

TABLE S1: Search Strategy

Pubmed	(fatty liver[mh] OR "fatty liver"[tiab] OR Non-alcoholic Fatty Liver Disease[tiab] OR nonalcoholic fatty liver disease[tiab] OR NASH[tiab] OR NAFLD[tiab]) AND (Caloric restriction[mh] OR ketogenic diet[tiab] OR carbohydrate-restricted diet[tiab] OR Mediterranean diet[mh] OR Mediterranean diet[tiab] OR Diet, Fat-restricted[mh] OR Diet, Paleolithic[mh] OR paleolithic diet[tiab] OR Diet, Reducing[mh] OR diet therapy[mh] OR very low calorie diet[tiab] OR DASH diet[tiab] OR intermittent fasting[tiab] OR weight loss[tiab] OR weight loss[mh] OR caloric restriction[tiab])) AND adult[MeSH])) NOT (((fatty liver[mh] OR "fatty liver"[tiab] OR Non-alcoholic Fatty Liver Disease[tiab] OR nonalcoholic fatty liver disease[tiab] OR NASH[tiab] OR NAFLD[tiab]) AND (Caloric restriction[mh] OR ketogenic diet[tiab] OR carbohydrate-restricted diet[tiab] OR Mediterranean diet[mh] OR Mediterranean diet[tiab] OR Diet, Fat-restricted[mh] OR Diet, Paleolithic[mh] OR paleolithic diet[tiab] OR Diet, Reducing[mh] OR diet therapy[mh] OR very low calorie diet[tiab] OR DASH diet[tiab] OR intermittent fasting[tiab] OR weight loss[tiab] OR weight loss[mh] OR caloric restriction[tiab])) AND ((Case Reports[ptyp] OR Review[ptyp]) AND adult[MeSH])) Filters: Publication date from 2000/01/01 to 2019/12/31; English; Adult: 19+ years
Embase	1. 'fatty liver'/exp OR 'nonalcoholic fatty liver'/exp 2. 'hepatic steatosis':ab,ti OR 'nonalcoholic fatty liver':ab,ti OR nash:ab,ti OR nafld:ab,ti 3. #1 OR #2 4. diet therapy'/exp OR 'low carbohydrate diet'/exp OR 'low calorie diet'/exp OR 'mediterranean diet'/exp OR 'diet restriction'/exp OR 'carbohydrate diet'/exp OR 'low fat diet'/exp OR 'body weight loss'/exp N = 506,700 5. 'low fat-high carbohydrate diet':ab,ti OR 'ketogenic diet':ab,ti OR 'mediterranean diet':ab,ti OR 'paleolithic diet':ab,ti OR 'reducing diet':ab,ti OR 'weight loss':ab,ti 6. #4 OR #5 7. #4 AND #6 8. #7 AND 'case report'/de 9. #7 AND 'review'/it 10. #8 OR #9 11. #7 NOT #10 12. #7 NOT #10 AND ([adult]/lim OR [aged]/lim) AND [2000-2019]/py AND [english]/lim

Scopus Cited Reference Search	Ad Libitum Mediterranean and Low-Fat Diets Both Significantly Reduce Hepatic Steatosis: A Randomized Controlled Trial. 2. Barriers and Facilitators to Mediterranean Diet Adoption by Patients with Non-alcoholic Fatty Liver Disease in Northern Europe. Not in Embase or Scopus 3. The Mediterranean diet improves hepatic steatosis and insulin sensitivity in individuals with non-alcoholic fatty liver disease 4. Effect of Mediterranean Diet and Antioxidant Formulation in Non-Alcoholic Fatty Liver Disease: A Randomized Study. 5. Effects of a Low-Calorie, Low-Carbohydrate Soy Containing Diet on Systemic Inflammation Among Patients with Nonalcoholic Fatty Liver Disease: A Parallel Randomized Clinical Trial. • 6. Effects of a Low-Calorie, Low-Carbohydrate Soy Containing Diet on Systemic Inflammation Among Patients with Nonalcoholic Fatty Liver Disease: a randomized clinical trial. 7. Effect of a Low Glycemic Index Mediterranean Diet on Non-Alcoholic Fatty Liver Disease. A Randomized Controlled Clinici Trial.
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Supplement Table 2: Downs and Black Checklist

Study Title	Reporting (0-10)	External Validity (0-3)	Internal Validity – Bias (0-7)	Internal Validity – Confounding (Selection Bias) (0-6)	Power (0-1)	Total (0-28)
Ryan 2013	9	0	5	4	0	18
Misciagna 2017	8	3	5	5	1	22
Katsagoni 2018	10	3	5	5	0	23
Abenavoli 2017	7	1	5	4	0	17
Properzi 2018	9	1	6	6	0	22
Johari 2019	9	1	5	5	1	21