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This figure provides the desirable (green), undesirable (red), mixed (yellow), or null (grey) findings across the studies included in this literature review. Outcomes are categorized into five overarching groups: macronutrients and micronutrients, dietary aspects and patterns, anthropometrics, biochemical indices, and miscellaneous.










Outcome Category					
Macronutrients and Micronutrients					
Carbohydrates (includes % energy from carbohydrates)	 70	 48	 88	 71	
Fat (Total Fat, Fat intake, % energy from fat)	 48	 70	 88	 74	 71
Saturated Fat (includes % energy from sat. fat)	 67	 70	 88	 71	 74
Unsaturated Fat (Monounsaturated and polyunsaturated)	 88				
Protein (includes % energy from protein)	 57	 70	 84	 48	 88
Dietary Fiber	 67	 70	 73	 74	 71







Fat-Soluble Vitamins (Vitamin A, E, D)	  
Water-Soluble Vitamins (Folate, Vitamin C, B6)	 
Minerals (Calcium, magnesium, manganese, potassium, sodium, iron, copper)	     
Dietary Aspects & Patterns	
Energy Intake* (Includes energy intake, Kcal, KJ intake)	      
Sugar Intake (non-milk extrinsic sugars, total sugar, added sugar, % energy from added sugars)	    
Discretionary Fats (Discretionary fat, cholesterol, SOFAAs)	 

Fruit Intake (Includes whole fruit)	     
Vegetable Intake	  
100% Juice Intake	 
Milk Consumption (Includes milk intake, plain milk intake)	  
Water Intake	 
SSB Intake	  
Diet Beverages	 
Sweets/Cookies/Fast Food	 

Cereal Intake	 
Diet Quality (Includes HEI 2005 and 2015)	 
Anthropometrics	
Height-related× (Includes height, height for age z-score, height z-score)	     
Weight-related (Includes body weight, weight for age z-score, weight for height z-score, weight z-score, weight gain)	     
BMI Related Outcomes (Includes BMI z-score, BMI percentile)	            
Overweight/Risk of Overweight+	  
Obesity/Risk of Obesity+	

Body Fat (Includes fat mass, body fat, body fat %, skinfold thickness, abdominal obesity)	
Fat-Free Mass	
Waist Measurements (Includes waist to height ratio z-score, waist circumference, waist to hip ratio)	
Risk of Metabolic Syndrome	
Biochemical Indices	
24-hour Urine Osmolality	
Blood Pressure	

Apolipoprotein	 73	
Blood Glucose	 73	
Insulin Levels	 73	
Serum Vitamin C	 73	
Total Cholesterol	 61	
HDL	 61	
LDL	 61	
Triglycerides	 61	
Miscellaneous		
Cognitive Function	 85	

Physical Activity	 59	 77	 78	
Dental Caries	 62			
Bone Strength	 86			
Cardiorespiratory Fitness	 61			

Footnotes:

□ *In this table, we classified higher nutrient density of any macro- or micro-nutrients as desirable.*

* *In this table, we classified higher energy intake as an undesirable outcome.*

× *In this table, we classified greater height as a desirable outcome.*

+ *In this table, we classified overweight, or obesity has an undesirable outcome.*

∞ *In this table, we classified a higher waist circumference as an undesirable outcome.*

~ *This study looked at low water intake.*