

Identification

815 records identified through
Medline database search

817 records identified through
Embase database search

Screening

Eligibility

Included



353 duplicates identified

381 additional records identified through other sources (Web of Science, reference list & Google)

1660 records screened

140 of full-text articles
assessed for eligibility

41 studies included in
quantitative synthesis
(meta-analyses)

99 full-text articles excluded:
No report of macro/micronutrient contents (n=39)
No original data/review articles (n=15)
No numerical results (n=11)
Studies performed in developing countries (n=9)
Not 24 hr milk collection/pooled milk (n=14)
Did not report time frames included in the meta-analyses (n=9)
Other (n=2)