

Supplementary 1 Full text records excluded

Reasons for exclusion

Records were either interventions about supplements, not including dietary pattern, not reporting glycaemic outcomes, gestational diabetes focus, diet comparator not appropriate, few or no people with diabetes, data not in appropriate format or insufficient, umbrella reviews, focus on development of diabetes, narrative reviews, full text unavailable, foreign language, network meta-analysis, not human study, only prediabetes focus, focus on insulin and type 1 diabetes, included children in studies, protocol only study or scientific statement.

Excluded articles

Anton SD, Hida A, Heekin K, Sowalsky K, Karabetian C, Mutchie H, et al. Effects of Popular Diets without Specific Calorie Targets on Weight Loss Outcomes: Systematic Review of Findings from Clinical Trials. *Nutrients*. 2017;9(8).

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