

**Table S1.** Search terms used in systematic review.

Concept	Search Terms
Obesity	Obesity[tw] OR overweight[tw] OR weight[tw] OR “weight loss” [tw] OR “body weight” [tw] OR "Obesity"[Mesh]
Very Low Energy Diet	“Very Low Energy Diet” [tw] OR “Very Low Calorie Diet” [tw] OR VLED[tw] OR VLCD[tw] OR “Low Calorie Diet” [tw] OR “Ketogenic Diet” [tw] OR "Diet, Carbohydrate-Restricted"[Mesh]
Preconception	Preconcep*[tw] OR prepreg*[tw] OR pregnan*[tw] OR concep*[tw] OR "Preconception Care"[Mesh]