Bilaga 3 Exkluderade studier och studier som inte ingår i analyserna på grund av hög risk för bias
Appendix 3 Excluded studies and studies that are not included in the analyzes due to a high risk of bias

Innehåll

Articles with high risk of bias 2

Excluded articles 8

Excluded health economic articles 62

Articles with high risk of bias

Reference	Comment
Anderson-Loftin W, et al. Soul Food Light. The Diabetes educator 2005;31:555-63.	High Risk of bias due to high attrition rate and only fat intake in dietary evaluation
Basterra-Gortari FJ, et al. Effects of a Mediterranean Eating Plan on the Need for Glucose-Lowering Medications in Participants With Type 2 Diabetes: A Subgroup Analysis of the PREDIMED Trial. Diabetes Care 2019;42:1390-1397.	High Risk of bias of deviation from intended
Basu A, et al. Dietary fiber intake and glycemic control: coronary artery calcification in type 1 diabetes (CACTI) study. Nutr J 2019;18:23.	High Risk of bias due to drop-out
Campmans-Kuijpers MJ, et al. The association of substituting carbohydrates with total fat and different types of fatty acids with mortality and weight change among diabetes patients. Clin Nutr 2016;35:1096-102.	High risk of bias on the two outcomes: waist and weight
Chen CY, Huang WS, Chen HC, Chang CH, Lee LT, Chen HS, et al. Effect of a 90 g/day low-carbohydrate diet on glycaemic control, small, dense low-density lipoprotein and carotid intima-media thickness in type 2 diabetic patients: An 18-month randomised controlled trial. 2020	High Risk of bias due to drop-out
Deng A, et al. Fish consumption is associated with a decreased risk of death among adults with diabetes: 18-year follow-up of a national cohort. Nutr Metab Cardiovasc Dis 2018;28:1012-1020.	High risk of bias du to unclarities in classification/delimitation and from the possibility of altered exposure
Deveer R, et al. The effect of diet on pregnancy outcomes among pregnant with abnormal glucose challenge test. European review for medical and pharmacological sciences 2013;17:1258-1261.	High risk of bias due to randomization
dos Santos AL, et al. Dietary fat composition and cardiac events in patients with type 2 diabetes. Atherosclerosis 2014;236:31-8.	High risk of bias due to reporting
Ekinci EI, et al. Dietary salt intake and mortality in patients with type 2 diabetes. Diabetes Care 2011;34:703-9.	High risk of bias due to confounding
Elhayany A, et al. A low carbohydrate Mediterranean diet improves cardiovascular risk factors and diabetes control among overweight patients with type 2 diabetes mellitus: a 1-year prospective randomized intervention study. Diabetes Obes Metab 2010;12:204-9.	High risk of bias in domain due to randomization, deviation from intended interventions, drop-out and reporting
Franz MJ, et al. Effectiveness of medical nutrition therapy provided by dietitians in the management of non-insulin-dependent diabetes mellitus: a randomized, controlled clinical trial. J Am Diet Assoc 1995;95:1009-17.	High Risk of bias due to that neither the randomisation nor the diet composition was described in enough detail. Adherence was not followed and the attrition

Reference	Comment
	rate was high.
Giacco R, et al. Long-term dietary treatment with increased amounts of fiber-rich low-glycemic index natural foods improves blood glucose control and reduces the number of hypoglycemic events in type 1 diabetic patients. Diabetes Care 2000;23:1461-6.	High Risk of bias due to randomization and drop-out
Giordano M, Ciarambino T, Castellino P, Cataliotti A, Malatino L, Ferrara N, et al. Long-term effects of moderate protein diet on renal function and low-grade inflammation in older adults with type 2 diabetes and chronic kidney disease. Nutrition. 2014;30(9):1045-9.	Unacceptable high risk of bias due to handling of confounding
Giordano M, et al. Long-term effects of moderate protein diet on renal function and low-grade inflammation in older adults with type 2 diabetes and chronic kidney disease. Nutrition 2014;30:1045-9.	High Risk of bias du to no adjustments for confounders
Goldstein T, et al. The effect of a low carbohydrate energy-unrestricted diet on weight loss in obese type 2 diabetes patients – A randomized controlled trial. e-SPEN, the European e-Journal of Clinical Nutrition and Metabolism 2011;6:e178-e186.	High Risk of bias due to drop-out
Guldbrand H, et al. In type 2 diabetes, randomisation to advice to follow a low-carbohydrate diet transiently improves glycaemic control compared with advice to follow a low-fat diet producing a similar weight loss. Diabetologia 2012;55:2118-27.	High Risk of bias due to outcome measurements (domain 4)
Hardy DS, Hoelscher DM, Aragaki C, Stevens J, Steffen LM, Pankow JS, et al. Association of glycemic index and glycemic load with risk of incident coronary heart disease among Whites and African Americans with and without type 2 diabetes: the Atherosclerosis Risk in Communities study. Ann Epidemiol. 2010;20(8):610-6.	High Risk of bias due to no adjustment for confounding relating to socioeconomic factors
Horikawa C, et al. Is the Proportion of Carbohydrate Intake Associated with the Incidence of Diabetes Complications?-An Analysis of the Japan Diabetes Complications Study. Nutrients 2017;9:06.	High Risk of bias due to suspected over adjustment for adjustments for confounders
Horikawa C, et al. Meat intake and incidence of cardiovascular disease in Japanese patients with type 2 diabetes: analysis of the Japan Diabetes Complications Study (JDCS). Eur J Nutr 2019;58:281-290.	High Risk of bias due to handling of confounding
Houtsmuller AJ, et al. Favourable influences of linoleic acid on the progression of diabetic micro- and macroangiopathy. Nutr Metab 1980;24 Suppl 1:105-18.	High Risk of bias due to randomization

Reference	Comment
Howard-Williams J, et al. Polyunsaturated fatty acids and diabetic retinopathy. The British journal of ophthalmology 1985;69:15-18.	High risk of bias due to randomization, drop-out and deviation from intended interventions
Iimuro S, et al. Dietary pattern and mortality in Japanese elderly patients with type 2 diabetes mellitus: does a vegetable- and fish-rich diet improve mortality? An explanatory study. Geriatr Gerontol Int 2012;12:59-67.	Unacceptable high risk of bias due to confounding
Iqbal N, et al. Effects of a low-intensity intervention that prescribed a low-carbohydrate vs. a low-fat diet in obese, diabetic participants. Obesity (Silver Spring) 2010;18:1733-8.	High risk of bias due to drop-out
Jang J, et al. Longitudinal association between egg consumption and the risk of cardiovascular disease: interaction with type 2 diabetes mellitus. Nutr Diabetes 2018;8:20.	High Risk of bias due to handling of confounding
Jenkins DJ, et al. The relation of low glycaemic index fruit consumption to glycaemic control and risk factors for coronary heart disease in type 2 diabetes. Diabetologia 2011;54:271-9.	High Risk of bias due to handling of confounding
Jesudason DR, et al. Weight-loss diets in people with type 2 diabetes and renal disease: a randomized controlled trial of the effect of different dietary protein amounts. Am J Clin Nutr 2013;98:494-501.	High risk of bias due to drop-out
Kahleová H, et al. Vegetarian vs. conventional diabetic diet - A 1-year follow-up. Cor et Vasa 2014;56:e140-e144.	High risk of bias due to deviation from intended interventions and drop-out (domain 2 and 3)
Kalkwarf HJ, et al. Dietary fiber intakes and insulin requirements in pregnant women with type 1 diabetes. J Am Diet Assoc 2001;101:305-10.	High risk of bias due to that potential confounders such as smoking and physical activity was not considered. Suboptimal precision in estimation and timing of correlated data.
Leader NJ, et al. How best to use partial meal replacement in managing overweight or obese patients with poorly controlled type 2 diabetes. Obesity (Silver Spring) 2013;21:251-3.	High risk of bias due to randomization
Li L, et al. Effect of a macronutrient preload on blood glucose level and pregnancy outcome in gestational diabetes. J Clin Transl Endocrinol 2016;5:36-41.	High risk of bias due to discrepancies in the randomization prosess.
Lilja E, et al. The association between dietary intake, lifestyle and incident symptomatic peripheral arterial disease among individuals with diabetes mellitus: insights from the Malmo Diet and Cancer study. Ther Adv Endocrinol Metab 2019;10:2042018819890532.	Unacceptable high risk of bias due to confounding.
Lin C-C, et al. Dietary Macronutrient Intakes and Mortality among Patients with Type 2 Diabetes. Nutrients 2020;12:1665.	High risk of bias due to confounding

Reference	Comment
Lin CC, et al. Impact of lifestyle-related factors on all-cause and cause-specific mortality in patients with type 2 diabetes: the Taichung Diabetes Study. Diabetes Care 2012;35:105-12.	High risk of bias due to missing adjustment of important confounders and unclarities in classification/delimitation and from the possibility of altered exposure
Lin C-C, Liu C-S, Li C-I, Lin C-H, Lin W-Y, Wang M-C, et al. Dietary Macronutrient Intakes and Mortality among Patients with Type 2 Diabetes. Nutrients. 2020;12(6):1665.	High risk of bias due to confounding
Lv S, Yu S, Chi R, Wang D. Effects of nutritional nursing intervention based on glycemic load for patient with gestational diabetes mellitus. Ginekol Pol. 2019;90(1):46-9.	High risk of bias due to randomization
Malhotra R, et al. Higher protein intake is associated with increased risk for incident end-stage renal disease among blacks with diabetes in the Southern Community Cohort Study. Nutr Metab Cardiovasc Dis 2016;26:1079-1087.	High risk of bias due to confounding
Meloni C, et al. Adequate protein dietary restriction in diabetic and nondiabetic patients with chronic renal failure. Journal of renal nutrition : the official journal of the Council on Renal Nutrition of the National Kidney Foundation 2004;14:208-13.	High risk of bias in domain deviation and attribution
Mijatovic J, Louie JCY, Buso MEC, Atkinson FS, Ross GP, Markovic TP, et al. Effects of a modestly lower carbohydrate diet in gestational diabetes: a randomized controlled trial. 2020	High risk of bias due to drop-out
Mosharraf S, et al. Impact of the components of Mediterranean nutrition regimen on long-term prognosis of diabetic patients with coronary artery disease. ARYA Atheroscler 2013;9:337-42.	High risk of bias due to confounding
Pavithran N, Kumar H, Menon AS, Pillai GK, Sundaram KR, Ojo O. South Indian Cuisine with Low Glycemic Index Ingredients Reduces Cardiovascular Risk Factors in Subjects with Type 2 Diabetes. Int J Environ Res Public Health. 2020;17(17):27.	High risk of bias due to deficiencies in the randomization.
Pedersen E, et al. High protein weight loss diets in obese subjects with type 2 diabetes mellitus. Nutr Metab Cardiovasc Dis 2014;24:554-62.	High risk of bias in domain deviasion and attribution
Pijls LT, et al. The effect of protein restriction on albuminuria in patients with type 2 diabetes mellitus: a randomized trial. Nephrol Dial Transplant 1999;14:1445-53.	High risk of bias due to drop-out
Sato J, Kanazawa A, Hatae C, Makita S, Komiya K, Shimizu T, et al. One year follow-up after a randomized controlled trial of a 130 g/day low-carbohydrate diet in patients with type 2 diabetes mellitus and poor glycemic control. PLoS One. 2017;12(12):e0188892.	High risk of bias due to drop-out

Reference	Comment
Scavone G, et al. Effect of carbohydrate counting and medical nutritional therapy on glycaemic control in Type 1 diabetic subjects: a pilot study. Diabet Med 2010;27:477-9.	High risk of bias due to randomization, drop-out and reporting
Strand E, et al. Dietary intake of n-3 long-chain polyunsaturated fatty acids and risk of myocardial infarction in coronary artery disease patients with or without diabetes mellitus: a prospective cohort study. BMC Medicine 2013;11:216.	High risk of bias due to confounding
Tanaka S, et al. Fruit intake and incident diabetic retinopathy with type 2 diabetes. Epidemiology 2013;24:204-11.	High risk of bias due to handling of confounders and classification/delimitation and from the possibility of altered exposure
Tanaka S, et al. Intakes of dietary fiber, vegetables, and fruits and incidence of cardiovascular disease in Japanese patients with type 2 diabetes. Diabetes Care 2013;36:3916-22.	High risk of bias due to handling of confounders and classification/delimitation and from the possibility of altered exposure
Thomas MC, et al. The association between dietary sodium intake, ESRD, and all-cause mortality in patients with type 1 diabetes. Diabetes Care 2011;34:861-6.	High risk of bias due to handling of confounders
Trout KK, et al. Macronutrient Composition or Social Determinants? Impact on Infant Outcomes With Gestational Diabetes Mellitus. Diabetes Spectr 2016;29:71-8.	High risk of bias due to randomization
Tsihlias EB, et al. Comparison of high- and low-glycemic-index breakfast cereals with monounsaturated fat in the long-term dietary management of type 2 diabetes. Am J Clin Nutr 2000;72:439-49.	High risk of bias due to drop-out
Wang H, et al. Impacts of dietary fat changes on pregnant women with gestational diabetes mellitus: a randomized controlled study. Asia Pac J Clin Nutr 2015;24:58-64.	High risk of bias due to overall deficiencies (randomization, deviations from planned interventions, measuring outcomes and reporting)
Weber KS, et al. The Impact of Dietary Factors on Glycemic Control, Insulin Sensitivity and Secretion in the First Years after Diagnosis of Diabetes. Exp Clin Endocrinol Diabetes 2016;124:230-8.	High risk of bias due to confounding
Westman EC, et al. The effect of a low-carbohydrate, ketogenic diet versus a low-glycemic index diet on glycemic control in type 2 diabetes mellitus. Nutr Metab (Lond) 2008;5:36.	High risk of bias due to drop-out and outcome measurements (domain 3 and 4)
Wolever TM, et al. Effects of Changing the Amount and Source of Dietary Carbohydrates on Symptoms and Dietary Satisfaction Over a 1-Year Period in Subjects with Type 2 Diabetes: Canadian Trial of Carbohydrates in Diabetes (CCD). Can J Diabetes 2017;41:164-176.	High risk of bias due to drop-out

Reference	Comment
Wu PY, et al. Alternative health eating index and the Dietary Guidelines from American Diabetes Association both may reduce the risk of cardiovascular disease in type 2 diabetes patients. J Hum Nutr Diet 2016;29:363-73.	Unacceptable high risk of bias due to confounding
Yamaoka T, et al. Association between Low Protein Intake and Mortality in Patients with Type 2 Diabetes. Nutrients 2020;12:1629.	High risk of bias due to study design
Yan X, et al. Does daily dietary intake affect diabetic retinopathy progression? 10-year results from the 45 and Up Study. British Journal of Ophthalmology;104:1774-1780.	High risk of bias due to confounding
Yang L, et al. Long-term effect of dietary fibre intake on glycosylated haemoglobin A1c level and glycaemic control status among Chinese patients with type 2 diabetes mellitus. Public Health Nutr 2014;17:1858-64.	High risk of bias due to confounding

Excluded articles

Reference	Main reason for exclusion
Aas AM, Bergstad I, Thorsbyt PM, Johannesen O, Solberg M, Birkelandt KI. An intensified lifestyle intervention programme may be superior to insulin treatment in poorly controlled Type 2 diabetic patients on oral hypoglycaemic agents: Results of a feasibility study. Diabet Med. 2005;22(3):316-22.	Not relevant study design
Abdelmajid T, Yosra S, Fethi BS, Hayet BA, Hazar I, Faika BM, et al. Effect of protein restriction on renal function and nutritional status of type 1 diabetes at the stage of renal impairment. Tunisie Medicale 2013;91:121-126.	Not relevant language
Afaghi A, Ghanei L, Ziaee A. Effect of low glycemic load diet with and without wheat bran on glucose control in gestational diabetes mellitus: A randomized trial. Indian J Endocrinol Metab. 2013;17(4):689-92.	Too few participants
Ahmed DA, El-Toony LF, Herdan OM, Abd El-All AM. The effect of the Lenten fast on diabetes control in patients with type 2 diabetes mellitus. Diabetes Metab Syndr 2019;13:848-52.	Not relevant study design
Ahola AJ, Forsblom C, Harjutsalo V, Groop PH, FinnDiane Study G. Dietary carbohydrate intake and cardio-metabolic risk factors in type 1 diabetes. Diabetes Res Clin Pract 2019;155:107818.	Not relevant study design
Ahola AJ, Forsblom C, Harjutsalo V, Groop PH. Dietary intake in type 1 diabetes at different stages of diabetic kidney disease. Diabetes Res Clin Pract 2019;155:107775.	Not relevant study design
Ahola AJ, Freese R, Makimattila S, Forsblom C, Groop PH, FinnDiane Study G. Dietary patterns are associated with various vascular health markers and complications in type 1 diabetes. J Diabetes Complications 2016;30:1144-50.	Not relevant study design
Ahola AJ, Gordin D, Forsblom C, Groop PH, FinnDiane Study G. Association between diet and measures of arterial stiffness in type 1 diabetes - Focus on dietary patterns and macronutrient substitutions. Nutr Metab Cardiovasc Dis 2018;28:1166-1172.	Not relevant study design
Ahola AJ, Harjutsalo V, Forsblom C, Saraheimo M, Groop PH, Finnish Diabetic Nephropathy S. Associations of dietary macronutrient and fibre intake with glycaemia in individuals with Type 1 diabetes. Diabet Med 2019;36:1391-98.	Not relevant study design
Ajani UA, Gaziano JM, Lotufo PA, Liu S, Hennekens CH, Buring JE, et al. Alcohol consumption and risk of coronary heart disease by diabetes status. Circulation. 2000;102(5):500-5.	Alcohol consumption
Alperet DJ, Rebello SA, Khoo EY, Tay Z, Seah SS, Tai BC, et al. A randomized placebo-controlled trial of the effect of coffee consumption on insulin sensitivity: Design and baseline characteristics of the Coffee for METabolic Health (COMETH) study. Contemp Clin Trials Commun 2016;4:105-117.	Not relevant population

Reference	Main reason for exclusion
Alperet DJ, Rebello SA, Khoo EY, Tay Z, Seah SS, Tai BC, et al. The effect of coffee consumption on insulin sensitivity and other biological risk factors for type 2 diabetes: a randomized placebo-controlled trial. Am J Clin Nutr 2020;111:448-458.	Not relevant study design Protocol
Alvarez-Bueno C, Cavero-Redondo I, Martinez-Vizcaino V, Sotos-Prieto M, Ruiz JR, Gil A. Effects of Milk and Dairy Product Consumption on Type 2 Diabetes: Overview of Systematic Reviews and Meta-Analyses. Adv Nutr 2019;10:S154-S163.	Not relevant outcome
Alvarez-Perez J, Sanchez-Villegas A, Diaz-Benitez EM, Ruano-Rodriguez C, Corella D, Martinez-Gonzalez MA, et al. Influence of a Mediterranean Dietary Pattern on Body Fat Distribution: Results of the PREDIMED-Canarias Intervention Randomized Trial. J Am Coll Nutr 2016;35:568-580.	Not relevant population No sub-group analysis
Amor AJ, Serra-Mir M, Martinez-Gonzalez MA, Corella D, Salas-Salvado J, Fito M, et al. Prediction of Cardiovascular Disease by the Framingham-REGICOR Equation in the High-Risk PREDIMED Cohort: Impact of the Mediterranean Diet Across Different Risk Strata. J Am Heart Assoc 2017;6:13.	Not relevant study design
Anari R, Amani R, Veissi M. Sugar-sweetened beverages consumption is associated with abdominal obesity risk in diabetic patients. Diabetes Metab Syndr 2017;11:S675-S678.	Not relevant study design
Anari R, Amani R, Veissi M. Sugar-sweetened beverages consumption is associated with abdominal obesity risk in diabetic patients. Diabetes Metab Syndr. 2017;11:S675-S8.	Not relevant study design
Appuhamy JA, Kebreab E, Simon M, Yada R, Milligan LP, France J. Effects of diet and exercise interventions on diabetes risk factors in adults without diabetes: meta-analyses of controlled trials. Diabetol Metab Syndr 2014;6:127.	Not relevant population
Armet AM, Deehan EC, Thone JV, Hewko SJ, Walter J. The Effect of Isolated and Synthetic Dietary Fibers on Markers of Metabolic Diseases in Human Intervention Studies: A Systematic Review. Adv Nutr. 2020;11(2):420-38.	Not relevant study design
Asaad G, Soria-Contreras DC, Bell RC, Chan CB. Effectiveness of a Lifestyle Intervention in Patients with Type 2 Diabetes: The Physical Activity and Nutrition for Diabetes in Alberta (PANDA) Trial. Healthcare (Basel) 2016;4:27.	Not relevant study design
Asbaghi O, Fouladvand F, Gonzalez MJ, Ashtary-Larky D, Choghakhori R, Abbasnezhad A. Effect of green tea on glycemic control in patients with type 2 diabetes mellitus: A systematic review and meta-analysis. Diabetes Metab Syndr. 2021;15(1):23-31.	Not relevant study design
Asbaghi O, et al. Effect of Green Tea on Anthropometric Indices and Body Composition in Patients with Type 2 Diabetes Mellitus: A Systematic Review and Meta-Analysis. Complement Med Res 20202020/11/19:1-8.	Not relevant study design

Reference	Main reason for exclusion
Asemi Z, et al. A randomized controlled clinical trial investigating the effect of DASH diet on insulin resistance, inflammation, and oxidative stress in gestational diabetes. Nutrition 2013;29:619-24.	Not relevant outcome
Asemi Z, Samimi M, Tabassi Z, Esmaillzadeh A. The effect of DASH diet on pregnancy outcomes in gestational diabetes: a randomized controlled clinical trial. Eur J Clin Nutr. 2014;68(4):490-5.	Follow up shorter than 6 weeks
Asemi Z, Tabassi Z, Samimi M, Fahiminejad T, Esmaillzadeh A. Favourable effects of the Dietary Approaches to Stop Hypertension diet on glucose tolerance and lipid profiles in gestational diabetes: a randomised clinical trial. Br J Nutr. 2013;109(11):2024-30.	Follow up shorter than 6 weeks
Assaf-Balut C, Garcia de la Torre N, Duran A, Fuentes M, Bordiu E, Del Valle L, et al. Medical nutrition therapy for gestational diabetes mellitus based on Mediterranean Diet principles: a subanalysis of the St Carlos GDM Prevention Study. BMJ Open Diabetes Res Care 2018;6:e000550.	Not relevant study design
Assaf-Balut C, Garcia de la Torre N, Fuentes M, Duran A, Bordiu E, Del Valle L, et al. A High Adherence to Six Food Targets of the Mediterranean Diet in the Late First Trimester is Associated with a Reduction in the Risk of Materno-Foetal Outcomes: The St. Carlos Gestational Diabetes Mellitus Prevention Study. Nutrients 2018;11:31.	No subgroup analysis
Athinarayanan SJ, Adams RN, Hallberg SJ, McKenzie AL, Bhanpuri NH, Campbell WW, et al. Long-Term Effects of a Novel Continuous Remote Care Intervention Including Nutritional Ketosis for the Management of Type 2 Diabetes: A 2-Year Non-randomized Clinical Trial. Front Endocrinol (Lausanne) 2019;10:348.	Not relevant study design
Athyros VG, Hatzitolios A, Karagiannis A, Didangelos TP, Iliadis F, Dolgyras S, et al. Initiative for a new diabetes therapeutic approach in a Mediterranean country: the INDEED study. Curr Med Res Opin 2009;25:1931-40.	Not relevant index test
Authors/Task Force M, Ryden L, Grant PJ, Anker SD, Berne C, Cosentino F, et al. ESC Guidelines on diabetes, pre-diabetes, and cardiovascular diseases developed in collaboration with the EASD: the Task Force on diabetes, pre-diabetes, and cardiovascular diseases of the European Society of Cardiology (ESC) and developed in collaboration with the European Association for the Study of Diabetes (EASD). Eur Heart J 2013;34:3035-87.	Other reason Narraive review
Avedzi HM, Mathe N, Bearman S, Storey K, Johnson JA, Johnson ST. Examining Diet-Related Care Practices Among Adults with Type 2 Diabetes: A Focus on Glycemic Index Choices. Can J Diet Pract Res 2017;78:26-31.	Not relevant study design
Azami Y, Funakoshi M, Matsumoto H, Ikota A, Ito K, Okimoto H, et al. Long working hours and skipping breakfast concomitant with late evening meals are associated with suboptimal glycemic control among young male Japanese patients with type 2 diabetes. J Diabetes Investig 2019;10:73-83.	Not relevant study design

Reference	Main reason for exclusion
B HAW, Dodds J, Placzek A, Beresford L, Spyreli E, Moore A, et al. Mediterranean-style diet in pregnant women with metabolic risk factors (ESTEEM): A pragmatic multicentre randomised trial. PLoS Med 2019;16:e1002857.	Not relevant population
Babio N, Toledo E, Estruch R, Ros E, Martinez-Gonzalez MA, Castaner O, et al. Mediterranean diets and metabolic syndrome status in the PREDIMED randomized trial. CMAJ 2014;186:E649-57.	Not relevant population
Bahadoran Z, Mirmiran P, Momenan AA, Azizi F. Allium vegetable intakes and the incidence of cardiovascular disease, hypertension, chronic kidney disease, and type 2 diabetes in adults: a longitudinal follow-up study. J Hypertens 2017;35:1909-1916.	Not relevant population
Balfego M, Canivell S, Hanzu FA, Sala-Vila A, Martinez-Medina M, Murillo S, et al. Effects of sardine-enriched diet on metabolic control, inflammation and gut microbiota in drug-naive patients with type 2 diabetes: a pilot randomized trial. Lipids Health Dis 2016;15:78.	Too few participants
Balk EM, Earley A, Raman G, Avendano EA, Pittas AG, Remington PL. Combined Diet and Physical Activity Promotion Programs to Prevent Type 2 Diabetes Among Persons at Increased Risk: A Systematic Review for the Community Preventive Services Task Force. Ann Intern Med 2015;163:437-51.	Not relevant population
Baratta F, Pastori D, Polimeni L, Bucci T, Ceci F, Calabrese C, et al. Adherence to Mediterranean Diet and Non-Alcoholic Fatty Liver Disease: Effect on Insulin Resistance. Am J Gastroenterol 2017;112:1832-1839.	Not relevant population
Batar N, Kermen S, Sevdin S, Ersin A, San S, Erdem MG, et al. Effect of pilates on body composition and some biochemical parameters of women with type 2 diabetes on a low-carbohydrate or high-complex-carbohydrate diabetic diet. Iranian Red Crescent Medical Journal. 2020;22(6).	Not relevant study design Only 12 weeks follow-up
Belalcazar LM, Reboussin DM, Haffner SM, Reeves RS, Schwenke DC, Hoogeveen RC, et al. Marine omega-3 fatty acid intake: associations with cardiometabolic risk and response to weight loss intervention in the Look AHEAD (Action for Health in Diabetes) study. Diabetes Care 2010;33:197-9.	Not relevant study design
Ben-Avraham S, Harman-Boehm I, Schwarzfuchs D, Shai I. Dietary strategies for patients with type 2 diabetes in the era of multi-approaches; review and results from the Dietary Intervention Randomized Controlled Trial (DIRECT). Diabetes Res Clin Pract. 2009;86 Suppl 1:S41-8.	Not relevant study design
Bendtsen LQ, Lorenzen JK, Larsen TM, van Baak M, Papadaki A, Martinez JA, et al. Associations between dairy protein intake and body weight and risk markers of diabetes and CVD during weight maintenance. Br J Nutr 2014;111:944-53.	Not relevant population

Reference	Main reason for exclusion
Bener A, Yousafzai MT. Effect of Ramadan fasting on diabetes mellitus: a population-based study in Qatar. J Egypt Public Health Assoc 2014;89:47-52.	Not relevant study design
Benhalima K, Robyns K, Van Crombrugge P, Deprez N, Seynhave B, Devlieger R, et al. Differences in pregnancy outcomes and characteristics between insulin- and diet-treated women with gestational diabetes. BMC Pregnancy Childbirth 2015;15:271.	Not relevant index test
Berger SE, Huggins GS, McCaffery JM, Lichtenstein AH. Comparison among criteria to define successful weight-loss maintainers and regainers in the Action for Health in Diabetes (Look AHEAD) and Diabetes Prevention Program trials. Am J Clin Nutr 2017;106:1337-1346.	Not relevant index test
Berkowitz SA, Baggett TP, Wexler DJ, Huskey KW, Wee CC. Food insecurity and metabolic control among U.S. adults with diabetes. Diabetes Care 2013;36:3093-9.	Not relevant index test
Berkowitz SA, Gao X, Tucker KL. Food-insecure dietary patterns are associated with poor longitudinal glycemic control in diabetes: results from the Boston Puerto Rican Health study. Diabetes Care 2014;37:2587-92.	Not relevant index test
Bernstein AM, Rosner BA, Willett WC. Cereal fiber and coronary heart disease: a comparison of modeling approaches for repeated dietary measurements, intermediate outcomes, and long follow-up. Eur J Epidemiol 2011;26:877-86.	Not relevant study design
Bielefeld D, Grafenauer S, Rangan A. The Effects of Legume Consumption on Markers of Glycaemic Control in Individuals with and without Diabetes Mellitus: A Systematic Literature Review of Randomised Controlled Trials. Nutrients. 2020;12(7):2123.	Not relevant study design
Billingsley HE, Carbone S, Lavie CJ. Dietary Fats and Chronic Noncommunicable Diseases. Nutrients 2018;10:30.	Not relevant study design
Biskup I, Kyro C, Marklund M, Olsen A, van Dam RM, Tjonneland A, et al. Plasma alkylresorcinols, biomarkers of whole-grain wheat and rye intake, and risk of type 2 diabetes in Scandinavian men and women. Am J Clin Nutr 2016;104:88-96.	Not relevant population
Blanco-Rojo R, Alcala-Diaz JF, Wopereis S, Perez-Martinez P, Quintana-Navarro GM, Marin C, et al. The insulin resistance phenotype (muscle or liver) interacts with the type of diet to determine changes in disposition index after 2 years of intervention: the CORDIOPREV-DIAB randomised clinical trial. Diabetologia 2016;59:67-76.	Not study design
Bloomfield HE, Koeller E, Greer N, MacDonald R, Kane R, Wilt TJ. Effects on Health Outcomes of a Mediterranean Diet With No Restriction on Fat Intake: A Systematic Review and Meta-analysis. Ann Intern Med 2016;165:491-500.	Not relevant study design

Reference	Main reason for exclusion
Blumenthal JB, Gitterman A, Ryan AS, Prior SJ. Effects of Exercise Training and Weight Loss on Plasma Fetuin-A Levels and Insulin Sensitivity in Overweight Older Men. J Diabetes Res 2017;2017:1492581.	Not relevant population
Bo S, Rosato R, Ciccone G, Canil S, Gambino R, Poala CB, et al. Simple lifestyle recommendations and the outcomes of gestational diabetes. A 2 x 2 factorial randomized trial. Diabetes Obes Metab 2014;16:1032-5.	Not relevant reference test
Boateng D, Galbete C, Nicolaou M, Meeks K, Beune E, Smeeth L, et al. Dietary Patterns Are Associated with Predicted 10-Year Risk of Cardiovascular Disease Among Ghanaian Populations: the Research on Obesity and Diabetes in African Migrants (RODAM) Study. J Nutr 2019;149:755-769.	Not relevant population
Boggs DA, Rosenberg L, Ruiz-Narvaez EA, Palmer JR. Coffee, tea, and alcohol intake in relation to risk of type 2 diabetes in African American women. Am J Clin Nutr 2010;92:960-6.	Not relevant population
Bomback AS, Katz R, He K, Shoham DA, Burke GL, Klemmer PJ. Sugar-sweetened beverage consumption and the progression of chronic kidney disease in the Multi-Ethnic Study of Atherosclerosis (MESA). Am J Clin Nutr 2009;90:1172-8.	Not relevant population
Bondia-Pons I, Martinez JA, de la Iglesia R, Lopez-Legarrea P, Poutanen K, Hanhineva K, et al. Effects of short- and long-term Mediterranean-based dietary treatment on plasma LC-QTOF/MS metabolic profiling of subjects with metabolic syndrome features: The Metabolic Syndrome Reduction in Navarra (RESMENA) randomized controlled trial. Mol Nutr Food Res 2015;59:711-28.	Not relevant outcome
Botha S, Forde L, MacNaughton S, Shearer R, Lindsay R, Sattar N, et al. Effect of non-surgical weight management on weight and glycaemic control in people with type 2 diabetes: A comparison of interventional and non-interventional outcomes at 3 years. Diabetes Obes Metab 2018;20:879-888.	Not relevant population
Bozzetto L, et al. Glycaemic load versus carbohydrate counting for insulin bolus calculation in patients with type 1 diabetes on insulin pump. Acta Diabetol 2015;52:865-71.	Cross over in 9 patients
Brazeau AS, Mircescu H, Desjardins K, Leroux C, Strychar I, Ekoe JM, et al. Carbohydrate counting accuracy and blood glucose variability in adults with type 1 diabetes. Diabetes Res Clin Pract 2013;99:19-23.	Not relevant study design
Breen C, Ryan M, McNulty B, Gibney MJ, Canavan R, O'Shea D. High saturated-fat and low-fibre intake: a comparative analysis of nutrient intake in individuals with and without type 2 diabetes. Nutr Diabetes 2014;4:e104.	Not relevant study design
Brouhard BH, LaGrone L. Effect of dietary protein restriction on functional renal reserve in diabetic nephropathy. Am J Med. 1990;89(4):427-31.	Too few participants

Reference	Main reason for exclusion
Brouwer-Brolsma EM, Sluik D, Singh-Povel CM, Feskens EJM. Dairy product consumption is associated with pre-diabetes and newly diagnosed type 2 diabetes in the Lifelines Cohort Study. Br J Nutr 2018;119:442-455.	Not relevant study design
Brown J, et al. Lifestyle interventions for the treatment of women with gestational diabetes. Cochrane Database Syst Rev 2017;5:CD011970.	Not relevant study design
Brown RE, et al. All-cause and cardiovascular mortality risk in U.S. adults with and without type 2 diabetes: Influence of physical activity, pharmacological treatment and glycemic control. J Diabetes Complications 2014;28:311-5.	Not relevant intervention
Bruce DG, Davis WA, Davis TME. Glycaemic control and mortality in older people with type 2 diabetes: The Fremantle Diabetes Study Phase II. Diabetes Obes Metab 2018;20:2852-2859.	Not relevant index test
Brunner S, Holub I, Theis S, Gostner A, Melcher R, Wolf P, et al. Metabolic effects of replacing sucrose by isomaltulose in subjects with type 2 diabetes: a randomized double-blind trial. Diabetes Care 2012;35:1249-51.	Other reason (12 weeks)
Bruno R, Petrella E, Bertarini V, Pedrielli G, Neri I, Facchinetti F. Adherence to a lifestyle programme in overweight/obese pregnant women and effect on gestational diabetes mellitus: a randomized controlled trial. Matern Child Nutr 2017;13:07.	Not relevant population
Bulatova N, Kasabri V, Qotineh A, Al-Athami T, Yousef AM, AbuRuz S, et al. Effect of metformin combined with lifestyle modification versus lifestyle modification alone on proinflammatory-oxidative status in drug-naive pre-diabetic and diabetic patients: A randomized controlled study. Diabetes Metab Syndr 2018;12:257-267.	Not relevant index test
Bundgaard Anker CC, et al. Effect of Steviol Glycosides on Human Health with Emphasis on Type 2 Diabetic Biomarkers: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. Nutrients 2019;11:21.	Not relevant study design
Burch E, et al. Dietary intake by food group of individuals with type 2 diabetes mellitus: A systematic review. Diabetes Res Clin Pract 2018;137:160-172.	
Burch E, Williams LT, Makepeace H, Alston-Knox C, Ball L. How Does Diet Change with A Diagnosis of Diabetes? Protocol of the 3D Longitudinal Study. Nutrients 2019;11:12.	Not relevant study design
Bynoe K, Unwin N, Taylor C, Murphy MM, Bartholomew L, Greenidge A, et al. Inducing remission of Type 2 diabetes in the Caribbean: findings from a mixed methods feasibility study of a low-calorie liquid diet-based intervention in Barbados. Diabet Med 2019;31:31.	Not relevant study design
Cahill LE, Pan A, Chiuve SE, Sun Q, Willett WC, Hu FB, et al. Fried-food consumption and risk of type 2 diabetes and coronary artery disease: a prospective study in 2 cohorts of US women and men. Am J Clin Nutr 2014;100:667-75.	Not relevant population

Reference	Main reason for exclusion
Cai X, et al. Effect of high dietary fiber low glycemic index diet on intestinal flora, blood glucose and inflammatory response in T2DM patients. Biomedical Research (India) 2017;28:9371-9375.	Not relevant study design
Calleja Fernandez A, Vidal Casariego A, Cano Rodriguez I, Ballesteros Pomar MD. One-year effectiveness of two hypocaloric diets with different protein/carbohydrate ratios in weight loss and insulin resistance. Nutr Hosp 2012;27:2093-101.	Not relevant language
Campbell EM, et al. The relative effectiveness of educational and behavioral instruction programs for patients with NIDDM: a randomized trial. Diabetes Educ 1996;22:379-86.	Not relevant Intervention
Campos-Nonato I, Hernandez L, Barquera S. Effect of a High-Protein Diet versus Standard-Protein Diet on Weight Loss and Biomarkers of Metabolic Syndrome: A Randomized Clinical Trial. Obes Facts 2017;10:238-251.	Not relevant population
Camps SG, Verhoef SP, Westerterp KR. Physical activity and weight loss are independent predictors of improved insulin sensitivity following energy restriction. Obesity (Silver Spring) 2016;24:291-6.	Not relevant population
Cano-Ibanez N, Bueno-Cavanillas A, Martinez-Gonzalez MA, Salas-Salvado J, Corella D, Freixer GL, et al. Effect of changes in adherence to Mediterranean diet on nutrient density after 1-year of follow-up: results from the PREDIMED-Plus Study. Eur J Nutr 2019.	Not relevant study design
Cano-Ibanez N, Gea A, Martinez-Gonzalez MA, Salas-Salvado J, Corella D, Zomeno MD, et al. Dietary Diversity and Nutritional Adequacy among an Older Spanish Population with Metabolic Syndrome in the PREDIMED-Plus Study: A Cross-Sectional Analysis. Nutrients 2019;11.	Not relevant study design
Carty CL, Kooperberg C, Neuhouser ML, Tinker L, Howard B, Wactawski-Wende J, et al. Low-fat dietary pattern and change in body-composition traits in the Women's Health Initiative Dietary Modification Trial. Am J Clin Nutr 2011;93:516-24.	Not relevant population
Castetbon K, Bonaldi C, Deschamps V, Vernay M, Malon A, Salanave B, et al. Diet in 45- to 74-year-old individuals with diagnosed diabetes: comparison to counterparts without diabetes in a nationally representative survey (Etude Nationale Nutrition Sante 2006-2007). J Acad Nutr Diet 2014;114:918-25.	Not relevant study design
Celada Roldan C, Tarraga Marcos ML, Madrona Marcos F, Solera Albero J, Salmeron Rios R, Celada Rodriguez A, et al. Adhesion to the Mediterranean diet in diabetic patients with poor control. Clin Investig Arterioscler 2019;31:210-217.	Not relevant language
Cembranel F, de Oliveira Bernardo C, Ozcariz SGI, González-Chica DA, d'Orsi E. Indicators of healthy food consumption among older adults with diabetes and/or hypertension are similar to healthy older adults: results from a population based study in Southern Brazil. Journal of Public Health 2017;26:331-338.	Not relevant study design

Reference	Main reason for exclusion
Cespedes EM, et al. Multiple Healthful Dietary Patterns and Type 2 Diabetes in the Women's Health Initiative. Am J Epidemiol 2016;183:622-33.	Prevension
Chaiyakhot J, Somwang S, Hathaidechadusadee A, Areevut C, Saetung S, Saibuathong N, et al. Effects of Carbohydrate counting on glycemic control in type 1 diabetes patients: Clinical experience in Thailand. Journal of the Medical Association of Thailand 2017;100:856-863.	Not relevant study design
Chao AM, Wadden TA, Tronieri JS, Berkowitz RI. Alcohol Intake and Weight Loss During Intensive Lifestyle Intervention for Adults with Overweight or Obesity and Diabetes. Obesity (Silver Spring) 2019;27:30-40.	Not relevant index test
Chapman A, Browning CJ, Enticott JC, Yang H, Liu S, Zhang T, et al. Effect of a Health Coach Intervention for the Management of Individuals With Type 2 Diabetes Mellitus in China: A Pragmatic Cluster Randomized Controlled Trial. Front Public Health 2018;6:252.	Not relevant index test
Charwat-Resl S, Yarragudi R, Heimbach M, Leitner K, Leutner M, Gamper J, et al. Microvascular function in women with former gestational diabetes: A cohort study. Diab Vasc Dis Res 2017;14:214-220.	Not relevant population
Chee WSS, Gilcharan Singh HK, Hamdy O, Mechanick JI, Lee VKM, Barua A, et al. Structured lifestyle intervention based on a trans-cultural diabetes-specific nutrition algorithm (tDNA) in individuals with type 2 diabetes: a randomized controlled trial. BMJ Open Diabetes Res Care. 2017;5(1):e000384.	Not relevant Intervention
Chen X, de Seymour JV, Han TL, Xia Y, Chen C, Zhang T, et al. Metabolomic biomarkers and novel dietary factors associated with gestational diabetes in China. Metabolomics 2018;14:149.	Not relevant index test
Chen Y, et al. [Effect of lifestyle interventions on reduction of cardiovascular disease events and its mortality in pre-diabetic patients:long-term follow-up of Da Qing Diabetes Prevention Study]. Zhonghua Nei Ke Za Zhi 2015;54:13-7.	Not relevant langage
Chen Y, Feng R, Yang X, Dai J, Huang M, Ji X, et al. Yogurt improves insulin resistance and liver fat in obese women with nonalcoholic fatty liver disease and metabolic syndrome: a randomized controlled trial. Am J Clin Nutr 2019;109:1611-1619.	Not relevant population
Chen Y, Liu H, Wang L, Zhou T, Liang Z, Li W, et al. Lifestyle intervention modifies the effect of the MC4R genotype on changes in insulin resistance among women with prior gestational diabetes: Tianjin Gestational Diabetes Mellitus Prevention Program. Am J Clin Nutr 2019;110:750-758.	Not relevant study design
Chen Z, et al. Associations of specific dietary protein with longitudinal insulin resistance, prediabetes and type 2 diabetes: The Rotterdam Study. Clin Nutr 2020;39:242-249.	Not relevant population

Reference	Main reason for exclusion
Chen Z, et al. Plant versus animal based diets and insulin resistance, prediabetes and type 2 diabetes: the Rotterdam Study. Eur J Epidemiol 2018;33:883-893.	Not relevant population
Chen Z, Watanabe RM, Stram DO, Buchanan TA, Xiang AH. High calorie intake is associated with worsening insulin resistance and beta-cell function in Hispanic women after gestational diabetes mellitus. Diabetes Care 2014;37:3294-300.	Not relevant study design
Cheung LTF, Chan RSM, Ko GTC, Lau ESH, Chow FCC, Kong APS. Diet quality is inversely associated with obesity in Chinese adults with type 2 diabetes. Nutr J 2018;17:63.	Not relevant study design
Chiavaroli L, Mirrahimi A, Ireland C, Mitchell S, Sahye-Pudaruth S, Coveney J, et al. Cross-sectional associations between dietary intake and carotid intima media thickness in type 2 diabetes: baseline data from a randomised trial. BMJ Open 2017;7:e015026.	Not relevant study design
Chiavaroli L, Mirrahimi A, Ireland C, Mitchell S, Sahye-Pudaruth S, Coveney J, et al. Low-glycaemic index diet to improve glycaemic control and cardiovascular disease in type 2 diabetes: design and methods for a randomised, controlled, clinical trial. BMJ Open 2016;6:e012220.	Not relevant study design
Chewcharat A, Chewcharat P, Rutirapong A, Papatheodorou S. The effects of omega-3 fatty acids on diabetic nephropathy: A meta-analysis of randomized controlled trials. PLoS One. 2020;15(2):e0228315.	Not relevant population
Chong S, et al. Lifestyle Changes After a Diagnosis of Type 2 Diabetes. Diabetes Spectr 2017;30:43-50.	Not relevant intervention
Choo VL, et al. Food sources of fructose-containing sugars and glycaemic control: systematic review and meta-analysis of controlled intervention studies. BMJ 2018;363:k4644.	Not relevant study design
Christensen AS, Viggers L, Hasselstrom K, Gregersen S. Effect of fruit restriction on glycemic control in patients with type 2 diabetes--a randomized trial. Nutr J 2013;12:29.	Twelve weeks study
Churuangsuk C, Lean MEJ, Combet E. Lower carbohydrate and higher fat intakes are associated with higher hemoglobin A1c: findings from the UK National Diet and Nutrition Survey 2008-2016. Eur J Nutr 2019.	Not relevant study design
Clifton P. Nutrition in people with poorly controlled type 2 diabetes. BMJ 2010;341:c3393.	Not relevant study design
Clifton PM, Keogh JB. Salt Restriction in Diabetes. Curr Diab Rep 2015;15:58.	Not relevant study design
Clower W, Pifalo B. A lifestyle approach for the control of diabetic hyperglycemia. Journal of Managed Care Medicine 2013;16:55-60.	Not relevant study design
Coe S, Ryan L. Impact of polyphenol-rich sources on acute postprandial glycaemia: a systematic review. J Nutr Sci 2016;5:e24.	Not relevant population

Reference	Main reason for exclusion
Coelho OGL, da Silva BP, Rocha D, Lopes LL, Alfenas RCG. Polyunsaturated fatty acids and type 2 diabetes: Impact on the glycemic control mechanism. Crit Rev Food Sci Nutr 2017;57:3614-3619.	Not relevant study design
Cohen AE, Johnston CS. Almond ingestion at mealtime reduces postprandial glycemia and chronic ingestion reduces hemoglobin A(1c) in individuals with well-controlled type 2 diabetes mellitus. Metabolism 2011;60:1312-7.	Other reason
Coleman CD, Kiel JR, Mitola AH, Arterburn LM. Comparative effectiveness of a portion-controlled meal replacement program for weight loss in adults with and without diabetes/high blood sugar. Nutr Diabetes 2017;7:e284.	Not relevant study design
Coles LT, et al. Patient freedom to choose a weight loss diet in the treatment of overweight and obesity: a randomized dietary intervention in type 2 diabetes and pre-diabetes. Int J Behav Nutr Phys Act 2014;11:64.	Other reason
Comerford KB, Pasin G. Emerging Evidence for the Importance of Dietary Protein Source on Glucoregulatory Markers and Type 2 Diabetes: Different Effects of Dairy, Meat, Fish, Egg, and Plant Protein Foods. Nutrients 2016;8:23.	Not relevant study design
Control G, Turnbull FM, Abraira C, Anderson RJ, Byington RP, Chalmers JP, et al. Intensive glucose control and macrovascular outcomes in type 2 diabetes. Diabetologia 2009;52:2288-98.	Other reason
Cooper AJ, et al. Fruit and vegetable intake and type 2 diabetes: EPIC-InterAct prospective study and meta-analysis. Eur J Clin Nutr 2012;66:1082-92.	Not relevant population
Coppell KJ, et al. Nutritional intervention in patients with type 2 diabetes who are hyperglycaemic despite optimised drug treatment--Lifestyle Over and Above Drugs in Diabetes (LOADD) study: randomised controlled trial. BMJ 2010;341:c3337.	Not relevant population. Studies different intensities, not different diets
Corbett Jr EC. In newly diagnosed type 2 diabetes mellitus, a Mediterranean diet (vs a low-fat diet) delayed start of glucose-lowering drugs. ACP Journal Club 2014;161:1-1.	Not relevant study design
Corella D, Carrasco P, Sorli JV, Estruch R, Rico-Sanz J, Martinez-Gonzalez MA, et al. Mediterranean diet reduces the adverse effect of the TCF7L2-rs7903146 polymorphism on cardiovascular risk factors and stroke incidence: a randomized controlled trial in a high-cardiovascular-risk population. Diabetes Care 2013;36:3803-11.	Not relevant outcome
Cornelis MC. Coffee and type 2 diabetes: time to consider alternative mechanisms? Am J Clin Nutr 2020;111:248-249.	Not relevant study design
Cosentino F, Grant PJ, Aboyans V, Bailey CJ, Ceriello A, Delgado V, et al. 2019 ESC Guidelines on diabetes, pre-diabetes, and cardiovascular diseases developed in collaboration with the EASD. Eur Heart J 2020;41:255-323.	Not relevant study design

Reference	Main reason for exclusion
Costa ES, Franca CN, Fonseca FAH, Kato JT, Bianco HT, Freitas TT, et al. Beneficial effects of green banana biomass consumption in patients with pre-diabetes and type 2 diabetes: a randomised controlled trial. Br J Nutr 2019;121:1365-1375.	Not relevant index test
Costacou T, et al. Dietary Patterns Over Time and Microalbuminuria in Youth and Young Adults With Type 1 Diabetes: The SEARCH Nutrition Ancillary Study. Diabetes Care 2018;41:1615-1622.	Not relevant outcome
Cox DJ, Taylor AG, Singh H, Moncrief M, Diamond A, Yancy WS, Jr., et al. Glycemic load, exercise, and monitoring blood glucose (GEM): A paradigm shift in the treatment of type 2 diabetes mellitus. Diabetes Res Clin Pract. 2016;111:28-35.	Less than 20 per arm (n=21/18) Control poorly defined n<20. n<20 in one arm after accessing eligibility (I=21/C=18)
Craig J. Meal Replacement Shakes and Nutrition Bars: Do They Help Individuals With Diabetes Lose Weight? Diabetes Spectrum 2013;26:179-182.	Not relevant study design
Craven K, Haven K, Kolasa KM. What to Do When Doctors Disagree on Diets for Women With Gestational Diabetes. Nutrition Today 2018;53:132-141.	Not relevant study design
Dąbrowski M, Pawluś D. Association of food choices during pregnancy with gestational diabetes mellitus. Clinical Diabetology 2017;6:131-135.	Not relevant study design
Daher MI, Matta JM, Abdel Nour AM. Non-nutritive sweeteners and type 2 diabetes: Should we ring the bell? Diabetes Res Clin Pract 2019;155:107786.	Not relevant study design
Dans AL, Florete O, Paz E, Tamesis B, Anonuevo J, Zarcilla F, et al. The efficacy, safety, and acceptability of high-fiber rice-bran diet (darak) in the control of diabetes mellitus. Phillippine Journal of Internal Medicine. 2013;51(2).	Not relevant language
D'Arcy E, et al. The Role of Diet in the Prevention of Diabetes among Women with Prior Gestational Diabetes: A Systematic Review of Intervention and Observational Studies. J Acad Nutr Diet 2020;120:69-85 e7.	Not relevant study design
Dasgupta K, et al. Effects of meal preparation training on body weight, glycemia, and blood pressure: results of a phase 2 trial in type 2 diabetes. Int J Behav Nutr Phys Act 2012;9:125.	Not an RCT
Davis JN, Shearrer GE, Tao W, Hurston SR, Gunderson EP. Dietary variables associated with substantial postpartum weight retention at 1-year among women with GDM pregnancy. BMC Obes 2017;4:31.	Not relevant study design
Davis N, et al. Role of obesity and lifestyle interventions in the prevention and management of type 2 diabetes. Minerva Med 2009;100:221-8.	Not relevant study design Narrative review
Davis N, Forbes B, Wylie-Rosett J. Nutritional strategies in type 2 diabetes mellitus. Mt Sinai J Med 2009;76:257-68.	Not relevant study design

Reference	Main reason for exclusion
Davis NJ, Crandall JP, Gajavelli S, Berman JW, Tomuta N, Wylie-Rosett J, et al. Differential effects of low-carbohydrate and low-fat diets on inflammation and endothelial function in diabetes. J Diabetes Complications. 2011;25(6):371-6.	outcome not relevant for this evaluation
Davison KA, Negrato CA, Cobas R, Matheus A, Tannus L, Palma CS, et al. Relationship between adherence to diet, glycemic control and cardiovascular risk factors in patients with type 1 diabetes: a nationwide survey in Brazil. Nutr J 2014;13:19.	Not relevant study design
Davison KM, Temple NJ. Cereal fiber, fruit fiber, and type 2 diabetes: Explaining the paradox. J Diabetes Complications 2018;32:240-245.	Not relevant study design
de la Iglesia R, Lopez-Legarrea P, Abete I, Bondia-Pons I, Navas-Carretero S, Forga L, et al. A new dietary strategy for long-term treatment of the metabolic syndrome is compared with the American Heart Association (AHA) guidelines: the MEtabolic Syndrome REduction in NAvarra (RESMENA) project. Br J Nutr 2014;111:643-52.	Not relevant population
de la Torre NG, Assaf-Balut C, Jimenez Varas I, Del Valle L, Duran A, Fuentes M, et al. Effectiveness of Following Mediterranean Diet Recommendations in the Real World in the Incidence of Gestational Diabetes Mellitus (GDM) and Adverse Maternal-Foetal Outcomes: A Prospective, Universal, Interventional Study with a Single Group. The St Carlos Study. Nutrients 2019;11:28.	Not relevant population
de Oliveira Guilherme A, Sonia Silva M, Hellen Emília P, Aline Gabriela Bega R, Ivi Ribeiro B, Evelin Matilde Arcain N, et al. Educational intervention in men with diabetes mellitus: effects on behavior and anthropometric profile. Acta Paulista de Enfermagem. 2020;33(2):1-10.	Not relevant index test
de Paula TP, Steemburgo T, de Almeida JC, Dall'Alba V, Gross JL, de Azevedo MJ. The role of Dietary Approaches to Stop Hypertension (DASH) diet food groups in blood pressure in type 2 diabetes. Br J Nutr 2012;108:155-62.	Not relevant study design
de Seymour J, Chia A, Colega M, Jones B, McKenzie E, Shirong C, et al. Maternal Dietary Patterns and Gestational Diabetes Mellitus in a Multi-Ethnic Asian Cohort: The GUSTO Study. Nutrients 2016;8:20.	Not relevant study design
Dehghan M, Mente A, Teo KK, Gao P, Sleight P, Dagenais G, et al. Relationship between healthy diet and risk of cardiovascular disease among patients on drug therapies for secondary prevention: a prospective cohort study of 31 546 high-risk individuals from 40 countries. Circulation 2012;126:2705-12.	Not relevant study design
Delahanty LM, et al. Improving diabetes outcomes through lifestyle change--A randomized controlled trial. Obesity (Silver Spring) 2015;23:1792-9.	Intervention/controll same tratment but group versus individually (not following our PICO)

Reference	Main reason for exclusion
den Biggelaar L, Sep SJS, Mari A, Ferrannini E, van Dongen M, Wijckmans NEG, et al. Association of artificially sweetened and sugar-sweetened soft drinks with beta-cell function, insulin sensitivity, and type 2 diabetes: the Maastricht Study. Eur J Nutr 2019;5:05.	Not relevant study design
D'Eramo-Melkus GA, et al. Metabolic impact of education in NIDDM. Diabetes Care 1992;15:864-9.	Not relevant intervention
Devore EE, Stampfer MJ, Breteler MM, Rosner B, Kang JH, Okereke O, et al. Dietary fat intake and cognitive decline in women with type 2 diabetes. Diabetes Care 2009;32:635-40.	Not relevant outcome
DeVries JH, Bailey TS, Bhargava A, Gerety G, Gumprecht J, Heller S, et al. Day-to-day fasting self-monitored blood glucose variability is associated with risk of hypoglycaemia in insulin-treated patients with type 1 and type 2 diabetes: A post hoc analysis of the SWITCH Trials. Diabetes Obes Metab 2019;21:622-630.	Not relevant index test
Dewar L, Heuberger R. The effect of acute caffeine intake on insulin sensitivity and glycemic control in people with diabetes. Diabetes Metab Syndr 2017;11:S631-S635.	Not relevant study design
Di Daniele N, Petramala L, Di Renzo L, Sarlo F, Della Rocca DG, Rizzo M, et al. Body composition changes and cardiometabolic benefits of a balanced Italian Mediterranean Diet in obese patients with metabolic syndrome. Acta Diabetol 2013;50:409-16.	Not relevant population
Di Onofrio V, Galle F, Di Dio M, Belfiore P, Liguori G. Effects of nutrition motivational intervention in patients affected by type 2 diabetes mellitus: a longitudinal study in Naples, South Italy. BMC Public Health 2018;18:1181.	Not relevant index test
Diaf M, Khaled BM. Metabolic profile, nutritional status and determinants of glycaemic control in Algerian type 2 diabetic patients. Kuwait Medical Journal 2017;49:135-141.	Not relevant study design
Diem P, Deplazes M, Fajfr R, Bearth A, Muller B, Christ ER, et al. Effects of alcohol consumption on mortality in patients with Type 2 diabetes mellitus. Diabetologia. 2003;46(11):1581-5.	Alcohol consumption
Diez-Espino J, Buil-Cosiales P, Serrano-Martinez M, Toledo E, Salas-Salvado J, Martinez-Gonzalez MA. Adherence to the Mediterranean diet in patients with type 2 diabetes mellitus and HbA1c level. Ann Nutr Metab 2011;58:74-8.	Not relevant study design
Direktor S, Ozer E. Evaluating dietary quality in diabetes by the Healthy Eating Index. Asia Pac J Clin Nutr 2013;22:620-5.	Not relevant study design
Dobson R, Whittaker R, Jiang Y, Maddison R, Shepherd M, McNamara C, et al. Effectiveness of text message based, diabetes self management support programme (SMS4BG): two arm, parallel randomised controlled trial. BMJ 2018;361:k1959.	Not relevant index test
Dorsey R, Songer T, Dorsey R, Songer T. Lifestyle behaviors and physician advice for change among overweight and obese adults with prediabetes and diabetes in the United States, 2006. Preventing Chronic Disease 2011;8:A132-A132.	Not relevant study design

Reference	Main reason for exclusion
Drehmer M, Odegaard AO, Schmidt MI, Duncan BB, Cardoso LO, Matos SMA, et al. Brazilian dietary patterns and the dietary approaches to stop hypertension (DASH) diet-relationship with metabolic syndrome and newly diagnosed diabetes in the ELSA-Brasil study. Diabetol Metab Syndr 2017;9:13.	Not relevant study design
Du H, Li L, Bennett D, Guo Y, Turnbull I, Yang L, et al. Fresh fruit consumption in relation to incident diabetes and diabetic vascular complications: A 7-y prospective study of 0.5 million Chinese adults. PLoS Med 2017;14:e1002279.	Not relevant population
Du HY, et al. Association of Dietary Pattern during Pregnancy and Gestational Diabetes Mellitus: A Prospective Cohort Study in Northern China. Biomed Environ Sci 2017;30:887-897.	Not relevant population
Due A, Larsen TM, Mu H, Hermansen K, Stender S, Toubro S, et al. The effect of three different ad libitum diets for weight loss maintenance: a randomized 18-month trial. Eur J Nutr 2017;56:727-738.	Not relevant population
Duijzer G, Haveman-Nies A, Jansen SC, Beek JT, van Bruggen R, Willink MGJ, et al. Effect and maintenance of the SLIMMER diabetes prevention lifestyle intervention in Dutch primary healthcare: a randomised controlled trial. Nutr Diabetes 2017;7:e268.	Not relevant population
Dullaart RP, Beusekamp BJ, Meijer S, van Doormaal JJ, Sluiter WJ. Long-term effects of protein-restricted diet on albuminuria and renal function in IDDM patients without clinical nephropathy and hypertension. 1993	Not relevant population
Dussol B, et al. A randomized trial of low-protein diet in type 1 and in type 2 diabetes mellitus patients with incipient and overt nephropathy. J Ren Nutr 2005;15:398-406.	Not relevant population
Dyson PA, Beatty S, Matthews DR. An assessment of low-carbohydrate or low-fat diets for weight loss at 2 year's follow-up. Diabet Med 2010;27:363-4.	Not relevant study design
Dyson PA. A Practical Guide to Delivering Nutritional Advice to People with Diabetes. Diabetes Ther. 2019;10(2):367-74.	Not relevant intervention
Eakin EG, et al. Living well with diabetes: 24-month outcomes from a randomized trial of telephone-delivered weight loss and physical activity intervention to improve glycemic control. Diabetes Care 2014;37:2177-85.	Not relevant intervention
Eelderink C, Rietsema S, van Vliet IMY, Loef LC, Boer T, Koehorst M, et al. The effect of high compared with low dairy consumption on glucose metabolism, insulin sensitivity, and metabolic flexibility in overweight adults: a randomized crossover trial. Am J Clin Nutr 2019;109:1555-1568.	Not diabetes, six weeks
Ekinci EI, et al. High sodium and low potassium intake in patients with Type 2 diabetes. Diabet Med 2010;27:1401-8.	Not relevant index test

Reference	Main reason for exclusion
Ellsworth DL, Costantino NS, Blackburn HL, Engler RJ, Kashani M, Vernalis MN. Lifestyle modification interventions differing in intensity and dietary stringency improve insulin resistance through changes in lipoprotein profiles. Obes Sci Pract 2016;2:282-292.	Not relevant study design
Elnour MAA, Saleh AA, Kalantan MM, Mirghani HO. The relationship between coffee intake, obstructive sleep apnea risk, and type 2 diabetes glycemic control, in Tabuk City, The Kingdom of Saudi Arabia: a case-control study. BMC Res Notes 2019;12:798.	Not relevant study design
Elvebakk T, et al. Dietary Intakes and Dietary Quality during Pregnancy in Women with and without Gestational Diabetes Mellitus-A Norwegian Longitudinal Study. Nutrients 2018;10:20.	Nested case-control study
Emami MR, Khorshidi M, Zarezadeh M, Safabakhsh M, Rezagholizadeh F, Alizadeh S. Acute effects of caffeine ingestion on glycemic indices: A systematic review and meta-analysis of clinical trials. Complement Ther Med 2019;44:282-290.	Not relevant population
Embree GG, et al. Successful long-term weight loss among participants with diabetes receiving an intervention promoting an adapted Mediterranean-style dietary pattern: the Heart Healthy Lenoir Project. BMJ Open Diabetes Res Care 2017;5:e000339.	No control-group, not a RCT
England CY, et al. Changes in reported food intake in adults with type 2 diabetes in response to a nonprescriptive dietary intervention. J Hum Nutr Diet 2014;27:311-21.	Regression analysis, not analyzed based on randomization, but on outcome
England CY, et al. Dietary changes and associations with metabolic improvements in adults with type 2 diabetes during a patient-centred dietary intervention: an exploratory analysis. BMJ Open 2014;4:e004953.	Regression analysis, not analyzed based on randomization, but on outcome
Ericson U, Sonestedt E, Gullberg B, Hellstrand S, Hindy G, Wirfalt E, et al. High intakes of protein and processed meat associate with increased incidence of type 2 diabetes. Br J Nutr 2013;109:1143-53.	Not relevant population
Eriksen R, Gibson R, Lamb K, McMeel Y, Vergnaud AC, Spear J, et al. Nutrient profiling and adherence to components of the UK national dietary guidelines association with metabolic risk factors for CVD and diabetes: Airwave Health Monitoring Study. Br J Nutr 2018;119:695-705.	Not relevant study design
Espeland MA, et al. Impact of an intensive lifestyle intervention on use and cost of medical services among overweight and obese adults with type 2 diabetes: the action for health in diabetes. Diabetes Care 2014;37:2548-56.	It is not diets that are compared without different intensities and layouts
Espeland MA, et al. Intensive weight loss intervention in older individuals: results from the Action for Health in Diabetes Type 2 diabetes mellitus trial. J Am Geriatr Soc 2013;61:912-22.	Not relevant population
Esposito K, Maiorino MI, Di Palo C, Giugliano D, Campanian Postprandial Hyperglycemia Study G. Adherence to a Mediterranean diet and glycaemic control in Type 2 diabetes mellitus. Diabet Med 2009;26:900-7.	Not relevant study design

Reference	Main reason for exclusion
Evans RA, et al. Fructose replacement of glucose or sucrose in food or beverages lowers postprandial glucose and insulin without raising triglycerides: a systematic review and meta-analysis. Am J Clin Nutr 2017;106:506-518.	Not relevant index test
Fabricatore AN, Wadden TA, Ebbeling CB, Thomas JG, Stallings VA, Schwartz S, et al. Targeting dietary fat or glycemic load in the treatment of obesity and type 2 diabetes: a randomized controlled trial. Diabetes Res Clin Pract. 2011;92(1):37-45.	Not relevant intervention
Fagherazzi G, Vilier A, Saes Sartorelli D, Lajous M, Balkau B, Clavel-Chapelon F. Consumption of artificially and sugar-sweetened beverages and incident type 2 diabetes in the Etude Epidemiologique aupres des femmes de la Mutuelle Generale de l'Education Nationale-European Prospective Investigation into Cancer and Nutrition cohort. Am J Clin Nutr 2013;97:517-23.	Not relevant population
Farabi SS, Hernandez TL. Low-Carbohydrate Diets for Gestational Diabetes. Nutrients 2019;11:27.	Not relevant study design
Farres J, Pujol A, Coma M, Ruiz JL, Naval J, Mas JM, et al. Revealing the molecular relationship between type 2 diabetes and the metabolic changes induced by a very-low-carbohydrate low-fat ketogenic diet. Nutr Metab (Lond) 2010;7:88.	Not relevant study design
Farvid MS, Homayouni F, Shokoohi M, Fallah A, Farvid MS. Glycemic index, glycemic load and their association with glycemic control among patients with type 2 diabetes. Eur J Clin Nutr 2014;68:459-63.	Not relevant study design
Fazel-Sarjoui Z, et al. Complications in neonates of mothers with gestational diabetes mellitus receiving insulin therapy versus dietary regimen. Int J Reprod Biomed (Yazd) 2016;14:275-8.	Food compared to insulin
Feinman RD. Fad diets in the treatment of diabetes. Curr Diab Rep 2011;11:128-35.	Not relevant study design
Fernandez MA, Marette A. Novel perspectives on fermented milks and cardiometabolic health with a focus on type 2 diabetes. Nutr Rev 2018;76:16-28.	Not relevant study design
Fernemark H, Jaredsson C, Bunjaku B, Rosenqvist U, Nystrom FH, Guldbrand H. A randomized cross-over trial of the postprandial effects of three different diets in patients with type 2 diabetes. PLoS One 2013;8:e79324.	Length of study only one day
Ferrara A, Hedderson MM, Albright CL, Brown SD, Ehrlich SF, Caan BJ, et al. A pragmatic cluster randomized clinical trial of diabetes prevention strategies for women with gestational diabetes: design and rationale of the Gestational Diabetes' Effects on Moms (GEM) study. BMC Pregnancy Childbirth 2014;14:21.	Not relevant study design
Feskens EJ, Sluik D, van Woudenbergh GJ. Meat consumption, diabetes, and its complications. Curr Diab Rep 2013;13:298-306.	Not relevant population
Filardi T, Panimolle F, Crescioli C, Lenzi A, Morano S. Gestational Diabetes Mellitus: The Impact of Carbohydrate Quality in Diet. Nutrients 2019;11:1549-1549.	Not relevant study design

Reference	Main reason for exclusion
Flechtner-Mors M, Boehm BO, Wittmann R, Thoma U, Ditschuneit HH. Enhanced weight loss with protein-enriched meal replacements in subjects with the metabolic syndrome. Diabetes Metab Res Rev 2010;26:393-405.	Not relevant population
Fontes-Villalba M, Lindeberg S, Granfeldt Y, Knop FK, Memon AA, Carrera-Bastos P, et al. Palaeolithic diet decreases fasting plasma leptin concentrations more than a diabetes diet in patients with type 2 diabetes: a randomised cross-over trial. Cardiovasc Diabetol 2016;15:80.	Too few participants
Forlani G, Lorusso C, Moscatiello S, Ridolfi V, Melchionda N, Di Domizio S, et al. Are behavioural approaches feasible and effective in the treatment of type 2 diabetes? A propensity score analysis vs. prescriptive diet. Nutr Metab Cardiovasc Dis 2009;19:313-20.	Not relevant index test
Fortin A, Rabasa-Lhoret R, Lemieux S, Labonte ME, Gingras V. Comparison of a Mediterranean to a low-fat diet intervention in adults with type 1 diabetes and metabolic syndrome: A 6-month randomized trial. Nutr Metab Cardiovasc Dis. 2018;28(12):1275-84.	Too few participants in each arm (n= 14/14) n<20 per arm (I=14, C=14)
Foster GD, et al. The effects of a commercially available weight loss program among obese patients with type 2 diabetes: a randomized study. Postgrad Med 2009;121:113-8.	Follow-up 3 months
Foster GD, Wadden TA, Lagrotte CA, Vander Veur SS, Hesson LA, Homko CJ, et al. A randomized comparison of a commercially available portion-controlled weight-loss intervention with a diabetes self-management education program. Nutr Diabetes. 2013;3:e63.	Not relevant intervention
Franz MJ, Boucher JL, Evert AB. Evidence-based diabetes nutrition therapy recommendations are effective: the key is individualization. Diabetes Metab Syndr Obes 2014;7:65-72.	Not relevant study design
Franz MJ. Diabetes Nutrition Therapy: Effectiveness, Macronutrients, Eating Patterns and Weight Management. Am J Med Sci 2016;351:374-9.	Not relevant study design
Freedman DA, Choi SK, Hurley T, Anadu E, Hebert JR. A farmers' market at a federally qualified health center improves fruit and vegetable intake among low-income diabetics. Prev Med 2013;56:288-92.	Not relevant outcome
Fresan U, Gea A, Bes-Rastrollo M, Basterra-Gortari FJ, Carlos S, Martinez-Gonzalez MA. Substitution of water or fresh juice for bottled juice and type 2 diabetes incidence: The SUN cohort study. Nutr Metab Cardiovasc Dis 2017;27:874-880.	Not relevant population
Fu S, et al. Effectiveness of advanced carbohydrate counting in type 1 diabetes mellitus: a systematic review and meta-analysis. Sci Rep 2016;6:37067.	Not relevant study design
Fuller NR, Sainsbury A, Caterson ID, Markovic TP. Egg Consumption and Human Cardio-Metabolic Health in People with and without Diabetes. Nutrients. 2015;7(9):7399-420.	Not relevant study design

Reference	Main reason for exclusion
Fujii H, Iwase M, Ohkuma T, Ogata-Kaizu S, Ide H, Kikuchi Y, et al. Impact of dietary fiber intake on glycemic control, cardiovascular risk factors and chronic kidney disease in Japanese patients with type 2 diabetes mellitus: the Fukuoka Diabetes Registry. Nutr J 2013;12:159.	Not relevant study design
Fuller NR, Sainsbury A, Caterson ID, Denyer G, Fong M, Gerofi J, et al. Effect of a high-egg diet on cardiometabolic risk factors in people with type 2 diabetes: the Diabetes and Egg (DIABEGG) Study-randomized weight-loss and follow-up phase. Am J Clin Nutr. 2018;107(6):921-31.	Not relevant population Effects not from baseline
Fuller NR, Sainsbury A, Caterson ID, Markovic TP. Egg Consumption and Human Cardio-Metabolic Health in People with and without Diabetes. Nutrients 2015;7:7399-420.	Not relevant study design
Gabel K, Kroeger CM, Trepanowski JF, Hoddy KK, Cienfuegos S, Kalam F, et al. Differential Effects of Alternate-Day Fasting Versus Daily Calorie Restriction on Insulin Resistance. Obesity (Silver Spring) 2019;27:1443-1450.	Not relevant population
Gabriel da Silva LB, Rosado EL, de Carvalho Padilha P, Dias JR, Moreira TM, de Paula TP, et al. Food intake of women with gestational diabetes mellitus, in accordance with two methods of dietary guidance: a randomised controlled clinical trial. Br J Nutr 2019;121:82-92.	Other reason
Gadgil MD, Ehrlich SF, Zhu Y, Brown SD, Hedderson MM, Crites Y, et al. Dietary Quality and Glycemic Control Among Women with Gestational Diabetes Mellitus. J Womens Health (Larchmt) 2019;28:178-184.	Not relevant study design
Gadowski AM, Nanayakkara N, Heritier S, Magliano DJ, Shaw JE, Curtis AJ, et al. Association between Dietary Intake and Lipid-Lowering Therapy: Prospective Analysis of Data from Australian Diabetes, Obesity, and Lifestyle Study (AusDiab) Using a Quantile Regression Approach. Nutrients 2019;11:09.	Not relevant index test
Gaede P, Oellgaard J, Carstensen B, Rossing P, Lund-Andersen H, Parving HH, et al. Years of life gained by multifactorial intervention in patients with type 2 diabetes mellitus and microalbuminuria: 21 years follow-up on the Steno-2 randomised trial. Diabetologia 2016;59:2298-2307.	Not relevant study design
Gallagher D, Heshka S, Kelley DE, Thornton J, Boxt L, Pi-Sunyer FX, et al. Changes in adipose tissue depots and metabolic markers following a 1-year diet and exercise intervention in overweight and obese patients with type 2 diabetes. Diabetes Care 2014;37:3325-32.	Not relevant outcome
Gallagher D, Kelley DE, Thornton J, Boxt L, Pi-Sunyer X, Lipkin E, et al. Changes in skeletal muscle and organ size after a weight-loss intervention in overweight and obese type 2 diabetic patients. Am J Clin Nutr 2017;105:78-84.	Not relevant outcome

Reference	Main reason for exclusion
Gamboa Moreno E, Mateo-Abad M, Ochoa de Retana Garcia L, Vrotsou K, Del Campo Pena E, Sanchez Perez A, et al. Efficacy of a self-management education programme on patients with type 2 diabetes in primary care: A randomised controlled trial. Prim Care Diabetes 2019;13:122-133.	Other reason
Gamiochipi M, Cruz M, Kumate J, Wacher NH, Group DS. Effect of an intensive metabolic control lifestyle intervention in type-2 diabetes patients. Patient Educ Couns 2016;99:1184-1189.	Not relevant index test
Ganesan S, Raman R, Kulothungan V, Sharma T. Influence of dietary-fibre intake on diabetes and diabetic retinopathy: Sankara Nethralaya-Diabetic Retinopathy Epidemiology and Molecular Genetic Study (report 26). Clin Exp Ophthalmol 2012;40:288-94.	Not relevant study design
Garcia-Lopez M, Toledo E, Beunza JJ, Aros F, Estruch R, Salas-Salvado J, et al. Mediterranean diet and heart rate: the PREDIMED randomised trial. Int J Cardiol 2014;171:299-301.	Not relevant study design
Garcia-Patterson A, Balsells M, Yamamoto JM, Kellett JE, Sola I, Gich I, et al. Usual dietary treatment of gestational diabetes mellitus assessed after control diet in randomized controlled trials: subanalysis of a systematic review and meta-analysis. Acta Diabetol 2019;56:237-240.	Not relevant study design
Geiker NRW, Larsen ML, Dyerberg J, Stender S, Astrup A. Egg consumption, cardiovascular diseases and type 2 diabetes. Eur J Clin Nutr 2018;72:44-56.	Not relevant study design
Ghani RA, et al. The influence of fasting insulin level in post-gestational diabetes mellitus women receiving low-glycaemic-index diets. Nutr Diabetes 2014;4:e107.	Not relevant population
Gin H, Demeaux JL, Grelaud A, Grolleau A, Droz-Perroteau C, Robinson P, et al. Observation of the long-term effects of lifestyle intervention during balneotherapy in metabolic syndrome. Therapie 2013;68:163-7.	Not relevant study design
Giorgini M, Vitale M, Bozzetto L, Ciano O, Giacco A, Rivieccio A, et al. Micronutrient Intake in a Cohort of Italian Adults with Type 1 Diabetes: Adherence to Dietary Recommendations. J Diabetes Res 2017;2017:2682319.	Not relevant study design
Giovanni S, et al. Mediterranean Diet and Red Yeast Rice Supplementation for the Management of Hyperlipidemia in Statin-Intolerant Patients with or without Type 2 Diabetes. Evidence-based Complementary & Alternative Medicine (eCAM) 2013;2013:1-7.	Not relevant, Supplementation
Glasgow RE, et al. Long-term effects and costs of brief behavioural dietary intervention for patients with diabetes delivered from the medical office. Patient Educ Couns 1997;32:175-84.	Not relevant outcome. Focus on effect of computerized health risk appraisal system, rather than effect of diet
Goel A. In type 2 diabetes, a primary care-led weight management program increased weight loss and diabetes remission at 2 years. Ann Intern Med 2019;171:JC17.	Not relevant study design

Reference	Main reason for exclusion
Goel A. Intensive weight management in primary care improved weight loss and remission of type 2 diabetes. Ann Intern Med 2018;168:JC30.	Not relevant study design
Golan R, Shelef I, Shemesh E, Henkin Y, Schwarzfuchs D, Gepner Y, et al. Effects of initiating moderate wine intake on abdominal adipose tissue in adults with type 2 diabetes: a 2-year randomized controlled trial. Public Health Nutr 2017;20:549-555.	Not relevant index test
Golan R, Tirosh A, Schwarzfuchs D, Harman-Boehm I, Thiery J, Fiedler GM, et al. Dietary intervention induces flow of changes within biomarkers of lipids, inflammation, liver enzymes, and glycemic control. Nutrition 2012;28:131-7.	Not relevant index test
Goldenberg JZ, Day A, Brinkworth GD, Sato J, Yamada S, Jönsson T, et al. Efficacy and safety of low and very low carbohydrate diets for type 2 diabetes remission: systematic review and meta-analysis of published and unpublished randomized trial data. BMJ. 2021;372:m4743.	Not relenavt study design
Gomez-Huelgas R, Jansen-Chaparro S, Baca-Osorio AJ, Mancera-Romero J, Tinahones FJ, Bernal-Lopez MR. Effects of a long-term lifestyle intervention program with Mediterranean diet and exercise for the management of patients with metabolic syndrome in a primary care setting. Eur J Intern Med 2015;26:317-23.	Not relevant population
Gomez-Marin B, Gomez-Delgado F, Lopez-Moreno J, Alcala-Diaz JF, Jimenez-Lucena R, Torres-Pena JD, et al. Long-term consumption of a Mediterranean diet improves postprandial lipemia in patients with type 2 diabetes: the Cordioprev randomized trial. Am J Clin Nutr. 2018;108(5):963-70	Not relevant outcome
Gore B, Okeiyi EC. Assessing the Effectiveness of Diabetes Self-Management Education on Improving Diabetes Outcomes. Journal of the Academy of Nutrition and Dietetics 2013;113:A76-A76.	Not relevant study design
Gosmanov AR, Umpierrez GE. Medical nutrition therapy in hospitalized patients with diabetes. Curr Diab Rep 2012;12:93-100.	Not relevant study design
Goyenechea E, Holst C, van Baak MA, Saris WH, Jebb S, Kafatos A, et al. Effects of different protein content and glycaemic index of ad libitum diets on diabetes risk factors in overweight adults: the DIOGenes multicentre, randomized, dietary intervention trial. Diabetes Metab Res Rev 2011;27:705-16.	Not relevant population
Granado-Casas M, Alcubierre N, Martin M, Real J, Ramirez-Morros AM, Cuadrado M, et al. Improved adherence to Mediterranean Diet in adults with type 1 diabetes mellitus. Eur J Nutr 2019;58:2271-2279.	Not relevant study design
Granado-Casas M, Martin M, Martinez-Alonso M, Alcubierre N, Hernandez M, Alonso N, et al. The Mediterranean Diet is Associated with an Improved Quality of Life in Adults with Type 1 Diabetes. Nutrients 2020;12:131.	Not relevant study design

Reference	Main reason for exclusion
Granado-Casas M, Ramirez-Morros A, Martin M, Real J, Alonso N, Valldeperas X, et al. Type 1 Diabetic Subjects with Diabetic Retinopathy Show an Unfavorable Pattern of Fat Intake. Nutrients 2018;10:29.	Not relevant study design
Grant SM, Wolever TM, O'Connor DL, Nisenbaum R, Josse RG. Effect of a low glycaemic index diet on blood glucose in women with gestational hyperglycaemia. Diabetes Res Clin Pract. 2011;91(1):15-22	Not relevant population, not entirely GDM Ca 35% of women have IGT, the others had GDM.
Grimaldi M, Ciano O, Manzo M, Rispoli M, Guglielmi M, Limardi A, et al. Intensive dietary intervention promoting the Mediterranean diet in people with high cardiometabolic risk: a non-randomized study. Acta Diabetol 2018;55:219-226.	Not relevant population
Gu J, Jing L, Ma X, Zhang Z, Xu M, Wang J, et al. Naked oat combined with a structured dietary intervention affects oxidative stress but not inflammation in diabetic dyslipidemia. Nutr Metab Cardiovasc Dis 2014;24:e35-7.	Not relevant study design
Guasch-Ferre M, Santos JL, Martinez-Gonzalez MA, Clish CB, Razquin C, Wang D, et al. Glycolysis/gluconeogenesis- and tricarboxylic acid cycle-related metabolites, Mediterranean diet, and type 2 diabetes. Am J Clin Nutr 2020;14:14.	Not relevant population
Gulati S, Misra A, Nanda K, Pandey RM, Garg V, Ganguly S, et al. Efficacy and tolerance of a diabetes specific formula in patients with type 2 diabetes mellitus: An open label, randomized, crossover study. Diabetes Metab Syndr 2015;9:252-7.	Not relevant study design
Gulati S, Misra A, Pandey RM, Bhatt SP, Saluja S. Effects of pistachio nuts on body composition, metabolic, inflammatory and oxidative stress parameters in Asian Indians with metabolic syndrome: a 24-wk, randomized control trial. Nutrition 2014;30:192-7.	Not relevant population
Gulati S, Misra A, Pandey RM. Effect of Almond Supplementation on Glycemia and Cardiovascular Risk Factors in Asian Indians in North India with Type 2 Diabetes Mellitus: A 24-Week Study. Metab Syndr Relat Disord 2017;15:98-105.	Not relevant study design
Gulati S, Misra A. Abdominal obesity and type 2 diabetes in Asian Indians: dietary strategies including edible oils, cooking practices and sugar intake. Eur J Clin Nutr 2017;71:850-857.	Not relevant study design
Gulliford MC, Bhattarai N, Charlton J, Rudisill C. Cost-effectiveness of a universal strategy of brief dietary intervention for primary prevention in primary care: population-based cohort study and Markov model. Cost Eff Resour Alloc 2014;12:4.	Not relevant index test
Gummesson A, Nyman E, Knutsson M, Karpefors M. Effect of weight reduction on glycated haemoglobin in weight loss trials in patients with type 2 diabetes. Diabetes Obes Metab 2017;19:1295-1305.	Other reason
Gunn D, Mansell P. Glycaemic control and weight 7 years after Dose Adjustment For Normal Eating (DAFNE) structured education in Type 1 diabetes. Diabet Med 2012;29:807-12.	Other reason

Reference	Main reason for exclusion
Guo J, et al. Association between egg consumption and cardiovascular disease events, diabetes and all-cause mortality. Eur J Nutr 2018;57:2943-2952.	No analysis and mixed groups
Gupta SS, Teede H, Aroni R. Spicing up your advice for South Asian and Anglo-Australians with type 2 diabetes and CVD: Do cultural constructions of diet matter? Appetite 2018;120:679-697.	Other reason
Gutierrez-Mariscal FM, Cardelo MP, de la Cruz S, Alcala-Diaz JF, Roncero-Ramos I, Guler I, et al. Reduction in Circulating Advanced Glycation End Products by Mediterranean Diet Is Associated with Increased Likelihood of Type 2 Diabetes Remission in Patients with Coronary Heart Disease: From the Cordioprev Study. Mol Nutr Food Res. 2021;65(1):e1901290.	Not relevant outcome
Ha K, Joung H, Song Y. Inadequate fat or carbohydrate intake was associated with an increased incidence of type 2 diabetes mellitus in Korean adults: A 12-year community-based prospective cohort study. Diabetes Res Clin Pract 2019;148:254-261.	Not relevant population
Ha V, Viguiliouk E, Kendall CWC, Balachandran B, Jenkins DJA, Kavsak PA, et al. Effect of a low glycemic index diet versus a high-cereal fibre diet on markers of subclinical cardiac injury in healthy individuals with type 2 diabetes mellitus: An exploratory analysis of a randomized dietary trial. Clin Biochem 2017;50:1104-1109.	Not relevant outcome
Haimoto H, Sasakabe T, Kawamura T, Umegaki H, Komeda M, Wakai K. Three-graded stratification of carbohydrate restriction by level of baseline hemoglobin A1c for type 2 diabetes patients with a moderate low-carbohydrate diet. Nutr Metab (Lond) 2014;11:33.	Not relevant study design
Haimoto H, Sasakabe T, Umegaki H, Wakai K. Acute metabolic responses to a high-carbohydrate meal in outpatients with type 2 diabetes treated with a low-carbohydrate diet: a crossover meal tolerance study. Nutr Metab (Lond) 2009;6:52.	Not relevant study design
Haimoto H, Sasakabe T, Wakai K, Umegaki H. Effects of a low-carbohydrate diet on glycemic control in outpatients with severe type 2 diabetes. Nutr Metab (Lond) 2009;6:21.	Not relevant study design
Hajifaraji M, Najjar Safari S, Rezvani V, Rashidkhani B, Maddah M. Comparison study between the effect of oat and barley breads on serum glucose and lipid profiles in dyslipidemic and type 2 diabetic subjects: a short-term trial. Mediterranean Journal of Nutrition and Metabolism 2012;5:247-252.	Not relevant study design
Hakola L, Miettinen ME, Syrjala E, Akerlund M, Takkinen HM, Korhonen TE, et al. Association of Cereal, Gluten, and Dietary Fiber Intake With Islet Autoimmunity and Type 1 Diabetes. JAMA Pediatr 2019;12:12.	Not relevant population
Hallberg SJ, McKenzie AL, Williams PT, Bhanpuri NH, Peters AL, Campbell WW, et al. Effectiveness and Safety of a Novel Care Model for the Management of Type 2 Diabetes at 1 Year: An Open-Label, Non-Randomized, Controlled Study. Diabetes Ther 2018;9:583-612.	Other reason

Reference	Main reason for exclusion
Hamdy O, Ernst FR, Baumer D, Mustad V, Partridge J, Hegazi R. Differences in resource utilization between patients with diabetes receiving glycemia-targeted specialized nutrition vs standard nutrition formulas in U.S. hospitals. JPEN J Parenter Enteral Nutr 2014;38:86S-91S.	Not relevant study design
Hamdy O. Nonsurgical diabetes weight management: be prepared for sustainable and practical interventions. Curr Diab Rep 2011;11:75-6.	Not relevant study design
Hanaire H, Franc S, Borot S, Penfornis A, Benhamou PY, Schaepelynck P, et al. Efficacy of the Diabeloop closed-loop system to improve glycaemic control in patients with type 1 diabetes exposed to gastronomic dinners or to sustained physical exercise. Diabetes Obes Metab 2020;22:324-334.	Other reason
Hangping Z, Xiaona Q, Qi Z, Qingchun L, Na Y, Lijin J, et al. The impact on glycemic control through progressive resistance training with bioDensity(TM) in Chinese elderly patients with type 2 diabetes: The PReTTy2 (Progressive Resistance Training in Type 2 Diabetes) Trial. Diabetes Res Clin Pract 2019;150:64-71.	Other reason
Hansen HP, et al. Effect of dietary protein restriction on prognosis in patients with diabetic nephropathy. Kidney international 2002;62:220-8.	Not relevant population
Hare JL, Hordern MD, Leano R, Stanton T, Prins JB, Marwick TH. Application of an exercise intervention on the evolution of diastolic dysfunction in patients with diabetes mellitus: efficacy and effectiveness. Circ Heart Fail 2011;4:441-9.	Other reason
Hassani SS, Faramarz Fallahi A, Esmaeili SS, Gholami-Fesharaki M. The effect of combined therapy with fenugreek and nutrition training based on iranian traditional medicine on FBS, HgA1c, BMI, and waist circumference in type 2 diabetic patients: A randomized double-blinded clinical trial. Journal of Zanjan University of Medical Sciences and Health Services 2019;27:37-42.	Other reason
Hawkins JS, Casey BM, Lo JY, Moss K, McIntire DD, Leveno KJ. Weekly compared with daily blood glucose monitoring in women with diet-treated gestational diabetes. Obstet Gynecol 2009;113:1307-12.	Other reason
Haxhi J, Leto G, di Palumbo AS, Sbriccoli P, Guidetti L, Fantini C, et al. Exercise at lunchtime: effect on glycemic control and oxidative stress in middle-aged men with type 2 diabetes. Eur J Appl Physiol 2016;116:573-82.	Other reason
He JR, Yuan MY, Chen NN, Lu JH, Hu CY, Mai WB, et al. Maternal dietary patterns and gestational diabetes mellitus: a large prospective cohort study in China. Br J Nutr 2015;113:1292-300.	Not relevant population
He L, Zhang G, Wei M, Zhao Y, Chen W, Peng Q, et al. Effect of Individualized Dietary Intervention on Oxidative Stress in Patients with Type 2 Diabetes Complicated by Tuberculosis in Xinjiang, China. Diabetes Ther 2019;10:2095-2105.	Other reason

Reference	Main reason for exclusion
Hegar K, Heiber S, Brandle M, Christ E, Keller U. Carbohydrate counting of food. Swiss Med Wkly. 2011;141:w13224.	Not relevant intervention
Hegde SV, Adhikari P, M N, D'Souza V. Effect of daily supplementation of fruits on oxidative stress indices and glycaemic status in type 2 diabetes mellitus. Complement Ther Clin Pract 2013;19:97-100.	Other reason
Heianza Y, Sun D, Smith SR, Bray GA, Sacks FM, Qi L. Changes in Gut Microbiota-Related Metabolites and Long-term Successful Weight Loss in Response to Weight-Loss Diets: The POUNDS Lost Trial. Diabetes Care 2018;41:413-419.	Other reason
Hendrich S. (n-3) Fatty Acids: Clinical Trials in People with Type 2 Diabetes. Adv Nutr. 2010;1(1):3-7.	Not relevant follow-up
Heikkila HM, Krachler B, Savonen K, Hassinen M, Rauramaa R, Schwab US. Combined low-saturated fat intake and high fitness may counterbalance diabetogenic effects of obesity: the DR's EXTRA Study. Eur J Clin Nutr 2013;67:1000-2.	Not relevant study design
Hendrychova T, Vytrisalova M, Alwarafi A, Duintjer Tebbens J, Vankatova H, Leal S, et al. Fat- and fiber-related diet behavior among type 2 diabetes patients from distinct regions. Patient Prefer Adherence 2015;9:319-25.	Not relevant study design
Hendrychova T, Vytrisalova M, Vlcek J, Smahelova A, Kubena AA. An analysis of fat-related and fiber-related behavior in men and women with type 2 diabetes mellitus: key findings for clinical practice. Patient Prefer Adherence 2013;7:877-84.	Not relevant study design
Heppenstall C, Bunce S, Smith JC. Relationships between glucose, energy intake and dietary composition in obese adults with type 2 diabetes receiving the cannabinoid 1 (CB1) receptor antagonist, rimonabant. Nutr J 2012;11:50.	Not relevant study design
Herbozo S, Flynn PM, Stevens SD, Betancourt H. Dietary Adherence, Glycemic Control, and Psychological Factors Associated with Binge Eating Among Indigenous and Non-Indigenous Chileans with Type 2 Diabetes. Int J Behav Med 2015;22:792-8.	Not relevant study design
Herder C, Peltonen M, Koenig W, Sutfels K, Lindstrom J, Martin S, et al. Anti-inflammatory effect of lifestyle changes in the Finnish Diabetes Prevention Study. Diabetologia 2009;52:433-42.	Not relevant population
Hermans MP, Bouenizabila E, Amoussou-Guenou DK, Ahn SA, Rousseau MF. Baseline diabetes as a way to predict CV outcomes in a lipid-modifying trial: a meta-analysis of 330,376 patients from 47 landmark studies. Cardiovasc Diabetol 2015;14:60.	Not relevant study design
Hernandez TL, Barbour LA, Friedman JE, Reece MS, Krause MA, Van Pelt RE. Higher Carbohydrate Versus Higher Fat Diet in Gestational Diabetes: A Pilot Study. Journal of Obstetric, Gynecologic & Neonatal Nursing 2012;41:S124-S124.	Other reason

Reference	Main reason for exclusion
Hernandez TL, et al. Women With Gestational Diabetes Mellitus Randomized to a Higher-Complex Carbohydrate/Low-Fat Diet Manifest Lower Adipose Tissue Insulin Resistance, Inflammation, Glucose, and Free Fatty Acids: A Pilot Study. Diabetes Care 2016;39:39-42.	Not relevant study design
Hernandez TL, Van Pelt RE, Anderson MA, Daniels LJ, West NA, Donahoo WT, et al. A higher-complex carbohydrate diet in gestational diabetes mellitus achieves glucose targets and lowers postprandial lipids: a randomized crossover study. Diabetes Care 2014;37:1254-62.	Other reason n=19; cross-over design
Hernandez TL. 9. A Higher Complex Carbohydrate Diet in Gestational Diabetes Improves Maternal Metabolic Outcomes and Infant Adiposity: A Randomized Study. Nursing Outlook 2015;63:104-104.	Not relevant study design
Heufelder AE, Saad F, Bunck MC, Gooren L. Fifty-two-week treatment with diet and exercise plus transdermal testosterone reverses the metabolic syndrome and improves glycemic control in men with newly diagnosed type 2 diabetes and subnormal plasma testosterone. J Androl 2009;30:726-33.	Diet exercise with or without testosterone
Hirahatake KM, Slavin JL, Maki KC, Adams SH. Associations between dairy foods, diabetes, and metabolic health: potential mechanisms and future directions. Metabolism 2014;63:618-27.	Not relevant study design
Hjorth MF, Ritz C, Blaak EE, Saris WH, Langin D, Poulsen SK, et al. Pretreatment fasting plasma glucose and insulin modify dietary weight loss success: results from 3 randomized clinical trials. Am J Clin Nutr 2017;106:499-505.	Not relevant population
Hoffman RP. Vascular endothelial dysfunction and nutritional compounds in early type 1 diabetes. Curr Diabetes Rev 2014;10:201-7.	Not relevant study design
Holland-Carter L, Tuerk PW, Wadden TA, Fujioka KN, Becker LE, Miller-Kovach K, et al. Impact on psychosocial outcomes of a nationally available weight management program tailored for individuals with type 2 diabetes: Results of a randomized controlled trial. J Diabetes Complications 2017;31:891-897.	Other reason Intervention WW and SC not well described
Hollekim-Strand SM, Malmo V, Follestad T, Wisloff U, Ingul CB. Fast food increases postprandial cardiac workload in type 2 diabetes independent of pre-exercise: A pilot study. Nutr J 2015;14:79.	Other reason
Holmen H, Wahl A, Torbjornsen A, Jenum AK, Smastuen MC, Ribu L. Stages of change for physical activity and dietary habits in persons with type 2 diabetes included in a mobile health intervention: the Norwegian study in RENEWING HEALTH. BMJ Open Diabetes Res Care 2016;4:e000193.	Other reason
Homenko DR, Morin PC, Eimicke JP, Teresi JA, Weinstock RS. Food insecurity and food choices in rural older adults with diabetes receiving nutrition education via telemedicine. J Nutr Educ Behav 2010;42:404-9.	Other reason

Reference	Main reason for exclusion
Hommel E, Schmidt S, Vistisen D, Neergaard K, Gribhild M, Almdal T, et al. Effects of advanced carbohydrate counting guided by an automated bolus calculator in Type 1 diabetes mellitus (StenoABC): a 12-month, randomized clinical trial. Diabet Med. 2017;34(5):708-15.	Not relevant intervention
Hong JW, Noh JH, Kim DJ. The Association of Resting Heart Rate with the Presence of Diabetes in Korean Adults: The 2010-2013 Korea National Health and Nutrition Examination Survey. PLoS One 2016;11:e0168527.	Not relevant study design
Hong MK, Cho YY, Rha MY, Kim JH, Lee MK. Six-month Outcomes of Mobile Phone Application-based Self-management in a Patient with Type 2 Diabetes. Clin Nutr Res 2015;4:201-7.	Not relevant study design
Hopping BN, Erber E, Grandinetti A, Verheus M, Kolonel LN, Maskarinec G. Dietary fiber, magnesium, and glycemic load alter risk of type 2 diabetes in a multiethnic cohort in Hawaii. J Nutr 2010;140:68-74.	Not relevant population
Horie I, Kawasaki E, Sakanaka A, Takashima M, Maeyama M, Ando T, et al. Efficacy of nutrition therapy for glucose intolerance in Japanese women diagnosed with gestational diabetes based on IADPSG criteria during early gestation. Diabetes Res Clin Pract 2015;107:400-6.	Not relevant study design
Horikawa C, Yoshimura Y, Kamada C, Tanaka S, Tanaka S, Takahashi A, et al. Dietary intake in Japanese patients with type 2 diabetes: Analysis from Japan Diabetes Complications Study. J Diabetes Investig 2014;5:176-87.	Not relevant study design
Hou YY, Ojo O, Wang LL, Wang Q, Jiang Q, Shao XY, et al. A Randomized Controlled Trial to Compare the Effect of Peanuts and Almonds on the Cardio-Metabolic and Inflammatory Parameters in Patients with Type 2 Diabetes Mellitus. Nutrients 2018;10:23.	Other reason
Houston DK, Leng X, Bray GA, Hergenroeder AL, Hill JO, Jakicic JM, et al. A long-term intensive lifestyle intervention and physical function: the look AHEAD Movement and Memory Study. Obesity (Silver Spring). 2015;23(1):77-84.	Not relevant outcome
Houston DK, Neiberg RH, Miller ME, Hill JO, Jakicic JM, Johnson KC, et al. Physical Function Following a Long-Term Lifestyle Intervention Among Middle Aged and Older Adults With Type 2 Diabetes: The Look AHEAD Study. J Gerontol A Biol Sci Med Sci. 2018;73(11):1552-9.	Not relevant outcome Physical Function
Howard BV, et al. A Low-Fat Dietary Pattern and Diabetes: A Secondary Analysis From the Women's Health Initiative Dietary Modification Trial. Diabetes Care 2018;41:680-687.	Not relevant population
Hu G, Tian H, Zhang F, Liu H, Zhang C, Zhang S, et al. Tianjin Gestational Diabetes Mellitus Prevention Program: study design, methods, and 1-year interim report on the feasibility of lifestyle intervention program. Diabetes Res Clin Pract 2012;98:508-17.	Not relevant population

Reference	Main reason for exclusion
Hu ZG, Tan RS, Jin D, Li W, Zhou XY. A low glycemic index staple diet reduces postprandial glucose values in Asian women with gestational diabetes mellitus. J Investig Med 2014;62:975-9.	Other reason
Huang F, Nilholm C, Roth B, Linninge C, Hoglund P, Nyman M, et al. Anthropometric and metabolic improvements in human type 2 diabetes after introduction of an Okinawan-based Nordic diet are not associated with changes in microbial diversity or SCFA concentrations. Int J Food Sci Nutr 2018;69:729-740.	Other reason
Huang MC, Chang CI, Chang WT, Liao YL, Chung HF, Hsu CC, et al. Blood biomarkers of various dietary patterns correlated with metabolic indicators in Taiwanese type 2 diabetes. Food Nutr Res 2019;63.	Not relevant study design
Huang MC, Hsu CC, Wang HS, Shin SJ. Prospective randomized controlled trial to evaluate effectiveness of registered dietitian-led diabetes management on glycemic and diet control in a primary care setting in Taiwan. Diabetes Care. 2010;33(2):233-9.	Not relevant intervention (multifactorial and cannot be related to diet)
Huang T, Ley SH, Zheng Y, Wang T, Bray GA, Sacks FM, et al. Genetic susceptibility to diabetes and long-term improvement of insulin resistance and beta cell function during weight loss: the Preventing Overweight Using Novel Dietary Strategies (POUNDS LOST) trial. Am J Clin Nutr 2016;104:198-204.	Not relevant population
Huang T, Lu C, Schumann M, Le S, Yang Y, Zhuang H, et al. Timing of Exercise Affects Glycemic Control in Type 2 Diabetes Patients Treated with Metformin. J Diabetes Res 2018;2018:2483273.	Other reason
Huffman FG, Vaccaro JA, Zarini GG, Biller D, Dixon Z. Inadequacy of micronutrients, fat, and fiber consumption in the diets of Haitian-, African- and Cuban-Americans with and without type 2 diabetes. Int J Vitam Nutr Res 2012;82:275-87.	Not relevant study design
Huffman FG, Zarini GG, McNamara E, Nagarajan A. The Healthy Eating Index and the Alternate Healthy Eating Index as predictors of 10-year CHD risk in Cuban Americans with and without type 2 diabetes. Public Health Nutr 2011;14:2006-14.	Not relevant study design
Hui AL, Back L, Ludwig S, Gardiner P, Sevenhuysen G, Dean HJ, et al. Effects of lifestyle intervention on dietary intake, physical activity level, and gestational weight gain in pregnant women with different pre-pregnancy Body Mass Index in a randomized control trial. BMC Pregnancy Childbirth 2014;14:331.	Not relevant population
Hui AL, Sevenhuysen G, Harvey D, Salamon E. Food choice decision-making by women with gestational diabetes. Can J Diabetes 2014;38:26-31.	Not relevant study design
Hui AL, Sevenhuysen G, Harvey D, Salamon E. Stress and anxiety in women with gestational diabetes during dietary management. Diabetes Educ 2014;40:668-77.	Not relevant study design
Huisman S, de Gucht V, Maes S, Schroevers M, Chatrou M, Haak H. Self-regulation and weight reduction in patients with type 2	Other reason

Reference	Main reason for exclusion
diabetes: a pilot intervention study. Patient Educ Couns 2009;75:84-90.	
Hurst Y, Fukuda H. Effects of changes in eating speed on obesity in patients with diabetes: a secondary analysis of longitudinal health check-up data. BMJ Open 2018;8:e019589.	Not relevant study design
Hussain TA, et al. Effect of low-calorie versus low-carbohydrate ketogenic diet in type 2 diabetes. Nutrition 2012;28:1016-21.	Analysis without adjustments for confounders
Huxley R, Lee CM, Barzi F, Timmermeister L, Czernichow S, Perkovic V, et al. Coffee, decaffeinated coffee, and tea consumption in relation to incident type 2 diabetes mellitus: a systematic review with meta-analysis. Arch Intern Med 2009;169:2053-63.	Not relevant population
Hwang JY, Park JE, Choi YJ, Huh KB, Chang N, Kim WY. Carbohydrate intake interacts with SNP276G>T polymorphism in the adiponectin gene to affect fasting blood glucose, HbA1C, and HDL cholesterol in Korean patients with type 2 diabetes. J Am Coll Nutr 2013;32:143-50.	Not relevant study design
Hwang YC, Morrow DA, Cannon CP, Liu Y, Bergenstal R, Heller S, et al. High-sensitivity C-reactive protein, low-density lipoprotein cholesterol and cardiovascular outcomes in patients with type 2 diabetes in the EXAMINE (Examination of Cardiovascular Outcomes with Alogliptin versus Standard of Care) trial. Diabetes Obes Metab 2018;20:654-659.	Other reason
Ibsen DB, Laursen ASD, Lauritzen L, Tjonneland A, Overvad K, Jakobsen MU. Substitutions between dairy product subgroups and risk of type 2 diabetes: the Danish Diet, Cancer and Health cohort. Br J Nutr 2017;118:989-997.	Not relevant population
Ibsen DB, Warberg CK, Wurtz AML, Overvad K, Dahm CC. Substitution of red meat with poultry or fish and risk of type 2 diabetes: a Danish cohort study. Eur J Nutr 2019;58:2705-2712.	Not relevant population
Iijima K, Iimuro S, Ohashi Y, Sakurai T, Umegaki H, Araki A, et al. Lower physical activity, but not excessive calorie intake, is associated with metabolic syndrome in elderly with type 2 diabetes mellitus: the Japanese Elderly Diabetes Intervention Trial. Geriatr Gerontol Int 2012;12:68-76.	Not relevant study design
Imai S, Matsuda M, Hasegawa G, Fukui M, Obayashi H, Ozasa N, et al. A simple meal plan of 'eating vegetables before carbohydrate' was more effective for achieving glycemic control than an exchange-based meal plan in Japanese patients with type 2 diabetes. Asia Pac J Clin Nutr. 2011;20(2):161-8.	Not relevant intervention
Imamura F, Lichtenstein AH, Dallal GE, Meigs JB, Jacques PF. Generalizability of dietary patterns associated with incidence of type 2 diabetes mellitus. Am J Clin Nutr 2009;90:1075-83.	Not relevant population

Reference	Main reason for exclusion
Inzucchi SE, Bergenstal RM, Buse JB, Diamant M, Ferrannini E, Nauck M, et al. Management of hyperglycemia in type 2 diabetes, 2015: a patient-centered approach: update to a position statement of the American Diabetes Association and the European Association for the Study of Diabetes. Diabetes Care 2015;38:140-9.	Not relevant study design
Irene S, Belinda E, Norbert S. Type 2 Diabetes Self-Management: Role of Diet Self-Efficacy. Canadian Journal of Diabetes 2012;36:337-344.	Not relevant study design
Ismail NA, Olaide Raji H, Abd Wahab N, Mustafa N, Kamaruddin NA, Abdul Jamil M. Glycemic Control among Pregnant Diabetic Women on Insulin Who Fasted During Ramadan. Iran J Med Sci 2011;36:254-9.	Not relevant study design
Jaacks LM, Liu W, Ji L, Mendez MA, Du S, Crandell J, et al. Diabetes nutrition therapy and dietary intake among individuals with Type 1 diabetes in China. Diabet Med 2015;32:399-406.	Other reason Education
Jackson SL, et al. Participation in a National Lifestyle Change Program is associated with improved diabetes Control outcomes. J Diabetes Complications 2017;31:1430-1436.	Not relevant study design
Jacobsen SS, et al. The quality of dietary carbohydrate and fat is associated with better metabolic control in persons with type 1 and type 2 diabetes. Nutrition Journal 2020;19:125.	Not relevant study design
Jakicic JM, Egan CM, Fabricatore AN, Gaussoin SA, Glasser SP, Hesson LA, et al. Four-year change in cardiorespiratory fitness and influence on glycemic control in adults with type 2 diabetes in a randomized trial: the Look AHEAD Trial. Diabetes Care. 2013;36(5):1297-303.	Not relevant outcome
Jannasch F, Kroger J, Agnoli C, Barricarte A, Boeing H, Cayssials V, et al. Generalizability of a Diabetes-Associated Country-Specific Exploratory Dietary Pattern Is Feasible Across European Populations. J Nutr 2019;149:1047-1055.	Cross sectional, epic risk t2d patterns
Janssen PG, Gorter KJ, Stolk RP, Rutten GE. Randomised controlled trial of intensive multifactorial treatment for cardiovascular risk in patients with screen-detected type 2 diabetes: 1-year data from the ADDITION Netherlands study. Br J Gen Pract 2009;59:43-8.	Other reason (addition trial 1y intensified vs rutine care)
Jansson SP, Andersson DK, Svardsudd K. Effects of fasting blood glucose, diabetes treatment, blood pressure and anti-hypertension treatment on cardiovascular disease incidence: a 30-year follow-up study of 740 incident patients with Type 2 diabetes. Diabet Med 2013;30:349-57.	Not relevant study design
Jannasch F, Kroger J, Agnoli C, Barricarte A, Boeing H, Cayssials V, et al. Generalizability of a Diabetes-Associated Country-Specific Exploratory Dietary Pattern Is Feasible Across European Populations. J Nutr. 2019;149(6):1047-55.	Not relevant population
Jarvandi S, Gougeon R, Bader A, Dasgupta K. Differences in food intake among obese and nonobese women and men with type 2 diabetes. J Am Coll Nutr 2011;30:225-32.	Not relevant study design

Reference	Main reason for exclusion
Jayasuriya WJ, Wanigatunge CA, Fernando GH, Abeytunga DT, Suresh TS. Hypoglycaemic activity of culinary Pleurotus ostreatus and P. cystidiosus mushrooms in healthy volunteers and type 2 diabetic patients on diet control and the possible mechanisms of action. Phytother Res 2015;29:303-9.	Other reason
Jayawardena R, Ranasinghe P, Chathuranga T, Atapattu PM, Misra A. The benefits of yoga practice compared to physical exercise in the management of type 2 Diabetes Mellitus: A systematic review and meta-analysis. Diabetes Metab Syndr 2018;12:795-805.	Other reason
Jayawardene DC, McAuley SA, Horsburgh JC, Gerche A, Jenkins AJ, Ward GM, et al. Closed-Loop Insulin Delivery for Adults with Type 1 Diabetes Undertaking High-Intensity Interval Exercise Versus Moderate-Intensity Exercise: A Randomized, Crossover Study. Diabetes Technol Ther 2017;19:340-348.	Not relevant study design
Jayedi A, Mirzaei K, Rashidy-Pour A, Yekaninejad MS, Zargar MS, Akbari Eidgahi MR. Dietary approaches to stop hypertension, mediterranean dietary pattern, and diabetic nephropathy in women with type 2 diabetes: A case-control study. Clin Nutr ESPEN 2019;33:164-170.	Not relevant study design
Jenkins DJA, Kendall CWC, Lamarche B, Banach MS, Srichaikul K, Vidgen E, et al. Correction to: Nuts as a replacement for carbohydrates in the diabetic diet: a reanalysis of a randomised controlled trial. Diabetologia 2019;62:549-552.	Other reason
Jenkins DJA, Kendall CWC, Lamarche B, Banach MS, Srichaikul K, Vidgen E, et al. Nuts as a replacement for carbohydrates in the diabetic diet: a reanalysis of a randomised controlled trial. Diabetologia 2018;61:1734-1747.	Other reason
Jiang J, Qiu H, Zhao G, Zhou Y, Zhang Z, Zhang H, et al. Dietary fiber intake is associated with HbA1c level among prevalent patients with type 2 diabetes in Pudong New Area of Shanghai, China. PLoS One 2012;7:e46552.	Not relevant study design
Johannesen CO, Dale HF, Jensen C, Lied GA. Effects of Plant-Based Diets on Outcomes Related to Glucose Metabolism: A Systematic Review. Diabetes Metab Syndr Obes. 2020;13:2811-22.	Not relevant study design
Johnson ST, Al Sayah F, Mathe N, Johnson JA. The relationship of diabetes-related distress and depressive symptoms with physical activity and dietary behaviors in adults with type 2 diabetes: A cross-sectional study. J Diabetes Complications 2016;30:967-70.	Not relevant study design
Johnson ST, Bell GJ, McCargar LJ, Welsh RS, Bell RC. Improved cardiovascular health following a progressive walking and dietary intervention for type 2 diabetes. Diabetes Obes Metab 2009;11:836-43.	Other reason (2 wks walking 2 methods + 12 wks basic vs enhanced lifestyle incl diet focus on GI, different diets)
Jonasson L, et al. Advice to follow a low-carbohydrate diet has a favourable impact on low-grade inflammation in type 2 diabetes compared with advice to follow a low-fat diet. Ann Med 2014;46:182-7.	Not relevant outcome

Reference	Main reason for exclusion
Jonker JT, Snel M, Hammer S, Jazet IM, van der Meer RW, Pijl H, et al. Sustained cardiac remodeling after a short-term very low calorie diet in type 2 diabetes mellitus patients. Int J Cardiovasc Imaging 2014;30:121-7.	Other reason
Jonsson T, Granfeldt Y, Ahren B, Branell UC, Palsson G, Hansson A, et al. Beneficial effects of a Paleolithic diet on cardiovascular risk factors in type 2 diabetes: a randomized cross-over pilot study. Cardiovasc Diabetol 2009;8:35.	Other reason
Jonsson T, Granfeldt Y, Lindeberg S, Hallberg AC. Subjective satiety and other experiences of a Paleolithic diet compared to a diabetes diet in patients with type 2 diabetes. Nutr J 2013;12:105.	Other reason
Julien E, Senecal C, Guay F. Longitudinal relations among perceived autonomy support from health care practitioners, motivation, coping strategies and dietary compliance in a sample of adults with type 2 diabetes. J Health Psychol 2009;14:457-70.	Other reason
Kadri R, Vishwanath P, Parameshwar D, Hegde S, Kudva AA. Dietary associations with diabetic retinopathy-A cohort study. Indian J Ophthalmol. 2021;69(3):661-5.	Not relevant study design
Kahleova H, Belinova L, Malinska H, Oliyarnyk O, Trnovska J, Skop V, et al. Erratum to: Eating two larger meals a day (breakfast and lunch) is more effective than six smaller meals in a reduced-energy regimen for patients with type 2 diabetes: a randomised crossover study. Diabetologia 2015;58:205.	Not relevant study design
Kahleova H, et al. The Effect of a Vegetarian vs Conventional Hypocaloric Diabetic Diet on Thigh Adipose Tissue Distribution in Subjects with Type 2 Diabetes: A Randomized Study. J Am Coll Nutr 2017;36:364-369.	Not relevant outcome
Kahleova H, Mari A, Nofrate V, Matoulek M, Kazdova L, Hill M, et al. Improvement in beta-cell function after diet-induced weight loss is associated with decrease in pancreatic polypeptide in subjects with type 2 diabetes. J Diabetes Complications 2012;26:442-9.	Other reason (12 wks hypocaloric 12 wks with exercise no control)
Kahleova H, Matoulek M, Bratova M, Malinska H, Kazdova L, Hill M, et al. Vegetarian diet-induced increase in linoleic acid in serum phospholipids is associated with improved insulin sensitivity in subjects with type 2 diabetes. Nutr Diabetes. 2013;3:e75.	Not relevant population
Kaliora AC, Kalafati IP, Gioxari A, Diolintzi A, Kokkinos A, Dedoussis GV. A modified response of NAFLD patients with non-significant fibrosis in nutritional counseling according to GCKR rs1260326. Eur J Nutr 2018;57:2227-2235.	Other reason
Kamada C, Yoshimura H, Okumura R, Takahashi K, Iimuro S, Ohashi Y, et al. Optimal energy distribution of carbohydrate intake for Japanese elderly patients with type 2 diabetes: the Japanese Elderly Intervention Trial. Geriatr Gerontol Int 2012;12:41-9.	Not relevant study design

Reference	Main reason for exclusion
Kanellos PT, Kaliora AC, Tentolouris NK, Argiana V, Perrea D, Kalogeropoulos N, et al. A pilot, randomized controlled trial to examine the health outcomes of raisin consumption in patients with diabetes. Nutrition. 2014;30(3):358-64.	No control group
Katula JA, Kirk JK, Pedley CF, Savoca MR, Effoe VS, Bell RA, et al. The Lifestyle Intervention for the Treatment of Diabetes study (LIFT Diabetes): Design and baseline characteristics for a randomized translational trial to improve control of cardiovascular disease risk factors. Contemp Clin Trials 2017;53:89-99.	Other reason
Kawada T. Dietary intervention and cognitive performance in patients with type 2 diabetes. Br J Nutr 2017;117:478.	Other reason
Kempf K, Altpeter B, Berger J, Reuss O, Fuchs M, Schneider M, et al. Efficacy of the Telemedical Lifestyle intervention Program TeLiPro in Advanced Stages of Type 2 Diabetes: A Randomized Controlled Trial. Diabetes Care 2017;40:863-871.	Other reason
Kempf K, Rohling M, Niedermeier K, Gartner B, Martin S. Individualized Meal Replacement Therapy Improves Clinically Relevant Long-Term Glycemic Control in Poorly Controlled Type 2 Diabetes Patients. Nutrients 2018;10:04.	Not relevant study design
Kempf K, Schloot NC, Gartner B, Keil R, Schadewaldt P, Martin S. Meal replacement reduces insulin requirement, HbA1c and weight long-term in type 2 diabetes patients with >100 U insulin per day. J Hum Nutr Diet 2014;27:21-7.	Not relevant study design
Kgosidialwa O, Egan AM, Carmody L, Kirwan B, Gunning P, Dunne FP. Treatment With Diet and Exercise for Women With Gestational Diabetes Mellitus Diagnosed Using IADPSG Criteria. J Clin Endocrinol Metab 2015;100:4629-36.	Other reason (no specific diet)
Khoo J, Piantadosi C, Duncan R, Worthley SG, Jenkins A, Noakes M, et al. Comparing effects of a low-energy diet and a high-protein low-fat diet on sexual and endothelial function, urinary tract symptoms, and inflammation in obese diabetic men. J Sex Med 2011;8:2868-75.	Not relevant study design
Kim EK, Kwak SH, Jung HS, Koo BK, Moon MK, Lim S, et al. The Effect of a Smartphone-Based, Patient-Centered Diabetes Care System in Patients With Type 2 Diabetes: A Randomized, Controlled Trial for 24 Weeks. Diabetes Care 2019;42:3-9.	Other reason (smartphone based vs paper logbook)
Kim J, Hwang JY, Kim KN, Choi YJ, Chang N, Huh KB. Relationship between milk and calcium intake and lipid metabolism in female patients with type 2 diabetes. Yonsei Med J 2013;54:626-36.	Not relevant study design
Kim M, Chae JS, Kim M, Lee SH, Lee JH. Effects of a 3-year dietary intervention on age-related changes in triglyceride and apolipoprotein A-V levels in patients with impaired fasting glucose or new-onset type 2 diabetes as a function of the APOA5 -1131 T > C polymorphism. Nutr J 2014;13:40.	Not relevant study design

Reference	Main reason for exclusion
Kim M, Song G, Kang M, Yoo HJ, Jeong TS, Lee SH, et al. Replacing carbohydrate with protein and fat in prediabetes or type-2 diabetes: greater effect on metabolites in PBMC than plasma. Nutr Metab (Lond) 2016;13:3.	Other reason (12 weeks)
Kim SH, Hong SB, Suh YJ, Choi YJ, Nam M, Lee HW, et al. Association between nutrient intake and obesity in type 2 diabetic patients from the Korean National Diabetes Program: a cross-sectional study. J Korean Med Sci 2012;27:1188-95.	Not relevant study design
Kim SH, Lee SY, Kim CW, Suh YJ, Hong S, Ahn SH, et al. Impact of Socioeconomic Status on Health Behaviors, Metabolic Control, and Chronic Complications in Type 2 Diabetes Mellitus. Diabetes Metab J 2018;42:380-393.	Not relevant study design
Kimura M, Kondo Y, Aoki K, Shirakawa J, Kamiyama H, Kamiko K, et al. Correction to: A Randomized Controlled Trial of a Mini Low-Carbohydrate Diet and an Energy-Controlled Diet Among Japanese Patients With Type 2 Diabetes. J Clin Med Res 2018;10:531-534.	Other reason (correction)
Kirk JK, et al. Longitudinal changes in dietary fat intake and associated changes in cardiovascular risk factors in adults with type 2 diabetes: the ACCORD trial. Diabetes Res Clin Pract 2013;100:61-8.	Not relevant reference test
Kitajima Y, Mikami N, Hyodo T, Hida M, Kawakami J. Carbohydrate Counting: A Simple Method of Dietary Management for Glycemic Control in Japanese Diabetic Hemodialysis Patients. Contrib Nephrol 2017;189:262-269.	Not relevant study design
Kitaoka K, Takenouchi A, Tsuboi A, Fukuo K, Kazumi T. Association of Postbreakfast Triglyceride and Visit-to-Visit Annual Variation of Fasting Plasma Glucose with Progression of Diabetic Nephropathy in Patients with Type 2 Diabetes. J Diabetes Res 2016;2016:4351376.	Other reason
Klupa T, Mozdzan M, Kokoszka-Paszkot J, Kubik M, Masierek M, Czerwinska M, et al. Diet-Related Knowledge and Physical Activity in a Large Cohort of Insulin-Treated Type 2 Diabetes Patients: PROGENS ARENA Study. Int J Endocrinol 2016;2016:2354956.	Other reason
Knight H, Stetson B, Krishnasamy S, Mokshagundam SP. Diet self-management and readiness to change in underserved adults with type 2 diabetes. Prim Care Diabetes 2015;9:219-25.	Not relevant study design
Koczi R, Link S, Auger-Strumas M, Toews H, Mullan Y. The Impact of Usual Nutrition Intervention by a Registered Dietitian on a Patient's Self-Reported Mediterranean Diet Adherence Score: Findings From Our Diabetes Cohort. Canadian Journal of Diabetes 2018;42:S20-S20.	Other reason
Koivusalo SB, Rono K, Klemetti MM, Roine RP, Lindstrom J, Erkkola M, et al. Gestational Diabetes Mellitus Can Be Prevented by Lifestyle Intervention: The Finnish Gestational Diabetes Prevention Study (RADIEL): A Randomized Controlled Trial. Diabetes Care 2016;39:24-30.	Not relevant population

Reference	Main reason for exclusion
Koloverou E, Panagiotakos DB, Pitsavos C, Chrysohoou C, Georgousopoulou EN, Tousoulis D, et al. The long term effect of dietary habits and physical activity on type 2 diabetes incidence: 10-year follow up of the ATTICA study (2002-2012): Diet, physical activity and diabetes. Hellenic Journal of Atherosclerosis 2018;9:5-16.	Not relevant population
Kondo K, Ishikado A, Morino K, Nishio Y, Ugi S, Kajiwara S, et al. A high-fiber, low-fat diet improves periodontal disease markers in high-risk subjects: a pilot study. Nutr Res 2014;34:491-8.	Not relevant population
Kong JX, Zhu L, Wang HM, Li Y, Guo AY, Gao C, et al. Effectiveness of the Chronic Care Model in Type 2 Diabetes Management in a Community Health Service Center in China: A Group Randomized Experimental Study. J Diabetes Res 2019;2019:6516581.	Other reason
Koster-Rasmussen R, Simonsen MK, Siersma V, Henriksen JE, Heitmann BL, de Fine Olivarius N. Intentional Weight Loss and Longevity in Overweight Patients with Type 2 Diabetes: A Population-Based Cohort Study. PLoS One 2016;11:e0146889.	Other reason (intention to wieght loss)
Koya D, et al. Long-term effect of modification of dietary protein intake on the progression of diabetic nephropathy: a randomised controlled trial. Diabetologia 2009;52:2037-45.	Not relevant population
Krebs JD, Arahill J, Cresswell P, Weatherall M, Parry-Strong A. The effect of additional mealtime insulin bolus using an insulin-to-protein ratio compared to usual carbohydrate counting on postprandial glucose in those with type 1 diabetes who usually follow a carbohydrate-restricted diet: A randomized cross-over trial. Diabetes Obes Metab 2018;20:2486-2489.	Not relevant study design
Krebs JD, Bell D, Hall R, Parry-Strong A, Docherty PD, Clarke K, et al. Improvements in glucose metabolism and insulin sensitivity with a low-carbohydrate diet in obese patients with type 2 diabetes. J Am Coll Nutr 2013;32:11-7.	Not relevant study design (12 paticipants)
Kuznetsov L, Simmons RK, Sutton S, Kinmonth AL, Griffin SJ, Hardeman W, et al. Predictors of change in objectively measured and self-reported health behaviours among individuals with recently diagnosed type 2 diabetes: longitudinal results from the ADDITION-Plus trial cohort. Int J Behav Nutr Phys Act 2013;10:118.	Other reason, predictors of lifestyle change
Kyithar MP, Dinneen SF. 2012 - An intensive lifestyle intervention increased remission from type 2 diabetes in overweight adults. ACP Journal Club 2013;158:1-1.	Not relevant study design
Lanhers C, Walther G, Chapier R, Lesourd B, Naughton G, Pereira B, et al. Long-term cost reduction of routine medications following a residential programme combining physical activity and nutrition in the treatment of type 2 diabetes: a prospective cohort study. BMJ Open 2017;7:e013763.	Not relevant study design

Reference	Main reason for exclusion
Laouali N, Mancini FR, Hajji-Louati M, El Fatouhi D, Balkau B, Boutron-Ruault MC, et al. Dietary inflammatory index and type 2 diabetes risk in a prospective cohort of 70,991 women followed for 20 years: the mediating role of BMI. Diabetologia 2019;62:2222-2232.	Not relevant population
Lašaite L, Spadiene A, Savickiene N, Skesters A, Silova A. The Effect of Ginkgo biloba and Camellia sinensis Extracts on Psychological State and Glycemic Control in Patients with Type 2 Diabetes Mellitus. Nat Prod Commun. 2014;9:1345-50.	Not relevant PICO
Lawrence RL, Wall CR, Bloomfield FH. Dietary Patterns and Dietary Adaptations in Women with and without Gestational Diabetes: Evidence from the Growing Up in New Zealand Study. Nutrients 2020;12.	Not relevant study design
Lean M. VLED and formula LED in the management of type 2 diabetes: defining the clinical need and research requirements. Clin Obes 2011;1:41-49.	Other reason
Lee JH, Oh MK, Lim JT, Kim HG, Lee WJ. Effect of Coffee Consumption on the Progression of Type 2 Diabetes Mellitus among Prediabetic Individuals. Korean J Fam Med 2016;37:7-13.	Not relevant population
Leehey DJ, Collins E, Kramer HJ, Cooper C, Butler J, McBurney C, et al. Structured Exercise in Obese Diabetic Patients with Chronic Kidney Disease: A Randomized Controlled Trial. Am J Nephrol 2016;44:54-62.	Other reason (unspecific diet)
Leehey DJ, Moinuddin I, Bast JP, Qureshi S, Jelinek CS, Cooper C, et al. Aerobic exercise in obese diabetic patients with chronic kidney disease: a randomized and controlled pilot study. Cardiovasc Diabetol 2009;8:62.	Other reason
Lehmann V, Zueger T, Zeder A, Scott S, Bally L, Laimer M, et al. Lower Daily Carbohydrate Intake Is Associated With Improved Glycemic Control in Adults With Type 1 Diabetes Using a Hybrid Closed-Loop System. Diabetes Care. 2020;43(12):3102-5.	Not relevant study design
Leibbrandt AJ, Kiefte-de Jong JC, Hogenelst MH, Snoek FJ, Weijs PJ. Effects of the PRo-active Interdisciplinary Self-MAnagement (PRISMA, Dutch DESMOND) program on dietary intake in type 2 diabetes outpatients: a pilot study. Clin Nutr 2010;29:199-205.	Not relevant study design
Leichter SB, Bowman K, Adkins RA, Jelsovsky Z. Impact of remote management of diabetes via computer: the 360 study--a proof-of-concept randomized trial. Diabetes Technol Ther 2013;15:434-8.	Other reason
Lennerz BS, Barton A, Bernstein RK, Dikeman RD, Diulus C, Hallberg S, et al. Management of Type 1 Diabetes With a Very Low-Carbohydrate Diet. Pediatrics 2018;141:06.	Not relevant study design
Leow ZZX, Guelfi KJ, Davis EA, Jones TW, Fournier PA. The glycaemic benefits of a very-low-carbohydrate ketogenic diet in adults with Type 1 diabetes mellitus may be opposed by increased hypoglycaemia risk and dyslipidaemia. Diabet Med 2018;8:08.	Not relevant study design (n=11)

Reference	Main reason for exclusion
Li B, Zhang G, Tan M, Zhao L, Jin L, Tang X, et al. Consumption of whole grains in relation to mortality from all causes, cardiovascular disease, and diabetes: Dose-response meta-analysis of prospective cohort studies. Medicine (Baltimore) 2016;95:e4229.	Not relevant population
Li Q, Xing B. A Phytosterol-Enriched Spread Improves Lipid Profile and Insulin Resistance of Women with Gestational Diabetes Mellitus: A Randomized, Placebo-Controlled Double-Blind Clinical Trial. Diabetes Technol Ther 2016;18:499-504.	Other reason
Li Q, Xing B. Vitamin D3-Supplemented Yogurt Drink Improves Insulin Resistance and Lipid Profiles in Women with Gestational Diabetes Mellitus: A Randomized Double Blinded Clinical Trial. Ann Nutr Metab 2016;68:285-90.	Other reason
Li S, Zhu Y, Chavarro JE, Bao W, Tobias DK, Ley SH, et al. Healthful Dietary Patterns and the Risk of Hypertension Among Women With a History of Gestational Diabetes Mellitus: A Prospective Cohort Study. Hypertension 2016;67:1157-65.	Not relevant population
Li X, Cai X, Ma X, Jing L, Gu J, Bao L, et al. Short- and Long-Term Effects of Wholegrain Oat Intake on Weight Management and Glucolipid Metabolism in Overweight Type-2 Diabetics: A Randomized Control Trial. Nutrients 2016;8:07.	Other reason
Li Y, Schoufour J, Wang DD, Dhana K, Pan A, Liu X, et al. Healthy lifestyle and life expectancy free of cancer, cardiovascular disease, and type 2 diabetes: prospective cohort study. BMJ 2020;368:l6669.	Not relevant population
Li Z, Tseng CH, Li Q, Deng ML, Wang M, Heber D. Clinical efficacy of a medically supervised outpatient high-protein, low-calorie diet program is equivalent in prediabetic, diabetic and normoglycemic obese patients. Nutr Diabetes 2014;4:e105.	Not relevant study design
Lian J, Liang Y. Diabetes management in the real world and the impact of adherence to guideline recommendations. Curr Med Res Opin 2014;30:2233-40.	Other reason
Liatis S, Grammatikou S, Poulia KA, Perrea D, Makrilakis K, Diakoumopoulou E, et al. Vinegar reduces postprandial hyperglycaemia in patients with type II diabetes when added to a high, but not to a low, glycaemic index meal. Eur J Clin Nutr 2010;64:727-32.	Acute effects
Lim S, Kang SM, Kim KM, Moon JH, Choi SH, Hwang H, et al. Multifactorial intervention in diabetes care using real-time monitoring and tailored feedback in type 2 diabetes. Acta Diabetol 2016;53:189-98.	Other reason
Lim S, Versace VL, O'Reilly S, Janus E, Dunbar J. Weight Change and Cardiometabolic Outcomes in Postpartum Women with History of Gestational Diabetes. Nutrients 2019;11.	Postpartum gdm weight gain and risk

Reference	Main reason for exclusion
Limruangrong P, Sinsuksai N, Ratinthorn A, Boriboonhirunsarn D. Effectiveness of a self-regulation program on diet control, exercise, and two-hour postprandial blood glucose levels in Thais with gestational diabetes mellitus. Pacific Rim International Journal of Nursing Research 2011;15:173-186.	Other reason
Lin HP, Baghdasarian S, Singer MR, Mott MM, Bradlee ML, Pickering RT, et al. Dietary Cholesterol, Lipid Levels, and Cardiovascular Risk among Adults with Diabetes or Impaired Fasting Glucose in the Framingham Offspring Study. Nutrients 2018;10:14.	Not relevant population
Lin YH, Huang YY, Chen HY, Hsieh SH, Sun JH, Chen ST, et al. Impact of Carbohydrate on Glucose Variability in Patients with Type 1 Diabetes Assessed Through Professional Continuous Glucose Monitoring: A Retrospective Study. Diabetes Ther 2019;10:2289-2304.	Not relevant study design
Lindberg M, Midthjell K, Bjerve KS. Long-term tracking of plasma phospholipid fatty acid concentrations and their correlation with the dietary intake of marine foods in newly diagnosed diabetic patients: results from a follow-up of the HUNT Study, Norway. Br J Nutr 2013;109:1123-34.	Other reason
Lipoeto NI, Masrul, Decroli E, Purnakarya I. Effect of Modified Diet and Exercise on Insulin Level in Diabetes Mellitus Type-2 Patients. Pakistan Journal of Nutrition. 2016;15(4):370-3.	Not relevant intervention
Lips MA, van Klinken JB, Pijl H, Janssen I, Willems van Dijk K, Koning F, et al. Weight loss induced by very low calorie diet is associated with a more beneficial systemic inflammatory profile than by Roux-en-Y gastric bypass. Metabolism 2016;65:1614-1620.	Other reason
Lipscombe LL, Delos-Reyes F, Glenn AJ, de Sequeira S, Liang X, Grant S, et al. The Avoiding Diabetes After Pregnancy Trial in Moms Program: Feasibility of a Diabetes Prevention Program for Women With Recent Gestational Diabetes Mellitus. Can J Diabetes 2019;43:613-620.	Other reason
Liu H, Wang L, Zhang S, Leng J, Li N, Li W, et al. One-year weight losses in the Tianjin Gestational Diabetes Mellitus Prevention Programme: A randomized clinical trial. Diabetes Obes Metab 2018;20:1246-1255.	Other reason, weight loss 1 years after GDM
Liu H, Zhang M, Wu X, Wang C, Li Z. Effectiveness of a public dietitian-led diabetes nutrition intervention on glycemic control in a community setting in China. Asia Pac J Clin Nutr 2015;24:525-32.	Other reason, educational program
Liu K, et al. Effect of combined use of a low-carbohydrate, high-protein diet with omega-3 polyunsaturated fatty acid supplementation on glycemic control in newly diagnosed type 2 diabetes: a randomized, double-blind, parallel-controlled trial. Am J Clin Nutr 2018;108:256-265.	Participants received omega-3 capsules

Reference	Main reason for exclusion
Liu ZM, Chen YM, Ho SC, Ho YP, Woo J. Effects of soy protein and isoflavones on glycemic control and insulin sensitivity: a 6-mo double-blind, randomized, placebo-controlled trial in postmenopausal Chinese women with prediabetes or untreated early diabetes. Am J Clin Nutr 2010;91:1394-401.	Not relevant population
Liu K, Zhou R, Wang B, Chen K, Shi LY, Zhu JD, et al. Effect of green tea on glucose control and insulin sensitivity: a meta-analysis of 17 randomized controlled trials. Am J Clin Nutr. 2013;98(2):340-8.	Not relevant study design
Liu ZM, Chen YM, Ho SC. Effects of soy intake on glycemic control: a meta-analysis of randomized controlled trials. Am J Clin Nutr. 2011;93(5):1092-101.	Not relevant population
Look ARG. Eight-year weight losses with an intensive lifestyle intervention: the look AHEAD study. Obesity (Silver Spring) 2014;22:5-13.	Not relevant index test
Liu ZM, Chen YM, Ho SC, Ho YP, Woo J. Effects of soy protein and isoflavones on glycemic control and insulin sensitivity: a 6-mo double-blind, randomized, placebo-controlled trial in postmenopausal Chinese women with prediabetes or untreated early diabetes. Am J Clin Nutr. 2010;91(5):1394-401.	Not relevant index test
Lopez-Garcia E, Hagan KA, Fung TT, Hu FB, Rodriguez-Artalejo F. Mediterranean diet and risk of frailty syndrome among women with type 2 diabetes. Am J Clin Nutr 2018;107:763-771.	Not relevant outcome
Luger M, et al. Feasibility and efficacy of an isocaloric high-protein vs. standard diet on insulin requirement, body weight and metabolic parameters in patients with type 2 diabetes on insulin therapy. Exp Clin Endocrinol Diabetes 2013;121:286-94.	Follow up 12 weeks
Luley C, Blaik A, Reschke K, Klose S, Westphal S. Weight loss in obese patients with type 2 diabetes: effects of telemonitoring plus a diet combination - the Active Body Control (ABC) Program. Diabetes Res Clin Pract. 2011;91(3):286-92.	Not relevant intervention
Lopez-Garcia E, Hagan KA, Fung TT, Hu FB, Rodriguez-Artalejo F. Mediterranean diet and risk of frailty syndrome among women with type 2 diabetes. Am J Clin Nutr. 2018;107(5):763-71.	Not relevant outcome
Luley C, Blaik A, Reschke K, Klose S, Westphal S. Weight loss in obese patients with type 2 diabetes: effects of telemonitoring plus a diet combination - the Active Body Control (ABC) Program. Diabetes Res Clin Pract. 2011;91(3):286-92.	Not relevant intervention
Lutes LD, Cummings DM, Littlewood K, Dinatale E, Hambidge B. A Community Health Worker-Delivered Intervention in African American Women with Type 2 Diabetes: A 12-Month Randomized Trial. Obesity (Silver Spring) 2017;25:1329-1335.	Not relevant index test
Lynch EB, Liebman R, Ventrelle J, Avery EF, Richardson D. A self-management intervention for African Americans with comorbid diabetes and hypertension: a pilot randomized controlled trial. Prev Chronic Dis. 2014;11:E90.	Not relevant intervention

Reference	Main reason for exclusion
Ma Q, Chen D, Sun HP, Yan N, Xu Y, Pan CW. Regular Chinese Green Tea Consumption is Protective for Diabetic Retinopathy: A Clinic-Based Case-Control Study. J Diabetes Res 2015;2015:231570.	Not relevant study design
Ma T, Lee C-D. Bitter Melon Intake Versus Exercise For Postprandial Glucose Among Patients With Type 2 Diabetes. Medicine & Science in Sports & Exercise 2018;50:723-724.	Not relevant study design
Maasen K, van Greevenbroek MMJ, Scheijen J, van der Kallen CJH, Stehouwer CDA, Schalkwijk CG. High dietary glycemic load is associated with higher concentrations of urinary advanced glycation endproducts: the Cohort on Diabetes and Atherosclerosis Maastricht (CODAM) Study. Am J Clin Nutr 2019;110:358-366.	Not relevant outcome
Maddah M, Shoiili AG, Karandish M, Sheyoie R. Weight loss in diabetic obese women in comparison to non-diabetic women. Int J Cardiol 2011;150:347-8.	Not relevant study design
Madjd A, et al. Effects on weight loss in adults of replacing diet beverages with water during a hypoenergetic diet: a randomized, 24-wk clinical trial. Am J Clin Nutr 2015;102:1305-12.	Retrospective case-control study
Mahalle N, Kulkarni MV, Naik SS, Garg MK. Association of dietary factors with insulin resistance and inflammatory markers in subjects with diabetes mellitus and coronary artery disease in Indian population. J Diabetes Complications 2014;28:536-41.	Not relevant study design
Maindal HT, Toft U, Lauritzen T, Sandbaek A. Three-year effects on dietary quality of health education: a randomized controlled trial of people with screen-detected dysglycaemia (The ADDITION study, Denmark). Eur J Public Health 2013;23:393-8.	Not relevant population
Maiorino MI, Bellastella G, Petrizzo M, Gicchino M, Caputo M, Giugliano D, et al. Effect of a Mediterranean diet on endothelial progenitor cells and carotid intima-media thickness in type 2 diabetes: Follow-up of a randomized trial. Eur J Prev Cardiol 2017;24:399-408.	Not relevant outcome
Maiorino MI, Bellastella G, Petrizzo M, Scappaticcio L, Giugliano D, Esposito K. Mediterranean diet cools down the inflammatory milieu in type 2 diabetes: the MEDITA randomized controlled trial. Endocrine 2016;54:634-641.	Not relevant outcome
Malik N, Tonstad S, Paalani M, Dos Santos H, Luiz do Prado W. Are long-term FAD diets restricting micronutrient intake? A randomized controlled trial. Food Sci Nutr. 2020;8(11):6047-60.	Not relevant population
Maiorino MI, et al. Primary Prevention of Sexual Dysfunction With Mediterranean Diet in Type 2 Diabetes: The MÈDITA Randomized Trial. ed. Division of Endocrinology and Metabolic Diseases, Department of Medical, Surgical, Neurological, Metabolic Sciences and Aging, Second University of Naples, Naples, Italy Medical Statistics Unit, Second University of Naples, Naples, Italy Diabetes Unit, Department of Clinical and Experimental Medicine, Second University of Naples, Naples, Italy Alexandria, Virginia, American Diabetes Association; 2016.	Not relevant study design

Reference	Main reason for exclusion
Marco-Benedi V, Perez-Calahorra S, Bea AM, Lamiquiz-Moneo I, Baila-Rueda L, Cenarro A, et al. High-protein energy-restricted diets induce greater improvement in glucose homeostasis but not in adipokines comparing to standard-protein diets in early-onset diabetic adults with overweight or obesity. Clin Nutr. 2019;15:15.	Not relevant population
Marco-Benedi V, Perez-Calahorra S, Bea AM, Lamiquiz-Moneo I, Baila-Rueda L, Cenarro A, et al. High-protein energy-restricted diets induce greater improvement in glucose homeostasis but not in adipokines comparing to standard-protein diets in early-onset diabetic adults with overweight or obesity. Clin Nutr. 2019;15:15.	Not relevant population
Matos DA, Filizzola RG, Costa MJ, Diniz AS, Faintuch J. Are calcium and fiber beneficial for poorly controlled diabetic patients? Nutr Hosp 2011;26:410-4.	Not relevant study design
Matsumoto S, Beeson WL, Shavlik DJ, Siapco G, Jaceldo-Siegl K, Fraser G, et al. Association between vegetarian diets and cardiovascular risk factors in non-Hispanic white participants of the Adventist Health Study-2. J Nutr Sci 2019;8:e6.	Not relevant population
Mayer SB, Jeffreys AS, Olsen MK, McDuffie JR, Feinglos MN, Yancy WS, Jr. Two diets with different haemoglobin A1c and antiglycaemic medication effects despite similar weight loss in type 2 diabetes. Diabetes Obes Metab. 2014;16(1):90-3.	Not relevant intervention?
McInnes N, Smith A, Otto R, Vandermey J, Punthakee Z, Sherifali D, et al. Piloting a Remission Strategy in Type 2 Diabetes: Results of a Randomized Controlled Trial. J Clin Endocrinol Metab 2017;102:1596-1605.	Not relevant index test
Metz JA, Stern JS, Kris-Etherton P, Reusser ME, Morris CD, Hatton DC, et al. A randomized trial of improved weight loss with a prepared meal plan in overweight and obese patients: impact on cardiovascular risk reduction. Arch Intern Med. 2000;160(14):2150-8.	Not relevant population
Micha R, Penalvo JL, Cudhea F, Imamura F, Rehm CD, Mozaffarian D. Association Between Dietary Factors and Mortality From Heart Disease, Stroke, and Type 2 Diabetes in the United States. JAMA 2017;317:912-924.	Not relevant population
Miller CK, Gutshcall MD, Mitchell DC. Change in food choices following a glycemic load intervention in adults with type 2 diabetes. J Am Diet Assoc 2009;109:319-24.	Not relevant study design
Mirmiran P, Bahadoran Z, Golzarand M, Rajab A, Azizi F. Ardeh (Sesamum indicum) could improve serum triglycerides and atherogenic lipid parameters in type 2 diabetic patients: a randomized clinical trial. Arch Iran Med 2013;16:651-6.	Not relevant study design
Mirmiran P, Moslehi N, Mahmoudof H, Sadeghi M, Azizi F. A Longitudinal Study of Adherence to the Mediterranean Dietary Pattern and Metabolic Syndrome in a Non-Mediterranean Population. Int J Endocrinol Metab 2015;13:e26128.	Not relevant population

Reference	Main reason for exclusion
Mitchell A, Fall T, Melhus H, Wolk A, Michaelsson K, Byberg L. Is the effect of Mediterranean diet on hip fracture mediated through type 2 diabetes mellitus and body mass index? Int J Epidemiol.25:25.	Not relevant outcome
Mitra A, Dewanjee D, Dey B. Mechanistic studies of lifestyle interventions in type 2 diabetes. World J Diabetes 2012;3:201-7.	Not relevant index test
Mollentze WF, Joubert G, Prins A, van der Linde S, Marx GM, Tsie KG. The safety and efficacy of a low-energy diet to induce weight loss, improve metabolic health, and induce diabetes remission in insulin-treated obese men with type 2 diabetes: a pilot RCT. International Journal of Diabetes in Developing Countries 2019;39:618-625.	Not relevant population
Moncrieft AE, Llabre MM, McCalla JR, Gutt M, Mendez AJ, Gellman MD, et al. Effects of a Multicomponent Life-Style Intervention on Weight, Glycemic Control, Depressive Symptoms, and Renal Function in Low-Income, Minority Patients With Type 2 Diabetes: Results of the Community Approach to Lifestyle Modification for Diabetes Randomized Controlled Trial. Psychosom Med 2016;78:851-60.	Not relevant outcome
Morisset AS, Cote JA, Michaud A, Robitaille J, Tchernof A, Dube MC, et al. Dietary intakes in the nutritional management of gestational diabetes mellitus. Can J Diet Pract Res 2014;75:64-71.	Not relevant population
Morris E, et al. A food-based, low-energy, low-carbohydrate diet for people with type 2 diabetes in primary care: A randomized controlled feasibility trial. Diabetes Obes Metab 2020;22:512-520.	
Morris MA, et al. Relationship of the Frequency, Distribution, and Content of Meals/Snacks to Glycaemic Control in Gestational Diabetes: The myfood24 GDM Pilot Study. Nutrients 2019;12:18.	Not relevant study design
Moses RG, Barker M, Winter M, Petocz P, Brand-Miller JC. Can a low-glycemic index diet reduce the need for insulin in gestational diabetes mellitus? A randomized trial. Diabetes Care 2009;32:996-1000.	Not relevant population
Moss SE, Klein R, Klein BE. The association of alcohol consumption with the incidence and progression of diabetic retinopathy. Ophthalmology. 1994;101(12):1962-8.	Not relevant intervention
Mottalib A, Sakr M, Shehabeldin M, Hamdy O. Diabetes Remission after Nonsurgical Intensive Lifestyle Intervention in Obese Patients with Type 2 Diabetes. J Diabetes Res 2015;2015:468704.	Not relevant study design
Muchiri JW, Gericke GJ, Rheeder P. Effect of a nutrition education programme on clinical status and dietary behaviours of adults with type 2 diabetes in a resource-limited setting in South Africa: a randomised controlled trial. Public Health Nutr 2016;19:142-55.	Not relevant outcome
Ngaosuwan K, Osataphan S. Diabetes Mellitus Treated with Medical Nutritional Therapy and Self Blood Glucose Monitoring: A Randomized Controlled Trial. J Med Assoc Thai. 2015;98:S66-73.	Other reason

Reference	Main reason for exclusion
Njike VY, Ayettey R, Petraro P, Treu JA, Katz DL. Walnut ingestion in adults at risk for diabetes: effects on body composition, diet quality, and cardiac risk measures. BMJ Open Diabetes Res Care 2015;3:e000115.	Other reason, abstract
Norris LE, Collene AL, Asp ML, Hsu JC, Liu LF, Richardson JR, et al. Comparison of dietary conjugated linoleic acid with safflower oil on body composition in obese postmenopausal women with type 2 diabetes mellitus. Am J Clin Nutr 2009;90:468-76.	Not relevant index test
Nothlings U, Ford ES, Kroger J, Boeing H. Lifestyle factors and mortality among adults with diabetes: findings from the European Prospective Investigation into Cancer and Nutrition-Potsdam study*. J Diabetes 2010;2:112-7.	Not relevant outcome
Nomura S, Shouzu A, Omoto S, Inami N, Ueba T, Urase F, et al. Effects of Eicosapentaenoic Acid on Endothelial Cell-Derived Microparticles, Angiopoietins and Adiponectin in Patients with Type 2 Diabetes. Journal of atherosclerosis and thrombosis. 2009;16:83-90.	Not relevant outcome
Nowrouzi-Sohrabi P, Hassanipour S, Sisakht M, Daryabeygi-Khotbehsara R, Savardashtaki A, Fathalipour M. The effectiveness of pistachio on glycemic control and insulin sensitivity in patients with type 2 diabetes, prediabetes and metabolic syndrome: A systematic review and meta-analysis. Diabetes Metab Syndr. 2020;14(5):1589-95.	Not relevant study design
O'Connor LE, Kim JE, Clark CM, Zhu W, Campbell WW. Effects of Total Red Meat Intake on Glycemic Control and Inflammatory Biomarkers: A Meta-Analysis of Randomized Controlled Trials. Adv Nutr. 2021;12(1):115-27.	Not relevant intervention
Ohkuma T, Fujii H, Iwase M, Kikuchi Y, Ogata S, Idewaki Y, et al. Impact of eating rate on obesity and cardiovascular risk factors according to glucose tolerance status: the Fukuoka Diabetes Registry and the Hisayama Study. Diabetologia 2013;56:70-7.	Not relevant study design
Olausson EA, Storsrud S, Grundin H, Isaksson M, Attvall S, Simren M. A small particle size diet reduces upper gastrointestinal symptoms in patients with diabetic gastroparesis: a randomized controlled trial. Am J Gastroenterol 2014;109:375-85.	Not relevant study design
Oosterwijk MM, Soedamah-Muthu SS, Geleijnse JM, Bakker SJL, Navis G, Binnenmars SH, et al. High Dietary Intake of Vegetable Protein Is Associated With Lower Prevalence of Renal Function Impairment: Results of the Dutch DIALECT-1 Cohort. Kidney Int Rep 2019;4:710-719.	Not relevant study design
Ortega E, Franch J, Castell C, Goday A, Ribas-Barba L, Soriguer F, et al. Mediterranean diet adherence in individuals with prediabetes and unknown diabetes: the Di@bet.es Study. Ann Nutr Metab 2013;62:339-46.	Not relevant study design

Reference	Main reason for exclusion
Ortiz LG, Berry DC, Ruiz OC, Gonzalez ER, Perez PA, Rivas Edel A. Understanding basic carbohydrate counting, glycemic index, and glycemic load for improved glycemic control in Hispanic patients with type 2 diabetes mellitus. Hisp Health Care Int 2014;12:138-45.	Not relevant study design
Oshakbayev K, Dukenbayeva B, Togizbayeva G, Durmanova A, Gazaliyeva M, Sabir A, et al. Weight loss technology for people with treated type 2 diabetes: a randomized controlled trial. Nutr Metab (Lond) 2017;14:11.	Not relevant study design
Osonoi Y, Mita T, Osonoi T, Saito M, Tamasawa A, Nakayama S, et al. Relationship between dietary patterns and risk factors for cardiovascular disease in patients with type 2 diabetes mellitus: a cross-sectional study. Nutr J 2016;15:15.	Not relevant study design
Pearcy M. A study of the effect of an ADA diet on fasting blood glucose and hemoglobin A1c in patients with type 2 diabetes mellitis: an evidence-based analysis...2009 National Association of Clinical Nurse Specialists Conference. Clinical Nurse Specialist: The Journal for Advanced Nursing Practice 2009;23:225-225.	Not relevant study design
Pearson KK, Reiland SA, Meara JG, Brown JK, Fedraw LA, Mapes DL. Improving Glycemic Control and Insulin Ordering Efficiency for Hospitalized Patients With Diabetes Through Carbohydrate Counting. J Healthc Qual 2016;38:e1-9.	Not relevant outcome
Pedersen SD, Kang J, Kline GA. Portion control plate for weight loss in obese patients with type 2 diabetes mellitus: a controlled clinical trial. Arch Intern Med. 2007;167(12):1277-83.	Not relevant intervention
Perez-Ferre N, Del Valle L, Torrejon MJ, Barca I, Calvo MI, Matia P, et al. Diabetes mellitus and abnormal glucose tolerance development after gestational diabetes: A three-year, prospective, randomized, clinical-based, Mediterranean lifestyle interventional study with parallel groups. Clin Nutr 2015;34:579-85.	Not relevant population
Perichart-Perera O, Balas-Nakash M, Parra-Covarrubias A, Rodriguez-Cano A, Ramirez-Torres A, Ortega-Gonzalez C, et al. A medical nutrition therapy program improves perinatal outcomes in Mexican pregnant women with gestational diabetes and type 2 diabetes mellitus. Diabetes Educ 2009;35:1004-13.	Not relevant study design
Perichart-Perera O, et al. Low Glycemic Index Carbohydrates versus All Types of Carbohydrates for Treating Diabetes in Pregnancy: A Randomized Clinical Trial to Evaluate the Effect of Glycemic Control. Int J Endocrinol 2012;2012:296017.	Not relevant study design
Petersen KS, Clifton PM, Lister N, Keogh JB. Effect of Improving Dietary Quality on Arterial Stiffness in Subjects with Type 1 and Type 2 Diabetes: A 12 Months Randomised Controlled Trial. Nutrients. 2016;8(6):21.	Not relevant outcome
Petersen KS, Keogh JB, Lister N, Weir JM, Meikle PJ, Clifton PM. Association between dairy intake, lipids and vascular structure and function in diabetes. World J Diabetes 2017;8:202-212	Not relevant outcome

Reference	Main reason for exclusion
Petersen KS, Keogh JB, Lister NB, Clifton PM. Dietary quality and carotid intima media thickness in type 1 and type 2 diabetes: Follow-up of a randomised controlled trial. Nutr Metab Cardiovasc Dis 2018;28:830-838.	Not relevant outcome
Petersen KS, Keogh JB, Meikle PJ, Garg ML, Clifton PM. Dietary predictors of arterial stiffness in a cohort with type 1 and type 2 diabetes. Atherosclerosis 2015;238:175-81.	Not relevant study design
Pham-Short A, Donaghue KC, Ambler G, Garnett S, Craig ME. Quality of Life in Type 1 Diabetes and Celiac Disease: Role of the Gluten-Free Diet. J Pediatr 2016;179:131-138 e1.	Not relevant study design
Piccoli GB, Ventrella F, Capizzi I, Vigotti FN, Mongilardi E, Grassi G, et al. Low-Protein Diets in Diabetic Chronic Kidney Disease (CKD) Patients: Are They Feasible and Worth the Effort? Nutrients 2016;8:21.	Not relevant population
Pi-Sunyer X. The Look AHEAD Trial: A Review and Discussion Of Its Outcomes. Curr Nutr Rep 2014;3:387-391.	Not relevant study design
Plotnikoff RC, et al. An examination of the relationship between dietary behaviours and physical activity and obesity in adults with type 2 diabetes. Canadian Journal of Diabetes 2009;33:27-34.	Not relevant population
Poolsup N, Suksomboon N, Paw NJ. Effect of dragon fruit on glycemic control in prediabetes and type 2 diabetes: A systematic review and meta-analysis. PLoS One 2017;12:e0184577.	Not relevant study design
Pownall HJ, Schwartz AV, Bray GA, Berkowitz RI, Lewis CE, Boyko EJ, et al. Changes in regional body composition over 8 years in a randomized lifestyle trial: The look AHEAD study. Obesity (Silver Spring) 2016;24:1899-905.	Not relevant index test
Pustozerov E, Tkachuk A, Vasukova E, Dronova A, Shilova E, Anopova A, et al. The Role of Glycemic Index and Glycemic Load in the Development of Real-Time Postprandial Glycemic Response Prediction Models for Patients With Gestational Diabetes. Nutrients 2020;12.	Not relevant outcome
Raal FJ, Kalk WJ, Lawson M, Esser JD, Buys R, Fourie L, et al. Effect of moderate dietary protein restriction on the progression of overt diabetic nephropathy: a 6-mo prospective study. Am J Clin Nutr. 1994;60(4):579-85.	Too few participants
Raffield LM, Agarwal S, Cox AJ, Hsu FC, Carr JJ, Freedman BI, et al. Cross-sectional analysis of calcium intake for associations with vascular calcification and mortality in individuals with type 2 diabetes from the Diabetes Heart Study. Am J Clin Nutr 2014;100:1029-35.	Not relevant index test
Rafraf M, Zemestani M, Asghari-Jafarabadi M. Effectiveness of chamomile tea on glycemic control and serum lipid profile in patients with type 2 diabetes. J Endocrinol Invest 2015;38:163-70.	Not relevant study design

Reference	Main reason for exclusion
Ramadas A, Chan CKY, Oldenburg B, Hussein Z, Quek KF. Randomised-controlled trial of a web-based dietary intervention for patients with type 2 diabetes: changes in health cognitions and glycemic control. BMC Public Health 2018;18:716.	Not relevant outcome
Ranade M, Mudgalkar N. A simple dietary addition of fenugreek seed leads to the reduction in blood glucose levels: A parallel group, randomized single-blind trial. Ayu 2017;38:24-27.	Not relevant index test
Raynor HA, Anderson AM, Miller GD, Reeves R, Delahanty LM, Vitolins MZ, et al. Partial Meal Replacement Plan and Quality of the Diet at 1 Year: Action for Health in Diabetes (Look AHEAD) Trial. J Acad Nutr Diet 2015;115:731-42.	Not relevant outcome
Razquin C, Martinez JA, Martinez-Gonzalez MA, Fernandez-Crehuet J, Santos JM, Marti A. A Mediterranean diet rich in virgin olive oil may reverse the effects of the -174G/C IL6 gene variant on 3-year body weight change. Mol Nutr Food Res 2010;54:S75-82.	Not relevant index test
Rice MM, Landon MB, Eunice Kennedy Shriver National Institute of Child H, Human Development Maternal-Fetal Medicine Units N. What we have learned about treating mild gestational diabetes mellitus. Semin Perinatol 2016;40:298-302.	Not relevant study design
Roncero-Ramos I, Jimenez-Lucena R, Alcala-Diaz JF, Vals-Delgado C, Arenas-Larriva AP, Rangel-Zuniga OA, et al. Alpha cell function interacts with diet to modulate prediabetes and Type 2 diabetes. J Nutr Biochem 2018;62:247-256.	Not relevant outcome
Sanada M, Kabe C, Hata H, Uchida J, Inoue G, Tsukamoto Y, et al. Efficacy of a Moderately Low Carbohydrate Diet in a 36-Month Observational Study of Japanese Patients with Type 2 Diabetes. Nutrients 2018;10:24.	Not relevant study design
Sanchez-Sanchez ML, Garcia-Vigara A, Hidalgo-Mora JJ, Garcia-Perez MA, Tarin J, Cano A. Mediterranean diet and health: A systematic review of epidemiological studies and intervention trials. Maturitas. 2020;136:25-37.	Not relevant study design
Saslow LR, Mason AE, Kim S, Goldman V, Ploutz-Snyder R, Bayandorian H, et al. An Online Intervention Comparing a Very Low-Carbohydrate Ketogenic Diet and Lifestyle Recommendations Versus a Plate Method Diet in Overweight Individuals With Type 2 Diabetes: A Randomized Controlled Trial. J Med Internet Res 2017;19:e36.	Not relevant population
Saslow LR, Summers C, Aikens JE, Unwin DJ. Outcomes of a Digitally Delivered Low-Carbohydrate Type 2 Diabetes Self-Management Program: 1-Year Results of a Single-Arm Longitudinal Study. JMIR Diabetes 2018;3:e12.	Not relevant study design
Schwab U, et al. Dietary fat intakes and cardiovascular disease risk in adults with type 2 diabetes: a systematic review and meta-analysis. Eur J Nutr 20212021/02/22.	Not relevant study design

Reference	Main reason for exclusion
Shadman Z, Khoshniat M, Poorsoltan N, Akhoundan M, Omidvar M, Larijani B, et al. Association of high carbohydrate versus high fat diet with glycated hemoglobin in high calorie consuming type 2 diabetics. J Diabetes Metab Disord 2013;12:27.	Not relevant study design
Shai I, Schwarzfuchs D, Henkin Y, Shahar DR, Witkow S, Greenberg I, et al. Weight loss with a low-carbohydrate, Mediterranean, or low-fat diet. N Engl J Med. 2008;359(3):229-41.	Too few participants
Shaikh K, Cherukuri L, Birudaraju D, Nakanishi R, Almeida S, Jayawardena E, et al. Aged Garlic Extract Reduces Low Attenuation Plaque in Coronary Arteries of Patients with Diabetes in a Prospective Randomized Double-Blind Study. Journal of the American College of Cardiology 2019;73:1645-1645. Endast abstract	Not relevant study design
Sharma P, Sharma S. A randomised, double-blind, placebo-controlled trial of Aegle marmelos supplementation on glycaemic control and blood pressure level in type 2 diabetes mellitus. Australian Journal of Herbal Medicine 2013;25:141-144.	Not relevant study design
Sherifali D, Brozic A, Agema P, Punthakee Z, McInnes N, Ali M, et al. 1 - The Effect of Diabetes Health Coaching on Glycemic Control and Quality of Life in Adults Living With Type 2 Diabetes: A Community-Based Randomized Controlled Trial...Diabetes Canada/Canadian Society of Endocrinology and Metabolism (CSEM) Virtual Professional Conference 2020. Canadian Journal of Diabetes. 2020;44(7):S2-S.	Not relevant reference test
Shi Z, et al. Association of impaired fasting glucose, diabetes and dietary patterns with mortality: a 10-year follow-up cohort in Eastern China. Acta Diabetol 2016;53:799-806.	Not relevant study design
Shiau JY, So DYF, Dent RR. Effects on Diabetes Medications, Weight and Glycated Hemoglobin Among Adult Patients With Obesity and Type 2 Diabetes: 6-Month Observations From a Full Meal Replacement, Low-Calorie Diet Weight Management Program. Can J Diabetes 2018;42:56-60.	Not relevant index test
Shmueli A, Borovich A, Bergel R, Ovadia T, Hiersch L, Ashwal E, et al. Gestational weight gain among nutritionally treated GDM patients. J Matern Fetal Neonatal Med 2018;31:1177-1181.	Not relevant study design
Silva-Zolezzi I, Samuel TM, Spieldenner J. Maternal nutrition: opportunities in the prevention of gestational diabetes. Nutr Rev 2017;75:32-50.	Not relevant study design
Smith GI, Yoshino J, Kelly SC, Reeds DN, Okunade A, Patterson BW, et al. High-Protein Intake during Weight Loss Therapy Eliminates the Weight-Loss-Induced Improvement in Insulin Action in Obese Postmenopausal Women. Cell Rep 2016;17:849-861.	Not relevant population
Smythe K, Saw M, Mak M, Wong VW. Carbohydrate knowledge, lifestyle and insulin: an observational study of their association with glycaemic control in adults with type 1 diabetes. J Hum Nutr Diet 2018;31:597-602.	Not relevant study design

Reference	Main reason for exclusion
Soare A, Del Toro R, Khazrai YM, Di Mauro A, Fallucca S, Angeletti S, et al. A 6-month follow-up study of the randomized controlled Ma-Pi macrobiotic dietary intervention (MADIAB trial) in type 2 diabetes. Nutr Diabetes 2016;6:e222.	Too few participants
Solomon CG, Hu FB, Stampfer MJ, Colditz GA, Speizer FE, Rimm EB, et al. Moderate alcohol consumption and risk of coronary heart disease among women with type 2 diabetes mellitus. Circulation. 2000;102(5):494-9.	Not relevant intervention
Son O, Efe B, Son NE, Akalin A, Kebapci N. Investigation on carbohydrate counting method in type 1 diabetic patients. Biomed Res Int 2014;2014:176564.	Not relevant study design
Sone H, Tanaka S, Iimuro S, Tanaka S, Oida K, Yamasaki Y, et al. Long-term lifestyle intervention lowers the incidence of stroke in Japanese patients with type 2 diabetes: a nationwide multicentre randomised controlled trial (the Japan Diabetes Complications Study). Diabetologia. 2010;53(3):419-28.	Not relevant Intervention
Steemburgo T, Dall'Alba V, Almeida JC, Zelmanovitz T, Gross JL, de Azevedo MJ. Intake of soluble fibers has a protective role for the presence of metabolic syndrome in patients with type 2 diabetes. Eur J Clin Nutr 2009;63:127-33.	Not relevant study design
Stoica RA, et al. Weight loss programmes using low carbohydrate diets to control the cardiovascular risk in adolescents (Review). Experimental & Therapeutic Medicine;21:90.	Not relevant study design
Struik NA, Brinkworth GD, Thompson CH, Buckley JD, Wittert G, Luscombe-Marsh ND. Very Low and Higher Carbohydrate Diets Promote Differential Appetite Responses in Adults with Type 2 Diabetes: A Randomized Trial. J Nutr 2020;17:17.	Not relevant study design
Strychar I, Cohn JS, Renier G, Rivard M, Aris-Jilwan N, Beauregard H, et al. Effects of a diet higher in carbohydrate/lower in fat versus lower in carbohydrate/higher in monounsaturated fat on postmeal triglyceride concentrations and other cardiovascular risk factors in type 1 diabetes. Diabetes Care 2009;32:1597-9.	Too few participants
Stulnig TM. The ZONE Diet and Metabolic Control in Type 2 Diabetes. J Am Coll Nutr 2015;34:39-41.	Not relevant study design
Stutz B, Ahola AJ, Harjutsalo V, Forsblom C, Groop PH, FinnDiane Study G. Association between habitual coffee consumption and metabolic syndrome in type 1 diabetes. Nutr Metab Cardiovasc Dis 2018;28:470-476.	Not relevant study design
Sullivan D, Forder P, Simes J, Whiting M, Kritharides L, Merrifield A, et al. Associations between the use of metformin, sulphonylureas, or diet alone and cardiovascular outcomes in 6005 people with type 2 diabetes in the FIELD study. Diabetes Res Clin Pract 2011;94:284-90.	Not relevant index test

Reference	Main reason for exclusion
Takahashi K, Kamada C, Yoshimura H, Okumura R, Iimuro S, Ohashi Y, et al. Effects of total and green vegetable intakes on glycated hemoglobin A1c and triglycerides in elderly patients with type 2 diabetes mellitus: the Japanese Elderly Intervention Trial. Geriatr Gerontol Int 2012;12:50-8.	Not relevant study design
Tamilselvi S, Gowri PM. Assess the effectiveness of palm sugar coffee on type 2 diabetes mellitus among selected rural area. Research Journal of Pharmacy and Technology 2018;11:2609-2610.	Not relevant study design
Tan Z, Ruan X, Chen Y, Jiang J, Zhou Y, Qiu H, et al. Heterogeneous associations of insoluble dietary fibre intake with subsequent glycosylated Hb levels among Chinese adults with type 2 diabetes: a quantile regression approach. Br J Nutr. 2014;112(6):958-63.	Not relevant outcome
Tanaka S, Tanaka S, Iimuro S, Yamashita H, Katayama S, Ohashi Y, et al. Cohort profile: The Japan diabetes complications study: a long-term follow-up of a randomised lifestyle intervention study of type 2 diabetes. Int J Epidemiol 2014;43:1054-62.	Not relevant outcome
Taplin J, Allen N. Carbohydrate counting and insulin dose adjustment group sessions for type 1 diabetes: a pilot of their effectiveness at a primary care diabetes centre. Practical Diabetes 2013;30:366-368a.	Not relevant population
Tay J, Thompson CH, Luscombe-Marsh ND, Noakes M, Buckley JD, Wittert GA, et al. Long-Term Effects of a Very Low Carbohydrate Compared With a High Carbohydrate Diet on Renal Function in Individuals With Type 2 Diabetes: A Randomized Trial. Medicine (Baltimore). 2015 a;94(47):e2181.	Renal funtion
Tay J, Thompson CH, Luscombe-Marsh ND, Noakes M, Buckley JD, Wittert GA, et al. Nutritional adequacy of very low- and high-carbohydrate, low saturated fat diets in adults with type 2 diabetes: A secondary analysis of a 2-year randomised controlled trial. Diabetes Res Clin Pract. 2020;170:N.PAG-N.PAG.	Not relevant outcome
Tay J, Zajac IT, Thompson CH, Luscombe-Marsh ND, Danthiir V, Noakes M, et al. A randomised-controlled trial of the effects of very low-carbohydrate and high-carbohydrate diets on cognitive performance in patients with type 2 diabetes. Br J Nutr. 2016:1-9.	Not relevant outcome
Taylor R. Putting insulin resistance into context by dietary reversal of type 2 diabetes. J R Coll Physicians Edinb 2017;47:168-171.	Not relevant population
Tessari P, Lante A. A Multifunctional Bread Rich in Beta Glucans and Low in Starch Improves Metabolic Control in Type 2 Diabetes: A Controlled Trial. Nutrients 2017;9:17.	Not relevant population
Thompson D, Walhin JP, Batterham AM, Stokes KA, Cooper AR, Andrews RC. Effect of diet or diet plus physical activity versus usual care on inflammatory markers in patients with newly diagnosed type 2 diabetes: the Early ACTivity in Diabetes (ACTID) randomized, controlled trial. J Am Heart Assoc 2014;3:e000828.	Not relevant index test

Reference	Main reason for exclusion
Tomah S, Eldib AH, Tasabehji MW, Mitri J, Salsberg V, Al-Badri MR, et al. Dairy Consumption and Cardiometabolic Risk Factors in Patients with Type 2 Diabetes and Overweight or Obesity during Intensive Multidisciplinary Weight Management: A Prospective Observational Study. Nutrients. 2020;12(6):1643.	Not relevant population
Toobert DJ, Strycker LA, Barrera M, Glasgow RE. Seven-year follow-up of a multiple-health-behavior diabetes intervention. Am J Health Behav 2010;34:680-94.	Not relevant outcome
Torres-Pena JD, Garcia-Rios A, Delgado-Casado N, Gomez-Luna P, Alcala-Diaz JF, Yubero-Serrano EM, et al. Mediterranean diet improves endothelial function in patients with diabetes and prediabetes: A report from the CORDIOPREV study. Atherosclerosis. 2018;269:50-6.	Not relevant outcome
Tomaino L, Reyes Suarez D, Reyes Dominguez A, Garcia Cruz LM, Ramos Diaz M, Serra Majem L. Adherence to Mediterranean diet is not associated with birthweight - Results form a sample of Canarian pregnant women. Nutr Hosp.37(1):86-92.	Not relevant population
Tremblay A, Clinchamps M, Pereira B, Courteix D, Lesourd B, Chapier R, et al. Dietary Fibres and the Management of Obesity and Metabolic Syndrome: The RESOLVE Study. Nutrients. 2020;12(10):1-20.	Not relevant population
Tran E, et al. Effects of Plant-Based Diets on Weight Status: A Systematic Review. Diabetes Metab Syndr Obes 2020;13:3433-3448.	Narrative review
Trepanowski JF, Gardner CD. Improved Insulin Sensitivity with a Healthy Low Fat or a Healthy Low Carbohydrate Weight Loss Diet: A Twelve Month Randomized Trial. Circulation 2017;135:AP226-AP226.	Not relevant study design
Tseng CH. Betel nut chewing and subclinical ischemic heart disease in diabetic patients. Cardiol Res Pract 2010;2011:451489.	Not relevant index test
Umegaki H, Iimuro S, Araki A, Sakurai T, Iguchi A, Yoshimura Y, et al. Association of higher carbohydrate intake with depressive mood in elderly diabetic women. Nutr Neurosci 2009;12:267-71.	Not relevant study design
Unick JL, Beavers D, Jakicic JM, Kitabchi AE, Knowler WC, Wadden TA, et al. Effectiveness of lifestyle interventions for individuals with severe obesity and type 2 diabetes: results from the Look AHEAD trial. Diabetes Care 2011;34:2152-7.	Not relevant study design
Unwin DJ, Tobin SD, Murray SW, Delon C, Brady AJ. Substantial and Sustained Improvements in Blood Pressure, Weight and Lipid Profiles from a Carbohydrate Restricted Diet: An Observational Study of Insulin Resistant Patients in Primary Care. Int J Environ Res Public Health 2019;16:26.	Not relevant study design

Reference	Main reason for exclusion
van Dieren S, Czernichow S, Chalmers J, Kengne AP, de Galan BE, Poulter N, et al. Weight changes and their predictors amongst 11 140 patients with type 2 diabetes in the ADVANCE trial. Diabetes Obes Metab 2012;14:464-9.	Not relevant index test
van Dijk JW, Tummers K, Hamer HM, van Loon LJ. Vinegar co-ingestion does not improve oral glucose tolerance in patients with type 2 diabetes. J Diabetes Complications 2012;26:460-1.	Not relevant study design
van Wyk H, Daniels M. The Use of Very Low Calorie Diets in the Management of Type 2 Diabetes Mellitus. South African Journal of Clinical Nutrition 2016;29:96-102.	Not relevant study design
Vermunt PW, Milder IE, Wielaard F, de Vries JH, van Oers HA, Westert GP. Lifestyle counseling for type 2 diabetes risk reduction in Dutch primary care: results of the APHRODITE study after 0.5 and 1.5 years. Diabetes Care 2011;34:1919-25.	Not relevant index test
Vitale M, Masulli M, Rivellese AA, Babini AC, Boemi M, Bonora E, et al. Influence of dietary fat and carbohydrates proportions on plasma lipids, glucose control and low-grade inflammation in patients with type 2 diabetes-The TOSCA.IT Study. Eur J Nutr 2016;55:1645-51.	Not relevant study design
Vitale M, Masulli M, Rivellese AA, Bonora E, Babini AC, Sartore G, et al. Pasta Consumption and Connected Dietary Habits: Associations with Glucose Control, Adiposity Measures, and Cardiovascular Risk Factors in People with Type 2 Diabetes-TOSCA.IT Study. Nutrients 2019;12:101.	Not relevant study design
Vitale M, Masulli M, Rivellese AA, Bonora E, Cappellini F, Nicolucci A, et al. Dietary intake and major food sources of polyphenols in people with type 2 diabetes: The TOSCA.IT Study. Eur J Nutr 2018;57:679-688.	Not relevant study design
Vitale M, Vaccaro O, Masulli M, Bonora E, Del Prato S, Giorda CB, et al. Polyphenol intake and cardiovascular risk factors in a population with type 2 diabetes: The TOSCA.IT study. Clin Nutr 2017;36:1686-1692.	Not relevant study design
Vitale M, Masulli M, Calabrese I, Rivellese AA, Bonora E, Signorini S, et al. Impact of a Mediterranean Dietary Pattern and Its Components on Cardiovascular Risk Factors, Glucose Control, and Body Weight in People with Type 2 Diabetes: A Real-Life Study. Nutrients. 2018;10(8):10.	Not relevant study design
Wadden TA, Neiberg RH, Wing RR, Clark JM, Delahanty LM, Hill JO, et al. Four-year weight losses in the Look AHEAD study: factors associated with long-term success. Obesity (Silver Spring) 2011;19:1987-98.	Not relevant study design
Wadden TA, West DS, Neiberg RH, Wing RR, Ryan DH, Johnson KC, et al. One-year weight losses in the Look AHEAD study: factors associated with success. Obesity (Silver Spring). 2009;17(4):713-22.	Not relevant study design

Reference	Main reason for exclusion
Walker CG, Loos RJ, Mander AP, Jebb SA, Frost GS, Griffin BA, et al. Genetic predisposition to type 2 diabetes is associated with impaired insulin secretion but does not modify insulin resistance or secretion in response to an intervention to lower dietary saturated fat. Genes Nutr 2012;7:529-36.	Wrong exposure
Wang G, Zhang Z, Feng Y, Sun L, Xiao X, Wang G, et al. Telemedicine in the Management of Type 2 Diabetes Mellitus. Am J Med Sci 2017;353:1-5.	Not relevant index test
Wang LL, et al. The Effect of Low-Carbohydrate Diet on Glycemic Control in Patients with Type 2 Diabetes Mellitus. Nutrients 2018;10.	Not relevant study design
Wang ML, et al. Decrease in Glycemic Index Associated with Improved Glycemic Control among Latinos with Type 2 Diabetes. J Acad Nutr Diet 2015;115:898-906.	Genetic SNPs (as a genetic disposition score) are the exposure in this publication from the RISCK study
Wang X, Tian J, Jiang J, Li L, Ying X, Tian H, et al. Effects of green tea or green tea extract on insulin sensitivity and glycaemic control in populations at risk of type 2 diabetes mellitus: a systematic review and meta-analysis of randomised controlled trials. J Hum Nutr Diet 2014;27:501-12.	Not relevant study design
Watson NA, Dyer KA, Buckley JD, Brinkworth GD, Coates AM, Parfitt G, et al. A randomised trial comparing low-fat diets differing in carbohydrate and protein ratio, combined with regular moderate intensity exercise, on glycaemic control, cardiometabolic risk factors, food cravings, cognitive function and psychological wellbeing in adults with type 2 diabetes: Study protocol. Contemp Clin Trials 2015;45:217-225.	Not relevant study design
Watson NA, et al. Reductions in food cravings are similar with low-fat weight loss diets differing in protein and carbohydrate in overweight and obese adults with type 2 diabetes: A randomized clinical trial. Nutr Res 2018;57:56-66.	Not relevant outcome
Weber KS, Knebel B, Strassburger K, Kotzka J, Stehle P, Szendroedi J, et al. Associations between explorative dietary patterns and serum lipid levels and their interactions with ApoA5 and ApoE haplotype in patients with recently diagnosed type 2 diabetes. Cardiovasc Diabetol 2016;15:138.	Not relevant study design
West DS, et al. Motivational interviewing improves weight loss in women with type 2 diabetes. Diabetes Care 2007;30:1081-7.	Not relevant intervention
Wing RR, et al. Year-long weight loss treatment for obese patients with type II diabetes: Does including an intermittent very-low-calorie diet improve outcome? The American Journal of Medicine 1994;97:354-362.	Not relevant study design
Wolever TM, Gibbs AL, Chiasson JL, Connelly PW, Josse RG, Leiter LA, et al. Altering source or amount of dietary carbohydrate has acute and chronic effects on postprandial glucose and triglycerides in type 2 diabetes: Canadian trial of Carbohydrates in Diabetes (CCD). Nutr Metab Cardiovasc Dis. 2013;23(3):227-34.	Not relevant outcome

Reference	Main reason for exclusion
Wright N, Wilson L, Smith M, Duncan B, McHugh P. The BROAD study: A randomised controlled trial using a whole food plant-based diet in the community for obesity, ischaemic heart disease or diabetes. Nutr Diabetes 2017;7:e256.	Not relevant population
Wycherley TP, et al. Effects of energy-restricted high-protein, low-fat compared with standard-protein, low-fat diets: a meta-analysis of randomized controlled trials. Am J Clin Nutr 2012;96:1281-98.	Not relevant study design
Xie Y, et al. Effects of soluble fiber supplementation on glycemic control in adults with type 2 diabetes mellitus: A systematic review and meta-analysis of randomized controlled trials. Clin Nutr 2020;23:23.	Not relevant study design
Xin Y, Davies A, McCombie L, Briggs A, Messow CM, Grieve E, et al. Type 2 diabetes remission: economic evaluation of the DiRECT/Counterweight-Plus weight management programme within a primary care randomized controlled trial. Diabet Med 2019;36:1003-1012.	Not relevant index test
Xin Y, Davies A, Briggs A, McCombie L, Messow CM, Grieve E, et al. Type 2 diabetes remission: 2 year within-trial and lifetime-horizon cost-effectiveness of the Diabetes Remission Clinical Trial (DiRECT)/Counterweight-Plus weight management programme. Diabetologia.63(10):2112-22.	Not relevant outcome
Xu DF, Sun JQ, Chen M, Chen YQ, Xie H, Sun WJ, et al. Effects of lifestyle intervention and meal replacement on glycaemic and body-weight control in Chinese subjects with impaired glucose regulation: a 1-year randomised controlled trial. Br J Nutr 2013;109:487-92.	Not relevant index test
Yamada Y, Uchida J, Izumi H, Tsukamoto Y, Inoue G, Watanabe Y, et al. A non-calorie-restricted low-carbohydrate diet is effective as an alternative therapy for patients with type 2 diabetes. Intern Med 2014;53:13-9.	Not relevant population
Yamakawa T, et al. Dietary survey in Japanese patients with type 2 diabetes and the influence of dietary carbohydrate on glycated hemoglobin: The Sleep and Food Registry in Kanagawa study. J Diabetes Investig 2019;10:309-317.	Not relevant study design
Yamamoto T, Moyama S, Yano H. Effect of a newly-devised nutritional guide based on self-efficacy for patients with type 2 diabetes in Japan over 2 years: 1-year intervention and 1-year follow-up studies. J Diabetes Investig 2017;8:195-200.	Not relevant population
Yan X, et al. Does daily dietary intake affect diabetic retinopathy progression? 10-year results from the 45 and Up Study. Br J Ophthalmol 2019;22:22.	Other reason
Yang S, Lin R, Si L, Li Z, Jian W, Yu Q, et al. Cod-Liver Oil Improves Metabolic Indices and hs-CRP Levels in Gestational Diabetes Mellitus Patients: A Double-Blind Randomized Controlled Trial. J Diabetes Res 2019;2019:7074042.	Not relevant index test

Reference	Main reason for exclusion
Yomogida J, Inouye J, Arakaki R, Davis J. Diet and Exercise among Asian and Pacific Islanders with Type 2 Diabetes. Commun Nurs Res. 2013;46:374-.	Other reason, abstract
Yoon CY, et al. High dietary phosphorus density is a risk factor for incident chronic kidney disease development in diabetic subjects: a community-based prospective cohort study. Am J Clin Nutr 2017;106:311-321.	Not relevant intervention
Yu Z, et al. Effects of high-protein diet on glycemic control, insulin resistance and blood pressure in type 2 diabetes: A systematic review and meta-analysis of randomized controlled trials. Clin Nutr 2020;39:1724-1734.	Not relevant study design
Young RJ, McCulloch DK, Prescott RJ, Clarke BF. Alcohol: another risk factor for diabetic retinopathy? Br Med J (Clin Res Ed). 1984;288(6423):1035-7.	Alcohol consumption
Zeller K, Whittaker E, Sullivan L, Raskin P, Jacobson HR. Effect of restricting dietary protein on the progression of renal failure in patients with insulin-dependent diabetes mellitus. N Engl J Med. 1991;324(2):78-84.	Too few participants.
Zerm R, Helbrecht B, Jecht M, Hein A, Millet E, Girke M, et al. Oatmeal diet days may improve insulin resistance in patients with type 2 diabetes mellitus. Forsch Komplementmed 2013;20:465-8.	Not relevant study design
Zheng JS, Lin M, Imamura F, Cai W, Wang L, Feng JP, et al. Serum metabolomics profiles in response to n-3 fatty acids in Chinese patients with type 2 diabetes: a double-blind randomised controlled trial. Sci Rep 2016;6:29522.	Not relevant index test
Zheng Y, et al. Dietary phosphatidylcholine and risk of all-cause and cardiovascular-specific mortality among US women and men. Am J Clin Nutr 2016;104:173-80.	Not relevant intervention
Zibaeenezhad M, Aghasadeghi K, Hakimi H, Yarmohammadi H, Nikaein F. The Effect of Walnut Oil Consumption on Blood Sugar in Patients With Diabetes Mellitus Type 2. Int J Endocrinol Metab 2016;14:e34889.	Not relevant study design
Zimorovat A, et al. The healthy Nordic diet for blood glucose control: a systematic review and meta-analysis of randomized controlled clinical trials. Acta Diabetol 2020;57:1-12.	Not relevant outcome
Sanchez-Sanchez ML, Garcia-Vigara A, Hidalgo-Mora JJ, Garcia-Perez MA, Tarin J, Cano A. Mediterranean diet and health: A systematic review of epidemiological studies and intervention trials. Maturitas. 2020;136:25-37.	Other reason
Zahedi M, Akhlagh SA, Aboomardani M, Alipoor R, Hosseini SA, Shahmirzadi AR. Efficacy of mediterranean diet on blood biochemical factors in type II diabetic patients: A randomized controlled trial. Gazi Medical Journal. 2021;31(4):714-8.	Not defined controlgroup diet

Excluded health economic articles

Reference	Main reason for exclusion
Nerat T, Locatelli I, Kos M. Type 2 diabetes: cost-effectiveness of medication adherence and lifestyle interventions. Patient Prefer Adherence. 2016;10:2039-49.	Not relevant intervention
Xin Y, Davies A, Briggs A, McCombie L, Messow CM, Grieve E, et al. Type 2 diabetes remission: 2 year within-trial and lifetime-horizon cost-effectiveness of the Diabetes Remission Clinical Trial (DiRECT)/Counterweight-Plus weight management programme. Diabetologia.63(10):2112-22.	Not relevant outcome