Appendix E: Table of non-prioritised reviews

1) *Physical activity and exercise*

Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
Active leisure / recreation					
WCRF 2006 [++]	Dec 2005	Complete: D Partial: None Unclear: P, Set	NR	NR	Reported a variety of recreational and leisure time activities; no intervention studies were identified, so the update review (Summerbell et al. 2009 [++]) was prioritised.
Aladro-Gonzalvo et al. 2012 [+]	Mar 2010	Complete: None Partial: P, D Unclear: Set	Inconclusive	There was poor evidence that Pilates exercises may have a positive effect on body composition.	Broader review on active leisure/recreation prioritised.
Active travel/commuting					
Faulkner et al. 2009 [+]	Jun 2008	Complete: Set Partial: D Unclear: P	Inconclusive	There was little evidence to suggest a relationship between active transportation to school and healthier body weight/BMI among children. The studies including measures of body weight/BMI reveal that the difference in body weight/BMI between active and passive commuters was seldom significant and not supported in the long term.	Review includes one relevant longitudinal study, which is reported in the prioritised (more recent) review of the association between active transport and weight in children (Saunders et al. 2013).
Lee et al. 2008 [+]	Dec 2007	Complete: Set Partial: D Unclear: P	Inconclusive	The association between active commuting and BMI/overweight is far less clear [than between active commuting and higher physical activity level], with most studies finding no significant association.	Review includes two relevant longitudinal studies, both of which are reported inn the prioritised (more recent) review on the association between active transport and weight in children (Saunders et al. 2013).
Wanner et al. 2012 [+]	Oct 2010	Complete: Set Partial: D Unclear: P	Inconclusive	There is limited evidence that active transport is associated with more physical activity as well as lower body weight in adults. However,	Review includes one relevant longitudinal study, which is reported in the prioritised (more recent) review of the association

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
				study heterogeneity, predominantly cross-sectional designs and crude measures for active transport and physical activity impede quantitative conclusions.	between active transport and weight (Saunders et al. 2013).
Xu et al. 2013 [+]	Sept 2012	Complete: Set Partial: D Unclear: P	Inconclusive	The evidence relating active transport with lower body weight was weak to moderate, with most studies being cross-sectional and lacking consistency in the study findings, although 40 of 69 studies reported that active transport was associated with lower weight.	Includes one longitudinal study with relevant outcomes; the review was not prioritised as this study is also included in the prioritised review (Saunders et al. 2013 [+]).
Incidental physical activity					
WCRF 2006 [++]	Dec 2005	Complete: D Partial: None Unclear: P, Set	NR	NR	One study in the recreational PA section addresses incidental PA; this study also appears in the prioritised (more recent) update review by Summerbell et al. 2009 [++].
Intensity (same volume, high intensity vs low intensity)					
te Velde et al. 2012 [+]	Jun 2010	Complete: P, D Partial: None Unclear: Set	Inconclusive	Insufficient evidence was found to draw conclusions on the association between moderate to vigorous physical activity during preschool years and overweight status later in childhood.	Lower quality than the prioritised review. Three studies on MVPA and overweight in under fives; at least two of the three also appeared in the prioritised review by Summerbell et al. 2009 [++].
WCRF 2006 [++]	Dec 2005	Complete: D Partial: None Unclear: P, Set	Inconclusive	Data on adults and children is inconclusive. Two of the three studies (adults) suggest that increased frequency of high intensity PA may protect against weight gain, while the remaining study reported no relationship between total volume of PA and weight. One of three (children) reported a similar protective relationship, the second study reported indications of a protective	Identified studies included in the prioritised (more recent) update review (Summerbell et al. 2009 [++]).

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
				relationship, and the third study reported no relationship between this factor and weight gain in children.	
Intensity (same volume, high intensity vs low intensity)					
Bond et al. 2009 [++]	Mar 2009	Complete: None Partial: P, D, Set Unclear: None	Inconclusive	Based on the evidence from obesity prevention studies, generally no statistically significant difference in weight measurements were seen, although there was evidence of some positive trends. One subgroup of a single trial reported significant difference. The conclusions are based on three dissimilar studies (two in low-income ethnic minority populations, in different contexts and settings and different intervention types).	Study of SRs, RCTs and non-randomised controlled trials. Identified three RCTs, two in out of scope settings, and one of a parenting skills intervention (parenting was also out of scope).
Vella-Zarb and Elgar 2009 [-]	APR 2008	Complete: None Partial: P Unclear: D, Set	Yes	Decrease in physical activity or low physical activity over the course of the first year of university was found to predict weight gain in students. No details on type, intensity, or frequency were reported.	Review not prioritised for extraction as more recent, higher quality reviews in the same population were identified.
WCRF 2006 [++]	Dec 2005	Complete: D Partial: None Unclear: P, Set	NR	NR	No RCTs identified; cohort studies regarding frequency of PA were also included in Summerbell et al. 2009 [++].
Strength/Aerobic					
Janssen and Leblanc 2010 [+]	Jan 2008	Complete: None Partial: P, D Unclear: Set	Yes	About 50% of the exercise interventions that were aerobic in nature observed significant changes in measures of BMI, total fat and/or abdominal fat in response to training, but	Children >5; All identified RCTs assessing aerobic activity selected participants based on overweight/obese/health status; no identified prospective cohort studies assessed the

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
				these effect sizes were small -.40(-1.10, 0.31) for % body fat and -0.07 (-0.89, 0.75) for BMI.	association between aerobic PA and weight outcomes.

2) *Sedentary behaviours*

Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
Amount of sedentary time					
Chinapaw et al. 2011 [+]	Apr 2010	Complete: None Partial: D Unclear: Set, P	Inconclusive	There was insufficient evidence for a longitudinal positive relationship between sedentary time (mainly TV viewing) and body mass index and more specific indicators of fat mass.	A higher quality review with substantial overlap of included studies was prioritised for this population.
Ekelund et al. 2012 [+]	2008 (month NR)	Complete: None Partial: P Unclear: D, Set	No	Baseline sedentary behaviour was no associated with WC at follow-up once time spent in MVPA was controlled for; baseline WC was associated with higher sedentary time at follow-up.	Higher quality reviews with more complete overlap were prioritised for full data extraction.
Leung et al. 2012 [+]	Apr 2011	Complete: D Partial: Set Unclear: P	Yes	Interventions that focused on decreasing sedentary behaviour, whether alone or in combination with other strategies, such as increasing physical activity and improving diet, were associated with reduction in time spent and/or improvements in anthropometric measurements related to childhood obesity.	Majority of identified studies were conducted in a school setting; other higher quality (and one more recent) reviews on the association between amount of sedentary behaviour and weight related outcomes in children have been prioritised.
Thorp et al. 2011 [+]	Jan 2011	Complete: None Partial: D, P	Yes	Findings were mixed for associations with sedentary behaviour and weight gain during	A higher quality review with substantial overlap of included studies was prioritised for

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
		Unclear: Set		adulthood, but sedentary behaviour is associated with weight gain from childhood to adult years.	this population.
WCRF 2006 [++]	Dec 2005	Complete: D, Set Partial: None Unclear: P	NR	NR	Review identified no RCTs and three prospective cohort studies in adults. A more recent high quality update of this review included all three cohort studies and was prioritised for adults (Summerbell et al. 2009 [++]). For child populations, a more recent high quality review was prioritised (Tremblay et al. 2011 [++]).
Daley 2009 [-]	Dec-2008	Complete: Set Partial: P, D Unclear: None	NR	NR	A more recent, higher quality review with more complete scope overlap (Leblanc et al. 2013 [+]) was prioritised for full data extraction.
Sitting					
Rhodes et al. 2012 [+]	Aug 2011	Complete: None Partial: D Unclear: P, Set	No	Eight studies on sitting and BMI did not find a relationship.	Eight studies assessed the association between sitting and BMI; seven of the studies were cross-sectional designs and no detailed results were reported for the remaining prospective study.
TV and other screen - time					
Chinapaw et al. 2011 [+]	Apr 2010	Complete: None Partial: D Unclear: Set, P	Inconclusive	There was insufficient evidence for a longitudinal positive relationship between TV viewing and body mass index and more specific indicators of fat mass.	A higher quality review (Wahi et al. 2011 [++]) that assessed the association between screen time and weight related outcomes amongst children and adolescents was prioritised for full data extraction.
Kuhl et al. 2012 [-]	NR	Complete: None Partial: D Unclear: Set, P	Yes	Shaping healthy screen-use habits during the preschool years is important as children who exceed recommendations as preschoolers are	Higher quality reviews addressing screen time and weight related outcomes in children prioritised for full data extraction.

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
				more likely to do so at age 6 and it increases obesity risk at age 7.	
Luckner et al. 2012 [+]	Nov 2008	Complete: P Partial: D Unclear: Set	Yes	Interventions that aimed to reduce TV viewing in children led to a significant reduction in BMI. It did not in adults.	Higher quality reviews with more intervention/exposure detail and nuanced assessment of the association between screen time weight related outcomes were prioritised for extraction.
Proper et al. 2011 [+]	Feb 2010	Complete: D Partial: None Unclear: P, Set	Inconclusive	There was insufficient evidence for a relationship between sedentary behaviour and weight outcomes.	A higher quality review in adults (UDA 2010l [++]) with more complete scope overlap was prioritised for complete data extraction.
Rhodes et al. 2012 [+]	Aug 2011	Complete: None Partial: D Unclear: P, Set	Yes	The results provide some evidence for a relationship between TV and general screen viewing and BMI.	A higher quality review in adults (UDA 2010l [++]) with more complete scope overlap (prospective cohort studies only, as opposed to a mix of cross-sectional and longitudinal studies) was prioritised for complete data extraction.
Summerbell et al. 2009 [++]	Dec 2007	Complete: None Partial: D Unclear: D	NR	NR	Older than other reviews in children (section in adults applies to wider sedentary behaviour not just screen time); no specific conclusions drawn for screen time.
te Velde et al. 2012 [+]	Jun 2010	Complete: D Partial: None Unclear: P, Set	Yes	Moderate evidence was observed for a positive association between TV viewing and overweight.	Higher quality review (LeBlanc et al. 2012 [++]) that assessed the association between screen time and weight related outcomes amongst children under the age of five was prioritised for full data extraction.
Van Grieken et al. 2012 [+]	Apr 2011	Complete: P Partial: D, Set Unclear: None	Yes	Interventions in school and general population settings aimed at reducing sedentary behaviour alone or sedentary behaviour as well as other health behaviours can reduce sedentary behaviours and have small effects on BMI.	Higher quality reviews that assessed the association between screen time and weight related outcomes amongst children were prioritised for full data extraction. Most interventions targetted screen time, many

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
					were wholly or partly school based, and a few in primary care. Included interventions targetting sedentary behaviour alone or multiple behaviours.

3) *Food and drinks*

Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
Alcohol					
Vella-Zarb and Elgar 2009 [-]	APR 2008	Complete: None Partial: Set Unclear: P, D	Yes	Alcohol consumption was found to predict weight gain in male first year university students. No details on the amount or type of alcohol consumed or amount of weight gain it was associated with.	This review was low quality. It was not selected for extraction as there were other higher quality reviews available.
WCRF 2006 [++]	Dec 2005	Complete: D Partial: None Unclear: P, Set	NR	NR	More recent update by Summerbell et al. [++] prioritised (which includes maby of the same cohorts, reason why 3 not included NR). No RCTs were identified.
Coffee and Tea					
WCRF 2006 [++]	Dec 2005	Complete: D Partial: None Unclear: P, Set	Other	No conclusions provided.	Included 1 prospective cohort that was identified in Summerbell et al. 2009 [++]. No RCTs identified.
Dietary pattern					
Buckland et al. 2008 [+]	Jul 2007	Complete: None Partial: D, P Unclear: Set	Yes	Although the results are inconsistent, the evidence points towards a possible role of the Mediterranean diet in preventing overweight/obesity, and physiological mechanisms can explain this protective effect.	Adults. Mediterranean diet. This moderate quality review included cohorts and intervention studies (it is unclear if these were RCTs). The majority of intervention studies were in populations outside the scope of this

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
					review (populations were overweight/obese or had specific conditions).
Kastorini et al. 2010 [+]	Dec 2009	Complete: None Partial: D Unclear: P, Set	Yes	The Mediterranean diet protects against the development of coronary heart disease not only because of its beneficial role regarding cardiovascular risk factors, but also due to a possible effect on body weight and obesity.	Adults. Mediterranean diet. This moderate quality review was not selected for extraction as it had an earlier search date than other reviews on dietary pattern and lower quality than other reviews. It included cohorts and clinical trials, but it is unclear if the majority of these were RCTs. Most of the cohorts were in populations outside the scope of this review (in overweight/obese populations or populations with specific conditions).
Serra-Majem et al. 2006 [+]	Jan 2005	Complete: None Partial: D Unclear: P, Set	Yes	The studies on body weight showed favourable results with the Mediterranean diet.	Adults. Mediterranean diet. This moderate quality review included intervention studies (only some are reported as RCTs and some are reported as clinical trials so it is unclear if these clinical trials are RCTs). Not all clinical trials had body weight related outcomes and of the clinical trials described as RCTs, some had populations outside the scope of this review (overweight/obese or had specific conditions). Because this review had an earlier search date and for reasons stated, it was not selected for extraction.
Summerbell et al. 2009 [++]	Dec 2007	Complete: D Partial: None Unclear: P, Set	Inconclusive	Given the diversity of categories describing individual dietary patterns that are reported in the different studies, it is not possible to provide a summary statement for this exposure. There was no consistency in terms of 'healthy diets', compared with 'unhealthy	Children/Adults. No conclusions drawn by the review. Other review with more recent search dates that covered children and adults were identified on the topic of dietary pattern, therefore Summerbell et al. 2009 [++] has not been selected for extraction.

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
				diets', being associated with lower levels of subsequent weight gain.	
WCRF 2006 [++]	Dec 2005	Complete: D Partial: None Unclear: P, Set	NR	No conclusions provided.	This review included 4 cohorts in adults and 1 cohort in children all of which were included in the update by Summerbell et al. 2009 [++], therefore this reviews was not selected for extraction.
Fruit and vegetables					
Kuhl et al. 2012 [-]	NR	Complete: None Partial: D Unclear: P, Set	NR	NR	This low quality review did not include any studies on fruit and vegetables that matched the scope for this review. Included study designs that had body weight related outcomes were cross-sectional only.
Ledoux et al. 2011 [-]	Jan 2009	Complete: None Partial: D, P Unclear: Set	Yes	Experimental studies found increased fruit and vegetable consumption (in conjunction with other behaviours) contributed to reduced adiposity among overweight or obese adults, but no association was shown among children. Longitudinal studies among overweight adults found greater fruit and/or vegetable consumption was associated with slower weight gain, but only half of child longitudinal studies found a significant inverse association. Limitations in methods prevented a thorough examination of the role of increased fruit and vegetable intake alone or mechanisms of effect. An inverse relationship between fruit and vegetable intake and adiposity among overweight adults appears weak; this	This was a poor quality review that had poorer match to the review scope than other reviews on fruit and vegetables. This review included longitudinal studies and interventional studies and it is unclear if interventional studies were RCTs.

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
				relationship among children is unclear.	
WCRF 2006 [++]	Dec 2005	Complete: D Partial: None Unclear: P, Set	NR	NR	This review included 4 cohorts and 1 RCT. Most of the cohorts were included in the update by Summerbell et al. 2009 [++] and it is unclear why some of the cohorts (n=2) were not also included in Summerbell et al. 2009 [++]. Although this review included 1 RCT, the review by U.S Department of Agriculture 2010e [+] also included RCTs and had a more recent search date, and was therefore prioritised for extraction.
te Velde et al. 2012 [+]	Jun 2010	Complete: D Partial: None Unclear: P, Set	Inconclusive	Insufficient evidence was found for an association between dietary intake or specific dietary behaviours and overweight.	Lower quality and relevance than the prioritised reviews. Only included study assesses dietary pattern rather than fruit and vegetables specifically.
Fruit juice					
Kuhl et al. 2012 [-]	NR	Complete: None Partial: D Unclear: P, Set	NR	The review lists the factors it found are associated with being overweight and obese, and fruit juice was not one of them.	This review was low quality and was not extracted due to other high quality reviews being prioritised.
te Velde et al. 2012 [+]	Jun 2010	Complete: D Partial: None Unclear: P, Set	Inconclusive	Insufficient evidence was found for an association between dietary intake or specific dietary behaviours and overweight.	Lower quality and relevance than the prioritised reviews. Included studies overalapped with prioritised reviews. Did not provide clear reporting of results by factor.
WCRF 2006 [++]	Dec 2005	Complete: D Partial: None Unclear: P, Set	No	Intakes of fruit juices are not a strong predictor of weight gain, but their were limitations to the studies. This included the definition of 'fruit juices' which could vary between studies and the method of assessing	Review included no RCTs; all studies included in update (Summerbell et al. 2009 [++]).

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
				dietary intake. Physical activity levels was not adjusted for as a potential confounder.	
Legumes					
WCRF 2006 [++]	Dec 2005	Complete: D Partial: None Unclear: P, Set	NR	No conclusions are drawn by the review specifically on legumes.	Included only 1 study that appears in Summerbell et al. 2009 [++]
Williams et al. 2008 [+]	2005 (month NR)	Complete: None Partial: P Unclear: Set, D	Inconclusive	There is insufficient evidence to make clear conclusions about the protective effects of legumes on weight.	Had a similar search date to WCRF 2006 [++] and was poorer quality. The review included mixed study designs. Most prospective cohorts had unclear populations and most RCTs had populations that were overweight/obese or had a specific condition. Results were not provided separately for legumes (they were provided for legumes and cereals together).
Meat and fish					
WCRF 2006 [++]	Dec 2005	Complete: D Partial: None Unclear: Set, P	NR	No conclusions are drawn by the review specifically on meat and fish.	All cohort studies identified in Summerbell et al. [++]. No RCTs identified - U.S Department of Agriculture 2010n [+] included RCTs and had a more recent search date so was prioritised. Includes an additional section on poultry not included in Summerbell et a [++] but no cohorts or RCTs identified.
Fogelholm et al. 2012 [+]	NR	Complete: D Partial: None Unclear: P, Set	Inconclusive	No conclusions drawn for fish.	Prioritised for meat section, but deprioritised for fish as only cohort identified also identified in the prioritised review by Summerbell et al. 2009 [++], which also included other cohorts.
Milk and other dairy					

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
Chen et al. 2012 [++]	Apr 2012	Complete: D Partial: P Unclear: Set	Inconclusive	The meta-analysis does not support the beneficial effect of increasing dairy consumption on body weight and fat management in long-term studies or studies without energy restriction. However, dairy products may have modest benefits in facilitating weight loss when energy is restricted, but this effect seems to be short and not sustainable.	24 of 29 RCTs enrolled overweight or obese participants. The review does not specify which of the remaining 5 RCTs were in non overweight/obese populations so study overlap with RCTs from other reviews was unable to be determined.
Fogelholm et al. 2012 [+]	NR	Complete: D Partial: None Unclear: P, Set	Inconclusive	Plenty of dairy products were associated with less weight gain in prospective cohort studies.	The search date was NR in this review. This review was not selected for extraction because other reviews were of higher quality.
Summerbell et al. 2009 [++]	Dec 2007	Complete: D Partial: None Unclear: P, Set	No	The evidence suggests that milk and dairy products are not associated with excess weight gain and obesity, although results are inconsistent.	Older than the prioritised review (Louie et al. 2011 [++]) which included most (8 of 13) of the cohorts included in Summerbell et al. 2009.
te Velde et al. 2012 [+]	Jun 2010	Complete: D Partial: None Unclear: P, Set	Inconclusive	Insufficient evidence was found for an association between dietary intake or specific dietary behaviours and overweight. Two low-quality studies reported an inverse association for milk consumption with overweight, but no significant association was found in another low-quality study.	Lower quality than one prioritised reviews (Louie et al. 2011 [++]) and less clear reporting than the other prioritised review (U.S. Department of Agriculture 2010r [+]). Includes 3 cohorts in children aged 4 to 6 and all 3 cohorts are included in Louie et al. [++] and 1 of them is also included in U.S. Department of Agriculture 2010r [+].
USDA 2010p [+]	Jul 2009	Complete: None Partial: D Unclear: Set, P	No	Strong evidence demonstrates that intake of milk and milk products provide no unique role in weight control.	This review was not selected for extraction as it had poorer quality than other reviews and the reviews by Louie et al. 2011 [++] (included cohorts) and Abargouei et al. 2012 [++] (included RCTs) both had more recent search dates.

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
WCRF 2006 [++]	Dec 2005	Complete: D Partial: None Unclear: P, Set	NR	No conclusions are drawn by the review specifically on milk and other dairy.	All identified cohorts are included in Summerbell et al. 2009 [++]. No RCTs were identified. WCRF et al. 2006 [++] has been updated by Summerbell et al. 2009 [++].
Nuts					
Banel and Hu 2009 [+]	May 2008	Complete: None Partial: P, D Unclear: Set	NR	Overall, high walnut-enriched diets significantly decreased total and LDL cholesterol for the duration of the short-term trials. Larger and longer-term trials are needed to address the effects of walnut consumption on cardiovascular risk and body weight.	12 of 13 included studies were RCTs. Overlap with Flores-Mateo et al. [++]: earlier search date (May 2008), poorer quality than Flores-Mateo et al. [++], and included 6 RCTs and 1 non-RCT (described as an RCT in Flores-Mateo [++]) that are included in Flores-Mateo et al. [++]. Studies included participants who were overweight/obese and who had specific conditions.
WCRF 2006 [++]	Dec 2005	Complete: D Partial: None Unclear: P, Set	NR	No conclusions are drawn by the review specifically on nuts.	Included 1 cohort identified in Summerbell et al. [++]
Refined grains					
WCRF 2006 [++]	Dec 2005	Complete: D Partial: None Unclear: P, Set	Inconclusive	No conclusions are drawn by the review. In adults, intake of refined grains was associated with increased odds of obesity and with a significant trend in major weight gain in one included study, with waist circumference in women in one study (but not in men), with waist circumference but not BMI in one study. Bread or bread and cereal consumption was not associated with weight gain in 2 studies. There was no association between consumption of refined breakfast cereals and risk of	No intervention studies were identified. Review not prioritised for extraction due to included study overlap with updated review (Summerbell et al. 2009 [++]).

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
				overweight. In a study in children, no significant association was found between the intake of bread and wheat products (wheat factor) or rice products (rice factor) at age 3 years and obesity in adolescence.	
Williams et al. 2008 [+]	2005 (month NR)	Complete: O Partial: P, D Unclear: Set	Yes	There is weak evidence that high intake of refined grains may cause small increases in waist circumference in women. (Conclusion based on all studies included in the review)	All relevant studies were included in a more recent, higher quality review (Summerbell et al. 2009 [++]), which was prioritised.
Sugar sweetened beverages					
Forshee et al. 2008 [++]	Oct 2006	Complete: D, P Partial: Set Unclear: None	No	The quantitative meta-analysis and qualitative review found that the association between sugar sweetened beverage consumption and BMI was near zero, based on the current body of scientific evidence.	Older (search date 2006) than prioritised reviews.
Gibson 2008 [+]	Jul 2008	Complete: None Partial: D Unclear: Set, P	Inconclusive	Despite the large number of studies on this topic, the inconsistencies of definition, design, statistical treatment and interpretation make it difficult to draw definitive conclusions as to whether sugar sweetened beverages are significantly implicated in weight gain.	Lower quality review, with poorer match to current review scope (particularly study designD) and older search date (2008) than other reviews. Included mixed study designs including cross sectional studies as well as non-RCTs, RCTs and cohorts.
Kuhl et al. 2012 [-]	NR	Complete: None Partial: D Unclear: Set, P	Yes	Evidence suggests several modifiable behaviours, such as sugar sweetened beverage intake, may differentiate obese and healthy weight preschoolers.	Low quality review, with poorer match to current review scope (particularly study designD). Included cross sectional and focus group studies, as well as RCTs and cohorts.
Malik et al. 2006 [-]	May 2005	Complete: None Partial: D, Set Unclear: P	Yes	The weight of epidemiologic and experimental evidence indicates that a greater consumption of SSBs is associated with weight gain and obesity. Although more research is needed,	Lower quality review, with poorer match to current review scope (particularly study design D) and older search date (2005) than other reviews. Included cross sectional studies as

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
				sufficient evidence exists for public health strategies to discourage consumption of sugary drinks as part of a healthy lifestyle.	well as cohorts, and interventional studies (not clear if all RCTs).
Osei-Assibey et al. 2012 [+]	Aug 2011	Complete: None Partial: D, P Unclear: Set	Yes	Providing alternatives to sugar-sweetened soft drinks should be considered in obesity prevention programmes aimed at younger children.	Lower quality review, with poorer match to current review scope (particularly study design D and outcomes) than other reviews. Included non-randomised studies.
Patro and Szajewska 2010 [-]	Oct 2009	Complete: None Partial: D Unclear: Set, P	Yes	Limiting SSBs and snack food intake may have a beneficial effect. Although current knowledge does not allow one to draw any definitive conclusions, it provides a solid basis for further research.	Low quality review, with poorer match to current review scope (particularly study design D) and older search date (2009) than other reviews. Includes mixed study designs including reviews and cross sectional studies as well as RCTs and cohorts, and does not describe separately or provide details of the studies.
Summerbell et al. 2009 [++]	Dec 2007	Complete: D Partial: None Unclear: P, Set	No	No specific conclusions relating to sugar sweetened beverages. Its overall conclusion for beverages of any type was that the evidence suggests that their consumption is not associated with a subsequent weight gain and obesity, although results are inconsistent.	Older than included reviews on sugar sweetened beverages. Did not assess sugar sweetened beverages as a category, they would have falled into multiple categories and have been mixed with other beverage types: soft drinks (a combined category of any non-alcoholic beverages including water and sweetened drinks), non-carbonated sugary drinks (the included studies included SSBs, or "sugary drinks" or "fruit drinks" - neither included fruit juice and the latter did not include soda); and carbonated beverages (appeared to include both diet and regular sodas).
te Velde et al. 2012 [+]	Jun 2010	Complete: D Partial: None Unclear: Set, P	Inconclusive	Because of the heterogeneity in the assessed dietary behaviours (including SSB consumption among others), insufficient evidence was found	Lower quality review with older search date (2010) than other reviews. The 3 RCTs included in this review are also included in the most

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
				for an association between dietary intake or specific dietary behaviours and overweight.	recent high quality review in children (Te Morenga et al. 2012 [++]). Review funding: The European Commission. No COIs were declared.
USDA 2010d [+]	Feb 2010	Complete: None Partial: D, P Unclear: Set	Yes	A moderate body of epidemiologic evidence suggests that greater consumption of sugar-sweetened beverage is associated with increased body weight in adults. A moderate body of evidence suggests that under isocaloric controlled conditions, added sugar, including sugar-sweetened beverages, are no more likely to cause weight gain than any other source of energy.	Lower quality review, with poorer match to current review scope (particularly D). Includes SRs (of mixed study types) as well as RCTs and prospective cohorts. At least one RCT in overweight and obese individuals (populations in the included SRs unclear), and at least one study where all meals and snacks were provided. Review funding: Not explicitly stated, but the reviews were prepared by the US Department of Agriculture's Nutrition Evidence Library to support their guideline development. No information on authors or any potential COIs reported.
Vartanian et al. 2007 [-]	NR	Complete: None Partial: D Unclear: Set, P	Yes	We found clear associations of soft drink intake with increased body weight.	Lower quality review, with poorer match to current review scope (particularly D and O) and older than other reviews (search date not reported, but published 2007, so must be in or before this year). Included mixed study designs, including cross sectional, cohort, and experimental (unclear if all RCTs). Settings, populations, and comparators of included studies unclear. Included outcomes other than weight-related outcomes (e.g. energy intake). Review funding: Supported in part by the Rudd Foundation. The sponsor was not involved in the review in any way. No other information on COIs was reported.

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
WCRF 2006 [++]	Dec 2005	Complete: P, D Partial: None Unclear: Set	Inconclusive	No conclusions are drawn by the review. In adults, one cohort study found that people with stable 'sugar-sweetened soft drink' consumption patterns had no difference in weight and BMI gain during the study period, but weight and BMI gain over a 4-year period was highest among women who increased their 'sugar-sweetened soft drink' consumption. The other cohort study found significant associations between consumption of sugar-sweetened soft drinks and weight gain and change in waist circumference in a univariate model but not in a multivariate model. In children, one study found a significant a significant association between sugary drink consumption and both BMI and frequency of obesity; one found no association between 'fruit drinks' and changes in weight and BMI.	No intervention studies were identified; identified cohort studies were included in the review update (Summerbell et al. 2009 [++]).
Wolff and Dansinger 2008 [-]	Dec 2006	Complete: None Partial: Set, D, P Unclear: None	Yes	Although observational studies support the hypothesis that sugar-sweetened soft drinks cause weight gain, a paucity of hypothesis-confirming clinical trial data has left the issue open to debate.	Low quality review, with poorer match to current review scope (particularly D), and older search date (2006) than other reviews. Includes cross sectional studies as well as trials (unclear if all randomised) and cohort studies. Comparators being considered unclear. At least one study in overweight and obese individuals, and one trial tested a school-based intervention. Review funding: Not reported. One author reported being a consultant for NBC television and being supported by a research grant (number but not funding body

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
					reported), the other author disclosed no relevant financial relationships.
Woodward-Lopez et al. 2011 [-]	Mar 2010	Complete: None Partial: P, D, Set Unclear: None	Yes	All lines of evidence (secular trends, mechanisms, observational studies, intervention trials and meta analyses) consistently support the conclusion that the consumption of sweetened beverages has contributed to the obesity epidemic.	Low quality review, with poorer match to current review scope (particularly D) than other reviews. Includes cross sectional studies as well as cohorts and intervention trials (not all RCTs). Comparators were unclear. At least some intervention studies were of school-based interventions, and at least one trial was in an overweight population. Includes studies assessing association between SSBs and energy intake. Review funding: The California Endowment, the California Centre for Public Health Advocacy, and the Centres of Disease Control and Prevention. Authors were employees of a public non-profit university. No further information on COIs reported.
Water					
Daniels and Popkin 2010 [+]	NR	Complete: None Partial: P, D, Set Unclear: None	Inconclusive	The findings suggest an important role for water in reducing energy intakes and bu this means a role in obesity prevention. A need for RCTs exists.	Lower quality and poorer match with NICE scope than selected reviews. Only includes one strictly relevant study, which is also included in Summerbell et al. 2009 [++]. Review funded by Nestlé waters.
te Velde et al. 2012 [+]	Jun 2010	Complete: None Partial: None Unclear: P, D, Set	Inconclusive	Insufficient evidence was found for an association between dietary behaviours and overweight, due to the small number of studies or poor study quality.	Lower quality and poorer match with NICE scope than selected reviews. Only includes one relevant study, which is also included in Summerbell et al. 2009 [++]
WCRF 2006 [++]	Dec 2005	Complete: NA Partial: NA	Other	NA (no studies were identified)	No studies were identified in children or adults

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
		Unclear: NA			
Whole grain					
Fogelholm et al. 2012 [+]	NR	Complete: None Partial: D Unclear: P, Set	Yes	Suggestive evidence was found for a protective role against increasing weight from whole grains	2 cohort studies identified, both of which were included in other higher quality reviews that were prioritised.
Harland and Garton 2008 [+]	Dec 2006	Complete: None Partial: None Unclear: P, D, Set	Yes	"A higher intake of whole grains (about three servings per day) was associated with lower BMI and central adiposity." [Conclusions based on all studies included in the review which included cohorts and cross-sectional studies].	More recent and higher quality reviews were prioritised. Included 1 study in adolescents but study design unclear.
Summerbell et al. 2009 [++]	Dec 2007	Complete: D Partial: None Unclear: P, Set	Inconclusive	NR	Three cohort studies identified in adults; all three (as well as an additional study) were included in the earlier review (WCRF 2006 [++]), which was prioritised.
USDA 2010q [+]	Nov 2009	Complete: None Partial: D, P Unclear: Set	Yes	Moderate evidence shows that intake of whole grain and grain fibre is associated with lower body weight. (Conclusion based on all studies included in the review, including systematic reviews and cross-sectional studies and non-randomised controlled trials, and studies in overweight and obese populations).	One relevant RCT identified with an overweight/obese population.
Williams et al. 2008 [+]	2005 (month NR)	Complete: O Partial: P, D Unclear: Set	Yes	There is strong evidence that a diet high in whole grains is associated with lower body mass index, smaller waist circumference, and reduced risk of being overweight. (Conclusion based on epidemiological and intervention studies in all populations including overweight/obese populations).	All relevant studies were included in a higher quality review (WCRF 2006 [++]), which was prioritised.

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
Ye et al. 2012 [+]	Feb 2012	Complete: D Partial: P Unclear: Set	Yes	Compared with never /rare consumers of whole grains, those consuming 48 to 80 g whole grain (2 to 5 servings/day) had consistently less weight gain during 8 to 13 year follow up (1.27 vs. 1.64 kg, p=0.001). Among RCTs, WMDs in post-intervention circulating concentrations of fasting glucose and total and LDL-cholesterol comparing whole grain intervention with controls indicated significantly lower concentrations after whole grain interventions (differences in fasting glucose -0.93 mmol/L 95% CI -1.65 to -0.21), total cholesterol (-0.83 mmol/L 95% CI -1.24 to -0.42) and LDL cholesterol (-0.72 mmol/L 95% CI -1.34 to -0.11). Findings from this meta-analysis provide evidence to support beneficial effects of whole-grain intake on vascular disease prevention.	More recent and higher quality reviews, which included all relevant studies identified by Ye et al. 2012 [+], were prioritised for full data extraction.

4) Energy and nutrients

Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
Artificial sweeteners					
WCRF 2006 [++]	Dec 2005	Complete: D Partial: None Unclear: P, Set	NR	No conclusions reported.	This review included 3 cohorts that were included in the update by Summerbell et al. 2009 [++]. No RCTs were identified.
Catechins and caffeine					

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
WCRF 2006 [++]	Dec 2005	Complete: D Partial: None Unclear: P, Set	Inconclusive	Data from one large cohort in adults showed that intakes of caffeine are not a predictor of weight gain, but another (much smaller study) suggests that higher levels of caffeine consumption are associated with higher levels of weight gain.	Included 2 prospective cohorts that were both identified in the update by Summerbell et al. 2009 [++]. No RCTs identified. Summerbell et al. 2009 [++] is an update of WCRF 206 [++].
Energy density					
Summerbell et al. 2009 [++]	Dec 2007	Complete: P, D Partial: None Unclear: Set	NR	The limited evidence available shows that the energy density of diets is not associated with subsequent excess weight gain or obesity.	Older than one prioritised reviews. All 2 cohort studies included in this review are included in the prioritised reviews.
Patro and Szajewska 2010 [-]	Oct 2009	Complete: None Partial: None Unclear: P, D, Set	Yes	Limiting consumption of energy-dense foods may be associated with a reduction in the risk of obesity.	Narrative review in children/adolescents only; inclusion criteria for study type was 'key articles'; unclear if cohort studies were prospective; no table of characteristics provided. Higher quality reviews were prioritised for this factor.
Perez-Escamilla et al. 2012 [+]	May 2011	Complete: None Partial: D Unclear: P, Set	Yes	In adults, dietary patterns relatively low in energy density improve weight loss and weight maintenance. There was moderately strong evidence for children and adolescents to suggest that there is a positive association between dietary energy density and increased adiposity. This review supports a relationship between energy density and body weight in adults and in children and adolescents such that consuming diets lower in energy density may be an effective strategy for managing body weight.	Majority of studies assessed the relationship between energy density and weight in overweight or obese populations aiming to lose weight. Higher quality reviews with more complete scope overlap in terms of population were prioritised.
Fat / protein / carbohydrate					

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
Ezaki 2011 [-]	Jun 2011	Complete: None Partial: D, P Unclear: Set	Other	Optimal dietary fat to carbohydrate ratio may differ in populations depending on obesity prevalence.	Low quality review which includes mainly studies in overweight and obese populations. Only 1 RCT in a general population was included, also included in Hooper et al. 2012 [++]. Included mixed study types, often not well defined, including meta-analyses of unstated study types.
Fogelholm et al. 2012 [+]	NR	Complete: D Partial: P Unclear: Set	No	The results suggested that the proportion of macronutrients in the diet (fat, carbohydrates, protein) was not important in predicting changes in weight or waist circumference.	Lower quality than other reviews. Included studies in people who had lost weight (prevention of regain) as well as those who had not (primary prevention). The review did show overlap with the studies included in other reviews. For protein, both included studies were included in Summerbell et al. 2009 [++].
Pedersen et al. 2013 [+]	Jan 2011	Complete: None Partial: P, D Unclear: Set	Inconclusive	The evidence is inconclusive for a relationship between protein intake and body weight control and body composition, kidney function and kidney stones. Potentially adverse effects of protein intake exceeding 20-23% of energy intake remained to be investigated.	Lower quality than other reviews. Includes 1 non-randomised intervention study as well as RCTs (n=3) and cohort studies (n=6) and 1 pooling of cohorts. Overlaps with cohort studies included in Summerbell et al. 2009 [++] and RCTs in Santesso et al. 2009 [++].
te Velde et al. 2012 [+]	Jun 2010	Complete: D Partial: None Unclear: Set, P	Inconclusive	Because of the heterogeneity in the assessed dietary behaviours (including fat and carbohydrate consumption among others), insufficient evidence was found for an association between dietary intake or specific dietary behaviours and overweight.	Lower quality than other reviews. Not clear if included overweight/obese populations. All of the relevant cohorts (fat) are included in the higher quality reviews.
WCRF 2006 [++]	Dec 2005	Complete: D Partial: None Unclear: Set, P	No	Conclusion only reported for protein intake: The data from adults show that protein intake is not a strong predictor of weight gain in population samples. The data from children show that protein intake is a predictor of	More recent reviews available, and this review has been updated by the Summerbell et al. 2009 [++] review. It shows substantial overlap with papers included in the updated review (fat: 22/26 cohorts in WCRF 2006 in

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
				growth, but not fatness.	Summerbell et al. 2009; protein: 16/17 cohorts; unclear why some not included). For example, Summerbell carried out meta-analyses of the same studies as the WCRF review plus one additional study for fat intake. Review does not give conclusions regarding effects of individual nutrients, except for protein (conclusion in agreement with that of Summerbell et al. 2009 [++]).
Fibre					
Fogelholm et al. 2012 [+]	NR	Complete: D Partial: None Unclear: P, Set	Yes	We found probable evidence for high intake of dietary fibre predicting less weight gain. Suggestive evidence was found for a protective role against increasing weight gain from cereal fibre. (Evidence in the review was graded as convincing, probable, suggestive or no conclusion).	This review includes 1 RCT and 7 cohorts. It has not been selected for extraction due to more focused and higher quality reviews b eing prioritised .
WCRF 2006 [++]	Dec 2005	Complete: D Partial: None Unclear: P, Set	NR	No conclusions drawn by the review on fibre.	Oldeer than prioritised reviews. This review includes 6 cohorts in adults (of which 3 are included in the update by Summerbell et al. 2009 [++] [it is not clear why the other 3 cohorts were not included in Summerbell et al. 2009 [++]] and 1 additional cohort is included in Ye et al. 2012 [+]) and 2 cohorts in children, of which are both included in the update by Summerbell et al. 2009 [++].
Glycaemic index/glycaemic load					
Bornet et al. 2007 [+]	Jan 2007	Complete: None Partial: O, D, P Unclear: Set	Inconclusive	The available long term studies do not allow a conclusion about the regulation of body weight. (Conclusions based on all studies in the	This review was not prioritised for extraction because the U.S Department of Agriculture 2010j [+] review had a more recent search

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
				review, including trials in overweight and obese populations)	date and covered the same topic. Both reviews included RCTs, whereas U.S Department of Agriculture 2010j [+] also included cohorts and populations from the age of 16, so this review was selected for extraction. There is study overlap in the reviews, of the 7 RCTs in Bornet et al. 2007 [+], 2 of these also appear in the review by U.S Department of Agriculture 2010k [+].
WCRF 2006 [++]	Dec 2005	Complete: D Partial: None Unclear: P, Set	NR	No conclusions made. Review included 1 weight loss RCT in obese young adults, which found no difference in body weight between low glycaemic load diet and conventional diet groups. [Does not fit scope]. A cohort study found that a five-unit increase in daily dietary glycaemic index was positively associated with an increase of 0.04 units in BMI (p=0.02).	Review contains a section on low glycaemic load diets but this was for targeting weight loss which is outside the scope of the review, so this review has not been selected for extraction.
Sugars (Fructose, glucose, sucrose, high fructose corn syrup)					
Livesey and Taylor 2008 [+]	Jun 2006	Complete: None Partial: D, P Unclear: Set	Other	No significant effects are seen for body weight with intakes of 100g fructose/day or less in adults (conclusion based on results of randomised and non-randomised trials performed in healthy populations, populations with type 2 diabetes, and hyperlipidaemia patients).	This review was not selected for extraction because there were higher quality reviews with more recent search dates on the same topic.
Summerbell et al. 2009 [++]	Dec 2007	Complete: P, D Partial: None Unclear: Set	NR	No specific conclusions drawn for sugars. Overall for carbohydrates it concluded that: The substantial evidence reviewed suggests	Older than prioritised reviews. All 3 cohort studies included in this review are included in the prioritised review by Te Morenga et al.

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
				that levels carbohydrate intake, regardless of source, are not associated with subsequent excess weight gain or obesity, although the results were inconsistent.	2013.
te Velde et al. 2012 [+]	Jun 2010	Complete: D Partial: None Unclear: Set, P	Inconclusive	Only two studies looked at carbohydrate/sucrose intake. One found a negative association and the other no association.	This review combines results for carbohydrate and sucrose (2 cohorts). This review was lower quality than other reviews on this topic.
WCRF 2006 [++]	Dec 2005	Complete: P, D Partial: None Unclear: Set	Inconclusive	No conclusions are drawn by the review. In adults, one cohort study found that total sucrose intake was negatively associated with weight gain, one found that total sucrose intake was not associated with change in BMI.	Older than prioritised reviews. Two cohort studies were identified in adults, both of which were included in the more recent prioritised update review (Summerbell et al. 2009 [++])

5) Eating Patterns

Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
Breakfast					
de la Hunty et al. 2013 [++]	Feb 2012	Complete: None Partial: D Unclear: D	Yes	The evidence is suggestive that regular consumption of breakfast cereals results in a lower BMI and reduced likelihood of overweight in children and adolescents. However, more evidence from long term trials and mechanistic studies is needed to eliminate possible confounding and determine causality.	The 2 relevant cohort studies included in this review are included in the prioritised reviews. It includes mainly cross sectional studies and an RCT outside of the scope of the current review.

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
Kuhl et al. 2012 [-]	NR	Complete: None Partial: D Unclear: P, Set	NR	NR	This was a low quality review and as there were other higher quality reviews on the topic of breakfast, this review was not selected for extraction.
Summerbell et al. 2009 [++]	Dec 2007	Complete: D, P Partial: None Unclear: Set	No	There is no evidence of a consistent association between breakfast skipping and subsequent excess weight gain and obesity.	More recent reviews available. The 2 cohorts included in this review were included in the more recent reviews.
WCRF 2006 [++]	Dec 2005	Complete: D Partial: None Unclear: P, Set	NR	No conclusions provided.	This review included 2 cohorts in children that were identified in the update by Summerbell et al. 2009 [++] and 1 cohort in adults that was identified by U.S Department of Agriculture 2010f [+] so has not been selected for extraction. No RCTs were identified.
Eating out					
Mesas et al. 2012 [+]	Dec 2010	Complete: P Partial: D Unclear: Set	Inconclusive	In children, 1 cohort found frequent snacking in commercial establishments was more frequent in obese than in normal-weight Brazilian children. In adults, 2 cohorts gave conflicting results. In the first study individuals eating away from home 2 or more times per week had a higher weight gain and a higher risk of overweight or obesity over a 4.4 year follow-up. In the other study, increased consumption of restaurant food was unrelated to BMI change after a 3 year follow-up.	This moderate quality review included 2 cohorts in adults and both of these studies were included in the high quality review by Bezerra et al. 2012 [++], therefore due to study overlap, this review was not selected for extraction.
Eating pattern					

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
Vella-Zarb and Elgar 2009 [-]	Apr 2008	Complete: None Partial: None Unclear: D, P, Set	Inconclusive	NR	This review was low quality and has not been selected for extraction due to another high quality review (Summerbell et al. 2009 [++]) covering the same topic. Results were not provided separately for eating pattern in this review and it is unclear which included studies specifically looked at eating pattern. The study types of included studies is also unclear.
WCRF 2006 [++]	Dec 2005	Complete: D Partial: None Unclear: P, Set	No	No conclusions were drawn for night eating by the review. Two cohort studies were identified in adults. Both found no significant association between night/evening-eating and weight change.	This review was not selected for extraction as it included 2 cohorts in adults both included in the update by Summerbell et al. [++]. No RCTs were identified.
Eating/meal/snack frequency (eating occasions)					
Kuhl et al. 2012 [-]	NR	Complete: None Partial: D Unclear: P, Set	NR	NR	Lower quality than prioritised reviews.
Patro and Szajewska 2010 [-]	Oct 2009	Complete: None Partial: D Unclear: P, Set	Inconclusive	The American Dietetic Association (ADA) analysis from 2006 did not find an association, but 2 longitudinal studies, 1 cohort and 5 cross-sectional studies demonstrated an inverse association between meal frequency and the prevalence of overweight and obesity in children.	Lower quality than prioritised reviews.
Summerbell et al. 2009 [++]	Dec 2007	Complete: D Partial: None Unclear: None	No	There was no epidemiological evidence of a consistent association between snacking and subsequent excess weight gain or obesity.	The only included study in adults was included in the prioritised review. All studies in children dealt with snacking rather than total eating frequency, therefore the review was considered under the snacking section.

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
USDA 2010h [++]	Nov 2009	Complete: D Partial: None Unclear: P, Set	Inconclusive	Evidence is insufficient to determine whether frequency of eating has an effect on overweight and obesity in children and adults.	Eating frequency. This review included 1 cohort in children and 1 cohort in adults. As both these studies were included in the review by Mesas et al. 2012 [+] and as Mesas et al 2012 [+] included other additional studies, this review was not selected for extraction.
WCRF 2006 [++]	Dec 2005	Complete: D Partial: None Unclear: P, Set	NR	There was no association in any of the three cohort studies identified in children or the one cohort study in adults.	Eating/snack frequency. This review included 1 cohort in adults and 3 cohorts in children, all of which were included in the update by Summerbell et al. 2009 [++], so this review has not been selected for extraction.
Family meal (+eating with children)					
Summerbell et al. 2009 [++]	Dec 2007	Complete: D, P Partial: None Unclear: Set	No	The study reported that the longitudinal association between the frequency of previous-year family dinner consumption with 1-year incidence of becoming overweight (measured over 3 years) was essentially null.	No cohort studies identified in adults. This review identified 1 cohort in children (Taveras 2005) and as this study was also identified in Hammons and Fiese 2011 [+] which additionally included other cohorts, Hammons and Fiese 2011 [+] was prioritised for extraction.
te Velde et al. 2012 [+]	Jun 2010	Complete: D Partial: None Unclear: P, Set	Inconclusive	Because of the heterogeneity in the assessed dietary behaviours, insufficient evidence was found for an association between dietary intake or specific dietary behaviours and overweight. (1 cohort was identified on family meals in children).	This review was moderate quality and included 1 cohort (Gable 2007) that was included in the prioritised review by Hammons and Fiese 2011 [++], so has not been extracted.
Valdes et al. 2013 [++]	Jan 2012	Complete: None Partial: D Unclear: P, Set	Inconclusive	This review found inconsistent and weak evidence of an inverse association between frequency of family meals and risk of childhood	This review included 4 cohorts in children/adolescents that were all included in theprioritised review by Hammons and Fiese

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
				overweight. In conclusion, further research is needed to establish whether family meals have an effect on childhood overweight. (This conclusion was based on cross-sectional and longitudinal studies with the majority being cross-sectional).	2011 [+], therefore this review has not been selected for extraction.
WCRF 2006 [++]	Dec 2005	Complete: D, P Partial: None Unclear: Set	NR	NR	No cohorts identified in adults. This review identified only 1 cohort in children which was identified in the update by Summerbell et al. 2009 [++] and the review by Hammons and Fiese 2011 [+], so this review has not been selected for extraction.
Meal skipping					
Patro and Szajewska 2010 [-]	Oct 2009	Complete: None Partial: D Unclear: P, Set	Yes	Although breakfast eaters consumed more daily calories, they were less likely to be overweight. It was noted that not all studies associated breakfast skipping with being overweight.	This review was not selected for extraction due to low quality and there being other higher quality reviews on the same topic.
WCRF 2006 [++]	Dec 2005	Complete: D Partial: None Unclear: P, Set	Inconclusive	No conclusions were drawn by the review. One cohort study in adults found that an increase in the frequency of breakfast consumption was significantly associated with weight gain in a univariate model but not in a multivariate model. One cohort study found that children of ideal weight who never ate breakfast gained weight relative to their peers, the other cohort study in children found there was no significant association between skipping breakfast and	This review included 2 cohorts in children both included in the update by Summerbell et al. 2009 [++] and 1 cohort in adults that was included in Mesas et al. 2012 [+] so this review has not been selected for extraction. No RCTs were identified.

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
				change in BMI over 4 years. There was also no significant relationship between skipping lunch or dinner and BMI or change in BMI over 4 years.	
Portion size					
Mesas et al. 2012 [+]	Dec 2010	Complete: P Partial: D Unclear: Set	Inconclusive	In children, three of the six studies did not find an association between portion size of specific foods and excess weight. One found a greater frequency of overweight in girls and boys with larger eating volume and another found an association of meal and snack portion sizes with BMI in boys but not in girls. In adults, one study reported higher frequencies of obesity in people who consumed larger portion sizes at the main meals, another study concluded that adults who consumed larger portions at breakfast had lower BMI than those who ate smaller portions.	This review only included cross-sectional studies that looked at food portion size. The review had inclusion criteria of observational and experimental studies but no cohorts or experimental studies were identified.
Osei-Assibey et al. 2012 [+]	Aug 2011	Complete: None Partial: D Unclear: P, Set	Yes	Five studies supported an effect of large portion size on increased food intake and there was some evidence that this effect might be stronger in boys and in children of school age rather than younger/preschool children. Weight and BMI were not measured.	The review looked at large portion size but no RCTs or cohorts were identified. Only non-randomised interventional study designs were identified.
USDA 2010k [+]	Dec 2009	Complete: None Partial: D,P Unclear: Set	Yes	All RCTs focusing on controlling portion sizes to aid in weight loss found a positive relationship between controlling portion size and weight loss in adults.	All 3 RCTs were in individuals who were overweight or obese.
Snacking / snacks					

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
Kuhl et al. 2012 [-]	NR	Complete: None Partial: D, Set, P Unclear:	Inconclusive	The review lists the factors it found are associated with being overweight and obese as a preschooler, and snacking was not one of them. [One cohort study found snacking between meals increased obesity risk, but two cross-sectional studies found no relationship between snacking patterns and preschooler obesity.] (Based on cross-sectional and cohort studies).	This review was low quality and was not selected for extraction due to other higher quality reviews on the topic of snacking.
Osei-Assibey et al. 2012 [+]	Aug 2011	Complete: P Partial: D Unclear: Set	NR	No conclusions for higher energy snack foods were reported. However, the evidence ranking exercise that a panel of academic researchers and government agency staff performed gave scores of 3 or more out of 5 for both evidence of an effect on childhood overweight and likely effect of public health outcomes based on the data-extraction tables.	This review included 1 cohort in children that also identified in the prioritised review by U.S Department of Agriculture 2010m [+]. The review included 1 experimental study in adults, but this was not an RCT.
Patro and Szajewska 2010 [-]	Oct 2009	Complete: None Partial: Unclear: P, Set, D	Inconclusive	"New data suggest that there is some correlation between snacking and childhood weight. However, methodological limitations of the conducted studies must be considered when interpreting these inconsistent results."	This review was low quality and was not selected for extraction due to other higher quality reviews on the topic of snacking.
USDA 2010m [+]	Dec 2009	Complete: None Partial: D, P Unclear: Set	Yes	Limited and inconsistent evidence suggests that snacking is associated with increased body weight.	Both included studies in adults included in the prioritised review.
Vella-Zarb and Elgar 2009 [-]	APR 2008	Complete: None Partial: Set Unclear: P, D	Yes	Among the studies that examined predictors of weight gain, several factors were found to be associated with weight gain including evening snacking (1 study).	This review was low quality and was not selected for extraction due to other higher quality reviews on the topic of snacking.
Take away meals/fast food					

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
WCRF 2006 [++]	Dec 2005	Complete: D Partial: None Unclear: P, Set	NR	No conclusions are drawn by the review.	This review was not selected for extraction as all identified cohorts were also included in the update by Summerbell et al. 2009 [++]. No RCTs were identified.

6) *Other factors*

Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
Avoiding screen advertising					
Carter 2006 [-]	NR	Complete: None Partial: Unclear: D, Set, P	Other	The review concludes that "television food advertising seems to have only a very small, indirect link to childhood obesity." However, no studies that had screen advertising as an exposure and a measure of adiposity as an outcome were included in the review.	Review includes a section on TV viewing and body weight but only narratively describes results and included study types are not described. Association between screen advertising and weight related outcomes are not reviewed.
Sleep					
Kuhl et al. 2012 [-]	NR	Complete: P Partial: D Unclear: Set	Yes	Receiving inadequate sleep significantly increases obesity risk in children and adolescents even after controlling for known risk factors of paediatric obesity and screen time.	Review included two studies that met current scope; both studies are included in a higher quality review that was prioritised for full data extraction (Magee and Hale 2012 [+]).
Patel and Hu 2008 [+]	Aug 2006	Complete: None Partial: D Unclear: P, Set	Yes	Evidence from cross-sectional and prospective cohort studies suggests that short sleep duration is strongly and consistently associated with concurrent and future obesity in children. Inconsistent results were seen in cross sectional studies amongst adults, but all three	Older than prioritised reviews. 31/36 identified studies were cross-sectional. All five prospective cohort studies (in children and adults) were included in the prioritised (more recent) review by Magee and Hale 2012 [+].

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
				identified longitudinal studies found a positive association between short sleep duration and future weight, although this relationship may diminish with age.	
Stress					
Solovieva et al. 2013 [+]		Complete: None Partial: P, D Unclear: None	Other	There is some evidence for associations between psychosocial factors at work and excess weight and between long work hours and weight gain.	The review assessed psychosocial factors at work and long work hours, and their association with weight related outcomes, but didnot assess stress directly.
Vella-Zarb and Elgar 2009 [-]	APR 2008	Complete: None Partial: Set Unclear: P, D	Yes	Potential contibutors to weight gain included psychological stress.	Low quality review, higher quality revoew prioritised.
Support					
Fletcher 2011 [+]		Complete: None Partial: D Unclear: P, Set	Other	School friendships may be critical in shaping young people's eating behaviours and bodyweight and/or vice versa. More longitudinal research is needed.	The review focused on the association between BMI and social network/friends; it explored similarities in BMI within networks, but did not explicitly address the influence of social support within these networks on individual BMI or other weight related outcomes. The review was tangentially related to support, but as the factor was not explicitly searched for or described, the review was not prioritised for full appraisal and extraction.
Ickes and Sharma 2012 [+]		Complete: None Partial: P, D, Set Unclear: None	Other	Reported that social support was integral to physical activity interventions in Hispanic adults (this appeared to refer to intervention content rather than outcome), and that interventions reported success related to PA, social support, and/or BMI.	Few studies included both a social support component and reported BMI outcomes; neither the review nor individual studies sought to explicitly link (social) support to weight related outcomes, so the review was not prioritised.

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Author, date and [quality]	Search date	Match to NICE scope (P, D, Set)	Association found?	Review conclusions	Comments/reasons for non-prioritisation
Vella-Zarb and Elgar 2009 [-]	APR 2008	Complete: None Partial: Set Unclear: P, D	Inconclusive	No specific conclusions made for support.	Low quality review. Did not specifically address the association between support (or support related variables) and weight.

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