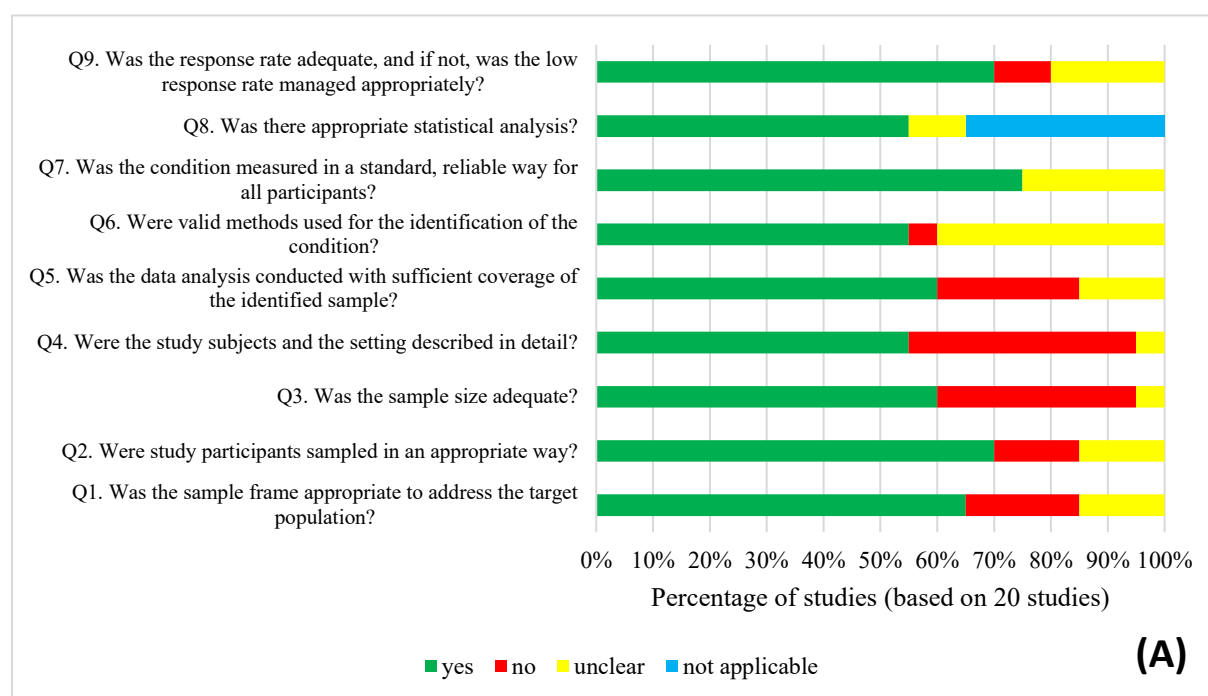


**Supplementary material S6.** Risk of bias evaluation for observational cross-sectional (A-B), single-arm interventional (C-D) and randomized cross-over interventional (E) studies related to eating behaviours/nutritional knowledge

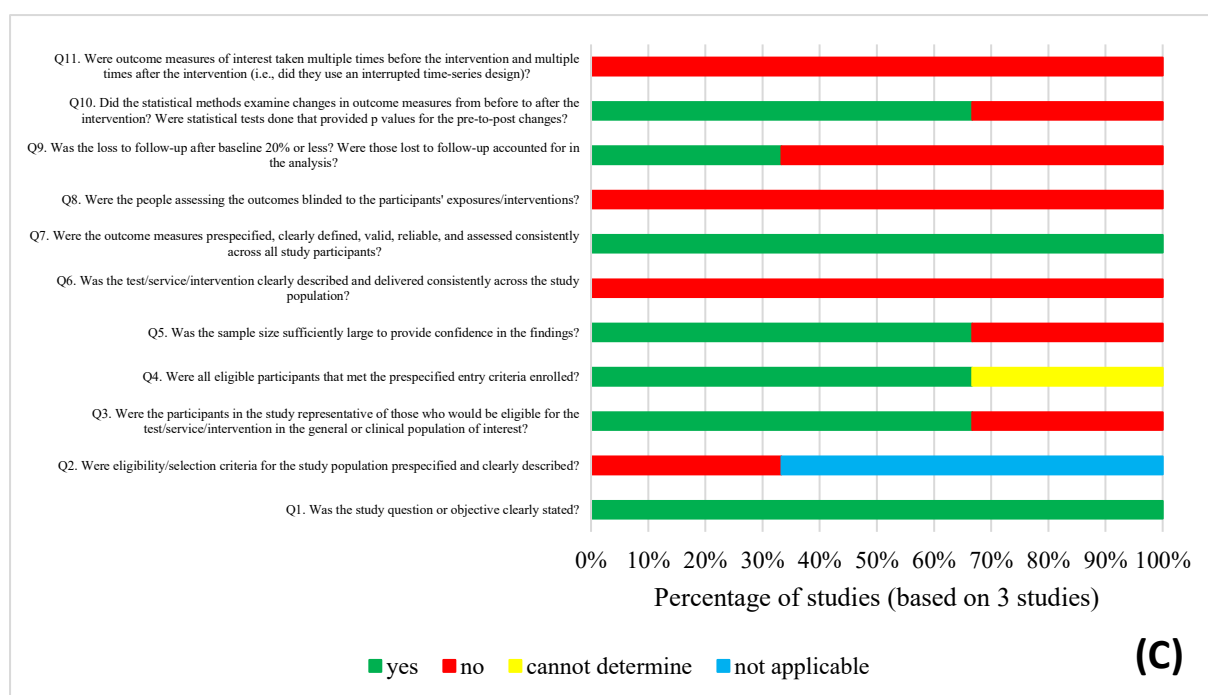


References	Questions								
	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9
Boumesleh et al. 2021									
del Mar Bibiloni et al. 2018									
Escribano-Ott et al. 2022									
Eskici & Ersoy 2016									
Ferro et al. 2017									
Gacek & Wojtowicz 2021									
Gorrell et al. 2021									
Kampouri et al. 2019									
Mavra et al. 2014									
Michou & Costarelli 2011									
Monthuy-Blanc et al. 2012									
Musaiger & Ragheb 1994									
Nikić et al. 2014									
Nowak et al. 1988									
Sánchez-Díaz et al. 2021									
Schröder et al. 2004									
Szczepańska & Spalkowska 2012									
Toti et al. 2022									
Wells et al. 2015									
Zanders et al. 2021									

Legend

yes no unclear not applicable

**(B)**



References	Questions										
	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Q11
Grams et al. 2016	yes	not applicable	yes	yes	yes	no	yes	no	no	yes	no
Toti et al. 2021	yes	not applicable	yes	yes	yes	no	yes	no	no	yes	no
Tsoufi et al. 2017	yes	no	no	cannot determine	no	no	yes	no	yes	no	no

Legend

yes	no	cannot determine	not applicable
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(D)

References	Study design	Randomisation process	Period and carryover effects	Deviations from the intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported result	Overall
Čabarkapa et al. 2020	randomized cross-over	!	!	!	+	!	!	!

Legend:

+	!	-
Low risk	Some concerns	High risk

(E)