

Potentially relevant studies identified through systematic searches
(*n* = 184)

Excluded (*n* = 72)

- Duplicate publications (*n* = 57)
- Review articles (*n* = 4)
- Studies included in previous review (*n* = 11)

Articles and abstracts retrieved for more detailed evaluation
(*n* = 112)

Excluded studies (*n* = 96)

- No quantitative dietary outcomes (*n* = 42)
- Not an intervention (*n* = 51)
- Outcome analysis not by intervention group (*n* = 2)
- Duration <8 weeks (*n* = 1)

Studies included in review
(*n* = 16)