**Supplementary material**

**Table S1:** Example search strategy ran in Ovid MEDLINE

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| **#** | **Searches** |
| 1 | peer\*.mp. or Peer Group/ |
| 2 | Social Support/ or peer support.mp. or Self-Help Groups/ |
| 3 | lay leader.mp. |
| 4 | Community Health Workers/ or health advisor.mp. |
| 5 | Counseling/ or counsel\*.mp. |
| 6 | Telephone/ or telephone support.mp. |
| 7 | web support.mp. |
| 8 | computer support.mp. |
| 9 | 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 |
| 10 | Diet/ or Diet\*.mp. |
| 11 | Food\*.mp. or Food/ |
| 12 | nutrition.mp. |
| 13 | intake.mp. |
| 14 | food habits.mp. or Food Habits/ |
| 15 | diet\* change.mp. |
| 16 | behavio?r\* change.mp. |
| 17 | Health Behavior/ |
| 18 | 10 or 11 or 12 or 13 or 14 or 15 or 16 or 17 |
| 19 | 9 and 18 |
| 20 | limit 19 to (english language and humans) |
| 21 | limit 20 to "all adult (19 plus years)" |