**Supplementary Table 2.** Excluded studies and reasons

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| **No.** | **Study** | **Reason** |
| 1 | Esin K, Ballı-Akgöl B, Sözlü S, Kocaadam-Bozkurt B. Association between dental caries and adherence to the Mediterranean diet, dietary intake, and body mass index in children. BMC Oral Health. 2024 Mar 2;24(1):297. doi: 10.1186/s12903-024-04020-3. | A |
| 2 | Ferrillo M, Calafiore D, Lippi L, Petri A, Mastroianni A, Fortunato L, Giudice A, Migliario M. Systemic and Oral Health Parameters in Eutrophic and Overweight/Obese Adolescents: A Cross-Sectional Study. J Pers Med. 2023 Jun 29;13(7):1073. doi: 10.3390/jpm13071073. | A |
| 3 | Li WQ, Park Y, Wu JW, Goldstein AM, Taylor PR, Hollenbeck AR, Freedman ND, Abnet CC. Index-based dietary patterns and risk of head and neck cancer in a large prospective study. Am J Clin Nutr. 2014 Mar;99(3):559-66. doi: 10.3945/ajcn.113.073163. | B |
| 4 | Vetrani C, Verde L, Colao A, Barrea L, Muscogiuri G. The Mediterranean Diet: Effects on Insulin Resistance and Secretion in Individuals with Overweight or Obesity. Nutrients. 2023 Oct 25;15(21):4524. doi: 10.3390/nu15214524. | C |

A - children or adolescents; B - alternative Me Di; C - no oral/dental health