**Supplementary material**

**Supplemental Table 1. List of included Cochrane Reviews**

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| **First author** | **Title** | **Number of studies** | **Publication date**  |
| Adegboye | Diet or exercise, or both, for weight reduction in women after childbirth | Studies included in the review: 14Studies included in our analysis: 10 | July 2013 |
| Adeniyi | Weight loss interventions for chronic asthma1423 | Studies included in the review: 4Studies included in our analysis: 2 | July 2012 |
| Cheng | Calorie controlled diet for chronic asthma | Studies included in the review: 1Studies included in our analysis: 1 | April 2003 |
| Faulkner | Interventions to reduce weight gain in schizophrenia | Studies included in the review: 23Studies included in our analysis: 10 | January 2007 |
| Jull  | Chitosan for overweight or obesity | Studies included in the review: 15Studies included in our analysis: 14 | July 2008 |
| Luttikhuis  | Interventions for treating obesity in children | Studies included in the review: 64Studies included in our analysis: 60 | January 2009 |
| Martin  | Lifestyle intervention for improving school achievement in overweight or obese children and adolescents | Studies included in the review: 6Studies included in our analysis: 5 | March 2014 |
| Mastellos  | Transtheoretical model stages of change for dietary and physical exercise modification in weight loss management for overweight and obese adults | Studies included in the review: 3Studies included in our analysis: 3 | February 2014 |
| Moran | Lifestyle changes in women with polycystic ovary syndrome | Studies included in the review: 6Studies included in our analysis: 4 | July 2011 |
| Norris | Long-term non-pharmacological weight loss interventions for adults with type 2 diabetes mellitus | Studies included in the review: 24Studies included in our analysis: 23 | April 2005 |
| Norris | Long-term non-pharmacological weight loss interventions for adults with prediabetes | Studies included in the review: 9Studies included in our analysis: 7 | April 2005 |
| Orozco | Exercise or exercise and diet for preventing type 2 diabetes mellitus | Studies included in the review: 8Studies included in our analysis: 7 | July 2008 |
| Peng | Weight reduction for non-alcoholic fatty liver disease | Studies included in the review: 7Studies included in our analysis: 5 | June 2011 |
| Thomas  | Low glycaemic index or low glycaemic load diets for overweight and obesity | Studies included in the review: 6Studies included in our analysis: 6 | July 2007 |
| Tian  | Chromium picolinate supplementation for overweight or obese adults | Studies included in the review: 9Studies included in our analysis: 9 | November 2013 |
| Waters  | Interventions for preventing obesity in children | Studies included in the review: 55Studies included in our analysis: 31 | December 2011 |
| Wieland | Interactive computer-based interventions for weight loss or weight maintenance in overweight or obese people | Studies included in the review: 18Studies included in our analysis: 16 | August 2012 |

**Supplemental Table 2. List of excluded Cochrane Reviews**

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| **First author** | **Title** | **Publication date**  | **Reason for exclusion** |
| Barrett | Probiotics for preventing gestational diabetes | February 2014 | The included population is not relevant to our study.  |
| Barley | Interventions to encourage uptake of cancer screening for people with severe mental illness | July 2013 | The studied intervention is not a nutrition intervention to address obesity or overweight.  |
| Buckley | [Service organisation for the secondary prevention of ischaemic heart disease in primary care](http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD006772.pub2/abstract) | March 2010 | The studied intervention is not a nutrition one. |
| Christie | Workplace-based organisational interventions to prevent and control obesity by improving dietary intake and/or increasing physical activity | June 2010 | The review is relevant to our study. However, only the protocol is available.  |
| Colquitt | Surgery for weight loss in adults | August 2014 | The studied intervention is not a nutrition one. |
| Curioni | Rimonabant for overweight or obesity  | October 2006 | The studied intervention is not a nutrition one. |
| Ebrahim | Multiple risk factor interventions for primary prevention of coronary heart disease | January 2011 | The considered outcomes are not relevant to our study.  |
| Ells | [Surgery for the treatment of obesity in children and adolescents](http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD011740/abstract) | June 2015 | The studied intervention is not a nutrition one. |
| El Dib | Zinc supplementation for the prevention of type 2 diabetes mellitus in adults with insulin resistance | May 2015 | There are no obesity related outcomes.  |
| Fernandes | Intragastric balloon for obesity  | January 2007 | The studied intervention is not a nutrition one. |
| Furber | Antenatal interventions for reducing weight in obese women for improving pregnancy outcome | January 2013 | The included population is not relevant to our study.  |
| Flodgren | Interventions to change the behaviour of health professionals and the organisation of care to promote weight reduction in overweight and obese adults | March 2010 | The studied intervention is not a nutrition one. |
| Kramer | [Optimal duration of exclusive breastfeeding](http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD003517.pub2/abstract) | August 2012 | For the purpose of this study, we did not consider breastfeeding as a nutrition intervention.  |
| Han | [Interventions for pregnant women with hyperglycaemia not meeting gestational diabetes and type 2 diabetes diagnostic criteria](http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD009037.pub2/abstract) | January 2012 | The included population is not relevant to our study.  |
| Kramer | Energy/protein restriction for high weight-for-height or weight gain during pregnancy | October 1996 | The review is withdrawn.  |
| Jefferys | Deflation of gastric band balloon in pregnancy for improving outcomes | April 2013 | The studied intervention is not a nutrition one. |
| Middleton | Different intensities of glycaemic control for pregnant women with pre-existing diabetes | August 2012 | The included population is not relevant to our study. |
| Milne | Protein and energy supplementation in elderly people at risk from malnutrition | April 2009 | The included population is not relevant to our study.  |
| Opray | Directed preconception health programs and interventions for improving pregnancy outcomes for women who are overweight or obese | July 2015 | The included population is not relevant to our study. |
| Saenz | [Metformin monotherapy for type 2 diabetes mellitus](http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD002966.pub3/abstract) | July 2005 | The studied intervention is not a nutrition one.  |
| Saraswat | Carbohydrate or fat-restricted diets for obesity | August 2012 | This protocol was withdrawn.  |
| Shaw | Exercise for overweight or obesity  | October 2006 | The studied intervention is not a nutrition one. |
| Siebenhofer | Long-term effects of weight-reducing drugs in hypertensive patients | March 2013 | The studied intervention is not a nutrition one.  |
| Summerbell | [Advice on low-fat diets for obesity](http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD003640.pub2/abstract)  | July 2008 | The review is withdrawn.  |
| Thomas | [Exercise for type 2 diabetes mellitus](http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD002968.pub2/abstract) | July 2006 | The studied intervention is not a nutrition one.  |
| Tieu | Interconception care for women with a history of gestational diabetes for improving maternal and infant outcomes | June 2013 | The included population is not relevant to our study. |
| Williams | Strategies for enhancing the implementation of school-based policies or practices targeting risk factors for chronic disease | May 2015 | Only the protocol is available.  |