***Appendix 1. Table of search terms for the 4 databases used***

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| --- | --- | --- | --- | --- |
|  | **Medline** | **Embase** | **CINAHL** | **Web of Science** |
| 1 | Diabetes Mellitus, Type 2/ | Diabetes Mellitus, Type 2/ | (MH “Diabetes Mellitus, Type 2”) | diab\* near/3 (“type 2” or mellitus) |
| 2 | (diabet\* adj3 (“type2” or mellitus)) | (diabet\* adj3 (“type2” or mellitus)) | NIDDM | NIDDM |
| 3 | NIDDM | NIDDM | Diabet\* n3 (“type 2” or mellitus) | Type 2 diabetes mellitus |
| 4 | Haemoglobin A, Glycosylated/ | Haemoglobin A, Glycosylated/ | (MH “Hemoglobin A, glycosylated”) | Refined by: Diabete mellitus |
| 5 | Haemoglobin a/ or haemoglobin a, glycosylated/ | Haemoglobin a/ or haemoglobin a, glycosylated/ | Glyc\* h?emoglobin  | Diabetes mellitus |
| 6 | Glyc\*h?emoglobin | Glyc\*h?emoglobin | HbA1c | 1 or 2 or 3 or 4 or 5 |
| 7 | GHb | GHb | GHb | HbA1c |
| 8 | Glycoh?emoglobin | Glycoh?emoglobin | (MH “Diet+”) | Glyc\*h?emoglobin |
| 9 | Diet | Diet | (MH “Diet Therapy+”) | Glycoh?emoglobin |
| 10 | Exp Diet/ | Exp Diet/ | Diet\* | GHb |
| 11 | Exp diet therapy/ or diet, reducing/ | Exp diet therapy/ or diet, reducing/ | (calor\* or energy\*) n2 intak\* | Hemoglobin-glycosylated A1c |
| 12 | Diet\* | Diet\* | (protein\* or Mediterranean\* or carbohydrate\* or fat\* or vegetarian\* or vegan\*) n3 (diet\* or intake\*) | 7 or 8 or 9 or 10 or 11  |
| 13 | ((calor\* or energ\*) adj2intak\*) | ((calor\* or energ\*) adj2intak\*) | (MH “Dietary Proteins+”) | Diet\* |
| 14 | ((protein\* or Mediterranean\* or carbohydrat\* or fat\* or vegetarian\* or vegan\*) adj3 (diet\* or intak\*)) | ((protein\* or Mediterranean\* or carbohydrat\* or fat\* or vegetarian\* or vegan\*) adj3 (diet\* or intak\*)) | (MH “Dietary Carbohydrates+”) | (Calor\* or energy\*) near/2 intak\* |
| 15 | Energy intake  | Energy intake  | (MH “Dietary Fats+”) | (protein\* or Mediterranean\* or carbohydrate\* or fat\* or vegetarian\* or vegan\*) near/3 (diet\* or intak\*) |
| 16 | Exp energy intake/ | Exp energy intake/ | (MH “Glycemic Index”) OR (MH “Glycemic Load”) | Glyc?emic index |
| 17 | Exp Dietary Proteins/ | Exp Dietary Proteins/ | Glyc?emic index | Glyc?emic load |
| 18 | Exp Dietary Fats/ | Exp Dietary Fats/ | Glyc?emic load  | Nutrition\* |
| 19 | Exp Dietary Carbohydrates/ | Exp Dietary Carbohydrates/ | Calories | 13 or 14 or 15 or 16 or 17 or 18 |
| 20 | Glycemic Index/ | Glycemic Index/ | Caloric | (19 and 12 and 6) and language: (English) |
| 21 | Glyc?emic index | Glyc?emic index | 1 or 2 or 3 | Randomized controlled trials |
| 22 | Glyc?emic load | Glyc?emic load | 4 or 5 or 6 or 7 | 20 and 21 |
| 23 | Calories  | Calories  | 8 or 9 or 10 or 11 or 12 or 13 or 14 or 15 or 16 or 17 or 18 or 19 or 20 | Weight\* |
| 24 | Caloric  | Caloric  | 21 and 22 and 23 |  |
| 25 | 1 or 2 or 3 | 1 or 2 or 3 | (MH “Body Weight Changes+”) | 22 and 23 |
| 26 | 4 or 5 or 6 or 7 or 8 | 4 or 5 or 6 or 7 or 8 | Weight \* |  |
| 27 | 9 or 10 or 11 or 12 or 13 or 14 or 15 or 16 or 17 or 18 or 19 or 20 or 21 or 22 or 23 or 24 or 25 or 26 or 27 | 9 or 10 or 11 or 12 or 13 or 14 or 15 or 16 or 17 or 18 or 19 or 20 or 21 or 22 or 23 or 24 or 25 or 26 or 27 | 25 or 26 |  |
| 28 | 25 and 26 and 27 | 25 and 26 and 27 | 24 and 27 |  |
| 29 | Limit 28 to (English language and humans and “all dult (19 plus years)” and randomized controlled trial) | Limit 28 to (English language and humans and “all dult (19 plus years)” and randomized controlled trial) |  |  |
| 30 | Body weight / or body weight changes/ or weight gain/ or weight loss/ or overweight/ or thinness/ | Body weight / or body weight changes/ or weight gain/ or weight loss/ or overweight/ or thinness/ |  |  |
| 31 | (weigh\* adj3 (los\* or gain\* or decrease\* or increase\* or change\* or difference\*)) | (weigh\* adj3 (los\* or gain\* or decrease\* or increase\* or change\* or difference\*)) |  |  |
| 32 | 30 or 31 | 30 or 31 |  |  |
| 33 | 29 and 32 | 29 and 32 |  |  |