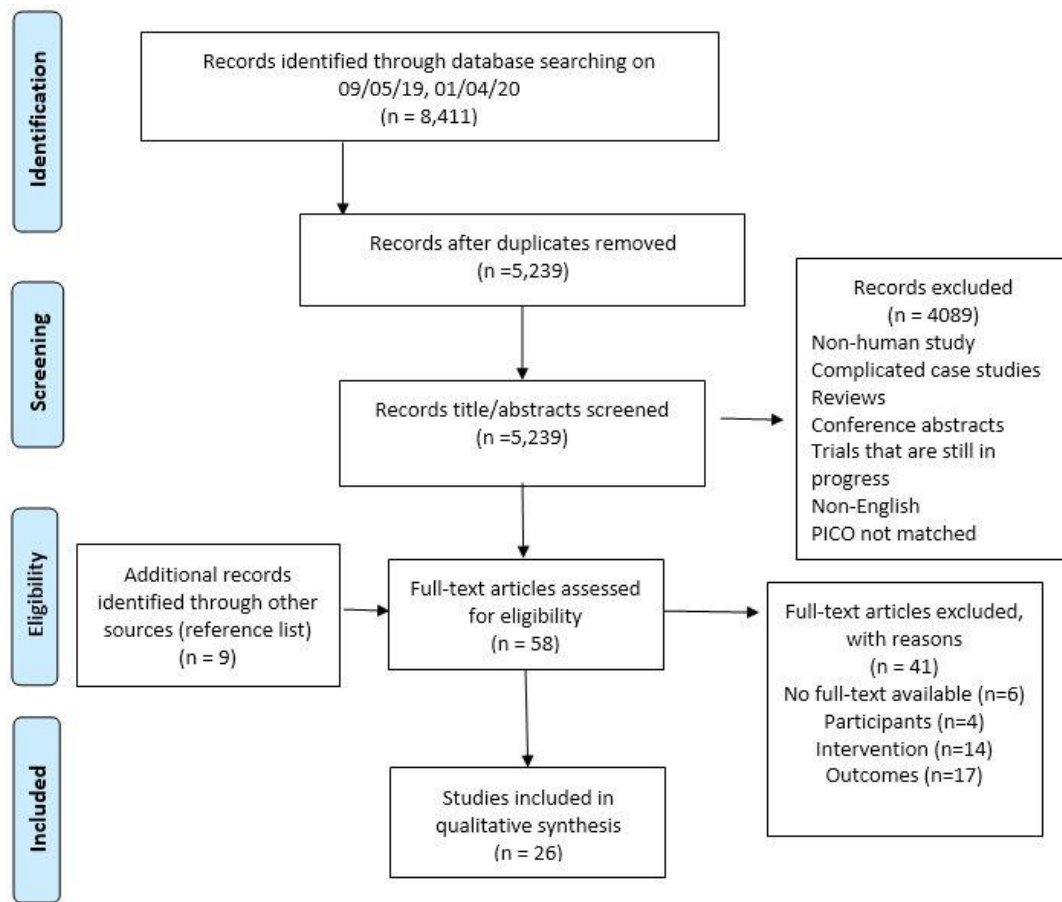


## Supplementary data S2



**Figure 1.** PRISMA flow chart diagram of study selection process.

Note. Lab studies without human participants (participants), studies without TMDs or TFs consumers (intervention) or study outcomes did not include nutrition measurement (outcomes) were excluded.