

Table S4. Intervention focus of included studies

No	Focus	Definition	Number of studies	Total sample	References
Low calorie diet		Restriction of daily caloric intake to below 1,700 kcal/day for men and 1,400 kcal/day for women (upper limits)			
1	Low calorie diet alone		4	2557	[62,67,102,109]
2	Low calorie + low fat diet		2	46	[71,99]
Low glycemic index diet		Diets with a glycemic index of 55 or below			
1	Non-specific		3	70	[74,98,101]
2	Dairy/chicken/nuts/whole grain		1	51	[105]
3	Resistant starch-rich diet		2	132	[21,61]
Other dietary regimens					
1	Mediterranean diet	Diet rich in fresh fruits and vegetables, nuts, fish and olive oil	2	564	[49,106]
2	MUFA diet	MUFA comprises 28-72% of total energy intake	2	77	[66,72]
3	Fibre-rich diet	Dietary fibre intake within WHO recommendations of 27-40g/day	2	156	[24,65]
4	L-dAGEs diet	Avoiding food prepared via grilling, broiling, roasting, searing and frying	1	62	[51]
5	Low energy breakfast	20% of daily energy intake comes from breakfast	1	13	[107]
6	Four types of carbohydrates	Comparison of the metabolic response elicited by glucose, trehalose, sucrose and isomaltose ingestion	1	10	[41]
7	Naturopathic whole foods	Reduction in >1 food type (processed and refined grains, dairy, meat and fat)	1	45	[90]
8	Additives	Substances used in preparing or garnishing food in order to improve its taste	2	38	[50,63]
9	Meal patterns	Consumption of meals based on the time and frequency of intake during the day	2	59	[64,86]

Diet and physical activity		A combined lifestyle intervention involving both dietary changes and modulation of physical activity levels		
1	Low carbohydrate + low fat + high fibre intake + exercise	6	1987	[22,26,29,38,40,88]
2	Low calories + exercise	1	23	[75]
3	low calories + low fat + exercise	1	76	[84]
4	High vegetable intake and low alcohol and sugar intake + exercise	2	1027	[30,34]
5	Low fat intake + low alcohol intake + exercise	1	304	[27]
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Specific Food/ Food Groups				
Grains		Small, hard seeds commonly consumed as staple foods		
1	Whole grains diet	5	298	[19,23,56,57,77]
2	Flaxseed	2	36	[76,85]
3	Brown rice	2	160	[32,87]
4	Quinoa	1	29	[43]
5	Barley flake	1	100	[28]
6	Cereal fibre	1	117	[58]
7	Foxtail millet	1	70	[31]
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Plant-based		Foods directly derived from plants and fungi		
1	Berries	3	94	[95,96,100]
2	Kimchi	1	21	[17]
3	Natto and viscous vegetables	1	11	[25]
4	UVB-treated mushroom	1	43	[82]

5	Kiwi		1	26	[108]
6	Soybean leaf extract		1	45	[18]
7	Curcumin		1	240	[33]
Nuts and protein-based		Foods that serve as common sources of protein for various populations			
1	Milk		3	66	[60,79,81]
2	Soy protein		3	264	[20,35,59]
3	High protein diet		3	58	[93,110,111]
4	Eggs		2	40	[78,80]
5	Fatty fish, lean fish and Camelina sativa oil		2	151	[54,55]
6	Pistachio		5	240	[44,45,46,47,48]
7	Almond		1	65	[89]
Nutrient supplements		Products taken orally that contain a dietary ingredient which can be used to supplement a daily diet in hopes of providing a physiological benefit			
1	Vitamin D		9	1232	[36,37,42,68,69,83,91,92,94]
2	Thiamine		2	24	103,104]
3	L-arginine		2	166	[52,53]
4	Inulin supplementation		1	18	[70]
5	Chromium		1	60	[97]
6	Galactooligosaccharides		1	44	[39]
7	Betaine		1	27	[73]

L-dAGEs, low advanced glycation end products; MUFA, mono-unsaturated fatty acid; UVB, ultraviolet B; WHO, World Health Organization