**Supplementary file 4. List of studies excluded following full-text review (n = 62)**

Food supplementation not provided (n = 51)

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15. Castagnetta, L., et al. (2002) The Mediet Project. *Ann N Y Acad Sci* 282-289
16. Cheng, H. L., et al. (2014). "Influence of dietary macronutrient composition on eating behaviour and self-perception in young women undergoing weight management." *Eat Weight Disord* 19(2): 241-247.
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Feeding trials (n = 7)

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Compliance not discussed (n = 3)

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Weight change no discussed (n = 1)

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