto, A, Mizoue, T, Noda, M, Oba, S, Sawada, N, Tsugane, S. Cholesterol and egg intakes and the risk of type 2 diabetes: the Japan Public Health Center-based Prospective Study. Br J Nutr. 2014. 112:1636-43. doi:10.1017/s000711451400258x	Intervention/Exposure
1282	Kuzawa, CW, Adair, LS, Avila, JL, Cadungog, JH, Le, NA. Atherogenic lipid profiles in Filipino adolescents with low body mass index and low dietary fat intake. Am J Hum Biol. 2003. 15:688-96. doi:10.1002/ajhb.10200	Study Design
1283	Kwagyan, J, Retta, TM, Ketete, M, Bettencourt, CN, Maqbool, AR, Xu, S, Randall, OS. Obesity and Cardiovascular Diseases in a High-Risk Population: Evidence-Based Approach to CHD Risk Reduction. Ethn Dis. 2015. 25:208-13. doi:unavailable	Intervention/Exposure
1284	Kwasniewska, M, Pikala, M, Bielecki, W, Aranowska, A, Waskiewicz, A, Kozakiewicz, K, Tykarski, A, Pajak, A, Zdrojewski, T, Drygas, W. Ten-year changes in the prevalence of healthy lifestyle behaviors and factors among Polish Adults. Results of the National Multicenter Health Surveys WOBASZ (2003-2005) and WOBASZ II (2013-2014). European journal of preventive cardiology. 2017. 24:S12-. doi:unavailable	Publication Status
1285	Kwon, HN, Nam, SS, Park, YK. Effect on 12-week Intensive Dietary and Exercise Program on Weight Reduction and Maintenance in Obese Women with Weight Cycling History. Clin Nutr Res. 2017. 6:183-197. doi:10.7762/cnr.2017.6.3.183	Intervention/Exposure
1286	Kynde, I, Johnsen, NF, Wedderkopp, N, Bygbjerg, IB, Helge, JW, Heitmann, BL. Intake of total dietary sugar and fibre is associated with insulin resistance among Danish 8-10- and 14-16-year-old girls but not boys. European Youth Heart Studies I and II. Public Health Nutr. 2010. 13:1669-74. doi:10.1017/s1368980010000285	Intervention/Exposure
1287	La Spina, P, Savica, R, Ciacciarelli, A, Cotroneo, M, Dell'Aera, C, Grillo, F, Casella, C, Fazio, MC, Trimarchi, G, Musolino, RF. Eating habits in the population of the Aeolian Islands: an observational study. Public Health Nutr. 2018. :1-7. doi:10.1017/s1368980018003397	Study Design
1288	La Verde, M, Mule, S, Zappala, G, Privitera, G, Maugeri, G, Pecora, F, Marranzano, M. Higher adherence to the Mediterranean diet is inversely associated with having hypertension: is low salt intake a mediating factor?. Int J Food Sci Nutr. 2018. 69:235-244. doi:10.1080/09637486.2017.1350941	Study Design; Outcome
1289	Labayen Goni, I, Arenaza, L, Medrano, M, Garcia, N, Cadenas-Sanchez, C, Ortega, FB. Associations between the adherence to the Mediterranean diet and cardiorespiratory fitness with total and central obesity in preschool children: the PREFIT project. Eur J Nutr. 2018. 57:2975-2983. doi:10.1007/s00394-017-1571-3	Study Design

No.	Citation	Rationale
1290	Labayen, I, Diez, N, Gonzalez, A, Parra, D, Martinez, JA. Effects of protein vs. carbohydrate-rich diets on fuel utilisation in obese women during weight loss. Forum Nutr. 2003. 56:168-70. doi:unavailable	Weight loss/Hypocaloric; Study duration
1291	Labayen, I, Margareto, J, Maldonado-Martin, S, Gorostegi, I, Illera, M, Medrano, M, Barrenechea, L, Larrarte, E. Independent and combined influence of the FTO rs9939609 and MC4Rrs17782313 polymorphisms on hypocaloric diet induced changes in body mass and composition and energy metabolism in non-morbid obese premenopausal women. Nutr Hosp. 2015. 31:2025-32. doi:10.3305/nh.2015.31.5.8666	Intervention/Exposure
1292	Labayen, I, Ruiz, JR, Ortega, FB, Huybrechts, I, Rodriguez, G, Jimenez-Pavon, D, Roccaldo, R, Nova, E, Widhalm, K, Kafatos, A, Molnar, D, Androutsos, O, Moreno, LA. High fat diets are associated with higher abdominal adiposity regardless of physical activity in adolescents; the HELENA study. Clin Nutr. 2014. 33:859-66. doi:10.1016/j.clnu.2013.10.008	Study Design
1293	LaFountain, RA, Miller, VJ, Barnhart, EC, Hyde, PN, Crabtree, CD, McSwiney, FT, Beeler, MK, Buga, A, Sapper, TN, Short, JA, Bowling, ML, Kraemer, WJ, Simonetti, OP, Maresh, CM, Volek, JS. Extended Ketogenic Diet and Physical Training Intervention in Military Personnel. Mil Med. 2019. :. doi:10.1093/milmed/usz046	Intervention/Exposure
1294	Lafrenière, J, Carbonneau, É, Laramée, C, Corneau, L, Robitaille, J, Labonté, M, Lamarche, B, Lemieux, S. Is the Canadian Healthy Eating Index 2007 an Appropriate Diet Indicator of Metabolic Health? Insights from Dietary Pattern Analysis in the PREDISE Study. Nutrients. 2019. 11:. doi:10.3390/nu11071597	Study Design
1295	Lagerpusch, M, Enderle, J, Eggeling, B, Braun, W, Johannsen, M, Pape, D, Muller, MJ, Bosy-Westphal, A. Carbohydrate quality and quantity affect glucose and lipid metabolism during weight regain in healthy men. J Nutr. 2013. 143:1593-601. doi:10.3945/jn.113.179390	Study duration
1296	Lagerpusch, M, Enderle, J, Later, W, Eggeling, B, Pape, D, Muller, MJ, Bosy-Westphal, A. Impact of glycaemic index and dietary fibre on insulin sensitivity during the refeeding phase of a weight cycle in young healthy men. Br J Nutr. 2013. 109:1606-16. doi:10.1017/s000711451200462x	Study duration
1297	Lagiou, P, Sandin, S, Lof, M, Trichopoulos, D, Adami, HO, Weiderpass, E. Low carbohydrate-high protein diet and incidence of cardiovascular diseases in Swedish women: prospective cohort study. Bmj. 2012. 344:e4026. doi:10.1136/bmj.e4026	Intervention/Exposure
1298	Lagiou, P, Sandin, S, Weiderpass, E, Lagiou, A, Mucci, L, Trichopoulos, D, Adami, HO. Low carbohydrate-high protein diet and mortality in a cohort of Swedish women. J Intern Med. 2007. 261:366-74. doi:10.1111/j.1365-2796.2007.01774.x	Intervention/Exposure
1299	Lai, HT, Threapleton, DE, Day, AJ, Williamson, G, Cade, JE, Burley, VJ. Fruit intake and cardiovascular disease mortality in the UK Women's Cohort Study. Eur J Epidemiol. 2015. 30:1035-48. doi:10.1007/s10654-015-0050-5	Intervention/Exposure
1300	Laitinen, TT, Nuotio, J, Juonala, M, Niinikoski, H, Rovio, S, Viikari, JSA, Ronnemaa, T, Magnussen, CG, Jokinen, E, Lagstrom, H, Jula, A, Simell, O, Raitakari, OT, Pahkala, K. Success in Achieving the Targets of the 20-Year Infancy-Onset Dietary Intervention: Association With Insulin Sensitivity and Serum Lipids. Diabetes Care. 2018. 41:2236-2244. doi:10.2337/dc18-0869	Intervention/Exposure; AGE: Intervention/Exposure
1301	Lamarche, B. Dietary sources of saturated fat may influence cardiovascular disease risk. Can Nurse. 2013. 109:19. doi:unavailable	Study Design; Publication Status

No.	Citation	Rationale
1302	Lambert, EA, Phillips, S, Belski, R, Tursunalieva, A, Eikelis, N, Sari, CI, Dixon, JB, Straznicky, N, Grima, M, Head, GA, Schlaich, M, Lambert, GW. Endothelial Function in Healthy Young Individuals Is Associated with Dietary Consumption of Saturated Fat. Front Physiol. 2017. 8:876. doi:10.3389/fphys.2017.00876	Study Design
1303	Lammert, O, Grunnet, N, Faber, P, Bjornsbo, KS, Dich, J, Larsen, LO, Neese, RA, Hellerstein, MK, Quistorff, B. Effects of isoenergetic overfeeding of either carbohydrate or fat in young men. Br J Nutr. 2000. 84:233-45. doi:unavailable	Study duration
1304	Lamri, A, Bonnefond, A, Meyre, D, Balkau, B, Roussel, R, Marre, M, Froguel, P, Fumeron, F. Interaction between GPR120 p.R270H loss-of-function variant and dietary fat intake on incident type 2 diabetes risk in the D.E.S.I.R. study. Nutr Metab Cardiovasc Dis. 2016. 26:931-6. doi:10.1016/j.numecd.2016.04.010	Intervention/Exposure
1305	Lamri-Senhadji, MY, El Kebir, B, Belleville, J, Bouchenak, M. Assessment of dietary consumption and time-course of changes in serum lipids and lipoproteins before, during and after Ramadan in young Algerian adults. Singapore Med J. 2009. 50:288-94. doi:unavailable	Intervention/Exposure
1306	Landers, P, Wolfe, MM, Glore, S, Guild, R, Phillips, L. Effect of weight loss plans on body composition and diet duration. J Okla State Med Assoc. 2002. 95:329-31. doi:unavailable	Intervention/Exposure
1307	Langsetmo, L, Barr, SI, Berger, C, Kreiger, N, Rahme, E, Adachi, JD, Papaioannou, A, Kaiser, SM, Prior, JC, Hanley, DA, Kovacs, CS, Josse, RG, Goltzman, D. Associations of Protein Intake and Protein Source with Bone Mineral Density and Fracture Risk: A Population-Based Cohort Study. J Nutr Health Aging. 2015. 19:861-8. doi:10.1007/s12603-015-0544-6	Intervention/Exposure
1308	Langsetmo, L, Barr, SI, Dasgupta, K, Berger, C, Kovacs, CS, Josse, RG, Adachi, JD, Hanley, DA, Prior, JC, Brown, JP, Morin, SN, Davison, KS, Goltzman, D, Kreiger, N. Dietary patterns in men and women are simultaneously determinants of altered glucose metabolism and bone metabolism. Nutr Res. 2016. 36:328-336. doi:10.1016/j.nutres.2015.12.010	Outcome
1309	Lankinen, M, Schwab, U, Kolehmainen, M, Paananen, J, Nygren, H, Seppanen-Laakso, T, Poutanen, K, Hyotylainen, T, Riserus, U, Savolainen, MJ, Hukkanen, J, Brader, L, Marklund, M, Rosqvist, F, Hermansen, K, Cloetens, L, Onning, G, Thorsdottir, I, Gunnarsdottir, I, Akesson, B, Dragsted, LO, Uusitupa, M, Oresic, M. A Healthy Nordic Diet Alters the Plasma Lipidomic Profile in Adults with Features of Metabolic Syndrome in a Multicenter Randomized Dietary Intervention. J Nutr. 2016. :. doi:10.3945/jn.115.220459	Outcome
1310	Lapetra, J, Lozano-Rodriguez, JM, Miro-Moriano, L, Ortega-Calvo, M, Santos-Lozano, JM, Garcia-Corte, FJ, Caballero-Valderrama, MR, Dominguez-Espinaco, C, Vaquero-Diaz, S, Santos-Calonge, A. Effect of a mediterranean diet on the primary prevention of atrial fibrillation and major cardiovascular events in hypertensive patients with high cardiovascular risk: results of ICFAMED randomized trial. European journal of clinical investigation. 2018. 48:182-183. doi:10.1111/eci.12926	Publication Status
1311	Lapointe, A, Weisnagel, SJ, Provencher, V, Begin, C, Dufour-Bouchard, AA, Trudeau, C, Lemieux, S. Comparison of a dietary intervention promoting high intakes of fruits and vegetables with a low-fat approach: long-term effects on dietary intakes, eating behaviours and body weight in postmenopausal women. Br J Nutr. 2010. 104:1080-90. doi:10.1017/s0007114510001716	Intervention/Exposure; Comparator
1312	Lappalainen, T, Lindstrom, J, Paananen, J, Eriksson, JG, Karhunen, L, Tuomilehto, J, Uusitupa, M. Association of the fat mass and obesity-associated (FTO) gene variant (rs9939609) with dietary intake in the Finnish Diabetes Prevention Study. Br J Nutr. 2012. 108:1859-65. doi:10.1017/s0007114511007410	Intervention/Exposure

No.	Citation	Rationale
1313	Larsen, TM. Nordic diet in obese subjects: results from the SHOPUS study. Annals of nutrition and metabolism. Conference: 12th european nutrition conference, FENS 2015. Berlin germany. Conference start: 20151020. Conference end: 20151023. Conference publication: (var.pagings). 2015. 67:52. doi:10.1159/000440895	Publication Status
1314	Larsen, TM. The nordic diet. Obesity facts. 2014. 7:13-14. doi:10.1159/000363668	Publication Status
1315	Larson-Meyer, DE, Borkhsenious, ON, Gullett, JC, Russell, RR, Devries, MC, Smith, SR, Ravussin, E. Effect of dietary fat on serum and intramyocellular lipids and running performance. Med Sci Sports Exerc. 2008. 40:892-902. doi:10.1249/MSS.0b013e318164cb33	Study duration
1316	Larsson, SC, Akesson, A, Wolk, A. Primary prevention of stroke by a healthy lifestyle in a high-risk group. Neurology. 2015. 84:2224-8. doi:10.1212/wnl.0000000000001637	Intervention/Exposure
1317	Larsson, SC, Wolk, A. Dietary fiber intake is inversely associated with stroke incidence in healthy Swedish adults. J Nutr. 2014. 144:1952-5. doi:10.3945/jn.114.200634	Intervention/Exposure
1318	Lasker, DA, Evans, EM, Layman, DK. Moderate carbohydrate, moderate protein weight loss diet reduces cardiovascular disease risk compared to high carbohydrate, low protein diet in obese adults: A randomized clinical trial. Nutr Metab (Lond). 2008. 5:30. doi:10.1186/1743-7075-5-30	Weight loss/Hypocaloric
1319	Lau, C, Toft, U, Tetens, I, Carstensen, B, Jorgensen, T, Pedersen, O, Borch-Johnsen, K. Dietary patterns predict changes in two-hour post-oral glucose tolerance test plasma glucose concentrations in middle-aged adults. J Nutr. 2009. 139:588-93. doi:10.3945/jn.108.100339	Outcome
1320	Laupsa Borge, J, Veum, VL, Eng, Ø, Rostrup, E, Larsen, TH, Nordrehaug, J, Nygård, OK, Sagen, JV, Gudbrandsen, OA, Dankel, SN, etal, . Very-high-fat and low-fat isocaloric diets exert similar metabolic benefits but different temporal effects on cardiometabolic risk markers. Obesity facts. 2016. 9:185-186. doi:10.1159/000446744	Publication Status
1321	Lauria, F, Siani, A, Picó, C, Ahrens, W, Bammann, K, De Henauw, S, Foraita, R, Iacoviello, L, Kourides, Y, Marild, S, Molnar, D, Moreno, LA, Pitsiladis, Y, Sánchez, J, Veidebaum, T, Wang, G, Russo, P. A common variant and the transcript levels of MC4R gene are associated with adiposity in children: The IDEFICS study. Journal of Clinical Endocrinology and Metabolism. 2016. 101:4229-4236. doi:10.1210/jc.2016-1992	Intervention/Exposure
1322	Layman, DK, Boileau, RA, Erickson, DJ, Painter, JE, Shiue, H, Sather, C, Christou, DD. A reduced ratio of dietary carbohydrate to protein improves body composition and blood lipid profiles during weight loss in adult women. J Nutr. 2003. 133:411-7. doi:10.1093/jn/133.2.411	Power/Size
1323	Layman, DK, Evans, E, Baum, JI, Seyler, J, Erickson, DJ, Boileau, RA. Dietary protein and exercise have additive effects on body composition during weight loss in adult women. J Nutr. 2005. 135:1903-10. doi:10.1093/jn/135.8.1903	Power/Size
1324	Layman, DK, Evans, EM, Erickson, D, Seyler, J, Weber, J, Bagshaw, D, Griel, A, Psota, T, Kris-Etherton, P. A moderate-protein diet produces sustained weight loss and long-term changes in body composition and blood lipids in obese adults. J Nutr. 2009. 139:514-21. doi:10.3945/jn.108.099440	Weight loss/Hypocaloric

No.	Citation	Rationale
1325	Layman, DK, Shiue, H, Sather, C, Erickson, DJ, Baum, J. Increased dietary protein modifies glucose and insulin homeostasis in adult women during weight loss. J Nutr. 2003. 133:405-10. doi:10.1093/jn/133.2.405	Study duration
1326	Lazarou, C, Karaolis, M, Matalas, AL, Panagiotakos, DB. Dietary patterns analysis using data mining method. An application to data from the CYKIDS study. Computer Methods and Programs in Biomedicine. 2012. 108:706-714. doi:10.1016/j.cmpb.2011.12.011	Study Design; Outcome
1327	Le, T, Flatt, SW, Natarajan, L, Pakiz, B, Quintana, EL, Heath, DD, Rana, BK, Rock, CL. Effects of Diet Composition and Insulin Resistance Status on Plasma Lipid Levels in a Weight Loss Intervention in Women. J Am Heart Assoc. 2016. 5:. doi:10.1161/jaha.115.002771	Intervention/Exposure
1328	Leblanc, V, Begin, C, Hudon, AM, Royer, MM, Corneau, L, Dodin, S, Lemieux, S. Gender differences in the long-term effects of a nutritional intervention program promoting the Mediterranean diet: changes in dietary intakes, eating behaviors, anthropometric and metabolic variables. Nutr J. 2014. 13:107. doi:10.1186/1475-2891-13-107	Intervention/Exposure
1329	Leblanc, V, Hudon, AM, Royer, MM, Corneau, L, Dodin, S, Begin, C, Lemieux, S. Differences between men and women in dietary intakes and metabolic profile in response to a 12-week nutritional intervention promoting the Mediterranean diet. J Nutr Sci. 2015. 4:e13. doi:10.1017/jns.2015.2	Study Design; Intervention/Exposure
1330	Lecheminant, JD, Gibson, CA, Sullivan, DK, Hall, S, Washburn, R, Vernon, MC, Curry, C, Stewart, E, Westman, EC, Donnelly, JE. Comparison of a low carbohydrate and low fat diet for weight maintenance in overweight or obese adults enrolled in a clinical weight management program. Nutr J. 2007. 6:36. doi:10.1186/1475-2891-6-36	Power/Size
1331	LeCheminant, JD, Smith, BK, Westman, EC, Vernon, MC, Donnelly, JE. Comparison of a reduced carbohydrate and reduced fat diet for LDL, HDL, and VLDL subclasses during 9-months of weight maintenance subsequent to weight loss. Lipids Health Dis. 2010. 9:54. doi:10.1186/1476-511x-9-54	Power/Size
1332	Lee, A, Cheung, CK, Lo, K, Keung, VM, Mui, LW, Tam, WWS. Studying Impact of Nutrition on Growth (SING): a prospective cohort for comparing the health outcomes of young children with the dietary quality score. BMJ Open. 2017. 7:e018380. doi:10.1136/bmjopen-2017-018380	Study Design; AGE: Intervention/Exposure
1333	Lee, A, Jeon, KJ, Kim, HK, Han, SN. Effect of a 12-week weight management program on the clinical characteristics and dietary intake of the young obese and the contributing factors to the successful weight loss. Nutr Res Pract. 2014. 8:571-9. doi:10.4162/nrp.2014.8.5.571	Intervention/Exposure
1334	Lee, BR, Ko, YM, Cho, MH, Yoon, YR, Kye, SH, Park, YK. Effects of 12-week Vegetarian Diet on the Nutritional Status, Stress Status and Bowel Habits in Middle School Students and Teachers. Clin Nutr Res. 2016. 5:102-11. doi:10.7762/cnr.2016.5.2.102	Study Design; Intervention/Exposure
1335	Lee, CJ, Kim, JY, Shim, E, Hong, SH, Lee, M, Jeon, JY, Park, S. The Effects of Diet Alone or in Combination with Exercise in Patients with Prehypertension and Hypertension: a Randomized Controlled Trial. Korean Circ J. 2018. 48:637-651. doi:10.4070/kcj.2017.0349	Intervention/Exposure
1336	Lee, CJ, Youn, JC, Lee, SH, Park, S, Kang, SM, Choi, D. Randomized study to determine the effect of unmonitored diet and exercise education on blood pressure (the LSM study). European heart journal. 2015. 36:1184. doi:10.1093/eurheartj/ehv401	Publication Status

No.	Citation	Rationale
1337	Lee, E, Choi, J, Ahn, A, Oh, E, Kweon, H, Cho, D. Acceptable macronutrient distribution ranges and hypertension. Clin Exp Hypertens. 2015. 37:463-7. doi:10.3109/10641963.2015.1013116	Study Design
1338	Lee, HA, Hwang, HJ, Oh, SY, Park, EA, Cho, SJ, Kim, HS, Park, H. The differential effects of changes in individual macronutrient intake on changes in lipid concentrations during childhood: From the Ewha Birth & Growth Cohort. Clin Nutr. 2018. 37:1027-1033. doi:10.1016/j.clnu.2017.04.017	Intervention/Exposure
1339	Lee, HA, Hwang, HJ, Oh, SY, Park, EA, Cho, SJ, Kim, HS, Park, H. Which Diet-Related Behaviors in Childhood Influence a Healthier Dietary Pattern? From the Ewha Birth and Growth Cohort. Nutrients. 2016. 9:. doi:10.3390/nu9010004	Study Design
1340	Lee, HH, Park, HA, Kang, JH, Cho, YG, Park, JK, Lee, R, Yoon, JY, Kim, OH. Factors related to body mass index and body mass index change in korean children: preliminary results from the obesity and metabolic disorders cohort in childhood. Korean J Fam Med. 2012. 33:134-43. doi:10.4082/kjfm.2012.33.3.134	Intervention/Exposure
1341	Lee, J, Kim, J. Association between Dietary Pattern and Incidence of Cholesterolemia in Korean Adults: The Korean Genome and Epidemiology Study. Nutrients. 2018. 10:. doi:10.3390/nu10010053	Study Design; Outcome
1342	Lee, J, Pase, M, Pipingas, A, Raubenheimer, J, Thurgood, M, Villalon, L, Macpherson, H, Gibbs, A, Scholey, A. Switching to a 10-day Mediterranean-style diet improves mood and cardiovascular function in a controlled crossover study. Nutrition. 2015. 31:647-52. doi:10.1016/j.nut.2014.10.008	Study duration
1343	Lee, JK, Kim, H. Effects of the lifestyle modification program to reduce serum lipoprotein(a) and other cardiovascular risk factors in Korean college women. Gazzetta Medica Italiana Archivio per le Scienze Mediche. 2018. 177:468-474. doi:10.23736/S0393-3660.17.03592-6	Intervention/Exposure; Study duration
1344	Lee, KW, Lyu, J, Park, JK, Jo, C, Kim, SS. Dietary carbohydrate quality and quantity in relation to the incidence of type 2 diabetes: A prospective cohort study of middle-aged and older Korean adults. Nutrition. 2019. 57:245-251. doi:10.1016/j.nut.2018.04.011	Intervention/Exposure
1345	Lee, KW, Woo, HD, Cho, MJ, Park, JK, Kim, SS. Identification of Dietary Patterns Associated with Incidence of Hyperglycemia in Middle-Aged and Older Korean Adults. Nutrients. 2019. 11:. doi:10.3390/nu11081801	Outcome
1346	Lee, SK, Novotny, R, Daida, YG, Vijayadeva, V, Gittelsohn, J. Dietary patterns of adolescent girls in Hawaii over a 2-year period. J Am Diet Assoc. 2007. 107:956-61. doi:10.1016/j.jada.2007.03.009	Study Design; Publication Date Overlaps with Existing Review
1347	Lee, TA, Li, Z, Zerlin, A, Heber, D. Effects of dihydrocapsiate on adaptive and diet-induced thermogenesis with a high protein very low calorie diet: a randomized control trial. Nutr Metab (Lond). 2010. 7:78. doi:10.1186/1743-7075-7-78	Intervention/Exposure; Study duration
1348	Lee, Y, Mitchell, DC, Smiciklas-Wright, H, Birch, LL. Diet quality, nutrient intake, weight status, and feeding environments of girls meeting or exceeding recommendations for total dietary fat of the American Academy of Pediatrics. Pediatrics. 2001. 107:E95. doi:10.1542/peds.107.6.e95	Intervention/Exposure; Outcome

No.	Citation	Rationale
1349	Lee, YY, Wan Muda, WAM. Dietary intakes and obesity of Malaysian adults. Nutr Res Pract. 2019. 13:159-168. doi:10.4162/nrp.2019.13.2.159	Study Design
1350	Leech, RM, McNaughton, SA, Timperio, A. Clustering of diet, physical activity and sedentary behaviour among Australian children: cross-sectional and longitudinal associations with overweight and obesity. Int J Obes (Lond). 2015. 39:1079-85. doi:10.1038/ijo.2015.66	Intervention/Exposure
1351	Lefevre, M, Champagne, CM, Tulley, RT, Rood, JC, Most, MM. Individual variability in cardiovascular disease risk factor responses to low-fat and low-saturated-fat diets in men: body mass index, adiposity, and insulin resistance predict changes in LDL cholesterol. Am J Clin Nutr. 2005. 82:957-63; quiz 1145-6. doi:10.1093/ajcn/82.5.957	Study duration
1352	Leichtle, AB, Helmschrodt, C, Ceglarek, U, Shai, I, Henkin, Y, Schwarzfuchs, D, Golan, R, Gepner, Y, Stampfer, MJ, Bluher, M, Stumvoll, M, Thiery, J, Fiedler, GM. Effects of a 2-y dietary weight-loss intervention on cholesterol metabolism in moderately obese men. Am J Clin Nutr. 2011. 94:1189-95. doi:10.3945/ajcn.111.018119	Outcome
1353	Leidy, HJ, Carnell, NS, Mattes, RD, Campbell, WW. Higher protein intake preserves lean mass and satiety with weight loss in pre-obese and obese women. Obesity (Silver Spring). 2007. 15:421-9. doi:10.1038/oby.2007.531	Weight loss/Hypocaloric
1354	Leidy, HJ, Hoertel, HA, Douglas, SM, Higgins, KA, Shafer, RS. A high-protein breakfast prevents body fat gain, through reductions in daily intake and hunger, in "Breakfast skipping" adolescents. Obesity (Silver Spring). 2015. 23:1761-4. doi:10.1002/oby.21185	Intervention/Exposure
1355	Leidy, HJ, Mattes, RD, Campbell, WW. Effects of acute and chronic protein intake on metabolism, appetite, and ghrelin during weight loss. Obesity (Silver Spring). 2007. 15:1215-25. doi:10.1038/oby.2007.143	Study duration
1356	Lelong, H, Blacher, J, Baudry, J, Adriouch, S, Galan, P, Fezeu, L, Hercberg, S, Kesse-Guyot, E. Individual and Combined Effects of Dietary Factors on Risk of Incident Hypertension: Prospective Analysis From the NutriNet-Sante Cohort. Hypertension. 2017. 70:712-720. doi:10.1161/hypertensionaha.117.09622	Outcome
1357	Leme, AC, Philippi, ST. The "Healthy Habits, Healthy Girls" randomized controlled trial for girls: study design, protocol, and baseline results. Cad Saude Publica. 2015. 31:1381-94. doi:10.1590/0102-311x00136014	Study Design; Intervention/Exposure
1358	Leonetti, F, Liguori, A, Petti, F, Rughini, S, Silli, L, Liguori, S, Bangrazi, S. Effects of basic traditional Chinese diet on body mass index, lean body mass, and eating and hunger behaviours in overweight or obese individuals. J Tradit Chin Med. 2016. 36:456-63. doi:unavailable	Study duration
1359	León-Muñoz, LM, Guallar-Castillón, P, López-García, E, Rodríguez-Artalejo, F. Mediterranean Diet and Risk of Frailty in Community-Dwelling Older Adults. Journal of the American Medical Directors Association. 2014. 15:899-903. doi:10.1016/j.jamda.2014.06.013	Outcome
1360	Letois, F, Mura, T, Scali, J, Gutierrez, LA, Féart, C, Berr, C. Nutrition and mortality in the elderly over 10 years of follow-up: The Three-City study. British Journal of Nutrition. 2016. 116:882-889. doi:10.1017/S000711451600266X	Intervention/Exposure; Outcome
1361	Levitan, EB, Mittleman, MA, Wolk, A. Dietary glycemic index, dietary glycemic load, and incidence of heart failure events: a prospective study of middle-aged and elderly women. J Am Coll Nutr. 2010. 29:65-71. doi:10.1080/07315724.2010.10719818	Intervention/Exposure

No.	Citation	Rationale
1362	Lewis, AS, McCourt, HJ, Ennis, CN, Bell, PM, Courtney, CH, McKinley, MC, Young, IS, Hunter, SJ. Comparison of 5% versus 15% sucrose intakes as part of a eucaloric diet in overweight and obese subjects: effects on insulin sensitivity, glucose metabolism, vascular compliance, body composition and lipid profile. A randomised controlled trial. Metabolism. 2013. 62:694-702. doi:10.1016/j.metabol.2012.11.008	Intervention/Exposure; Study duration
1363	Ley, SJ, Metcalf, PA, Scragg, RK, Swinburn, BA. Long-term effects of a reduced fat diet intervention on cardiovascular disease risk factors in individuals with glucose intolerance. Diabetes Res Clin Pract. 2004. 63:103-12. doi:10.1016/j.diabres.2003.09.001	Intervention/Exposure
1364	Li, J, Armstrong, C, Campbell, W. Effects of dietary protein quantity and source in appetite responses in energy-restricted overweight and obese adults. FASEB journal. 2015. 29:. doi:unavailable	Publication Status
1365	Li, J, Armstrong, CL, Campbell, WW. Effects of Dietary Protein Source and Quantity during Weight Loss on Appetite, Energy Expenditure, and Cardio-Metabolic Responses. Nutrients. 2016. 8:63. doi:10.3390/nu8020063	Intervention/Exposure; Study duration
1366	Li, J, Wang, Y. Tracking of dietary intake patterns is associated with baseline characteristics of urban low-income African-American adolescents. J Nutr. 2008. 138:94-100. doi:10.1093/jn/138.1.94	Publication Date Overlaps with Existing Review
1367	Li, M, Shi, Z. Dietary Pattern during 1991-2011 and Its Association with Cardio Metabolic Risks in Chinese Adults: The China Health and Nutrition Survey. Nutrients. 2017. 9:. doi:10.3390/nu9111218	Country
1368	Li, S, Flint, A, Pai, JK, Forman, JP, Hu, FB, Willett, WC, Rexrode, KM, Mukamal, KJ, Rimm, EB. Low carbohydrate diet from plant or animal sources and mortality among myocardial infarction survivors. J Am Heart Assoc. 2014. 3:e001169. doi:10.1161/jaha.114.001169	Health Status
1369	Li, S, Zhu, Y, Chavarro, JE, Bao, W, Tobias, DK, Ley, SH, Forman, JP, Liu, A, Mills, J, Bowers, K, Strom, M, Hansen, S, Hu, FB, Zhang, C. Healthful Dietary Patterns and the Risk of Hypertension Among Women With a History of Gestational Diabetes Mellitus: A Prospective Cohort Study. Hypertension. 2016. 67:1157-65. doi:10.1161/hypertensionaha.115.06747	Outcome
1370	Li, SX, Imamura, F, Schulze, MB, Zheng, J, Ye, Z, Agudo, A, Ardanaz, E, Aune, D, Boeing, H, Dorronsoro, M, Dow, C, Fagherazzi, G, Grioni, S, Gunter, MJ, Huerta, JM, Ibsen, DB, Jakobsen, MU, Kaaks, R, Key, TJ, Khaw, KT, Kyro, C, Mancini, FR, Molina-Portillo, E, Murphy, N, Nilsson, PM, Onland-Moret, NC, Palli, D, Panico, S, Poveda, A, Quiros, JR, Ricceri, F, Sluijs, I, Spijkerman, AMW, Tjonneland, A, Tumino, R, Winkvist, A, Langenberg, C, Sharp, SJ, Riboli, E, Scott, RA, Forouhi, NG, Wareham, NJ. Interplay between genetic predisposition, macronutrient intake and type 2 diabetes incidence: analysis within EPIC-InterAct across eight European countries. Diabetologia. 2018. 61:1325-1332. doi:10.1007/s00125-018-4586-2	Study Design; Intervention/Exposure
1371	Li, XS, Pinto-Martin, JA, Thompson, A, Chittams, J, Kral, TVE. Weight status, diet quality, perceived stress, and functional health of caregivers of children with autism spectrum disorder. J Spec Pediatr Nurs. 2018. 23:. doi:10.1111/jspn.12205	Study Design; Outcome
1372	Li, Y, Ley, SH, Tobias, DK, Chiuve, SE, VanderWeele, TJ, Rich-Edwards, JW, Curhan, GC, Willett, WC, Manson, JE, Hu, FB, Qi, L. Birth weight and later life adherence to unhealthy lifestyles in predicting type 2 diabetes: prospective cohort study. Bmj. 2015. 351:h3672. doi:10.1136/bmj.h3672	Intervention/Exposure

No.	Citation	Rationale
1373	Li, Y, Ley, SH, VanderWeele, TJ, Curhan, GC, Rich-Edwards, JW, Willett, WC, Forman, JP, Hu, FB, Qi, L. Joint association between birth weight at term and later life adherence to a healthy lifestyle with risk of hypertension: a prospective cohort study. BMC Med. 2015. 13:175. doi:10.1186/s12916-015-0409-1	Intervention/Exposure
1374	Li, Z, Tseng, CH, Li, Q, Deng, ML, Wang, M, Heber, D. Clinical efficacy of a medically supervised outpatient high-protein, low-calorie diet program is equivalent in prediabetic, diabetic and normoglycemic obese patients. Nutrition and Diabetes. 2014. 4:. doi:10.1038/nutd.2014.1	Intervention/Exposure
1375	Li, ZK, Tang, H, Gong, RR, Lin, J, Gan, CF, Huang, X, Li, RH, Fang, DZ. No decrease of HDL cholesterol after 6 days of low fat and high carbohydrate diets in a young Chinese Han population. Sichuan Da Xue Xue Bao Yi Xue Ban. 2008. 39:595-600. doi:unavailable	Language; Study duration
1376	Liao, CM, Lin, CM. Life Course Effects of Socioeconomic and Lifestyle Factors on Metabolic Syndrome and 10-Year Risk of Cardiovascular Disease: A Longitudinal Study in Taiwan Adults. Int J Environ Res Public Health. 2018. 15:. doi:10.3390/ijerph15102178	Intervention/Exposure; Country
1377	Liao, D, Asberry, PJ, Shofer, JB, Callahan, H, Matthys, C, Boyko, EJ, Leonetti, D, Kahn, SE, Austin, M, Newell, L, Schwartz, RS, Fujimoto, WY. Improvement of BMI, body composition, and body fat distribution with lifestyle modification in Japanese Americans with impaired glucose tolerance. Diabetes Care. 2002. 25:1504-1510. doi:10.2337/diacare.25.9.1504	Intervention/Exposure; Comparator
1378	Lichtenstein, AH, Ausman, LM, Jalbert, SM, Vilella-Bach, M, Jauhiainen, M, McGladdery, S, Erkkila, AT, Ehnholm, C, Frohlich, J, Schaefer, EJ. Efficacy of a Therapeutic Lifestyle Change/Step 2 diet in moderately hypercholesterolemic middle-aged and elderly female and male subjects. J Lipid Res. 2002. 43:264-73. doi:unavailable	Study duration
1379	Liese, AD, Nichols, M, Sun, X, D'Agostino, RB, Jr, Haffner, SM. Adherence to the DASH Diet is inversely associated with incidence of type 2 diabetes: the insulin resistance atherosclerosis study. Diabetes Care. 2009. 32:1434-6. doi:10.2337/dc09-0228	Publication Date Overlaps with Existing Review
1380	Lim, CC, Hayes, RB, Ahn, J, Shao, Y, Silverman, DT, Jones, RR, Thurston, GD. Mediterranean Diet and the Association Between Air Pollution and Cardiovascular Disease Mortality Risk. Circulation. 2019. 139:1766-1775. doi:10.1161/circulationaha.118.035742	Intervention/Exposure; Outcome
1381	Lim, GB. Hypertension: Low sodium and DASH diet to lower blood pressure. Nat Rev Cardiol. 2018. 15:68. doi:10.1038/nrcardio.2017.214	Publication Status
1382	Lim, H, Kim, SY, Wang, Y, Lee, SJ, Oh, K, Sohn, CY, Moon, YM, Jee, SH. Preservation of a traditional Korean dietary pattern and emergence of a fruit and dairy dietary pattern among adults in South Korea: secular transitions in dietary patterns of a prospective study from 1998 to 2010. Nutr Res. 2014. 34:760-70. doi:10.1016/j.nutres.2014.08.002	Study Design; Outcome
1383	Lim, J, Lee, Y, Shin, S, Lee, HW, Kim, CE, Lee, JK, Lee, SA, Kang, D. An association between diet quality index for Koreans (DQI-K) and total mortality in Health Examinees Gem (HEXA-G) study. Nutr Res Pract. 2018. 12:258-264. doi:10.4162/nrp.2018.12.3.258	Outcome
1384	Lim, S, Kim, SS. Impact of repeated overnutrition intake: randomized controlled trial. Free radical biology & medicine. 2010. 49:S222-. doi:10.1016/j.freeradbiomed.2010.10.647	Publication Status

No.	Citation	Rationale
1385	Lim, SS, Noakes, M, Keogh, JB, Clifton, PM. Long-term effects of a low carbohydrate, low fat or high unsaturated fat diet compared to a no-intervention control. Nutr Metab Cardiovasc Dis. 2010. 20:599-607. doi:10.1016/j.numecd.2009.05.003	Power/Size
1386	Lima, ST, Souza, BS, Franca, AK, Salgado, JV, Salgado-Filho, N, Sichieri, R. Reductions in glycemic and lipid profiles in hypertensive patients undergoing the Brazilian Dietary Approach to Break Hypertension: a randomized clinical trial. Nutr Res. 2014. 34:682-7. doi:10.1016/j.nutres.2014.07.009	Comparator
1387	Lin, J, Fang, DZ, Du, J, Shigdar, S, Xiao, LY, Zhou, XD, Duan, W. Elevated levels of triglyceride and triglyceride-rich lipoprotein triglyceride induced by a high-carbohydrate diet is associated with polymorphisms of APOA5-1131T>C and APOC3-482C>T in Chinese healthy young adults. Ann Nutr Metab. 2011. 58:150-7. doi:10.1159/000327913	Study duration ; Country
1388	Lin, P, Chang, CC, Yuan, KC, Yeh, HJ, Fang, SU, Cheng, T, Teng, KT, Chao, KC, Tang, JH, Kao, WY, Lin, PY, Liu, JS, Chang, JS. Red Blood Cell Aggregation-Associated Dietary Pattern Predicts Hyperlipidemia and Metabolic Syndrome. Nutrients. 2018. 10:. doi:10.3390/nu10081127	Study Design
1389	Lin, PH, Wang, Y, Grambow, SC, Goggins, W, Almirall, D. Dietary saturated fat intake is negatively associated with weight maintenance among the PREMIER participants. Obesity (Silver Spring). 2012. 20:571-5. doi:10.1038/oby.2011.17	Intervention/Exposure
1390	Lin, TJ, Tang, SC, Liao, PY, Dongoran, RA, Yang, JH, Liu, CH. A comparison of L-carnitine and several cardiovascular-related biomarkers between healthy vegetarians and omnivores. Nutrition. 2019. 66:29-37. doi:10.1016/j.nut.2019.03.019	Intervention/Exposure
1391	Lin, TY, Liao, PJ, Ting, MK, Hsu, KH. Lifestyle characteristics as moderators of the effectiveness of weight control interventions among semiconductor workers. Biomed J. 2018. 41:376-384. doi:10.1016/j.bj.2018.09.002	Intervention/Exposure
1392	Lin, X, Racette, SB, Lefevre, M, Ma, L, Spearie, CA, Steger-May, K, Ostlund, RE, Jr. Combined effects of ezetimibe and phytosterols on cholesterol metabolism: a randomized, controlled feeding study in humans. Circulation. 2011. 124:596-601. doi:10.1161/circulationaha.110.006692	Study duration
1393	Linde, JA, Utter, J, Jeffery, RW, Sherwood, NE, Pronk, NP, Boyle, RG. Specific food intake, fat and fiber intake, and behavioral correlates of BMI among overweight and obese members of a managed care organization. Int J Behav Nutr Phys Act. 2006. 3:42. doi:10.1186/1479-5868-3-42	Intervention/Exposure
1394	Lindquist, CH, Gower, BA, Goran, MI. Role of dietary factors in ethnic differences in early risk of cardiovascular disease and type 2 diabetes. Am J Clin Nutr. 2000. 71:725-32. doi:10.1093/ajcn/71.3.725	Study Design; Intervention/Exposure
1395	Lindqvist, HM, Radjursoga, M, Malmodin, D, Winkvist, A, Ellegard, L. Serum metabolite profiles of habitual diet: evaluation by 1H-nuclear magnetic resonance analysis. Am J Clin Nutr. 2019. :. doi:10.1093/ajcn/nqz032	Study Design
1396	Lindstrom, J, Peltonen, M, Eriksson, JG, Louheranta, A, Fogelholm, M, Uusitupa, M, Tuomilehto, J. High-fibre, low-fat diet predicts long-term weight loss and decreased type 2 diabetes risk: the Finnish Diabetes Prevention Study. Diabetologia. 2006. 49:912-20. doi:10.1007/s00125-006-0198-3	Weight loss/Hypocaloric
1397	Lingenhel, A, Eder, C, Zwiauer, K, Stangl, H, Kronenberg, F, Patsch, W, Strobl, W. Decrease of plasma apolipoprotein A-IV during weight reduction in obese adolescents on a low fat diet. Int J Obes Relat Metab Disord. 2004. 28:1509-13. doi:10.1038/sj.ijo.0802789	Study duration

No.	Citation	Rationale
1398	Lingfors, H, Persson, LG. All-cause mortality among young men 24-26 years after a lifestyle health dialogue in a Swedish primary care setting: A longitudinal follow-up register study. BMJ Open. 2019. 9:. doi:10.1136/bmjopen-2018-022474	Intervention/Exposure; Outcome
1399	Lioret, S, McNaughton, SA, Cameron, AJ, Crawford, D, Campbell, KJ, Cleland, VJ, Ball, K. Three-year change in diet quality and associated changes in BMI among schoolchildren living in socio-economically disadvantaged neighbourhoods. Br J Nutr. 2014. 112:260-8. doi:10.1017/s0007114514000749	Power/Size
1400	Lipscomb, ER, Caffrey, HM, Hays, LM, Finch, EA, Saha, CK, Ackermann, RT. Lower fat intake is associated with lower weight and cholesterol at 4 months in adults with impaired glucose metabolism. Diabetes Spectrum. 2012. 25:49-55. doi:10.2337/diaspect.25.1.49	Intervention/Exposure
1401	Lipsky, LM, Haynie, DL, Liu, D, Chaurasia, A, Gee, B, Li, K, Iannotti, RJ, Simons-Morton, B. Trajectories of eating behaviors in a nationally representative cohort of U.S. adolescents during the transition to young adulthood. Int J Behav Nutr Phys Act. 2015. 12:138. doi:10.1186/s12966-015-0298-x	Intervention/Exposure
1402	Lipsky, LM, Nansel, TR, Haynie, DL, Liu, D, Li, K, Pratt, CA, Iannotti, RJ, Dempster, KW, Simons-Morton, B. Diet quality of US adolescents during the transition to adulthood: changes and predictors. Am J Clin Nutr. 2017. 105:1424-1432. doi:10.3945/ajcn.116.150029	Outcome
1403	Liu, CW. Healthy dietary pattern with daily egg consumption might be the true factor associated with decreased risks of cardiovascular diseases and mortality. Heart. 2018. 104:1804. doi:10.1136/heartjnl-2018-313774	Publication Status
1404	Liu, H, Lin, J, Zhu, X, Li, Y, Fan, M, Zhang, R, Fang, D. Effects of R219K polymorphism of ATP-binding cassette transporter 1 gene on serum lipids ratios induced by a high-carbohydrate and low-fat diet in healthy youth. Biol Res. 2014. 47:4. doi:10.1186/0717-6287-47-4	Study duration
1405	Liu, X, Li, Y, Tobias, DK, Wang, DD, Manson, JE, Willett, WC, Hu, FB. Changes in Types of Dietary Fats Influence Long-term Weight Change in US Women and Men. J Nutr. 2018. 148:1821-1829. doi:10.1093/jn/nxy183	Intervention/Exposure
1406	Liu, X, Zhang, G, Ye, X, Li, H, Chen, X, Tang, L, Feng, Y, Shai, I, Stampfer, MJ, Hu, FB, Lin, X. Effects of a low-carbohydrate diet on weight loss and cardiometabolic profile in Chinese women: a randomised controlled feeding trial. Br J Nutr. 2013. 110:1444-53. doi:10.1017/s0007114513000640	Weight loss/Hypocaloric
1407	Liu, Y, Milner, M, Klonizakis, M. Physiological effects of a short-term lifestyle intervention based on the Mediterranean diet: comparison between older and younger healthy, sedentary adults. Nutrition. 2018. 55-56:185-191. doi:10.1016/j.nut.2018.05.006	Study Design; Outcome
1408	Liu, Z, Li, Q, Maddison, R, Ni Mhurchu, C, Jiang, Y, Wei, DM, Cheng, L, Cheng, Y, Wang, D, Wang, HJ. A School-Based Comprehensive Intervention for Childhood Obesity in China: A Cluster Randomized Controlled Trial. Child Obes. 2019. 15:105-115. doi:10.1089/chi.2018.0251	Intervention/Exposure

No.	Citation	Rationale
1409	Livingstone, KM, Celis-Morales, C, Lara, J, Woolhead, C, O'Donovan, CB, Forster, H, Marsaux, CF, Macready, AL, Fallaize, R, Navas-Carretero, S, San-Cristobal, R, Kolossa, S, Tsirigoti, L, Lambrinou, CP, Moschonis, G, Surwillo, A, Drevon, CA, Manios, Y, Traczyk, I, Gibney, ER, Brennan, L, Walsh, MC, Lovegrove, JA, Martinez, JA, Saris, WH, Daniel, H, Gibney, M, Mathers, JC. Clustering of adherence to personalised dietary recommendations and changes in healthy eating index within the Food4Me study. Public Health Nutr. 2016. 19:3296-3305. doi:10.1017/s1368980016001932	Outcome
1410	Livingstone, KM, Celis-Morales, C, Navas-Carretero, S, San-Cristobal, R, Macready, AL, Fallaize, R, Forster, H, Woolhead, C, O'Donovan, CB, Marsaux, CF, Kolossa, S, Tsirigoti, L, Lambrinou, CP, Moschonis, G, Godlewska, M, Surwillo, A, Drevon, CA, Manios, Y, Traczyk, I, Gibney, ER, Brennan, L, Walsh, MC, Lovegrove, JA, Saris, WH, Daniel, H, Gibney, M, Martinez, JA, Mathers, JC. Effect of an Internet-based, personalized nutrition randomized trial on dietary changes associated with the Mediterranean diet: the Food4Me Study. Am J Clin Nutr. 2016. 104:288-97. doi:10.3945/ajcn.115.129049	Comparator; Outcome
1411	Livingstone, KM, Givens, DI, Cockcroft, JR, Pickering, JE, Lovegrove, JA. Is fatty acid intake a predictor of arterial stiffness and blood pressure in men? Evidence from the Caerphilly Prospective Study. Nutr Metab Cardiovasc Dis. 2013. 23:1079-85. doi:10.1016/j.numecd.2012.12.002	Intervention/Exposure; Outcome
1412	Llanos, AA, Krok, JL, Peng, J, Pennell, ML, Olivo-Marston, S, Vitolins, MZ, Degraffinreid, CR, Paskett, ED. Favorable effects of low-fat and low-carbohydrate dietary patterns on serum leptin, but not adiponectin, among overweight and obese premenopausal women: a randomized trial. Springerplus. 2014. 3:175. doi:10.1186/2193-1801-3-175	Outcome
1413	Llanos, AAM, Krok, JL, Peng, J, Pennell, ML, Olivo-Marston, SE, Vitolins, MZ, Degraffinreid, CR, Paskett, ED. Effects of low-fat and low-carbohydrate dietary patterns combined with physical activity on serum adipokine concentrations among premenopausal women: a randomized trial. Cancer prevention research (philadelphia, pa.). 2013. 6:. doi:unavailable	Outcome; Publication Status
1414	Lockyer, S, Tzanetou, M, Carvalho-Wells, AL, Jackson, KG, Minihane, AM, Lovegrove, JA. SATgenε dietary model to implement diets of differing fat composition in prospectively genotyped groups (apoE) using commercially available foods. British Journal of Nutrition. 2012. 108:1705-1713. doi:10.1017/S0007114511007082	Outcome
1415	Lofley, AC, Root, MM. Macronutrients Association with Change in Waist and Hip Circumference Over 9 Years. J Am Coll Nutr. 2017. 36:57-63. doi:10.1080/07315724.2016.1183241	Intervention/Exposure
1416	Lojko, D, Stelmach-Mardas, M, Suwalska, A. Diet quality and eating patterns in euthymic bipolar patients. Eur Rev Med Pharmacol Sci. 2019. 23:1221-1238. doi:10.26355/eurrev_201902_17016	Study Design; Comparator
1417	Loktionov, A, Scollen, S, McKeown, N, Bingham, SA. Gene-nutrient interactions: dietary behaviour associated with high coronary heart disease risk particularly affects serum LDL cholesterol in apolipoprotein E epsilon4-carrying free-living individuals. Br J Nutr. 2000. 84:885-90. doi:unavailable	Study Design; Intervention/Exposure
1418	Longland, TM, Oikawa, SY, Mitchell, CJ, Devries, MC, Phillips, SM. Higher compared with lower dietary protein during an energy deficit combined with intense exercise promotes greater lean mass gain and fat mass loss: a randomized trial. Am J Clin Nutr. 2016. 103:738-46. doi:10.3945/ajcn.115.119339	Study duration

No.	Citation	Rationale
1419	Loo, RL, Zou, X, Appel, LJ, Nicholson, JK, Holmes, E. Characterization of metabolic responses to healthy diets and association with blood pressure: application to the Optimal Macronutrient Intake Trial for Heart Health (OmniHeart), a randomized controlled study. Am J Clin Nutr. 2018. 107:323-334. doi:10.1093/ajcn/nqx072	Study duration
1420	Looman, M, Feskens, EJ, de Rijk, M, Meijboom, S, Biesbroek, S, Temme, EH, de Vries, J, Geelen, A. Development and evaluation of the Dutch Healthy Diet index 2015. Public Health Nutr. 2017. 20:2289-2299. doi:10.1017/s136898001700091x	Outcome
1421	Looney, S, Raynor, H. Are changes in consumption of "healthy" foods related to changes in consumption of "unhealthy" foods during pediatric obesity treatment?. Obesity. 2011. 19:S104-S105. doi:10.1038/oby.2011.226	Publication Status
1422	López, CPR, Ramos-Terrones, I, Lazarevich, I, García-López, S, Arriaga, RV, Valverde, LF, Cervera, EG, Nájera-Medina, O. Metabolic syndrome, physical activity and eating habits in school children of the south of Mexico city. Investigacion Clinica (Venezuela). 2019. 60:7-19. doi:10.22209/IC.v60n1a01	Study Design; Intervention/Exposure
1423	Lopez-Garcia, E, Rodriguez-Artalejo, F, Li, TY, Fung, TT, Li, S, Willett, WC, Rimm, EB, Hu, FB. The Mediterranean-style dietary pattern and mortality among men and women with cardiovascular disease. Am J Clin Nutr. 2014. 99:172-80. doi:10.3945/ajcn.113.068106	Health Status
1424	Lopez-Legarrea, P, De La Iglesia, R, Abete, I, Bondia-Pons, I, Navas-Carretero, S, Forga, L, Martinez, JA, Zulet, MA. Short-term role of the dietary total antioxidant capacity in two hypocaloric regimes on obese with metabolic syndrome symptoms: The RESMENA randomized controlled trial. Nutrition and Metabolism. 2013. 10:. doi:10.1186/1743-7075-10-22	Study duration
1425	Lopez-Legarrea, P, De la Iglesia, R, Abete, I, Ibanez-Melo, A, Navas-Carretero, S, Bondia-Pons, I, Forga, L, Zulet, M, Martinez, A. The resmena diet: a new effective dietary strategy for reducing metabolic syndrome. Obesity facts. 2012. 5:230-231. doi:10.1159/000258190	Publication Status
1426	Lopez-Legarrea, P, de la Iglesia, R, Abete, I, Navas-Carretero, S, Martinez, JA, Zulet, MA. The protein type within a hypocaloric diet affects obesity-related inflammation: the RESMENA project. Nutrition. 2014. 30:424-9. doi:10.1016/j.nut.2013.09.009	Study duration
1427	Lopez-Moreno, J, Quintana-Navarro, GM, Camargo, A, Jimenez-Lucena, R, Delgado-Lista, J, Marin, C, Tinahones, FJ, Striker, GE, Roche, HM, Perez-Martinez, P, Lopez-Miranda, J, Yubero-Serrano, EM. Dietary fat quantity and quality modifies advanced glycation end products metabolism in patients with metabolic syndrome. Mol Nutr Food Res. 2017. 61:. doi:10.1002/mnfr.201601029	Study Design; Intervention/Exposure; Outcome
1428	Lopez-Sanchez, GF, Radziminski, L, Skalska, M, Jastrzebska, J, Smith, L, Wakuluk, D, Jastrzebski, Z. Body Composition, Physical Fitness, Physical Activity and Nutrition in Polish and Spanish Male Students of Sports Sciences: Differences and Correlations. Int J Environ Res Public Health. 2019. 16:. doi:10.3390/ijerph16071148	Study Design; Intervention/Exposure
1429	Loprinzi, PD, Nooe, A. Health characteristics and predicted 10-year risk for a first atherosclerotic cardiovascular disease (ASCVD) event using the Pooled Cohort Risk Equations among US adults who are free of cardiovascular disease. Physiol Behav. 2015. 151:591-5. doi:10.1016/j.physbeh.2015.08.031	Study Design; Intervention/Exposure

No.	Citation	Rationale
1430	Lotrean, LM, Stan, O, Codruta, L, Laza, V. Dietary patterns, physical activity, body mass index, weight-related behaviours and their interrelationship among Romanian university students-trends from 2003 to 2016. Nutr Hosp. 2018. 35:375-383. doi:10.20960/nh.1296	Study Design; Intervention/Exposure
1431	Louie, JC, Flood, VM, Burlutsky, G, Rangan, AM, Gill, TP, Mitchell, P. Dairy consumption and the risk of 15-year cardiovascular disease mortality in a cohort of older Australians. Nutrients. 2013. 5:441-54. doi:10.3390/nu5020441	Intervention/Exposure
1432	Lovejoy, JC, Champagne, CM, Smith, SR, de Jonge, L, Xie, H. Ethnic differences in dietary intakes, physical activity, and energy expenditure in middle-aged, premenopausal women: the Healthy Transitions Study. Am J Clin Nutr. 2001. 74:90-5. doi:10.1093/ajcn/74.1.90	Study Design
1433	Lowry, R, Galuska, DA, Fulton, JE, Wechsler, H, Kann, L, Collins, JL. Physical activity, food choice, and weight management goals and practices among US college students. Am J Prev Med. 2000. 18:18-27. doi:10.1016/s0749-3797(99)00107-5	Study Design
1434	Lowry, R, Michael, S, Demissie, Z, Kann, L, Galuska, DA. Associations of Physical Activity and Sedentary Behaviors with Dietary Behaviors among US High School Students. J Obes. 2015. 2015:876524. doi:10.1155/2015/876524	Intervention/Exposure; Outcome
1435	Lu, N, Shai, I, Zhang, Y, Curhan, G, Choi, H. High-protein diet (Atkins Diet) and uric acid response. Arthritis & rheumatology. 2014. 66:S71-S72. doi:10.1002/art.38914	Publication Status
1436	Lu, S, Yu, H, Han, R, Su, J, Pan, X, Zhang, Y, Zhou, J, Wu, M. Dietary patterns and the risk of cardiovascular diseases in Jiangsu Province, China: a nested case-control study. Lancet. 2016. 388:62-. doi:unavailable	Publication Status
1437	Ludy, MJ, Tan, SY, Leone, RJ, Morgan, AL, Tucker, RM. Weight gain in first-semester university students: Positive sleep and diet practices associated with protective effects. Physiol Behav. 2018. 194:132-136. doi:10.1016/j.physbeh.2018.05.009	Intervention/Exposure
1438	Luger, E, Aspalter, R, Luger, M, Longin, R, Rieder, A, Dorner, TE. Changes of dietary patterns during participation in a web-based weight-reduction programme. Public Health Nutr. 2016. 19:1211-21. doi:10.1017/s1368980015002852	Study Design
1439	Luscombe, ND, Noakes, M, Wittert, G, Farnsworth, E, Argyiou, E, Clifton, PM. Effect of a high protein, energy restricted diet on body composition, insulin sensitivity and lipid levels in hyperinsulinemic subjects. Atherosclerosis. 2002. 3:92. doi:unavailable	Publication Status
1440	Luscombe-Marsh, ND, Noakes, M, Wittert, GA, Keogh, JB, Foster, P, Clifton, PM. Carbohydrate-restricted diets high in either monounsaturated fat or protein are equally effective at promoting fat loss and improving blood lipids. Am J Clin Nutr. 2005. 81:762-72. doi:10.1093/ajcn/81.4.762	Weight loss/Hypocaloric
1441	Lutjohann, D, Meyer, S, von Bergmann, K, Stellaard, F. Cholesterol Absorption and Synthesis in Vegetarians and Omnivores. Mol Nutr Food Res. 2018. 62:e1700689. doi:10.1002/mnfr.201700689	Study Design; Outcome
1442	Lutze, J, Taylor, P, Brinkworth, GD, Wyld, B, Syrette, J, Wilson, CJ, Clifton, PM, Noakes, M. Psychological well-being response to high protein and high carbohydrate weight loss diets in overweight and obese men: Arandomised trial. e-SPEN Journal. 2013. 8:e235-e240. doi:10.1016/j.clnme.2013.08.002	Weight loss/Hypocaloric

No.	Citation	Rationale
1443	Lv, J, Yu, C, Guo, Y, Bian, Z, Yang, L, Chen, Y, Hu, X, Hou, W, Chen, J, Chen, Z, Qi, L, Li, L. Adherence to a healthy lifestyle and the risk of type 2 diabetes in Chinese adults. Int J Epidemiol. 2017. 46:1410-1420. doi:10.1093/ije/dyx074	Country
1444	Lv, J, Yu, C, Guo, Y, Bian, Z, Yang, L, Chen, Y, Tang, X, Zhang, W, Qian, Y, Huang, Y, Wang, X, Chen, J, Chen, Z, Qi, L, Li, L. Adherence to Healthy Lifestyle and Cardiovascular Diseases in the Chinese Population. J Am Coll Cardiol. 2017. 69:1116-1125. doi:10.1016/j.jacc.2016.11.076	Country
1445	Lynch, E, Emery-Tiburcio, E, Dugan, S, White, FS, Thomason, C, Jenkins, L, Feit, C, Avery-Mamer, E, Wang, Y, Mack, L, Ragland, A. Results of ALIntervention/Exposure: A Faith-Based Pilot Intervention to Improve Diet Among African American Church Members. Prog Community Health Partnersh. 2019. 13:19-30. doi:10.1353/cpr.2019.0005	Study Design; Comparator
1446	Ma, W, Hagan, KA, Heianza, Y, Sun, Q, Rimm, EB, Qi, L. Adult height, dietary patterns, and healthy aging. Am J Clin Nutr. 2017. 106:589-596. doi:10.3945/ajcn.116.147256	Outcome
1447	Ma, Y, Li, Y, Chiriboga, DE, Olendzki, BC, Hebert, JR, Li, W, Leung, K, Hafner, AR, Ockene, IS. Association between carbohydrate intake and serum lipids. J Am Coll Nutr. 2006. 25:155-63. doi:10.1080/07315724.2006.10719527	Intervention/Exposure
1448	Ma, Y, Olendzki, B, Chiriboga, D, Hebert, JR, Li, Y, Li, W, Campbell, M, Gendreau, K, Ockene, IS. Association between dietary carbohydrates and body weight. Am J Epidemiol. 2005. 161:359-67. doi:10.1093/aje/kwi051	Intervention/Exposure
1449	Ma, Y, Olendzki, BC, Li, W, Hafner, AR, Chiriboga, D, Hebert, JR, Campbell, M, Sarnie, M, Ockene, IS. Seasonal variation in food intake, physical activity, and body weight in a predominantly overweight population. Eur J Clin Nutr. 2006. 60:519-28. doi:10.1038/sj.ejcn.1602346	Intervention/Exposure
1450	Ma, Y, Olendzki, BC, Wang, J, Persuitte, GM, Li, W, Fang, H, Merriam, PA, Wedick, NM, Ockene, IS, Culver, AL, Schneider, KL, Olendzki, GF, Carmody, J, Ge, T, Zhang, Z, Pagoto, SL. Single-component versus multicomponent dietary goals for the metabolic syndrome: a randomized trial. Ann Intern Med. 2015. 162:248-57. doi:10.7326/m14-0611	Intervention/Exposure
1451	Machado-Rodrigues, AM, Fernandes, RA, Silva, MR, Gama, A, Mourao, I, Nogueira, H, Rosado-Marques, V, Padez, C. Overweight Risk and Food Habits in Portuguese Pre-school Children. J Epidemiol Glob Health. 2018. 8:106-109. doi:10.2991/j.jegh.2017.10.006	Study Design; Intervention/Exposure
1452	Macias-Cervantes, MH, Rodriguez-Soto, JM, Uribarri, J, Diaz-Cisneros, FJ, Cai, W, Garay-Sevilla, ME. Effect of an advanced glycation end product-restricted diet and exercise on metabolic parameters in adult overweight men. Nutrition. 2015. 31:446-51. doi:10.1016/j.nut.2014.10.004	Intervention/Exposure
1453	Maciejewska, D, Michalczyk, M, Czerwinska-Rogowska, M, Banaszczak, M, Ryterska, K, Jakubczyk, K, Piotrwski, J, Holowko, J, Drozd, A, Wysokinki, P, Ficek, K, Wilk, K, Lubkowska, A, Cieszczyk, P, Bertrand, J, Stachowska, E. Seeking Optimal Nutrition for Healthy Body Mass Reduction among Former Athletes. J Hum Kinet. 2017. 60:63-75. doi:10.1515/hukin-2017-0090	Intervention/Exposure
1454	Macknin, M, Kong, T, Weier, A, Worley, S, Tang, AS, Alkhouri, N, Golubic, M. Plant-based, no-added-fat or American Heart Association diets: impact on cardiovascular risk in obese children with hypercholesterolemia and their parents. J Pediatr. 2015. 166:953-9.e1-3. doi:10.1016/j.jpeds.2014.12.058	Study duration

No.	Citation	Rationale
1455	Madero, M, Arriaga, JC, Jalal, D, Rivard, C, McFann, K, Perez-Mendez, O, Vazquez, A, Ruiz, A, Lanaspa, MA, Jimenez, CR, Johnson, RJ, Lozada, LG. The effect of two energy-restricted diets, a low-fructose diet versus a moderate natural fructose diet, on weight loss and metabolic syndrome parameters: a randomized controlled trial. Metabolism. 2011. 60:1551-9. doi:10.1016/j.metabol.2011.04.001	Intervention/Exposure; Comparator
1456	Mady, MA, Kossoff, EH, McGregor, AL, Wheless, JW, Pyzik, PL, Freeman, JM. The ketogenic diet: adolescents can do it, too. Epilepsia. 2003. 44:847-51. doi:10.1046/j.1528-1157.2003.57002.x	Study Design; Health Status
1457	Maekawa, S, Kawahara, T, Nomura, R, Murase, T, Ann, Y, Oeholm, M, Harada, M. Retrospective study on the efficacy of a low-carbohydrate diet for impaired glucose tolerance. Diabetes Metab Syndr Obes. 2014. 7:195-201. doi:10.2147/dmso.S62681	Study Design; Intervention/Exposure; Study duration
1458	Maffeis, C, Maschio, M, Costanzi, S, Tommasi, M, Fasan, I, Morandi, A. Diet macronutrient composition reported before treatment predicts BMI change in obese children: the role of lipids. Eur J Clin Nutr. 2012. 66:1066-8. doi:10.1038/ejcn.2012.97	Intervention/Exposure
1459	Maffiuletti, NA, Agosti, F, Marinone, PG, Silvestri, G, Lafortuna, CL, Sartorio, A. Changes in body composition, physical performance and cardiovascular risk factors after a 3-week integrated body weight reduction program and after 1-y follow-up in severely obese men and women. Eur J Clin Nutr. 2005. 59:685-94. doi:10.1038/sj.ejcn.1602130	Study Design; Study duration
1460	Magnusdottir, OK, Landberg, R, Gunnarsdottir, I, Cloetens, L, Akesson, B, Rosqvist, F, Schwab, U, Herzig, KH, Hukkanen, J, Savolainen, MJ, Brader, L, Hermansen, K, Kolehmainen, M, Poutanen, K, Uusitupa, M, Riserus, U, Thorsdottir, I. Whole grain rye intake, reflected by a biomarker, is associated with favorable blood lipid outcomes in subjects with the metabolic syndrome--a randomized study. PLoS One. 2014. 9:e110827. doi:10.1371/journal.pone.0110827	Intervention/Exposure; Outcome
1461	Magriplis, E, Farajian, P, Risvas, G, Panagiotakos, D, Zampelas, A. Newly derived children-based food index. An index that may detect childhood overweight and obesity. Int J Food Sci Nutr. 2015. 66:623-32. doi:10.3109/09637486.2015.1056109	Study Design
1462	Magriplis, E, Panagiotakos, D, Mitsopoulou, AV, Karageorgou, D, Bakogianni, I, Dimakopoulos, I, Micha, R, Michas, G, Chourdakis, M, Chrousos, GP, Roma, E, Zampelas, A. Prevalence of hyperlipidaemia in adults and its relation to the Mediterranean diet: the Hellenic National Nutrition and Health Survey (HNNHS). Eur J Prev Cardiol. 2019. :2047487319866023. doi:10.1177/2047487319866023	Study Design
1463	Magriplis, E, Sialvera, TE, Papadopoulou, A, Efstathiou, SP, Trautwein, EA, Goumas, G, Dimakopoulos, I, Papavasiliou, K, Koutsouri, A, Zampelas, A. Effectiveness and easiness of adherence to behavioural guidelines for diet and lifestyle changes for cholesterol-lowering: the Increasing Adherence of Consumers to Diet & Lifestyle Changes to Lower (LDL) Cholesterol (ACT) randomised controlled trial. J Hum Nutr Diet. 2019. 32:607-618. doi:10.1111/jhn.12667	Intervention/Exposure; Outcome
1464	Mahmoud, AM, Hwang, CL, Szczurek, MR, Bian, JT, Ranieri, C, Gutterman, DD, Phillips, SA. Low-Fat Diet Designed for Weight Loss But Not Weight Maintenance Improves Nitric Oxide-Dependent Arteriolar Vasodilation in Obese Adults. Nutrients. 2019. 11:. doi:10.3390/nu11061339	Intervention/Exposure; Study duration
1465	Mahon, AK, Flynn, MG, Stewart, LK, McFarlin, BK, Iglay, HB, Mattes, RD, Lyle, RM, Considine, RV, Campbell, WW. Protein intake during energy restriction: effects on body composition and markers of metabolic and cardiovascular health in postmenopausal women. J Am Coll Nutr. 2007. 26:182-9. doi:10.1080/07315724.2007.10719600	Intervention/Exposure

No.	Citation	Rationale
1466	Maier, IB, Ozel, Y, Wagnerberger, S, Bischoff, SC, Bergheim, I. Dietary pattern and leisure time activity of overweight and normal weight children in Germany: sex-specific differences. Nutr J. 2013. 12:14. doi:10.1186/1475-2891-12-14	Study Design
1467	Maier, JH, Barry, R. Associations among Physical Activity, Diet, and Obesity Measures Change during Adolescence. J Nutr Metab. 2015. 2015:805065. doi:10.1155/2015/805065	Intervention/Exposure
1468	Maijo, M, Ivory, K, Clements, SJ, Dainty, JR, Jennings, A, Gillings, R, Fairweather-Tait, S, Gulisano, M, Santoro, A, Franceschi, C, Carding, SR, Nicoletti, C. One-Year Consumption of a Mediterranean-Like Dietary Pattern With Vitamin D3 Supplements Induced Small Scale but Extensive Changes of Immune Cell Phenotype, Co-receptor Expression and Innate Immune Responses in Healthy Elderly Subjects: Results From the United Kingdom Arm of the NU-AGE Trial. Front Physiol. 2018. 9:997. doi:10.3389/fphys.2018.00997	Outcome
1469	Makarem, N, Scott, M, Quatromoni, P, Jacques, P, Parekh, N. Trends in dietary carbohydrate consumption from 1991 to 2008 in the Framingham Heart Study Offspring Cohort. Br J Nutr. 2014. 111:2010-23. doi:10.1017/s0007114513004443	Outcome
1470	Maki, KC, Lawless, AL, Kelley, KM, Kaden, VN, Geiger, CJ, Dicklin, MR. Corn oil improves the plasma lipoprotein lipid profile compared with extra-virgin olive oil consumption in men and women with elevated cholesterol: results from a randomized controlled feeding trial. J Clin Lipidol. 2015. 9:49-57. doi:10.1016/j.jacl.2014.10.006	Intervention/Exposure
1471	Malin, SK, Kullman, EL, Scelsi, AR, Haus, JM, Filion, J, Pagadala, MR, Godin, JP, Kochhar, S, Ross, AB, Kirwan, JP. A whole-grain diet reduces peripheral insulin resistance and improves glucose kinetics in obese adults: A randomized-controlled trial. Metabolism. 2018. 82:111-117. doi:10.1016/j.metabol.2017.12.011	Intervention/Exposure; Study duration
1472	Mamo, JC, James, AP, Soares, MJ, Griffiths, DG, Purcell, K, Schwenke, JL. A low-protein diet exacerbates postprandial chylomicron concentration in moderately dyslipidaemic subjects in comparison to a lean red meat protein-enriched diet. Eur J Clin Nutr. 2005. 59:1142-8. doi:10.1038/sj.ejcn.1602224	Intervention/Exposure; Comparator
1473	Manco, M, Bertuzzi, A, Salinari, S, Scarfone, A, Calvani, M, Greco, AV, Mingrone, G. The ingestion of saturated fatty acid triacylglycerols acutely affects insulin secretion and insulin sensitivity in human subjects. Br J Nutr. 2004. 92:895-903. doi:10.1079/bjn20041268	Study duration
1474	Manios, Y, Kourlaba, G, Grammatikaki, E, Androutsos, O, Ioannou, E, Roma-Giannikou, E. Comparison of two methods for identifying dietary patterns associated with obesity in preschool children: The GENESIS study. European Journal of Clinical Nutrition. 2010. 64:1407-1414. doi:10.1038/ejcn.2010.168	Intervention/Exposure
1475	Mann, J, Morenga, LT. Carbohydrates in the treatment and prevention of Type 2 diabetes. Diabet Med. 2015. 32:572-5. doi:10.1111/dme.12673	Study Design; Publication Status
1476	Mann, J, Swinburn, B, Beaglehole, R, Ni Mhurchu, C, Jackson, R. Diverging global trends in heart disease and diabetes: implications for dietary guidelines. Lancet Diabetes Endocrinol. 2015. 3:584-5. doi:10.1016/s2213-8587(15)00206-5	Study Design
1477	Mann, JI, De Leeuw, I, Hermansen, K, Karamanos, B, Karlstrom, B, Katsilambros, N, Riccardi, G, Rivellese, AA, Rizkalla, S, Slama, G, Toeller, M, Uusitupa, M, Vessby, B. Evidence-based nutritional approaches to the treatment and prevention of diabetes mellitus. Nutr Metab Cardiovasc Dis. 2004. 14:373-94. doi:unavailable	Study Design; Publication Status

No.	Citation	Rationale
1478	Marckmann, P, Raben, A, Astrup, A. Ad libitum intake of low-fat diets rich in either starchy foods or sucrose: effects on blood lipids, factor VII coagulant activity, and fibrinogen. Metabolism. 2000. 49:731-5. doi:10.1053/meta.2000.6237	Study duration
1479	Margolis, LM, Cao, JJ, Whigham, LD, McClung, JP, Combs, GF, Young, AJ, Pasiakos, SM. Dietary protein intake, energy deficit, and nitrogen balance in normal-weight adults: a randomized controlled trial. FASEB journal. 2013. 27:. doi:unavailable	Publication Status
1480	Marina, A, von Frankenberg, AD, Suvag, S, Callahan, HS, Kratz, M, Richards, TL, Utzschneider, KM. Effects of dietary fat and saturated fat content on liver fat and markers of oxidative stress in overweight/obese men and women under weight-stable conditions. Nutrients. 2014. 6:4678-90. doi:10.3390/nu6114678	Study duration
1481	Marklund, M, Leander, K, Vikstrom, M, Laguzzi, F, Gigante, B, Sjogren, P, Cederholm, T, de Faire, U, Hellenius, ML, Riserus, U. Polyunsaturated Fat Intake Estimated by Circulating Biomarkers and Risk of Cardiovascular Disease and All-Cause Mortality in a Population-Based Cohort of 60-Year-Old Men and Women. Circulation. 2015. 132:586-94. doi:10.1161/circulationaha.115.015607	Intervention/Exposure
1482	Marklund, M, Magnusdottir, OK, Rosqvist, F, Cloetens, L, Landberg, R, Kolehmainen, M, Brader, L, Hermansen, K, Poutanen, KS, Herzig, KH, Hukkanen, J, Savolainen, MJ, Dragsted, LO, Schwab, U, Paananen, J, Uusitupa, M, Akesson, B, Thorsdottir, I, Riserus, U. A dietary biomarker approach captures compliance and cardiometabolic effects of a healthy Nordic diet in individuals with metabolic syndrome. J Nutr. 2014. 144:1642-9. doi:10.3945/jn.114.193771	Intervention/Exposure; Comparator
1483	Marks, J, Barnett, LM, Allender, S. Change of School in Early Adolescence and Adverse Obesity-Related Dietary Behavior: A Longitudinal Cohort Study, Victoria, Australia, 2013-2014. Prev Chronic Dis. 2015. 12:E145. doi:10.5888/pcd12.150042	Power/Size
1484	Marques Rocha, JL, Cristine Anunciacao, P, Vaz Tostes, MG, Thomas Valdes, S, Cardoso Carraro, JC, Galdino Alves, NE, Bressan, J. Human ration does not alter weight and body composition, but improves the lipid profile of overweight woman. Nutr Hosp. 2012. 27:1460-8. doi:10.3305/nh.2012.27.5.5686	Study Design; Intervention/Exposure
1485	Marshall, DA, Vernalis, MN, Remaley, AT, Walizer, EM, Scally, JP, Taylor, AJ. The role of exercise in modulating the impact of an ultralow-fat diet on serum lipids and apolipoproteins in patients with or at risk for coronary artery disease. Am Heart J. 2006. 151:484-91. doi:10.1016/j.ahj.2005.03.065	Intervention/Exposure
1486	Martens, EA, Gatta-Cherifi, B, Gonnissen, HK, Westerterp-Plantenga, MS. The potential of a high protein-low carbohydrate diet to preserve intrahepatic triglyceride content in healthy humans. PLoS One. 2014. 9:e109617. doi:10.1371/journal.pone.0109617	Comparator; Outcome
1487	Martens, EA, Lemmens, SG, Westerterp-Plantenga, MS. Protein leverage affects energy intake of high-protein diets in humans. Am J Clin Nutr. 2013. 97:86-93. doi:10.3945/ajcn.112.046540	Intervention/Exposure; Study duration
1488	Martin, CK, Bray, GA, Ryan, DH, Carey, VJ, Champagne, CM, Williamson, DA, Anton, S, Laranjo, N, Sacks, FM. A high carbohydrate/average protein diet is less efficacious at promoting weight loss among women compared to men: subgroup analysis from POUNDS lost. Obesity (silver spring, md.). 2010. 18:S94-. doi:unavailable	Publication Status
1489	Martin, CL, Tate, DF, Schaffner, A, Brannen, A, Hatley, KE, Diamond, M, Munoz-Christian, K, Pomeroy, J, Sanchez, T, Mercado, A, Hagobian, T, Phelan, S. Acculturation Influences Postpartum Eating, Activity, and Weight Retention in Low-Income Hispanic Women. J Womens Health (Larchmt). 2017. 26:1333-1339. doi:10.1089/jwh.2016.6154	Study Design

No.	Citation	Rationale
1490	Martin, JC, Moran, LJ, Teede, HJ, Ranasinha, S, Lombard, CB, Harrison, CL. Diet Quality in a Weight Gain Prevention Trial of Reproductive Aged Women: A Secondary Analysis of a Cluster Randomized Controlled Trial. Nutrients. 2018. 11:. doi:10.3390/nu11010049	Outcome
1491	Martin, RM, Holly, JMP, Middleton, N, Davey Smith, G, Gunnell, D. Childhood diet and insulin-like growth factors in adulthood: 65-year follow-up of the Boyd Orr Cohort. European Journal of Clinical Nutrition. 2007. 61:1281-1292. doi:10.1038/sj.ejcn.1602616	Intervention/Exposure
1492	Martin-Diener, E, Meyer, J, Braun, J, Tarnutzer, S, Faeh, D, Rohrmann, S, Martin, BW. The combined effect on survival of four main behavioural risk factors for non-communicable diseases. Prev Med. 2014. 65:148-52. doi:10.1016/j.ypmed.2014.05.023	Intervention/Exposure
1493	Martínez-González, MA, Salas-Salvadó, J, Estruch, R, Corella, D, Fitó, M, Ros, E. Benefits of the Mediterranean Diet: Insights From the PREDIMED Study. Progress in Cardiovascular Diseases. 2015. 58:50-60. doi:10.1016/j.pcad.2015.04.003	Study Design
1494	Martínez-González, MA, Sánchez-Tainta, A, Corella, D, Salas-Salvadó, J, Ros, E, Arós, F, Gómez-Gracia, E, Fiol, M, Lamuela-Raventós, RM, Schröder, H, etal, . A provegetarian food pattern and reduction in total mortality in the Prevención con Dieta Mediterránea (PREDIMED) study. American journal of clinical nutrition. 2014. 100 Suppl 1:320S-8S. doi:10.3945/ajcn.113.071431	Outcome; Publication Date Overlaps with Existing Review
1495	Martinez-Gonzalez, MA, Sanchez-Villegas, A. The emerging role of Mediterranean diets in cardiovascular epidemiology: monounsaturated fats, olive oil, red wine or the whole pattern?. Eur J Epidemiol. 2004. 19:9-13. doi:10.1023/b:ejep.0000013351.60227.7b	Study Design; Publication Status
1496	Martinez-Gonzalez, MA, Toledo, E, Aros, F, Fiol, M, Corella, D, Salas-Salvado, J, Ros, E, Covas, MI, Fernandez-Crehuet, J, Lapetra, J, Munoz, MA, Fito, M, Serra-Majem, L, Pinto, X, Lamuela-Raventos, RM, Sorli, JV, Babio, N, Buil-Cosiales, P, Ruiz-Gutierrez, V, Estruch, R, Alonso, A. Extravirgin olive oil consumption reduces risk of atrial fibrillation: the PREDIMED (Prevencion con Dieta Mediterranea) trial. Circulation. 2014. 130:18-26. doi:10.1161/circulationaha.113.006921	Outcome
1497	Martinez-Lapiscina, EH, Clavero, P, Toledo, E, Estruch, R, Salas-Salvado, J, San Julian, B, Sanchez-Tainta, A, Ros, E, Valls-Pedret, C, Martinez-Gonzalez, MA. Mediterranean diet improves cognition: the PREDIMED-NAVARRA randomised trial. J Neurol Neurosurg Psychiatry. 2013. 84:1318-25. doi:10.1136/jnnp-2012-304792	Outcome
1498	Martinez-Lopez, E, Garcia-Garcia, MR, Gonzalez-Avalos, JM, Maldonado-Gonzalez, M, Ruiz-Madrigal, B, Vizmanos, B, Hernandez-Nazara, Z, Roman, S, Panduro, A. Effect of Ala54Thr polymorphism of FABP2 on anthropometric and biochemical variables in response to a moderate-fat diet. Nutrition. 2013. 29:46-51. doi:10.1016/j.nut.2012.03.002	Intervention/Exposure
1499	Martins, MCT, Jaceldo-Siegl, K, Orlich, M, Fan, J, Mashchak, A, Fraser, GE. A New Approach to Assess Lifetime Dietary Patterns Finds Lower Consumption of Animal Foods with Aging in a Longitudinal Analysis of a Health-Oriented Adventist Population. Nutrients. 2017. 9:. doi:10.3390/nu9101118	Outcome
1500	Marungruang, N, Tovar, J, Bjorck, I, Hallenius, FF. Improvement in cardiometabolic risk markers following a multifunctional diet is associated with gut microbial taxa in healthy overweight and obese subjects. Eur J Nutr. 2018. 57:2927-2936. doi:10.1007/s00394-017-1563-3	Outcome

No.	Citation	Rationale
1501	Maruyama, C, Nakano, R, Shima, M, Mae, A, Shijo, Y, Nakamura, E, Okabe, Y, Park, S, Kameyama, N, Hirai, S, etal, . Effects of a Japan Diet intake program on metabolic parameters in middle-aged men: a pilot study. Journal of atherosclerosis and thrombosis. 2017. 24:393-401. doi:10.5551/jat.36780	Study Design; Intervention/Exposure
1502	Masa-Font, R, Fernandez-San-Martin, MI, Martin Lopez, LM, Alba Munoz, AM, Oller Canet, S, Martin Royo, J, San Emeterio Echevarria, L, Olona Tabuena, N, Ibarra Jato, M, Barroso Garcia, A, Gonzalez Tejon, S, Tajada Vitales, C, Diaz Mujica, B, Vinas Cabrera, L, Sanchis Catalan, R, Salvador Barbarroja, T. The effectiveness of a program of physical activity and diet to modify cardiovascular risk factors in patients with severe mental illness after 3-month follow-up: CAPiCOR randomized clinical trial. Eur Psychiatry. 2015. 30:1028-36. doi:10.1016/j.eurpsy.2015.09.006	Study Design; Health Status
1503	Masala, G, Bendinelli, B, Versari, D, Saieva, C, Ceroti, M, Santagiuliana, F, Caini, S, Salvini, S, Sera, F, Taddei, S, Ghiadoni, L, Palli, D. Anthropometric and dietary determinants of blood pressure in over 7000 Mediterranean women: The European Prospective Investigation into Cancer and Nutrition-Florence cohort. Journal of Hypertension. 2008. 26:2112-2120. doi:10.1097/HJH.0b013e32830ef75c	Study Design
1504	Mascherini, G, Petri, C, Cala, P, Bini, V, Galanti, G. Lifestyle and resulting body composition in young athletes. Minerva Pediatr. 2016. :. doi:unavailable	Study Design
1505	Masset, G, Scarborough, P, Rayner, M, Mishra, G, Brunner, EJ. Can nutrient profiling help to identify foods which diet variety should be encouraged? Results from the Whitehall II cohort. Br J Nutr. 2015. 113:1800-9. doi:10.1017/s000711451500094x	Intervention/Exposure
1506	Mateo-Gallego, R, Lamiquiz-Moneo, I, Perez-Calahorra, S, Marco-Benedi, V, Bea, AM, Baila-Rueda, L, Laclaustra, M, Penalvo, JL, Civeira, F, Cenarro, A. Different protein composition of low-calorie diet differently impacts adipokine profile irrespective of weight loss in overweight and obese women. Nutr Metab Cardiovasc Dis. 2018. 28:133-142. doi:10.1016/j.numecd.2017.10.024	Outcome
1507	Mateo-Gallego, R, Marco-Benedi, V, Perez-Calahorra, S, Bea, AM, Baila-Rueda, L, Lamiquiz-Moneo, I, de Castro-Oros, I, Cenarro, A, Civeira, F. Energy-restricted, high-protein diets more effectively impact cardiometabolic profile in overweight and obese women than lower-protein diets. Clin Nutr. 2017. 36:371-379. doi:10.1016/j.clnu.2016.01.018	Power/Size
1508	Mathers, JC. Impact of nutrition on the ageing process. Br J Nutr. 2015. 113 Suppl:S18-22. doi:10.1017/s0007114514003237	Study Design; Publication Status
1509	Matsumoto, S, Beeson, Weight loss, Shavlik, DJ, Siapco, G, Jaceldo-Siegl, K, Fraser, G, Knutsen, SF. Association between vegetarian diets and cardiovascular risk factors in non-Hispanic white participants of the Adventist Health Study-2. J Nutr Sci. 2019. 8:e6. doi:10.1017/jns.2019.1	Study Design
1510	Mattei, J, Noel, SE, Tucker, KL. A meat, processed meat, and French fries dietary pattern is associated with high allostatic load in Puerto Rican older adults. J Am Diet Assoc. 2011. 111:1498-506. doi:10.1016/j.jada.2011.07.006	Study Design
1511	Mattioli, AV, Coppi, F, Migaldi, M, Scicchitano, P, Ciccone, MM, Farinetti, A. Relationship between Mediterranean diet and asymptomatic peripheral arterial disease in a population of pre-menopausal women. Nutr Metab Cardiovasc Dis. 2017. 27:985-990. doi:10.1016/j.numecd.2017.09.011	Study Design; Outcome

No.	Citation	Rationale
1512	Maukonen, M, Kanerva, N, Partonen, T, Kronholm, E, Konttinen, H, Wennman, H, Mannisto, S. The associations between chronotype, a healthy diet and obesity. Chronobiol Int. 2016. 33:972-81. doi:10.1080/07420528.2016.1183022	Intervention/Exposure; Comparator
1513	May, AM, Struijk, EA, Fransen, HP, Onland-Moret, NC, de Wit, GA, Boer, JM, van der Schouw, YT, Hoekstra, J, Bueno-de-Mesquita, HB, Peeters, PH, Beulens, JW. The impact of a healthy lifestyle on Disability-Adjusted Life Years: a prospective cohort study. BMC Med. 2015. 13:39. doi:10.1186/s12916-015-0287-6	Outcome
1514	Mayneris-Perxachs, J, Sala-Vila, A, Chisaguano, M, Castellote, AI, Estruch, R, Covas, MI, Fito, M, Salas-Salvado, J, Martinez-Gonzalez, MA, Lamuela-Raventos, R, Ros, E, Lopez-Sabater, MC. Effects of 1-year intervention with a Mediterranean diet on plasma fatty acid composition and metabolic syndrome in a population at high cardiovascular risk. PLoS One. 2014. 9:e85202. doi:10.1371/journal.pone.0085202	Outcome
1515	Mayor, S. Low glycaemic index diet fails to reduce cardiovascular risk factors, study shows. BMJ (Online). 2014. 349:. doi:10.1136/bmj.g7719	Publication Status
1516	Mazidi, M, Katsiki, N, Mikhailidis, DP, Bartlomiejczyk, MA, Banach, M. Association of Empirical Dietary Atherogenic Indices with All-Cause and Cause-Specific Mortality in a Multi-Ethnic Adult Population of the United States. Nutrients. 2019. 11:. doi:10.3390/nu11102323	Intervention/Exposure
1517	Mazidi, M, Wong, ND, Katsiki, N, Mikhailidis, DP, Banach, M. Dietary patterns, plasma vitamins and Trans fatty acids are associated with peripheral artery disease. Lipids Health Dis. 2017. 16:254. doi:10.1186/s12944-017-0635-y	Study Design
1518	Mc Clean, CM, Mc Laughlin, J, Burke, G, Murphy, MH, Trinick, T, Duly, E, Davison, GW. The effect of acute aerobic exercise on pulse wave velocity and oxidative stress following postprandial hypertriglyceridemia in healthy men. Eur J Appl Physiol. 2007. 100:225-34. doi:10.1007/s00421-007-0422-y	Study duration
1519	McAuley, KA, Hopkins, CM, Smith, KJ, McLay, RT, Williams, SM, Taylor, RW, Mann, JI. Comparison of high-fat and high-protein diets with a high-carbohydrate diet in insulin-resistant obese women. Diabetologia. 2005. 48:8-16. doi:10.1007/s00125-004-1603-4	Study duration
1520	McAuley, KA, Smith, KJ, Taylor, RW, McLay, RT, Williams, SM, Mann, JI. Long-term effects of popular dietary approaches on weight loss and features of insulin resistance. Int J Obes (Lond). 2006. 30:342-9. doi:10.1038/sj.ijo.0803075	Power/Size
1521	McCaffery, JM, Poque-Geile, MF, Muldoon, MF, Debski, TT, Wing, RR, Manuck, SB. The nature of the association between diet and serum lipids in the community: a twin study. Health Psychol. 2001. 20:341-50. doi:10.1037//0278-6133.20.5.341	Study Design
1522	McCarter, DF. Low-carbohydrate diet effective for adults. Journal of family practice. 2003. 52:515-516. doi:unavailable	Publication Status
1523	McClain, AD, Otten, JJ, Hekler, EB, Gardner, CD. Adherence to a low-fat vs. low-carbohydrate diet differs by insulin resistance status. Diabetes, obesity & metabolism. 2013. 15:87-90. doi:10.1111/j.1463-1326.2012.01668.x	Power/Size
1524	McCourt, HJ, Draffin, CR, Woodside, JV, Cardwell, CR, Young, IS, Hunter, SJ, Murray, LJ, Boreham, CA, Gallagher, AM, Neville, CE, McKinley, MC. Dietary patterns and cardiovascular risk factors in adolescents and young adults: the Northern Ireland Young Hearts Project. Br J Nutr. 2014. 112:1685-98. doi:10.1017/s0007114514002682	Power/Size

No.	Citation	Rationale
1525	McCullough, D, Harrison, T, Lane, KE, Boddy, LM, Stewart, CE, Enright, KJ, Amirabdollahian, F, Schmidt, MA, Davies, IG. The effect of dietary carbohydrate manipulation on low-density lipoprotein-cholesterol and its associated cardiometabolic risk. Proceedings of the nutrition society. 2019. 78:. doi:10.1017/S002966511900020X	Publication Status
1526	McCullough, ML, Feskanich, D, Rimm, EB, Giovannucci, EL, Ascherio, A, Variyam, JN, Spiegelman, D, Stampfer, MJ, Willett, WC. Adherence to the Dietary Guidelines for Americans and risk of major chronic disease in men. Am J Clin Nutr. 2000. 72:1223-31. doi:10.1093/ajcn/72.5.1223	Publication Date Overlaps with Existing Review
1527	McDougall, J, Thomas, LE, McDougall, C, Moloney, G, Saul, B, Finnell, JS, Richardson, K, Petersen, KM. Effects of 7 days on an ad libitum low-fat vegan diet: the McDougall Program cohort. Nutr J. 2014. 13:99. doi:10.1186/1475-2891-13-99	Intervention/Exposure; Study duration
1528	McEneny, J, McPherson, P, Spence, M, Bradley, U, Blair, S, McKinley, M, Young, I, Hunter, S. Does a diet high or low in fat influence the oxidation potential of VLDL, LDL and HDL subfractions?. Nutr Metab Cardiovasc Dis. 2013. 23:612-8. doi:10.1016/j.numecd.2011.12.007	Outcome
1529	McKay, DL, Eliasziw, M, Chen, CYO, Blumberg, JB. A Pecan-Rich Diet Improves Cardiometabolic Risk Factors in Overweight and Obese Adults: A Randomized Controlled Trial. Nutrients. 2018. 10:. doi:10.3390/nu10030339	Study duration
1530	McLaughlin, T, Carter, S, Lamendola, C, Abbasi, F, Yee, G, Schaaf, P, Basina, M, Reaven, G. Effects of moderate variations in macronutrient composition on weight loss and reduction in cardiovascular disease risk in obese, insulin-resistant adults. Am J Clin Nutr. 2006. 84:813-21. doi:10.1093/ajcn/84.4.813	Weight loss/Hypocaloric
1531	McLaughlin, T, Liu, LF, Avery, E, Shen, WJ, Cohen, C, Kraemer, F, Cushman, S, Gardner, CD. Effect of low carbohydrate weight loss diet on adipose cell size. Diabetes. 2016. 65:A443-A444. doi:10.2337/db16-1695-1770	Publication Status
1532	McManus, K, Antinoro, L, Sacks, F. A randomized controlled trial of a moderate-fat, low-energy diet compared with a low fat, low-energy diet for weight loss in overweight adults. Int J Obes Relat Metab Disord. 2001. 25:1503-11. doi:10.1038/sj.ijo.0801796	Weight loss/Hypocaloric
1533	McMillan-Price, J, Petocz, P, Atkinson, F, O'Neill, K, Samman, S, Steinbeck, K, Caterson, I, Brand-Miller, J. Comparison of 4 diets of varying glycemic load on weight loss and cardiovascular risk reduction in overweight and obese young adults: a randomized controlled trial. Arch Intern Med. 2006. 166:1466-75. doi:10.1001/archinte.166.14.1466	Intervention/Exposure
1534	McMorrow, AM, O'Reilly, ME, Connaughton, RM, Carolan, E, O'Shea, D, Lithander, FE, McGillicuddy, FC, Roche, HM. Weight status and dietary fat modulate high density lipoprotein particle function in adolescents: results from a cross-sectional analysis and a randomised, placebo-controlled, crossover trial. Proceedings of the nutrition society. 2016. 75:E70-. doi:10.1017/S0029665116000859	Publication Status
1535	McNaughton, SA, Ball, K, Mishra, GD, Crawford, DA. Dietary patterns of adolescents and risk of obesity and hypertension. J Nutr. 2008. 138:364-70. doi:10.1093/jn/138.2.364	Study Design
1536	McNaughton, SA, Mishra, GD, Brunner, EJ. Dietary patterns, insulin resistance, and incidence of type 2 diabetes in the Whitehall II Study. Diabetes Care. 2008. 31:1343-8. doi:10.2337/dc07-1946	Publication Date Overlaps with Existing Review

No.	Citation	Rationale
1537	McNeill, SH. Inclusion of red meat in healthful dietary patterns. Meat Sci. 2014. 98:452-60. doi:10.1016/j.meatsci.2014.06.028	Study Design
1538	McSwiney, FT, Wardrop, B, Hyde, PN, Lafountain, RA, Volek, JS, Doyle, L. Keto-adaptation enhances exercise performance and body composition responses to training in endurance athletes. Metabolism. 2018. 81:25-34. doi:10.1016/j.metabol.2017.10.010	Power/Size
1539	McVay, MA, Jeffreys, AS, King, HA, Olsen, MK, Voils, CI, Yancy, WS, Jr. The relationship between pretreatment dietary composition and weight loss during a randomised trial of different diet approaches. J Hum Nutr Diet. 2015. 28 Suppl 2:16-23. doi:10.1111/jhn.12188	Intervention/Exposure
1540	McVay, MA, Voils, CI, Geiselman, PJ, Smith, VA, Coffman, CJ, Mayer, S, Yancy, WS, Jr. Food preferences and weight change during low-fat and low-carbohydrate diets. Appetite. 2016. 103:336-343. doi:10.1016/j.appet.2016.04.035	Intervention/Exposure; Outcome
1541	Mebonia, N, Trapaidze, D, Kvanchakhadze, R, Zhizhilashvili, S, Kasradze, N. DIETARY HABITS OF SCHOOL-AGE CHILDREN IN TBILISI. Georgian Med News. 2015. :68-73. doi:unavailable	Study Design
1542	Meckling, KA, Gauthier, M, Grubb, R, Sanford, J. Effects of a hypocaloric, low-carbohydrate diet on weight loss, blood lipids, blood pressure, glucose tolerance, and body composition in free-living overweight women. Can J Physiol Pharmacol. 2002. 80:1095-105. doi:10.1139/y02-140	Study Design
1543	Meckling, KA, O'Sullivan, C, Saari, D. Comparison of a low-fat diet to a low-carbohydrate diet on weight loss, body composition, and risk factors for diabetes and cardiovascular disease in free-living, overweight men and women. J Clin Endocrinol Metab. 2004. 89:2717-23. doi:10.1210/jc.2003-031606	Study duration
1544	Meckling, KA, Sherfey, R. A randomized trial of a hypocaloric high-protein diet, with and without exercise, on weight loss, fitness, and markers of the Metabolic Syndrome in overweight and obese women. Appl Physiol Nutr Metab. 2007. 32:743-52. doi:10.1139/h07-059	Weight loss/Hypocaloric
1545	Medak, KD, Townsend, LK. Adding more fat to a high-fat diet only exacerbates hepatic insulin resistance. J Physiol. 2019. 597:1435-1436. doi:10.1113/jp277632	Study Design; Publication Status
1546	Medenwald, D, Kluttig, A, Lacruz, ME, Schumann, J. Serum dietary fatty acids and coronary heart disease risk - A nested case-control-study within the CARLA cohort. Nutr Metab Cardiovasc Dis. 2019. 29:152-158. doi:10.1016/j.numecd.2018.10.006	Intervention/Exposure
1547	Medina-Remon, A, Casas, R, Tressserra-Rimbau, A, Ros, E, Martinez-Gonzalez, MA, Fito, M, Corella, D, Salas-Salvado, J, Lamuela-Raventos, RM, Estruch, R. Polyphenol intake from a Mediterranean diet decreases inflammatory biomarkers related to atherosclerosis: a substudy of the PREDIMED trial. British journal of clinical pharmacology. 2017. 83:114-128. doi:10.1111/bcp.12986	Study Design; Publication Status
1548	Medina-Remon, A, Tresserra-Rimbau, A, Pons, A, Tur, JA, Martorell, M, Ros, E, Buil-Cosiales, P, Sacanella, E, Covas, MI, Corella, D, Salas-Salvado, J, Gomez-Gracia, E, Ruiz-Gutierrez, V, Ortega-Calvo, M, Garcia-Valdueza, M, Aros, F, Saez, GT, Serra-Majem, L, Pinto, X, Vinyoles, E, Estruch, R, Lamuela-Raventos, RM. Effects of total dietary polyphenols on plasma nitric oxide and blood pressure in a high cardiovascular risk cohort. The PREDIMED randomized trial. Nutr Metab Cardiovasc Dis. 2015. 25:60-7. doi:10.1016/j.numecd.2014.09.001	Intervention/Exposure; Outcome

No.	Citation	Rationale
1549	Meier, T, Grafe, K, Senn, F, Sur, P, Stangl, GI, Dawczynski, C, Marz, W, Kleber, ME, Lorkowski, S. Cardiovascular mortality attributable to dietary risk factors in 51 countries in the WHO European Region from 1990 to 2016: a systematic analysis of the Global Burden of Disease Study. Eur J Epidemiol. 2019. 34:37-55. doi:10.1007/s10654-018-0473-x	Study Design
1550	Meirelles, C, Candido, T, Gomes, PS. Effects of short-term very low-carbohydrate or conventional diet on strength performance. J Sports Med Phys Fitness. 2010. 50:189-95. doi:unavailable	Study duration
1551	Meisinger, C, Rospleszcz, S, Wintermeyer, E, Lorbeer, R, Thorand, B, Bamberg, F, Peters, A, Schlett, CL, Linseisen, J. Isocaloric Substitution of Dietary Carbohydrate Intake with Fat Intake and MRI-Determined Total Volumes of Visceral, Subcutaneous and Hepatic Fat Content in Middle-Aged Adults. Nutrients. 2019. 11:. doi:10.3390/nu11051151	Study Design
1552	Mekary, RA, Rimm, EB, Giovannucci, E, Stampfer, MJ, Willett, WC, Ludwig, DS, Hu, FB. Joint association of glycemic load and alcohol intake with type 2 diabetes incidence in women. Am J Clin Nutr. 2011. 94:1525-32. doi:10.3945/ajcn.111.023754	Intervention/Exposure
1553	Meksawan, K, Pendergast, DR, Leddy, JJ, Mason, M, Horvath, PJ, Awad, AB. Effect of low and high fat diets on nutrient intakes and selected cardiovascular risk factors in sedentary men and women. J Am Coll Nutr. 2004. 23:131-40. doi:10.1080/07315724.2004.10719353	Study duration
1554	Meksawan, K, Venkatraman, JT, Awad, AB, Pendergast, DR. Effect of dietary fat intake and exercise on inflammatory mediators of the immune system in sedentary men and women. J Am Coll Nutr. 2004. 23:331-40. doi:10.1080/07315724.2004.10719376	Outcome; Study duration
1555	Mellberg, C, Sandberg, S, Ryberg, M, Eriksson, M, Brage, S, Larsson, C, Olsson, T, Lindahl, B. Long-term effects of a Palaeolithic-type diet in obese postmenopausal women: a 2-year randomized trial. Eur J Clin Nutr. 2014. 68:350-7. doi:10.1038/ejcn.2013.290	Power/Size
1556	Mellendick, K, Shanahan, L, Wideman, L, Calkins, S, Keane, S, Lovelady, C. Diets Rich in Fruits and Vegetables Are Associated with Lower Cardiovascular Disease Risk in Adolescents. Nutrients. 2018. 10:. doi:10.3390/nu10020136	Study Design; Comparator
1557	Memelink, R, Verreijen, A, Engberink, M, Weijs, P. Higher than 1.2 G/KG/D protein intake is associated with increased fat mass loss during weight loss in obese older adults. Clinical nutrition. 2014. 33:S110. doi:unavailable	Publication Status
1558	Mendonca, RD, Carvalho, NC, Martin-Moreno, JM, Pimenta, AM, Lopes, ACS, Gea, A, Martinez-Gonzalez, MA, Bes-Rastrollo, M. Total polyphenol intake, polyphenol subtypes and incidence of cardiovascular disease: The SUN cohort study. Nutr Metab Cardiovasc Dis. 2019. 29:69-78. doi:10.1016/j.numecd.2018.09.012	Intervention/Exposure
1559	Mendonca, RD, Lopes, AC, Pimenta, AM, Gea, A, Martinez-Gonzalez, MA, Bes-Rastrollo, M. Ultra-Processed Food Consumption and the Incidence of Hypertension in a Mediterranean Cohort: The Seguimiento Universidad de Navarra Project. Am J Hypertens. 2017. 30:358-366. doi:10.1093/ajh/hpw137	Outcome
1560	Meneton, P, Kesse-Guyot, E, Fezeu, L, Galan, P, Hercberg, S, Menard, J. Distinctive unhealthy eating pattern in free-living middle-aged hypertensives when compared with dyslipidemic or overweight patients. J Hypertens. 2013. 31:1554-63. doi:10.1097/HJH.0b013e32836130f8	Study Design; Intervention/Exposure

No.	Citation	Rationale
1561	Meng, H, Matthan, NR, Fried, SK, Berciano, S, Walker, ME, Galluccio, JM, Lichtenstein, AH. Effect of Dietary Carbohydrate Type on Serum Cardiometabolic Risk Indicators and Adipose Tissue Inflammatory Markers. J Clin Endocrinol Metab. 2018. 103:3430-3438. doi:10.1210/jc.2018-00667	Intervention/Exposure
1562	Meng, X, Zhu, K, Devine, A, Kerr, DA, Binns, CW, Prince, RL. A 5-year cohort study of the effects of high protein intake on lean mass and BMC in elderly postmenopausal women. J Bone Miner Res. 2009. 24:1827-34. doi:10.1359/jbmr.090513	Power/Size
1563	Mensink, M, Schutte, S, Chatindiara, I, Esser, D, Siebelink, E, Afman, L. Effect of caloric restriction and dietary composition on liver triglyceride content in subjects with abdominal obesity: the wageningen belly fat study. FASEB journal. Conference: experimental biology 2016, EB. San diego, CA united states. Conference start: 20160402. Conference end: 20160406. Conference publication: (var.pagings). 2016. 30:. doi:unavailable	Publication Status
1564	Mercanligil, SM, Arslan, P, Alasalvar, C, Okut, E, Akgul, E, Pinar, A, Geyik, PO, Tokgozoglu, L, Shahidi, F. Effects of hazelnut-enriched diet on plasma cholesterol and lipoprotein profiles in hypercholesterolemic adult men. Eur J Clin Nutr. 2007. 61:212-20. doi:10.1038/sj.ejcn.1602518	Study duration
1565	Merino, J, Guasch-Ferre, M, Martinez-Gonzalez, MA, Corella, D, Estruch, R, Fito, M, Ros, E, Aros, F, Bullo, M, Gomez-Gracia, E, Monino, M, Lapetra, J, Serra-Majem, L, Razquin, C, Buil-Cosiales, P, Sorli, JV, Munoz, MA, Pinto, X, Masana, L, Salas-Salvado, J. Is complying with the recommendations of sodium intake beneficial for health in individuals at high cardiovascular risk? Findings from the PREDIMED study. Am J Clin Nutr. 2015. 101:440-8. doi:10.3945/ajcn.114.096750	Intervention/Exposure, data overlap with included article
1566	Mero, AA, Huovinen, H, Matintupa, O, Hulmi, JJ, Puurtinen, R, Hohtari, H, Karila, TA. Moderate energy restriction with high protein diet results in healthier outcome in women. J Int Soc Sports Nutr. 2010. 7:4. doi:10.1186/1550-2783-7-4	Intervention/Exposure; Study duration
1567	Merra, G, Gratteri, S, De Lorenzo, A, Barrucco, S, Perrone, MA, Avolio, E, Bernardini, S, Marchetti, M, Di Renzo, L. Effects of very-low-calorie diet on body composition, metabolic state, and genes expression: a randomized double-blind placebo-controlled trial. Eur Rev Med Pharmacol Sci. 2017. 21:329-345. doi:unavailable	Study duration
1568	Merra, G, Miranda, R, Barrucco, S, Gualtieri, P, Mazza, M, Moriconi, E, Marchetti, M, Chang, TF, De Lorenzo, A, Di Renzo, L. Very-low-calorie ketogenic diet with aminoacid supplement versus very low restricted-calorie diet for preserving muscle mass during weight loss: a pilot double-blind study. Eur Rev Med Pharmacol Sci. 2016. 20:2613-21. doi:unavailable	Intervention/Exposure; Study duration
1569	Merrotsy, A, McCarthy, AL, Flack, J, Lacey, S, Coppinger, T. Project Spraoi: a two-year longitudinal study on the effectiveness of a school-based nutrition and physical activity intervention on dietary intake, nutritional knowledge and markers of health of Irish schoolchildren. Public Health Nutr. 2019. 22:2489-2499. doi:10.1017/s1368980019001368	Intervention/Exposure
1570	Mertens, E, Deforche, B, Mullie, P, Lefevre, J, Charlier, R, Knaeps, S, Huybrechts, I, Clarys, P. Longitudinal study on the association between three dietary indices, anthropometric parameters and blood lipids. Nutr Metab (Lond). 2015. 12:47. doi:10.1186/s12986-015-0042-1	Power/Size
1571	Mesquita de Carvalho, C, Dias Mendonca, D, Haas Piovesan, C, Edler Macagnan, F, Pandolfo Feoli, AM. Nutritional adequacy in subjects with metabolic syndrome. Nutr Hosp. 2014. 31:1147-53. doi:10.3305/nh.2015.31.3.8086	Outcome
1572	Metkus, TS, Dobrosielski, D, Stewart, K. Effect of a low carbohydrate versus a low fat diet on the metabolic syndrome. Journal of the american college of cardiology. 2012. 59:E1753. doi:10.1016/S0735-1097%2812%2961754-9	Publication Status

No.	Citation	Rationale
1573	Metro, D, Tardugno, R, Papa, M, Bisignano, C, Manasseri, L, Calabrese, G, Gervasi, T, Dugo, G, Cicero, N. Adherence to the Mediterranean diet in a Sicilian student population. Nat Prod Res. 2018. 32:1775-1781. doi:10.1080/14786419.2017.1402317	Study Design; Intervention/Exposure
1574	Mettler, S, Mitchell, N, Tipton, KD. Increased protein intake reduces lean body mass loss during weight loss in athletes. Med Sci Sports Exerc. 2010. 42:326-37. doi:10.1249/MSS.0b013e3181b2ef8e	Study duration
1575	Mezzano, D, Leighton, F, Strobel, P, Martinez, C, Marshall, G, Cuevas, A, Castillo, O, Panes, O, Munoz, B, Rozowski, J, Pereira, J. Mediterranean diet, but not red wine, is associated with beneficial changes in primary haemostasis. Eur J Clin Nutr. 2003. 57:439-46. doi:10.1038/sj.ejcn.1601558	Outcome
1576	Mia, FB, Vorster, HH. Coronary heart disease risk factors in Indian adolescents the role of diet. Cardiovasc J S Afr. 2000. 11:68-75. doi:unavailable	Study Design; Country
1577	Michalczyk, M, Zajac, A, Mikolajec, K, Zydek, G, Langfort, J. No Modification in Blood Lipoprotein Concentration but Changes in Body Composition after 4 Weeks of Low Carbohydrate Diet (LCD) Followed by 7 Days of Carbohydrate Loading in Basketball Players. J Hum Kinet. 2018. 65:125-137. doi:10.2478/hukin-2018-0102	Study Design; Study duration
1578	Michalczyk, MM, Chycki, J, Zajac, A, Maszczyk, A, Zydek, G, Langfort, J. Anaerobic performance after a low-carbohydrate diet (LCD) followed by 7 days of carbohydrate loading in male basketball players. Nutrients. 2019. 11:. doi:10.3390/nu11040778	Study duration
1579	Michels, KB, Wolk, A. A prospective study of variety of healthy foods and mortality in women. International Journal of Epidemiology. 2002. 31:847-854. doi:10.1093/ije/31.4.847	Publication Date Overlaps with Existing Review
1580	Michielsen, Ccjr, Hangelbroek, RWJ, Feskens, EJM, Afman, LA. Disentangling the Effects of Monounsaturated Fatty Acids from Other Components of a Mediterranean Diet on Serum Metabolite Profiles: A Randomized Fully Controlled Dietary Intervention in Healthy Subjects at Risk of the Metabolic Syndrome. Mol Nutr Food Res. 2019. 63:e1801095. doi:10.1002/mnfr.201801095	Outcome
1581	Mielgo Ayuso, J, Zourdos, MC, Urdampilleta, A, Calleja Gonzalez, J, Seco, J, Cordova, A. Relationship of long-term macronutrients intake on anabolic-catabolic hormones in female elite volleyball players. Nutr Hosp. 2017. 34:1155-1162. doi:10.20960/nh.763	Study Design
1582	Mielgo-Ayuso, J, Zourdos, MC, Calleja-Gonzalez, J, Urdampilleta, A, Ostojic, SM. Dietary intake habits and controlled training on body composition and strength in elite female volleyball players during the season. Appl Physiol Nutr Metab. 2015. 40:827-34. doi:10.1139/apnm-2015-0100	Study Design; Comparator
1583	Miguet, M, Fillon, A, Masurier, J, Khammassi, M, Julian, V, Boirie, Y, Duclos, M, Blundell, J, Finlayson, G, Thivel, D. Energy intake, appetite and food reward responses to High Intensity Interval Exercise might depend on the degree of obesity in adolescents. Obesity facts. 2018. 11:33-. doi:10.1159/000489691	Publication Status
1584	Mihrshahi, S, Ding, D, Gale, J, Allman-Farinelli, M, Banks, E, Bauman, AE. Vegetarian diet and all-cause mortality: Evidence from a large population-based Australian cohort - the 45 and Up Study. Prev Med. 2017. 97:1-7. doi:10.1016/j.ypmed.2016.12.044	Outcome

No.	Citation	Rationale
1585	Miksa, SA, Stadler, D, Karanja, N. Weight loss induced by low carbohydrate or high carbohydrate diets does not improve serum 25(OH)D concentrations. Obesity (silver spring, md.). 2010. 18:S95-. doi:unavailable	Publication Status
1586	Mildestvedt, T, Meland, E, Eide, GE. No difference in lifestyle changes by adding individual counselling to group-based rehabilitation RCT among coronary heart disease patients. Scandinavian Journal of Public Health. 2007. 35:591-598. doi:10.1080/14034940701349241	Health Status
1587	Millar, L, Rowland, B, Nichols, M, Swinburn, B, Bennett, C, Skouteris, H, Allender, S. Relationship between raised BMI and sugar sweetened beverage and high fat food consumption among children. Obesity (Silver Spring). 2014. 22:E96-103. doi:10.1002/oby.20665	Study Design; Intervention/Exposure
1588	Millen, BE, Quatromoni, PA, Nam, BH, O'Horo, CE, Polak, JF, D'Agostino, RB. Dietary patterns and the odds of carotid atherosclerosis in women: the Framingham Nutrition Studies. Prev Med. 2002. 35:540-7. doi:10.1006/pmed.2002.1116	Publication Date Overlaps with Existing Review
1589	Millen, BE, Quatromoni, PA, Nam, BH, O'Horo, CE, Polak, JF, Wolf, PA, D'Agostino, RB. Dietary patterns, smoking, and subclinical heart disease in women: opportunities for primary prevention from the Framingham Nutrition Studies. J Am Diet Assoc. 2004. 104:208-14. doi:10.1016/j.jada.2003.11.007	Study Design; Intervention/Exposure; Outcome; Publication Date Overlaps with Existing Review
1590	Miller, BV, Bertino, JS, Reed, RG, Burrington, CM, Davidson, LK, Green, A, Gartung, AM, Nafziger, AN. An evaluation of the atkins' diet. Metab Syndr Relat Disord. 2003. 1:299-309. doi:10.1089/1540419031361426	Study duration
1591	Miller, CK, Ulbrecht, JS, Lyons, J, Parker-Klees, L, Gutschall, MD, Smiciklas-Wright, H, Mitchell, DC, Covasa, M, Hayes, M. A reduced-carbohydrate diet improves outcomes in patients with metabolic syndrome: A translational study. Topics in Clinical Nutrition. 2007. 22:82-91. doi:10.1097/00008486-200701000-00009	Study Design
1592	Miller, ER, Cooper, LA, Carson, KA, Wang, NY, Appel, LJ, Gayles, D, Charleston, J, White, K, Dalcin, AT, Martin-Daniels, M, etal, . A randomized trial of a high potassium dietary intervention to lower blood pressure in urban African Americans with hypertension in the primary care setting: the "five plus nuts and beans" trial. Circulation. 2015. 131:. doi:unavailable	Publication Status
1593	Miller, GD, Beavers, DP, Hamm, D, Mihalko, SL, Messier, SP. Nutrient Intake During Diet-Induced Weight Loss and Exercise Interventions in a Randomized Trial in Older Overweight and Obese Adults. J Nutr Health Aging. 2017. 21:1216-1224. doi:10.1007/s12603-017-0892-5	Study Design; Intervention/Exposure
1594	Miller, LE, Volpe, JJ, Coleman-Kelly, MD, Gwazdauskas, FC, Nickols-Richardson, SM. Anthropometric and leptin changes in women following different dietary approaches to weight loss. Obesity (Silver Spring). 2009. 17:199-201. doi:10.1038/oby.2008.498	Intervention/Exposure
1595	Miller, M, Beach, V, Sorkin, JD, Mangano, C, Dobmeier, C, Novacic, D, Rhyne, J, Vogel, RA. Comparative effects of three popular diets on lipids, endothelial function, and C-reactive protein during weight maintenance. J Am Diet Assoc. 2009. 109:713-7. doi:10.1016/j.jada.2008.12.023	Intervention/Exposure

No.	Citation	Rationale
1596	Minehira, K, Bettschart, V, Vidal, H, Vega, N, Di Vetta, V, Rey, V, Schneiter, P, Tappy, L. Effect of carbohydrate overfeeding on whole body and adipose tissue metabolism in humans. Obes Res. 2003. 11:1096-103. doi:10.1038/oby.2003.150	Study duration
1597	Minehira, K, Vega, N, Vidal, H, Acheson, K, Tappy, L. Effect of carbohydrate overfeeding on whole body macronutrient metabolism and expression of lipogenic enzymes in adipose tissue of lean and overweight humans. Int J Obes Relat Metab Disord. 2004. 28:1291-8. doi:10.1038/sj.ijo.0802760	Study duration
1598	Ministrini, S, Calzini, L, Nulli Migliola, E, Ricci, MA, Roscini, AR, Siepi, D, Tozzi, G, Daviddi, G, Martorelli, EE, Paganelli, MT, Lupattelli, G. Lysosomal Acid Lipase as a Molecular Target of the Very Low Carbohydrate Ketogenic Diet in Morbidly Obese Patients: The Potential Effects on Liver Steatosis and Cardiovascular Risk Factors. J Clin Med. 2019. 8:. doi:10.3390/jcm8050621	Study Design; Study duration
1599	Minoura, A, Wang, DH, Sato, Y, Zou, Y, Sakano, N, Kubo, M, Takemoto, K, Masatomi, C, Ogino, K. Association of dietary fat and carbohydrate consumption and predicted ten-year risk for developing coronary heart disease in a general Japanese population. Acta Med Okayama. 2014. 68:129-35. doi:10.18926/amo/52652	Intervention/Exposure
1600	Mirmiran, P, Asghari, G, Farhadnejad, H, Eslamian, G, Hosseini-Esfahani, F, Azizi, F. Low carbohydrate diet is associated with reduced risk of metabolic syndrome in Tehranian adults. Int J Food Sci Nutr. 2017. 68:358-365. doi:10.1080/09637486.2016.1242119	Intervention/Exposure; Outcome
1601	Mirmiran, P, Bahadoran, Z, Esfandyari, S, Azizi, F. Dietary Protein and Amino Acid Profiles in Relation to Risk of Dysglycemia: Findings from a Prospective Population-Based Study. Nutrients. 2017. 9:. doi:10.3390/nu9090971	Intervention/Exposure
1602	Mirmiran, P, Bahadoran, Z, Mirzaei, S, Azizi, F. Dietary Intake, Changes in Lipid Parameters and the Risk of Hypertriglyceridemia: A Prospective Approach in the Tehran Lipid and Glucose Study. Int J Vitam Nutr Res. 2014. 84:269-76. doi:10.1024/0300-9831/a000213	Intervention/Exposure
1603	Mirmiran, P, Noori, N, Azizi, F. A prospective study of determinants of the metabolic syndrome in adults. Nutr Metab Cardiovasc Dis. 2008. 18:567-73. doi:10.1016/j.numecd.2007.06.002	Intervention/Exposure; Country
1604	Mirmiran, P, Ramezankhani, A, Hekmatdoost, A, Azizi, F. Effect of nutrition intervention on non-communicable disease risk factors among Tehranian adults: Tehran Lipid and Glucose Study. Ann Nutr Metab. 2008. 52:91-5. doi:10.1159/000121364	Intervention/Exposure; Publication Date Overlaps with Existing Review
1605	Mirza, NM, Palmer, MG, Sinclair, KB, McCarter, R, He, J, Ebbeling, CB, Ludwig, DS, Yanovski, JA. Effects of a low glycemic load or a low-fat dietary intervention on body weight in obese Hispanic American children and adolescents: a randomized controlled trial. Am J Clin Nutr. 2013. 97:276-85. doi:10.3945/ajcn.112.042630	Intervention/Exposure
1606	Mishra, S, Xu, J, Agarwal, U, Gonzales, J, Levin, S, Barnard, ND. A multicenter randomized controlled trial of a plant-based nutrition program to reduce body weight and cardiovascular risk in the corporate setting: the GEICO study. Eur J Clin Nutr. 2013. 67:718-24. doi:10.1038/ejcn.2013.92	Intervention/Exposure; Comparator

No.	Citation	Rationale
1607	Misirli, G, Benetou, V, Lagiou, P, Bamia, C, Trichopoulos, D, Trichopoulou, A. Relation of the traditional Mediterranean diet to cerebrovascular disease in a Mediterranean population. Am J Epidemiol. 2012. 176:1185-92. doi:10.1093/aje/kws205	Publication Date Overlaps with Existing Review
1608	Misra, A, Wasir, JS, Vikram, NK. Carbohydrate diets, postprandial hyperlipidaemia, abdominal obesity & Asian Indians: A recipe for atherogenic disaster. Indian Journal of Medical Research. 2005. 121:5-8. doi:unavailable	Publication Status
1609	Mitchell, CJ, Milan, AM, Mitchell, SM, Zeng, N, Ramzan, F, Sharma, P, Knowles, S, Roy, N, Sjodin, A, Wagner, KH, etal, . Ten weeks of protein consumption at the RDA results: in a loss of appendicular lean mass in healthy older men, a randomized controlled trial. FASEB journal. 2017. 31:. doi:unavailable	Publication Status
1610	Mitchell, CJ, Milan, AM, Mitchell, SM, Zeng, N, Ramzan, F, Sharma, P, Knowles, SO, Roy, NC, Sjodin, A, Wagner, KH, Cameron-Smith, D. The effects of dietary protein intake on appendicular lean mass and muscle function in elderly men: a 10-wk randomized controlled trial. Am J Clin Nutr. 2017. 106:1375-1383. doi:10.3945/ajcn.117.160325	Intervention/Exposure
1611	Mitchell, SM, Milan, AM, Mitchell, CJ, Gillies, NA, D'Souza, RF, Zeng, N, Ramzan, F, Sharma, P, Knowles, SO, Roy, NC, Sjodin, A, Wagner, KH, Zeisel, SH, Cameron-Smith, D. Protein Intake at Twice the RDA in Older Men Increases Circulatory Concentrations of the Microbiome Metabolite Trimethylamine-N-Oxide (TMAO). Nutrients. 2019. 11:. doi:10.3390/nu11092207	Intervention/Exposure
1612	Mitra, SR, Tan, PY. Effect of an individualised high-protein, energy-restricted diet on anthropometric and cardio-metabolic parameters in overweight and obese Malaysian adults: a 6-month randomised controlled study. Br J Nutr. 2019. 121:1002-1017. doi:10.1017/s0007114519000345	Weight loss/Hypocaloric
1613	Mittendorfer, B, Sidossis, LS. Mechanism for the increase in plasma triacylglycerol concentrations after consumption of short-term, high-carbohydrate diets. Am J Clin Nutr. 2001. 73:892-9. doi:10.1093/ajcn/73.5.892	Study duration
1614	Miyagawa, N, Arima, H, Yoshita, K, Okuda, N, Ohkubo, T, Hisamatsu, T, Kondo, K, Miura, K. Feasibility, safety and efficacy of a modified dietary approaches to stop hypertension diet for japanese population. Circulation. 2018. 137:. doi:unavailable	Publication Status
1615	Mogul, HR, Freeman, R, Scherer, PE, Frey, M, Hantash, FM, Greenbaum, R, Jozak, S, Klein, LA, Tanenbaum, K. Carbohydrate modified diet and insulin sensitizers reduce fasting insulin and body weight, modulate measures of the metabolic syndrome, and improve adipokines in EMPOWIR (enhance the metabolic profile of women with insulin resistance) a randomized clinical trial (NCT00618071) of normoglycemic, hyperinsulinemic women with midlife weight gain. Endocrine reviews. 2012. 33:. doi:unavailable	Publication Status
1616	Mohammadifard, N, Talaei, M, Sadeghi, M, Oveisegharan, S, Golshahi, J, Esmaillzadeh, A, Sarrafzadegan, N. Dietary patterns and mortality from cardiovascular disease: Isfahan Cohort Study. Eur J Clin Nutr. 2017. 71:252-258. doi:10.1038/ejcn.2016.170	Country
1617	Mohan, V, Spiegelman, D, Sudha, V, Gayathri, R, Hong, B, Praseena, K, Anjana, RM, Wedick, NM, Arumugam, K, Malik, V, Ramachandran, S, Bai, MR, Henry, JK, Hu, FB, Willett, W, Krishnaswamy, K. Effect of brown rice, white rice, and brown rice with legumes on blood glucose and insulin responses in overweight Asian Indians: a randomized controlled trial. Diabetes Technol Ther. 2014. 16:317-25. doi:10.1089/dia.2013.0259	Study duration

No.	Citation	Rationale
1618	Mohler, ER, 3rd, Sibley, AA, Stein, R, Davila-Roman, V, Wyatt, H, Badellino, K, Rader, DJ, Klein, S, Foster, GD. Endothelial function and weight loss: comparison of low-carbohydrate and low-fat diets. Obesity (Silver Spring). 2013. 21:504-9. doi:10.1002/oby.20055	Intervention/Exposure; Outcome
1619	Mohorko, N, Cernelic-Bizjak, M, Poklar-Vatovec, T, Grom, G, Kenig, S, Petelin, A, Jenko-Praznikar, Z. Weight loss, improved physical performance, cognitive function, eating behavior, and metabolic profile in a 12-week ketogenic diet in obese adults. Nutr Res. 2019. 62:64-77. doi:10.1016/j.nutres.2018.11.007	Study Design; Comparator
1620	Mojtahedi, MC, Thorpe, MP, Karampinos, DC, Johnson, CL, Layman, DK, Georgiadis, JG, Evans, EM. The effects of a higher protein intake during energy restriction on changes in body composition and physical function in older women. J Gerontol A Biol Sci Med Sci. 2011. 66:1218-25. doi:10.1093/gerona/glr120	Intervention/Exposure
1621	Monge, A, Lajous, M, Ortiz-Panozo, E, Rodriguez, BL, Gongora, JJ, Lopez-Ridaura, R. Western and Modern Mexican dietary patterns are directly associated with incident hypertension in Mexican women: a prospective follow-up study. Nutr J. 2018. 17:21. doi:10.1186/s12937-018-0332-3	Outcome
1622	Monica Dinu, M, Pagliai, G, Mangino, A, Cesari, F, Giusti, B, Marcucci, R, Casini, A, Sofi, F. Comparison between Mediterranean and Vegetarian diets for cardiovascular prevention: the CARDIntervention/ExposureG study. European journal of preventive cardiology. 2017. 24:S136-. doi:unavailable	Publication Status
1623	Monjardino, T, Lucas, R, Ramos, E, Barros, H. Associations between a priori-defined dietary patterns and longitudinal changes in bone mineral density in adolescents. Public Health Nutr. 2014. 17:195-205. doi:10.1017/s1368980012004879	Outcome
1624	Monteagudo, C, Mariscal-Arcas, M, Rivas, A, Lorenzo-Tovar, ML, Tur, JA, Olea-Serrano, F. Proposal of a Mediterranean Diet Serving Score. PLoS One. 2015. 10:e0128594. doi:10.1371/journal.pone.0128594	Study Design; Intervention/Exposure; Outcome
1625	Moore, LL, Singer, MR, Bradlee, ML, Daniels, SR. Adolescent dietary intakes predict cardiometabolic risk clustering. Eur J Nutr. 2016. 55:461-468. doi:10.1007/s00394-015-0863-8	Intervention/Exposure; Outcome
1626	Moore, WJ, McGrievy, ME, Turner-McGrievy, GM. Dietary adherence and acceptability of five different diets, including vegan and vegetarian diets, for weight loss: The New DIETs study. Eat Behav. 2015. 19:33-8. doi:10.1016/j.eatbeh.2015.06.011	Power/Size
1627	Moradi, S, Khorrami-Nezhad, L, Ali-Akbar, S, Zare, F, Alipour, T, Dehghani Kari Bozorg, A, Yekaninejad, MS, Maghbooli, Z, Mirzaei, K. The associations between dietary patterns and bone health, according to the TGF-beta1 T869-->C polymorphism, in postmenopausal Iranian women. Aging Clin Exp Res. 2018. 30:563-571. doi:10.1007/s40520-017-0828-2	Study Design
1628	Moraleda, E, Martinez-Argudo, I, Rodriguez-Gomez, I, Ara, I, Aznar, S. Ketogenic diet and physical activity intervention to weight loss analyzing different FTO and AdipoQ polimorfisms. Annals of nutrition & metabolism. 2019. 75:35-36. doi:10.1159/000501441	Publication Status
1629	Moran, LJ, Flynn, AC, Louise, J, Deussen, AR, Dodd, JM. The effect of a lifestyle intervention on pregnancy and postpartum dietary patterns determined by factor analysis. Obesity (Silver Spring). 2017. 25:1022-1032. doi:10.1002/oby.21848	Outcome; Participants

No.	Citation	Rationale
1630	Moran, LJ, Noakes, M, Clifton, P, Buckley, J, Brinkworth, G, Thomson, R, Norman, RJ. Predictors of lifestyle intervention attrition or weight loss success in women with polycystic ovary syndrome who are overweight or obese. Nutrients. 2019. 11:. doi:10.3390/nu11030492	Intervention/Exposure; Health Status
1631	Moreira, T, Severo, M, Oliveira, A, Ramos, E, Rodrigues, S, Lopes, C. Eating out of home and dietary adequacy in preschool children. Br J Nutr. 2015. 114:297-305. doi:10.1017/s0007114515001713	Intervention/Exposure; Outcome
1632	Morell-Azanza, L, Ochotorena-Elicegui, A, Catalan-Lamban, A, Chueca, M, Marti, A, Julian, CAS. Assessment of adherence to mediterranean diet during a weight loss intervention in children with cardiometabolic risk. Hormone research in paediatrics. 2016. 86:310-. doi:10.1159/000449142	Publication Status
1633	Morenga, LT, Williams, S, Brown, R, Mann, J. Effect of a relatively high-protein, high-fiber diet on body composition and metabolic risk factors in overweight women. Eur J Clin Nutr. 2010. 64:1323-31. doi:10.1038/ejcn.2010.163	Intervention/Exposure
1634	Moreno Franco, B, Leon Latre, M, Andres Esteban, EM, Ordovas, JM, Casasnovas, JA, Penalvo, JL. Soluble and insoluble dietary fibre intake and risk factors for metabolic syndrome and cardiovascular disease in middle-aged adults: the AWHS cohort. Nutr Hosp. 2014. 30:1279-88. doi:10.3305/nh.2014.30.6.7778	Study Design; Intervention/Exposure
1635	Moreno, B, Bellido, D, Sajoux, I, Goday, A, Saavedra, D, Crujeiras, AB, Casanueva, FF. Comparison of a very low-calorie-ketogenic diet with a standard low-calorie diet in the treatment of obesity. Endocrine. 2014. 47:793-805. doi:10.1007/s12020-014-0192-3	Intervention/Exposure
1636	Moreno, LA. Effects of diet on growth of children with obesity. J Pediatr Gastroenterol Nutr. 2010. 51 Suppl 3:S147-8. doi:10.1097/MPG.0b013e3181efb1be	Study Design
1637	Moretti, L, Canada, T. A Randomized Study Comparing the Effects of a Low-Carbohydrate Diet and a Conventional Diet on Lipoprotein Subfractions and C-reactive Protein Levels in Patients With Severe Obesity. Nutr Clin Pract. 2006. 21:187-188. doi:10.1177/0115426506021002187	Publication Status
1638	Morgan, LM, Griffin, BA, Millward, DJ, DeLooy, A, Fox, KR, Baic, S, Bonham, MP, Wallace, JM, MacDonald, I, Taylor, MA, Truby, H. Comparison of the effects of four commercially available weight-loss programmes on lipid-based cardiovascular risk factors. Public Health Nutr. 2009. 12:799-807. doi:10.1017/s1368980008003236	Weight loss/Hypocaloric
1639	Morgantini, C, Trifiro, S, Trico, D, Meriwether, D, Baldi, S, Mengozzi, A, Reddy, ST, Natali, A. A short-term increase in dietary cholesterol and fat intake affects high-density lipoprotein composition in healthy subjects. Nutr Metab Cardiovasc Dis. 2018. 28:575-581. doi:10.1016/j.numecd.2018.03.005	Study duration
1640	Morimoto, N, Kasuga, C, Tanaka, A, Kamachi, K, Ai, M, Urayama, KY, Tanaka, A. Association between dietary fibre:carbohydrate intake ratio and insulin resistance in Japanese adults without type 2 diabetes. Br J Nutr. 2018. 119:620-628. doi:10.1017/s0007114517003725	Intervention/Exposure
1641	Morin, E, Michaud-Letourneau, I, Couturier, Y, Roy, M. A whole-food, plant-based nutrition program: Evaluation of cardiovascular outcomes and exploration of food choices determinants. Nutrition. 2019. 66:54-61. doi:10.1016/j.nut.2019.03.020	Study Design; Intervention/Exposure

No.	Citation	Rationale
1642	Morrison, JA, Glueck, CJ, Daniels, S, Wang, P. Determinants of persistent obesity and hyperinsulinemia in a biracial cohort: a 15-year prospective study of schoolgirls. J Pediatr. 2010. 157:559-65. doi:10.1016/j.jpeds.2010.04.030	Intervention/Exposure
1643	Morton, D, Rankin, P, Kent, L, Sokolies, R, Dysinger, W, Gobble, J, Diehl, H. The Complete Health Improvement Program (CHIP) and reduction of chronic disease risk factors in Canada. Can J Diet Pract Res. 2014. 75:72-7. doi:10.3148/75.2.2014.72	Study Design
1644	Mosca, CL, Marshall, JA, Grunwald, GK, Cornier, MA, Baxter, J. Insulin resistance as a modifier of the relationship between dietary fat intake and weight gain. Int J Obes Relat Metab Disord. 2004. 28:803-12. doi:10.1038/sj.ijo.0802621	Intervention/Exposure
1645	Moslehi, N, Ehsani, B, Mirmiran, P, Hojjat, P, Azizi, F. Association of Dietary Proportions of Macronutrients with Visceral Adiposity Index: Non-Substitution and Iso-Energetic Substitution Models in a Prospective Study. Nutrients. 2015. 7:8859-70. doi:10.3390/nu7105436	Intervention/Exposure
1646	Motie, M, Evangelista, LS, Horwich, T, Hamilton, M, Lombardo, D, Cooper, DM, Galassetti, PR, Fonarow, GC. Pro-HEART - a randomized clinical trial to test the effectiveness of a high protein diet targeting obese individuals with heart failure: rationale, design and baseline characteristics. Contemp Clin Trials. 2013. 36:371-81. doi:10.1016/j.cct.2013.08.004	Study Design; Health Status
1647	Moyama, S, Minami, K, Yano, M, Okumura, M, Hayashi, S, Takayama, H, Yorimoto, A. Relationship between dietary patterns and brachial-ankle pulse wave velocity among middle-aged adults in Japan. Asia Pac J Clin Nutr. 2017. 26:539-544. doi:10.6133/apjcn.032016.14	Study Design; Outcome
1648	Mozaffarian, D, Rimm, EB, Herrington, DM. Dietary fats, carbohydrate, and progression of coronary atherosclerosis in postmenopausal women. Am J Clin Nutr. 2004. 80:1175-84. doi:10.1093/ajcn/80.5.1175	Intervention/Exposure
1649	Mozaffarian, D. The great fat debate: taking the focus off of saturated fat. J Am Diet Assoc. 2011. 111:665-6. doi:10.1016/j.jada.2011.03.030	Study Design; Publication Status
1650	Mueller, C, Masri, B, Hogg, J, Mastrogiacomo, M, Chiu, YL. Carbohydrate- vs fat-controlled diet effect on weight loss and coronary artery disease risk: a pilot feeding study. Nutr Clin Pract. 2010. 25:542-7. doi:10.1177/0884533610379854	Intervention/Exposure
1651	Muhammad, HFL, Vink, RG, Roumans, NJT, Arkenbosch, LAJ, Mariman, EC, van Baak, MA. Dietary Intake after Weight Loss and the Risk of Weight Regain: Macronutrient Composition and Inflammatory Properties of the Diet. Nutrients. 2017. 9:. doi:10.3390/nu9111205	Intervention/Exposure
1652	Mulla, UZ, Cooper, R, Mishra, GD, Kuh, D, Stephen, AM. Adult macronutrient intake and physical capability in the MRC national survey of health and development. Age and Ageing. 2013. 42:81-87. doi:10.1093/ageing/afs101	Outcome
1653	Mullie, P, Clarys, P. Relation between dietary pattern analysis (principal component analysis) and body mass index: a 5-year follow-up study in a Belgian military population. J R Army Med Corps. 2016. 162:23-9. doi:10.1136/jramc-2014-000356	Power/Size
1654	Munsters, MJ, Geraedts, MC, Saris, WH. Effects of different protein and glycemic index diets on metabolic profiles and substrate partitioning in lean healthy males. Appl Physiol Nutr Metab. 2013. 38:1107-14. doi:10.1139/apnm-2012-0409	Intervention/Exposure; Study duration
1655	Murakami, K, McCaffrey, TA, Gallagher, AM, Neville, CE, Boreham, CA, Livingstone, MB. Dietary glycemic index and glycemic load in relation to changes in body composition measures during adolescence: Northern Ireland Young Hearts Study. Int J Obes (Lond). 2014. 38:252-8. doi:10.1038/ijo.2013.63	Intervention/Exposure

No.	Citation	Rationale
1656	Muraki, I, Wu, H, Imamura, F, Laden, F, Rimm, EB, Hu, FB, Willett, WC, Sun, Q. Rice consumption and risk of cardiovascular disease: results from a pooled analysis of 3 U.S. cohorts. Am J Clin Nutr. 2015. 101:164-72. doi:10.3945/ajcn.114.087551	Intervention/Exposure
1657	Murphy, K, Davis, C, Knight, A, Bryan, J, Wilson, C, Hodgson, J, Woodman, R. Adherence to a mediterranean diet (MEDDIET) results in improved cardiometabolic health measures and maintained cognitive performance in older australians; Results from the mediterranean diet for cognition and cardiovascular health in the elderly (MEDLEY) trial. Revista espanola de nutricion humana y dietetica. 2016. 20:652-. doi:unavailable	Publication Status
1658	Murphy, KJ, Parker, B, Dyer, KA, Davis, CR, Coates, AM, Buckley, JD, Howe, PR. A comparison of regular consumption of fresh lean pork, beef and chicken on body composition: a randomized cross-over trial. Nutrients. 2014. 6:682-96. doi:10.3390/nu6020682	Intervention/Exposure
1659	Murrin, CM, Heinen, MM, Kelleher, CC. Are Dietary Patterns of Mothers during Pregnancy Related to Children's Weight Status? Evidence from the Lifeways Cross- Generational Cohort Study. AIMS Public Health. 2015. 2:274-296. doi:10.3934/publichealth.2015.3.274	Study Design
1660	Mursu, J, Virtanen, JK, Rissanen, TH, Tuomainen, TP, Nykanen, I, Laukkanen, JA, Kortelainen, R, Voutilainen, S. Glycemic index, glycemic load, and the risk of acute myocardial infarction in Finnish men: the Kuopio Ischaemic Heart Disease Risk Factor Study. Nutr Metab Cardiovasc Dis. 2011. 21:144-9. doi:10.1016/j.numecd.2009.08.001	Intervention/Exposure
1661	Mursu, J, Virtanen, JK, Tuomainen, TP, Nurmi, T, Voutilainen, S. Intake of fruit, berries, and vegetables and risk of type 2 diabetes in Finnish men: the Kuopio Ischaemic Heart Disease Risk Factor Study. Am J Clin Nutr. 2014. 99:328-33. doi:10.3945/ajcn.113.069641	Intervention/Exposure
1662	Murtaugh, MA, Appel, LJ, Beasley, JM, Guenther, PM, Greene, T, McFadden, ML, Tooze, JA. Higher levels of sodium density (MG/KCAL) are associated with increased blood pressure independent of absolute sodium (MG): the dash sodium trial. Circulation. 2017. 135:. doi:unavailable	Publication Status
1663	Murtaza, N, Burke, LM, Vlahovich, N, Charlesson, B, O' Neill H, Ross, ML, Campbell, KL, Krause, L, Morrison, M. The effects of dietary pattern during intensified training on stool microbiota of elite race walkers. Nutrients. 2019. 11:. doi:10.3390/nu11020261	Study duration
1664	Muscogiuri, G, Barrea, L, Di Somma, C, Altieri, B, Vecchiarini, M, Orio, F, Spinosa, T, Colao, A, Savastano, S. Patient empowerment and the Mediterranean diet as a possible tool to tackle prediabetes associated with overweight or obesity: a pilot study. Hormones (Athens). 2019. 18:75-84. doi:10.1007/s42000-018-0090-9	Study Design
1665	Mustafa, J, Ellison, RC, Singer, MR, Bradlee, ML, Kalesan, B, Holick, MF, Moore, LL. Dietary Protein and Preservation of Physical Functioning Among Middle-Aged and Older Adults in the Framingham Offspring Study. Am J Epidemiol. 2018. 187:1411-1419. doi:10.1093/aje/kwy014	Intervention/Exposure; Outcome

No.	Citation	Rationale
1666	Muzio, F, Mondazzi, L, Harris, WS, Sommariva, D, Branchi, A. Effects of moderate variations in the macronutrient content of the diet on cardiovascular disease risk factors in obese patients with the metabolic syndrome. Am J Clin Nutr. 2007. 86:946-51. doi:10.1093/ajcn/86.4.946	Intervention/Exposure; Publication Date Overlaps with Existing Review
1667	Muzio, F, Mondazzi, L, Sommariva, D, Branchi, A. Long-term effects of low-calorie diet on the metabolic syndrome in obese nondiabetic patients. Diabetes Care. 2005. 28:1485-6. doi:10.2337/diacare.28.6.1485	Study Design
1668	Muzsik, A, Bajerska, J, Krzyzanowska, P, Walkowiak, J, Chmurzynska, A. The CED-MED project: the effect of a dietary intervention on inflammatory cytokines and lipid metabolism in women with metabolic syndrome: preliminary results. Annals of nutrition and metabolism. Conference: 12th european nutrition conference, FENS 2015. Berlin germany. Conference start: 20151020. Conference end: 20151023. Conference publication: (var.pagings). 2015. 67:231-232. doi:10.1159/000440895	Publication Status
1669	Mytton, OT, Forouhi, NG, Scarborough, P, Lentjes, M, Luben, R, Rayner, M, Khaw, KT, Wareham, NJ, Monsivais, P. Association between intake of less-healthy foods defined by the United Kingdom's nutrient profile model and cardiovascular disease: A population-based cohort study. PLoS Med. 2018. 15:e1002484. doi:10.1371/journal.pmed.1002484	Intervention/Exposure
1670	Na, L, Han, T, Zhang, W, Wu, X, Na, G, Du, S, Li, Y, Sun, C. A Snack Dietary Pattern Increases the Risk of Hypercholesterolemia in Northern Chinese Adults: A Prospective Cohort Study. PLoS One. 2015. 10:e0134294. doi:10.1371/journal.pone.0134294	Country
1671	Na, W, Yu, TY, Sohn, C. Development of a food-based index of dietary inflammatory potential for Koreans and its relationship with metabolic syndrome. Nutr Res Pract. 2019. 13:150-158. doi:10.4162/nrp.2019.13.2.150	Study Design; Intervention/Exposure
1672	Nabuco, HC, Tomeleri, CM, Junior, PS, Fernandes, RR, Cavalcante, EF, Nunes, JP, Cunha, PF, Dos Santos, L, Cyrino, ES. Effects of higher habitual protein intake on resistance-training-induced changes in body composition and muscular strength in untrained older women: A clinical trial study. Nutr Health. 2019. 25:103-112. doi:10.1177/0260106019838365	Intervention/Exposure
1673	Nagai, Y, Kawanabe, S, Fukuda, H, Tanaka, Y. Changes of body composition after replacing dietary carbohydrate with a protein supplement in overweight Japanese subjects. Journal of diabetes investigation. 2018. 9:44-. doi:10.1111/jdi.12938	Publication Status
1674	Nagata, C, Wada, K, Tsuji, M, Kawachi, T, Nakamura, K. Dietary glycaemic index and glycaemic load in relation to all-cause and cause-specific mortality in a Japanese community: the Takayama study. Br J Nutr. 2014. 112:2010-7. doi:10.1017/s0007114514003109	Intervention/Exposure
1675	Nah, EH, Chu, J, Kim, S, Cho, S, Kwon, E. Efficacy of lifestyle interventions in the reversion to normoglycemia in Korean prediabetics: One-year results from a randomised controlled trial. Primary Care Diabetes. 2019. 13:212-220. doi:10.1016/j.pcd.2018.11.017	Intervention/Exposure
1676	Naja, F, Itani, L, Hwalla, N, Sibai, AM, Kharroubi, SA. Identification of dietary patterns associated with elevated blood pressure among Lebanese men: A comparison of principal component analysis with reduced rank regression and partial least square methods. PLoS One. 2019. 14:e0220942. doi:10.1371/journal.pone.0220942	Study Design; Outcome

No.	Citation	Rationale
1677	Naja, F, Shivappa, N, Nasreddine, L, Kharroubi, S, Itani, L, Hwalla, N, Mehio Sibai, A, Hebert, JR. Role of inflammation in the association between the western dietary pattern and metabolic syndrome among Lebanese adults. Int J Food Sci Nutr. 2017. 68:997-1004. doi:10.1080/09637486.2017.1312297	Study Design
1678	Najjar, RS, Moore, CE, Montgomery, BD. A defined, plant-based diet utilized in an outpatient cardiovascular clinic effectively treats hypercholesterolemia and hypertension and reduces medications. Clinical Cardiology. 2018. 41:307-313. doi:10.1002/clc.22863	Study Design
1679	Najjar, RS, Moore, CE, Montgomery, BD. Consumption of a defined, plant-based diet reduces lipoprotein(a), inflammation, and other atherogenic lipoproteins and particles within 4 weeks. Clin Cardiol. 2018. 41:1062-1068. doi:10.1002/clc.23027	Study Design; Study duration
1680	Nakade, M, Lee, JS, Kawakubo, K, Amano, Y, Mori, K, Akabayashi, A. Correlation between food intake change patterns and body weight loss in middle-aged women in Japan. Obes Res Clin Pract. 2007. 1:I-ii. doi:10.1016/j.orcp.2007.01.001	Publication Date Overlaps with Existing Review
1681	Nakamura, Y, Ueshima, H, Okuda, N, Higashiyama, A, Kita, Y, Kadowaki, T, Okamura, T, Murakami, Y, Okayama, A, Choudhury, SR, Rodriguez, B, Curb, JD, Stamler, J. Relation of dietary and other lifestyle traits to difference in serum adiponectin concentration of Japanese in Japan and Hawaii: the INTERLIPID Study. Am J Clin Nutr. 2008. 88:424-30. doi:10.1093/ajcn/88.2.424	Study Design; Intervention/Exposure
1682	Nakamura, Y, Ueshima, H, Okuda, N, Miura, K, Kita, Y, Miyagawa, N, Yoshita, K, Nakagawa, H, Sakata, K, Saitoh, S, Okamura, T, Okayama, A, Choudhry, SR, Rodriguez, B, Masaki, KH, Chan, Q, Elliott, P, Stamler, J. Relationship of three different types of low-carbohydrate diet to cardiometabolic risk factors in a Japanese population: the INTERMAP/INTERLIPID Study. Eur J Nutr. 2016. 55:1515-24. doi:10.1007/s00394-015-0969-z	Outcome
1683	Nanri, A, Mizoue, T, Yoshida, D, Takahashi, R, Takayanagi, R. Dietary patterns and A1C in Japanese men and women. Diabetes Care. 2008. 31:1568-73. doi:10.2337/dc08-0297	Study Design
1684	Nasreddine, L, Akika, R, Mailhac, A, Tamim, H, Zgheib, NK. The Interaction between Genetic Polymorphisms in FTO and TCF7L2 Genes and Dietary Intake with Regard to Body Mass and Composition: An Exploratory Study. J Pers Med. 2019. 9:. doi:10.3390/jpm9010011	Study Design
1685	Nation, J, Humphrey, M, MacKay, M, Boneh, A. Linear growth of children on a ketogenic diet: does the protein-to-energy ratio matter?. J Child Neurol. 2014. 29:1496-501. doi:10.1177/0883073813508222	Intervention/Exposure; Health Status
1686	Naumann, E, Plat, J, Mensink, RP. Changes in serum concentrations of noncholesterol sterols and lipoproteins in healthy subjects do not depend on the ratio of plant sterols to stanols in the diet. J Nutr. 2003. 133:2741-7. doi:10.1093/jn/133.9.2741	Study duration
1687	Navas-Carretero, S, Holst, C, Saris, WH, van Baak, MA, Jebb, SA, Kafatos, A, Papadaki, A, Pfeiffer, AF, Handjieva-Darlenska, T, Hlavaty, P, Stender, S, Larsen, TM, Astrup, A, Martinez, JA. The Impact of Gender and Protein Intake on the Success of Weight Maintenance and Associated Cardiovascular Risk Benefits, Independent of the Mode of Food Provision: The DiOGenes Randomized Trial. J Am Coll Nutr. 2016. 35:20-30. doi:10.1080/07315724.2014.948642	Intervention/Exposure
1688	Navas-Carretero, S, Perez-Granados, AM, Schoppen, S, Vaquero, MP. An oily fish diet increases insulin sensitivity compared to a red meat diet in young iron-deficient women. Br J Nutr. 2009. 102:546-53. doi:10.1017/s0007114509220794	Study duration

No.	Citation	Rationale
1689	Navas-Carretero, S, San-Cristobal, R, Livingstone, KM, Celis-Morales, C, Marsaux, CF, Macready, AL, Fallaize, R, O'Donovan, CB, Forster, H, Woolhead, C, Moschonis, G, Lambrinou, CP, Jarosz, M, Manios, Y, Daniel, H, Gibney, ER, Brennan, L, Walsh, MC, Drevon, CA, Gibney, M, Saris, WHM, Lovegrove, JA, Mathers, JC, Martinez, JA. Higher vegetable protein consumption, assessed by an isoenergetic macronutrient exchange model, is associated with a lower presence of overweight and obesity in the web-based Food4me European study. Int J Food Sci Nutr. 2019. 70:240-253. doi:10.1080/09637486.2018.1492524	Study Design
1690	Nazare, JA, Smith, J, Borel, AL, Almeras, N, Tremblay, A, Bergeron, J, Poirier, P, Despres, JP. Changes in both global diet quality and physical activity level synergistically reduce visceral adiposity in men with features of metabolic syndrome. J Nutr. 2013. 143:1074-83. doi:10.3945/jn.113.175273	Weight loss/Hypocaloric
1691	Ndanuko, R, Tapsell, L, Charlton, K, Neale, E, Batterham, M. Dietary patterns associated with blood pressure in a clinical sample of overweight adults volunteering for a weight loss trial. Revista espanola de nutricion humana y dietetica. 2016. 20:460-461. doi:unavailable	Publication Status
1692	Neacsu, M, Fyfe, C, Horgan, G, Johnstone, AM. Appetite control and biomarkers of satiety with vegetarian (soy) and meat-based high-protein diets for weight loss in obese men: a randomized crossover trial. Am J Clin Nutr. 2014. 100:548-58. doi:10.3945/ajcn.113.077503	Study duration
1693	Negele, L, Schneider, B, Ristl, R, Stulnig, TM, Willfort-Ehringer, A, Helk, O, Widhalm, K. Effect of a low-fat diet enriched either with rapeseed oil or sunflower oil on plasma lipoproteins in children and adolescents with familial hypercholesterolaemia. Results of a pilot study. Eur J Clin Nutr. 2015. 69:337-43. doi:10.1038/ejcn.2014.234	Intervention/Exposure
1694	Neri-Sanchez, M, Martinez-Carrillo, BE, Valdes-Ramos, R, Soto-Pina, AE, Vargas-Hernandez, JA, Benitez-Arciniega, AD. Dietary patterns, central obesity and serum lipids concentration in Mexican adults. Nutr Hosp. 2019. 36:109-117. doi:10.20960/nh.2002	Power/Size
1695	Ness, AR, Powles, JW. The role of diet, fruit and vegetables and antioxidants in the Aetiology of stroke. European Journal of Preventive Cardiology. 2014. 6:229-234. doi:10.1177/204748739900600407	Study Design; Publication Date
1696	Nettleton, JA, Follis, JL, Ngwa, JS, Smith, CE, Ahmad, S, Tanaka, T, Wojczynski, MK, Voortman, T, Lemaitre, RN, Kristiansson, K, Nuotio, ML, Houston, DK, Perälä, MM, Qi, Q, Sonestedt, E, Manichaikul, A, Kanoni, S, Ganna, A, Mikkilä, V, North, KE, Siscovick, DS, Harald, K, McKeown, NM, Johansson, I, Rissanen, H, Liu, Y, Lahti, J, Hu, FB, Bandinelli, S, Rukh, G, Rich, S, Booij, L, Dmitriou, M, Ax, E, Raitakari, O, Mukamal, K, Männistö, S, Hallmans, G, Jula, A, Ericson, U, Jacobs, DR, J AVanRooijF, Deloukas, P, Sjögren, P, Kähönen, M, Djousse, L, Perola, M, Barroso, I, Hofman, A, Stirrups, K, Viikari, J, Uitterlinden, AG, Kalafati, IP, Franco, OH, Mozaffarian, D, Salomaa, V, Borecki, IB, Knekt, P, Kritchevsky, SB, Eriksson, JG, Dedoussis, GV, Qi, L, Ferrucci, L, Orho-Melander, M, Carola Zillikens, M, Ingelsson, E, Lehtimäki, T, Renström, F, Adrienne Cupples, L, Loos, RJ, Franks, PW. Gene × dietary pattern interactions in obesity: Analysis of up to 68 317 adults of European ancestry. Human Molecular Genetics. 2015. 24:4728-4738. doi:10.1093/hmg/ddv186	Study Design; Intervention/Exposure
1697	Nettleton, JA, Polak, JF, Tracy, R, Burke, GL, Jacobs, DR, Jr. Dietary patterns and incident cardiovascular disease in the Multi-Ethnic Study of Atherosclerosis. Am J Clin Nutr. 2009. 90:647-54. doi:10.3945/ajcn.2009.27597	Publication Date Overlaps with Existing Review

No.	Citation	Rationale
1698	Nettleton, JA, Rock, CL, Wang, Y, Jenny, NS, Jacobs, DR. Associations between dietary macronutrient intake and plasma lipids demonstrate criterion performance of the Multi-Ethnic Study of Atherosclerosis (MESA) food-frequency questionnaire. Br J Nutr. 2009. 102:1220-7. doi:10.1017/s0007114509382161	Study Design
1699	Nettleton, JA, Schulze, MB, Jiang, R, Jenny, NS, Burke, GL, Jacobs Jr, DR. A priori-defined dietary patterns and markers of cardiovascular disease risk in the Multi-Ethnic Study of Atherosclerosis (MESA). American Journal of Clinical Nutrition. 2008. 88:185-194. doi:unavailable	Publication Date Overlaps with Existing Review
1700	Nettleton, JA, Steffen, LM, Mayer-Davis, EJ, Jenny, NS, Jiang, R, Herrington, DM, Jacobs, DR, Jr. Dietary patterns are associated with biochemical markers of inflammation and endothelial activation in the Multi-Ethnic Study of Atherosclerosis (MESA). Am J Clin Nutr. 2006. 83:1369-79. doi:10.1093/ajcn/83.6.1369	Outcome
1701	Nettleton, JA, Steffen, LM, Ni, H, Liu, K, Jacobs, DR, Jr. Dietary patterns and risk of incident type 2 diabetes in the Multi-Ethnic Study of Atherosclerosis (MESA). Diabetes Care. 2008. 31:1777-82. doi:10.2337/dc08-0760	Publication Date Overlaps with Existing Review
1702	Neuhouser, ML, Howard, B, Lu, J, Tinker, LF, Van Horn, L, Caan, B, Rohan, T, Stefanick, ML, Thomson, CA. A low-fat dietary pattern and risk of metabolic syndrome in postmenopausal women: the Women's Health Initiative. Metabolism. 2012. 61:1572-81. doi:10.1016/j.metabol.2012.04.007	Publication Date Overlaps with Existing Review
1703	Newton, AL, Hanks, LJ, Ashraf, AP, Williams, E, Davis, M, Casazza, K. Macronutrient intake influences the effect of 25-hydroxy-vitamin d status on metabolic syndrome outcomes in african american girls. Cholesterol. 2012. 2012:581432. doi:10.1155/2012/581432	Study duration
1704	Nguo, K, Bonham, MP, Truby, H, Barber, E, Brown, J, Huggins, CE. Effect of Macronutrient Composition on Appetite Hormone Responses in Adolescents with Obesity. Nutrients. 2019. 11:. doi:10.3390/nu11020340	Study duration
1705	Nguyen, BT, Shuval, K, Bertmann, F, Yaroch, AL. The Supplemental Nutrition Assistance Program, Food Insecurity, Dietary Quality, and Obesity Among U.S. Adults. Am J Public Health. 2015. 105:1453-9. doi:10.2105/ajph.2015.302580	Study Design
1706	Nichols, SD, Francis, MP, Dalrymple, N. Sustainability of a Curriculum-based Intervention on Dietary Behaviours and Physical Activity among Primary School Children in Trinidad and Tobago. West Indian Med J. 2014. 63:68-77. doi:10.7727/wimj.2014.011	Intervention/Exposure
1707	Nicklas, J, Sacks, F, Smith, S, LeBoff, M, Rood, J, Bray, G, Ridker, P. Effect of macronutrient composition of weight loss diets on reduction of the inflammatory marker hsCRP. BMC complementary and alternative medicine. 2012. 12:. doi:unavailable	Publication Status
1708	Nicklas, JM, Sacks, FM, Smith, SR, LeBoff, MS, Rood, JC, Bray, GA, Ridker, PM. Effect of dietary composition of weight loss diets on high-sensitivity c-reactive protein: the Randomized POUNDS LOST trial. Obesity (Silver Spring). 2013. 21:681-9. doi:10.1002/oby.20072	Weight loss/Hypocaloric
1709	Nicklas, TA, Dwyer, J, Feldman, HA, Luepker, RV, Kelder, SH, Nader, PR. Serum cholesterol levels in children are associated with dietary fat and fatty acid intake. J Am Diet Assoc. 2002. 102:511-7. doi:10.1016/s0002-8223(02)90117-3	Intervention/Exposure

No.	Citation	Rationale
1710	Nickols-Richardson, SM, Coleman, MD, Volpe, JJ, Hosig, KW. Perceived hunger is lower and weight loss is greater in overweight premenopausal women consuming a low-carbohydrate/high-protein vs high-carbohydrate/low-fat diet. J Am Diet Assoc. 2005. 105:1433-7. doi:10.1016/j.jada.2005.06.025	Outcome; Study duration
1711	Nickols-Richardson, SM, Piehowski, KE, Metzgar, CJ, Miller, DL, Preston, AG. Changes in body weight, blood pressure and selected metabolic biomarkers with an energy-restricted diet including twice daily sweet snacks and once daily sugar-free beverage. Nutr Res Pract. 2014. 8:695-704. doi:10.4162/nrp.2014.8.6.695	Intervention/Exposure
1712	Niemczyk, NA. Low-carbohydrate versus low-fat diet: A randomized clinical trial. Journal of Midwifery and Women's Health. 2015. 60:104-105. doi:10.1111/jmwh.12281_1	Study Design; Publication Status
1713	Niinikoski, H, Jula, A, Viikari, J, Ronnemaa, T, Heino, P, Lagstrom, H, Jokinen, E, Simell, O. Blood pressure is lower in children and adolescents with a low-saturated-fat diet since infancy: the special turku coronary risk factor intervention project. Hypertension. 2009. 53:918-24. doi:10.1161/hypertensionaha.109.130146	Intervention/Exposure
1714	Niinikoski, H, Pahkala, K, Viikari, J, Ronnemaa, T, Jula, A, Lagstrom, H, Simell, O, Raitakari, OT. The STRIP Study: long-Term Impact of a Low Saturated Fat/Low Cholesterol Diet. Current cardiovascular risk reports. 2014. 8:1-7. doi:10.1007/s12170-014-0410-9	Study Design; Publication Status
1715	Nilholm, C, Roth, B, Hoglund, P, Blennow, K, Englund, E, Hansson, O, Zetterberg, H, Ohlsson, B. Dietary intervention with an Okinawan-based Nordic diet in type 2 diabetes renders decreased interleukin-18 concentrations and increased neurofilament light concentrations in plasma. Nutr Res. 2018. 60:13-25. doi:10.1016/j.nutres.2018.08.002	Study Design; Study duration ; Health Status
1716	Nilsson, A, Montiel Rojas, D, Kadi, F. Impact of Meeting Different Guidelines for Protein Intake on Muscle Mass and Physical Function in Physically Active Older Women. Nutrients. 2018. 10:. doi:10.3390/nu10091156	Study Design
1717	Niswender, K, Piletic, M, Andersen, H, Conradsen Hiort, L, Hollander, P. Weight change upon once-daily initiation of insulin detemir with or without dietary intervention in overweight or obese insulin-naïve individuals with type 2 diabetes: results from the DIET trial. Diabetes, obesity & metabolism. 2014. 16:186-192. doi:10.1111/dom.12218	Intervention/Exposure; Health Status
1718	Niswender, KD, Fazio, S, Gower, BA, Silver, HJ. Balanced high fat diet reduces cardiovascular risk in obese women although changes in adipose tissue, lipoproteins, and insulin resistance differ by race. Metabolism. 2018. 82:125-134. doi:10.1016/j.metabol.2018.01.020	Study Design; Comparator
1719	Niu, K, Momma, H, Kobayashi, Y, Guan, L, Chujo, M, Otomo, A, Ouchi, E, Nagatomi, R. The traditional Japanese dietary pattern and longitudinal changes in cardiovascular disease risk factors in apparently healthy Japanese adults. Eur J Nutr. 2016. 55:267-79. doi:10.1007/s00394-015-0844-y	Power/Size
1720	Nizamuddin, J, Turner, Z, Rubenstein, JE, Pyzik, PL, Kossoff, EH. Management and risk factors for dyslipidemia with the ketogenic diet. J Child Neurol. 2008. 23:758-61. doi:10.1177/0883073808318061	Health Status
1721	Njike, VY, Ayettey, R, Petraro, P, Treu, JA, Katz, DL. Walnut ingestion in adults at risk for diabetes: effects on body composition, diet quality, and cardiac risk measures. BMJ Open Diabetes Res Care. 2015. 3:e000115. doi:10.1136/bmjdrc-2015-000115	Intervention/Exposure

No.	Citation	Rationale
1722	Noakes, M, Foster, PR, Keogh, JB, James, AP, Mamo, JC, Clifton, PM. Comparison of isocaloric very low carbohydrate/high saturated fat and high carbohydrate/low saturated fat diets on body composition and cardiovascular risk. Nutr Metab (Lond). 2006. 3:7. doi:10.1186/1743-7075-3-7	Study duration
1723	Noakes, M, Keogh, JB, Foster, PR, Clifton, PM. Effect of an energy-restricted, high-protein, low-fat diet relative to a conventional high-carbohydrate, low-fat diet on weight loss, body composition, nutritional status, and markers of cardiovascular health in obese women. Am J Clin Nutr. 2005. 81:1298-306. doi:10.1093/ajcn/81.6.1298	Weight loss/Hypocaloric
1724	Noakes, TD. Low-carbohydrate and high-fat intake can manage obesity and associated conditions: occasional survey. S Afr Med J. 2013. 103:826-30. doi:10.7196/samj.7302	Study Design; Publication Status
1725	Noakes, TD. The Women's Health Initiative Randomized Controlled Dietary Modification Trial: an inconvenient finding and the diet-heart hypothesis. S Afr Med J. 2013. 103:824-5. doi:10.7196/samj.7343	Study Design; Publication Status
1726	Nobili, V, Liccardo, D, Bedogni, G, Salvatori, G, Gnani, D, Bersani, I, Alisi, A, Valenti, L, Raponi, M. Influence of dietary pattern, physical activity, and I148M PNPLA3 on steatosis severity in at-risk adolescents. Genes Nutr. 2014. 9:392. doi:10.1007/s12263-014-0392-8	Study Design; Intervention/Exposure; Outcome
1727	Noel, SE, Newby, PK, Ordovas, JM, Tucker, KL. Adherence to an (n-3) fatty acid/fish intake pattern is inversely associated with metabolic syndrome among Puerto Rican adults in the Greater Boston area. J Nutr. 2010. 140:1846-54. doi:10.3945/jn.110.124297	Intervention/Exposure
1728	Noll, C, Kunach, M, Frisch, F, Bouffard, L, Dubreuil, S, Jean-Denis, F, Phoenix, S, Cunnane, SC, Guerin, B, Turcotte, EE, Carpentier, AC. Seven-Day Caloric and Saturated Fat Restriction Increases Myocardial Dietary Fatty Acid Partitioning in Impaired Glucose-Tolerant Subjects. Diabetes. 2015. 64:3690-9. doi:10.2337/db15-0337	Study duration
1729	Norman, A, Zeebari, Z, Nyberg, G, Elinder, LS. Parental support in promoting children's health behaviours and preventing overweight and obesity - a long-term follow-up of the cluster-randomised healthy school start study II trial. BMC Pediatr. 2019. 19:104. doi:10.1186/s12887-019-1467-x	Intervention/Exposure; Outcome
1730	Norouzy, A, Salehi, M, Philippou, E, Arabi, H, Shiva, F, Mehrnoosh, S, Mohajeri, SM, Mohajeri, SA, Motaghedi Larijani, A, Nematy, M. Effect of fasting in Ramadan on body composition and nutritional intake: a prospective study. J Hum Nutr Diet. 2013. 26 Suppl 1:97-104. doi:10.1111/jhn.12042	Intervention/Exposure; Comparator
1731	Nosova, EV, Bartel, K, Chong, KC, Alley, HF, Conte, MS, Owens, CD, Grenon, SM. Analysis of nutritional habits and intake of polyunsaturated fatty acids in veterans with peripheral arterial disease. Vasc Med. 2015. 20:432-8. doi:10.1177/1358863x15591088	Study Design; Health Status
1732	Novotny, R, Nigg, CR, Li, F, Wilkens, LR. Pacific kids DASH for health (PacDASH) randomized, controlled trial with DASH eating plan plus physical activity improves fruit and vegetable intake and diastolic blood pressure in children. Child Obes. 2015. 11:177-86. doi:10.1089/chi.2014.0141	Intervention/Exposure
1733	Nowlin, SY, Cleland, CM, Vadiveloo, M, D'Eramo Melkus, G, Parekh, N, Hagan, H. Explaining Racial/Ethnic Dietary Patterns in Relation to Type 2 Diabetes: An Analysis of NHANES 2007-2012. Ethn Dis. 2016. 26:529-536. doi:10.18865/ed.26.4.529	Study Design

No.	Citation	Rationale
1734	Nowson, CA, Wattanapenpaiboon, N, Pachett, A. Low-sodium Dietary Approaches to Stop Hypertension-type diet including lean red meat lowers blood pressure in postmenopausal women. Nutr Res. 2009. 29:8-18. doi:10.1016/j.nutres.2008.12.002	Intervention/Exposure; Publication Date Overlaps with Existing Review
1735	Nowson, CA, Worsley, A, Margerison, C, Jorna, MK, Frame, AG, Torres, SJ, Godfrey, SJ. Blood pressure response to dietary modifications in free-living individuals. J Nutr. 2004. 134:2322-9. doi:10.1093/jn/134.9.2322	Intervention/Exposure
1736	Nowson, CA, Worsley, A, Margerison, C, Jorna, MK, Godfrey, SJ, Booth, A. Blood pressure change with weight loss is affected by diet type in men. Am J Clin Nutr. 2005. 81:983-9. doi:10.1093/ajcn/81.5.983	Intervention/Exposure
1737	Numao, S, Kawano, H, Endo, N, Yamada, Y, Konishi, M, Takahashi, M, Sakamoto, S. Short-term low carbohydrate/high-fat diet intake increases postprandial plasma glucose and glucagon-like peptide-1 levels during an oral glucose tolerance test in healthy men. Eur J Clin Nutr. 2012. 66:926-31. doi:10.1038/ejcn.2012.58	Study duration
1738	Nurkkala, M, Kaikkonen, K, Vanhala, ML, Karhunen, L, Keranen, AM, Korpelainen, R. Lifestyle intervention has a beneficial effect on eating behavior and long-term weight loss in obese adults. Eat Behav. 2015. 18:179-85. doi:10.1016/j.eatbeh.2015.05.009	Intervention/Exposure
1739	Nykanen, T, Pihlainen, K, Santtila, M, Vasankari, T, Fogelholm, M, Kyrolainen, H. Diet Macronutrient Composition, Physical Activity, and Body Composition in Soldiers During 6 Months Deployment. Mil Med. 2019. 184:e231-e237. doi:10.1093/milmed/usy232	Intervention/Exposure
1740	Nymo, S, Coutinho, SR, Jorgensen, J, Rehfeld, JF, Truby, H, Kulseng, B, Martins, C. Timeline of changes in appetite during weight loss with a ketogenic diet. Int J Obes (Lond). 2017. 41:1224-1231. doi:10.1038/ijo.2017.96	Study Design
1741	Oba, S, Nagata, C, Nakamura, K, Fujii, K, Kawachi, T, Takatsuka, N, Shimizu, H. Dietary glycemic index, glycemic load, and intake of carbohydrate and rice in relation to risk of mortality from stroke and its subtypes in Japanese men and women. Metabolism. 2010. 59:1574-82. doi:10.1016/j.metabol.2010.02.004	Intervention/Exposure; Comparator
1742	Oba, S, Nanri, A, Kurotani, K, Goto, A, Kato, M, Mizoue, T, Noda, M, Inoue, M, Tsugane, S. Dietary glycemic index, glycemic load and incidence of type 2 diabetes in Japanese men and women: the Japan Public Health Center-based Prospective Study. Nutr J. 2013. 12:165. doi:10.1186/1475-2891-12-165	Intervention/Exposure
1743	Obarzanek, E, Sacks, FM, Vollmer, WM, Bray, GA, Miller, ER, 3rd, Lin, PH, Karanja, NM, Most-Windhauser, MM, Moore, TJ, Swain, JF, Bales, CW, Proschan, MA. Effects on blood lipids of a blood pressure-lowering diet: the Dietary Approaches to Stop Hypertension (DASH) Trial. Am J Clin Nutr. 2001. 74:80-9. doi:10.1093/ajcn/74.1.80	Publication Date Overlaps with Existing Review
1744	O'Brien, KD, Brehm, BJ, Seeley, RJ, Bean, J, Wener, MH, Daniels, S, D'Alessio, DA. Diet-induced weight loss is associated with decreases in plasma serum amyloid a and C-reactive protein independent of dietary macronutrient composition in obese subjects. J Clin Endocrinol Metab. 2005. 90:2244-9. doi:10.1210/jc.2004-1011	Intervention/Exposure
1745	O'Brien, KM, Hutchesson, MJ, Jensen, M, Morgan, P, Callister, R, Collins, CE. Participants in an online weight loss program can improve diet quality during weight loss: a randomized controlled trial. Nutr J. 2014. 13:82. doi:10.1186/1475-2891-13-82	Intervention/Exposure; Outcome

No.	Citation	Rationale
1746	O'Connor, LE, Biberstine, SL, Paddon-Jones, D, Schwichtenberg, AJ, Campbell, WW. Adopting a Mediterranean-Style Eating Pattern with Different Amounts of Lean Unprocessed Red Meat Does Not Influence Short-Term Subjective Personal Well-Being in Adults with Overweight or Obesity. J Nutr. 2018. 148:1917-1923. doi:10.1093/jn/nxy235	Outcome; Study duration
1747	O'Connor, LE, Li, J, Sayer, RD, Hennessy, JE, Campbell, WW. Short-Term Effects of Healthy Eating Pattern Cycling on Cardiovascular Disease Risk Factors: Pooled Results from Two Randomized Controlled Trials. Nutrients. 2018. 10:. doi:10.3390/nu10111725	Study duration
1748	O'Connor, LE, Paddon-Jones, D, Wright, AJ, Campbell, WW. A Mediterranean-style eating pattern with lean, unprocessed red meat has cardiometabolic benefits for adults who are overweight or obese in a randomized, crossover, controlled feeding trial. Am J Clin Nutr. 2018. 108:33-40. doi:10.1093/ajcn/nqy075	Intervention/Exposure; Outcome
1749	O'Connor, LE, Wright, AJ, Paddon-Jones, D, Campbell, WW. Daily red meat intake does not affect improvements in cardiovascular disease risk factors induced by consuming the USDA's Healthy Mediterranean-Style Eating Pattern. FASEB journal. 2017. 31:. doi:unavailable	Publication Status
1750	Oddy, WH, Allen, KL, Trapp, GSA, Ambrosini, GL, Black, LJ, Huang, RC, Rzehak, P, Runions, KC, Pan, F, Beilin, LJ, Mori, TA. Dietary patterns, body mass index and inflammation: Pathways to depression and mental health problems in adolescents. Brain Behav Immun. 2018. 69:428-439. doi:10.1016/j.bbi.2018.01.002	Power/Size
1751	O'Doherty, MG, Skidmore, PM, Young, IS, McKinley, MC, Cardwell, C, Yarnell, JW, Gey, FK, Evans, A, Woodside, JV. Dietary patterns and smoking in Northern Irish men: a population at high risk of coronary heart disease. Int J Vitam Nutr Res. 2011. 81:21-33. doi:10.1024/0300-9831/a000047	Study Design
1752	Oellingrath, IM, Svendsen, MV. BMI-specific associations between health-related behaviours and overweight - a longitudinal study among Norwegian adolescents. Public Health Nutr. 2017. 20:481-491. doi:10.1017/s1368980016002536	Power/Size
1753	Oh, C, No, JK, Kim, HS. Dietary pattern classifications with nutrient intake and body composition changes in Korean elderly. Nutr Res Pract. 2014. 8:192-7. doi:10.4162/nrp.2014.8.2.192	Study Design
1754	Oh, SM, Kim, HC, Rhee, Y, Park, SJ, Lee, HJ, Suh, I, Feskanich, D. Dietary protein in relation to bone stiffness index and fat-free mass in a population consuming relatively low protein diets. J Bone Miner Metab. 2013. 31:433-41. doi:10.1007/s00774-013-0427-z	Study Design
1755	Oh, SY, Ahn, H, Chang, N, Kang, MH, Oh J V. Dietary patterns and weight status associated with behavioural problems in young children. Public Health Nutr. 2014. 17:2563-9. doi:10.1017/s1368980013002917	Study Design
1756	Ojeda Rodriguez, A, Zazpe, I, Morell Azanza, L, Chueca, M, Azcona Sanjulian, M, Marti, A. Improved vitamin D adequacy and its associations with diet quality indices in a lifestyle intervention of children and adolescents with abdominal obesity. Obesity facts. 2019. 12:112-. doi:10.1159/000489691	Publication Status
1757	Ojeda-Brito, R, Brito-Ojeda, M, Ruano, C, Nissensonh, M, Ruiz-Caballero, J, Serra-Majem, L. Drinking habits in a sample of university students. Relationship between the adherence to the Mediterranean Diet and BMI. Nutr Hosp. 2015. 32 Suppl 2:10326. doi:10.3305/nh.2015.32.sup2.10326	Study Design

No.	Citation	Rationale
1758	Ojeda-Rodriguez, A, Zazpe, I, Morell-Azanza, L, Chueca, MJ, Azcona-Sanjulian, MC, Marti, A. Improved Diet Quality and Nutrient Adequacy in Children and Adolescents with Abdominal Obesity after a Lifestyle Intervention. Nutrients. 2018. 10:. doi:10.3390/nu10101500	Intervention/Exposure
1759	Okekunle, AP, Wu, X, Feng, R, Li, Y, Sun, C. Higher intakes of energy-adjusted dietary amino acids are inversely associated with obesity risk. Amino Acids. 2019. 51:373-382. doi:10.1007/s00726-018-2672-x	Study Design
1760	Okita, K, Takada, S, Kinugawa, S. Very low-carbohydrate diet can effectively reduce weight without deterioration in physical fitness. Journal of the hong kong college of cardiology. 2016. 24:A32-. doi:unavailable	Publication Status
1761	Okuda, N, Miura, K, Okayama, A, Okamura, T, Abbott, RD, Nishi, N, Fujiyoshi, A, Kita, Y, Nakamura, Y, Miyagawa, N, Hayakawa, T, Ohkubo, T, Kiyohara, Y, Ueshima, H. Fruit and vegetable intake and mortality from cardiovascular disease in Japan: a 24-year follow-up of the NIPPON DATA80 Study. Eur J Clin Nutr. 2015. 69:482-8. doi:10.1038/ejcn.2014.276	Intervention/Exposure
1762	Oliveira, A, Jones, L, de Lauzon-Guillain, B, Emmett, P, Moreira, P, Charles, MA, Lopes, C. Early problematic eating behaviours are associated with lower fruit and vegetable intake and less dietary variety at 4-5 years of age. A prospective analysis of three European birth cohorts. Br J Nutr. 2015. 114:763-71. doi:10.1017/s0007114515002287	Study Design
1763	Oliveira, C, Boule, N, Sharma, AM, Elliott, S, Ghosh, S, Siervo, M, Prado, C. The impact of a high-protein diet on energy expenditure and substrate oxidation: preliminary findings of a randomized, controlled, cross-over trial. Obesity facts. 2018. 11:308-. doi:10.1159/000489691	Publication Status
1764	O'Neal, EK, Smith, AF, Heatherly, AJ, Killen, LG, Waldman, HS, Hollingsworth, A, Koh, Y. Effects of a 3-week High-Fat-Low-Carbohydrate Diet on Lipid and Glucose Profiles in Experienced, Middle-age Male Runners. Int J Exerc Sci. 2019. 12:786-799. doi:unavailable	Study duration
1765	O'Neil, A, Shivappa, N, Jacka, FN, Kotowicz, MA, Kibbey, K, Hebert, JR, Pasco, JA. Pro-inflammatory dietary intake as a risk factor for CVD in men: a 5-year longitudinal study. Br J Nutr. 2015. 114:2074-82. doi:10.1017/s0007114515003815	Intervention/Exposure
1766	O'Neil, CE, Nicklas, TA, Fulgoni, VL, 3rd. Nutrient Intake, Diet Quality, and Weight Measures in Breakfast Patterns Consumed by Children Compared with Breakfast Skippers: NHANES 2001-2008. AIMS Public Health. 2015. 2:441-468. doi:10.3934/publichealth.2015.3.441	Study Design; Intervention/Exposure
1767	Ooi, EM, Adams, LA, Zhu, K, Lewis, JR, Kerr, DA, Meng, X, Solah, V, Devine, A, Binns, CW, Prince, RL. Consumption of a whey protein-enriched diet may prevent hepatic steatosis associated with weight gain in elderly women. Nutr Metab Cardiovasc Dis. 2015. 25:388-95. doi:10.1016/j.numecd.2014.11.005	Intervention/Exposure
1768	Ooi, EM, Lichtenstein, AH, Millar, JS, Diffenderfer, MR, Lamon-Fava, S, Rasmussen, H, Welty, FK, Barrett, PH, Schaefer, EJ. Effects of Therapeutic Lifestyle Change diets high and low in dietary fish-derived FAs on lipoprotein metabolism in middle-aged and elderly subjects. J Lipid Res. 2012. 53:1958-67. doi:10.1194/jlr.P024315	Intervention/Exposure; Outcome
1769	Oomen, CM, Feskens, EJ, Rasanen, L, Fidanza, F, Nissinen, AM, Menotti, A, Kok, FJ, Kromhout, D. Fish consumption and coronary heart disease mortality in Finland, Italy, and The Netherlands. Am J Epidemiol. 2000. 151:999-1006. doi:10.1093/oxfordjournals.aje.a010144	Intervention/Exposure

No.	Citation	Rationale
1770	Oppitz, IN, Cesar, JA, Neumann, NA. Overweight among children under five years of age in municipalities of the semiarid region. Rev Bras Epidemiol. 2014. 17:860-72. doi:unavailable	Study Design; Intervention/Exposure
1771	Oranta, O, Pahkala, K, Ruottinen, S, Niinikoski, H, Lagstrom, H, Viikari, JS, Jula, A, Loo, BM, Simell, O, Ronnemaa, T, Raitakari, OT. Infancy-onset dietary counseling of low-saturated-fat diet improves insulin sensitivity in healthy adolescents 15-20 years of age: the Special Turku Coronary Risk Factor Intervention Project (STRIP) study. Diabetes Care. 2013. 36:2952-9. doi:10.2337/dc13-0361	Intervention/Exposure
1772	Ortega, JF, Fernandez-Elias, VE, Hamouti, N, Mora-Rodriguez, R. Increased blood cholesterol after a high saturated fat diet is prevented by aerobic exercise training. Appl Physiol Nutr Metab. 2013. 38:42-8. doi:10.1139/apnm-2012-0123	Study duration
1773	Ortega, RM, Rodríguez-Rodríguez, E, Aparicio, A, Marín-Arias, LI, López-Sobaler, AM. Responses to two weight-loss programs based on approximating the diet to the ideal: Differences associated with increased cereal or vegetable consumption. International Journal for Vitamin and Nutrition Research. 2006. 76:367-376. doi:10.1024/0300-9831.76.6.367	Intervention/Exposure
1774	Ortega-Azorin, C, Sorli, JV, Estruch, R, Asensio, EM, Coltell, O, Gonzalez, JI, Martinez-Gonzalez, MA, Ros, E, Salas-Salvado, J, Fito, M, Aros, F, Lapetra, J, Serra-Majem, L, Ruiz-Gutierrez, V, Gomez-Gracia, E, Fiol, M, Flores, G, Pinto, X, Saiz, C, Ordovas, JM, Corella, D. Amino acid change in the carbohydrate response element binding protein is associated with lower triglycerides and myocardial infarction incidence depending on level of adherence to the Mediterranean diet in the PREDIMED trial. Circ Cardiovasc Genet. 2014. 7:49-58. doi:10.1161/circgenetics.113.000301	Intervention/Exposure
1775	Oshakbayev, K, Dukenbayeva, B, Otarbayev, N, Togizbayeva, G, Tabynbayev, N, Gazaliyeva, M, Idrisov, A, Oshakbayev, P. Weight loss therapy for clinical management of patients with some atherosclerotic diseases: a randomized clinical trial. Nutr J. 2015. 14:120. doi:10.1186/s12937-015-0108-y	Intervention/Exposure; Health Status
1776	Osterberg, KL, Boutagy, NE, McMillan, RP, Stevens, JR, Frisard, MI, Kavanaugh, JW, Davy, BM, Davy, KP, Hulver, MW. Probiotic supplementation attenuates increases in body mass and fat mass during high-fat diet in healthy young adults. Obesity (Silver Spring). 2015. 23:2364-70. doi:10.1002/oby.21230	Study duration
1777	Osterdahl, M, Kocturk, T, Koochek, A, Wandell, PE. Effects of a short-term intervention with a paleolithic diet in healthy volunteers. Eur J Clin Nutr. 2008. 62:682-5. doi:10.1038/sj.ejcn.1602790	Study duration
1778	Otten, J, Mellberg, C, Ryberg, M, Sandberg, S, Kullberg, J, Lindahl, B, Larsson, C, Hauksson, J, Olsson, T. Strong and persistent effect on liver fat with a Paleolithic diet during a two-year intervention. Int J Obes (Lond). 2016. 40:747-53. doi:10.1038/ijo.2016.4	Intervention/Exposure
1779	Otten, J, Ryberg, M, Mellberg, C, Lindahl, B, Larsson, C, Juul Holst, J, Olsson, T. Weight loss by two different diets increases the postprandial response of GLP-1 but only the Paleolithic diet increases the postprandial response of GIP. Diabetologia. 2017. 60:S233-. doi:10.1007/s00125-017-4350-z	Publication Status
1780	Ozawa, M, Yoshida, D, Hata, J, Ohara, T, Mukai, N, Shibata, M, Uchida, K, Nagata, M, Kitazono, T, Kiyohara, Y, Ninomiya, T. Dietary Protein Intake and Stroke Risk in a General Japanese Population: The Hisayama Study. Stroke. 2017. 48:1478-1486. doi:10.1161/strokeaha.116.016059	Intervention/Exposure

No.	Citation	Rationale
1781	Padin, AC, Hebert, JR, Woody, A, Wilson, SJ, Shivappa, N, Belury, MA, Malarkey, WB, Sheridan, JF, Kiecolt-Glaser, JK. A proinflammatory diet is associated with inflammatory gene expression among healthy, non-obese adults: Can social ties protect against the risks?. Brain Behav Immun. 2019. 82:36-44. doi:10.1016/j.bbi.2019.07.031	Study Design; Intervention/Exposure
1782	Padwal, R. The Atkins diet led to more weight loss than the Zone diet in overweight and obese premenopausal women at 12 months. Evidence-based medicine. 2007. 12:138-. doi:10.1136/ebm.12.5.138	Publication Status
1783	Pagliai, G, Dinu, M, Cesari, F, Gori, AM, Giusti, B, Marcucci, R, Casini, A, Sofi, F. Randomized controlled dietary intervention trial comparing mediterranean and vegetarian diets for cardiovascular prevention: preliminary results. European heart journal. 2016. 37:340-. doi:10.1093/eurheartj/ehw432	Publication Status
1784	Pagliai, G, Dinu, M, Mangino, A, Cesari, F, Giusti, B, Gori, AM, Marcucci, R, Casini, A, Sofi, F. Comparison between mediterranean and vegetarian diets for cardiovascular prevention: the cardiveg study. Nutrition, metabolism and cardiovascular diseases. 2017. 27:e30-e31. doi:10.1016/j.numecd.2016.11.084	Study Design; Publication Status
1785	Pagliai, G, Russo, E, Baldi, S, Dinu, M, Bartolucci, G, Niccolai, E, Nannini, G, Casini, A, Amedei, A, Sofi, F. Impact of mediterranean vs vegetarian diets on gut microbiota and short chain fatty acids: the CARDIntervention/ExposureG study. Nutrition, metabolism and cardiovascular diseases. 2019. 29:879-. doi:10.1016/j.numecd.2019.05.032	Publication Status
1786	Paineau, D, Beaufils, F, Boulier, A, Cassuto, DA, Chwalow, J, Combris, P, Couet, C, Jouret, B, Lafay, L, Laville, M, Mahe, S, Ricour, C, Romon, M, Simon, C, Tauber, M, Valensi, P, Chapalain, V, Zourabichvili, O, Bornet, FR. The cumulative effect of small dietary changes may significantly improve nutritional intakes in free-living children and adults. Eur J Clin Nutr. 2010. 64:782-91. doi:10.1038/ejcn.2010.78	Intervention/Exposure; Outcome
1787	Palacios, C, Torres, M, Lopez, D, Trak-Fellermeier, MA, Coccia, C, Perez, CM. Effectiveness of the Nutritional App "MyNutriCart" on Food Choices Related to Purchase and Dietary Behavior: A Pilot Randomized Controlled Trial. Nutrients. 2018. 10:. doi:10.3390/nu10121967	Intervention/Exposure; Outcome
1788	Palacios, OM, Maki, KC, Nieman, KM, Lindner, E, Huebner, M, Sorce, J. Replacement of refined carbohydrates with a combination of egg protein and unsaturated fatty acids improves the lipoprotein lipid profile in adults with elevated triglycerides. FASEB journal. 2017. 31:. doi:unavailable	Publication Status
1789	Paletas, K, Athanasiadou, E, Sarigianni, M, Paschos, P, Kalogirou, A, Hassapidou, M, Tsapas, A. The protective role of the Mediterranean diet on the prevalence of metabolic syndrome in a population of Greek obese subjects. J Am Coll Nutr. 2010. 29:41-5. doi:10.1080/07315724.2010.10719815	Study Design
1790	Pałkowska, E, Bartnikowska, E, Owsiak, D. The use of low-caloric diet with modified fatty acids pool in the therapy of the metabolic syndrome. Roczniki panstwowego zakladu higieny. 2012. 63:163-169. doi:unavailable	Language
1791	Pallister, T, Jackson, MA, Martin, TC, Glastonbury, CA, Jennings, A, Beaumont, M, Mohney, RP, Small, KS, MacGregor, A, Steves, CJ, Cassidy, A, Spector, TD, Menni, C, Valdes, AM. Untangling the relationship between diet and visceral fat mass through blood metabolomics and gut microbiome profiling. Int J Obes (Lond). 2017. 41:1106-1113. doi:10.1038/ijo.2017.70	Study Design; Intervention/Exposure; Outcome

No.	Citation	Rationale
1792	Panagiotakos, D, Bountziouka, V, Zeimbekis, A, Vlachou, I, Polychronopoulos, E. Food pattern analysis and prevalence of cardiovascular disease risk factors among elderly people from Mediterranean islands. J Med Food. 2007. 10:615-21. doi:10.1089/jmf.2007.414	Study Design
1793	Panagiotakos, DB, Georgousopoulou, EN, Pitsavos, C, Chrysohoou, C, Metaxa, V, Georgiopoulos, GA, Kalogeropoulou, K, Tousoulis, D, Stefanadis, C. Ten-year (2002-2012) cardiovascular disease incidence and all-cause mortality, in urban Greek population: the ATTICA Study. Int J Cardiol. 2015. 180:178-84. doi:10.1016/j.ijcard.2014.11.206	Study Design; Publication Status
1794	Pandey, A, Clarus, S. The impact of dietary probiotics on estimated global cardiovascular risk in essential hypertensives. Canadian journal of cardiology. 2017. 33:S198-. doi:10.1016/j.cjca.2017.07.389	Publication Status
1795	Paniagua, JA, Gallego de la Sacristana, A, Romero, I, Vidal-Puig, A, Latre, JM, Sanchez, E, Perez-Martinez, P, Lopez-Miranda, J, Perez-Jimenez, F. Monounsaturated fat-rich diet prevents central body fat distribution and decreases postprandial adiponectin expression induced by a carbohydrate-rich diet in insulin-resistant subjects. Diabetes Care. 2007. 30:1717-23. doi:10.2337/dc06-2220	Outcome; Study duration
1796	Paniagua, JA, Perez-Martinez, P, Gjelstad, IM, Tierney, AC, Delgado-Lista, J, Defoort, C, Blaak, EE, Riserus, U, Drevon, CA, Kiec-Wilk, B, Lovegrove, JA, Roche, HM, Lopez-Miranda, J. A low-fat high-carbohydrate diet supplemented with long-chain n-3 PUFA reduces the risk of the metabolic syndrome. Atherosclerosis. 2011. 218:443-50. doi:10.1016/j.atherosclerosis.2011.07.003	Data overlap with included article
1797	Paniagua, JA, Romero, MI, Sanchez, ME, Valverde-Estepa, A, Ruano, J, Fuentes, F, Perez-Jimenez, F. Effect of 3 model diets on the glucose and insulin response, lipid profile and endothelial function in insulin-resistant subjects. Clinica e investigacion en arteriosclerosis. 2008. 20:55-63. doi:10.1016/S0214-9168%2808%2972584-1	Language
1798	Panizza, CE, Lim, U, Yonemori, KM, Cassel, KD, Wilkens, LR, Harvie, MN, Maskarinec, G, Delp, EJ, Lampe, JW, Shepherd, JA, Le Marchand, L, Boushey, CJ. Effects of Intermittent Energy Restriction Combined with a Mediterranean Diet on Reducing Visceral Adiposity: A Randomized Active Comparator Pilot Study. Nutrients. 2019. 11:. doi:10.3390/nu11061386	Intervention/Exposure
1799	Panunzio, MF, Caporizzi, R, Antoniciello, A, Cela, EP, Ferguson, LR, D'Ambrosio, P. Randomized, controlled nutrition education trial promotes a Mediterranean diet and improves anthropometric, dietary, and metabolic parameters in adults. Ann Ig. 2011. 23:13-25. doi:unavailable	Intervention/Exposure; Publication Date Overlaps with Existing Review
1800	Paoli, A, Bianco, A, Grimaldi, KA, Lodi, A, Bosco, G. Long term successful weight loss with a combination biphasic ketogenic Mediterranean diet and Mediterranean diet maintenance protocol. Nutrients. 2013. 5:5205-17. doi:10.3390/nu5125205	Study Design
1801	Paoli, A, Cenci, L, Grimaldi, KA. Effect of ketogenic Mediterranean diet with phytoextracts and low carbohydrates/high-protein meals on weight, cardiovascular risk factors, body composition and diet compliance in Italian council employees. Nutr J. 2011. 10:112. doi:10.1186/1475-2891-10-112	Study Design; Study duration
1802	Paoli, A, Grimaldi, K, Bianco, A, Lodi, A, Cenci, L, Parmagnani, A. Medium term effects of a ketogenic diet and a Mediterranean diet on resting energy expenditure and respiratory ratio. BMC proceedings. 2012. 6:. doi:unavailable	Study duration

No.	Citation	Rationale
1803	Paoli, A, Grimaldi, K, D'Agostino, D, Cenci, L, Moro, T, Bianco, A, Palma, A. Ketogenic diet does not affect strength performance in elite artistic gymnasts. J Int Soc Sports Nutr. 2012. 9:34. doi:10.1186/1550-2783-9-34	Study duration
1804	Papadaki, A, Linardakis, M, Larsen, TM, van Baak, MA, Lindroos, AK, Pfeiffer, AF, Martinez, JA, Handjieva-Darlenska, T, Kunesova, M, Holst, C, Astrup, A, Saris, WH, Kafatos, A. The effect of protein and glycemic index on children's body composition: the DiOGenes randomized study. Pediatrics. 2010. 126:e1143-52. doi:10.1542/peds.2009-3633	Intervention/Exposure
1805	Papadaki, A, Linardakis, M, Plada, M, Larsen, T, Damsgaard, C, Van Baak, M, Jebb, S, Pfeiffer, A, Martinez, J, Handjieva-Darlenska, T, etal, . Effect of dietary protein and glycemic index on metabolic syndrome status: the diogenes randomized controlled trial. Annals of nutrition & metabolism. 2013. 63:1189-. doi:10.1159/000354245	Intervention/Exposure; Publication Status
1806	Papadaki, A, Linardakis, M, Plada, M, Larsen, TM, Damsgaard, CT, van Baak, MA, Jebb, S, Pfeiffer, AF, Martinez, JA, Handjieva-Darlenska, T, Kunesova, M, Holst, C, Saris, WH, Astrup, A, Kafatos, A. Impact of weight loss and maintenance with ad libitum diets varying in protein and glycemic index content on metabolic syndrome. Nutrition. 2014. 30:410-7. doi:10.1016/j.nut.2013.09.001	Intervention/Exposure
1807	Papadaki, A, Martinez-Gonzalez, MA, Alonso-Gomez, A, Rekondo, J, Salas-Salvado, J, Corella, D, Ros, E, Fito, M, Estruch, R, Lapetra, J, etal, . Mediterranean diet and risk of heart failure: results from the PREDIMED randomized controlled trial. European journal of heart failure. 2017. (no pagination):. doi:10.1002/ejhf.750	Publication Status
1808	Papakonstantinou, E, Zampelas, A. The effect of dietary protein intake on coronary heart disease risk. Nutrition bulletin. 2008. 33:287-297. doi:unavailable	Study Design
1809	Papandreou, C, Hatzis, CM. Adherence to the Mediterranean Diet in Relation to Obesity Indices before and after a Weight Reduction Program in OSAS Patients. Iran J Public Health. 2014. 43:1454-5. doi:unavailable	Study Design
1810	Paradis, AM, Godin, G, Perusse, L, Vohl, MC. Interaction between familial history of obesity and fat intakes on obesity phenotypes. J Nutrigenet Nutrigenomics. 2009. 2:37-42. doi:10.1159/000191281	Study Design
1811	Parcina, M, Brune, M, Kaese, V, Zorn, M, Spiegel, R, Vojvoda, V, Fleming, T, Rudofsky, G, Paul Nawroth, P. No short-term effects of calorie-controlled Mediterranean or fast food dietary interventions on established biomarkers of vascular or metabolic risk in healthy individuals. Nutr Res Pract. 2015. 9:165-73. doi:10.4162/nrp.2015.9.2.165	Power/Size
1812	Parillo, M, Licenziati, MR, Vacca, M, De Marco, D, Iannuzzi, A. Metabolic changes after a hypocaloric, low-glycemic-index diet in obese children. J Endocrinol Invest. 2012. 35:629-33. doi:10.3275/7909	Intervention/Exposure
1813	Park, H, Tserendejid, Z, Song, KH, Lee, J, Lee, Y. Dietary patterns and the association with dietary quality among Mongolian immigrants in South Korea. J Immigr Minor Health. 2015. 17:422-31. doi:10.1007/s10903-014-0047-2	Study Design; Outcome
1814	Park, HA, Lee, JS, Kuller, LH. Relationship between premenopausal dietary intake and postmenopausal subclinical atherosclerosis. Atherosclerosis. 2006. 186:420-7. doi:10.1016/j.atherosclerosis.2005.08.002	Intervention/Exposure
1815	Park, JE, Miller, M, Rhyne, J, Wang, Z, Hazen, SL. Differential effect of short-term popular diets on TMAO and other cardio-metabolic risk markers. Nutr Metab Cardiovasc Dis. 2019. 29:513-517. doi:10.1016/j.numecd.2019.02.003	Outcome

No.	Citation	Rationale
1816	Park, SY, Kang, M, Wilkens, LR, Shvetsov, YB, Harmon, BE, Shivappa, N, Wirth, MD, Hebert, JR, Haiman, CA, Le Marchand, L, Boushey, CJ. The Dietary Inflammatory Index and All-Cause, Cardiovascular Disease, and Cancer Mortality in the Multiethnic Cohort Study. Nutrients. 2018. 10:. doi:10.3390/nu10121844	Intervention/Exposure
1817	Park, YM, Choi, MK, Lee, SS, Shivappa, N, Han, K, Steck, SE, Hebert, JR, Merchant, AT, Sandler, DP. Dietary inflammatory potential and risk of mortality in metabolically healthy and unhealthy phenotypes among overweight and obese adults. Clin Nutr. 2019. 38:682-688. doi:10.1016/j.clnu.2018.04.002	Intervention/Exposure
1818	Park, YM, Steck, SE, Fung, TT, Zhang, J, Hazlett, LJ, Han, K, Lee, SH, Kwon, HS, Merchant, AT. Mediterranean diet, Dietary Approaches to Stop Hypertension (DASH) style diet, and metabolic health in U.S. adults. Clin Nutr. 2017. 36:1301-1309. doi:10.1016/j.clnu.2016.08.018	Study Design
1819	Parker, HM, O'Connor, HT, Keating, SE, Cohn, JS, Garg, ML, Caterson, ID, George, J, Johnson, NA. Efficacy of the Omega-3 Index in predicting non-alcoholic fatty liver disease in overweight and obese adults: a pilot study. Br J Nutr. 2015. 114:780-7. doi:10.1017/s0007114515002305	Intervention/Exposure
1820	Parr, EB, Coffey, VG, Cato, LE, Phillips, SM, Burke, LM, Hawley, JA. A randomized trial of high-dairy-protein, variable-carbohydrate diets and exercise on body composition in adults with obesity. Obesity (Silver Spring). 2016. 24:1035-45. doi:10.1002/oby.21451	Power/Size
1821	Partsalaki, I, Karvela, A, Spiliotis, BE. Metabolic impact of a ketogenic diet compared to a hypocaloric diet in obese children and adolescents. J Pediatr Endocrinol Metab. 2012. 25:697-704. doi:10.1515/jpem-2012-0131	Intervention/Exposure
1822	Pasiakos, SM, Cao, JJ, Margolis, LM, Sauter, ER, Whigham, LD, McClung, JP, Rood, JC, Carbone, JW, Combs, GF, Jr, Young, AJ. Effects of high-protein diets on fat-free mass and muscle protein synthesis following weight loss: a randomized controlled trial. Faseb j. 2013. 27:3837-47. doi:10.1096/fj.13-230227	Outcome; Study duration
1823	Pasiakos, SM, Lieberman, HR, Fulgoni, VL, 3rd. Higher-protein diets are associated with higher HDL cholesterol and lower BMI and waist circumference in US adults. J Nutr. 2015. 145:605-14. doi:10.3945/jn.114.205203	Study Design
1824	Pastore, RL, Brooks, JT, Carbone, JW. Paleolithic nutrition improves plasma lipid concentrations of hypercholesterolemic adults to a greater extent than traditional heart-healthy dietary recommendations. Nutr Res. 2015. 35:474-9. doi:10.1016/j.nutres.2015.05.002	Power/Size
1825	Pastori, D, Carnevale, R, Bartimoccia, S, Nocella, C, Tanzilli, G, Cangemi, R, Vicario, T, Catena, M, Violi, F, Pignatelli, P. Does Mediterranean Diet Reduce Cardiovascular Events and Oxidative Stress in Atrial Fibrillation?. Antioxid Redox Signal. 2015. 23:682-7. doi:10.1089/ars.2015.6326	Study Design; Health Status
1826	Pate, RR, Taverno Ross, SE, Liese, AD, Dowda, M. Associations among physical activity, diet quality, and weight status in US adults. Med Sci Sports Exerc. 2015. 47:743-50. doi:10.1249/mss.0000000000000456	Study Design
1827	Patel, L, Alicandro, G, La Vecchia, C. Low-Calorie Beverage Consumption, Diet Quality and Cardiometabolic Risk Factors in British Adults. Nutrients. 2018. 10:. doi:10.3390/nu10091261	Study Design

No.	Citation	Rationale
1828	Patino-Alonso, MC, Recio-Rodriguez, JI, Magdalena-Belio, JF, Gine-Garriga, M, Martinez-Vizcaino, V, Fernandez-Alonso, C, Arietaleanizbeaskoa, MS, Galindo-Villardon, MP, Gomez-Marcos, MA, Garcia-Ortiz, L. Clustering of lifestyle characteristics and their association with cardio-metabolic health: the Lifestyles and Endothelial Dysfunction (EVIDENT) study. Br J Nutr. 2015. 114:943-51. doi:10.1017/s0007114515002500	Study Design
1829	Pavic, E, Hadziabdic, MO, Mucalo, I, Martinis, I, Romic, Z, Bozikov, V, Rahelic, D. Effect of the Mediterranean diet in combination with exercise on metabolic syndrome parameters: 1-year randomized controlled trial. Int J Vitam Nutr Res. 2019. 89:132-143. doi:10.1024/0300-9831/a000462	Weight loss/Hypocaloric
1830	Pavicic Zezelj, S, Kendel Jovanovic, G, Dragas Zubalj, N, Micovic, V, Sesar, Z. Associations between Adherence to the Mediterranean Diet and Lifestyle Assessed with the MEDLIFE Index among the Working Population. Int J Environ Res Public Health. 2018. 15:. doi:10.3390/ijerph15102126	Study Design; Intervention/Exposure
1831	Pawlak, R. Vegetarian Diets in the Prevention and Management of Diabetes and Its Complications. Diabetes Spectr. 2017. 30:82-88. doi:10.2337/ds16-0057	Study Design
1832	Payab, M, Kelishadi, R, Qorbani, M, Motlagh, ME, Ranjbar, SH, Ardalan, G, Zahedi, H, Chinian, M, Asayesh, H, Larijani, B, Heshmat, R. Association of junk food consumption with high blood pressure and obesity in Iranian children and adolescents: the CASPIAN-IV Study. J Pediatr (Rio J). 2015. 91:196-205. doi:10.1016/j.jped.2014.07.006	Study Design
1833	Peairs, AD, Rankin, JW, Lee, YW. Effects of acute ingestion of different fats on oxidative stress and inflammation in overweight and obese adults. Nutr J. 2011. 10:122. doi:10.1186/1475-2891-10-122	Study duration
1834	Pearce, K, Hatzinikolas, A, Moran, L, de Courten, MPJ, Forbes, J, Scheijen, Jljm, Schalkwijk, CG, Walker, K, de Courten, B. Disparity in the micronutrient content of diets high or low in advanced glycation end products (AGEs) does not explain changes in insulin sensitivity. Int J Food Sci Nutr. 2017. 68:1021-1026. doi:10.1080/09637486.2017.1319468	Study duration
1835	Pehleman, TL, Peters, SJ, Heigenhauser, GJ, Spriet, LL. Enzymatic regulation of glucose disposal in human skeletal muscle after a high-fat, low-carbohydrate diet. J Appl Physiol (1985). 2005. 98:100-7. doi:10.1152/japplphysiol.00686.2004	Study duration
1836	Pelkman, CL, Fishell, VK, Maddox, DH, Pearson, TA, Mauger, DT, Kris-Etherton, PM. Effects of moderate-fat (from monounsaturated fat) and low-fat weight-loss diets on the serum lipid profile in overweight and obese men and women. Am J Clin Nutr. 2004. 79:204-12. doi:10.1093/ajcn/79.2.204	Intervention/Exposure
1837	Penesova, A, Bajer, B, Vlcek, M, Imrich, R. The effect of 8 weeks of weight loss intervention on cardiometabolic parameters (ongoing study). Vnitrni lekarstvi. 2017. 63:2S54-. doi:unavailable	Publication Status
1838	Pengpid, S, Peltzer, K. Overweight or obesity and related lifestyle and psychosocial factors among adolescents in Brunei Darussalam. Int J Adolesc Med Health. 2018. :. doi:10.1515/ijamh-2018-0019	Study Design
1839	Pereira, EV, Costa Jde, A, Alfenas Rde, C. Effect of glycemic index on obesity control. Arch Endocrinol Metab. 2015. 59:245-51. doi:10.1590/2359-3997000000045	Study duration
1840	Pereira, MA, Swain, J, Goldfine, AB, Rifai, N, Ludwig, DS. Effects of a low-glycemic load diet on resting energy expenditure and heart disease risk factors during weight loss. Jama. 2004. 292:2482-90. doi:10.1001/jama.292.20.2482	Intervention/Exposure; Study duration

No.	Citation	Rationale
1841	Perera, MJ, Chirinos, DA, Brintz, CE, Schneiderman, N, Daviglus, M, Talavera, GA, Perreira, KM, Giacinto, RAE, Qi, Q, Llabre, MM. Body Mass of U.S. Hispanics/Latinos From the Hispanic Community Health Study/Study of Latinos (HCHS/SOL): How Do Diet Quality and Sedentary Time Relate?. Hisp Health Care Int. 2019. :1540415319874809. doi:10.1177/1540415319874809	Study Design
1842	Perez, LF, Miller, CK, Groner, JA. Adolescents with at-risk eating and lifestyle behaviors are affected by after school schedules across the clinical weight spectrum. Patient Educ Couns. 2017. 100:1511-1518. doi:10.1016/j.pec.2017.03.008	Study Design
1843	Perez-Ferre, N, Del Valle, L, Torrejon, MJ, Barca, I, Calvo, MI, Matia, P, Rubio, MA, Calle-Pascual, AL. Diabetes mellitus and abnormal glucose tolerance development after gestational diabetes: A three-year, prospective, randomized, clinical-based, Mediterranean lifestyle interventional study with parallel groups. Clin Nutr. 2015. 34:579-85. doi:10.1016/j.clnu.2014.09.005	Intervention/Exposure; Health Status
1844	Perez-Guisado, J, Munoz-Serrano, A, Alonso-Moraga, A. Spanish Ketogenic Mediterranean Diet: a healthy cardiovascular diet for weight loss. Nutr J. 2008. 7:30. doi:10.1186/1475-2891-7-30	Study Design
1845	Perez-Guisado, J, Munoz-Serrano, A. A pilot study of the Spanish Ketogenic Mediterranean Diet: an effective therapy for the metabolic syndrome. J Med Food. 2011. 14:681-7. doi:10.1089/jmf.2010.0137	Study Design
1846	Perez-Guisado, J, Munoz-Serrano, A. The effect of the Spanish Ketogenic Mediterranean Diet on nonalcoholic fatty liver disease: a pilot study. J Med Food. 2011. 14:677-80. doi:10.1089/jmf.2011.0075	Study Design; Intervention/Exposure
1847	Perez-Jimenez, F, Lopez-Miranda, J, Pinillos, MD, Gomez, P, Paz-Rojas, E, Montilla, P, Marin, C, Velasco, MJ, Blanco-Molina, A, Jimenez Pereperez, JA, Ordovas, JM. A Mediterranean and a high-carbohydrate diet improve glucose metabolism in healthy young persons. Diabetologia. 2001. 44:2038-43. doi:10.1007/s001250100009	Study duration
1848	Perona, JS, Covas, MI, Fito, M, Cabello-Moruno, R, Aros, F, Corella, D, Ros, E, Garcia, M, Estruch, R, Martinez-Gonzalez, MA, Ruiz-Gutierrez, V. Reduction in systemic and VLDL triacylglycerol concentration after a 3-month Mediterranean-style diet in high-cardiovascular-risk subjects. J Nutr Biochem. 2010. 21:892-8. doi:10.1016/j.jnutbio.2009.07.005	Study Design; Outcome
1849	Perry, ML. Nutrient distribution for type 2 diabetes: what's a dietetics professional to do?. J Am Diet Assoc. 2005. 105:581-2. doi:10.1016/j.jada.2005.02.036	Study Design; Publication Status
1850	Persson, M, Winkvist, A, Mogren, I. Lifestyle and health status in a sample of Swedish women four years after pregnancy: a comparison of women with a history of normal pregnancy and women with a history of gestational diabetes mellitus. BMC Pregnancy Childbirth. 2015. 15:57. doi:10.1186/s12884-015-0487-2	Study Design; Intervention/Exposure
1851	Petersen, M, Taylor, MA, Saris, WH, Verdich, C, Toubro, S, Macdonald, I, Rossner, S, Stich, V, Guy-Grand, B, Langin, D, Martinez, JA, Pedersen, O, Holst, C, Sorensen, TI, Astrup, A. Randomized, multi-center trial of two hypo-energetic diets in obese subjects: high- versus low-fat content. Int J Obes (Lond). 2006. 30:552-60. doi:10.1038/sj.ijo.0803186	Study duration
1852	Pettitt, C, Liu, J, Kwasnicki, RM, Yang, GZ, Preston, T, Frost, G. A pilot study to determine whether using a lightweight, wearable micro-camera improves dietary assessment accuracy and offers information on macronutrients and eating rate. British Journal of Nutrition. 2016. 115:160-167. doi:10.1017/S0007114515004262	Study Design; Outcome; Study duration

No.	Citation	Rationale
1853	Petzke, KJ, Lemke, S, Klaus, S. Increased fat-free body mass and no adverse effects on blood lipid concentrations 4 weeks after additional meat consumption in comparison with an exclusion of meat in the diet of young healthy women. J Nutr Metab. 2011. 2011:210930. doi:10.1155/2011/210930	Study duration
1854	Pfister, R, Michels, G, Sharp, SJ, Luben, R, Wareham, NJ, Khaw, KT. Estimated urinary sodium excretion and risk of heart failure in men and women in the EPIC-Norfolk study. Eur J Heart Fail. 2014. 16:394-402. doi:10.1002/ejhf.56	Intervention/Exposure
1855	Philippou, E, Bovill-Taylor, C, Rajkumar, C, Vampa, ML, Ntatsaki, E, Brynes, AE, Hickson, M, Frost, GS. Preliminary report: the effect of a 6-month dietary glycemic index manipulation in addition to healthy eating advice and weight loss on arterial compliance and 24-hour ambulatory blood pressure in men: a pilot study. Metabolism. 2009. 58:1703-8. doi:10.1016/j.metabol.2009.05.026	Intervention/Exposure
1856	Philippou, E, McGowan, BM, Brynes, AE, Dornhorst, A, Leeds, AR, Frost, GS. The effect of a 12-week low glycaemic index diet on heart disease risk factors and 24 h glycaemic response in healthy middle-aged volunteers at risk of heart disease: a pilot study. Eur J Clin Nutr. 2008. 62:145-9. doi:10.1038/sj.ejcn.1602688	Intervention/Exposure
1857	Phillips, SA, Jurva, JW, Syed, AQ, Syed, AQ, Kulinski, JP, Pleuss, J, Hoffmann, RG, Gutterman, DD. Benefit of low-fat over low-carbohydrate diet on endothelial health in obesity. Hypertension. 2008. 51:376-82. doi:10.1161/hypertensionaha.107.101824	Study duration
1858	Pieke, B, von Eckardstein, A, Gulbahce, E, Chirazi, A, Schulte, H, Assmann, G, Wahrburg, U. Treatment of hypertriglyceridemia by two diets rich either in unsaturated fatty acids or in carbohydrates: effects on lipoprotein subclasses, lipolytic enzymes, lipid transfer proteins, insulin and leptin. Int J Obes Relat Metab Disord. 2000. 24:1286-96. doi:10.1038/sj.ijo.0801440	Study duration
1859	Piernas, C, Wang, D, Du, S, Zhang, B, Wang, Z, Su, C, Popkin, BM. The double burden of under- and overnutrition and nutrient adequacy among Chinese preschool and school-aged children in 2009-2011. Eur J Clin Nutr. 2015. 69:1323-9. doi:10.1038/ejcn.2015.106	Study Design; Country
1860	Piers, LS, Walker, KZ, Stoney, RM, Soares, MJ, O'Dea, K. Substitution of saturated with monounsaturated fat in a 4-week diet affects body weight and composition of overweight and obese men. Br J Nutr. 2003. 90:717-27. doi:10.1079/bjn2003948	Intervention/Exposure; Comparator
1861	Pierucci, P, Misciagna, G, Ventura, MT, Inguaggiato, R, Cisternino, AM, Guerra, VM, Suppressa, P, Resta, F, Sabba, C. Diet and myocardial infarction: a nested case-control study in a cohort of elderly subjects in a Mediterranean area of southern Italy. Nutr Metab Cardiovasc Dis. 2012. 22:727-33. doi:10.1016/j.numecd.2010.12.002	Intervention/Exposure
1862	Pignone, M. High-protein and low-glycemic diets improve weight maintenance among overweight adults. Clinical Diabetes. 2011. 29:73-74. doi:10.2337/diaclin.29.2.73	Publication Status
1863	Pikija, S, Trkulja, V, Malojcic, B, Mutzenbach, JS, Sellner, J. A High Burden of Ischemic Stroke in Regions of Eastern/Central Europe is Largely Due to Modifiable Risk Factors. Curr Neurovasc Res. 2015. 12:341-52. doi:unavailable	Study Design; Intervention/Exposure
1864	Pilis, K, Pilis, A, Stec, K, Pilis, W, Langfort, J, Letkiewicz, S, Michalski, C, Czuba, M, Zych, M, Chalimoniuk, M. Three-Year Chronic Consumption of Low-Carbohydrate Diet Impairs Exercise Performance and Has a Small Unfavorable Effect on Lipid Profile in Middle-Aged Men. Nutrients. 2018. 10:. doi:10.3390/nu10121914	Study Design; Outcome; Study duration

No.	Citation	Rationale
1865	Pilleron, S, Ajana, S, Jutand, MA, Helmer, C, Dartigues, JF, Samieri, C, Féart, C. Dietary Patterns and 12-Year Risk of Frailty: Results From the Three-City Bordeaux Study. Journal of the American Medical Directors Association. 2017. 18:169-175. doi:10.1016/j.jamda.2016.09.014	Power/Size
1866	Pimenta, AM, Toledo, E, Rodriguez-Diez, MC, Gea, A, Lopez-Iracheta, R, Shivappa, N, Hebert, JR, Martinez-Gonzalez, MA. Dietary indexes, food patterns and incidence of metabolic syndrome in a Mediterranean cohort: The SUN project. Clin Nutr. 2015. 34:508-14. doi:10.1016/j.clnu.2014.06.002	Outcome
1867	Pimpin, L, Jebb, S, Johnson, L, Wardle, J, Ambrosini, GL. Dietary protein intake is associated with body mass index and weight up to 5 y of age in a prospective cohort of twins. Am J Clin Nutr. 2016. 103:389-97. doi:10.3945/ajcn.115.118612	AGE: Intervention/Exposure
1868	Pimpin, L, Jebb, SA, Johnson, L, Llewellyn, C, Ambrosini, GL. Sources and pattern of protein intake and risk of overweight or obesity in young UK twins. Br J Nutr. 2018. 120:820-829. doi:10.1017/s0007114518002052	AGE: Intervention/Exposure
1869	Piotrowicz, K, Palkowska, E, Bartnikowska, E, Krzesinski, P, Stanczyk, A, Biecek, P, Skrobowski, A, Gielerak, G. Self-reported health-related behaviors and dietary habits in patients with metabolic syndrome. Cardiol J. 2015. 22:413-20. doi:10.5603/CJ.a2015.0020	Study Design; Intervention/Exposure
1870	Piovesan, CH, Macagnan, FE, Bodanese, LC, Feoli, AM. Dietary quality improvement after a short-term nutritional counseling program in individuals with metabolic syndrome. Arch Latinoam Nutr. 2014. 64:91-8. doi:unavailable	Study Design; Comparator
1871	Pisa, PT, Pedro, TM, Kahn, K, Tollman, SM, Pettifor, JM, Norris, SA. Nutrient patterns and their association with socio-demographic, lifestyle factors and obesity risk in rural South African adolescents. Nutrients. 2015. 7:3464-82. doi:10.3390/nu7053464	Study Design
1872	Pivovarova, O, Kessler, K, Hornemann, S, Markova, M, Petzke, KJ, Kemper, M, Rudovich, N, Kramer, A, Pfeiffer, AFH. Time of fat and carbohydrate intake affects substrate oxidation and adipokine secretion in subjects with impaired glucose metabolism. Diabetologia. 2018. 61:S330-. doi:10.1007/s00125-018-4693-0	Publication Status
1873	Playdon, MC, Moore, SC, Derkach, A, Reedy, J, Subar, AF, Sampson, JN, Albanes, D, Gu, F, Kontto, J, Lassale, C, Liao, LM, Mannisto, S, Mondul, AM, Weinstein, SJ, Irwin, ML, Mayne, ST, Stolzenberg-Solomon, R. Identifying biomarkers of dietary patterns by using metabolomics. Am J Clin Nutr. 2017. 105:450-465. doi:10.3945/ajcn.116.144501	Outcome
1874	Poirier, P, Hernandez, TL, Weil, KM, Shepard, TJ, Eckel, RH. Impact of diet-induced weight loss on the cardiac autonomic nervous system in severe obesity. Obes Res. 2003. 11:1040-7. doi:10.1038/oby.2003.143	Intervention/Exposure
1875	Poli, VFS, Sanches, RB, Moraes, ADS, Fidalgo, JPN, Nascimento, MA, Bresciani, P, Andrade-Silva, SG, Cipullo, MAT, Clemente, JC, Caranti, DA. The excessive caloric intake and micronutrient deficiencies related to obesity after a long-term interdisciplinary therapy. Nutrition. 2017. 38:113-119. doi:10.1016/j.nut.2017.01.012	Study Design; Intervention/Exposure
1876	Polley, KR, Oswell, NJ, Pegg, RB, Paton, CM, Cooper, JA. A 5-day high-fat diet rich in cottonseed oil improves cholesterol profiles and triglycerides compared to olive oil in healthy men. Nutr Res. 2018. 60:43-53. doi:10.1016/j.nutres.2018.09.001	Study duration

No.	Citation	Rationale
1877	Pontes Torrado, Y, Garcia-Villaraco Velasco, A, Hernandez Galiot, A, Goni Cambrodon, I. A strategy for weight loss based on healthy dietary habits and control of emotional response to food. Nutr Hosp. 2015. 31:2392-9. doi:10.3305/nh.2015.31.6.8736	Comparator; Outcome
1878	Ponzo, V, Goitre, I, Fadda, M, Gambino, R, De Francesco, A, Soldati, L, Gentile, L, Magistroni, P, Cassader, M, Bo, S. Dietary flavonoid intake and cardiovascular risk: a population-based cohort study. J Transl Med. 2015. 13:218. doi:10.1186/s12967-015-0573-2	Intervention/Exposure
1879	Poppitt, SD, Keogh, GF, Mulvey, TB, Phillips, A, McArdle, BH, MacGibbon, AK, Cooper, GJ. Effect of moderate changes in dietary fatty acid profile on postprandial lipaemia, haemostatic and related CVD risk factors in healthy men. Eur J Clin Nutr. 2004. 58:819-27. doi:10.1038/sj.ejcn.1601882	Study duration
1880	Poppitt, SD, Keogh, GF, Prentice, AM, Williams, DE, Sonnemans, HM, Valk, EE, Robinson, E, Wareham, NJ. Long-term effects of ad libitum low-fat, high-carbohydrate diets on body weight and serum lipids in overweight subjects with metabolic syndrome. Am J Clin Nutr. 2002. 75:11-20. doi:10.1093/ajcn/75.1.11	Intervention/Exposure
1881	Pou, SA, Del Pilar Diaz, M, De La Quintana, AG, Forte, CA, Aballay, LR. Identification of dietary patterns in urban population of Argentina: study on diet-obesity relation in population-based prevalence study. Nutr Res Pract. 2016. 10:616-622. doi:10.4162/nrp.2016.10.6.616	Study Design
1882	Pounis, GD, Tyrovolas, S, Antonopoulou, M, Zeimbekis, A, Anastasiou, F, Bountztiouka, V, Metallinos, G, Gotsis, E, Lioliou, E, Polychronopoulos, E, Lionis, C, Panagiotakos, DB. Long-term animal-protein consumption is associated with an increased prevalence of diabetes among the elderly: the Mediterranean Islands (MEDIS) study. Diabetes Metab. 2010. 36:484-90. doi:10.1016/j.diabet.2010.06.007	Study Design; Comparator
1883	Praagman, J, Beulens, JW, Alssema, M, Zock, PL, Wanders, AJ, Sluijs, I, van der Schouw, YT. The association between dietary saturated fatty acids and ischemic heart disease depends on the type and source of fatty acid in the European Prospective Investigation into Cancer and Nutrition-Netherlands cohort. Am J Clin Nutr. 2016. 103:356-65. doi:10.3945/ajcn.115.122671	Intervention/Exposure
1884	Praagman, J, Franco, OH, Ikram, MA, Soedamah-Muthu, SS, Engberink, MF, van Rooij, FJ, Hofman, A, Geleijnse, JM. Dairy products and the risk of stroke and coronary heart disease: the Rotterdam Study. Eur J Nutr. 2015. 54:981-90. doi:10.1007/s00394-014-0774-0	Intervention/Exposure
1885	Prentice, RL, Aragaki, AK, Howard, BV, Chlebowski, RT, Thomson, CA, Van Horn, L, Tinker, LF, Manson, JE, Anderson, GL, Kuller, LE, Neuhouser, ML, Johnson, KC, Snetselaar, L, Rossouw, JE. Low-Fat Dietary Pattern among Postmenopausal Women Influences Long-Term Cancer, Cardiovascular Disease, and Diabetes Outcomes. J Nutr. 2019. 149:1565-1574. doi:10.1093/jn/nxz107	Intervention/Exposure
1886	Prentice, RL, Aragaki, AK, Van Horn, L, Thomson, CA, Beresford, SA, Robinson, J, Snetselaar, L, Anderson, GL, Manson, JE, Allison, MA, Rossouw, JE, Howard, BV. Low-fat dietary pattern and cardiovascular disease: results from the Women's Health Initiative randomized controlled trial. Am J Clin Nutr. 2017. 106:35-43. doi:10.3945/ajcn.117.153270	Intervention/Exposure; Comparator

No.	Citation	Rationale
1887	Prinelli, F, Adorni, F, Leite, MLC, Pettenati, C, Russo, A, Di Santo, S, Musicco, M. Different Exposures to Risk Factors Do Not Explain the Inverse Relationship of Occurrence Between Cancer and Neurodegenerative Diseases: An Italian Nested Case-control Study. Alzheimer Dis Assoc Disord. 2018. 32:76-82. doi:10.1097/wad.0000000000000204	Outcome
1888	Prinelli, F, Yannakoulia, M, Anastasiou, CA, Adorni, F, Di Santo, SG, Musicco, M, Scarmeas, N, Correa Leite, ML. Mediterranean diet and other lifestyle factors in relation to 20-year all-cause mortality: A cohort study in an Italian population. British Journal of Nutrition. 2015. 113:1003-1011. doi:10.1017/S0007114515000318	Outcome
1889	Properzi, C, O'Sullivan, TA, Sherriff, JL, Ching, HL, Jeffrey, GP, Buckley, RF, Tibballs, J, MacQuillan, GC, Garas, G, Adams, LA. Ad Libitum Mediterranean and Low-Fat Diets Both Significantly Reduce Hepatic Steatosis: A Randomized Controlled Trial. Hepatology. 2018. 68:1741-1754. doi:10.1002/hep.30076	Health Status
1890	Psaltopoulou, T, Naska, A, Orfanos, P, Trichopoulos, D, Mountokalakis, T, Trichopoulou, A. Olive oil, the Mediterranean diet, and arterial blood pressure: the Greek European Prospective Investigation into Cancer and Nutrition (EPIC) study. Am J Clin Nutr. 2004. 80:1012-8. doi:10.1093/ajcn/80.4.1012	Study Design; Outcome
1891	Ptomey, LT, Saunders, RR, Saunders, M, Washburn, RA, Mayo, MS, Sullivan, DK, Gibson, CA, Goetz, JR, Honas, JJ, Willis, EA, Danon, JC, Krebill, R, Donnelly, JE. Weight management in adults with intellectual and developmental disabilities: A randomized controlled trial of two dietary approaches. J Appl Res Intellect Disabil. 2018. 31 Suppl 1:82-96. doi:10.1111/jar.12348	Health Status
1892	Ptomey, LT, Steger, FL, Lee, J, Sullivan, DK, Goetz, JR, Honas, JJ, Washburn, RA, Gibson, CA, Donnelly, JE. Changes in Energy Intake and Diet Quality during an 18-Month Weight-Management Randomized Controlled Trial in Adults with Intellectual and Developmental Disabilities. J Acad Nutr Diet. 2018. 118:1087-1096. doi:10.1016/j.jand.2017.11.003	Health Status
1893	Ptomey, LT, Willis, EA, Goetz, JR, Lee, J, Szabo-Reed, AN, Sullivan, DK, Donnelly, JE. Portion-controlled meals provide increases in diet quality during weight loss and maintenance. J Hum Nutr Diet. 2016. 29:209-16. doi:10.1111/jhn.12296	Study Design
1894	Puga, GM, Meyer, C, Everman, S, Mandarino, LJ, Katsanos, CS. Postprandial lipemia in the elderly involves increased incorporation of ingested fat in plasma free fatty acids and small (Sf 20-400) triglyceride-rich lipoproteins. Am J Physiol Endocrinol Metab. 2011. 301:E356-61. doi:10.1152/ajpendo.00670.2010	Study duration
1895	Puga, GM, Meyer, C, Mandarino, LJ, Katsanos, CS. Postprandial spillover of dietary lipid into plasma is increased with moderate amounts of ingested fat and is inversely related to adiposity in healthy older men. J Nutr. 2012. 142:1806-11. doi:10.3945/jn.112.162008	Study duration
1896	Purcell, K, Sumithran, P, Prendergast, LA, Bouniu, CJ, Delbridge, E, Proietto, J. The effect of rate of weight loss on long-term weight management: a randomised controlled trial. Lancet Diabetes Endocrinol. 2014. 2:954-62. doi:10.1016/s2213-8587(14)70200-1	Intervention/Exposure; Comparator
1897	Pysz, M, Leszczynska, T, Cieslik, E, Kopec, A, Wielgos, B, Piatkowska, E. Relationship between the intake of energy and basic nutrients and the BMI values in group of children aged 10-12. Rocz Panstw Zakl Hig. 2014. 65:345-52. doi:unavailable	Study Design

No.	Citation	Rationale
1898	Qi, Q, Downer, MK, Kilpelainen, TO, Taal, HR, Barton, SJ, Ntalla, I, Standl, M, Boraska, V, Huikari, V, Kiefte-de Jong, JC, Korner, A, Lakka, TA, Liu, G, Magnusson, J, Okuda, M, Raitakari, O, Richmond, R, Scott, RA, Bailey, ME, Scheuermann, K, Holloway, JW, Inskip, H, Isasi, CR, Mossavar-Rahmani, Y, Jaddoe, VW, Laitinen, J, Lindi, V, Melen, E, Pitsiladis, Y, Pitkanen, N, Snieder, H, Heinrich, J, Timpson, NJ, Wang, T, Yuji, H, Zeggini, E, Dedoussis, GV, Kaplan, RC, Wylie-Rosett, J, Loos, RJ, Hu, FB, Qi, L. Dietary Intake, FTO Genetic Variants, and Adiposity: A Combined Analysis of Over 16,000 Children and Adolescents. Diabetes. 2015. 64:2467-76. doi:10.2337/db14-1629	Study Design; AGE: Intervention/Exposure
1899	Qi, Q, Durst, R, Schwarzfuchs, D, Leitersdorf, E, Shpitzen, S, Li, Y, Wu, H, Champagne, CM, Hu, FB, Stampfer, MJ, Bray, GA, Sacks, FM, Shai, I, Qi, L. CETP genotype and changes in lipid levels in response to weight-loss diet intervention in the POUNDS LOST and DIRECT randomized trials. J Lipid Res. 2015. 56:713-21. doi:10.1194/jlr.P055715	Intervention/Exposure; Comparator
1900	Qi, Q, Zheng, Y, Huang, T, Rood, J, Bray, GA, Sacks, FM, Qi, L. Vitamin D metabolism-related genetic variants, dietary protein intake and improvement of insulin resistance in a 2 year weight-loss trial: POUNDS Lost. Diabetologia. 2015. 58:2791-9. doi:10.1007/s00125-015-3750-1	Study Design; Intervention/Exposure
1901	Qin, Y, Melse-Boonstra, A, Pan, X, Zhao, J, Yuan, B, Dai, Y, Zhou, M, Geleijnse, JM, Kok, FJ, Shi, Z. Association of dietary pattern and body weight with blood pressure in Jiangsu Province, China. BMC Public Health. 2014. 14:948. doi:10.1186/1471-2458-14-948	Country
1902	Quatromoni, PA, Copenhafer, DL, D'Agostino, RB, Millen, BE. Dietary patterns predict the development of overweight in women: The Framingham Nutrition Studies. J Am Diet Assoc. 2002. 102:1239-46. doi:10.1016/s0002-8223(02)90275-0	Power/Size
1903	Quatromoni, PA, Copenhafer, DL, Demissie, S, D'Agostino, RB, O'Horo, CE, Nam, BH, Millen, BE. The internal validity of a dietary pattern analysis. The Framingham Nutrition Studies. J Epidemiol Community Health. 2002. 56:381-8. doi:10.1136/jech.56.5.381	Study Design; Publication Date Overlaps with Existing Review
1904	Quinteiros Fidalgo, AS, Vollenweider, P, Marques-Vidal, P. No association between dietary markers and incident hypertension in a population-based sample. Clin Nutr ESPEN. 2018. 28:208-213. doi:10.1016/j.clnesp.2018.07.013	Outcome
1905	Raad, N, Rehder, D, Sherma, N, Beezhold, B, Johnston, C, Borges, C, Sweazea, K. Replacing dietary meat with fish increases plasma glucose without affecting protein glycation. FASEB journal. 2015. 29:. doi:unavailable	Publication Status
1906	Raatz, SK, Young, LR, Picklo, MJ, Sr, Sauter, ER, Qin, W, Kurzer, MS. Total dietary fat and fatty acid content modifies plasma phospholipid fatty acids, desaturase activity indices, and urinary prostaglandin E in women. Nutr Res. 2012. 32:1-7. doi:10.1016/j.nutres.2011.12.006	Intervention/Exposure; Outcome
1907	Rabani, Z, Feizi, A, Najafi, M, Askari, G. Comparison of dietary intake and anthropometric indicators of autistic and non-Autistic children. Annals of Tropical Medicine and Public Health. 2018. :SP30. doi:unavailable	Study Design; Outcome
1908	Raben, A, Astrup, A, Vasilaras, TH, Prentice, AM, Zunft, HJ, Formiguera, X, Verboeket-van de Venne, WP, Poppitt, SD, Seppelt, B, Johnston, S, etal, . The CARMEN trial: increased intake of carbohydrates--simple or complex--and unchanged blood lipids in overweight subjects. Ugeskrift for laeger. 2002. 164:627-631. doi:unavailable	Language

No.	Citation	Rationale
1909	Raben, A, Holst, JJ, Madsen, J, Astrup, A. Diurnal metabolic profiles after 14 d of an ad libitum high-starch, high-sucrose, or high-fat diet in normal-weight never-obese and postobese women. Am J Clin Nutr. 2001. 73:177-89. doi:10.1093/ajcn/73.2.177	Study duration
1910	Racette, SB, Deusinger, SS, Strube, MJ, Highstein, GR, Deusinger, RH. Weight changes, exercise, and dietary patterns during freshman and sophomore years of college. J Am Coll Health. 2005. 53:245-51. doi:10.3200/jach.53.6.245-251	Intervention/Exposure
1911	Raeini-Sarjaz, M, Vanstone, CA, Papamandjaris, AA, Wykes, LJ, Jones, PJ. Comparison of the effect of dietary fat restriction with that of energy restriction on human lipid metabolism. Am J Clin Nutr. 2001. 73:262-7. doi:10.1093/ajcn/73.2.262	Study duration
1912	Rahi, B, Ajana, S, Tabue-Teguo, M, Dartigues, JF, Peres, K, Feart, C. High adherence to a Mediterranean diet and lower risk of frailty among French older adults community-dwellers: Results from the Three-City-Bordeaux Study. Clinical Nutrition. 2018. 37:1293-1298. doi:10.1016/j.clnu.2017.05.020	Power/Size
1913	Rajaie, S, Azadbakht, L, Khazaei, M, Esmaillzadeh, A. Effects of a moderately-restricted carbohydrate diet on cardiovascular risk factors among women with metabolic syndrome. Journal of isfahan medical school. 2012. 29:. doi:unavailable	Publication Status
1914	Rajaie, S, Azadbakht, L, Khazaei, M, Sherbafchi, M, Esmaillzadeh, A. Moderate replacement of carbohydrates by dietary fats affects features of metabolic syndrome: a randomized crossover clinical trial. Nutrition. 2014. 30:61-8. doi:10.1016/j.nut.2013.06.011	Study duration
1915	Rajaie, S, Azadbakht, L, Saneei, P, Khazaei, M, Esmaillzadeh, A. The effect of moderate substitution of dietary carbohydrates by fats on serum levels of adipocytokines, inflammatory indices, and biomarkers of endothelial function amongwomen with metabolic syndrome. Journal of zanjan university of medical sciences and health services. 2012. 20:. doi:unavailable	Language
1916	Rajaobelina, K, Dow, C, Romana Mancini, F, Dartois, L, Boutron-Ruault, MC, Balkau, B, Bonnet, F, Fagherazzi, G. Population attributable fractions of the main type 2 diabetes mellitus risk factors in women: Findings from the French E3N cohort. J Diabetes. 2019. 11:242-253. doi:10.1111/1753-0407.12839	Intervention/Exposure
1917	Rallidis, LS, Lekakis, J, Kolomvotsou, A, Zampelas, A, Vamvakou, G, Efstathiou, S, Dimitriadis, G, Raptis, SA, Kremastinos, DT. Close adherence to a Mediterranean diet improves endothelial function in subjects with abdominal obesity. Am J Clin Nutr. 2009. 90:263-8. doi:10.3945/ajcn.2008.27290	Study duration
1918	Ralston, PA, Lemacks, JL, Wickrama, KK, Young-Clark, I, Coccia, C, Ilich, JZ, Harris, CM, Hart, CB, Battle, AM, O'Neal, CW. Reducing cardiovascular disease risk in mid-life and older African Americans: a church-based longitudinal intervention project at baseline. Contemp Clin Trials. 2014. 38:69-81. doi:10.1016/j.cct.2014.03.003	Study Design; Outcome
1919	Ramallal, R, Toledo, E, Martinez-Gonzalez, MA, Hernandez-Hernandez, A, Garcia-Arellano, A, Shivappa, N, Hebert, JR, Ruiz-Canela, M. Dietary Inflammatory Index and Incidence of Cardiovascular Disease in the SUN Cohort. PLoS One. 2015. 10:e0135221. doi:10.1371/journal.pone.0135221	Intervention/Exposure
1920	Ramon-Krauel, M, Salsberg, SL, Ebbeling, CB, Voss, SD, Mulkern, RV, Apura, MM, Cooke, EA, Sarao, K, Jonas, MM, Ludwig, DS. A low-glycemic-load versus low-fat diet in the treatment of fatty liver in obese children. Child Obes. 2013. 9:252-60. doi:10.1089/chi.2013.0022	Intervention/Exposure

No.	Citation	Rationale
1921	Ramos-Lopez, O, Riezu-Boj, JI, Milagro, FI, Cuervo, M, Goni, L, Alfredo Martinez, J. Models integrating genetic and lifestyle interactions on two adiposity phenotypes for personalized prescription of energy-restricted diets with different macronutrient distribution. Frontiers in Genetics. 2019. 10:. doi:10.3389/fgene.2019.00686	Intervention/Exposure
1922	Ramos-Lopez, O, Riezu-Boj, JI, Milagro, FI, Goni, L, Cuervo, M, Martinez, JA. Association of the Gly482Ser PPARGC1A gene variant with different cholesterol outcomes in response to two energy-restricted diets in subjects with excessive weight. Nutrition. 2018. 47:83-89. doi:10.1016/j.nut.2017.10.008	Intervention/Exposure
1923	Rampelli, S, Guenther, K, Turroni, S, Wolters, M, Veidebaum, T, Kourides, Y, Molnar, D, Lissner, L, Benitez-Paez, A, Sanz, Y, Fraterman, A, Michels, N, Brigidi, P, Candela, M, Ahrens, W. Pre-obese children's dysbiotic gut microbiome and unhealthy diets may predict the development of obesity. Commun Biol. 2018. 1:222. doi:10.1038/s42003-018-0221-5	Intervention/Exposure
1924	Ramprasath, VR, Jenkins, DJ, Lamarche, B, Kendall, CW, Faulkner, D, Cermakova, L, Couture, P, Ireland, C, Abdulnour, S, Patel, D, Bashyam, B, Srichaikul, K, de Souza, RJ, Vidgen, E, Josse, RG, Leiter, LA, Connelly, PW, Frohlich, J, Jones, PJ. Consumption of a dietary portfolio of cholesterol lowering foods improves blood lipids without affecting concentrations of fat soluble compounds. Nutr J. 2014. 13:101. doi:10.1186/1475-2891-13-101	Study duration
1925	Ramprasath, VR, Jones, PJH, Buckley, DD, Woollett, LA, Heubi, JE. Decreased plasma cholesterol concentrations after pufa-rich diets are not due to reduced cholesterol absorption/synthesis. Lipids. 2012. 47:1063-1071. doi:10.1007/s11745-012-3708-8	Study duration
1926	Ramsden, CE, Zamora, D, Leelarthaepin, B, Majchrzak-Hong, SF, Faurot, KR, Suchindran, CM, Ringel, A, Davis, JM, Hibbeln, JR. Use of dietary linoleic acid for secondary prevention of coronary heart disease and death: evaluation of recovered data from the Sydney Diet Heart Study and updated meta-analysis. BMJ (clinical research ed.). 2013. 346:e8707. doi:10.1136/bmj.e8707	Intervention/Exposure
1927	Ramya Bai, RM, Anjana, RM, Unnikrishnan, R, Mohan, V. The dietary advance glycation end products (dAGE) of high carbohydrate Indian diets and its effect on inflammatory markers in overweight adults. International journal of diabetes in developing countries. 2018. 38:S122-. doi:10.1007/s13410-018-0702-6	Study Design; Publication Status
1928	Randolph, JM, Edirisinghe, I, Masoni, AM, Kappagoda, T, Burton-Freeman, B. Potatoes, glycemic index, and weight loss in free-living individuals: practical implications. J Am Coll Nutr. 2014. 33:375-84. doi:10.1080/07315724.2013.875441	Intervention/Exposure
1929	Rangan, AM, Randall, D, Hector, DJ, Gill, TP, Webb, KL. Consumption of 'extra' foods by Australian children: types, quantities and contribution to energy and nutrient intakes. Eur J Clin Nutr. 2008. 62:356-64. doi:10.1038/sj.ejcn.1602720	Study Design; Intervention/Exposure
1930	Rangel-Zuniga, OA, Camargo, A, Marin, C, Pena-Orihuela, P, Perez-Martinez, P, Delgado-Lista, J, Gonzalez-Guardia, L, Yubero-Serrano, EM, Tinahones, FJ, Malagon, MM, Perez-Jimenez, F, Roche, HM, Lopez-Miranda, J. Proteome from patients with metabolic syndrome is regulated by quantity and quality of dietary lipids. BMC Genomics. 2015. 16:509. doi:10.1186/s12864-015-1725-8	Intervention/Exposure; Outcome
1931	Ranjit, N, Wilkinson, AV, Lytle, LM, Evans, AE, Saxton, D, Hoelscher, DM. Socioeconomic inequalities in children's diet: the role of the home food environment. Int J Behav Nutr Phys Act. 2015. 12 Suppl 1:S4. doi:10.1186/1479-5868-12-s1-s4	Study Design

No.	Citation	Rationale
1932	Rankin, JW, Turpyn, AD. Low carbohydrate, high fat diet increases C-reactive protein during weight loss. J Am Coll Nutr. 2007. 26:163-9. doi:10.1080/07315724.2007.10719598	Outcome; Study duration
1933	Rantala, M, Silaste, ML, Tuominen, A, Kaikkonen, J, Salonen, JT, Alfthan, G, Aro, A, Kesaniemi, YA. Dietary modifications and gene polymorphisms alter serum paraoxonase activity in healthy women. J Nutr. 2002. 132:3012-7. doi:10.1093/jn/131.10.3012	Intervention/Exposure
1934	Ranucci, C, Pippi, R, Buratta, L, Aiello, C, Gianfredi, V, Piana, N, Reginato, E, Tirimagni, A, Chiodini, E, Sbroma Tomaro, E, Gili, A, De Feo, P, Fanelli, C, Mazzeschi, C. Effects of an Intensive Lifestyle Intervention to Treat Overweight/Obese Children and Adolescents. Biomed Res Int. 2017. 2017:8573725. doi:10.1155/2017/8573725	Intervention/Exposure; Outcome
1935	Rašeta, N, Simović, S, Đurić, S, Suzić, N, Prtina, A, Zeljković, N. Eating habits and standard body parameters among students at university of banja luka. Serbian Journal of Experimental and Clinical Research. 2018. 19:41-49. doi:10.1515/SJECR-2017-0014	Study Design
1936	Ratliff, J, Mutungi, G, Puglisi, MJ, Volek, JS, Fernandez, ML. Carbohydrate restriction (with or without additional dietary cholesterol provided by eggs) reduces insulin resistance and plasma leptin without modifying appetite hormones in adult men. Nutr Res. 2009. 29:262-8. doi:10.1016/j.nutres.2009.03.007	Intervention/Exposure; Comparator
1937	Ratliff, JC, Mutungi, G, Puglisi, MJ, Volek, JS, Fernandez, ML. Eggs modulate the inflammatory response to carbohydrate restricted diets in overweight men. Nutr Metab (Lond). 2008. 5:6. doi:10.1186/1743-7075-5-6	Intervention/Exposure
1938	Rautiainen, S, Levitan, EB, Mittleman, MA, Wolk, A. Fruit and vegetable intake and rate of heart failure: a population-based prospective cohort of women. Eur J Heart Fail. 2015. 17:20-6. doi:10.1002/ejhf.191	Intervention/Exposure
1939	Rautiainen, S, Wang, L, Lee, IM, Manson, JE, Buring, JE, Sesso, HD. Higher Intake of Fruit, but Not Vegetables or Fiber, at Baseline Is Associated with Lower Risk of Becoming Overweight or Obese in Middle-Aged and Older Women of Normal BMI at Baseline. J Nutr. 2015. 145:960-8. doi:10.3945/jn.114.199158	Intervention/Exposure
1940	Rautio, N, Jokelainen, J, Polonen, A, Oksa, H, Peltonen, M, Vanhala, M, Puolijoki, H, Moilanen, L, Tuomilehto, J, Uusitupa, M, Keinanen-Kiukaanniemi, S, Saaristo, T. Changes in lifestyle modestly reduce the estimated cardiovascular disease risk in one-year follow-up of the Finnish diabetes prevention program (FIN-D2D). Eur J Cardiovasc Nurs. 2015. 14:145-52. doi:10.1177/1474515114521713	Intervention/Exposure
1941	Raynor, H, Looney, S, Steeves, EA, Spence, M, Gorin, A. The effect of a dietary energy density prescription on dietary quality, restriction, and weight loss. Obesity. 2011. 19:S113. doi:10.1038/oby.2011.226	Publication Status
1942	Raynor, HA, Anderson, AM, Miller, GD, Reeves, R, Delahanty, LM, Vitolins, MZ, Harper, P, Mobley, C, Konersman, K, Mayer-Davis, E. Partial Meal Replacement Plan and Quality of the Diet at 1 Year: Action for Health in Diabetes (Look AHEAD) Trial. J Acad Nutr Diet. 2015. 115:731-42. doi:10.1016/j.jand.2014.11.003	Intervention/Exposure; Outcome
1943	Raynor, HA, Looney, SM, Steeves, EA, Spence, M, Gorin, AA. The effects of an energy density prescription on diet quality and weight loss: a pilot randomized controlled trial. J Acad Nutr Diet. 2012. 112:1397-1402. doi:10.1016/j.jand.2012.02.020	Intervention/Exposure

No.	Citation	Rationale
1944	Raynor, HA, Osterholt, KM, Hart, CN, Jelalian, E, Vivier, P, Wing, RR. Efficacy of U.S. paediatric obesity primary care guidelines: two randomized trials. Pediatr Obes. 2012. 7:28-38. doi:10.1111/j.2047-6310.2011.00005.x	Intervention/Exposure
1945	Razquin, C, Alfredo Martinez, J, Martinez-Gonzalez, MA, Corella, D, Santos, JM, Marti, A. The Mediterranean diet protects against waist circumference enlargement in 12Ala carriers for the PPARgamma gene: 2 years' follow-up of 774 subjects at high cardiovascular risk. Br J Nutr. 2009. 102:672-9. doi:10.1017/s0007114509289008	Intervention/Exposure
1946	Razquin, C, Martinez, JA, Martinez-Gonzalez, MA, Bes-Rastrollo, M, Fernandez-Crehuet, J, Marti, A. A 3-year intervention with a Mediterranean diet modified the association between the rs9939609 gene variant in FTO and body weight changes. Int J Obes (Lond). 2010. 34:266-72. doi:10.1038/ijo.2009.233	Intervention/Exposure
1947	Razquin, C, Martinez, JA, Martinez-Gonzalez, MA, Fernandez-Crehuet, J, Santos, JM, Marti, A. A Mediterranean diet rich in virgin olive oil may reverse the effects of the -174G/C IL6 gene variant on 3-year body weight change. Mol Nutr Food Res. 2010. 54 Suppl 1:S75-82. doi:10.1002/mnfr.200900257	Intervention/Exposure
1948	Razquin, C, Martinez, JA, Martinez-Gonzalez, MA, Fernández-Crehuet, J, Santos, JM, Marti, A. A mediterranean diet rich in virgin olive oil may reverse the effects of the-174g/c il6 gene variant on 3-year body weight change. Molecular Nutrition and Food Research. 2010. 54:S75-S82. doi:10.1002/mnfr.200900257	Study Design; Intervention/Exposure
1949	Razquin, C, Martinez, JA, Martinez-Gonzalez, MA, Salas-Salvado, J, Estruch, R, Marti, A. A 3-year Mediterranean-style dietary intervention may modulate the association between adiponectin gene variants and body weight change. Eur J Nutr. 2010. 49:311-9. doi:10.1007/s00394-009-0090-2	Intervention/Exposure
1950	Razquin, C, Sanchez-Tainta, A, Salas-Salvado, J, Buil-Cosiales, P, Corella, D, Fito, M, Ros, E, Estruch, R, Aros, F, Gomez-Gracia, E, Fiol, M, Lapetra, J, Serra-Majem, L, Pinto, X, Schroder, H, Tur, J, Sorli, JV, Lamuela-Raventos, RM, Bullo, M, Bes-Rastrollo, M, Martinez-Gonzalez, MA. Dietary energy density and body weight changes after 3 years in the PREDIMED study. Int J Food Sci Nutr. 2017. 68:865-872. doi:10.1080/09637486.2017.1295028	Intervention/Exposure
1951	Rebollo-Ramos, M, Velazquez-Diaz, D, Corral-Perez, J, Barany-Ruiz, A, Perez-Bey, A, Fernandez-Ponce, C, Garcia-Cozar, FJ, Ponce-Gonzalez, JG, Cuenca-Garcia, M. Aerobic fitness, Mediterranean diet and cardiometabolic risk factors in adults. Endocrinol Diabetes Nutr. 2019. :. doi:10.1016/j.endinu.2019.04.004	Language
1952	Receveur, O, Morou, K, Gray-Donald, K, Macaulay, AC. Consumption of key food items is associated with excess weight among elementary-school-aged children in a Canadian first nations community. J Am Diet Assoc. 2008. 108:362-6. doi:10.1016/j.jada.2007.09.002	Study Design; Intervention/Exposure
1953	Recio-Rodriguez, JI, Garcia-Yu, IA, Alonso-Dominguez, R, Maderuelo-Fernandez, JA, Patino-Alonso, MC, Agudo-Conde, C, Sanchez-Aguadero, N, Ramos, R, Marti, R, Rodriguez-Sanchez, E, Gomez-Marcos, MA, Garcia-Ortiz, L. Diet quality and carotid atherosclerosis in intermediate cardiovascular risk individuals. Nutr J. 2017. 16:40. doi:10.1186/s12937-017-0266-1	Study Design
1954	Reeds, J, Mansuri, S, Mamakeesick, M, Harris, SB, Zinman, B, Gittelsohn, J, Wolever, TM, Connelly, PW, Hanley, A. Dietary Patterns and Type 2 Diabetes Mellitus in a First Nations Community. Can J Diabetes. 2016. 40:304-10. doi:10.1016/j.jcjd.2016.05.001	Power/Size

No.	Citation	Rationale
1955	Reichard, A, Saunders, MD, Saunders, RR, Donnelly, JE, Lauer, E, Sullivan, DK, Ptomey, L. A comparison of two weight management programs for adults with mobility impairments. Disabil Health J. 2015. 8:61-9. doi:10.1016/j.dhjo.2014.08.002	Intervention/Exposure; Comparator
1956	Reig Garcia-Galbis, M, Rizo Baeza, M, Cortes Castell, E. INDICATORS OF SUCCESS IN THE DIETARY MANAGEMENT OF OVERWEIGHT AND OBESITY: WEIGHT, BODY FAT LOSS AND QUALITY. Nutr Hosp. 2015. 32:1009-16. doi:10.3305/nh.2015.32.3.9248	Intervention/Exposure
1957	Reinehr, T, Schaefer, A, Winkel, K, Finne, E, Toschke, AM, Kolip, P. An effective lifestyle intervention in overweight children: Findings from a randomized controlled trial on " Obeldicks light". Clinical Nutrition. 2010. 29:331-336. doi:10.1016/j.clnu.2009.12.010	Intervention/Exposure; Comparator
1958	Renault, KM, Carlsen, EM, Norgaard, K, Nilas, L, Pryds, O, Secher, NJ, Cortes, D, Jensen, JE, Olsen, SF, Halldorsson, TI. Intake of carbohydrates during pregnancy in obese women is associated with fat mass in the newborn offspring. Am J Clin Nutr. 2015. 102:1475-81. doi:10.3945/ajcn.115.110551	Participants
1959	Resch, KL. Dietary Intervention Randomized Controlled Trial (DIRECT) group: weight loss with a low-carbohydrate, Mediterranean, or low-fat diet. Forschende komplementarmedizin (2006). 2008. 15:351-352. doi:unavailable	Language
1960	Reseland, JE, Anderssen, SA, Solvoll, K, Hjermann, I, Urdal, P, Holme, I, Drevon, CA. Effect of long-term changes in diet and exercise on plasma leptin concentrations. Am J Clin Nutr. 2001. 73:240-5. doi:10.1093/ajcn/73.2.240	Intervention/Exposure
1961	Retterstol, K, Svendsen, M, Narverud, I, Holven, KB. Effect of low carbohydrate high fat diet on LDL cholesterol and gene expression in normal-weight, young adults: A randomized controlled study. Atherosclerosis. 2018. 279:52-61. doi:10.1016/j.atherosclerosis.2018.10.013	Study duration
1962	Reyes-Castillo, P, Gonzalez-Vazquez, R, Gutierrez-Nava, A, Mendoza-Perez, F, Navarro Gonzalez, MDC, Salgado-Sguayo, A, Torres-Maravilla, E, Mayorga Reyes, L, Azaola-Espinosa, A. Anthropometric measure and adipokine levels of a young undergraduate population with a usual diet. Nutr Hosp. 2019. 36:80-86. doi:10.20960/nh.1894	Study Design
1963	Rhyu, HS, Cho, SY, Roh, HT. The effects of ketogenic diet on oxidative stress and antioxidative capacity markers of Taekwondo athletes. J Exerc Rehabil. 2014. 10:362-6. doi:10.12965/jer.140178	Study duration
1964	Rhyu, HS, Cho, SY. The effect of weight loss by ketogenic diet on the body composition, performance-related physical fitness factors and cytokines of Taekwondo athletes. J Exerc Rehabil. 2014. 10:326-31. doi:10.12965/jer.140160	Intervention/Exposure; Study duration
1965	Ricci, C, Baumgartner, J, Zec, M, Kruger, HS, Smuts, CM. Type of dietary fat intakes in relation to all-cause and cause-specific mortality in US adults: an iso-energetic substitution analysis from the American National Health and Nutrition Examination Survey linked to the US mortality registry. Br J Nutr. 2018. 119:456-463. doi:10.1017/s0007114517003889	Intervention/Exposure
1966	Ricci, G, Canducci, E, Guida, A, Frascari, A, Rossi, A, Bersani, G, Ravani, B, Alvisi, V. The gender-related differences of nutrient intakes in a group of Italian obese patients display the ongoing transition from Mediterranean to western dietary patterns. Obes Surg. 2014. 24:965-7. doi:10.1007/s11695-014-1238-6	Study Design; Comparator
1967	Richard, C, Couture, P, Desroches, S, Lichtenstein, AH, Lamarche, B. Effect of an isoenergetic traditional Mediterranean diet on apolipoprotein A-I kinetic in men with metabolic syndrome. Nutr J. 2013. 12:76. doi:10.1186/1475-2891-12-76	Study duration

No.	Citation	Rationale
1968	Richard, C, Couture, P, Desroches, S, Nehme, B, Bourassa, S, Droit, A, Lamarche, B. Effect of an isoenergetic traditional Mediterranean diet on the high-density lipoprotein proteome in men with the metabolic syndrome. J Nutrigenet Nutrigenomics. 2014. 7:48-60. doi:10.1159/000363137	Study Design; Intervention/Exposure
1969	Richard, C, Couture, P, Ooi, EM, Tremblay, AJ, Desroches, S, Charest, A, Lichtenstein, AH, Lamarche, B. Effect of Mediterranean diet with and without weight loss on apolipoprotein B100 metabolism in men with metabolic syndrome. Arterioscler Thromb Vasc Biol. 2014. 34:433-8. doi:10.1161/atvbaha.113.302185	Intervention/Exposure; Comparator
1970	Ricordi, C, Garcia-Contreras, M, Farnetti, S. Diet and Inflammation: Possible Effects on Immunity, Chronic Diseases, and Life Span. J Am Coll Nutr. 2015. 34 Suppl 1:10-3. doi:10.1080/07315724.2015.1080101	Study Design
1971	Rietman, A, Schwarz, J, Blokker, BA, Siebelink, E, Kok, FJ, Afman, LA, Tome, D, Mensink, M. Increasing protein intake modulates lipid metabolism in healthy young men and women consuming a high-fat hypercaloric diet. J Nutr. 2014. 144:1174-80. doi:10.3945/jn.114.191072	Study duration
1972	Rietman, A, Schwarz, J, Siebelink, E, Kok, F, Tome, D, Mensink, M. High dietary protein intake results in lower intra hepatic lipid content in healthy humans on a hypercaloric high-fat diet. FASEB journal. 2013. 27:. doi:unavailable	Publication Status
1973	Riggs, AJ, White, BD, Gropper, SS. Changes in energy expenditure associated with ingestion of high protein, high fat versus high protein, low fat meals among underweight, normal weight, and overweight females. Nutr J. 2007. 6:40. doi:10.1186/1475-2891-6-40	Intervention/Exposure; Study duration
1974	Rist, PM, Buring, JE, Kase, CS, Kurth, T. Healthy Lifestyle and Functional Outcomes from Stroke in Women. Am J Med. 2016. 129:715-724.e2. doi:10.1016/j.amjmed.2016.02.002	Intervention/Exposure
1975	Rito, AI, Dinis, A, Rascôa, C, Maia, A, Mendes, S, Stein-Novais, C, Lima, J. Mediterranean Diet Index (KIDMED) Adherence, Socioeconomic Determinants, and Nutritional Status of Portuguese Children: The Eat Mediterranean Program. Portuguese Journal of Public Health. 2018. 36:. doi:10.1159/000495803	Study Design; Intervention/Exposure
1976	Rizkalla, SW, Prifti, E, Cotillard, A, Pelloux, V, Rouault, C, Allouche, R, Laromiguiere, M, Kong, L, Darakhshan, F, Massiera, F, Clement, K. Differential effects of macronutrient content in 2 energy-restricted diets on cardiovascular risk factors and adipose tissue cell size in moderately obese individuals: a randomized controlled trial. Am J Clin Nutr. 2012. 95:49-63. doi:10.3945/ajcn.111.017277	Study duration
1977	Ro, A, Osborn, B. Exploring Dietary Factors in the Food Insecurity and Obesity Relationship Among Latinos in California. J Health Care Poor Underserved. 2018. 29:1108-1122. doi:10.1353/hpu.2018.0082	Study Design; Intervention/Exposure
1978	Roberge, JB, Van Hulst, A, Barnett, TA, Drapeau, V, Benedetti, A, Tremblay, A, Henderson, M. Lifestyle Habits, Dietary Factors, and the Metabolically Unhealthy Obese Phenotype in Youth. J Pediatr. 2019. 204:46-52.e1. doi:10.1016/j.jpeds.2018.08.063	Intervention/Exposure
1979	Roberts, CK, Chen, AK, Barnard, RJ. Effect of a short-term diet and exercise intervention in youth on atherosclerotic risk factors. Atherosclerosis. 2007. 191:98-106. doi:10.1016/j.atherosclerosis.2006.09.011	Study duration

No.	Citation	Rationale
1980	Roberts, CK, Izadpanah, A, Angadi, SS, Barnard, RJ. Effects of an intensive short-term diet and exercise intervention: comparison between normal-weight and obese children. Am J Physiol Regul Integr Comp Physiol. 2013. 305:R552-7. doi:10.1152/ajpregu.00131.2013	Study duration
1981	Roberts, CK, Liu, S. Carbohydrate Intake and Obesity: An Association that Needs "Refining". Journal of the American Dietetic Association. 2009. 109:1163-1164. doi:10.1016/j.jada.2009.04.016	Study Design; Publication Status
1982	Roberts, CK, Ng, C, Hama, S, Eliseo, AJ, Barnard, RJ. Effect of a short-term diet and exercise intervention on inflammatory/anti-inflammatory properties of HDL in overweight/obese men with cardiovascular risk factors. J Appl Physiol (1985). 2006. 101:1727-32. doi:10.1152/japplphysiol.00345.2006	Study duration
1983	Roberts, CK, Ng, C, Hama, S, Eliseo, AJ, Barnard, RJ. Effect of a short-term diet and exercise intervention on inflammatory/antiinflammatory properties of HDL in overweight/obese men with cardiovascular risk factors. Journal of Applied Physiology. 2006. 101:1727-1732. doi:10.1152/japplphysiol.00345.2006	Study duration
1984	Roberts, CK, Vaziri, ND, Barnard, RJ. Effect of diet and exercise intervention on blood pressure, insulin, oxidative stress, and nitric oxide availability. Circulation. 2002. 106:2530-2. doi:10.1161/01.cir.0000040584.91836.0d	Study duration
1985	Roberts, J, Zinchenko, A, Mahbubani, K, Johnstone, J, Smith, L, Merzbach, V, Blacutt, M, Banderas, O, Villasenor, L, Varvik, FT, Henselmans, M. Satiating Effect of High Protein Diets on Resistance-Trained Subjects in Energy Deficit. Nutrients. 2018. 11:. doi:10.3390/nu11010056	Outcome; Study duration
1986	Roberts, K, Cade, J, Dawson, J, Holdsworth, M. Empirically Derived Dietary Patterns in UK Adults Are Associated with Sociodemographic Characteristics, Lifestyle, and Diet Quality. Nutrients. 2018. 10:. doi:10.3390/nu10020177	Outcome
1987	Roberts, R, Bickerton, AS, Fielding, BA, Blaak, EE, Wagenmakers, AJ, Chong, MF, Gilbert, M, Karpe, F, Frayn, KN. Reduced oxidation of dietary fat after a short term high-carbohydrate diet. Am J Clin Nutr. 2008. 87:824-31. doi:10.1093/ajcn/87.4.824	Study duration
1988	Roberts, SB, Das, SK. One strike against low-carbohydrate diets. Cell Metabolism. 2015. 22:357-358. doi:10.1016/j.cmet.2015.07.022	Study Design; Publication Status
1989	Roberts, WC. The cause of atherosclerosis. Nutr Clin Pract. 2008. 23:464-7. doi:10.1177/0884533608324586	Study Design; Publication Status
1990	Robinson, F, Hackett, AF, Billington, D, Stratton, G. Changing from a mixed to self-selected vegetarian diet--influence on blood lipids. J Hum Nutr Diet. 2002. 15:323-9. doi:10.1046/j.1365-277x.2002.00383.x	Study Design; Intervention/Exposure
1991	Roblin, DW, Robinson, BE, Benjamin, SA. Evaluation of a worksite wellness program designed to reduce cardiovascular risks. J Ambul Care Manage. 2013. 36:272-9. doi:10.1097/JAC.0b013e3182a3e728	Intervention/Exposure
1992	Rock, CL, Flatt, SW, Pakiz, B, Quintana, EL, Heath, DD, Rana, BK, Natarajan, L. Effects of diet composition on weight loss, metabolic factors and biomarkers in a 1-year weight loss intervention in obese women examined by baseline insulin resistance status. Metabolism. 2016. 65:1605-1613. doi:10.1016/j.metabol.2016.07.008	Intervention/Exposure

No.	Citation	Rationale
1993	Rodrigues, SSP, Trichopoulou, A, De Almeida, MDV. Household diet quality in relation to mortality in Portuguese regions: An ecological study. Journal of Public Health. 2008. 16:43-51. doi:10.1007/s10389-007-0113-5	Study Design; Intervention/Exposure; Outcome
1994	Rodriguez, JM, Leiva Balich, L, Concha, MJ, Mizon, C, Bunout Barnett, D, Barrera Acevedo, G, Hirsch Birn, S, Jimenez Jaime, T, Henriquez, S, Uribarri, J, de la Maza Cave, MP. Reduction of serum advanced glycation end-products with a low calorie Mediterranean diet. Nutr Hosp. 2015. 31:2511-7. doi:10.3305/nh.2015.31.6.8936	Study Design
1995	Rodriguez-Cano, A, Mier-Cabrera, J, Balas-Nakash, M, Munoz-Manrique, C, Legorreta-Legorreta, J, Perichart-Perera, O. Dietary changes associated with improvement of metabolic syndrome components in postmenopausal women receiving two different nutrition interventions. Menopause. 2015. 22:758-64. doi:10.1097/gme.0000000000000400	Intervention/Exposure
1996	Rodriguez-Garcia, E, Ruiz-Nava, J, Santamaria-Fernandez, S, Fernandez-Garcia, JC, Vargas-Candela, A, Yahyaoui, R, Tinahones, FJ, Bernal-Lopez, MR, Gomez-Huelgas, R. Implications of the Mediterranean diet and physical exercise on the lipid profile of metabolically healthy obese women as measured by nuclear magnetic resonance spectroscopy ((1)H NMR). Chem Phys Lipids. 2018. 213:68-75. doi:10.1016/j.chemphyslip.2018.03.007	Intervention/Exposure; Comparator
1997	Rodriguez-Martin, C, Alonso-Dominguez, R, Patino-Alonso, MC, Gomez-Marcos, MA, Maderuelo-Fernandez, JA, Martin-Cantera, C, Garcia-Ortiz, L, Recio-Rodriguez, JI. The EVIDENT diet quality index is associated with cardiovascular risk and arterial stiffness in adults. BMC Public Health. 2017. 17:305. doi:10.1186/s12889-017-4194-y	Study Design
1998	Rodriguez-Martin, C, Garcia-Ortiz, L, Rodriguez-Sanchez, E, Maderuelo-Fernandez, C, Lugones-Sanchez, A, Martin-Cantera, MS, Soriano-Cano, JF, Arietaleanizbeaskoa, M, Magdalena-Belio, JA, Menendez-Suarez, C, Gomez-Marcos, MA, Recio-Rodriguez, JI, Evident Investigators Group, Obotei. The Relationship of the Atlantic Diet with Cardiovascular Risk Factors and Markers of Arterial Stiffness in Adults without Cardiovascular Disease. Nutrients. 2019. 11:. doi:10.3390/nu11040742	Study Design
1999	Rodriguez-Moran, M, Guerrero-Romero, F, Rascon-Pacheco, RA. Dietary factors related to the increase of cardiovascular risk factors in traditional Tepehuanos communities from Mexico. A 10 year follow-up study. Nutr Metab Cardiovasc Dis. 2009. 19:409-16. doi:10.1016/j.numecd.2008.08.005	Study Design
2000	Rodriguez-Rejon, AI, Castro-Quezada, I, Ruano-Rodriguez, C, Ruiz-Lopez, MD, Sanchez-Villegas, A, Toledo, E, Artacho, R, Estruch, R, Salas-Salvado, J, Covas, MI, Corella, D, Gomez-Gracia, E, Lapetra, J, Pinto, X, Aros, F, Fiol, M, Lamuela-Raventos, RM, Ruiz-Gutierrez, V, Schroder, H, Ros, E, Martinez-Gonzalez, MA, Serra-Majem, L. Effect of a Mediterranean Diet Intervention on Dietary Glycemic Load and Dietary Glycemic Index: The PREDIMED Study. J Nutr Metab. 2014. 2014:985373. doi:10.1155/2014/985373	Intervention/Exposure; Outcome
2001	Rogerson, D, Macas, D, Milner, M, Liu, Y, Klonizakis, M. Contrasting Effects of Short-Term Mediterranean and Vegan Diets on Microvascular Function and Cholesterol in Younger Adults: A Comparative Pilot Study. Nutrients. 2018. 10:. doi:10.3390/nu10121897	Study duration
2002	Rogerson, D, McNeill, S, Kononen, H, Klonizakis, M. Encouraging effects of a short-term, adapted Nordic diet intervention on skin microvascular function and skin oxygen tension in younger and older adults. Nutrition. 2018. 49:96-101. doi:10.1016/j.nut.2017.11.001	Study Design; Study duration

No.	Citation	Rationale
2003	Rohde, JF, Handel, MN, Stougaard, M, Olsen, NJ, Traerup, M, Mortensen, EL, Heitmann, BL. Relationship between pickiness and subsequent development in body mass index and diet intake in obesity prone normal weight preschool children. PLoS One. 2017. 12:e0172772. doi:10.1371/journal.pone.0172772	Intervention/Exposure
2004	Rohde, JF, Larsen, SC, Angquist, L, Olsen, NJ, Stougaard, M, Mortensen, EL, Heitmann, BL. Effects of the Healthy Start randomized intervention on dietary intake among obesity-prone normal-weight children. Public Health Nutr. 2017. 20:2988-2997. doi:10.1017/s1368980017002026	Outcome
2005	Rolland, C, Broom, J. A randomised controlled trial of a low-carbohydrate vs. a very low calorie diet - A two year follow up. Obesity reviews. 2010. 11:245-246. doi:10.1111/j.1467-789X.2010.00763-7.x	Publication Status
2006	Rolland, C, Hession, M, Murray, S, Wise, A, Broom, I. Randomized clinical trial of standard dietary treatment versus a low-carbohydrate/high-protein diet or the LighterLife Programme in the management of obesity*. J Diabetes. 2009. 1:207-17. doi:10.1111/j.1753-0407.2009.00033.x	Intervention/Exposure
2007	Rolland-Cachera, MF, Thibault, H, Souberbielle, JC, Soulie, D, Carbonel, P, Deheeger, M, Roinsol, D, Longueville, E, Bellisle, F, Serog, P. Massive obesity in adolescents: dietary interventions and behaviours associated with weight regain at 2 y follow-up. Int J Obes Relat Metab Disord. 2004. 28:514-9. doi:10.1038/sj.ijo.0802605	Intervention/Exposure; Health Status
2008	Romero-Moraleda, B, Peinado Lozano, AB, Morencos Martinez, E, Lopez-Plaza, B, Gomez Candela, C, Calderon Montero, FJ. Lipid profile response to weight loss program in overweight and obese patient is related with gender and age. Nutr Hosp. 2015. 31:2455-64. doi:10.3305/nh.2015.31.6.8926	Intervention/Exposure
2009	Roncero-Ramos, I, Alcala-Diaz, JF, Rangel-Zuniga, OA, Gomez-Delgado, F, Jimenez-Lucena, R, Garcia-Rios, A, Vals-Delgado, C, Romero-Baldonado, C, Luque, RM, Ordovas, JM, Perez-Martinez, P, Camargo, A, Lopez-Miranda, J. Prediabetes diagnosis criteria, type 2 diabetes risk and dietary modulation: The CORDIOPREV study. Clin Nutr. 2019. :. doi:10.1016/j.clnu.2019.02.027	Intervention/Exposure; Health Status
2010	Rondanelli, M, Klersy, C, Perna, S, Faliva, MA, Montorfano, G, Roderi, P, Colombo, I, Corsetto, PA, Fioravanti, M, Solerte, SB, Rizzo, AM. Effects of two-months balanced diet in metabolically healthy obesity: lipid correlations with gender and BMI-related differences. Lipids Health Dis. 2015. 14:139. doi:10.1186/s12944-015-0131-1	Study Design
2011	Root, MM, Dawson, HR. DASH-like diets high in protein or monounsaturated fats improve metabolic syndrome and calculated vascular risk. International Journal for Vitamin and Nutrition Research. 2014. 83:224-231. doi:10.1024/0300-9831/a000164	Publication Status
2012	Rosamond, WD, Ammerman, AS, Holliday, JL, Tawney, KW, Hunt, KJ, Keyserling, TC, Will, JC, Mokdad, AH. Cardiovascular disease risk factor intervention in low-income women: The North Carolina WISEWOMAN project. Preventive Medicine. 2000. 31:370-379. doi:10.1006/pmed.2000.0726	Intervention/Exposure
2013	Rosi, A, Calestani, MV, Parrino, L, Milioli, G, Palla, L, Volta, E, Brighenti, F, Scazzina, F. Weight Status Is Related with Gender and Sleep Duration but Not with Dietary Habits and Physical Activity in Primary School Italian Children. Nutrients. 2017. 9:. doi:10.3390/nu9060579	Study Design
2014	Ross, SM. Cardiovascular disease mortality: the deleterious effects of excess dietary sugar intake. Holist Nurs Pract. 2015. 29:53-7. doi:10.1097/hnp.0000000000000066	Intervention/Exposure; Publication Status

No.	Citation	Rationale
2015	Ross, SM. Effects of extra virgin olive oil phenolic compounds and the Mediterranean diet on cardiovascular health. Holist Nurs Pract. 2013. 27:303-7. doi:10.1097/HNP.0b013e3182a0c668	Study Design
2016	Rosvall, M, Persson, M, Ostling, G, Nilsson, PM, Melander, O, Hedblad, B, Engstrom, G. Risk factors for the progression of carotid intima-media thickness over a 16-year follow-up period: the Malmo Diet and Cancer Study. Atherosclerosis. 2015. 239:615-21. doi:10.1016/j.atherosclerosis.2015.01.030	Intervention/Exposure
2017	Rothacker, DQ, Ellis, PK. Elevated intakes of calcium and vitamin D without added calories and fat in overweight adults: A crossover study in Wisconsin. Current Therapeutic Research - Clinical and Experimental. 2002. 63:507-512. doi:10.1016/S0011-393X(02)80056-X	Study duration
2018	Rouhani, MH, Kelishadi, R, Hashemipour, M, Esmaillzadeh, A, Azadbakht, L. The effect of an energy restricted low glycemic index diet on blood lipids, apolipoproteins and lipoprotein (a) among adolescent girls with excess weight: a randomized clinical trial. Lipids. 2013. 48:1197-205. doi:10.1007/s11745-013-3834-y	Intervention/Exposure; Comparator
2019	Rouhani, MH, Kelishadi, R, Hashemipour, M, Esmaillzadeh, A, Azadbakht, L. The effect of low glycemic index diet on body weight status and blood pressure in overweight adolescent girls: a randomized clinical trial. Nutr Res Pract. 2013. 7:385-92. doi:10.4162/nrp.2013.7.5.385	Intervention/Exposure
2020	Rouillier, MA, David-Riel, S, Brazeau, AS, St-Pierre, DH, Karelis, AD. Effect of an Acute High Carbohydrate Diet on Body Composition Using DXA in Young Men. Ann Nutr Metab. 2015. 66:233-6. doi:10.1159/000435840	Study duration
2021	Roush, K. Diets vs. combinations of fat, protein, and carbohydrates. Am J Nurs. 2009. 109:64. doi:10.1097/01.NAJ.0000363356.61507.fc	Study Design; Publication Status
2022	Roussell, MA, Hill, AM, Gaugler, TL, West, SG, Ulbrecht, JS, Vanden Heuvel, JP, Gillies, PJ, Kris-Etherton, PM. Effects of a DASH-like diet containing lean beef on vascular health. J Hum Hypertens. 2014. 28:600-5. doi:10.1038/jhh.2014.34	Study duration
2023	Rousset, S, Patureau Mirand, P, Brandolini, M, Martin, JF, Boirie, Y. Daily protein intakes and eating patterns in young and elderly French. Br J Nutr. 2003. 90:1107-15. doi:10.1079/bjn20031004	Study Design
2024	Rowlands, DS, Hopkins, WG. Effects of high-fat and high-carbohydrate diets on metabolism and performance in cycling. Metabolism. 2002. 51:678-90. doi:10.1053/meta.2002.32723	Study duration
2025	Roy, BD, Luttmer, K, Bosman, MJ, Tarnopolsky, MA. The influence of post-exercise macronutrient intake on energy balance and protein metabolism in active females participating in endurance training. Int J Sport Nutr Exerc Metab. 2002. 12:172-88. doi:10.1123/ijsnem.12.2.172	Study duration
2026	Roy, HJ, Most, MM, Sparti, A, Lovejoy, JC, Volaufova, J, Peters, JC, Bray, GA. Effect on body weight of replacing dietary fat with olestra for two or ten weeks in healthy men and women. J Am Coll Nutr. 2002. 21:259-67. doi:10.1080/07315724.2002.10719219	Study duration
2027	Ruan, Y, Huang, Y, Zhang, Q, Qin, S, Du, X, Sun, Y. Association between dietary patterns and hypertension among Han and multi-ethnic population in southwest China. BMC Public Health. 2018. 18:1106. doi:10.1186/s12889-018-6003-7	Study Design

No.	Citation	Rationale
2028	Rubini, A, Bosco, G, Lodi, A, Cenci, L, Parmagnani, A, Grimaldi, K, Zhongjin, Y, Paoli, A. Effects of Twenty Days of the Ketogenic Diet on Metabolic and Respiratory Parameters in Healthy Subjects. Lung. 2015. 193:939-45. doi:10.1007/s00408-015-9806-7	Study duration
2029	Ruiz-Cabello Turmo, P, Aparicio Garcia-Molina, V, Fernandez Martinez Mdel, M, Moratalla Cecilia, N, Gregorio Arenas, E, Aranda Ramirez, P. Mediterranean countries facing the Mediterranean Diet, are we still on track? The example of southern Spain midlife women. Nutr Hosp. 2015. 31:2523-32. doi:10.3305/nh.2015.31.6.8862	Study Design
2030	Ruiz-Canela, M, Guasch-Ferre, M, Toledo, E, Clish, CB, Razquin, C, Liang, L, Wang, DD, Corella, D, Estruch, R, Hernaez, A, Yu, E, Gomez-Gracia, E, Zheng, Y, Aros, F, Romaguera, D, Dennis, C, Ros, E, Lapetra, J, Serra-Majem, L, Papandreou, C, Portoles, O, Fito, M, Salas-Salvado, J, Hu, FB, Martinez-Gonzalez, MA. Plasma branched chain/aromatic amino acids, enriched Mediterranean diet and risk of type 2 diabetes: case-cohort study within the PREDIMED Trial. Diabetologia. 2018. 61:1560-1571. doi:10.1007/s00125-018-4611-5	Intervention/Exposure; Comparator
2031	Ruottinen, S, Ronnemaa, T, Niinikoski, H, Lagstrom, H, Saarinen, M, Pahkala, K, Kaitosaari, T, Viikari, J, Simell, O. Carbohydrate intake, serum lipids and apolipoprotein E phenotype show association in children. Acta Paediatr. 2009. 98:1667-73. doi:10.1111/j.1651-2227.2009.01399.x	Intervention/Exposure
2032	Rush, E, Paterson, J, Obolonkin, V. Food frequency information-relationships to body composition and apparent growth in 4-year-old children in the Pacific Island Family Study. New Zealand Medical Journal. 2008. 121:63-71. doi:unavailable	Study Design
2033	Rushing, K, Stenhouse, A, Evans, M, Huffman, L, Bowie, V. A low-carbohydrate diet versus a low-calorie diet: Poor retention. Topics in Clinical Nutrition. 2006. 21:251-259. doi:10.1097/00008486-200610000-00002	Intervention/Exposure
2034	Russell, JC, Flood, VM, Sadeghpour, A, Gopinath, B, Mitchell, P. Total Diet Score as a valid method of measuring diet quality among older adults. Asia Pac J Clin Nutr. 2017. 26:212-219. doi:10.6133/apjcn.122015.08	Intervention/Exposure; Outcome
2035	Ruth, MR, Port, AM, Shah, M, Bourland, AC, Istfan, NW, Nelson, KP, Gokce, N, Apovian, CM. Consuming a hypocaloric high fat low carbohydrate diet for 12 weeks lowers C-reactive protein, and raises serum adiponectin and high density lipoprotein-cholesterol in obese subjects. Metabolism. 2013. 62:1779-87. doi:10.1016/j.metabol.2013.07.006	Power/Size
2036	Ruth, MR, Shah, M, Bourland, A, Port, AM, Gokce, N, Apovian, C. A 12-week hypocaloric low-carbohydrate diet improves inflammation and cardiovascular risk factors in obese adults. Obesity. 2011. 19:S114. doi:10.1038/oby.2011.226	Publication Status
2037	Ryberg, M, Sandberg, S, Mellberg, C, Stegle, O, Lindahl, B, Larsson, C, Hauksson, J, Olsson, T. A Palaeolithic-type diet causes strong tissue-specific effects on ectopic fat deposition in obese postmenopausal women. J Intern Med. 2013. 274:67-76. doi:10.1111/joim.12048	Study Design
2038	Ryman, TK, Boyer, BB, Hopkins, S, Philip, J, Beresford, SA, Thompson, B, Heagerty, PJ, Pomeroy, JJ, Thummel, KE, Austin, MA. Associations between diet and cardiometabolic risk among Yup'ik Alaska Native people using food frequency questionnaire dietary patterns. Nutr Metab Cardiovasc Dis. 2015. 25:1140-5. doi:10.1016/j.numecd.2015.08.003	Study Design; Intervention/Exposure
2039	Sabrina, N, Bai, CH, Chang, CC, Chien, YW, Chen, JR, Chang, JS. Serum Iron:Ferritin Ratio Predicts Healthy Body Composition and Reduced Risk of Severe Fatty Liver in Young Adult Women. Nutrients. 2017. 9:. doi:10.3390/nu9080833	Study Design

No.	Citation	Rationale
2040	Sacks, FM, Bray, GA, Carey, VJ, Smith, SR, Ryan, DH, Anton, SD, McManus, K, Champagne, CM, Bishop, LM, Laranjo, N, Leboff, MS, Rood, JC, de Jonge, L, Greenway, FL, Loria, CM, Obarzanek, E, Williamson, DA. Comparison of weight-loss diets with different compositions of fat, protein, and carbohydrates. N Engl J Med. 2009. 360:859-73. doi:10.1056/NEJMoa0804748	Weight loss/Hypocaloric
2041	Sacks, FM, Carey, VJ, Anderson, CA, Miller, ER, 3rd, Copeland, T, Charleston, J, Harshfield, BJ, Laranjo, N, McCarron, P, Swain, J, White, K, Yee, K, Appel, LJ. Effects of high vs low glycemic index of dietary carbohydrate on cardiovascular disease risk factors and insulin sensitivity: the OmniCarb randomized clinical trial. Jama. 2014. 312:2531-41. doi:10.1001/jama.2014.16658	Study duration
2042	Sacks, FM, Svetkey, LP, Vollmer, WM, Appel, LJ, Bray, GA, Harsha, D, Obarzanek, E, Conlin, PR, Miller, ER, 3rd, Simons-Morton, DG, Karanja, N, Lin, PH. Effects on blood pressure of reduced dietary sodium and the Dietary Approaches to Stop Hypertension (DASH) diet. DASH-Sodium Collaborative Research Group. N Engl J Med. 2001. 344:3-10. doi:10.1056/nejm200101043440101	Intervention/Exposure; Publication Date
2043	Sadeghi, M, Talaei, M, Parvaresh Rizi, E, Dianatkhah, M, Oveisgharan, S, Sarrafzadegan, N. Determinants of incident prediabetes and type 2 diabetes in a 7-year cohort in a developing country: The Isfahan Cohort Study. J Diabetes. 2015. 7:633-41. doi:10.1111/1753-0407.12236	Country
2044	Sadov, S, Virtanen, HE, Main, KM, Andersson, AM, Juul, A, Jula, A, Raitakari, OT, Pahkala, K, Niinikoski, H, Toppari, J. Low-saturated-fat and low-cholesterol diet does not alter pubertal development and hormonal status in adolescents. Acta Paediatrica, International Journal of Paediatrics. 2019. 108:321-327. doi:10.1111/apa.14480	Outcome
2045	Safaeiyan, A, Pourghassem-Gargari, B, Zarrin, R, Fereidooni, J, Alizadeh, M. Randomized controlled trial on the effects of legumes on cardiovascular risk factors in women with abdominal obesity. ARYA Atheroscler. 2015. 11:117-25. doi:unavailable	Intervention/Exposure
2046	Saffari, M, Pakpour, AH, Mohammadi-Zeidi, I, Samadi, M, Chen, H. Long-term effect of motivational interviewing on dietary intake and weight loss in Iranian obese/overweight women. Health Promot Perspect. 2014. 4:206-13. doi:10.5681/hpp.2014.027	Intervention/Exposure
2047	Saha, S, Nordstrom, J, Gerdtham, UG, Mattisson, I, Nilsson, PM, Scarborough, P. Prevention of Cardiovascular Disease and Cancer Mortality by Achieving Healthy Dietary Goals for the Swedish Population: A Macro-Simulation Modelling Study. Int J Environ Res Public Health. 2019. 16:. doi:10.3390/ijerph16050890	Study Design
2048	Saha, S, Nordstrom, J, Mattisson, I, Nilsson, PM, Gerdtham, UG. Modelling the Effect of Compliance with Nordic Nutrition Recommendations on Cardiovascular Disease and Cancer Mortality in the Nordic Countries. Nutrients. 2019. 11:. doi:10.3390/nu11061434	Study Design; Intervention/Exposure
2049	Said, N, Nor, NM, Sharoni, SKA. A Preliminary study of the evaluation on the dietary pattern among obese school children. Indian Journal of Public Health Research and Development. 2019. 10:1416-1421. doi:10.5958/0976-5506.2019.00912.4	Study Design
2050	Saint-Maurice, PF, Coughlan, D, Kelly, SP, Keadle, SK, Cook, MB, Carlson, SA, Fulton, JE, Matthews, CE. Association of Leisure-Time Physical Activity Across the Adult Life Course With All-Cause and Cause-Specific Mortality. JAMA Netw Open. 2019. 2:e190355. doi:10.1001/jamanetworkopen.2019.0355	Intervention/Exposure

No.	Citation	Rationale
2051	Sakae, PN, Bianco, HT, Camargo, LM, Carvalho, JG, Izar, MCO, Ihara, SSM, Fonseca, FAH. Effect of high protein/very low carbohydrate diet and standard hypocaloric diet in obese subjects: nutritional, biochemical and endothelial function evaluations. BBA clinical. Conference: 15th brazilian congress of atherosclerosis. Brazil. Conference start: 20150814. Conference end: 20150815. 2015. 3:S7. doi:10.1016/j.bbacli.2015.05.020	Publication Status
2052	Sakurai, Y, Tamura, Y, Takeno, K, Kumashiro, N, Sato, F, Kakehi, S, Ikeda, S, Ogura, Y, Saga, N, Naito, H, Katamoto, S, Fujitani, Y, Hirose, T, Kawamori, R, Watada, H. Determinants of intramyocellular lipid accumulation after dietary fat loading in non-obese men. J Diabetes Investig. 2011. 2:310-7. doi:10.1111/j.2040-1124.2010.00091.x	Study duration
2053	Salas-Salvado, J, Diaz-Lopez, A, Ruiz-Canela, M, Basora, J, Fito, M, Corella, D, Serra-Majem, L, Warnberg, J, Romaguera, D, Estruch, R, Vidal, J, Martinez, JA, Aros, F, Vazquez, C, Ros, E, Vioque, J, Lopez-Miranda, J, Bueno-Cavanillas, A, Tur, JA, Tinahones, FJ, Martin, V, Lapetra, J, Pinto, X, Daimiel, L, Delgado-Rodriguez, M, Matia, P, Gomez-Gracia, E, Diez-Espino, J, Babio, N, Castaner, O, Sorli, JV, Fiol, M, Zulet, MA, Bullo, M, Goday, A, Martinez-Gonzalez, MA. Effect of a Lifestyle Intervention Program With Energy-Restricted Mediterranean Diet and Exercise on Weight Loss and Cardiovascular Risk Factors: One-Year Results of the PREDIMED-Plus Trial. Diabetes Care. 2019. 42:777-788. doi:10.2337/dc18-0836	Intervention/Exposure; Comparator
2054	Salas-Salvado, J, Fernandez-Ballart, J, Ros, E, Martinez-Gonzalez, MA, Fito, M, Estruch, R, Corella, D, Fiol, M, Gomez-Gracia, E, Aros, F, Flores, G, Lapetra, J, Lamuela-Raventos, R, Ruiz-Gutierrez, V, Bullo, M, Basora, J, Covas, MI. Effect of a Mediterranean diet supplemented with nuts on metabolic syndrome status: one-year results of the PREDIMED randomized trial. Arch Intern Med. 2008. 168:2449-2458. doi:10.1001/archinte.168.22.2449	Study Design; Publication Date Overlaps with Existing Review
2055	Salas-Salvado, J. Weight loss using a healthy diet and exercise promotion to prevent cardiovascular disease: the predimed-plus trial. Annals of nutrition & metabolism. 2017. 71:24-. doi:10.1159/000480486	Publication Status
2056	Saldanha-Gomes, C, Heude, B, Charles, MA, de Lauzon-Guillain, B, Botton, J, Carles, S, Forhan, A, Dargent-Molina, P, Lioret, S. Prospective associations between energy balance-related behaviors at 2 years of age and subsequent adiposity: the EDEN mother-child cohort. Int J Obes (Lond). 2017. 41:38-45. doi:10.1038/ijo.2016.138	Power/Size
2057	Sallinen, J, Pakarinen, A, Fogelholm, M, Alen, M, Volek, JS, Kraemer, WJ, Häkkinen, K. Dietary intake, serum hormones, muscle mass and strength during strength training in 49-73-year-old men. International Journal of Sports Medicine. 2007. 28:1070-1076. doi:10.1055/s-2007-965003	Intervention/Exposure
2058	Salmeron, J, Hu, FB, Manson, JE, Stampfer, MJ, Colditz, GA, Rimm, EB, Willett, WC. Dietary fat intake and risk of type 2 diabetes in women. Am J Clin Nutr. 2001. 73:1019-26. doi:10.1093/ajcn/73.6.1019	Intervention/Exposure
2059	Salo, P, Viikari, J, Hamalainen, M, Lapinleimu, H, Routi, T, Niinikoski, H, Rask-Nissila, L, Tammi, A, Ronnemaa, T, Seppanen, R, Jokinen, E, Valimaki, I, Simell, O. Fatty acid composition of serum cholesterol esters as a reflector of low-saturated-fat, low-cholesterol diet in young children: the STRIP project. The Special Turku coronary Risk factor Intervention Project. Acta Paediatr. 2000. 89:399-405. doi:10.1080/080352500750028087	Intervention/Exposure

No.	Citation	Rationale
2060	Salvia, R, D'Amore, S, Graziano, G, Capobianco, C, Sangineto, M, Paparella, D, de Bonfils, P, Palasciano, G, Vacca, M. Short-term benefits of an unrestricted-calorie traditional Mediterranean diet, modified with a reduced consumption of carbohydrates at evening, in overweight-obese patients. Int J Food Sci Nutr. 2017. 68:234-248. doi:10.1080/09637486.2016.1228100	Intervention/Exposure
2061	Samaha, FF, Iqbal, N, Seshadri, P, Chicano, KL, Daily, DA, McGrory, J, Williams, T, Williams, M, Gracely, EJ, Stern, L. A low-carbohydrate as compared with a low-fat diet in severe obesity. N Engl J Med. 2003. 348:2074-81. doi:10.1056/NEJMoa022637	Weight loss/Hypocaloric
2062	Samkani, A, Skytte, MJ, Thomsen, MN, Astrup, A, Deacon, CF, Holst, JJ, Madsbad, S, Rehfeld, JF, Krarup, T, Haugaard, SB. Acute Effects of Dietary Carbohydrate Restriction on Glycemia, Lipemia and Appetite Regulating Hormones in Normal-Weight to Obese Subjects. Nutrients. 2018. 10:. doi:10.3390/nu10091285	Study Design; Intervention/Exposure; Study duration
2063	Samman, S, Lai, NT, Sullivan, DR. The effect of a lipid-lowering diet on plasma lipids and lipoproteins in mildly hypercholesterolaemic subjects: A potential role for occasional treats. Journal of Nutritional Biochemistry. 2000. 11:250-254. doi:10.1016/S0955-2863(00)00072-3	Study Design; Intervention/Exposure
2064	San Mauro Martin, I, Sanz Rojo, S, Becerra, X, Garicano Vilar, E. Successful Implementation of a Mediterranean Weight Loss Program to Prevent Overweight and Obesity in the Workplace. Journal of Occupational and Environmental Medicine. 2019. 61:E329-E332. doi:10.1097/JOM.0000000000001628	Study Design; Intervention/Exposure
2065	Sanchez-Bayle, M, Soriano-Guillen, L. Influence of dietary intervention on growth in children with hypercholesterolaemia. Acta Paediatr. 2003. 92:1043-6. doi:10.1080/08035250310004775	Study Design
2066	Sanchez-Benito, JL, Sanchez Soriano, E. The excesive intake of macronutrients: does it influence the sports performances of young cyclists?. Nutr Hosp. 2007. 22:461-70. doi:unavailable	Study Design
2067	Sanchez-Oliva, D, Grao-Cruces, A, Carbonell-Baeza, A, Cabanas-Sanchez, V, Veiga, OL, Castro-Pinero, J. Lifestyle Clusters in School-Aged Youth and Longitudinal Associations with Fatness: The UP&DOWN Study. J Pediatr. 2018. 203:317-324.e1. doi:10.1016/j.jpeds.2018.07.092	Intervention/Exposure; Comparator
2068	Sanchez-Villegas, A, Bes-Rastrollo, M, Martinez-Gonzalez, MA, Serra-Majem, L. Adherence to a Mediterranean dietary pattern and weight gain in a follow-up study: the SUN cohort. Int J Obes (Lond). 2006. 30:350-8 https://www.ncbi.nlm.nih.gov/pubmed/16231028	Data overlap with another included article
2069	Sanchez-Villegas, A, Ruiz-Canela, M, de la Fuente-Arrillaga, C, Gea, A, Shivappa, N, Hebert, JR, Martinez-Gonzalez, MA. Dietary inflammatory index, cardiometabolic conditions and depression in the Seguimiento Universidad de Navarra cohort study. Br J Nutr. 2015. 114:1471-9. doi:10.1017/s0007114515003074	Intervention/Exposure
2070	San-Cristobal, R, Navas-Carretero, S, Celis-Morales, C, Brennan, L, Walsh, M, Lovegrove, JA, Daniel, H, Saris, WH, Traczyk, I, Manios, Y, Gibney, ER, Gibney, MJ, Mathers, JC, Martinez, JA. Analysis of Dietary Pattern Impact on Weight Status for Personalised Nutrition through On-Line Advice: The Food4Me Spanish Cohort. Nutrients. 2015. 7:9523-37. doi:10.3390/nu7115482	Power/Size

No.	Citation	Rationale
2071	San-Cristobal, R, Navas-Carretero, S, Celis-Morales, C, Livingstone, KM, Stewart-Knox, B, Rankin, A, Macready, AL, Fallaize, R, O'Donovan, CB, Forster, H, Woolhead, C, Walsh, MC, Lambrinou, CP, Moschonis, G, Manios, Y, Jarosz, M, Daniel, H, Gibney, ER, Brennan, L, Gundersen, TE, Drevon, CA, Gibney, M, Marsaux, CFM, Saris, WHM, Lovegrove, JA, Frewer, LJ, Mathers, JC, Martinez, JA. Capturing health and eating status through a nutritional perception screening questionnaire (NPSQ9) in a randomised internet-based personalised nutrition intervention: the Food4Me study. Int J Behav Nutr Phys Act. 2017. 14:168. doi:10.1186/s12966-017-0624-6	Study Design
2072	Sanderlin, AH, Hoscheidt, SM, Hanson, AJ, Baker, LD, Sink, KM, Wittmer, P, Craft, S. THE EFFECTS OF DIET INTERVENTION ON METABOLIC HEALTH AND CEREBRAL SPINAL FLUID ALZHEIMER'S DISEASE BIOMARKERS: a RANDOMIZED TRIAL. Alzheimer's & dementia. 2018. 14:P1069-P1070. doi:10.1016/j.jalz.2018.06.1374	Publication Status
2073	Saneei, P, Hashemipour, M, Kelishadi, R, Esmaillzadeh, A. The Dietary Approaches to Stop Hypertension (DASH) diet affects inflammation in childhood metabolic syndrome: a randomized cross-over clinical trial. Ann Nutr Metab. 2014. 64:20-7. doi:10.1159/000358341	Outcome
2074	Saneei, P, Hashemipour, M, Kelishadi, R, Rajaei, S, Esmaillzadeh, A. Effects of recommendations to follow the Dietary Approaches to Stop Hypertension (DASH) diet v. usual dietary advice on childhood metabolic syndrome: a randomised cross-over clinical trial. Br J Nutr. 2013. 110:2250-9. doi:10.1017/s0007114513001724	Intervention/Exposure; Comparator
2075	Santiago, S, Zazpe, I, Bes-Rastrollo, M, Sanchez-Tainta, A, Sayon-Orea, C, de la Fuente-Arrillaga, C, Benito, S, Martinez, JA, Martinez-Gonzalez, MA. Carbohydrate quality, weight change and incident obesity in a Mediterranean cohort: the SUN Project. Eur J Clin Nutr. 2015. 69:297-302. doi:10.1038/ejcn.2014.187	Intervention/Exposure
2076	Santiago-Torres, M, De Dieu Tapsoba, J, Kratz, M, Lampe, JW, Breymeyer, KL, Levy, L, Song, X, Villasenor, A, Wang, CY, Fejerman, L, Neuhouser, ML, Carlson, CS. Genetic ancestry in relation to the metabolic response to a US versus traditional Mexican diet: a randomized crossover feeding trial among women of Mexican descent. Eur J Clin Nutr. 2017. 71:395-401. doi:10.1038/ejcn.2016.211	Study duration
2077	Santiago-Torres, M, Kratz, M, Lampe, JW, Tapsoba Jde, D, Breymeyer, KL, Levy, L, Villasenor, A, Wang, CY, Song, X, Neuhouser, ML. Metabolic responses to a traditional Mexican diet compared with a commonly consumed US diet in women of Mexican descent: a randomized crossover feeding trial. Am J Clin Nutr. 2016. 103:366-74. doi:10.3945/ajcn.115.119016	Study duration
2078	Santomauro, F, Lorini, C, Tanini, T, Indiani, L, Lastrucci, V, Comodo, N, Bonaccorsi, G. Adherence to Mediterranean diet in a sample of Tuscan adolescents. Nutrition. 2014. 30:1379-83. doi:10.1016/j.nut.2014.04.008	Study Design; Outcome
2079	Santos, LP, Assuncao, MCF, Matijasevich, A, Santos, IS, Barros, AJD. Dietary intake patterns of children aged 6 years and their association with socioeconomic and demographic characteristics, early feeding practices and body mass index. BMC Public Health. 2016. 16:1055. doi:10.1186/s12889-016-3725-2	Study Design; Intervention/Exposure
2080	Santos, LP, Ong, KK, Santos, IS, Matijasevich, A, Barros, AJD. Effects of dietary intake patterns from 1 to 4 years on BMI z-score and body shape at age of 6 years: a prospective birth cohort study from Brazil. Eur J Nutr. 2019. 58:1723-1734. doi:10.1007/s00394-018-1720-3	Country

No.	Citation	Rationale
2081	Santos, RD, Suen, VM, Iannetta, O, Marchini, JS. Climacteric, physically active women ingesting their routine diet oxidize more carbohydrates than lipids. Climacteric. 2008. 11:454-60. doi:10.1080/13697130802398491	Study Design
2082	Saquib, N, Natarajan, L, Rock, CL, Flatt, SW, Madlensky, L, Kealey, S, Pierce, JP. The impact of a long-term reduction in dietary energy density on body weight within a randomized diet trial. Nutr Cancer. 2008. 60:31-8. doi:10.1080/01635580701621320	Intervention/Exposure; Publication Date Overlaps with Existing Review
2083	Saracci, R. The dietary prevention of ischaemic heart disease. IARC Sci Publ. 2002. 156:531-3. doi:unavailable	Study Design; Publication Status
2084	Saraf-Bank, S, Esmaillzadeh, A, Faghihimani, E, Azadbakht, L. Effects of Legume-Enriched Diet on Cardiometabolic Risk Factors among Individuals at Risk for Diabetes: A Crossover Study. J Am Coll Nutr. 2016. 35:31-40. doi:10.1080/07315724.2014.931262	Study duration
2085	Sarebanhassanabadi, M, Mirhosseini, SJ, Mirzaei, M, Namayandeh, SM, Soltani, MH, Pakseresht, M, Pedarzadeh, A, Baramesipour, Z, Faraji, R, Salehi-Abargouei, A. Effect of dietary habits on the risk of metabolic syndrome: Yazd Healthy Heart Project. Public Health Nutr. 2018. 21:1139-1146. doi:10.1017/s1368980017003627	Intervention/Exposure; Outcome
2086	Sarebanhassanabadi, M, Mirhosseini, SJ, Mirzaei, M, Namayandeh, SM, Soltani, MH, Salehi-Abargouei, A. The association between a dietary habits score and the risk of metabolic syndrome: A cohort study. Clin Nutr. 2019. :. doi:10.1016/j.clnu.2019.02.005	Intervention/Exposure; Country
2087	Sares-Jaske, L, Knekt, P, Lundqvist, A, Heliovaara, M, Mannisto, S. Dieting attempts modify the association between quality of diet and obesity. Nutr Res. 2017. 45:63-72. doi:10.1016/j.nutres.2017.08.001	Study Design
2088	Saris, WH. The fat/carbohydrate ratio in the diet--implications for a healthy diet. Int Dent J. 2001. 51:407. doi:10.1111/j.1875-595x.2001.tb00587.x	Publication Status
2089	Saris, WHM, Astrup, A, Prentice, AM, Zunft, HJF, Formiguera, X, Verboeket-Van De Venne, WPHG, Raben, A, Poppitt, SD, Seppelt, B, Johnston, S, Vasilaras, TH, Keogh, GF. Randomized controlled trial of changes in dietary carbohydrate/fat ratio and simple vs complex carbohydrates on body weight and blood lipids: The CARMEN study. International Journal of Obesity. 2000. 24:1310-1318. doi:10.1038/sj.ijo.0801451	Intervention/Exposure
2090	Sarter, B, Campbell, TC, Fuhrman, J. Effect of a high nutrient density diet on long-term weight loss: a retrospective chart review. Altern Ther Health Med. 2008. 14:48-53. doi:unavailable	Study Design; Intervention/Exposure
2091	Saslow, LR, Daubenmier, JJ, Moskowitz, JT, Kim, S, Murphy, EJ, Phinney, SD, Ploutz-Snyder, R, Goldman, V, Cox, RM, Mason, AE, Moran, P, Hecht, FM. Twelve-month outcomes of a randomized trial of a moderate-carbohydrate versus very low-carbohydrate diet in overweight adults with type 2 diabetes mellitus or prediabetes. Nutr Diabetes. 2017. 7:304. doi:10.1038/s41387-017-0006-9	Intervention/Exposure
2092	Sauvaget, C, Nagano, J, Allen, N, Grant, EJ, Beral, V. Intake of animal products and stroke mortality in the Hiroshima/Nagasaki Life Span Study. Int J Epidemiol. 2003. 32:536-43. doi:10.1093/ije/dyg151	Intervention/Exposure

No.	Citation	Rationale
2093	Sauvaget, C, Nagano, J, Hayashi, M, Yamada, M. Animal protein, animal fat, and cholesterol intakes and risk of cerebral infarction mortality in the adult health study. Stroke. 2004. 35:1531-7. doi:10.1161/01.Str.0000130426.52064.09	Intervention/Exposure
2094	Sayer, R, Chen, N, Wright, A, Campbell, W. The effects of pork vs. Chicken/fish in a DASH diet on blood pressure control. FASEB journal. Conference: experimental biology 2014, EB. San diego, CA united states. 2014. 28:. doi:unavailable	Publication Status
2095	Sayer, RD, Speaker, KJ, Pan, Z, Peters, JC, Wyatt, HJ, Hill, JO. Body fat changes in the beef WISE study: beef's role in weight improvement, satisfaction, and energy. FASEB journal. 2017. 31:. doi:unavailable	Publication Status
2096	Sayer, RD, Speaker, KJ, Pan, Z, Peters, JC, Wyatt, HR, Hill, JO. Equivalent reductions in body weight during the Beef WISE Study: beef's role in weight improvement, satisfaction and energy. Obesity Science and Practice. 2017. 3:298-310. doi:10.1002/osp4.118	Weight loss/Hypocaloric
2097	Sayer, RD, Wright, AJ, Chen, N, Campbell, WW. Dietary Approaches to Stop Hypertension diet retains effectiveness to reduce blood pressure when lean pork is substituted for chicken and fish as the predominant source of protein. Am J Clin Nutr. 2015. 102:302-8. doi:10.3945/ajcn.115.111757	Study duration
2098	Scaglioni, S, Agostoni, C, Notaris, RD, Radaelli, G, Radice, N, Valenti, M, Giovannini, M, Riva, E. Early macronutrient intake and overweight at five years of age. Int J Obes Relat Metab Disord. 2000. 24:777-81. doi:10.1038/sj.ijo.0801225	Intervention/Exposure
2099	Scanlan, B, McTigue, KM, Wang, L, Winger, D, Conroy, MB. Association of eating habits with weight loss and diet self monitoring in an online weight loss trial: results from the OCELOT-PC study. Journal of general internal medicine. 2015. 30:S105. doi:unavailable	Publication Status
2100	Scarapicchia, TM, Sabiston, CM, Faulkner, G. Exploring the prevalence and correlates of meeting health behaviour guidelines among university students. Can J Public Health. 2015. 106:e109-14. doi:10.17269/cjph.106.4784	Study Design; Intervention/Exposure
2101	Scarborough, P, Nnoaham, KE, Clarke, D, Capewell, S, Rayner, M. Modelling the impact of a healthy diet on cardiovascular disease and cancer mortality. J Epidemiol Community Health. 2012. 66:420-6. doi:10.1136/jech.2010.114520	Study Design
2102	Scherr, R, Linnell, J, Smith, M, Nicholson, Y, Spezzano, T, Bergman, J, Brian, K, Briggs, M, Feenstra, G, Hillhouse, C, etal, . The Shaping Healthy Choices Program results in improved nutrition and health-related outcomes. FASEB journal. 2014. 28:. doi:unavailable	Publication Status
2103	Schioldan, AG, Gregersen, S, Hald, S, Bjornshave, A, Bohl, M, Hartmann, B, Holst, JJ, Stodkilde-Jorgensen, H, Hermansen, K. Effects of a diet rich in arabinoxylan and resistant starch compared with a diet rich in refined carbohydrates on postprandial metabolism and features of the metabolic syndrome. Eur J Nutr. 2018. 57:795-807. doi:10.1007/s00394-016-1369-8	Intervention/Exposure
2104	Schmedes, M, Balderas, C, Aadland, EK, Jacques, H, Lavigne, C, Graff, IE, Eng, O, Holthe, A, Mellgren, G, Young, JF, Sundekilde, UK, Liaset, B, Bertram, HC. The Effect of Lean-Seafood and Non-Seafood Diets on Fasting and Postprandial Serum Metabolites and Lipid Species: Results from a Randomized Crossover Intervention Study in Healthy Adults. Nutrients. 2018. 10:. doi:10.3390/nu10050598	Intervention/Exposure; Outcome

No.	Citation	Rationale
2105	Schnabel, L, Kesse-Guyot, E, Alles, B, Touvier, M, Srour, B, Hercberg, S, Buscail, C, Julia, C. Association Between Ultraprocessed Food Consumption and Risk of Mortality Among Middle-aged Adults in France. JAMA Intern Med. 2019. 179:490-498. doi:10.1001/jamainternmed.2018.7289	Outcome
2106	Schneider, BC, Dumith Sde, C, Lopes, C, Severo, M, Assuncao, MC. How Do Tracking and Changes in Dietary Pattern during Adolescence Relate to the Amount of Body Fat in Early Adulthood?. PLoS One. 2016. 11:e0149299. doi:10.1371/journal.pone.0149299	Country
2107	Schooff, M. Are low-fat diets better than other weight-reducing diets in achieving long-term weight loss?. Am Fam Physician. 2003. 67:507-8. doi:unavailable	Study Design
2108	Schrauwen, P, Wagenmakers, AJ, van Marken Lichtenbelt, WD, Saris, WH, Westerterp, KR. Increase in fat oxidation on a high-fat diet is accompanied by an increase in triglyceride-derived fatty acid oxidation. Diabetes. 2000. 49:640-6. doi:10.2337/diabetes.49.4.640	Study duration
2109	Schrauwen-Hinderling, VB, Kooi, ME, Hesselink, MK, Moonen-Kornips, E, Schaart, G, Mustard, KJ, Hardie, DG, Saris, WH, Nicolay, K, Schrauwen, P. Intramyocellular lipid content and molecular adaptations in response to a 1-week high-fat diet. Obes Res. 2005. 13:2088-94. doi:10.1038/oby.2005.259	Study duration
2110	Schrempft, S, van Jaarsveld, CH, Fisher, A, Wardle, J. The Obesogenic Quality of the Home Environment: Associations with Diet, Physical Activity, TV Viewing, and BMI in Preschool Children. PLoS One. 2015. 10:e0134490. doi:10.1371/journal.pone.0134490	Intervention/Exposure
2111	Schrijvers, JK, McNaughton, SA, Beck, KL, Kruger, R. Exploring the Dietary Patterns of Young New Zealand Women and Associations with BMI and Body Fat. Nutrients. 2016. 8:. doi:10.3390/nu8080450	Power/Size
2112	Schröder, H, Mendez, MA, Gomez, SF, Fíto, M, Ribas, L, Aranceta, J, Serra-Majem, L. Energy density, diet quality, and central body fat in a nationwide survey of young Spaniards. Nutrition. 2013. 29:1350-1355. doi:10.1016/j.nut.2013.05.019	Study Design
2113	Schroder, H, Salas-Salvado, J, Martinez-Gonzalez, MA, Fito, M, Corella, D, Estruch, R, Ros, E. Baseline adherence to the Mediterranean diet and major cardiovascular events: Prevencion con Dieta Mediterranea trial. JAMA Intern Med. 2014. 174:1690-2. doi:10.1001/jamainternmed.2014.3463	Study Design; Publication Status
2114	Schröder, H, Salas-Salvadó, J, Martínez-González, MA, Fíto, M, Corella, D, Estruch, R, Ros, E. Baseline adherence to the Mediterranean diet and major cardiovascular events: prevención con Dieta Mediterránea trial. JAMA internal medicine. 2014. 174:1690-1692. doi:10.1001/jamainternmed.2014.3463	Publication Status
2115	Schroeder, N, Park, YH, Kang, MS, Kim, Y, Ha, GK, Kim, HR, Yates, AA, Caballero, B. A randomized trial on the effects of 2010 Dietary Guidelines for Americans and Korean diet patterns on cardiovascular risk factors in overweight and obese adults. J Acad Nutr Diet. 2015. 115:1083-92. doi:10.1016/j.jand.2015.03.023	Study duration
2116	Schulz, M, Nothlings, U, Hoffmann, K, Bergmann, MM, Boeing, H. Identification of a food pattern characterized by high-fiber and low-fat food choices associated with low prospective weight change in the EPIC-Potsdam cohort. J Nutr. 2005. 135:1183-9. doi:10.1093/jn/135.5.1183	Publication Date Overlaps with Existing Review

No.	Citation	Rationale
2117	Schulze, MB, Hoffmann, K, Manson, JE, Willett, WC, Meigs, JB, Weikert, C, Heidemann, C, Colditz, GA, Hu, FB. Dietary pattern, inflammation, and incidence of type 2 diabetes in women. Am J Clin Nutr. 2005. 82:675-84; quiz 714-5. doi:10.1093/ajcn.82.3.675	Publication Date Overlaps with Existing Review
2118	Schumacher, TL, Burrows, TL, Cliff, DP, Jones, RA, Okely, AD, Baur, LA, Morgan, PJ, Callister, R, Boggess, MM, Collins, CE. Dietary Intake Is Related to Multifactor Cardiovascular Risk Score in Obese Boys. Healthcare (Basel). 2014. 2:282-98. doi:10.3390/healthcare2030282	Intervention/Exposure
2119	Schwarz, JM, Linfoot, P, Dare, D, Aghajanian, K. Hepatic de novo lipogenesis in normoinsulinemic and hyperinsulinemic subjects consuming high-fat, low-carbohydrate and low-fat, high-carbohydrate isoenergetic diets. Am J Clin Nutr. 2003. 77:43-50. doi:10.1093/ajcn/77.1.43	Study duration
2120	Schwenke, DC. Dietary patterns to mitigate genetic risk of obesity. Curr Opin Lipidol. 2019. 30:351-352. doi:10.1097/mol.0000000000000617	Study Design; Publication Status
2121	Schwingshackl, L, Hoffmann, G. Monounsaturated fatty acids in the primary prevention of cardiovascular disease in overweight / obese patients and diabetics. Aktuelle ernahrungsmedizin. 2011. 36:44-49. doi:10.1055/s-0030-1265978	Language
2122	Schwingshackl, L, Knuppel, S, Michels, N, Schwedhelm, C, Hoffmann, G, Iqbal, K, De Henauw, S, Boeing, H, Devleesschauwer, B. Intake of 12 food groups and disability-adjusted life years from coronary heart disease, stroke, type 2 diabetes, and colorectal cancer in 16 European countries. Eur J Epidemiol. 2019. 34:765-775. doi:10.1007/s10654-019-00523-4	Intervention/Exposure
2123	Sciacqua, A, Perticone, M, Falbo, T, Grillo, N, Tassone, EJ, Sinopoli, F, Lo Russo, C, Succurro, E, Andreozzi, F, Sesti, G, Perticone, F. Dietary patterns and 1-h post-load glucose in essential hypertension. Nutr Metab Cardiovasc Dis. 2014. 24:547-53. doi:10.1016/j.numecd.2013.11.005	Study Design; Intervention/Exposure
2124	Scott, D, Blizzard, L, Fell, J, Giles, G, Jones, G. Associations between dietary nutrient intake and muscle mass and strength in community-dwelling older adults: The Tasmanian older adult cohort study. Journal of the American Geriatrics Society. 2010. 58:2129-2134. doi:10.1111/j.1532-5415.2010.03147.x	Intervention/Exposure
2125	Scott, LW, Balasubramanyam, A, Kimball, KT, Aherns, AK, Fordis, CM, Ballantyne, CM. Long-term, randomized clinical trial of two diets in the metabolic syndrome and type 2 diabetes. Diabetes care. 2003. 26:2481-2482. doi:10.2337/diacare.26.8.2481	Publication Status
2126	Scully, A, Neacsu, M, Russell, W, Vaughan, N, Fyfe, C, Hudson, M, Taylor, K, Johnstone, AM. Plant protein influence on appetite and food intake in healthy subjects. Proceedings of the nutrition society. 2017. 76:E44-. doi:10.1017/S0029665117001008	Publication Status
2127	Seangpraw, K, Auttama, N, Tonchoy, P, Panta, P. The effect of the behavior modification program Dietary Approaches to Stop Hypertension (DASH) on reducing the risk of hypertension among elderly patients in the rural community of Phayao, Thailand. Journal of Multidisciplinary Healthcare. 2019. 12:109-118. doi:10.2147/JMDH.S185569	Intervention/Exposure; Comparator
2128	Sedaghat, F, Naja, F, Darand, M, Beyzai, B, Rashidkhani, B. Adherence to a Mediterranean dietary pattern and overweight and obesity among female adolescents in Iran. Int J Adolesc Med Health. 2017. 31:. doi:10.1515/ijamh-2016-0160	Study Design

No.	Citation	Rationale
2129	Segal-Isaacson, CJ, Johnson, S, Tomuta, V, Cowell, B, Stein, DT. A randomized trial comparing low-fat and low-carbohydrate diets matched for energy and protein. Obes Res. 2004. 12 Suppl 2:130s-40s. doi:10.1038/oby.2004.278	Study duration
2130	Segovia-Siapco, G, Sabaté, J. Health and sustainability outcomes of vegetarian dietary patterns: a revisit of the EPIC-Oxford and the Adventist Health Study-2 cohorts. European Journal of Clinical Nutrition. 2018. :. doi:10.1038/s41430-018-0310-z	Study Design
2131	Seidelmann, SB, Claggett, B, Cheng, S, Henglin, M, Shah, A, Steffen, LM, Folsom, AR, Rimm, EB, Willett, WC, Solomon, SD. Dietary carbohydrate intake and mortality: a prospective cohort study and meta-analysis. The Lancet Public Health. 2018. 3:e419-e428. doi:10.1016/S2468-2667(18)30135-X	Intervention/Exposure; Outcome
2132	Seip, RL, Volek, JS, Windemuth, A, Kocherla, M, Fernandez, ML, Kraemer, WJ, Ruano, G. Physiogenomic comparison of human fat loss in response to diets restrictive of carbohydrate or fat. Nutr Metab (Lond). 2008. 5:4. doi:10.1186/1743-7075-5-4	Power/Size
2133	Sejda, T, Kovar, J, Pitha, J, Cifkova, R, Svandova, E, Poledne, R. The effect of an acute fat load on endothelial function after different dietary regimens in young healthy volunteers. Physiol Res. 2002. 51:99-105. doi:unavailable	Study duration
2134	Selby, LM, Tobin, BS, Conner, BT, Gomez, M, Busch, G, Hauser, J. A quantitative, retrospective inquiry of the impact of a provider-guided low-carbohydrate, high-fat diet on adults in a wellness clinic setting. Diabetes Metab Syndr. 2019. 13:2314-2319. doi:10.1016/j.dsx.2019.05.031	Study Design; Intervention/Exposure
2135	Serra, MC, Beavers, DP, Henderson, RM, Kelleher, JL, Kiel, JR, Beavers, KM. Effects of a hypocaloric, nutritionally complete, higher protein meal plan on regional body fat and cardiometabolic biomarkers in older adults with obesity. Annals of Nutrition and Metabolism. 2019. 74:149-155. doi:10.1159/000497066	Intervention/Exposure
2136	Serra, MC, Treuth, MS, Ryan, AS. Dietary prescription adherence and non-structured physical activity following weight loss with and without aerobic exercise. J Nutr Health Aging. 2014. 18:888-93. doi:10.1007/s12603-014-0481-9	Intervention/Exposure; Comparator
2137	Seshadri, P, Iqbal, N, Stern, L, Williams, M, Chicano, KL, Daily, DA, McGrory, J, Gracely, EJ, Rader, DJ, Samaha, FF. A randomized study comparing the effects of a low-carbohydrate diet and a conventional diet on lipoprotein subfractions and C-reactive protein levels in patients with severe obesity. Am J Med. 2004. 117:398-405. doi:10.1016/j.amjmed.2004.04.009	Power/Size; Weight loss/Hypocaloric
2138	Seshadri, P, Samaha, FF, Stern, L, Ahima, RS, Daily, D, Iqbal, N. Adipocytokine changes caused by low-carbohydrate compared to conventional diets in obesity. Metab Syndr Relat Disord. 2005. 3:66-74. doi:10.1089/met.2005.3.66	Power/Size; Weight loss/Hypocaloric
2139	Setayeshgar, S, Ekwaru, JP, Maximova, K, Majumdar, SR, Storey, KE, McGavock, J, Veugelers, PJ. Dietary intake and prospective changes in cardiometabolic risk factors in children and youth. Appl Physiol Nutr Metab. 2017. 42:39-45. doi:10.1139/apnm-2016-0215	Intervention/Exposure
2140	Setayeshgar, S, Maximova, K, Ekwaru, JP, Gray-Donald, K, Henderson, M, Paradis, G, Tremblay, A, Veugelers, P. Diet quality as measured by the Diet Quality Index-International is associated with prospective changes in body fat among Canadian children. Public Health Nutr. 2017. 20:456-463. doi:10.1017/s1368980016002500	Power/Size
2141	Setayeshgar, S, Whiting, SJ, Pahwa, P, Vatanparast, H. Predicted 10-year risk of cardiovascular disease among Canadian adults using modified Framingham Risk Score in association with dietary intake. Appl Physiol Nutr Metab. 2015. 40:1068-74. doi:10.1139/apnm-2015-0074	Study Design

No.	Citation	Rationale
2142	Sezaki, A, Imai, T, Miyamoto, K, Kawase, F, Shimokata, H. Mediterranean diet score and incidence of IHD: a global comparative study. Public Health Nutr. 2019. 22:1444-1450. doi:10.1017/s1368980018003877	Study Design; Intervention/Exposure
2143	Shah, B, Newman, JD, Woolf, K, Ganguzza, L, Guo, Y, Allen, N, Zhong, J, Fisher, EA, Slater, J. Anti-Inflammatory Effects of a Vegan Diet Versus the American Heart Association-Recommended Diet in Coronary Artery Disease Trial. J Am Heart Assoc. 2018. 7:e011367. doi:10.1161/jaha.118.011367	Health Status
2144	Shah, M, Adams-Huet, B, Grundy, SM, Garg, A. Effect of a high-carbohydrate vs a high-cis-monounsaturated fat diet on lipid and lipoproteins in individuals with and without type 2 diabetes. Nutrition research (new york, N.Y.). 2004. 24:969-979. doi:10.1016/j.nutres.2004.08.001	Study duration
2145	Shahnazari, M, Ceresa, C, Foley, S, Fong, A, Zidaru, E, Moody, S. Nutrition-focused wellness coaching promotes a reduction in body weight in overweight US veterans. J Acad Nutr Diet. 2013. 113:928-35. doi:10.1016/j.jand.2013.04.001	Intervention/Exposure
2146	Shai, I, Gepner, Y, Shelef, I, Schwarzfuchs, D, Zelicha, H, Tene, L, Yaskolka Meir, A, Tsaban, G, Wolak, A, Stumvoll, M, etal, . Precision nutrition. Obesity facts. 2019. 12:1-. doi:10.1159/000489691	Publication Status
2147	Shai, I, Schwarzfuchs, D, Henkin, Y, Shahar, DR, Witkow, S, Greenberg, I, Golan, R, Fraser, D, Bolotin, A, Vardi, H, Tangi-Rozental, O, Zuk-Ramot, R, Sarusi, B, Brickner, D, Schwartz, Z, Sheiner, E, Marko, R, Katorza, E, Thiery, J, Fiedler, GM, Bluher, M, Stumvoll, M, Stampfer, MJ. Weight loss with a low-carbohydrate, Mediterranean, or low-fat diet. N Engl J Med. 2008. 359:229-41. doi:10.1056/NEJMoa0708681	Study duration ; Health Status
2148	Shai, I. The effect of low-carb, mediterranean and low-fat diets on renal function; a 2-year dietary intervention randomized controlled trial (direct). Obesity facts. 2012. 5:19-. doi:10.1159/000171026	Publication Status
2149	Shang, X, Scott, D, Hodge, A, English, DR, Giles, GG, Ebeling, PR, Sanders, KM. Dietary protein from different food sources, incident metabolic syndrome and changes in its components: An 11-year longitudinal study in healthy community-dwelling adults. Clin Nutr. 2017. 36:1540-1548. doi:10.1016/j.clnu.2016.09.024	Intervention/Exposure
2150	Sharafi, M, Duffy, VB, Miller, RJ, Winchester, SB, Huedo-Medina, TB, Sullivan, MC. Dietary behaviors of adults born prematurely may explain future risk for cardiovascular disease. Appetite. 2016. 99:157-167. doi:10.1016/j.appet.2016.01.007	Intervention/Exposure
2151	Shariff, ZM, Lin, KG, Sariman, S, Siew, CY, Yusof, BN, Mun, CY, Lee, HS, Mohamad, M. Higher Dietary Energy Density is Associated with Stunting but not Overweight and Obesity in a Sample of Urban Malaysian Children. Ecol Food Nutr. 2016. 55:378-89. doi:10.1080/03670244.2016.1181065	Study Design; Intervention/Exposure
2152	Sharman, MJ, Gomez, AL, Kraemer, WJ, Volek, JS. Very low-carbohydrate and low-fat diets affect fasting lipids and postprandial lipemia differently in overweight men. J Nutr. 2004. 134:880-5. doi:10.1093/jn/134.4.880	Study duration
2153	Sharman, MJ, Kraemer, WJ, Love, DM, Avery, NG, Gomez, AL, Scheett, TP, Volek, JS. A ketogenic diet favorably affects serum biomarkers for cardiovascular disease in normal-weight men. J Nutr. 2002. 132:1879-85. doi:10.1093/jn/132.7.1879	Study duration
2154	Sharman, MJ, Volek, JS. Weight loss leads to reductions in inflammatory biomarkers after a very-low-carbohydrate diet and a low-fat diet in overweight men. Clin Sci (Lond). 2004. 107:365-9. doi:10.1042/cs20040111	Outcome

No.	Citation	Rationale
2155	Sharrett, AR, Heiss, G, Chambless, LE, Boerwinkle, E, Coady, SA, Folsom, AR, Patsch, W. Metabolic and lifestyle determinants of postprandial lipemia differ from those of fasting triglycerides: The Atherosclerosis Risk In Communities (ARIC) study. Arterioscler Thromb Vasc Biol. 2001. 21:275-81. doi:10.1161/01.atv.21.2.275	Intervention/Exposure
2156	Shay, CM, Stamler, J, Dyer, AR, Brown, IJ, Chan, Q, Elliott, P, Zhao, L, Okuda, N, Miura, K, Daviglus, ML, Van Horn, L. Nutrient and food intakes of middle-aged adults at low risk of cardiovascular disease: the international study of macro-/micronutrients and blood pressure (INTERMAP). Eur J Nutr. 2012. 51:917-26. doi:10.1007/s00394-011-0268-2	Study Design; Outcome
2157	Sheikh, VK, Raynor, HA. Decreases in High-Fat and/or High-Added-Sugar Food Group Intake Occur when a Hypocaloric, Low-Fat Diet Is Prescribed Within a Lifestyle Intervention: A Secondary Cohort Analysis. J Acad Nutr Diet. 2016. 116:1599-605. doi:10.1016/j.jand.2016.06.007	Intervention/Exposure
2158	Shepard, TY, Weil, KM, Sharp, TA, Grunwald, GK, Bell, ML, Hill, JO, Eckel, RH. Occasional physical inactivity combined with a high-fat diet may be important in the development and maintenance of obesity in human subjects. Am J Clin Nutr. 2001. 73:703-8. doi:10.1093/ajcn/73.4.703	Study duration
2159	Sherafat-Kazemzadeh, R, Egtesadi, S, Mirmiran, P, Gohari, M, Farahani, SJ, Esfahani, FH, Vafa, MR, Hedayati, M, Azizi, F. Dietary patterns by reduced rank regression predicting changes in obesity indices in a cohort study: Tehran Lipid and Glucose Study. Asia Pac J Clin Nutr. 2010. 19:22-32. doi:unavailable	Country
2160	Sherwood, NE, Jeffery, RW, French, SA, Hannan, PJ, Murray, DM. Predictors of weight gain in the Pound of Prevention study. Int J Obes Relat Metab Disord. 2000. 24:395-403. doi:10.1038/sj.ijo.0801169	Intervention/Exposure
2161	Shi, L, Brunius, C, Johansson, I, Bergdahl, IA, Lindahl, B, Hanhineva, K, Landberg, R. Plasma metabolites associated with healthy Nordic dietary indexes and risk of type 2 diabetes-a nested case-control study in a Swedish population. Am J Clin Nutr. 2018. 108:564-575. doi:10.1093/ajcn/nqy145	Intervention/Exposure
2162	Shi, Z, Papier, K, Yiengprugsawan, V, Kelly, M, Seubsman, SA, Sleigh, AC. Dietary patterns associated with hypertension risk among adults in Thailand: 8-year findings from the Thai Cohort Study. Public Health Nutr. 2019. 22:307-313. doi:10.1017/s1368980018002203	Outcome
2163	Shi, Z, Zhen, S, Zimmet, PZ, Zhou, Y, Zhou, Y, Magliano, DJ, Taylor, AW. Association of impaired fasting glucose, diabetes and dietary patterns with mortality: a 10-year follow-up cohort in Eastern China. Acta Diabetol. 2016. 53:799-806. doi:10.1007/s00592-016-0875-8	Country
2164	Shih, CW, Hauser, ME, Aronica, L, Rigdon, J, Gardner, CD. Changes in blood lipid concentrations associated with changes in intake of dietary saturated fat in the context of a healthy low-carbohydrate weight-loss diet: a secondary analysis of the Diet Intervention Examining The Factors Interacting with Treatment Success (DIETFITS) trial. Am J Clin Nutr. 2019. 109:433-441. doi:10.1093/ajcn/nqy305	Intervention/Exposure
2165	Shikany, JM, Margolis, KL, Pettinger, M, Jackson, RD, Limacher, MC, Liu, S, Phillips, LS, Tinker, LF. Effects of a low-fat dietary intervention on glucose, insulin, and insulin resistance in the Women's Health Initiative (WHI) Dietary Modification trial. Am J Clin Nutr. 2011. 94:75-85. doi:10.3945/ajcn.110.010843	Intervention/Exposure; Outcome

No.	Citation	Rationale
2166	Shikany, JM, Phadke, RP, Redden, DT, Gower, BA. Effects of low- and high-glycemic index/glycemic load diets on coronary heart disease risk factors in overweight/obese men. Metabolism. 2009. 58:1793-801. doi:10.1016/j.metabol.2009.06.006	Intervention/Exposure; Publication Date Overlaps with Existing Review
2167	Shikany, JM, Safford, MM, Bryan, J, Newby, PK, Richman, JS, Durant, RW, Brown, TM, Judd, SE. Dietary Patterns and Mediterranean Diet Score and Hazard of Recurrent Coronary Heart Disease Events and All-Cause Mortality in the REGARDS Study. J Am Heart Assoc. 2018. 7:. doi:10.1161/jaha.117.008078	Health Status
2168	Shimabukuro, M, Chinen, I, Higa, N, Takasu, N, Yamakawa, K, Ueda, S. Effects of dietary composition on postprandial endothelial function and adiponectin concentrations in healthy humans: a crossover controlled study. Am J Clin Nutr. 2007. 86:923-8. doi:10.1093/ajcn/86.4.923	Study duration
2169	Shimoda, T, Suzuki, T, Takahashi, N, Tsutsumi, K, Samukawa, M, Yoshimachi, S, Goto, T, Enomoto, H, Kise, N, Ogasawara, K, Yoshimura, S. Nutritional Status and Body Composition of Independently Living Older Adults in a Snowy Region of Japan. Gerontol Geriatr Med. 2017. 3:2333721417706854. doi:10.1177/2333721417706854	Study Design; Intervention/Exposure
2170	Shin, D, Lee, KW, Song, WO. Dietary Patterns during Pregnancy Are Associated with Risk of Gestational Diabetes Mellitus. Nutrients. 2015. 7:9369-82. doi:10.3390/nu7115472	Outcome; Participants
2171	Shin, JH, Jung, S, Kim, SA, Kang, MS, Kim, MS, Joung, H, Hwang, GS, Shin, DM. Differential Effects of Typical Korean Versus American-Style Diets on Gut Microbial Composition and Metabolic Profile in Healthy Overweight Koreans: A Randomized Crossover Trial. Nutrients. 2019. 11:. doi:10.3390/nu11102450	Outcome
2172	Shin, KO, Oh, SY, Park, HS. Empirically derived major dietary patterns and their associations with overweight in Korean preschool children. Br J Nutr. 2007. 98:416-21. doi:10.1017/s0007114507720226	Publication Date Overlaps with Existing Review
2173	Shin, PK, Kim, MS, Lee, HJ, Park, SJ, Kwon, DY, Choi, SW. A traditional Korean diet reduced total blood cholesterol and increased telomere length of peripheral blood cells in perimenopausal Korean women. FASEB journal. 2017. 31:. doi:unavailable	Publication Status
2174	Shin, S, Lee, S. Association between Total Diet Quality and Metabolic Syndrome Incidence Risk in a Prospective Cohort of Korean Adults. Clin Nutr Res. 2019. 8:46-54. doi:10.7762/cnr.2019.8.1.46	Outcome
2175	Shinozaki, K, Okuda, M, Sasaki, S, Kunitsugu, I, Shigeta, M. Dietary Fiber Consumption Decreases the Risks of Overweight and Hypercholesterolemia in Japanese Children. Ann Nutr Metab. 2015. 67:58-64. doi:10.1159/000434634	Study Design; Intervention/Exposure
2176	Shintani, TT, Beckham, S, Brown, AC, O'Connor, HK. The Hawaii Diet: ad libitum high carbohydrate, low fat multi-cultural diet for the reduction of chronic disease risk factors: obesity, hypertension, hypercholesterolemia, and hyperglycemia. Hawaii Med J. 2001. 60:69-73. doi:unavailable	Study Design
2177	Shirai, K. Ideal body mass index determined by mortality in Europe, and adequate high protein and low carbohydrate diet to maintain bodyweight. J Diabetes Investig. 2011. 2:421-2. doi:10.1111/j.2040-1124.2011.00145.x	Study Design

No.	Citation	Rationale
2178	Shivappa, N, Steck, SE, Hussey, JR, Ma, Y, Hebert, JR. Inflammatory potential of diet and all-cause, cardiovascular, and cancer mortality in National Health and Nutrition Examination Survey III Study. Eur J Nutr. 2017. 56:683-692. doi:10.1007/s00394-015-1112-x	Intervention/Exposure
2179	Shlisky, JD, Durward, CM, Zack, MK, Gugger, CK, Campbell, JK, Nickols-Richardson, SM. An energy-reduced dietary pattern, including moderate protein and increased nonfat dairy intake combined with walking promotes beneficial body composition and metabolic changes in women with excess adiposity: a randomized comparative trial. Food Sci Nutr. 2015. 3:376-93. doi:10.1002/fsn3.231	Intervention/Exposure
2180	Shmaya, Y, Eilat-Adar, S, Leitner, Y, Reif, S, Gabis, L. Nutritional deficiencies and overweight prevalence among children with autism spectrum disorder. Res Dev Disabil. 2015. 38:1-6. doi:10.1016/j.ridd.2014.11.020	Study Design
2181	Shroff, MR, Perng, W, Baylin, A, Mora-Plazas, M, Marin, C, Villamor, E. Adherence to a snacking dietary pattern and soda intake are related to the development of adiposity: a prospective study in school-age children. Public Health Nutr. 2014. 17:1507-13. doi:10.1017/s136898001300133x	Country
2182	Shu, L, Shen, XM, Li, C, Zhang, XY, Zheng, PF. Dietary patterns are associated with type 2 diabetes mellitus among middle-aged adults in Zhejiang Province, China. Nutr J. 2017. 16:81. doi:10.1186/s12937-017-0303-0	Study Design
2183	Shyam, S, Arshad, F, Abdul Ghani, R, Wahab, NA, Safii, NS, Nisak, MY, Chinna, K, Kamaruddin, NA. Low glycaemic index diets improve glucose tolerance and body weight in women with previous history of gestational diabetes: a six months randomized trial. Nutr J. 2013. 12:68. doi:10.1186/1475-2891-12-68	Intervention/Exposure
2184	Shyam, S, Arshad, F, Ghani, RA, Wahab, NA, Mohd Yusof, BN, Safii, NS, Chinna, K, Kamaruddin, NA. Low glycaemic index diet aids management of fasting blood sugar and body weight in asian women with previous history of gestational diabetes mellitus. Journal of diabetes. 2013. 5:27. doi:10.1111/1753-0407.12032	Publication Status
2185	Sichieri, R, Moura, AS, Genelhu, V, Hu, F, Willett, WC. An 18-mo randomized trial of a low-glycemic-index diet and weight change in Brazilian women. Am J Clin Nutr. 2007. 86:707-13. doi:10.1093/ajcn/86.3.707	Intervention/Exposure
2186	Sidell, MA, Ghai, NR, Reynolds, K, Jacobsen, SJ, Scott, R, Van Den Eeden, S, Caan, B, Quinn, VP. Statins as a free pass: Body mass index and other cardiovascular risk factors among lipid-lowering medication users and nonusers in the California Men's Health Study. Prev Med. 2019. 129:105822. doi:10.1016/j.ypmed.2019.105822	Intervention/Exposure
2187	Siega-Riz, AM, El Ghormli, L, Mobley, C, Gillis, B, Stadler, D, Hartstein, J, Volpe, SL, Virus, A, Bridgman, J. The effects of the HEALTHY study intervention on middle school student dietary intakes. Int J Behav Nutr Phys Act. 2011. 8:7. doi:10.1186/1479-5868-8-7	Intervention/Exposure
2188	Siegel, RM, Rich, W, Joseph, EC, Linhardt, J, Knight, J, Khoury, J, Daniels, SR. A 6-month, office-based, low-carbohydrate diet intervention in obese teens. Clin Pediatr (Phila). 2009. 48:745-9. doi:10.1177/0009922809332585	Study Design
2189	Sieri, S, Brighenti, F, Agnoli, C, Grioni, S, Masala, G, Bendinelli, B, Sacerdote, C, Ricceri, F, Tumino, R, Giurdanella, MC, Pala, V, Berrino, F, Mattiello, A, Chiodini, P, Panico, S, Krogh, V. Dietary glycemic load and glycemic index and risk of cerebrovascular disease in the EPICOR cohort. PLoS One. 2013. 8:e62625. doi:10.1371/journal.pone.0062625	Intervention/Exposure

No.	Citation	Rationale
2190	Sieri, S, Krogh, V, Berrino, F, Evangelista, A, Agnoli, C, Brighenti, F, Pellegrini, N, Palli, D, Masala, G, Sacerdote, C, Veglia, F, Tumino, R, Frasca, G, Grioni, S, Pala, V, Mattiello, A, Chiodini, P, Panico, S. Dietary glycemic load and index and risk of coronary heart disease in a large italian cohort: the EPICOR study. Arch Intern Med. 2010. 170:640-7. doi:10.1001/archinternmed.2010.15	Intervention/Exposure
2191	Sijtsma, FP, Soedamah-Muthu, SS, de Hoon, SE, Jacobs, DR, Jr, Kromhout, D. Healthy eating and survival among elderly men with and without cardiovascular-metabolic diseases. Nutr Metab Cardiovasc Dis. 2015. 25:1117-24. doi:10.1016/j.numecd.2015.08.008	Power/Size
2192	Silaste, ML, Rantala, M, Alfthan, G, Aro, A, Witztum, JL, Kesaniemi, YA, Horkko, S. Changes in dietary fat intake alter plasma levels of oxidized low-density lipoprotein and lipoprotein(a). Arterioscler Thromb Vasc Biol. 2004. 24:498-503. doi:10.1161/01.ATV.0000118012.64932.f4	Intervention/Exposure; Comparator
2193	Silbernagel, G, Kovarova, M, Cegan, A, Machann, J, Schick, F, Lehmann, R, Haring, HU, Stefan, N, Schleicher, E, Fritsche, A, Peter, A. High hepatic SCD1 activity is associated with low liver fat content in healthy subjects under a lipogenic diet. J Clin Endocrinol Metab. 2012. 97:E2288-92. doi:10.1210/jc.2012-2152	Study Design; Intervention/Exposure; Outcome
2194	Silva, FM, Giatti, L, de Figueiredo, RC, Molina, Mdcb, de Oliveira Cardoso, L, Duncan, BB, Barreto, SM. Consumption of ultra-processed food and obesity: cross sectional results from the Brazilian Longitudinal Study of Adult Health (ELSA-Brasil) cohort (2008-2010). Public Health Nutr. 2018. 21:2271-2279. doi:10.1017/s1368980018000861	Study Design
2195	Silva, KF, Prata, A, da Cunha, DF. Frequency of metabolic syndrome and the food intake patterns in adults living in a rural area of Brazil. Revista da Sociedade Brasileira de Medicina Tropical. 2011. 44:425-429. doi:10.1590/S0037-86822011000400005	Study Design
2196	Silveira, BKS, de Novaes, JF, Reis, NA, Lourenco, LP, Capobiango, AHM, Vieira, SA, Hermsdorff, HHM. "Traditional" and "Healthy" Dietary Patterns Are Associated with Low Cardiometabolic Risk in Brazilian Subjects. Cardiol Res Pract. 2018. 2018:4585412. doi:10.1155/2018/4585412	Study Design
2197	Silventoinen, K, Hasselbalch, AL, Lallukka, T, Bogl, L, Pietilainen, KH, Heitmann, BL, Schousboe, K, Rissanen, A, Kyvik, KO, Sorensen, TI, Kaprio, J. Modification effects of physical activity and protein intake on heritability of body size and composition. Am J Clin Nutr. 2009. 90:1096-103. doi:10.3945/ajcn.2009.27689	Study Design
2198	Silver, HJ, Kang, H, Keil, CD, Muldowney, JA, 3rd, Kocalis, H, Fazio, S, Vaughan, DE, Niswender, KD. Consuming a balanced high fat diet for 16 weeks improves body composition, inflammation and vascular function parameters in obese premenopausal women. Metabolism. 2014. 63:562-73. doi:10.1016/j.metabol.2014.01.004	Intervention/Exposure; Comparator
2199	Simila, ME, Kontto, JP, Mannisto, S, Valsta, LM, Virtamo, J. Glycaemic index, carbohydrate substitution for fat and risk of CHD in men. Br J Nutr. 2013. 110:1704-11. doi:10.1017/s0007114513000858	Intervention/Exposure
2200	Simila, ME, Valsta, LM, Kontto, JP, Albanes, D, Virtamo, J. Low-, medium- and high-glycaemic index carbohydrates and risk of type 2 diabetes in men. Br J Nutr. 2011. 105:1258-64. doi:10.1017/s000711451000485x	Intervention/Exposure
2201	Simpson, EJ, Clark, M, Razak, A, Salter, A. Reduced meat consumption and its effect on serum lipid profile; An intervention trial in healthy volunteers. Proceedings of the nutrition society. 2017. 76:E54-. doi:10.1017/S0029665117001276	Publication Status

No.	Citation	Rationale
2202	Simpson, EJ, Holdsworth, M, Macdonald, IA. Interstitial glucose profile associated with symptoms attributed to hypoglycemia by otherwise healthy women. Am J Clin Nutr. 2008. 87:354-61. doi:10.1093/ajcn/87.2.354	Study duration
2203	Singh, PN, Clark, RW, Herring, P, Sabate, J, Shavlik, D, Fraser, GE. Obesity and life expectancy among long-lived Black adults. J Gerontol A Biol Sci Med Sci. 2014. 69:63-72. doi:10.1093/gerona/glt049	Intervention/Exposure
2204	Singh-Manoux, A, Fayosse, A, Sabia, S, Tabak, A, Shipley, M, Dugravot, A, Kivimaki, M. Clinical, socioeconomic, and behavioural factors at age 50 years and risk of cardiometabolic multimorbidity and mortality: A cohort study. PLoS Med. 2018. 15:e1002571. doi:10.1371/journal.pmed.1002571	Intervention/Exposure
2205	Siriwoen, R, Chongsuwat, R, Tansakul, S, Siri, S. Effectiveness of a Weight Management Program Applying Mobile Health Technology as a Supporting Tool for Overweight and Obese Working Women. Asia Pac J Public Health. 2018. 30:572-581. doi:10.1177/1010539518800367	Study Design
2206	Sjaarda, LA, Schisterman, EF, Schliep, KC, Plowden, T, Zarek, SM, Yeung, E, Wactawski-Wende, J, Mumford, SL. Dietary Carbohydrate Intake Does Not Impact Insulin Resistance or Androgens in Healthy, Eumenorrheic Women. J Clin Endocrinol Metab. 2015. 100:2979-86. doi:10.1210/jc.2015-1957	Study Design; Outcome
2207	Sjogren, P, Becker, W, Warensjo, E, Olsson, E, Byberg, L, Gustafsson, IB, Karlstrom, B, Cederholm, T. Mediterranean and carbohydrate-restricted diets and mortality among elderly men: a cohort study in Sweden. Am J Clin Nutr. 2010. 92:967-74. doi:10.3945/ajcn.2010.29345	Intervention/Exposure; Publication Date Overlaps with Existing Review
2208	Sjostrom, L, Rissanen, A, Andersen, T, Boldrin, M, Golay, A, Koppeschaar, H, Krempf, M. Randomized placebo-controlled trial of orlistat for weight loss and prevention of weight regain in obese patients. Terapevticheskii arkhiv. 2000. 72:50-54. doi:unavailable	Intervention/Exposure
2209	Skeaff, CM, Hodson, L, McKenzie, JE. Dietary-induced changes in fatty acid composition of human plasma, platelet, and erythrocyte lipids follow a similar time course. J Nutr. 2006. 136:565-9. doi:10.1093/jn/136.3.565	Study duration
2210	Skeaff, CM, Thoma, C, Mann, J, Chisholm, A, Williams, S, Richmond, K. Isocaloric substitution of plant sterol-enriched fat spread for carbohydrate-rich foods in a low-fat, fibre-rich diet decreases plasma low-density lipoprotein cholesterol and increases high-density lipoprotein concentrations. Nutr Metab Cardiovasc Dis. 2005. 15:337-44. doi:10.1016/j.numecd.2005.03.002	Intervention/Exposure
2211	Skinner, JD, Bounds, W, Carruth, BR, Morris, M, Ziegler, P. Predictors of children's body mass index: a longitudinal study of diet and growth in children aged 2-8 y. Int J Obes Relat Metab Disord. 2004. 28:476-82. doi:10.1038/sj.ijo.0802405	Intervention/Exposure; Comparator
2212	Skoog, M, Xu, N, Berggren-Soderlund, M, Lovegrove, JA, Nilsson-Ehle, P. ACTH reduces the rise in ApoB-48 levels after fat intake. Atherosclerosis. 2007. 191:433-9. doi:10.1016/j.atherosclerosis.2006.05.012	Study duration
2213	Skov, AR, Haulrik, N, Toubro, S, Molgaard, C, Astrup, A. Effect of protein intake on bone mineralization during weight loss: a 6-month trial. Obes Res. 2002. 10:432-8. doi:10.1038/oby.2002.60	Outcome; Weight loss/Hypocaloric; Study duration

No.	Citation	Rationale
2214	Skreden, M, Hillesund, ER, Wills, AK, Brantsaeter, AL, Bere, E, Overby, NC. Adherence to the New Nordic Diet during pregnancy and subsequent maternal weight development: a study conducted in the Norwegian Mother and Child Cohort Study (MoBa). Br J Nutr. 2018. 119:1286-1294. doi:10.1017/s0007114518000776	AGE: Intervention/Exposure; Participants
2215	Slavicek, J, Kittnar, O, Fraser, GE, Medova, E, Konecna, J, Zizka, R, Dohnalova, A, Novak, V. Lifestyle decreases risk factors for cardiovascular diseases. Cent Eur J Public Health. 2008. 16:161-4. doi:unavailable	Study duration
2216	Sloth, B, Due, A, Larsen, TM, Holst, JJ, Heding, A, Astrup, A. The effect of a high-MUFA, low-glycaemic index diet and a low-fat diet on appetite and glucose metabolism during a 6-month weight maintenance period. Br J Nutr. 2009. 101:1846-58. doi:10.1017/s0007114508137710	Power/Size
2217	Sluik, D, Brouwer-Brolsma, EM, Berendsen, AAM, Mikkila, V, Poppitt, SD, Silvestre, MP, Tremblay, A, Perusse, L, Bouchard, C, Raben, A, Feskens, EJM. Protein intake and the incidence of pre-diabetes and diabetes in 4 population-based studies: the PREVIEW project. Am J Clin Nutr. 2019. 109:1310-1318. doi:10.1093/ajcn/nqy388	Intervention/Exposure
2218	Smith, CE, Tucker, KL, Lee, YC, Lai, CQ, Parnell, LD, Ordovas, JM. Low-density lipoprotein receptor-related protein 1 variant interacts with saturated fatty acids in Puerto Ricans. Obesity (Silver Spring). 2013. 21:602-8. doi:10.1002/oby.20001	Intervention/Exposure
2219	Smith, GI, Yoshino, J, Kelly, SC, Reeds, DN, Okunade, A, Patterson, BW, Klein, S, Mittendorfer, B. High-Protein Intake during Weight Loss Therapy Eliminates the Weight-Loss-Induced Improvement in Insulin Action in Obese Postmenopausal Women. Cell Rep. 2016. 17:849-861. doi:10.1016/j.celrep.2016.09.047	Intervention/Exposure; Outcome
2220	Smith, JD, Hou, T, Ludwig, DS, Rimm, EB, Willett, W, Hu, FB, Mozaffarian, D. Changes in intake of protein foods, carbohydrate amount and quality, and long-term weight change: results from 3 prospective cohorts. Am J Clin Nutr. 2015. 101:1216-24. doi:10.3945/ajcn.114.100867	Intervention/Exposure
2221	Smith, R. Are some diets "mass murder"?. Bmj. 2014. 349:g7654. doi:10.1136/bmj.g7654	Study Design; Publication Status
2222	Smith, SR, De Jonge, L, Zachwieja, JJ, Roy, H, Nguyen, T, Rood, JC, Windhauser, MM, Bray, GA. Fat and carbohydrate balances during adaptation to a high-fat diet. American Journal of Clinical Nutrition. 2000. 71:450-457. doi:unavailable	Study duration
2223	Smith, SR, de Jonge, L, Zachwieja, JJ, Roy, H, Nguyen, T, Rood, JC, Windhauser, MM, Bray, GA. Fat and carbohydrate balances during adaptation to a high-fat. Am J Clin Nutr. 2000. 71:450-7. doi:10.1093/ajcn/71.2.450	Study duration
2224	Snetselaar, L, Stumbo, P, Chenard, C, Ahrens, L, Smith, K, Zimmerman, B. Adolescents eating diets rich in either lean beef or lean poultry and fish reduced fat and saturated fat intake and those eating beef maintained serum ferritin status. J Am Diet Assoc. 2004. 104:424-8. doi:10.1016/j.jada.2003.12.016	Intervention/Exposure
2225	Soare, A, Khazrai, YM, Fontana, L, Del Toro, R, Lazzaro, MC, Di Rosa, C, Buldo, A, Fioriti, E, Maddaloni, E, Angeletti, S, Di Mauro, A, Gesuita, R, Skrami, E, Tuccinardi, D, Fallucca, S, Pianesi, M, Pozzilli, P. Treatment of reactive hypoglycemia with the macrobiotic Ma-pi 2 diet as assessed by continuous glucose monitoring: The MAHYP randomized crossover trial. Metabolism. 2017. 69:148-156. doi:10.1016/j.metabol.2017.01.023	Study duration

No.	Citation	Rationale
2226	Soares, TS, Piovesan, CH, Gustavo Ada, S, Macagnan, FE, Bodanese, LC, Feoli, AM. Alimentary habits, physical activity, and Framingham global risk score in metabolic syndrome. Arq Bras Cardiol. 2014. 102:374-82. doi:10.5935/abc.20140029	Intervention/Exposure
2227	Soderstrom, L, Rosenblad, A, Adolfsson, ET, Wolk, A, Hakansson, N, Bergkvist, L. A high energy intake from dietary fat among middle-aged and older adults is associated with increased risk of malnutrition 10 years later. Br J Nutr. 2015. 114:915-23. doi:10.1017/s0007114515002317	Intervention/Exposure; Outcome
2228	Soenen, S, Bonomi, AG, Lemmens, SG, Scholte, J, Thijssen, MA, van Berkum, F, Westerterp-Plantenga, MS. Relatively high-protein or 'low-carb' energy-restricted diets for body weight loss and body weight maintenance?. Physiol Behav. 2012. 107:374-80. doi:10.1016/j.physbeh.2012.08.004	Intervention/Exposure
2229	Soenen, S, Martens, EA, Hochstenbach-Waelen, A, Lemmens, SG, Westerterp-Plantenga, MS. Normal protein intake is required for body weight loss and weight maintenance, and elevated protein intake for additional preservation of resting energy expenditure and fat free mass. J Nutr. 2013. 143:591-6. doi:10.3945/jn.112.167593	Intervention/Exposure
2230	Soenen, S, Westerterp-Plantenga, MS. Changes in body fat percentage during body weight stable conditions of increased daily protein intake vs. control. Physiol Behav. 2010. 101:635-8. doi:10.1016/j.physbeh.2010.09.014	Intervention/Exposure
2231	Sofi, F, Dinu, M, Pagliai, G, Cesari, F, Gori, AM, Sereni, A, Becatti, M, Fiorillo, C, Marcucci, R, Casini, A. Low-Calorie Vegetarian Versus Mediterranean Diets for Reducing Body Weight and Improving Cardiovascular Risk Profile: CARDIntervention/ExposureG Study (Cardiovascular Prevention With Vegetarian Diet). Circulation. 2018. 137:1103-1113. doi:10.1161/circulationaha.117.030088	Weight loss/Hypocaloric
2232	Sofi, F, Giorgi, G, Cesari, F, Gori, AM, Mannini, L, Parisi, G, Casini, A, Abbate, R, Gensini, GF, Poli, BM. The atherosclerotic risk profile is affected differently by fish flesh with a similar EPA and DHA content but different n-6/n-3 ratio. Asia Pac J Clin Nutr. 2013. 22:32-40. doi:10.6133/apjcn.2013.22.1.12	Intervention/Exposure
2233	Somaraki, M, Eli, K, Ek, A, Sandvik, P, Sorjonen, K, Nowicka, P. Changes in parental feeding practices and children's food intake: a randomized control trial of obesity treatment in preschoolers. Obesity research & clinical practice. 2019. 13:323-. doi:10.1016/j.orcp.2018.11.236	Publication Status
2234	Sondike, SB, Copperman, N, Jacobson, MS. Effects of a low-carbohydrate diet on weight loss and cardiovascular risk factor in overweight adolescents. J Pediatr. 2003. 142:253-8. doi:10.1067/mpd.2003.4	Power/Size
2235	Sonestedt, E, Lyssenko, V, Ericson, U, Gullberg, B, Wirfalt, E, Groop, L, Orho-Melander, M. Genetic variation in the glucose-dependent insulinotropic polypeptide receptor modifies the association between carbohydrate and fat intake and risk of type 2 diabetes in the Malmo Diet and Cancer cohort. J Clin Endocrinol Metab. 2012. 97:E810-8. doi:10.1210/jc.2011-2444	Intervention/Exposure
2236	Song, S, Kim, J, Kim, J. Gender Differences in the Association between Dietary Pattern and the Incidence of Hypertension in Middle-Aged and Older Adults. Nutrients. 2018. 10:. doi:10.3390/nu10020252	Outcome
2237	Song, S, Song, WO, Song, Y. Dietary carbohydrate and fat intakes are differentially associated with lipid abnormalities in Korean adults. J Clin Lipidol. 2017. 11:338-347.e3. doi:10.1016/j.jacl.2017.01.016	Study Design

No.	Citation	Rationale
2238	Soto Rodríguez, A, García Soidán, JL, de Toro Santos, M, Lagoa Labrador, F, Failde Garrido, JM, Pérez Fernández, MR. Benefits of an educational intervention on diet and anthropometric profile of women with one cardiovascular risk factor. Medicina clinica. 2016. 146:436-439. doi:10.1016/j.medcli.2015.12.013	Language
2239	Soto-Estrada, G, Moreno Altamirano, L, Garcia-Garcia, JJ, Ochoa Moreno, I, Silberman, M. Trends in frequency of type 2 diabetes in Mexico and its relationship to dietary patterns and contextual factors. Gac Sanit. 2018. 32:283-290. doi:10.1016/j.gaceta.2017.08.001	Study Design; Country
2240	Sotos-Prieto, M, Luben, R, Khaw, KT, Wareham, NJ, Forouhi, NG. The association between Mediterranean Diet Score and glucokinase regulatory protein gene variation on the markers of cardiometabolic risk: an analysis in the European Prospective Investigation into Cancer (EPIC)-Norfolk study. Br J Nutr. 2014. 112:122-31. doi:10.1017/s0007114514000580	Outcome
2241	Spengler, S, Mess, F, Schmocker, E, Woll, A. Longitudinal associations of health-related behavior patterns in adolescence with change of weight status and self-rated health over a period of 6 years: results of the MoMo longitudinal study. BMC Pediatr. 2014. 14:242. doi:10.1186/1471-2431-14-242	Power/Size
2242	Spieth, LE, Harnish, JD, Lenders, CM, Raezer, LB, Pereira, MA, Hangen, SJ, Ludwig, DS. A low-glycemic index diet in the treatment of pediatric obesity. Arch Pediatr Adolesc Med. 2000. 154:947-51. doi:10.1001/archpedi.154.9.947	Intervention/Exposure
2243	Spiller, GA, Miller, A, Olivera, K, Reynolds, J, Miller, B, Morse, SJ, Dewell, A, Farquhar, JW. Effects of plant-based diets high in raw or roasted almonds, or roasted almond butter on serum lipoproteins in humans. J Am Coll Nutr. 2003. 22:195-200. doi:10.1080/07315724.2003.10719293	Intervention/Exposure
2244	Spring, B, Moller, AC, Colangelo, LA, Siddique, J, Roehrig, M, Daviglus, ML, Polak, JF, Reis, JP, Sidney, S, Liu, K. Healthy lifestyle change and subclinical atherosclerosis in young adults: Coronary Artery Risk Development in Young Adults (CARDIA) study. Circulation. 2014. 130:10-7. doi:10.1161/circulationaha.113.005445	Intervention/Exposure
2245	Sta hl, M, Hulthen, L, Manousou, S, Larsson, C, Lindahl, B, Mellberg, C, Olsson, T, Ryberg, M, Sandberg, S, Filipsson Nystrom, H. A modified paleolithic diet results in iodine deficiency-a study of 24 hour urinary iodine excretion in postmenopausal overweight and obese women in Sweden. Thyroid. 2013. 23:A23-A24. doi:10.1089/thy.2013.2310.abs	Publication Status
2246	Stang, J, Zephier, EM, Story, M, Himes, JH, Yeh, JL, Welty, T, Howard, BV. Dietary intakes of nutrients thought to modify cardiovascular risk from three groups of American Indians: The Strong Heart Dietary Study, Phase II. J Am Diet Assoc. 2005. 105:1895-903. doi:10.1016/j.jada.2005.09.003	Study Design; Outcome
2247	Stanhope, KL, Bremer, AA, Medici, V, Nakajima, K, Ito, Y, Nakano, T, Chen, G, Fong, TH, Lee, V, Menorca, RI, Keim, NL, Havel, PJ. Consumption of fructose and high fructose corn syrup increase postprandial triglycerides, LDL-cholesterol, and apolipoprotein-B in young men and women. J Clin Endocrinol Metab. 2011. 96:E1596-605. doi:10.1210/jc.2011-1251	Intervention/Exposure; Study duration
2248	Steer, CD, Lattka, E, Koletzko, B, Golding, J, Hibbeln, JR. Maternal fatty acids in pregnancy, FADS polymorphisms, and child intelligence quotient at 8 y of age. Am J Clin Nutr. 2013. 98:1575-82. doi:10.3945/ajcn.112.051524	Study Design; AGE: Intervention/Exposure
2249	Steffen, LM, Hootman, KC. A posteriori data-derived dietary patterns and incident coronary heart disease: Making sense of inconsistent findings. Curr Nutr Rep. 2016. 5:168-179. doi:10.1007/s13668-016-0176-4	Study Design

No.	Citation	Rationale
2250	Steffen, LM, Jacobs, DR, Jr, Murtaugh, MA, Moran, A, Steinberger, J, Hong, CP, Sinaiko, AR. Whole grain intake is associated with lower body mass and greater insulin sensitivity among adolescents. Am J Epidemiol. 2003. 158:243-50. doi:10.1093/aje/kwg146	Study Design
2251	Steffen, LM. A variety of food and drink improves CVD profile. Br J Nutr. 2009. 101:305-6. doi:10.1017/s0007114508076319	Study Design; Publication Status
2252	Stefler, D, Pikhart, H, Jankovic, N, Kubinova, R, Pajak, A, Malyutina, S, Simonova, G, Feskens, EJM, Peasey, A, Bobak, M. Healthy diet indicator and mortality in Eastern European populations: prospective evidence from the HAPIEE cohort. Eur J Clin Nutr. 2014. 68:1346-1352. doi:10.1038/ejcn.2014.134	Intervention/Exposure
2253	Steinberg, D, Kay, M, Burroughs, J, Svetkey, LP, Bennett, GG. The Effect of a Digital Behavioral Weight Loss Intervention on Adherence to the Dietary Approaches to Stop Hypertension (DASH) Dietary Pattern in Medically Vulnerable Primary Care Patients: Results from a Randomized Controlled Trial. J Acad Nutr Diet. 2019. 119:574-584. doi:10.1016/j.jand.2018.12.011	Study Design; Intervention/Exposure
2254	Stelmach-Mardas, M, Mardas, M, Warchol, W, Jamka, M, Walkowiak, J. Successful maintenance of body weight reduction after individualized dietary counseling in obese subjects. Sci Rep. 2014. 4:6620. doi:10.1038/srep06620	Intervention/Exposure
2255	Stentz, FB, Brewer, A, Wan, J, Garber, C, Daniels, B, Sands, C, Kitabchi, AE. Remission of pre-diabetes to normal glucose tolerance in obese adults with high protein versus high carbohydrate diet: randomized control trial. BMJ Open Diabetes Res Care. 2016. 4:e000258. doi:10.1136/bmjdrc-2016-000258	Intervention/Exposure
2256	Stentz, FB, Garber, C, Kitabchi, A. Efficacy of high protein vs. High carbohydrate diet on remission of impaired glucose tolerance (IGT) to normal glucose tolerance (NGT) and physiological parameters in obese adults. Diabetes. 2015. 64:A512. doi:10.2337/db1519292253	Publication Status
2257	Sterling, S, Judd, S, Bertrand, B, Carson, TL, Chandler-Laney, P, Baskin, ML. Dietary Patterns Among Overweight and Obese African-American Women Living in the Rural South. J Racial Ethn Health Disparities. 2018. 5:141-150. doi:10.1007/s40615-017-0351-3	Study Design; Outcome
2258	Stern, L, Iqbal, N, Seshadri, P, Chicano, KL, Daily, DA, McGrory, J, Williams, M, Gracely, EJ, Samaha, FF. The effects of low-carbohydrate versus conventional weight loss diets in severely obese adults: one-year follow-up of a randomized trial. Ann Intern Med. 2004. 140:778-85. doi:10.7326/0003-4819-140-10-200405180-00007	Power/Size; Weight loss/Hypocaloric
2259	Stettler, R, Ith, M, Acheson, KJ, Decombaz, J, Boesch, C, Tappy, L, Binnert, C. Interaction between dietary lipids and physical inactivity on insulin sensitivity and on intramyocellular lipids in healthy men. Diabetes Care. 2005. 28:1404-9. doi:10.2337/diacare.28.6.1404	Study duration
2260	Stewart, JW, Kaplan, ML, Beitz, DC. Pork with a high content of polyunsaturated fatty acids lowers LDL cholesterol in women. Am J Clin Nutr. 2001. 74:179-87. doi:10.1093/ajcn/74.2.179	Intervention/Exposure
2261	Stewart, KJ, Ouyang, P, Silber, HA, Zakaria, S, Desai, D, Shapiro, EP, Dobrosielski, DA. Effect of a low-carbohydrate versus a low-fat weight loss program on endothelial function. Circulation. 2012. 125:. doi:unavailable	Intervention/Exposure; Publication Status

No.	Citation	Rationale
2262	Stewart, KJ, Ouyang, P, Vaidya, D, Dobrosielski, DA. Reductions in systematic inflammation after a low-carbohydrate diet versus a low-fat diet each combined with exercise. Circulation. 2012. 126:. doi:unavailable	Publication Status
2263	Stinson, EJ, Piaggi, P, Ibrahim, M, Venti, C, Krakoff, J, Votruba, SB. High Fat and Sugar Consumption During Ad Libitum Intake Predicts Weight Gain. Obesity (Silver Spring). 2018. 26:689-695. doi:10.1002/oby.22124	Study Design; Study duration
2264	Stoa, EM, Nyhus, LK, Borresen, SC, Nygaard, C, Hovet, AM, Bratland-Sanda, S, Helgerud, J, Storen, O. Day to day variability in fat oxidation and the effect after only 1 day of change in diet composition. Appl Physiol Nutr Metab. 2016. 41:397-404. doi:10.1139/apnm-2015-0334	Outcome; Study duration
2265	Stocks, T, Angquist, L, Banasik, K, Harder, MN, Taylor, MA, Hager, J, Arner, P, Oppert, JM, Martinez, JA, Polak, J, Rousseau, F, Langin, D, Rossner, S, Holst, C, MacDonald, IA, Kamatani, Y, Pfeiffer, AF, Kunesova, M, Saris, WH, Hansen, T, Pedersen, O, Astrup, A, Sorensen, TI. TFAP2B influences the effect of dietary fat on weight loss under energy restriction. PLoS One. 2012. 7:e43212. doi:10.1371/journal.pone.0043212	Study Design; Intervention/Exposure
2266	Stocks, T, Taylor, MA, Angquist, L, Macdonald, IA, Arner, P, Holst, C, Oppert, JM, Martinez, JA, Rossner, S, Polak, J, Langin, D, Saris, WH, Astrup, A, Sorensen, TI. Change in proportional protein intake in a 10-week energy-restricted low- or high-fat diet, in relation to changes in body size and metabolic factors. Obes Facts. 2013. 6:217-27. doi:10.1159/000351726	Intervention/Exposure
2267	Stoernell, CK, Tangney, CC, Rockway, SW. Short-term changes in lipoprotein subclasses and C-reactive protein levels of hypertriglyceridemic adults on low-carbohydrate and low-fat diets. Nutr Res. 2008. 28:443-9. doi:10.1016/j.nutres.2008.03.013	Study duration
2268	Stomby, A, Simonyte, K, Mellberg, C, Ryberg, M, Stimson, RH, Larsson, C, Lindahl, B, Andrew, R, Walker, BR, Olsson, T. Diet-induced weight loss has chronic tissue-specific effects on glucocorticoid metabolism in overweight postmenopausal women. Int J Obes (Lond). 2015. 39:814-9. doi:10.1038/ijo.2014.188	Power/Size
2269	Stonehouse, W, Benassi-Evans, B, James-Martin, G, Abeywardena, M. Fatty acid regio-specificity of triacylglycerol molecules may affect plasma lipid responses to dietary fats-a randomised controlled cross-over trial. Eur J Clin Nutr. 2019. :. doi:10.1038/s41430-019-0452-7	Intervention/Exposure
2270	St-Onge, MP, Newcomer, BR, Buchthal, S, Aban, I, Allison, DB, Bosarge, A, Gower, B. Intramyocellular lipid content is lower with a low-fat diet than with high-fat diets, but that may not be relevant for health. Am J Clin Nutr. 2007. 86:1316-22. doi:10.1093/ajcn/86.5.1316	Study duration
2271	St-Onge, MP, Zhang, S, Darnell, B, Allison, DB. Baseline serum C-reactive protein is associated with lipid responses to low-fat and high-polyunsaturated fat diets. J Nutr. 2009. 139:680-3. doi:10.3945/jn.108.098251	Study duration
2272	Storniolo, CE, Casillas, R, Bullo, M, Castaner, O, Ros, E, Saez, GT, Toledo, E, Estruch, R, Ruiz-Gutierrez, V, Fito, M, Martinez-Gonzalez, MA, Salas-Salvado, J, Mitjavila, MT, Moreno, JJ. A Mediterranean diet supplemented with extra virgin olive oil or nuts improves endothelial markers involved in blood pressure control in hypertensive women. Eur J Nutr. 2017. 56:89-97. doi:10.1007/s00394-015-1060-5	Intervention/Exposure; Outcome
2273	Stow, R, Ives, N, Smith, C, Rick, C, Rushton, A. A cluster randomised feasibility trial evaluating nutritional interventions in the treatment of malnutrition in care home adult residents. Trials. 2015. 16:433. doi:10.1186/s13063-015-0952-2	Intervention/Exposure

No.	Citation	Rationale
2274	Strandberg, E, Edholm, P, Ponsot, E, Wahlin-Larsson, B, Hellmen, E, Nilsson, A, Engfeldt, P, Cederholm, T, Riserus, U, Kadi, F. Influence of combined resistance training and healthy diet on muscle mass in healthy elderly women: a randomized controlled trial. J Appl Physiol (1985). 2015. 119:918-25. doi:10.1152/japplphysiol.00066.2015	Intervention/Exposure
2275	Straznicky, NE, Grima, MT, Sari, CI, Lambert, EA, Phillips, SE, Eikelis, N, Kobayashi, D, Hering, D, Mariani, JA, Dixon, JB, Nestel, PJ, Karapanagiotidis, S, Schlaich, MP, Lambert, GW. Reduction in peripheral vascular resistance predicts improvement in insulin clearance following weight loss. Cardiovasc Diabetol. 2015. 14:113. doi:10.1186/s12933-015-0276-2	Power/Size
2276	Streppel, MT, Sluik, D, van Yperen, JF, Geelen, A, Hofman, A, Franco, OH, Witteman, JC, Feskens, EJ. Nutrient-rich foods, cardiovascular diseases and all-cause mortality: the Rotterdam study. Eur J Clin Nutr. 2014. 68:741-7. doi:10.1038/ejcn.2014.35	Intervention/Exposure
2277	Struijk, EA, Beulens, JWJ, May, AM, Fransen, HP, Boer, JMA, De Wit, GA, Onland-Moret, NG, Van Der Schouw, YT, Hoekstra, J, Bueno-De-Mesquita, HB, Peeters, PHM. Dietary patterns in relation to disease burden expressed in Disability-Adjusted Life Years. American Journal of Clinical Nutrition. 2014. 100:1158-1165. doi:10.3945/ajcn.113.082032	Outcome
2278	Stulnig, TM. The ZONE Diet and Metabolic Control in Type 2 Diabetes. J Am Coll Nutr. 2015. 34 Suppl 1:39-41. doi:10.1080/07315724.2015.1080110	Study Design
2279	Su, HY, Lee, HC, Cheng, WY, Huang, SY. A calorie-restriction diet supplemented with fish oil and high-protein powder is associated with reduced severity of metabolic syndrome in obese women. Eur J Clin Nutr. 2015. 69:322-8. doi:10.1038/ejcn.2014.196	Intervention/Exposure
2280	Su, M, Qiu, L, Wang, Q, Jiang, Z, Liu, XJ, Lin, J, Fang, DZ. Associations of Leu72Met Polymorphism of Preproghrelin with Ratios of Plasma Lipids Are Diversified by a High-Carbohydrate Diet in Healthy Chinese Adolescents. Ann Nutr Metab. 2015. 67:236-42. doi:10.1159/000440777	Study Design
2281	Suchanek, P, Lanska, V, Hubacek, JA. Body Composition Changes in Adult Females after Lifestyle Intervention Are Influenced by the NYD-SP18 Variant. Cent Eur J Public Health. 2015. 23 Suppl:S19-22. doi:10.21101/cejph.a4105	Study Design; Intervention/Exposure
2282	Suckling, RJ, Swift, PA. The health impacts of dietary sodium and a low-salt diet. Clin Med (Lond). 2015. 15:585-8. doi:10.7861/clinmedicine.15-6-585	Study Design
2283	Sugawara, S, Kushida, M, Iwagaki, Y, Asano, M, Yamamoto, K, Tomata, Y, Tsuji, I, Tsuduki, T. The 1975 Type Japanese Diet Improves Lipid Metabolic Parameters in Younger Adults: A Randomized Controlled Trial. J Oleo Sci. 2018. 67:599-607. doi:10.5650/jos.ess17259	Study duration
2284	Sugihiro, T, Yoneda, M, Ohno, H, Oki, K, Hattori, N. Associations of nutrient intakes with obesity and diabetes mellitus in the longitudinal medical surveys of Japanese Americans. J Diabetes Investig. 2019. 10:1229-1236. doi:10.1111/jdi.13010	Intervention/Exposure
2285	Suh, Y, Kang, H, Kim, M, Kim, S. Effect of weight reduction on Korean high protein diet in obese women. Obesity reviews. 2014. 15:229. doi:10.1111/obr.12153	Publication Status

No.	Citation	Rationale
2286	Suljkovicova, H, Marion-Latard, F, Hejnova, J, Majercik, M, Crampes, F, De Glisezinski, I, Berlan, M, Riviere, D, Stich, V. Effect of macronutrient composition of the diet on the regulation of lipolysis in adipose tissue at rest and during exercise: microdialysis study. Metabolism. 2002. 51:1291-7. doi:10.1053/meta.2002.35190	Study duration
2287	Sumithran, P, Prendergast, LA, Delbridge, E, Purcell, K, Shulkes, A, Kriketos, A, Proietto, J. Ketosis and appetite-mediating nutrients and hormones after weight loss. Eur J Clin Nutr. 2013. 67:759-64. doi:10.1038/ejcn.2013.90	Study Design; Intervention/Exposure
2288	Summer, SS, Brehm, BJ, Benoit, SC, D'Alessio, DA. Adiponectin changes in relation to the macronutrient composition of a weight-loss diet. Obesity (Silver Spring). 2011. 19:2198-204. doi:10.1038/oby.2011.60	Health Status
2289	Sun, D, Heianza, Y, Huang, T, Wang, T, Han, L, Bray, GA, Sacks, FM, Qi, L. Genetic susceptibility and changes of blood pressure in response to weight-loss diets: the pounds lost trial. Diabetes. 2017. 66:A401-A402. doi:unavailable	Publication Status
2290	Sun, J, Buys, NJ, Hills, AP. Dietary pattern and its association with the prevalence of obesity, hypertension and other cardiovascular risk factors among Chinese older adults. Int J Environ Res Public Health. 2014. 11:3956-71. doi:10.3390/ijerph110403956	Study Design
2291	Sundararajan, K, Campbell, MK, Choi, YH, Sarma, S. The relationship between diet quality and adult obesity: evidence from Canada. J Am Coll Nutr. 2014. 33:1-17. doi:10.1080/07315724.2013.848157	Study Design
2292	Sunehag, AL, Toffolo, G, Campioni, M, Bier, DM, Haymond, MW. Effects of dietary macronutrient intake on insulin sensitivity and secretion and glucose and lipid metabolism in healthy, obese adolescents. J Clin Endocrinol Metab. 2005. 90:4496-502. doi:10.1210/jc.2005-0626	Study duration
2293	Sung, KC, Sung, E, Byrne, CD, Kim, YB, Ahn, CW, Chung, HK. Composition of dietary macronutrient intake is not associated with prevalence of coronary artery calcification in healthy Korean adults. Ann Nutr Metab. 2015. 66:36-43. doi:10.1159/000369563	Study Design; Outcome
2294	Sureda, A, Bibiloni, MDM, Julibert, A, Bouzas, C, Argelich, E, Llompart, I, Pons, A, Tur, JA. Adherence to the Mediterranean Diet and Inflammatory Markers. Nutrients. 2018. 10:. doi:10.3390/nu10010062	Study Design
2295	Surowska, A, Jegatheesan, P, Campos, V, Marques, AS, Egli, L, Cros, J, Rosset, R, Lecoultre, V, Kreis, R, Boesch, C, Pouymayou, B, Schneiter, P, Tappy, L. Effects of Dietary Protein and Fat Content on Intrahepatocellular and Intramyocellular Lipids during a 6-Day Hypercaloric, High Sucrose Diet: A Randomized Controlled Trial in Normal Weight Healthy Subjects. Nutrients. 2019. 11:. doi:10.3390/nu11010209	Study duration
2296	Suyardi, MA, Johanes, W, Harahap, IP. The effects of balanced low calorie diet on body composition and serum leptin of obese women. Medical Journal of Indonesia. 2005. 14:220-224. doi:10.13181/mji.v14i4.202	Study duration
2297	Suzuki, R, Tamura, Y, Takeno, K, Kakehi, S, Funayama, T, Furukawa, Y, Kaga, H, Sugimoto, D, Kadowaki, S, Someya, Y, Kanazawa, A, Kawamori, R, Watada, H. Three days of a eucaloric, low-carbohydrate/high-fat diet increases insulin clearance in healthy non-obese Japanese men. Sci Rep. 2019. 9:3857. doi:10.1038/s41598-019-40498-6	Study duration

No.	Citation	Rationale
2298	Svetkey, LP, Moore, TJ, Simons-Morton, DG, Appel, LJ, Bray, GA, Sacks, FM, Ard, JD, Mortensen, RM, Mitchell, SR, Conlin, PR, Kesari, M. Angiotensinogen genotype and blood pressure response in the Dietary Approaches to Stop Hypertension (DASH) study. J Hypertens. 2001. 19:1949-56. doi:10.1097/00004872-200111000-00004	Intervention/Exposure
2299	Swinburn, BA, Metcalf, PA, Ley, SJ. Long-term (5-year) effects of a reduced-fat diet intervention in individuals with glucose intolerance. Diabetes Care. 2001. 24:619-24. doi:10.2337/diacare.24.4.619	Weight loss/Hypocaloric
2300	Sylvetsky, AC, Edelstein, SL, Walford, G, Boyko, EJ, Horton, ES, Ibebuogu, UN, Knowler, WC, Montez, MG, Temprosa, M, Hoskin, M, Rother, KI, Delahanty, LM. A High-Carbohydrate, High-Fiber, Low-Fat Diet Results in Weight Loss among Adults at High Risk of Type 2 Diabetes. J Nutr. 2017. 147:2060-2066. doi:10.3945/jn.117.252395	Intervention/Exposure
2301	Szczuko, M, Gutowska, I, Seidler, T. Nutrition and nourishment status of Polish students in comparison with students from other countries. Rocz Panstw Zakl Hig. 2015. 66:261-8. doi:unavailable	Study Design
2302	Tabung, FK, Fung, TT, Chavarro, JE, Smith-Warner, SA, Willett, WC, Giovannucci, EL. Associations between adherence to the World Cancer Research Fund/American Institute for Cancer Research cancer prevention recommendations and biomarkers of inflammation, hormonal, and insulin response. Int J Cancer. 2017. 140:764-776. doi:10.1002/ijc.30494	Study Design; Outcome
2303	Takagi, H, Kobayashi, Y, Taguchi, O, Takei, Y, Sumida, Y. Influence of dietary intake of fish oil, magnesium, and zinc on metabolic parameters among individuals tested for diabetes. Nutrition. 2015. 31:988-93. doi:10.1016/j.nut.2015.02.019	Study Design
2304	Talaei, M, Koh, WP, Yuan, JM, van Dam, RM. DASH Dietary Pattern, Mediation by Mineral Intakes, and the Risk of Coronary Artery Disease and Stroke Mortality. J Am Heart Assoc. 2019. 8:e011054. doi:10.1161/jaha.118.011054	Country
2305	Tam, CH, Wang, Y, Lee, HM, Luk, AO, Tong, PC, Chan, MH, Ozaki, R, Kong, AP, So, WY, Chan, JC, Ma, RC. Early gene-diet interaction between glucokinase regulatory protein (GCKR) polymorphism, vegetable and fish intakes in modulating triglyceride levels in healthy adolescents. Nutr Metab Cardiovasc Dis. 2015. 25:951-8. doi:10.1016/j.numecd.2015.06.011	Study Design
2306	Tambalis, KD, Panagiotakos, DB, Psarra, G, Sidossis, LS. Association of cardiorespiratory fitness levels with dietary habits and lifestyle factors in schoolchildren. Appl Physiol Nutr Metab. 2019. 44:539-545. doi:10.1139/apnm-2018-0407	Study Design
2307	Tamura, T, Yatabe, T, Kitagawa, H, Yamashita, K, Hanazaki, K, Yokoyama, M. Oral carbohydrate loading with 18% carbohydrate beverage alleviates insulin resistance. Asia Pac J Clin Nutr. 2013. 22:48-53. doi:10.6133/apjcn.2013.22.1.20	Study duration
2308	Tamura, Y, Watada, H, Igarashi, Y, Nomiyama, T, Onishi, T, Takahashi, K, Doi, S, Katamoto, S, Hirose, T, Tanaka, Y, Kawamori, R. Short-term effects of dietary fat on intramyocellular lipid in sprinters and endurance runners. Metabolism. 2008. 57:373-9. doi:10.1016/j.metabol.2007.10.013	Study duration
2309	Tang, H, Zhang, Z, Li, Z, Lin, J, Fang, DZ. High-Carbohydrate/Low-Fat Diet-Induced Gender-Specific Serum Lipid Profile Changes Are Associated with LEPR Polymorphisms in Chinese Youth. Ann Nutr Metab. 2017. 70:1-8. doi:10.1159/000455165	Study duration
2310	Tang, M, Armstrong, CL, Leidy, HJ, Campbell, WW. Normal vs. high-protein weight loss diets in men: effects on body composition and indices of metabolic syndrome. Obesity (Silver Spring). 2013. 21:E204-10. doi:10.1002/oby.20078	Power/Size

No.	Citation	Rationale
2311	Tang, M, Leidy, HJ, Campbell, WW. Regional, but not total, body composition changes in overweight and obese adults consuming a higher protein, energy-restricted diet are sex specific. Nutr Res. 2013. 33:629-35. doi:10.1016/j.nutres.2013.05.012	Intervention/Exposure
2312	Tang, Z, Zhou, T, Luo, Y, Xie, C, Huo, D, Tao, L, Pan, L, Sun, F, Zhu, H, Yang, X, Wang, W, Yan, A, Li, X, Guo, X. Risk factors for cerebrovascular disease mortality among the elderly in Beijing: A competing risk analysis. PLoS ONE. 2014. 9:. doi:10.1371/journal.pone.0087884	Intervention/Exposure; Country
2313	Tangney, C, Sarkar, D, Staffileno, BA. Comparison of three DASH scoring paradigms and prevalent hypertension among older Hispanics. J Hum Hypertens. 2016. 30:210-5. doi:10.1038/jhh.2015.50	Study Design
2314	Tanisawa, K, Ito, T, Sun, X, Ise, R, Oshima, S, Cao, ZB, Sakamoto, S, Tanaka, M, Higuchi, M. Strong influence of dietary intake and physical activity on body fatness in elderly Japanese men: age-associated loss of polygenic resistance against obesity. Genes Nutr. 2014. 9:416. doi:10.1007/s12263-014-0416-4	Study Design; Intervention/Exposure
2315	Tanskey, LA, Goldberg, JP, Chui, K, Must, A, Sacheck, JM. Accelerated Summer Weight Gain in a Low-Income, Ethnically Diverse Sample of Elementary School Children in Massachusetts. Child Obes. 2019. 15:244-253. doi:10.1089/chi.2017.0228	Intervention/Exposure
2316	Tapsell, L, Batterham, M, Huang, XF, Tan, SY, Teuss, G, Charlton, K, Oshea, J, Warensjo, E. Short term effects of energy restriction and dietary fat sub-type on weight loss and disease risk factors. Nutr Metab Cardiovasc Dis. 2010. 20:317-25. doi:10.1016/j.numecd.2009.04.007	Intervention/Exposure; Comparator
2317	Tapsell, LC, Batterham, MJ, Charlton, KE, Neale, EP, Probst, YC, O'Shea, JE, Thorne, RL, Zhang, Q, Louie, JC. Foods, nutrients or whole diets: effects of targeting fish and LCn3PUFA consumption in a 12mo weight loss trial. BMC Public Health. 2013. 13:1231. doi:10.1186/1471-2458-13-1231	Intervention/Exposure; Comparator
2318	Tardivo, AP, Nahas-Neto, J, Orsatti, CL, Dias, FB, Poloni, PF, Schmitt, EB, Nahas, EA. Effects of omega-3 on metabolic markers in postmenopausal women with metabolic syndrome. Climacteric. 2015. 18:290-8. doi:10.3109/13697137.2014.981521	Intervention/Exposure
2319	Tay, J, Brinkworth, GD, Noakes, M, Keogh, J, Clifton, PM. Metabolic effects of weight loss on a very-low-carbohydrate diet compared with an isocaloric high-carbohydrate diet in abdominally obese subjects. J Am Coll Cardiol. 2008. 51:59-67. doi:10.1016/j.jacc.2007.08.050	Weight loss/Hypocaloric
2320	Tayyem, RF, Al-Radaideh, AM, Hammad, SS, Al-Hajaj, S, Allehdan, SS, Agraib, LM, Al-Fayomi, KI, Malkawi, AA, Hijjawi, NS. Subcutaneous and visceral fat volumes measured by MRI and their relationships with nutrient intakes among adults. Asia Pac J Clin Nutr. 2019. 28:300-309. doi:10.6133/apjcn.201906_28(2).0012	Study Design
2321	Te Morenga, L, Docherty, P, Williams, S, Mann, J. The Effect of a Diet Moderately High in Protein and Fiber on Insulin Sensitivity Measured Using the Dynamic Insulin Sensitivity and Secretion Test (DISST). Nutrients. 2017. 9:. doi:10.3390/nu9121291	Study Design; Intervention/Exposure
2322	Te Morenga, LA, Levers, MT, Williams, SM, Brown, RC, Mann, J. Comparison of high protein and high fiber weight-loss diets in women with risk factors for the metabolic syndrome: a randomized trial. Nutr J. 2011. 10:40. doi:10.1186/1475-2891-10-40	Study duration

No.	Citation	Rationale
2323	Te Morenga, LA, McAuley, KA, Docherty, PD, Williams, SM, Mann, J. The effect of a high protein, high fibre diet on insulin sensitivity measured using the Dynamic Insulin Sensitivity and Secretion Test (DISST). Australasian medical journal. 2011. 4:780. doi:unavailable	Publication Status
2324	Teff, KL, Elliott, SS, Tschop, M, Kieffer, TJ, Rader, D, Heiman, M, Townsend, RR, Keim, NL, D'Alessio, D, Havel, PJ. Dietary fructose reduces circulating insulin and leptin, attenuates postprandial suppression of ghrelin, and increases triglycerides in women. J Clin Endocrinol Metab. 2004. 89:2963-72. doi:10.1210/jc.2003-031855	Study duration
2325	Teixeira, JA, Castro, TG, Grant, CC, Wall, CR, Castro, Alds, Francisco, RPV, Vieira, SE, Saldiva, Srdm, Marchioni, DM. Dietary patterns are influenced by socio-demographic conditions of women in childbearing age: a cohort study of pregnant women. BMC Public Health. 2018. 18:301. doi:10.1186/s12889-018-5184-4	Outcome; Participants
2326	Telford, RD, Cunningham, RB, Telford, RM, Riley, M, Abhayaratna, WP. Determinants of Childhood Adiposity: Evidence from the Australian LOOK Study. PLoS ONE. 2012. 7:. doi:10.1371/journal.pone.0050014	Intervention/Exposure
2327	Telford, RD, Telford, RM, Martin, MK, Welvaert, M. Drivers of adolescent adiposity: Evidence from the Australian LOOK study. J Sci Med Sport. 2019. :. doi:10.1016/j.jsams.2019.07.013	Intervention/Exposure
2328	Teunissen-Beekman, KF, Dopheide, J, Geleijnse, JM, Bakker, SJ, Brink, EJ, de Leeuw, PW, Schalkwijk, CG, van Baak, MA. Dietary proteins improve endothelial function under fasting conditions but not in the postprandial state, with no effects on markers of low-grade inflammation. Br J Nutr. 2015. 114:1819-28. doi:10.1017/s0007114515003530	Study Design; Study duration
2329	Thalacker-Mercer, AE, Fleet, JC, Craig, BA, Carnell, NS, Campbell, WW. Inadequate protein intake affects skeletal muscle transcript profiles in older humans. Am J Clin Nutr. 2007. 85:1344-52. doi:10.1093/ajcn/85.5.1344	Study duration
2330	Tharrey, M, Mariotti, F, Mashchak, A, Barbillon, P, Delattre, M, Huneau, JF, Fraser, GE. Patterns of amino acids intake are strongly associated with cardiovascular mortality, independently of the sources of protein. Int J Epidemiol. 2019. :. doi:10.1093/ije/dyz194	Intervention/Exposure
2331	The Editors Of The Lancet Diabetes, Endocrinology. Expression of concern-Effect of a high-fat Mediterranean diet on bodyweight and waist circumference: a prespecified secondary outcomes analysis of the PREDIMED randomised controlled trial. Lancet Diabetes Endocrinol. 2018. 6:763. doi:10.1016/s2213-8587(18)30236-5	Publication Status
2332	Thomas, SJ, Booth, JN, 3rd, Dai, C, Li, X, Allen, N, Calhoun, D, Carson, AP, Gidding, S, Lewis, CE, Shikany, JM, Shimbo, D, Sidney, S, Muntner, P. Cumulative Incidence of Hypertension by 55 Years of Age in Blacks and Whites: The CARDIA Study. J Am Heart Assoc. 2018. 7:. doi:10.1161/jaha.117.007988	Outcome
2333	Thorning, TK, Raziani, F, Bendsen, NT, Astrup, A, Tholstrup, T, Raben, A. Diets with high-fat cheese, high-fat meat, or carbohydrate on cardiovascular risk markers in overweight postmenopausal women: a randomized crossover trial. Am J Clin Nutr. 2015. 102:573-81. doi:10.3945/ajcn.115.109116	Study duration
2334	Thorning, TK, Raziani, F, Bendsen, NT, Astrup, A, Tholstrup, T, Raben, A. Effect of a high cheese intake compared to high-fat meat or carbohydrate on cardiovascular risk markers in overweight postmenopausal women. Atherosclerosis. 2015. 241:e143. doi:unavailable	Publication Status

No.	Citation	Rationale
2335	Thorpe, MG, Milte, CM, Crawford, D, McNaughton, SA. A comparison of the dietary patterns derived by principal component analysis and cluster analysis in older Australians. Int J Behav Nutr Phys Act. 2016. 13:30. doi:10.1186/s12966-016-0353-2	Study Design
2336	Thorpe, MP, Jacobson, EH, Layman, DK, He, X, Kris-Etherton, PM, Evans, EM. A diet high in protein, dairy, and calcium attenuates bone loss over twelve months of weight loss and maintenance relative to a conventional high-carbohydrate diet in adults. J Nutr. 2008. 138:1096-100. doi:10.1093/jn/138.6.1096	Intervention/Exposure
2337	Threapleton, DE, Burley, VJ, Greenwood, DC, Cade, JE. Dietary fibre intake and risk of ischaemic and haemorrhagic stroke in the UK Women's Cohort Study. Eur J Clin Nutr. 2015. 69:467-74. doi:10.1038/ejcn.2014.260	Intervention/Exposure
2338	Tian, X, Huang, Y, Wang, H. Deviation of Chinese Adults' Diet from the Chinese Food Pagoda 2016 and Its Association with Adiposity. Nutrients. 2017. 9:. doi:10.3390/nu9090995	Country
2339	Tielemans, MJ, Erler, NS, Leermakers, ET, van den Broek, M, Jaddoe, VW, Steegers, EA, Kiefte-de Jong, JC, Franco, OH. A Priori and a Posteriori Dietary Patterns during Pregnancy and Gestational Weight Gain: The Generation R Study. Nutrients. 2015. 7:9383-99. doi:10.3390/nu7115476	Participants
2340	Tielemans, SM, Kromhout, D, Altorf-van der Kuil, W, Geleijnse, JM. Associations of plant and animal protein intake with 5-year changes in blood pressure: the Zutphen Elderly Study. Nutr Metab Cardiovasc Dis. 2014. 24:1228-33. doi:10.1016/j.numecd.2014.05.013	Outcome
2341	Tinker, LF, Bonds, DE, Margolis, KL, Manson, JE, Howard, BV, Larson, J, Perri, MG, Beresford, SA, Robinson, JG, Rodriguez, B, Safford, MM, Wenger, NK, Stevens, VJ, Parker, LM. Low-fat dietary pattern and risk of treated diabetes mellitus in postmenopausal women: the Women's Health Initiative randomized controlled dietary modification trial. Arch Intern Med. 2008. 168:1500-11. doi:10.1001/archinte.168.14.1500	Publication Date Overlaps with Existing Review
2342	Tinker, LF, Sarto, GE, Howard, BV, Huang, Y, Neuhouser, ML, Mossavar-Rahmani, Y, Beasley, JM, Margolis, KL, Eaton, CB, Phillips, LS, Prentice, RL. Biomarker-calibrated dietary energy and protein intake associations with diabetes risk among postmenopausal women from the Women's Health Initiative. Am J Clin Nutr. 2011. 94:1600-6. doi:10.3945/ajcn.111.018648	Intervention/Exposure
2343	Tinsley, GM, Morales, E, Forsse, JS, Grandjean, PW. Impact of Acute Dietary Manipulations on DXA and BIA Body Composition Estimates. Med Sci Sports Exerc. 2017. 49:823-832. doi:10.1249/mss.0000000000001148	Study duration
2344	Tippens, KM, Erlandsen, A, Hanes, DA, Graybill, R, Jackson, C, Briley, J, Zwickey, H. Impact of a Short-Term Naturopathic Whole-Foods-Based Nutrition Education Intervention on Dietary Behavior and Diabetes Risk Markers: A Pilot Study. J Altern Complement Med. 2019. 25:234-240. doi:10.1089/acm.2018.0025	Intervention/Exposure; Comparator
2345	Todd, SA, Wright, C. Weight loss intervention trial comparing intermittent low carbohydrate versus continuous Mediterranean diet. Obesity facts. Conference: european obesity summit (EOS): 1st joint congress of EASO and IFSO-EC. Gothenburg sweden. Conference start: 20160601. Conference end: 20160604. Conference publication: (var.pagings). 2016. 9:252. doi:10.1159/000446744	Publication Status
2346	Tognon, G, Lissner, L, Saebye, D, Walker, KZ, Heitmann, BL. The Mediterranean diet in relation to mortality and CVD: a Danish cohort study. Br J Nutr. 2014. 111:151-9. doi:10.1017/s0007114513001931	Publication Date Overlaps with Existing Review

No.	Citation	Rationale
2347	Tognon, G, Rothenberg, E, Eiben, G, Sundh, V, Winkvist, A, Lissner, L. Does the Mediterranean diet predict longevity in the elderly? A Swedish perspective. Age (Dordr). 2011. 33:439-50. doi:10.1007/s11357-010-9193-1	Outcome
2348	Toledo, E, Hu, FB, Estruch, R, Salas-Salvado, J, Corella, D, Covas, MI, Aros, F, Gomez-Gracia, E, Fiol, M, Ruiz-Gutierrez, V, etal, . Association between adherence to the Mediterranean diet and blood pressure: 4-year follow-up in the PREDIMED trial. European journal of epidemiology. 2012. 27:S46-S47. doi:10.1007/s10654-012-9722-6	Publication Status
2349	Toledo, E, Wang, DD, Ruiz-Canela, M, Clish, CB, Razquin, C, Zheng, Y, Guasch-Ferre, M, Hruby, A, Corella, D, Gomez-Gracia, E, Fiol, M, Estruch, R, Ros, E, Lapetra, J, Fito, M, Aros, F, Serra-Majem, L, Liang, L, Salas-Salvado, J, Hu, FB, Martinez-Gonzalez, MA. Plasma lipidomic profiles and cardiovascular events in a randomized intervention trial with the Mediterranean diet. Am J Clin Nutr. 2017. 106:973-983. doi:10.3945/ajcn.116.151159	Intervention/Exposure; Outcome
2350	Tometich, DB, Mosher, CE, Winger, JG, Badr, HJ, Snyder, DC, Sloane, RJ, Demark-Wahnefried, W. Effects of diet and exercise on weight-related outcomes for breast cancer survivors and their adult daughters: an analysis of the DAMES trial. Support Care Cancer. 2017. 25:2559-2568. doi:10.1007/s00520-017-3665-0	Intervention/Exposure; Outcome
2351	Tomlinson, DJ, Erskine, RM, Morse, CI, Onambele, GL. Impact of Above-Average Proanabolic Nutrients Is Overridden by High Protein and Energy Intake in the Muscle-Tendon Unit Characteristics of Middle- to Older-Aged Adults. J Nutr. 2018. 148:1776-1785. doi:10.1093/jn/nxy185	Study Design; Intervention/Exposure
2352	Tonstad, S, Malik, N, Haddad, E. A high-fibre bean-rich diet versus a low-carbohydrate diet for obesity. J Hum Nutr Diet. 2014. 27 Suppl 2:109-16. doi:10.1111/jhn.12118	Weight loss/Hypocaloric
2353	Torbay, N, Hwalla Baba, N, Sawaya, S, Bajjani, R, Habbal, Z, Azar, S, Hashim, SA. High protein vs high carbohydrate hypoenergetic diet in treatment of obese normoinsulinemic and hyperinsulinemic subjects. Nutrition Research. 2002. 22:587-598. doi:10.1016/S0271-5317(02)00359-7	Study duration
2354	Torres, SJ, Nowson, CA. Effect of a weight-loss program on mental stress-induced cardiovascular responses and recovery. Nutrition. 2007. 23:521-8. doi:10.1016/j.nut.2007.04.016	Intervention/Exposure
2355	Torres, SJ, Robinson, S, Orellana, L, O'Connell, SL, Grimes, CA, Mundell, NL, Dunstan, DW, Nowson, CA, Daly, RM. Effects of progressive resistance training combined with a protein-enriched lean red meat diet on health-related quality of life in elderly women: Secondary analysis of a 4-month cluster randomised controlled trial. British Journal of Nutrition. 2017. 117:1550-1559. doi:10.1017/S0007114517001507	Outcome
2356	Torres-Pena, JD, Garcia-Rios, A, Delgado-Casado, N, Gomez-Luna, P, Alcala-Diaz, JF, Yubero-Serrano, EM, Gomez-Delgado, F, Leon-Acuna, A, Lopez-Moreno, J, Camargo, A, Tinahones, FJ, Delgado-Lista, J, Ordovas, JM, Perez-Martinez, P, Lopez-Miranda, J. Mediterranean diet improves endothelial function in patients with diabetes and prediabetes: A report from the CORDIOPREV study. Atherosclerosis. 2018. 269:50-56. doi:10.1016/j.atherosclerosis.2017.12.012	Intervention/Exposure; Health Status
2357	Tovar, A, Choumenkovitch, SF, Hennessy, E, Boulos, R, Must, A, Hughes, SO, Gute, DM, Vikre, EK, Economos, CD. Low demanding parental feeding style is associated with low consumption of whole grains among children of recent immigrants. Appetite. 2015. 95:211-8. doi:10.1016/j.appet.2015.06.006	Study Design; Intervention/Exposure

No.	Citation	Rationale
2358	Tovar, J, Johansson, M, Bjorck, I. A multifunctional diet improves cardiometabolic-related biomarkers independently of weight changes: an 8-week randomized controlled intervention in healthy overweight and obese subjects. Eur J Nutr. 2016. 55:2295-306. doi:10.1007/s00394-015-1039-2	Study duration
2359	Towner, EK, Robson, SM, Stark, LJ. Secondary impact of a behavioral intervention on dietary quality in preschoolers with obesity. Children's Health Care. 2019. 48:75-89. doi:10.1080/02739615.2018.1463532	Outcome
2360	Trapp, CM, Burke, G, Gorin, AA, Wiley, JF, Hernandez, D, Crowell, RE, Grant, A, Beaulieu, A, Cloutier, MM. The relationship between dietary patterns, body mass index percentile, and household food security in young urban children. Child Obes. 2015. 11:148-55. doi:10.1089/chi.2014.0105	Study Design
2361	Trepanowski, JF. Improved insulin sensitivity with a healthy low fat or a healthy low carbohydrate weight loss diet: a twelve month randomized trial. Circulation. 2017. 135:. doi:unavailable	Publication Status
2362	Trichopoulou, A, Psaltopoulou, T, Orfanos, P, Hsieh, CC, Trichopoulos, D. Low-carbohydrate-high-protein diet and long-term survival in a general population cohort. Eur J Clin Nutr. 2007. 61:575-81. doi:10.1038/sj.ejcn.1602557	Intervention/Exposure; Outcome
2363	Trico, D, Trifiro, S, Mengozzi, A, Morgantini, C, Baldi, S, Mari, A, Natali, A. Reducing Cholesterol and Fat Intake Improves Glucose Tolerance by Enhancing beta Cell Function in Nondiabetic Subjects. J Clin Endocrinol Metab. 2018. 103:622-631. doi:10.1210/jc.2017-02089	Intervention/Exposure; Study duration
2364	Tricò, D, Trifirò, S, Mengozzi, A, Morgantini, C, Baldi, S, Mari, A, Natali, A. Reducing Cholesterol and Fat Intake Improves Glucose Tolerance by Enhancing β Cell Function in Nondiabetic Subjects. Journal of clinical endocrinology and metabolism. 2018. 103:622-631. doi:10.1210/jc.2017-02089	Study duration
2365	Tripp, ML, Dahlberg, CJ, Eliason, S, Lamb, JJ, Ou, JJ, Gao, W, Bhandari, J, Graham, D, Dudleenamjil, E, Babish, JG. A Low-Glycemic, Mediterranean Diet and Lifestyle Modification Program with Targeted Nutraceuticals Reduces Body Weight, Improves Cardiometabolic Variables and Longevity Biomarkers in Overweight Subjects: A 13-Week Observational Trial. J Med Food. 2019. 22:479-489. doi:10.1089/jmf.2018.0063	Study Design; Intervention/Exposure
2366	Truby, H, Baxter, K, Ware, RS, Jensen, DE, Cardinal, JW, Warren, JM, Daniels, L, Davies, PS, Barrett, P, Blumfield, ML, Batch, JA. A Randomized Controlled Trial of Two Different Macronutrient Profiles on Weight, Body Composition and Metabolic Parameters in Obese Adolescents Seeking Weight Loss. PLoS One. 2016. 11:e0151787. doi:10.1371/journal.pone.0151787	Weight loss/Hypocaloric
2367	Trude, AC, Kharmats, A, Jock, B, Liu, D, Lee, K, Martins, PA, Pardilla, M, Swartz, J, Gittelsohn, J. Patterns of Food Consumption are Associated with Obesity, Self-Reported Diabetes and Cardiovascular Disease in Five American Indian Communities. Ecol Food Nutr. 2015. 54:437-54. doi:10.1080/03670244.2014.922070	Study Design
2368	Tsaban, G, Wolak, A, Avni, H, Gepner, Y, Shelef, I, Schwarzfuchs, D, Ceglarek, U, Stumvoll, M, Bluher, M, Thiery, J, etal, . Pericardial adiposity trajectory during long-term dietary intervention. European heart journal. 2016. 37:547-. doi:10.1093/eurheartj/ehw432	Publication Status
2369	Tsigga, M, Filis, V, Hatzopoulou, K, Kotzamanidis, C, Grammatikopoulou, MG. Healthy Eating Index during pregnancy according to pre-gravid and gravid weight status. Public Health Nutr. 2011. 14:290-6. doi:10.1017/s1368980010001989	Study Design; Outcome

No.	Citation	Rationale
2370	Tsilingiris, D, Dellis, D, Eleftheriadou, I, Tentolouris, A, Karanasiou, M, Meimari, A, Dellis, G, Dimosthenopoulos, C, Lazarou, S, Kokkinos, A, etal, . Integration of half-day carbohydrate restriction into a hypocaloric Mediterranean-type diet in overweight and obese subjects: an open label, randomised, controlled trial. Diabetologia. 2018. 61:S98-. doi:10.1007/s00125-018-4693-0	Publication Status
2371	Tsioufis, C. The Mediterranean and the DASH dietary patterns: Insights into their role in cardiovascular disease prevention. Hellenic J Cardiol. 2018. 59:134-135. doi:10.1016/j.hjc.2017.04.006	Study Design; Publication Status
2372	Tsugane, S, Sawada, N. The JPHC study: design and some findings on the typical Japanese diet. Jpn J Clin Oncol. 2014. 44:777-82. doi:10.1093/jjco/hyu096	Study Design
2373	Tucker, LA, LeCheminant, JD, Bailey, BW. Meat Intake and Insulin Resistance in Women without Type 2 Diabetes. J Diabetes Res. 2015. 2015:174742. doi:10.1155/2015/174742	Intervention/Exposure
2374	Tulk, HM, Robinson, LE. Modifying the n-6/n-3 polyunsaturated fatty acid ratio of a high-saturated fat challenge does not acutely attenuate postprandial changes in inflammatory markers in men with metabolic syndrome. Metabolism. 2009. 58:1709-16. doi:10.1016/j.metabol.2009.05.031	Study duration
2375	Tuomilehto, J, Lindström, J, Eriksson, JG. Changes in diet and physical activity prevented type 2 diabetes mellitus in people with impaired glucose tolerance. Evidence-Based Medicine. 2001. 6:176. doi:10.1136/ebm.6.6.176	Study Design; Publication Status
2376	Tura, A, Conte, B, Caparrotto, C, Spinella, P, Maestrelli, P, Valerio, A, Pacini, G, Avogaro, A. Insulin sensitivity and secretion in young, healthy subjects are not changed by Zone and Mediterranean diets. Mediterranean Journal of Nutrition and Metabolism. 2010. 3:233-237. doi:10.1007/s12349-010-0026-7	Study duration
2377	Turner, KM, Keogh, JB, Clifton, PM. Red meat, dairy, and insulin sensitivity: a randomized crossover intervention study. Am J Clin Nutr. 2015. 101:1173-9. doi:10.3945/ajcn.114.104976	Intervention/Exposure; Study duration
2378	Turner, KM, Keogh, JB, Meikle, PJ, Clifton, PM. Changes in Lipids and Inflammatory Markers after Consuming Diets High in Red Meat or Dairy for Four Weeks. Nutrients. 2017. 9:. doi:10.3390/nu9080886	Study duration
2379	Turner-McGrievy, GM, Barnard, ND, Scialli, AR. A two-year randomized weight loss trial comparing a vegan diet to a more moderate low-fat diet. Obesity (Silver Spring). 2007. 15:2276-81. doi:10.1038/oby.2007.270	Intervention/Exposure
2380	Turner-McGrievy, GM, Davidson, CR, Wilcox, S. Does the type of weight loss diet affect who participates in a behavioral weight loss intervention? A comparison of participants for a plant-based diet versus a standard diet trial. Appetite. 2014. 73:156-62. doi:10.1016/j.appet.2013.11.008	Outcome
2381	Turner-McGrievy, GM, Wirth, MD, Shivappa, N, Wingard, EE, Fayad, R, Wilcox, S, Frongillo, EA, Hebert, JR. Randomization to plant-based dietary approaches leads to larger short-term improvements in Dietary Inflammatory Index scores and macronutrient intake compared with diets that contain meat. Nutr Res. 2015. 35:97-106. doi:10.1016/j.nutres.2014.11.007	Outcome

No.	Citation	Rationale
2382	Tuttolomondo, A, Casuccio, A, Butta, C, Pecoraro, R, Di Raimondo, D, Della Corte, V, Arnao, V, Clemente, G, Maida, C, Simonetta, I, Miceli, G, Lucifora, B, Cirrincione, A, Di Bona, D, Corpora, F, Maugeri, R, Iacopino, DG, Pinto, A. Mediterranean Diet in patients with acute ischemic stroke: Relationships between Mediterranean Diet score, diagnostic subtype, and stroke severity index. Atherosclerosis. 2015. 243:260-7. doi:10.1016/j.atherosclerosis.2015.09.017	Health Status
2383	Tykhorskyi, O, Dzhym, V, Slavitiak, O, Galashko, N, Zhadan, A, Piven, O, Melnyk, A. Influence of hypo-caloric diet on absolute and relative strength of elite male bodybuilders` while preparing for the competition. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 2019. 10:1434-1440. doi:unavailable	Intervention/Exposure; Study duration
2384	Tyrovolas, S, Haro, JM, Polychronopoulos, E, Mariolis, A, Piscopo, S, Valacchi, G, Makri, K, Zeimbekis, A, Tyrovola, D, Bountziouka, V, Gotsis, E, Metallinos, G, Katsoulis, Y, Tur, JA, Matalas, A, Lionis, C, Panagiotakos, D. Factors associated with components of arterial pressure among older individuals (the multinational MEDIS study): the role of the Mediterranean diet and alcohol consumption. J Clin Hypertens (Greenwich). 2014. 16:645-51. doi:10.1111/jch.12370	Study Design
2385	Tyrovolas, S, Psaltopoulou, T, Pounis, G, Papairakleous, N, Bountziouka, V, Zeimbekis, A, Gotsis, E, Antonopoulou, M, Metallinos, G, Polychronopoulos, E, Lionis, C, Panagiotakos, DB. Nutrient intake in relation to central and overall obesity status among elderly people living in the Mediterranean islands: the MEDIS study. Nutr Metab Cardiovasc Dis. 2011. 21:438-45. doi:10.1016/j.numecd.2009.10.012	Study Design
2386	Tyson, CC, Barnhart, H, Sapp, S, Poon, V, Lin, PH, Svetkey, LP. Ambulatory blood pressure in the dash diet trial: Effects of race and albuminuria. J Clin Hypertens (Greenwich). 2018. 20:308-314. doi:10.1111/jch.13170	Intervention/Exposure
2387	Tyson, CC, Davenport, CA, Lin, PH, Scialla, JJ, Hall, R, Diamantidis, CJ, Lunyera, J, Bhavsar, N, Rebholz, CM, Pendergast, J, Boulware, LE, Svetkey, LP. DASH Diet and Blood Pressure Among Black Americans With and Without CKD: The Jackson Heart Study. Am J Hypertens. 2019. 32:975-982. doi:10.1093/ajh/hpz090	Intervention/Exposure; Outcome
2388	Tyson, CC, Kuchibhatla, M, Patel, UD, Pun, PH, Chang, A, Nwankwo, C, Joseph, MA, Svetkey, LP. Impact of Kidney Function on Effects of the Dietary Approaches to Stop Hypertension (Dash) Diet. J Hypertens (Los Angel). 2014. 3:. doi:10.4172/2167-1095.1000168	Intervention/Exposure
2389	Uauy, R, Mize, CE, Castillo-Duran, C. Fat intake during childhood: metabolic responses and effects on growth. Am J Clin Nutr. 2000. 72:1354s-1360s. doi:10.1093/ajcn/72.5.1354s	Intervention/Exposure
2390	Um, YJ, Oh, SW, Lee, CM, Kwon, HT, Joh, HK, Kim, YJ, Kim, HJ, Ahn, SH. Dietary Fat Intake and the Risk of Metabolic Syndrome in Korean Adults. Korean J Fam Med. 2015. 36:245-52. doi:10.4082/kjfm.2015.36.5.245	Intervention/Exposure; Outcome
2391	Umemoto, S, Kawano, R, Kawamura, A, Onaka, U, Motoi, S, Mitarai, M. Effects of Japan diet-based antihypertensive diet on blood pressure and its variability in subjects with untreated normal high blood pressure and stage I hypertension: a randomized controlled trial. Circulation. 2017. 136:. doi:unavailable	Publication Status
2392	Umpleby, AM, Shojaee-Moradie, F, Fielding, B, Li, X, Marino, A, Alsini, N, Isherwood, C, Jackson, N, Ahmad, A, Stolinski, M, Lovegrove, JA, Johnsen, S, Jeewaka, RMendisAS, Wright, J, Wilinska, ME, Hovorka, R, Bell, JD, Thomas, EL, Frost, GS, Griffin, BA. Impact of liver fat on the differential partitioning of hepatic triacylglycerol into VLDL subclasses on high and low sugar diets. Clin Sci (Lond). 2017. 131:2561-2573. doi:10.1042/cs20171208	Intervention/Exposure

No.	Citation	Rationale
2393	Unwin, D, Unwin, J. Low carbohydrate diet to achieve weight loss and improve HbA1c in type 2 diabetes and pre-diabetes: Experience from one general practice. Practical Diabetes. 2014. 31:76-79. doi:10.1002/pdi.1835	Study Design; Intervention/Exposure
2394	Unwin, DJ, Tobin, SD, Murray, SW, Delon, C, Brady, AJ. Substantial and Sustained Improvements in Blood Pressure, Weight and Lipid Profiles from a Carbohydrate Restricted Diet: An Observational Study of Insulin Resistant Patients in Primary Care. Int J Environ Res Public Health. 2019. 16:. doi:10.3390/ijerph16152680	Intervention/Exposure; Health Status
2395	Urbain, P, Strom, L, Morawski, L, Wehrle, A, Deibert, P, Bertz, H. Impact of a 6-week non-energy-restricted ketogenic diet on physical fitness, body composition and biochemical parameters in healthy adults. Nutr Metab (Lond). 2017. 14:17. doi:10.1186/s12986-017-0175-5	Study Design
2396	Utzschneider, KM, Arbuckle, MD, Tidwell, JM, Craft, S. An isocaloric low-fat diet decreases liver fat in older subjects. #journal#. 2010. :. doi:unavailable	Publication Status
2397	Utzschneider, KM, Bayer-Carter, JL, Arbuckle, MD, Tidwell, JM, Richards, TL, Craft, S. Beneficial effect of a weight-stable, low-fat/low-saturated fat/low-glycaemic index diet to reduce liver fat in older subjects. Br J Nutr. 2013. 109:1096-104. doi:10.1017/s0007114512002966	Study duration
2398	Uusitupa, M. Healthy nordic diet and metabolic syndrome-the sysdiet study. Annals of nutrition and metabolism. Conference: 12th european nutrition conference, FENS 2015. Berlin germany. Conference start: 20151020. Conference end: 20151023. Conference publication: (var.pagings). 2015. 67:52. doi:10.1159/000440895	Publication Status
2399	Vadiveloo, M, Sacks, FM, Champagne, CM, Bray, GA, Mattei, J. Greater Healthful Dietary Variety Is Associated with Greater 2-Year Changes in Weight and Adiposity in the Preventing Overweight Using Novel Dietary Strategies (POUNDS Lost) Trial. J Nutr. 2016. 146:1552-9. doi:10.3945/jn.115.224683	Intervention/Exposure
2400	Vakili, R, Nematy, M. Comparison of the effect of ketogenic diet and low caloric diet on weight loss in Iranian obese and overweight children. Hormone research in paediatrics. 2011. 76:180. doi:10.1159/000334327	Publication Status
2401	Valente-Dos-Santos, J, Tavares, OM, Duarte, JP, Sousa, ESilvaPM, Rama, LM, Casanova, JM, Fontes-Ribeiro, CA, Marques, EA, Courteix, D, Ronque, ERV, Cyrino, ES, Conde, J, Coelho, ESilvaMJ. Total and regional bone mineral and tissue composition in female adolescent athletes: comparison between volleyball players and swimmers. BMC Pediatr. 2018. 18:212. doi:10.1186/s12887-018-1182-z	Study Design; Intervention/Exposure
2402	Van Baak, M, Dopheide, J, Geleijnse, J, Bakker, S, Brink, E. Blood pressure and postprandial hemodynamic changes on a high protein versus high carbohydrate diet. Annals of nutrition and metabolism. 2011. 58:188. doi:10.1159/000334393	Publication Status
2403	van Baak, MA, Larsen, TM, Jebb, SA, Martinez, A, Saris, WHM, Handjieva-Darlenska, T, Kafatos, A, Pfeiffer, AFH, Kunesova, M, Astrup, A. Dietary Intake of Protein from Different Sources and Weight Regain, Changes in Body Composition and Cardiometabolic Risk Factors after Weight Loss: The DIOGenes Study. Nutrients. 2017. 9:. doi:10.3390/nu9121326	Study Design

No.	Citation	Rationale
2404	van Bakel, MM, Kaaks, R, Feskens, EJ, Rohrmann, S, Welch, AA, Pala, V, Avloniti, K, van der Schouw, YT, van der, Dl A, Du, H, Halkjaer, J, Tormo, MJ, Cust, AE, Brighenti, F, Beulens, JW, Ferrari, P, Biessy, C, Lentjes, M, Spencer, EA, Panico, S, Masala, G, Bueno-de-Mesquita, HB, Peeters, PH, Trichopoulou, A, Psaltopoulou, T, Clavel-Chapelon, F, Touvier, M, Skeie, G, Rinaldi, S, Sonestedt, E, Johansson, I, Schulze, M, Ardanaz, E, Buckland, G, Tjonneland, A, Overvad, K, Bingham, S, Riboli, E, Slimani, N. Dietary glycaemic index and glycaemic load in the European Prospective Investigation into Cancer and Nutrition. Eur J Clin Nutr. 2009. 63 Suppl 4:S188-205. doi:10.1038/ejcn.2009.81	Study Design; Intervention/Exposure; Outcome
2405	van Bussel, BC, Henry, RM, Ferreira, I, van Greevenbroek, MM, van der Kallen, CJ, Twisk, JW, Feskens, EJ, Schalkwijk, CG, Stehouwer, CD. A healthy diet is associated with less endothelial dysfunction and less low-grade inflammation over a 7-year period in adults at risk of cardiovascular disease. J Nutr. 2015. 145:532-40. doi:10.3945/jn.114.201236	Intervention/Exposure
2406	van Dam, RM, Rimm, EB, Willett, WC, Stampfer, MJ, Hu, FB. Dietary patterns and risk for type 2 diabetes mellitus in U.S. men. Ann Intern Med. 2002. 136:201-9. doi:10.7326/0003-4819-136-3-200202050-00008	Publication Date Overlaps with Existing Review
2407	van Dam, RM, Willett, WC, Rimm, EB, Stampfer, MJ, Hu, FB. Dietary fat and meat intake in relation to risk of type 2 diabetes in men. Diabetes Care. 2002. 25:417-24. doi:10.2337/diacare.25.3.417	Intervention/Exposure
2408	van der Gaag, EJ, Wieffer, R, van der Kraats, J. Advising Consumption of Green Vegetables, Beef, and Full-Fat Dairy Products Has No Adverse Effects on the Lipid Profiles in Children. Nutrients. 2017. 9:. doi:10.3390/nu9050518	Intervention/Exposure
2409	Van Elten, TM, Karsten, MDA, Geelen, A, Gemke, RJBJ, Groen, H, Hoek, A, Van Poppel, MNM, Roseboom, TJ. Preconception lifestyle intervention reduces long term energy intake in women with obesity and infertility: A randomised controlled trial 11 Medical and Health Sciences 1117 Public Health and Health Services 11 Medical and Health Sciences 1111 Nutrition and Dietetics. International Journal of Behavioral Nutrition and Physical Activity. 2019. 16:. doi:10.1186/s12966-018-0761-6	Intervention/Exposure; Comparator
2410	van Elten, TM, Karsten, MDA, Geelen, A, Gemke, Rjbj, Groen, H, Hoek, A, van Poppel, MNM, Roseboom, TJ. Preconception lifestyle intervention reduces long term energy intake in women with obesity and infertility: a randomised controlled trial. Int J Behav Nutr Phys Act. 2019. 16:3. doi:10.1186/s12966-018-0761-6	Intervention/Exposure; Outcome
2411	Van Elten, TM, Van Poppel, MNM, Gemke, Rjbj, Groen, H, Hoek, A, Mol, BW, Roseboom, TJ. Cardiometabolic Health in Relation to Lifestyle and Body Weight Changes 3(-)8 Years Earlier. Nutrients. 2018. 10:. doi:10.3390/nu10121953	Intervention/Exposure
2412	Van Elten, TM, Van Poppel, MNM, Gemke, RJBJ, Groen, H, Hoek, A, Mol, BW, Roseboom, TJ. Cardiometabolic health in relation to lifestyle and body weight changes 3–8 years earlier. Nutrients. 2018. 10:. doi:10.3390/nu10121953	Intervention/Exposure
2413	van Gemert, WA, Schuit, AJ, van der Palen, J, May, AM, Iestra, JA, Wittink, H, Peeters, PH, Monninkhof, EM. Effect of weight loss, with or without exercise, on body composition and sex hormones in postmenopausal women: the SHAPE-2 trial. Breast Cancer Res. 2015. 17:120. doi:10.1186/s13058-015-0633-9	Intervention/Exposure
2414	van Hees, AM, Jocken, JW, Essers, Y, Roche, HM, Saris, WH, Blaak, EE. Adipose triglyceride lipase and hormone-sensitive lipase protein expression in subcutaneous adipose tissue is decreased after an isoenergetic low-fat high-complex carbohydrate diet in the metabolic syndrome. Metabolism. 2012. 61:1404-12. doi:10.1016/j.metabol.2012.03.017	Power/Size; Intervention/Exposure

No.	Citation	Rationale
2415	van Herpen, NA, Schrauwen-Hinderling, VB, Schaart, G, Mensink, RP, Schrauwen, P. Three weeks on a high-fat diet increases intrahepatic lipid accumulation and decreases metabolic flexibility in healthy overweight men. J Clin Endocrinol Metab. 2011. 96:E691-5. doi:10.1210/jc.2010-2243	Study duration
2416	Van Horn, L, Peaceman, A, Kwasny, M, Vincent, E, Fought, A, Josefson, J, Spring, B, Neff, LM, Gernhofer, N. Dietary Approaches to Stop Hypertension Diet and Activity to Limit Gestational Weight: Maternal Offspring Metabolics Family Intervention Trial, a Technology Enhanced Randomized Trial. Am J Prev Med. 2018. 55:603-614. doi:10.1016/j.amepre.2018.06.015	Participants
2417	van Nassau, F, Singh, AS, Cerin, E, Salmon, J, van Mechelen, W, Brug, J, Chinapaw, MJ. The Dutch Obesity Intervention in Teenagers (DOiT) cluster controlled implementation trial: intervention effects and mediators and moderators of adiposity and energy balance-related behaviours. Int J Behav Nutr Phys Act. 2014. 11:158. doi:10.1186/s12966-014-0158-0	Intervention/Exposure
2418	van Nielen, M, Feskens, EJ, Rietman, A, Siebelink, E, Mensink, M. Partly replacing meat protein with soy protein alters insulin resistance and blood lipids in postmenopausal women with abdominal obesity. J Nutr. 2014. 144:1423-9. doi:10.3945/jn.114.193706	Intervention/Exposure; Outcome; Study duration
2419	van Oostrom, AJ, Castro Cabezas, M, Ribalta, J, Masana, L, Twickler, TB, Remijnse, TA, Erkelens, DW. Diurnal triglyceride profiles in healthy normolipidemic male subjects are associated to insulin sensitivity, body composition and diet. Eur J Clin Invest. 2000. 30:964-71. doi:10.1046/j.1365-2362.2000.00732.x	Study duration
2420	van Vught, AJ, Dagnelie, PC, Arts, IC, Froberg, K, Andersen, LB, El-Naaman, B, Bugge, A, Nielsen, BM, Heitman, BL. Dietary arginine and linear growth: the Copenhagen School Child Intervention Study. Br J Nutr. 2013. 109:1031-9. doi:10.1017/s0007114512002942	Intervention/Exposure
2421	van Vught, AJ, Heitmann, BL, Nieuwenhuizen, AG, Veldhorst, MA, Brummer, RJ, Westerterp-Plantenga, MS. Association between dietary protein and change in body composition among children (EYHS). Clin Nutr. 2009. 28:684-8. doi:10.1016/j.clnu.2009.05.001	Intervention/Exposure
2422	Vanacore, D, Messina, G, Lama, S, Bitti, G, Ambrosio, P, Tenore, G, Messina, A, Monda, V, Zappavigna, S, Boccellino, M, Novellino, E, Monda, M, Stiuso, P. Effect of restriction vegan diet's on muscle mass, oxidative status, and myocytes differentiation: A pilot study. J Cell Physiol. 2018. 233:9345-9353. doi:10.1002/jcp.26427	Study Design; Outcome
2423	Varady, KA, Bhutani, S, Klempel, MC, Phillips, SA. Improvements in vascular health by a low-fat diet, but not a high-fat diet, are mediated by changes in adipocyte biology. Nutr J. 2011. 10:8. doi:10.1186/1475-2891-10-8	Study duration
2424	Varady, KA, Dam, VT, Klempel, MC, Horne, M, Cruz, R, Kroeger, CM, Santosa, S. Effects of weight loss via high fat vs. low fat alternate day fasting diets on free fatty acid profiles. Sci Rep. 2015. 5:7561. doi:10.1038/srep07561	Power/Size
2425	Vargas, P. Dietary Intake and Obesity among Filipino Americans in New Jersey. J Environ Public Health. 2018. 2018:6719861. doi:10.1155/2018/6719861	Study Design
2426	Vargas, S, Romance, R, Petro, JL, Bonilla, DA, Galancho, I, Espinar, S, Kreider, RB, Benitez-Porres, J. Efficacy of ketogenic diet on body composition during resistance training in trained men: a randomized controlled trial. J Int Soc Sports Nutr. 2018. 15:31. doi:10.1186/s12970-018-0236-9	Intervention/Exposure

No.	Citation	Rationale
2427	Vasilaras, TH, Raben, A, Astrup, A. Twenty-four hour energy expenditure and substrate oxidation before and after 6 months' ad libitum intake of a diet rich in simple or complex carbohydrates or a habitual diet. Int J Obes Relat Metab Disord. 2001. 25:954-65. doi:10.1038/sj.ijo.0801630	Intervention/Exposure
2428	Velazquez-Lopez, L, Gonzalez-Figueroa, E, Medina-Bravo, P, Pineda-Del Aguila, I, Avila-Jimenez, L, Ramos-Hernandez, R, Klunder-Klunder, M, Escobedo-de la Pena, J. Low calorie and carbohydrate diet: to improve the cardiovascular risk indicators in overweight or obese adults with prediabetes. Endocrine. 2013. 43:593-602. doi:10.1007/s12020-012-9775-z	Study Design; Intervention/Exposure
2429	Velazquez-Lopez, L, Santiago-Diaz, G, Nava-Hernandez, J, Munoz-Torres, AV, Medina-Bravo, P, Torres-Tamayo, M. Mediterranean-style diet reduces metabolic syndrome components in obese children and adolescents with obesity. BMC Pediatr. 2014. 14:175. doi:10.1186/1471-2431-14-175	Power/Size
2430	Veldhorst, MA, Westerterp, KR, van Vught, AJ, Westerterp-Plantenga, MS. Presence or absence of carbohydrates and the proportion of fat in a high-protein diet affect appetite suppression but not energy expenditure in normal-weight human subjects fed in energy balance. Br J Nutr. 2010. 104:1395-405. doi:10.1017/s0007114510002060	Study duration
2431	Veldhorst, MA, Westerterp-Plantenga, MS, Westerterp, KR. Gluconeogenesis and energy expenditure after a high-protein, carbohydrate-free diet. Am J Clin Nutr. 2009. 90:519-26. doi:10.3945/ajcn.2009.27834	Study duration
2432	Veldhorst, MAB, Verbruggen, Scat, van Harskamp, D, Vermes, A, Schierbeek, H, van Goudoever, JB, van den Akker, ELT. Effects of a high-protein intake on metabolic targets for weight loss in children with obesity: a randomized trial. Obes Sci Pract. 2018. 4:347-356. doi:10.1002/osp4.277	Study duration
2433	Venn, BJ, Perry, T, Green, TJ, Skeaff, CM, Aitken, W, Moore, NJ, Mann, JI, Wallace, AJ, Monro, J, Bradshaw, A, Brown, RC, Skidmore, PM, Doel, K, O'Brien, K, Frampton, C, Williams, S. The effect of increasing consumption of pulses and wholegrains in obese people: a randomized controlled trial. J Am Coll Nutr. 2010. 29:365-72. doi:10.1080/07315724.2010.10719853	Intervention/Exposure; Publication Date Overlaps with Existing Review
2434	Veno, SK, Schmidt, EB, Jakobsen, MU, Lundbye-Christensen, S, Bach, FW, Overvad, K. Substitution of Linoleic Acid for Other Macronutrients and the Risk of Ischemic Stroke. Stroke. 2017. 48:3190-3195. doi:10.1161/strokeaha.117.017935	Intervention/Exposure
2435	Ventura, E, Davis, J, Byrd-Williams, C, Alexander, K, McClain, A, Lane, CJ, Spruijt-Metz, D, Weigensberg, M, Goran, M. Reduction in risk factors for type 2 diabetes mellitus in response to a low-sugar, high-fiber dietary intervention in overweight Latino adolescents. Arch Pediatr Adolesc Med. 2009. 163:320-7. doi:10.1001/archpediatrics.2009.11	Intervention/Exposure
2436	Verges, B, Fumeron, F. Potential risks associated with increased plasma plant-sterol levels. Diabetes Metab. 2015. 41:76-81. doi:10.1016/j.diabet.2014.11.003	Study Design; Intervention/Exposure

No.	Citation	Rationale
2437	Vergnaud, AC, Norat, T, Mouw, T, Romaguera, D, May, AM, Bueno-de-Mesquita, HB, van der, AD, Agudo, A, Wareham, N, Khaw, KT, Romieu, I, Freisling, H, Slimani, N, Perquier, F, Boutron-Ruault, MC, Clavel-Chapelon, F, Palli, D, Berrino, F, Mattiello, A, Tumino, R, Ricceri, F, Rodriguez, L, Molina-Montes, E, Amiano, P, Barricarte, A, Chirlaque, MD, Crowe, FL, Orfanos, P, Naska, A, Trichopoulou, A, Teucher, B, Kaaks, R, Boeing, H, Buijsse, B, Johansson, I, Hallmans, G, Drake, I, Sonestedt, E, Jakobsen, MU, Overvad, K, Tjonneland, A, Halkjaer, J, Skeie, G, Braaten, T, Lund, E, Riboli, E, Peeters, PH. Macronutrient composition of the diet and prospective weight change in participants of the EPIC-PANACEA study. PLoS One. 2013. 8:e57300. doi:10.1371/journal.pone.0057300	Intervention/Exposure
2438	Verhoef, P, van Vliet, T, Olthof, MR, Katan, MB. A high-protein diet increases postprandial but not fasting plasma total homocysteine concentrations: a dietary controlled, crossover trial in healthy volunteers. Am J Clin Nutr. 2005. 82:553-8. doi:10.1093/ajcn.82.3.553	Study duration
2439	Vernon, MC, Kueser, B, Transue, M, Yates, HE, Yancy, WS, Westman, EC. Clinical experience of a carbohydrate-restricted diet for the metabolic syndrome. Metab Syndr Relat Disord. 2004. 2:180-6. doi:10.1089/met.2004.2.180	Intervention/Exposure
2440	Veronese, N, Li, Y, Manson, JE, Willett, WC, Fontana, L, Hu, FB. Combined associations of body weight and lifestyle factors with all cause and cause specific mortality in men and women: prospective cohort study. Bmj. 2016. 355:i5855. doi:10.1136/bmj.i5855	Intervention/Exposure
2441	Verreijen, AM, Engberink, MF, Houston, DK, Brouwer, IA, Cawthon, PM, Newman, AB, Tylavsky, FA, Harris, TB, Weijs, PJM, Visser, M. Dietary protein intake is not associated with 5-y change in mid-thigh muscle cross-sectional area by computed tomography in older adults: the Health, Aging, and Body Composition (Health ABC) Study. Am J Clin Nutr. 2019. 109:535-543. doi:10.1093/ajcn/nqy341	Intervention/Exposure
2442	Verreijen, AM, Engberink, MF, Memelink, RG, van der Plas, SE, Visser, M, Weijs, PJ. Effect of a high protein diet and/or resistance exercise on the preservation of fat free mass during weight loss in overweight and obese older adults: a randomized controlled trial. Nutr J. 2017. 16:10. doi:10.1186/s12937-017-0229-6	Intervention/Exposure; Comparator
2443	Vetter, ML, Iqbal, N, Dalton-Bakes, C, Volger, S, Wadden, TA. Long-term effects of low-carbohydrate versus low-fat diets in obese persons. Annals of Internal Medicine. 2010. 152:334-335. doi:10.7326/0003-4819-152-5-201003020-00020	Publication Status
2444	Veum, V, Laupsa-Borge, J, Eng, O, Rostrup, E, Solsvik, M, Larsen, T, Nordrehaug, JE, Nygaard, O, Sagen, J, Gudbrandsen, O, etal, . Very-high-fat and isocaloric low-fat diet interventions in overweight middle-aged men-results from a randomized trial. Obesity facts. 2014. 7:68. doi:10.1159/000363668	Publication Status
2445	Veum, VL, Laupsa-Borge, J, Eng, O, Rostrup, E, Larsen, TH, Nordrehaug, JE, Nygard, OK, Sagen, JV, Gudbrandsen, OA, Dankel, SN, Mellgren, G. Visceral adiposity and metabolic syndrome after very high-fat and low-fat isocaloric diets: a randomized controlled trial. Am J Clin Nutr. 2017. 105:85-99. doi:10.3945/ajcn.115.123463	Weight loss/Hypocaloric
2446	Vicari, RM, Bramlet, D, Olivera, B, Barber, L, Alexander, L, Parker, L, Howard, M. Atherosclerosis and teen eating study. J Clin Lipidol. 2007. 1:194-7. doi:10.1016/j.jacl.2007.04.005	Intervention/Exposure; Publication Date Overlaps with Existing Review

No.	Citation	Rationale
2447	Vidal-Peracho, C, Tricas-Moreno, JM, Lucha-Lopez, AC, Lucha-Lopez, MO, Camunas-Pescador, AC, Caverni-Munoz, A, Fanlo-Mazas, P. Adherence to Mediterranean Diet Pattern among Spanish Adults Attending a Medical Centre: Nondiabetic Subjects and Type 1 and 2 Diabetic Patients. J Diabetes Res. 2017. 2017:5957821. doi:10.1155/2017/5957821	Study Design
2448	Vidon, C, Boucher, P, Cachefo, A, Peroni, O, Diraison, F, Beylot, M. Effects of isoenergetic high-carbohydrate compared with high-fat diets on human cholesterol synthesis and expression of key regulatory genes of cholesterol metabolism. Am J Clin Nutr. 2001. 73:878-84. doi:10.1093/ajcn/73.5.878	Study duration
2449	Vilela, S, Oliveira, A, Severo, M, Lopes, C. Chrono-Nutrition: The Relationship between Time-of-Day Energy and Macronutrient Intake and Children's Body Weight Status. J Biol Rhythms. 2019. 34:332-342. doi:10.1177/0748730419838908	Intervention/Exposure
2450	Viljakainen, HT, Valta, H, Lipsanen-Nyman, M, Saukkonen, T, Kajantie, E, Andersson, S, Makitie, O. Bone Characteristics and Their Determinants in Adolescents and Young Adults with Early-Onset Severe Obesity. Calcif Tissue Int. 2015. 97:364-75. doi:10.1007/s00223-015-0031-4	Study Design; Outcome
2451	Viljanen, AP, Karmi, A, Borra, R, Parkka, JP, Lepomaki, V, Parkkola, R, Lautamaki, R, Jarvisalo, M, Taittonen, M, Ronnemaa, T, Iozzo, P, Knuuti, J, Nuutila, P, Raitakari, OT. Effect of caloric restriction on myocardial fatty acid uptake, left ventricular mass, and cardiac work in obese adults. Am J Cardiol. 2009. 103:1721-6. doi:10.1016/j.amjcard.2009.02.025	Study Design
2452	Viner, RT, Harris, M, Berning, JR, Meyer, NL. Energy Availability and Dietary Patterns of Adult Male and Female Competitive Cyclists With Lower Than Expected Bone Mineral Density. Int J Sport Nutr Exerc Metab. 2015. 25:594-602. doi:10.1123/ijsnem.2015-0073	Comparator; Outcome
2453	Virtanen, HEK, Voutilainen, S, Koskinen, TT, Mursu, J, Kokko, P, Ylilauri, MPT, Tuomainen, TP, Salonen, JT, Virtanen, JK. Dietary proteins and protein sources and risk of death: the Kuopio Ischaemic Heart Disease Risk Factor Study. Am J Clin Nutr. 2019. 109:1462-1471. doi:10.1093/ajcn/nqz025	Outcome
2454	Virtanen, JK, Mursu, J, Tuomainen, TP, Voutilainen, S. Dietary fatty acids and risk of coronary heart disease in men: the Kuopio Ischemic Heart Disease Risk Factor Study. Arterioscler Thromb Vasc Biol. 2014. 34:2679-87. doi:10.1161/atvbaha.114.304082	Intervention/Exposure
2455	Viscogliosi, G, Cipriani, E, Liguori, ML, Marigliano, B, Saliola, M, Ettorre, E, Andreozzi, P. Mediterranean dietary pattern adherence: Associations with prediabetes, metabolic syndrome, and related microinflammation. Metabolic Syndrome and Related Disorders. 2013. 11:210-216. doi:10.1089/met.2012.0168	Study Design
2456	Vissers, LET, Waller, M, van der Schouw, YT, Hebert, JR, Shivappa, N, Schoenaker, Dajm, Mishra, GD. A pro-inflammatory diet is associated with increased risk of developing hypertension among middle-aged women. Nutr Metab Cardiovasc Dis. 2017. 27:564-570. doi:10.1016/j.numecd.2017.03.005	Intervention/Exposure
2457	Visuthranukul, C, Sirimongkol, P, Prachansuwan, A, Pruksananonda, C, Chomtho, S. Low-glycemic index diet may improve insulin sensitivity in obese children. Pediatr Res. 2015. 78:567-73. doi:10.1038/pr.2015.142	Intervention/Exposure
2458	Vogel, RA, Corretti, MC, Plotnick, GD. The postprandial effect of components of the Mediterranean diet on endothelial function. Journal of the American College of Cardiology. 2000. 36:1455-1460. doi:10.1016/S0735-1097(00)00896-2	Study duration

No.	Citation	Rationale
2459	Volek, J, Sharman, M, Gomez, A, Judelson, D, Rubin, M, Watson, G, Sokmen, B, Silvestre, R, French, D, Kraemer, W. Comparison of energy-restricted very low-carbohydrate and low-fat diets on weight loss and body composition in overweight men and women. Nutr Metab (Lond). 2004. 1:13. doi:10.1186/1743-7075-1-13	Study duration
2460	Volek, JS, Ballard, KD, Silvestre, R, Judelson, DA, Quann, EE, Forsythe, CE, Fernandez, ML, Kraemer, WJ. Effects of dietary carbohydrate restriction versus low-fat diet on flow-mediated dilation. Metabolism. 2009. 58:1769-77. doi:10.1016/j.metabol.2009.06.005	Power/Size
2461	Volek, JS, Phinney, SD, Forsythe, CE, Quann, EE, Wood, RJ, Puglisi, MJ, Kraemer, WJ, Bibus, DM, Fernandez, ML, Feinman, RD. Carbohydrate restriction has a more favorable impact on the metabolic syndrome than a low fat diet. Lipids. 2009. 44:297-309. doi:10.1007/s11745-008-3274-2	Power/Size
2462	Volek, JS, Sharman, MJ, Gomez, AL, DiPasquale, C, Roti, M, Pumerantz, A, Kraemer, WJ. Comparison of a very low-carbohydrate and low-fat diet on fasting lipids, LDL subclasses, insulin resistance, and postprandial lipemic responses in overweight women. J Am Coll Nutr. 2004. 23:177-84. doi:10.1080/07315724.2004.10719359	Study duration
2463	Volek, JS, Sharman, MJ, Gomez, AL, Scheett, TP, Kraemer, WJ. An isoenergetic very low carbohydrate diet improves serum HDL cholesterol and triacylglycerol concentrations, the total cholesterol to HDL cholesterol ratio and postprandial pipemic responses compared with a low fat diet in normal weight, normolipidemic women. J Nutr. 2003. 133:2756-61. doi:10.1093/jn/133.9.2756	Study duration
2464	Volek, JS, Sharman, MJ, Love, DM, Avery, NG, Gomez, AL, Scheett, TP, Kraemer, WJ. Body composition and hormonal responses to a carbohydrate-restricted diet. Metabolism. 2002. 51:864-70. doi:10.1053/meta.2002.32037	Outcome; Study duration
2465	Volger, S, Sheng, X, Tong, LM, Zhao, D, Fan, T, Zhang, F, Ge, J, Ho, WM, Hays, NP, Yao, MP. Nutrient intake and dietary patterns in children 2.5-5 years of age with picky eating behaviours and low weight-for-height. Asia Pac J Clin Nutr. 2017. 26:104-109. doi:10.6133/apjcn.102015.02	Intervention/Exposure; Outcome
2466	Vollmer, WM, Sacks, FM, Svetkey, LP. New insights into the effects on blood pressure of diets low in salt and high in fruits and vegetables and low-fat dairy products. Curr Control Trials Cardiovasc Med. 2001. 2:71-74. doi:10.1186/cvm-2-2-071	Study Design
2467	Volp, AC, Hermsdorff, HH, Bressan, J. Glycemia and insulinemia evaluation after high-sucrose and high-fat diets in lean and overweight/obese women. J Physiol Biochem. 2008. 64:103-13. doi:unavailable	Study duration
2468	Volp, AC, Hermsdorff, HM, Bressan, J. Effect of high sucrose- and high-fat diets ingested under free-living conditions in insulin resistance in normal weight and overweight women. Nutricion hospitalaria. 2007. 22:46-60. doi:unavailable	Language
2469	Voltas, N, Arija, V, Aparicio, E, Canals, J. Longitudinal study of psychopathological, anthropometric and sociodemographic factors related to the level of Mediterranean diet adherence in a community sample of Spanish adolescents. Public Health Nutr. 2016. 19:1812-22. doi:10.1017/s1368980015003560	Outcome
2470	von Frankenberg, AD, Marina, A, Song, X, Callahan, HS, Kratz, M, Utzschneider, KM. A high-fat, high-saturated fat diet decreases insulin sensitivity without changing intra-abdominal fat in weight-stable overweight and obese adults. Eur J Nutr. 2017. 56:431-443. doi:10.1007/s00394-015-1108-6	Outcome

No.	Citation	Rationale
2471	von Ruesten, A, Feller, S, Bergmann, MM, Boeing, H. Diet and risk of chronic diseases: results from the first 8 years of follow-up in the EPIC-Potsdam study. Eur J Clin Nutr. 2013. 67:412-9. doi:10.1038/ejcn.2013.7	Intervention/Exposure
2472	Voortman, T, Braun, KV, Kiefte-de Jong, JC, Jaddoe, VW, Franco, OH, van den Hooven, EH. Protein intake in early childhood and body composition at the age of 6 years: The Generation R Study. Int J Obes (Lond). 2016. 40:1018-25. doi:10.1038/ijo.2016.29	Intervention/Exposure; AGE: Intervention/Exposure
2473	Voortman, T, Leermakers, ET, Franco, OH, Jaddoe, VW, Moll, HA, Hofman, A, van den Hooven, EH, Kiefte-de Jong, JC. A priori and a posteriori dietary patterns at the age of 1 year and body composition at the age of 6 years: the Generation R Study. Eur J Epidemiol. 2016. 31:775-83. doi:10.1007/s10654-016-0179-x	AGE: Intervention/Exposure
2474	Wade, AT, Davis, CR, Dyer, KA, Hodgson, JM, Woodman, RJ, Keage, HAD, Murphy, KJ. A Mediterranean diet supplemented with dairy foods improves mood and processing speed in an Australian sample: results from the MedDairy randomized controlled trial. Nutr Neurosci. 2018. :1-13. doi:10.1080/1028415x.2018.1543148	Outcome
2475	Wade, AT, Davis, CR, Dyer, KA, Hodgson, JM, Woodman, RJ, Murphy, KJ. A Mediterranean diet supplemented with dairy foods improves markers of cardiovascular risk: results from the MedDairy randomized controlled trial. Am J Clin Nutr. 2018. 108:1166-1182. doi:10.1093/ajcn/nqy207	Study duration
2476	Wade, AT, Davis, CR, Dyer, KA, Hodgson, JM, Woodman, RJ, Murphy, KJ. Effects of Mediterranean diet supplemented with lean pork on blood pressure and markers of cardiovascular risk: findings from the MedPork trial. Br J Nutr. 2019. 122:873-883. doi:10.1017/s0007114519001168	Study duration
2477	Wadolowska, L, Hamulka, J, Kowalkowska, J, Ulewicz, N, Hoffmann, M, Gornicka, M, Bronkowska, M, Leszczynska, T, Glibowski, P, Korzeniowska-Ginter, R. Changes in Sedentary and Active Lifestyle, Diet Quality and Body Composition Nine Months after an Education Program in Polish Students Aged 11(-)12 Years: Report from the ABC of Healthy Eating Study. Nutrients. 2019. 11:. doi:10.3390/nu11020331	Intervention/Exposure; Outcome
2478	Waern, RV, Cumming, RG, Blyth, F, Naganathan, V, Allman-Farinelli, M, Le Couteur, D, Simpson, SJ, Kendig, H, Hirani, V. Adequacy of nutritional intake among older men living in Sydney, Australia: findings from the Concord Health and Ageing in Men Project (CHAMP). Br J Nutr. 2015. 114:812-21. doi:10.1017/s0007114515002421	Outcome
2479	Waijers, PM, Ocke, MC, van Rossum, CT, Peeters, PH, Bamia, C, Chloptsios, Y, van der Schouw, YT, Slimani, N, Bueno-de-Mesquita, HB. Dietary patterns and survival in older Dutch women. Am J Clin Nutr. 2006. 83:1170-6. doi:10.1093/ajcn/83.5.1170	Outcome
2480	Waldeyer, C, Brunner, FJ, Braetz, J, Ruebsamen, N, Zyriax, BC, Blaum, C, Kroeger, F, Kohsiack, R, Schrage, B, Sinning, C, Becher, PM, Karakas, M, Zeller, T, Westermann, D, Sydow, K, Blankenberg, S, Seiffert, M, Schnabel, RB. Adherence to Mediterranean diet, high-sensitive C-reactive protein, and severity of coronary artery disease: Contemporary data from the INTERCATH cohort. Atherosclerosis. 2018. 275:256-261. doi:10.1016/j.atherosclerosis.2018.06.877	Outcome
2481	Waldman, HS, Krings, BM, Basham, SA, Smith, JEW, Fountain, BJ, McAllister, MJ. Effects of a 15-Day Low Carbohydrate, High-Fat Diet in Resistance-Trained Men. J Strength Cond Res. 2018. 32:3103-3111. doi:10.1519/jsc.0000000000002282	Study duration

No.	Citation	Rationale
2482	Waldman, HS, Smith, JW, Lamberth, J, Fountain, BJ, McAllister, MJ. A 28-Day Carbohydrate-Restricted Diet Improves Markers of Cardiometabolic Health and Performance in Professional Firefighters. J Strength Cond Res. 2019. :. doi:10.1519/jsc.0000000000003354	Study Design
2483	Walilko, E, Napierala, MU, Bryskiewicz, ME, Majkowska, L. Influence of short-term high-protein diet and low glycemic index diet on body mass and composition in overweight and obese subjects. Diabetes. 2013. 62:A195-A196. doi:10.2337/db13-680-858	Publication Status; Study duration
2484	Walker, CG, Loos, RJ, Mander, AP, Jebb, SA, Frost, GS, Griffin, BA, Lovegrove, JA, Sanders, TA, Bluck, LJ. Genetic predisposition to type 2 diabetes is associated with impaired insulin secretion but does not modify insulin resistance or secretion in response to an intervention to lower dietary saturated fat. Genes Nutr. 2012. 7:529-36. doi:10.1007/s12263-012-0284-8	Intervention/Exposure
2485	Walker, CG, Loos, RJ, Olson, AD, Frost, GS, Griffin, BA, Lovegrove, JA, Sanders, TA, Jebb, SA. Genetic predisposition influences plasma lipids of participants on habitual diet, but not the response to reductions in dietary intake of saturated fatty acids. Atherosclerosis. 2011. 215:421-7. doi:10.1016/j.atherosclerosis.2010.12.039	Study Design; Intervention/Exposure
2486	Walker, CG, Solis-Trapala, I, Holzapfel, C, Ambrosini, GL, Fuller, NR, Loos, RJ, Hauner, H, Caterson, ID, Jebb, SA. Modelling the Interplay between Lifestyle Factors and Genetic Predisposition on Markers of Type 2 Diabetes Mellitus Risk. PLoS One. 2015. 10:e0131681. doi:10.1371/journal.pone.0131681	Intervention/Exposure
2487	Wall, CR, Gammon, CS, Bandara, DK, Grant, CC, Atatoa Carr, PE, Morton, SM. Dietary Patterns in Pregnancy in New Zealand-Influence of Maternal Socio-Demographic, Health and Lifestyle Factors. Nutrients. 2016. 8:. doi:10.3390/nu8050300	Study Design; Outcome; Participants
2488	Wallström, P, Sonestedt, E, Hlebowicz, J, Ericson, U, Drake, I, Persson, M, Gullberg, B, Hedblad, B, Wirfält, E. Dietary fiber and saturated fat intake associations with cardiovascular disease differ by sex in the Malmö diet and cancer cohort: A prospective study. PLoS ONE. 2012. 7:. doi:10.1371/journal.pone.0031637	Intervention/Exposure
2489	Walsh, EI, Jacka, FN, Butterworth, P, Anstey, KJ, Cherbuin, N. The association between Western and Prudent dietary patterns and fasting blood glucose levels in type 2 diabetes and normal glucose metabolism in older Australian adults. Heliyon. 2017. 3:e00315. doi:10.1016/j.heliyon.2017.e00315	Study Design
2490	Walthouwer, MJ, Oenema, A, Lechner, L, de Vries, H. Comparing a Video and Text Version of a Web-Based Computer-Tailored Intervention for Obesity Prevention: A Randomized Controlled Trial. J Med Internet Res. 2015. 17:e236. doi:10.2196/jmir.4083	Intervention/Exposure
2491	Wang, C, Almoosawi, S, Palla, L. Day-Time Patterns of Carbohydrate Intake in Adults by Non-Parametric Multi-Level Latent Class Analysis-Results from the UK National Diet and Nutrition Survey (2008/09-2015/16). Nutrients. 2019. 11:. doi:10.3390/nu11102476	Study Design; Intervention/Exposure
2492	Wang, DD, Li, Y, Chiuve, SE, Hu, FB, Willett, WC. Improvements In US Diet Helped Reduce Disease Burden And Lower Premature Deaths, 1999-2012; Overall Diet Remains Poor. Health Aff (Millwood). 2015. 34:1916-22. doi:10.1377/hlthaff.2015.0640	Study Design; Intervention/Exposure
2493	Wang, DD, Li, Y, Chiuve, SE, Stampfer, MJ, Manson, JE, Rimm, EB, Willett, WC, Hu, FB. Association of Specific Dietary Fats With Total and Cause-Specific Mortality. JAMA Intern Med. 2016. 176:1134-45. doi:10.1001/jamainternmed.2016.2417	Intervention/Exposure

No.	Citation	Rationale
2494	Wang, H, Fox, CS, Troy, LM, McKeown, NM, Jacques, PF. Longitudinal association of dairy consumption with the changes in blood pressure and the risk of incident hypertension: the Framingham Heart Study. Br J Nutr. 2015. 114:1887-99. doi:10.1017/s0007114515003578	Intervention/Exposure
2495	Wang, HH, Wong, MC, Mok, RY, Kwan, MW, Chan, WM, Fan, CK, Lee, CL, Griffiths, SM. Factors associated with grade 1 hypertension: implications for hypertension care based on the Dietary Approaches to Stop Hypertension (DASH) in primary care settings. BMC Fam Pract. 2015. 16:26. doi:10.1186/s12875-015-0239-4	Study Design
2496	Wang, J, Garcia-Bailo, B, Nielsen, DE, El-Sohemy, A. ABO genotype, 'blood-type' diet and cardiometabolic risk factors. PLoS One. 2014. 9:e84749. doi:10.1371/journal.pone.0084749	Study Design
2497	Wang, L, Bordi, PL, Fleming, JA, Hill, AM, Kris-Etherton, PM. Effect of a moderate fat diet with and without avocados on lipoprotein particle number, size and subclasses in overweight and obese adults: a randomized, controlled trial. J Am Heart Assoc. 2015. 4:e001355. doi:10.1161/jaha.114.001355	Study duration
2498	Wang, L, Dalton, WT, Schetzina, KE, Fulton-Robinson, H, Holt, N, Ho, AL, Tudiver, F, Wu, T. Home food environment, dietary intake, and weight among overweight and obese children in southern appalachia. Southern Medical Journal. 2013. 106:550-557. doi:10.1097/SMJ.0000000000000008	Study Design; Intervention/Exposure
2499	Wang, P, Holst, C, Andersen, MR, Astrup, A, Bouwman, FG, van Otterdijk, S, Wodzig, WK, van Baak, MA, Larsen, TM, Jebb, SA, Kafatos, A, Pfeiffer, AF, Martinez, JA, Handjieva-Darlenska, T, Kunesova, M, Saris, WH, Mariman, EC. Blood profile of proteins and steroid hormones predicts weight change after weight loss with interactions of dietary protein level and glycemic index. PLoS One. 2011. 6:e16773. doi:10.1371/journal.pone.0016773	Intervention/Exposure
2500	Wang, T, Heianza, Y, Sun, D, Rood, J, Bray, GA, Sacks, FM, Qi, L. Dietary protein intake modifies the genetic risk on insulin resistance in the pounds lost trial. Circulation. 2016. 134:. doi:unavailable	Publication Status
2501	Wang, X, Li, X, Vaartjes, I, Neal, B, Bots, ML, Hoes, AW, Wu, Y. Does education level affect the efficacy of a community based salt reduction program? - A post-hoc analysis of the China Rural Health Initiative Sodium Reduction Study (CRHI-SRS). BMC Public Health. 2016. 16:759. doi:10.1186/s12889-016-3454-6	Intervention/Exposure
2502	Wang, Y, Kaneko, T, Wang, PY, Sato, A. Decreased carbohydrate intake is more important than increased fat intake in the glucose intolerance by a low-carbohydrate/high-fat diet. Diabetes Research and Clinical Practice. 2002. 55:61-63. doi:10.1016/S0168-8227(01)00291-1	Publication Status
2503	Wang, YF, Yancy, WS, Jr, Yu, D, Champagne, C, Appel, LJ, Lin, PH. The relationship between dietary protein intake and blood pressure: results from the PREMIER study. J Hum Hypertens. 2008. 22:745-54. doi:10.1038/jhh.2008.64	Intervention/Exposure
2504	Wang, Z, Adair, LS, Cai, J, Gordon-Larsen, P, Siega-Riz, AM, Zhang, B, Popkin, BM. Diet Quality Is Linked to Insulin Resistance among Adults in China. J Nutr. 2017. 147:2102-2108. doi:10.3945/jn.117.256180	Country
2505	Wang, Z, Siega-Riz, AM, Gordon-Larsen, P, Cai, J, Adair, LS, Zhang, B, Popkin, BM. Diet quality and its association with type 2 diabetes and major cardiometabolic risk factors among adults in China. Nutr Metab Cardiovasc Dis. 2018. 28:987-1001. doi:10.1016/j.numecd.2018.06.012	Country

No.	Citation	Rationale
2506	Waśkiewicz, A, Piotrowski, W, Sygnowska, E, Rywik, S, Jasiński, B. Did favourable trends in food consumption observed in the 1984-2001 period contribute to the decrease in cardiovascular mortality? - Pol-MONICA Warsaw Project. Kardiologia Polska. 2006. 64:16-23. doi:unavailable	Study Design; Intervention/Exposure
2507	Waskiewicz, A, Piotrowski, W, Szostak-Wegierek, D, Cicha-Mikolajczyk, A. Relationship between 28-year food consumption trends and the 10-year global risk of death due to cardiovascular diseases in the adult Warsaw population. Kardiol Pol. 2015. 73:650-5. doi:10.5603/KP.a2015.0070	Study Design
2508	Waterplas, J, Versele, V, D'Hondt, E, Lefevre, J, Mertens, E, Charlier, R, Knaeps, S, Clarys, P. A 10-year longitudinal study on the associations between changes in plant-based diet indices, anthropometric parameters and blood lipids in a Flemish adult population. Nutr Diet. 2019. :. doi:10.1111/1747-0080.12578	Power/Size
2509	Weber, B, Bersch-Ferreira, AC, Torreglosa, CR, Marcadenti, A, Lara, ES, da Silva, JT, Costa, RP, et al. Implementation of a Brazilian Cardioprotective Nutritional (BALANCE) Program for improvement on quality of diet and secondary prevention of cardiovascular events: A randomized, multicenter trial. Am Heart J. 2019. 215:187-197. doi:10.1016/j.ahj.2019.06.010	Study Design; Health Status
2510	Weder, S, Hoffmann, M, Becker, K, Alexy, U, Keller, M. Energy, Macronutrient Intake, and Anthropometrics of Vegetarian, Vegan, and Omnivorous Children (1(-)3 Years) in Germany (VeChi Diet Study). Nutrients. 2019. 11:. doi:10.3390/nu11040832	Study Design
2511	Weech, M, Vafeiadou, K, Mihaylova, R, Hasaj, M, Yaqoob, P, Todd, S, Jackson, KG, Lovegrove, JA. Substitution of dietary saturated fatty acids with either monounsaturated or n-6 polyunsaturated fatty acids improves the plasma lipid profile in those at risk from CVD: results from the DIVAS study. Proceedings of the nutrition society. 2013. 72:E182. doi:10.1017/S0029665113002073	Publication Status
2512	Wei, M, Brandhorst, S, Shelehchi, M, Mirzaei, H, Cheng, CW, Budniak, J, Groshen, S, Mack, WJ, Guen, E, Di Biase, S, Cohen, P, Morgan, TE, Dorff, T, Hong, K, Michalsen, A, Laviano, A, Longo, VD. Fasting-mimicking diet and markers/risk factors for aging, diabetes, cancer, and cardiovascular disease. Science Translational Medicine. 2017. 9:. doi:10.1126/scitranslmed.aai8700	Study duration
2513	Weickert, MO, Roden, M, Isken, F, Hoffmann, D, Nowotny, P, Osterhoff, M, Blaut, M, Alpert, C, Gogebakan, O, Bumke-Vogt, C, Mueller, F, Machann, J, Barber, TM, Petzke, KJ, Hierholzer, J, Hornemann, S, Kruse, M, Illner, AK, Kohl, A, Loeffelholz, CV, Arafat, AM, Mohlig, M, Pfeiffer, AF. Effects of supplemented isoenergetic diets differing in cereal fiber and protein content on insulin sensitivity in overweight humans. Am J Clin Nutr. 2011. 94:459-71. doi:10.3945/ajcn.110.004374	Power/Size
2514	Weigle, DS, Breen, PA, Matthys, CC, Callahan, HS, Meeuws, KE, Burden, VR, Purnell, JQ. A high-protein diet induces sustained reductions in appetite, ad libitum caloric intake, and body weight despite compensatory changes in diurnal plasma leptin and ghrelin concentrations. Am J Clin Nutr. 2005. 82:41-8. doi:10.1093/ajcn.82.1.41	Study Design; Intervention/Exposure; Study duration
2515	Weigle, DS, Cummings, DE, Newby, PD, Breen, PA, Frayo, RS, Matthys, CC, Callahan, HS, Purnell, JQ. Roles of leptin and ghrelin in the loss of body weight caused by a low fat, high carbohydrate diet. J Clin Endocrinol Metab. 2003. 88:1577-86. doi:10.1210/jc.2002-021262	Power/Size
2516	Weihua Mmed, L, Yougang, W, Jing, W. Reduced or modified dietary fat for preventing cardiovascular disease. J Cardiovasc Nurs. 2013. 28:204-5. doi:10.1097/JCN.0b013e3182816005	Study Design; Publication Status

No.	Citation	Rationale
2517	Weijs, PJM, Wolfe, RR. Exploration of the protein requirement during weight loss in obese older adults. Clin Nutr. 2016. 35:394-398. doi:10.1016/j.clnu.2015.02.016	Intervention/Exposure
2518	Weise, CM, Hohenadel, MG, Krakoff, J, Votruba, SB. Body composition and energy expenditure predict ad-libitum food and macronutrient intake in humans. Int J Obes (Lond). 2014. 38:243-51. doi:10.1038/ijo.2013.85	Outcome; Study duration
2519	Weker, H, Baranska, M, Riahi, A, Strucinska, M, Wiech, M, Rowicka, G, Dylag, H, Klemarczyk, W, Bzikowska, A, Socha, P. Dietary patterns in toddlers with excess weight. The 2016 pitnuts study. Dev Period Med. 2017. 21:272-285. doi:unavailable	Study Design
2520	Wekesa, AL, Doyle, LM, Fitzmaurice, D, O'Donovan, O, Phelan, JP, Ross, MD, Cross, KS, Harrison, M. Influence of a low-carbohydrate diet on endothelial microvesicles in overweight women. Appl Physiol Nutr Metab. 2016. 41:522-7. doi:10.1139/apnm-2015-0507	Power/Size
2521	Wellington, N, Shanmuganathan, M, de Souza, RJ, Zulyniak, MA, Azab, S, Bloomfield, J, Mell, A, Ly, R, Desai, D, Anand, SS, Britz-McKibbin, P. Metabolic Trajectories Following Contrasting Prudent and Western Diets from Food Provisions: Identifying Robust Biomarkers of Short-Term Changes in Habitual Diet. Nutrients. 2019. 11:. doi:10.3390/nu11102407	Study Design; Study duration
2522	Wennberg, M, Soderberg, S, Uusitalo, U, Tuomilehto, J, Shaw, JE, Zimmet, PZ, Kowlessur, S, Pauvaday, V, Magliano, DJ. High consumption of pulses is associated with lower risk of abnormal glucose metabolism in women in Mauritius. Diabet Med. 2015. 32:513-20. doi:10.1111/dme.12618	Intervention/Exposure; Country
2523	West, JA, de Looy, AE. Weight loss in overweight subjects following low-sucrose or sucrose-containing diets. Int J Obes Relat Metab Disord. 2001. 25:1122-8. doi:10.1038/sj.ijo.0801652	Intervention/Exposure
2524	West, NR, Dorling, J, Thackray, AE, Hanson, NC, Decombel, SE, Stensel, DJ, Grice, SJ. Effect of Obesity-Linked FTO rs9939609 Variant on Physical Activity and Dietary Patterns in Physically Active Men and Women. J Obes. 2018. 2018:7560707. doi:10.1155/2018/7560707	Study Design; Intervention/Exposure
2525	Westcott, Weight loss, Apovian, CM, Puhala, K, Corina, L, Larosa Loud, R, Whitehead, S, Blum, K, DiNubile, N. Nutrition programs enhance exercise effects on body composition and resting blood pressure. Phys Sportsmed. 2013. 41:85-91. doi:10.3810/psm.2013.09.2027	Intervention/Exposure
2526	Westerbacka, J, Lammi, K, Hakkinen, AM, Rissanen, A, Salminen, I, Aro, A, Yki-Jarvinen, H. Dietary fat content modifies liver fat in overweight nondiabetic subjects. J Clin Endocrinol Metab. 2005. 90:2804-9. doi:10.1210/jc.2004-1983	Study Design; Study duration
2527	Westergren, HU, Gan, LM, Månsson, M, Svedlund, S. Randomized clinical trial studying effects of a personalized supervised lifestyle intervention program on cardiovascular status in physically inactive healthy volunteers. Oncotarget. 2018. 9:9498-9511. doi:10.18632/oncotarget.23958	Intervention/Exposure
2528	Westerterp-Plantenga, MS, Lejeune, MP, Nijs, I, van Ooijen, M, Kovacs, EM. High protein intake sustains weight maintenance after body weight loss in humans. Int J Obes Relat Metab Disord. 2004. 28:57-64. doi:10.1038/sj.ijo.0802461	Intervention/Exposure
2529	Westerterp-Plantenga, MS, Lejeune, MP, Smeets, AJ, Luscombe-Marsh, ND. Sex differences in energy homeostatis following a diet relatively high in protein exchanged with carbohydrate, assessed in a respiration chamber in humans. Physiol Behav. 2009. 97:414-9. doi:10.1016/j.physbeh.2009.03.010	Study duration

No.	Citation	Rationale
2530	Westman, EC, Yancy, WS, Haub, MD, Volek, JS. Insulin resistance from a low carbohydrate, high fat diet perspective. Metab Syndr Relat Disord. 2005. 3:14-8. doi:10.1089/met.2005.3.14	Study Design
2531	Wheaton, N, Millar, L, Allender, S, Nichols, M. The stability of weight status through the early to middle childhood years in Australia: a longitudinal study. BMJ Open. 2015. 5:e006963. doi:10.1136/bmjopen-2014-006963	Intervention/Exposure
2532	Wheeler, DH, Stentz, FB, Kitabchi, AE. Effect of macronutrient diet compositions on weight change and metabolic parameters. Journal of investigative medicine. 2012. 60:352. doi:10.231/JIM.0b013e3182820c2e	Publication Status
2533	Whelton, SP, Silverman, MG, McEvoy, JW, Budoff, MJ, Blankstein, R, Eng, J, Blumenthal, RS, Szklo, M, Nasir, K, Blaha, MJ. Predictors of Long-Term Healthy Arterial Aging: Coronary Artery Calcium Nondevelopment in the MESA Study. JACC Cardiovasc Imaging. 2015. 8:1393-1400. doi:10.1016/j.jcmg.2015.06.019	Outcome
2534	White, AM, Johnston, CS, Swan, PD, Tjonn, SL, Sears, B. Blood ketones are directly related to fatigue and perceived effort during exercise in overweight adults adhering to low-carbohydrate diets for weight loss: a pilot study. J Am Diet Assoc. 2007. 107:1792-6. doi:10.1016/j.jada.2007.07.009	Study duration
2535	White, C, Drummond, S, De Looy, A. Comparing advice to decrease both dietary fat and sucrose, or dietary fat only, on weight loss, weight maintenance and perceived quality of life. Int J Food Sci Nutr. 2010. 61:282-94. doi:10.3109/09637480903397355	Intervention/Exposure
2536	White, J, Jago, R, Thompson, JL. Dietary risk factors for the development of insulin resistance in adolescent girls: a 3-year prospective study. Public Health Nutr. 2014. 17:361-8. doi:10.1017/s1368980012004983	Study Design; Intervention/Exposure
2537	Widya, RL, Hammer, S, Boon, MR, van der Meer, RW, Smit, JW, de Roos, A, Rensen, PC, Lamb, HJ. Effects of short-term nutritional interventions on right ventricular function in healthy men. PLoS One. 2013. 8:e76406. doi:10.1371/journal.pone.0076406	Study duration
2538	Wien, MA, Sabate, JM, Ikle, DN, Cole, SE, Kandeel, FR. Almonds vs complex carbohydrates in a weight reduction program. Int J Obes Relat Metab Disord. 2003. 27:1365-72. doi:10.1038/sj.ijo.0802411	Intervention/Exposure
2539	Wikström, K, Peltonen, M, Eriksson, JG, Aunola, S, Ilanne-Parikka, P, Keinänen-Kiukaanniemi, S, Uusitupa, M, Tuomilehto, J, Lindström, J. Educational attainment and effectiveness of lifestyle intervention in the Finnish Diabetes Prevention Study. Diabetes Research and Clinical Practice. 2009. 86:e1-e5. doi:10.1016/j.diabres.2009.06.014	Intervention/Exposure
2540	Wilke, MS, French, MA, Goh, YK, Ryan, EA, Jones, PJ, Clandinin, MT. Synthesis of specific fatty acids contributes to VLDL-triacylglycerol composition in humans with and without type 2 diabetes. Diabetologia. 2009. 52:1628-37. doi:10.1007/s00125-009-1405-9	Study duration
2541	Williams, A, de Vlieger, N, Young, M, Jensen, ME, Burrows, TL, Morgan, PJ, Collins, CE. Dietary outcomes of overweight fathers and their children in the Healthy Dads, Healthy Kids community randomised controlled trial. J Hum Nutr Diet. 2018. 31:523-532. doi:10.1111/jhn.12543	Intervention/Exposure
2542	Williams, CL, Strobino, BA. Childhood diet, overweight, and CVD risk factors: The healthy start project. Preventive Cardiology. 2008. 11:11-20. doi:10.1111/j.1520-037X.2007.06677.x	Intervention/Exposure

No.	Citation	Rationale
2543	Williams, PT, Bergeron, N, Chiu, S, Krauss, RM. A randomized, controlled trial on the effects of almonds on lipoprotein response to a higher carbohydrate, lower fat diet in men and women with abdominal adiposity. Lipids Health Dis. 2019. 18:83. doi:10.1186/s12944-019-1025-4	Study duration
2544	Willows, ND, Barbarich, BN, Wang, LC, Olstad, DL, Clandinin, MT. Dietary inadequacy is associated with anemia and suboptimal growth among preschool-aged children in Yunnan Province, China. Nutr Res. 2011. 31:88-96. doi:10.1016/j.nutres.2011.01.003	Study Design; Country
2545	Wilson, G, Pritchard, PP, Papageorgiou, C, Phillips, S, Kumar, P, Langan-Evans, C, Routledge, H, Owens, DJ, Morton, JP, Close, GL. Fasted Exercise and Increased Dietary Protein Reduces Body Fat and Improves Strength in Jockeys. Int J Sports Med. 2015. 36:1008-14. doi:10.1055/s-0035-1549920	Study Design
2546	Wilson, HK, Armstrong, CLH, Hogan, JA, Campbell, WW. Effects of protein quantity and source (animal versus plant) on appetite and plasma amino acid responses in energy-restricted subjects. FASEB journal. 2012. 26:. doi:unavailable	Publication Status
2547	Wilson, JM, Lowery, RP, Roberts, MD, Sharp, MH, Joy, JM, Shields, KA, Partl, J, Volek, JS, D'Agostino, D. The Effects of Ketogenic Dieting on Body Composition, Strength, Power, and Hormonal Profiles in Resistance Training Males. J Strength Cond Res. 2017. :. doi:10.1519/jsc.0000000000001935	Study duration
2548	Windler, E, Nitschmann, S. Effects of glycemic index on cardiovascular risk factors: the OmniCarb randomized clinical trial. Der internist. 2015. 56:949-952. doi:10.1007/s00108-015-3765-1	Language
2549	Witjaksono, F, Jutamulia, J, Annisa, NG, Prasetya, SI, Nurwidya, F. Comparison of low calorie high protein and low calorie standard protein diet on waist circumference of adults with visceral obesity and weight cycling. BMC Res Notes. 2018. 11:674. doi:10.1186/s13104-018-3781-z	Intervention/Exposure; Country
2550	Wittenbecher, C, Muhlenbruch, K, Kroger, J, Jacobs, S, Kuxhaus, O, Floegel, A, Fritsche, A, Pischon, T, Prehn, C, Adamski, J, Joost, HG, Boeing, H, Schulze, MB. Amino acids, lipid metabolites, and ferritin as potential mediators linking red meat consumption to type 2 diabetes. Am J Clin Nutr. 2015. 101:1241-50. doi:10.3945/ajcn.114.099150	Intervention/Exposure
2551	Wolever, TM, Gibbs, AL, Mehling, C, Chiasson, JL, Connelly, PW, Josse, RG, Leiter, LA, Maheux, P, Rabasa-Lhoret, R, Rodger, NW, Ryan, EA. The Canadian Trial of Carbohydrates in Diabetes (CCD), a 1-y controlled trial of low-glycemic-index dietary carbohydrate in type 2 diabetes: no effect on glycated hemoglobin but reduction in C-reactive protein. Am J Clin Nutr. 2008. 87:114-25. doi:10.1093/ajcn/87.1.114	Health Status
2552	Wolever, TM, Isaacs, RL, Ramdath, DD. Lower diet glycaemic index in African than South Asian men in Trinidad and Tobago. Int J Food Sci Nutr. 2002. 53:297-303. doi:10.1080/09637480220138142	Study Design; Outcome
2553	Wolever, TM, Mehling, C. Long-term effect of varying the source or amount of dietary carbohydrate on postprandial plasma glucose, insulin, triacylglycerol, and free fatty acid concentrations in subjects with impaired glucose tolerance. Am J Clin Nutr. 2003. 77:612-21. doi:10.1093/ajcn/77.3.612	Intervention/Exposure
2554	Wolff, E, Vergnes, MF, Portugal, H, Defoort, C, Amiot-Carlin, MJ, Lairon, D, Nicolay, A. Cholesterol-absorber status modifies the LDL cholesterol-lowering effect of a Mediterranean-type diet in adults with moderate cardiovascular risk factors. J Nutr. 2011. 141:1791-8. doi:10.3945/jn.111.141333	Intervention/Exposure

No.	Citation	Rationale
2555	Wolfram, G, Bechthold, A, Boeing, H, Ellinger, S, Hauner, H, Kroke, A, Leschik-Bonnet, E, Linseisen, J, Lorkowski, S, Schulze, M, Stehle, P, Dinter, J. Evidence-Based Guideline of the German Nutrition Society: Fat Intake and Prevention of Selected Nutrition-Related Diseases. Ann Nutr Metab. 2015. 67:141-204. doi:10.1159/000437243	Study Design
2556	Wolters, M, Joslowski, G, Plachta-Danielzik, S, Standl, M, Muller, MJ, Ahrens, W, Buyken, AE. Dietary Patterns in Primary School are of Prospective Relevance for the Development of Body Composition in Two German Pediatric Populations. Nutrients. 2018. 10:. doi:10.3390/nu10101442	Power/Size
2557	Woo, J, Cheung, B, Ho, S, Sham, A, Lam, TH. Influence of dietary pattern on the development of overweight in a Chinese population. Eur J Clin Nutr. 2008. 62:480-7. doi:10.1038/sj.ejcn.1602702	Intervention/Exposure; Country
2558	Wood, AD, Strachan, AA, Thies, F, Aucott, LS, Reid, DM, Hardcastle, AC, Mavroeidi, A, Simpson, WG, Duthie, GG, Macdonald, HM. Patterns of dietary intake and serum carotenoid and tocopherol status are associated with biomarkers of chronic low-grade systemic inflammation and cardiovascular risk. Br J Nutr. 2014. 112:1341-52. doi:10.1017/s0007114514001962	Outcome
2559	Wood, RJ, Volek, JS, Liu, Y, Shachter, NS, Contois, JH, Fernandez, ML. Carbohydrate restriction alters lipoprotein metabolism by modifying VLDL, LDL, and HDL subfraction distribution and size in overweight men. J Nutr. 2006. 136:384-9. doi:10.1093/jn/136.2.384	Study Design; Intervention/Exposure
2560	Woodhall-Melnik, J, Cooke, M, Bigelow, PL. Serving the food nation: Exploring Body Mass Index in food service workers. Work. 2015. 52:901-9. doi:10.3233/wor-152101	Study Design; Intervention/Exposure
2561	Woolhead, C, Walsh, MC, Gibney, MJ, Daniel, H, Drevon, CA, Lovegrove, JA, Manios, Y, Martinez, JA, Mathers, JC, Traczyk, I, etal, . Dietary patterns in Europe: the Food4Me proof of principle study. Proceedings of the nutrition society. 2015. 74:. doi:10.1017/S002966511500275X	Publication Status
2562	Wosje, KS, Khoury, PR, Claytor, RP, Copeland, KA, Hornung, RW, Daniels, SR, Kalkwarf, HJ. Dietary patterns associated with fat and bone mass in young children. Am J Clin Nutr. 2010. 92:294-303. doi:10.3945/ajcn.2009.28925	Publication Date Overlaps with Existing Review
2563	Wright, C, Zhou, J, Sayer, R, Kim, JE, Campbell, W. Effect of a high protein, high egg diet on muscle composition, metabolic health and systemic inflammation in overweight and obese, older adults. FASEB journal. 2015. 29:. doi:unavailable	Intervention/Exposure; Publication Status
2564	Wright, CS, Zhou, J, Sayer, RD, Kim, JE, Campbell, WW. Effects of a High-Protein Diet Including Whole Eggs on Muscle Composition and Indices of Cardiometabolic Health and Systemic Inflammation in Older Adults with Overweight or Obesity: A Randomized Controlled Trial. Nutrients. 2018. 10:. doi:10.3390/nu10070946	Weight loss/Hypocaloric
2565	Wright, M, Sotres-Alvarez, D, Mendez, MA, Adair, L. The association of trajectories of protein intake and age-specific protein intakes from 2 to 22 years with BMI in early adulthood. Br J Nutr. 2017. 117:750-758. doi:10.1017/s0007114517000502	Intervention/Exposure; Country
2566	Wroble, KA, Trott, MN, Schweitzer, GG, Rahman, RS, Kelly, PV, Weiss, EP. Low-carbohydrate, ketogenic diet impairs anaerobic exercise performance in exercise-trained women and men: a randomized-sequence crossover trial. J Sports Med Phys Fitness. 2019. 59:600-607. doi:10.23736/s0022-4707.18.08318-4	Outcome; Study duration

No.	Citation	Rationale
2567	Wu, H, Flint, AJ, Qi, Q, van Dam, RM, Sampson, LA, Rimm, EB, Holmes, MD, Willett, WC, Hu, FB, Sun, Q. Association between dietary whole grain intake and risk of mortality: two large prospective studies in US men and women. JAMA Intern Med. 2015. 175:373-84. doi:10.1001/jamainternmed.2014.6283	Intervention/Exposure
2568	Wu, S, An, S, Li, W, Lichtenstein, AH, Gao, J, Kris-Etherton, PM, Wu, Y, Jin, C, Huang, S, Hu, FB, Gao, X. Association of Trajectory of Cardiovascular Health Score and Incident Cardiovascular Disease. JAMA Netw Open. 2019. 2:e194758. doi:10.1001/jamanetworkopen.2019.4758	Country
2569	Wulan, SN, Bouwman, FG, Westerterp, KR, Mariman, ECM, Plasqui, G. Molecular adaptation in adipose tissue in response to overfeeding with a high-fat diet under sedentary conditions in South Asian and Caucasian men. Br J Nutr. 2019. 122:241-251. doi:10.1017/s0007114519001260	Intervention/Exposure; Study duration
2570	Wulan, SN, Schrauwen-Hinderling, VB, Westerterp, KR, Plasqui, G. Substrate utilization and metabolic profile in response to overfeeding with a high-fat diet in South Asian and white men: a sedentary lifestyle study. Int J Obes (Lond). 2019. :. doi:10.1038/s41366-019-0368-2	Study duration
2571	Wulan, SN, Westerterp, KR, Plasqui, G. Dietary and 24-h fat oxidation in Asians and whites who differ in body composition. Am J Clin Nutr. 2012. 95:1335-41. doi:10.3945/ajcn.111.031369	Study Design; Study duration
2572	Wulan, SN, Westerterp, KR, Plasqui, G. Metabolic profile before and after short-term overfeeding with a high-fat diet: a comparison between South Asian and White men. Br J Nutr. 2014. 111:1853-61. doi:10.1017/s0007114514000014	Study duration
2573	Wyatt, CJ, Triana Tejas, MA. Nutrient intake and growth of preschool children from different socioeconomic regions in the city of oaxaca, Mexico. Ann Nutr Metab. 2000. 44:14-20. doi:10.1159/000012816	Study Design
2574	Wycherley, T, Brinkworth, G, Clifton, P, Noakes, M. A one year high protein, low fat weight loss diet improves body composition and cardiometabolic risk factors in overweight males. FASEB journal. 2012. 26:. doi:unavailable	Publication Status
2575	Wycherley, TP, Brinkworth, GD, Clifton, PM, Noakes, M. A one year high protein, low fat weight loss diet improves body composition and cardiometabolic risk factors in overweight males with features of the metabolic syndrome. Australasian medical journal. 2011. 4:731. doi:unavailable	Publication Status
2576	Wycherley, TP, Brinkworth, GD, Clifton, PM, Noakes, M. Comparison of the effects of 52 weeks weight loss with either a high-protein or high-carbohydrate diet on body composition and cardiometabolic risk factors in overweight and obese males. Nutr Diabetes. 2012. 2:e40. doi:10.1038/nutd.2012.11	Weight loss/Hypocaloric
2577	Wycherley, TP, Brinkworth, GD, Keogh, JB, Noakes, M, Buckley, JD, Clifton, PM. Long-term effects of weight loss with a very low carbohydrate and low fat diet on vascular function in overweight and obese patients. J Intern Med. 2010. 267:452-61. doi:10.1111/j.1365-2796.2009.02174.x	Power/Size
2578	Wycherley, TP, Brinkworth, GD, Keogh, JB, Noakes, M, Buckley, JD, Clifton, PM. Long-term effects of weight loss with a very low carbohydrate and low fat diet on vascular function in overweight and obese patients: Original Article. Journal of Internal Medicine. 2010. 267:452-461. doi:10.1111/j.1365-2796.2009.02174.x	Study Design; Outcome

No.	Citation	Rationale
2579	Wycherley, TP, Buckley, JD, Noakes, M, Clifton, PM, Brinkworth, GD. Comparison of the effects of weight loss from a high-protein versus standard-protein energy-restricted diet on strength and aerobic capacity in overweight and obese men. Eur J Nutr. 2013. 52:317-25. doi:10.1007/s00394-012-0338-0	Power/Size
2580	Wycherley, TP, Buckley, JD, Noakes, M, Clifton, PM, Brinkworth, GD. Long-term effects of a very low-carbohydrate weight loss diet on exercise capacity and tolerance in overweight and obese adults. J Am Coll Nutr. 2014. 33:267-73. doi:10.1080/07315724.2014.911668	Power/Size
2581	Wyka, J, Malczyk, E, Misiarz, M, Zolotenka-Synowiec, M, Calyniuk, B, Baczynska, S. Assessment of food intakes for women adopting the high protein Dukan diet. Rocz Panstw Zakl Hig. 2015. 66:137-42. doi:unavailable	Study Design
2582	Xiao, RS, Simas, TA, Person, SD, Goldberg, RJ, Waring, ME. Diet quality and history of gestational diabetes mellitus among childbearing women, United States, 2007-2010. Prev Chronic Dis. 2015. 12:E25. doi:10.5888/pcd12.140360	Study Design; Outcome
2583	Xu, J, Eilat-Adar, S, Loria, C, Goldbourt, U, Howard, BV, Fabsitz, RR, Zephier, EM, Mattil, C, Lee, ET. Dietary fat intake and risk of coronary heart disease: the Strong Heart Study. Am J Clin Nutr. 2006. 84:894-902. doi:10.1093/ajcn/84.4.894	Intervention/Exposure
2584	Xu, M, Ng, SS, Bray, GA, Ryan, DH, Sacks, FM, Ning, G, Qi, L. Dietary Fat Intake Modifies the Effect of a Common Variant in the LIPC Gene on Changes in Serum Lipid Concentrations during a Long-Term Weight-Loss Intervention Trial. J Nutr. 2015. 145:1289-94. doi:10.3945/jn.115.212514	Intervention/Exposure
2585	Xu, M, Qi, Q, Liang, J, Bray, GA, Hu, FB, Sacks, FM, Qi, L. Genetic determinant for amino acid metabolites and changes in body weight and insulin resistance in response to weight-loss diets: the Preventing Overweight Using Novel Dietary Strategies (POUNDS LOST) trial. Circulation. 2013. 127:1283-9. doi:10.1161/circulationaha.112.000586	Intervention/Exposure
2586	Xu, X, Hall, J, Byles, J, Shi, Z. Dietary Pattern Is Associated with Obesity in Older People in China: Data from China Health and Nutrition Survey (CHNS). Nutrients. 2015. 7:8170-88. doi:10.3390/nu7095386	Country
2587	Xu, X, Hall, J, Byles, J, Shi, Z. Dietary pattern, serum magnesium, ferritin, C-reactive protein and anaemia among older people. Clin Nutr. 2017. 36:444-451. doi:10.1016/j.clnu.2015.12.015	Study Design; Country
2588	Xu, X, Parker, D, Shi, Z, Byles, J, Hall, J, Hickman, L. Dietary Pattern, Hypertension and Cognitive Function in an Older Population: 10-Year Longitudinal Survey. Front Public Health. 2018. 6:201. doi:10.3389/fpubh.2018.00201	Country
2589	Yackobovitch-Gavan, M, Nagelberg, N, Demol, S, Phillip, M, Shalitin, S. Influence of weight-loss diets with different macronutrient compositions on health-related quality of life in obese youth. Appetite. 2008. 51:697-703. doi:10.1016/j.appet.2008.06.010	Intervention/Exposure
2590	Yahia, DA. Insulinoresistance, inflammation, lecithin: cholesterol acyltransferase and HDL composition are improved by Mediterranean diet in metabolic syndrome patients. Annals of nutrition and metabolism. Conference: 12th european nutrition conference, FENS 2015. Berlin germany. Conference start: 20151020. Conference end: 20151023. Conference publication: (var.pagings). 2015. 67:343. doi:10.1159/000440895	Publication Status

No.	Citation	Rationale
2591	Yamagishi, K, Iso, H, Date, C, Fukui, M, Wakai, K, Kikuchi, S, Inaba, Y, Tanabe, N, Tamakoshi, A. Fish, omega-3 polyunsaturated fatty acids, and mortality from cardiovascular diseases in a nationwide community-based cohort of Japanese men and women the JACC (Japan Collaborative Cohort Study for Evaluation of Cancer Risk) Study. J Am Coll Cardiol. 2008. 52:988-96. doi:10.1016/j.jacc.2008.06.018	Intervention/Exposure
2592	Yancy, WS, Jr, Mayer, SB, Coffman, CJ, Smith, VA, Kolotkin, RL, Geiselman, PJ, McVay, MA, Oddone, EZ, Voils, CI. Effect of Allowing Choice of Diet on Weight Loss: A Randomized Trial. Ann Intern Med. 2015. 162:805-14. doi:10.7326/m14-2358	Study Design; Comparator
2593	Yancy, WS, Jr, Olsen, MK, Guyton, JR, Bakst, RP, Westman, EC. A low-carbohydrate, ketogenic diet versus a low-fat diet to treat obesity and hyperlipidemia: a randomized, controlled trial. Ann Intern Med. 2004. 140:769-77. doi:10.7326/0003-4819-140-10-200405180-00006	Weight loss/Hypocaloric
2594	Yang, H, Kim, H, Kim, JM, Chung, HW, Chang, N. Associations of dietary intake and metabolic syndrome risk parameters in Vietnamese female marriage immigrants in South Korea: The KoGES follow-up study. Nutr Res Pract. 2016. 10:313-20. doi:10.4162/nrp.2016.10.3.313	Study Design; Intervention/Exposure
2595	Yanos, BR, Saules, KK, Schuh, LM, Sogg, S. Predictors of Lowest Weight and Long-Term Weight Regain Among Roux-en-Y Gastric Bypass Patients. Obes Surg. 2015. 25:1364-70. doi:10.1007/s11695-014-1536-z	Health Status
2596	Yap, RWK, Shidoji, Y, Yap, WS, Masaki, M. Association and Interaction Effect of AGTR1 and AGTR2 Gene Polymorphisms with Dietary Pattern on Metabolic Risk Factors of Cardiovascular Disease in Malaysian Adults. Nutrients. 2017. 9:. doi:10.3390/nu9080853	Study Design
2597	Ye, J, Lv, Y, Li, Z, Yao, Y, Jin, L. Associations of dietary patterns with hypertension among adults in Jilin Province, China: a structural equation modelling approach. Public Health Nutr. 2018. :1-8. doi:10.1017/s1368980018003129	Study Design; Outcome
2598	Ye, X, Gao, X, Scott, T, Tucker, KL. Habitual sugar intake and cognitive function among middle-aged and older Puerto Ricans without diabetes. Br J Nutr. 2011. 106:1423-32. doi:10.1017/s0007114511001760	Study Design; Intervention/Exposure; Outcome
2599	Yeo, R, Yoon, SR, Kim, OY. The Association between Food Group Consumption Patterns and Early Metabolic Syndrome Risk in Non-Diabetic Healthy People. Clin Nutr Res. 2017. 6:172-182. doi:10.7762/cnr.2017.6.3.172	Study Design
2600	Yeung, EH, Appel, LJ, Miller, ER, 3rd, Kao, WH. The effects of macronutrient intake on total and high-molecular weight adiponectin: results from the OMNI-Heart trial. Obesity (Silver Spring). 2010. 18:1632-7. doi:10.1038/oby.2009.402	Outcome
2601	Yoon, C, Jacobs, DR, Jr, Duprez, DA, Neumark-Sztainer, D, Steffen, LM, Mason, SM. Problematic eating behaviors and attitudes predict long-term incident metabolic syndrome and diabetes: The Coronary Artery Risk Development in Young Adults Study. Int J Eat Disord. 2019. 52:304-308. doi:10.1002/eat.23020	Intervention/Exposure
2602	Yosaee, S, Esteghamati, A, Nazari Nasab, M, Khosravi, A, Alinavaz, M, Hosseini, B, Djafarian, K. Diet quality in obese/overweight individuals with/without metabolic syndrome compared to normal weight controls. Med J Islam Repub Iran. 2016. 30:376. doi:unavailable	Study Design

No.	Citation	Rationale
2603	Yoshimoto, Y, Muto, S, Fujikura, J, Sakuma, M, Kaneko, Y, Otto, CT, Nakamura, L. Obesity, bone status and dietary intake of Palauan elderly congregating in a Senior Citizen's Center. Pac Health Dialog. 2005. 12:22-32. doi:unavailable	Study Design; Intervention/Exposure
2604	Yoshizaki, T, Ishihara, J, Kotemori, A, Yamamoto, J, Kokubo, Y, Saito, I, Yatsuya, H, Yamagishi, K, Sawada, N, Iwasaki, M, Iso, H, Tsugane, S. Association of vegetable, fruit, and Okinawan vegetable consumption with incident stroke and coronary heart disease. J Epidemiol. 2019. :. doi:10.2188/jea.JE20180130	Intervention/Exposure
2605	Young, D, Camhi, S, Wu, T, Hagberg, J, Stefanick, M. Relationships among changes in C-reactive protein and cardiovascular disease risk factors with lifestyle interventions. Nutr Metab Cardiovasc Dis. 2013. 23:857-63. doi:10.1016/j.numecd.2012.05.003	Study Design; Intervention/Exposure
2606	Young, DR, Coughlin, J, Jerome, GJ, Myers, V, Chae, SE, Brantley, PJ. Effects of the PREMIER interventions on health-related quality of life. Ann Behav Med. 2010. 40:302-12. doi:10.1007/s12160-010-9220-6	Outcome
2607	Young, LR, Kurzer, MS, Thomas, W, Redmon, JB, Raatz, SK. Low-fat diet with omega-3 fatty acids increases plasma insulin-like growth factor concentration in healthy postmenopausal women. Nutr Res. 2013. 33:565-71. doi:10.1016/j.nutres.2013.04.011	Intervention/Exposure; Study duration
2608	Young, M, Morgan, P, Hollis, J, Collins, C, Teixeira, P. Sitting time at work and marital status: novel pre-treatment predictors of weight loss success in overweight and obese men. Obesity reviews. 2014. 15:149. doi:10.1111/obr.12151	Publication Status
2609	Yu, C, Benhammou, JN, Goyal, D, Oh, D, Wang, L, Jacobs, J, Dixit, V, Tache, Y, Pisegna, J. High protein dietary intervention improves body mass index (BMI) and reduces the NAFLD fibrosis score (NFS) in veterans with obesity. American journal of gastroenterology. 2016. 111:S349-. doi:10.1038/ajg.2016.359	Publication Status
2610	Yu, D, Shu, XO, Li, H, Xiang, YB, Yang, G, Gao, YT, Zheng, W, Zhang, X. Dietary carbohydrates, refined grains, glycemic load, and risk of coronary heart disease in Chinese adults. Am J Epidemiol. 2013. 178:1542-9. doi:10.1093/aje/kwt178	Intervention/Exposure; Country
2611	Yu, D, Shu, XO, Li, H, Yang, G, Cai, Q, Xiang, YB, Ji, BT, Franke, AA, Gao, YT, Zheng, W, Zhang, X. Dietary isoflavones, urinary isoflavonoids, and risk of ischemic stroke in women. Am J Clin Nutr. 2015. 102:680-6. doi:10.3945/ajcn.115.111591	Intervention/Exposure
2612	Yu, D, Zhang, X, Xiang, YB, Yang, G, Li, H, Gao, YT, Zheng, W, Shu, XO. Adherence to dietary guidelines and mortality: A report from prospective cohort studies of 134,000 Chinese adults in urban Shanghai. American Journal of Clinical Nutrition. 2014. 100:693-700. doi:10.3945/ajcn.113.079194	Country
2613	Yu, D, Zheng, W, Cai, H, Xiang, YB, Li, H, Gao, YT, Shu, XO. Long-term Diet Quality and Risk of Type 2 Diabetes Among Urban Chinese Adults. Diabetes Care. 2018. 41:723-730. doi:10.2337/dc17-1626	Country
2614	Yu, SH, Song, Y, Park, M, Kim, SH, Shin, S, Joung, H. Relationship between adhering to dietary guidelines and the risk of obesity in Korean children. Nutr Res Pract. 2014. 8:705-12. doi:10.4162/nrp.2014.8.6.705	Study Design
2615	Yuan, YQ, Li, F, Meng, P, You, J, Wu, M, Li, SG, Chen, B. Gender Difference on the Association between Dietary Patterns and Obesity in Chinese Middle-Aged and Elderly Populations. Nutrients. 2016. 8:. doi:10.3390/nu8080448	Study Design

No.	Citation	Rationale
2616	Yubero-Serrano, EM, Delgado-Lista, J, Tierney, AC, Perez-Martinez, P, Garcia-Rios, A, Alcala-Diaz, JF, Castano, JP, Tinahones, FJ, Drevon, CA, Defoort, C, Blaak, EE, Dembinska-Kiec, A, Riserus, U, Lovegrove, JA, Perez-Jimenez, F, Roche, HM, Lopez-Miranda, J. Insulin resistance determines a differential response to changes in dietary fat modification on metabolic syndrome risk factors: the LIPGENE study. Am J Clin Nutr. 2015. 102:1509-17. doi:10.3945/ajcn.115.111286	Intervention/Exposure
2617	Yuzbashian, E, Asghari, G, Mirmiran, P, Amouzegar-Bahambari, P, Azizi, F. Adherence to low-sodium Dietary Approaches to Stop Hypertension-style diet may decrease the risk of incident chronic kidney disease among high-risk patients: a secondary prevention in prospective cohort study. Nephrol Dial Transplant. 2018. 33:1159-1168. doi:10.1093/ndt/gfx352	Outcome
2618	Zajac, A, Poprzecki, S, Maszczyk, A, Czuba, M, Michalczyk, M, Zydek, G. The effects of a ketogenic diet on exercise metabolism and physical performance in off-road cyclists. Nutrients. 2014. 6:2493-508. doi:10.3390/nu6072493	Intervention/Exposure
2619	Zamora, D, Gordon-Larsen, P, Jacobs, DR, Jr, Popkin, BM. Diet quality and weight gain among black and white young adults: the Coronary Artery Risk Development in Young Adults (CARDIA) Study (1985-2005). Am J Clin Nutr. 2010. 92:784-93. doi:10.3945/ajcn.2010.29161	Publication Date Overlaps with Existing Review
2620	Zarrazquin, I, Torres-Unda, J, Ruiz, F, Irazusta, J, Kortajarena, M, Hoyos Cillero, I, Gil, J, Irazusta, A. Longitudinal study: lifestyle and cardiovascular health in health science students. Nutr Hosp. 2014. 30:1144-51. doi:10.3305/nh.2014.30.5.7833	Intervention/Exposure
2621	Zaslavsky, O, Zelber-Sagi, S, Hebert, JR, Steck, SE, Shivappa, N, Tabung, FK, Wirth, MD, Bu, Y, Shikany, JM, Orchard, T, Wallace, RB, Snetselaar, L, Tinker, LF. Biomarker-calibrated nutrient intake and healthy diet index associations with mortality risks among older and frail women from the Women's Health Initiative. Am J Clin Nutr. 2017. 105:1399-1407. doi:10.3945/ajcn.116.151530	Outcome
2622	Zatonski, WA, Willett, W. Changes in dietary fat and declining coronary heart disease in Poland: population based study. Bmj. 2005. 331:187-8. doi:10.1136/bmj.331.7510.187	Study Design; Publication Status
2623	Zazpe, I, Sanchez-Tainta, A, Toledo, E, Sanchez-Villegas, A, Martinez-Gonzalez, MA. Dietary patterns and total mortality in a Mediterranean cohort: the SUN project. J Acad Nutr Diet. 2014. 114:37-47. doi:10.1016/j.jand.2013.07.024	Outcome
2624	Zazpe, I, Santiago, S, Gea, A, Ruiz-Canela, M, Carlos, S, Bes-Rastrollo, M, Martinez-Gonzalez, MA. Association between a dietary carbohydrate index and cardiovascular disease in the SUN (Seguimiento Universidad de Navarra) Project. Nutr Metab Cardiovasc Dis. 2016. 26:1048-1056. doi:10.1016/j.numecd.2016.07.002	Intervention/Exposure
2625	Zeybek, C, Celebi, A, Aktuglu-Zeybek, C, Onal, H, Yalcin, Y, Erdem, A, Akdeniz, C, Imanov, E, Altay, S, Aydin, A. The effect of low-carbohydrate diet on left ventricular diastolic function in obese children. Pediatr Int. 2010. 52:218-23. doi:10.1111/j.1442-200X.2009.02940.x	Study Design
2626	Zhang, F, Tapera, TM, Gou, J. Application of a new dietary pattern analysis method in nutritional epidemiology. BMC Med Res Methodol. 2018. 18:119. doi:10.1186/s12874-018-0585-8	Study Design
2627	Zhang, J, Wang, C, Li, L, Man, Q, Song, P, Meng, L, Du, ZY, Froyland, L. Inclusion of Atlantic salmon in the Chinese diet reduces cardiovascular disease risk markers in dyslipidemic adult men. Nutr Res. 2010. 30:447-54. doi:10.1016/j.nutres.2010.06.010	Country

No.	Citation	Rationale
2628	Zhang, J, Wang, H, Wang, Y, Xue, H, Wang, Z, Du, W, Su, C, Zhang, J, Jiang, H, Zhai, F, Zhang, B. Dietary patterns and their associations with childhood obesity in China. Br J Nutr. 2015. 113:1978-84. doi:10.1017/s0007114515001154	Study Design
2629	Zhang, JG, Wang, ZH, Wang, HJ, Du, WW, Su, C, Zhang, J, Jiang, HR, Zhai, FY, Zhang, B. Dietary patterns and their associations with general obesity and abdominal obesity among young Chinese women. Eur J Clin Nutr. 2015. 69:1009-14. doi:10.1038/ejcn.2015.8	Study Design
2630	Zhang, L, Pagoto, S, Olendzki, B, Persuitte, G, Churchill, L, Oleski, J, Ma, Y. A nonrestrictive, weight loss diet focused on fiber and lean protein increase. Nutrition. 2018. 54:12-18. doi:10.1016/j.nut.2018.02.006	Study Design
2631	Zhang, Q, Chen, X, Liu, Z, Varma, DS, Wan, R, Wan, Q, Zhao, S. Dietary Patterns in Relation to General and Central Obesity among Adults in Southwest China. Int J Environ Res Public Health. 2016. 13:. doi:10.3390/ijerph13111080	Study Design
2632	Zhang, S, Zhuang, X, Lin, X, Zhong, X, Zhou, H, Sun, X, Xiong, Z, Huang, Y, Fan, Y, Guo, Y, Du, Z, Liao, X. Low-Carbohydrate Diets and Risk of Incident Atrial Fibrillation: A Prospective Cohort Study. J Am Heart Assoc. 2019. 8:e011955. doi:10.1161/jaha.119.011955	Outcome
2633	Zhang, X, Qi, Q, Hu, FB, Sacks, FM, Qi, L. Apoa5 genotype modulates 2-year changes in lipid profile in response to weight-loss diet intervention: the pounds lost trial. Diabetes. 2012. 61:A158. doi:10.2337/db12-378-655	Publication Status
2634	Zhang, Z, Lanza, E, Kris-Etherton, PM, Colburn, NH, Bagshaw, D, Rovine, MJ, Ulbrecht, JS, Bobe, G, Chapkin, RS, Hartman, TJ. A high legume low glycemic index diet improves serum lipid profiles in men. Lipids. 2010. 45:765-75. doi:10.1007/s11745-010-3463-7	Intervention/Exposure; Publication Date Overlaps with Existing Review
2635	Zhao, G, Etherton, TD, Martin, KR, West, SG, Gillies, PJ, Kris-Etherton, PM. Dietary alpha-linolenic acid reduces inflammatory and lipid cardiovascular risk factors in hypercholesterolemic men and women. J Nutr. 2004. 134:2991-7. doi:10.1093/jn/134.11.2991	Intervention/Exposure; Comparator
2636	Zhen, S, Ma, Y, Zhao, Z, Yang, X, Wen, D. Dietary pattern is associated with obesity in Chinese children and adolescents: data from China Health and Nutrition Survey (CHNS). Nutr J. 2018. 17:68. doi:10.1186/s12937-018-0372-8	Country
2637	Zheng, Y, Huang, T, Zhang, X, Rood, J, Bray, GA, Sacks, FM, Qi, L. Dietary Fat Modifies the Effects of FTO Genotype on Changes in Insulin Sensitivity. J Nutr. 2015. 145:977-82. doi:10.3945/jn.115.210005	Intervention/Exposure
2638	Zhou, J, Kim, JE, Armstrong, CL, Chen, N, Campbell, WW. Higher-protein diets improve indexes of sleep in energy-restricted overweight and obese adults: results from 2 randomized controlled trials. Am J Clin Nutr. 2016. 103:766-74. doi:10.3945/ajcn.115.124669	Outcome
2639	Zhou, J, Sheng, J, Fan, Y, Zhu, X, Wang, S. Dietary patterns, dietary intakes and the risk of type 2 diabetes: results from the Hefei Nutrition and Health Study. Int J Food Sci Nutr. 2019. 70:412-420. doi:10.1080/09637486.2018.1515184	Study Design
2640	Zhu, C, Sawrey-Kubicek, L, Beals, E, Hughes, RL, Rhodes, CH, Sacchi, R, Zivkovic, AM. Short term fast food and Mediterranean diet are able to change the HDL lipidome with different patterns. FASEB journal. 2017. 31:. doi:unavailable	Publication Status

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2641	Zhu, C, Sawrey-Kubicek, L, Beals, E, Hughes, RL, Rhodes, CH, Sacchi, R, Zivkovic, AM. The HDL lipidome is widely remodeled by fast food versus Mediterranean diet in 4 days. Metabolomics. 2019. 15:. doi:10.1007/s11306-019-1579-1	Study duration
2642	Zhu, X, Lin, J, Song, Y, Liu, H, Zhang, R, Fan, M, Li, Y, Tian, R, Fang, D. A high-carbohydrate diet lowered blood pressure in healthy Chinese male adolescents. Biosci Trends. 2014. 8:132-7. doi:unavailable	Study Design
2643	Zhuang, P, Zhang, Y, He, W, Chen, X, Chen, J, He, L, Mao, L, Wu, F, Jiao, J. Dietary Fats in Relation to Total and Cause-Specific Mortality in a Prospective Cohort of 521 120 Individuals With 16 Years of Follow-Up. Circ Res. 2019. 124:757-768. doi:10.1161/circresaha.118.314038	Intervention/Exposure; Outcome
2644	Ziegler, D, Strom, A, Nowotny, B, Zahiragic, L, Nowotny, PJ, Carstensen-Kirberg, M, Herder, C, Roden, M. Effect of Low-Energy Diets Differing in Fiber, Red Meat, and Coffee Intake on Cardiac Autonomic Function in Obese Individuals With Type 2 Diabetes. Diabetes Care. 2015. 38:1750-7. doi:10.2337/dc15-0466	Health Status
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2646	Zinn, C, Wood, M, Williden, M, Chatterton, S, Maunder, E. Ketogenic diet benefits body composition and well-being but not performance in a pilot case study of New Zealand endurance athletes. J Int Soc Sports Nutr. 2017. 14:22. doi:10.1186/s12970-017-0180-0	Study Design
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