



Bilaga 1 Dokumentation av sökstrategier

Appendix 1 Documentation of search

strategies

| | |
|--------------------------------------|---------|
| MEDLINE via OvidSP 23 February 2021 | page 2 |
| Cochrane Library 24 February 2021 | page 6 |
| Embase via Elsevier 25 February 2021 | page 7 |
| MEDLINE via OvidSP 23 February 2021 | page 12 |

Health Economic aspects

| | |
|-----------------------------------|---------|
| CINAHL via EBSCO 16 April 2020 | page 16 |
| Embase via Elsevier 16 April 2020 | page 19 |
| MEDLINE via OvidSP April 16 2020 | page 23 |

CINAHL via EBSCO 19 February 2021
Title: Dietary Treatment of Diabetes

| Search terms | Items found |
|---|-------------|
| Population: Diabetes mellitus | |
| 1. MM "Diabetes Mellitus+" OR MM "Diabetes Mellitus, Type 1" OR MM "Diabetes Mellitus, Type 2" OR MM "Diabetes Mellitus, Gestational" OR MM "Hyperglycemia" OR MM "Glucose Intolerance" OR MM "Insulin Resistance" OR MH "Diabetic Diet" | 139404 |
| 2. TI(diabetic* OR diabetes* OR diabetology OR td2 OR glucose intoleran* OR impaired fasting glucose* OR high fasting glucose* OR impaired fasting plasma glucose* OR high fasting plasma glucose* OR impaired fasting blood glucose* OR high fasting blood glucose* OR impaired glucose tolerance* OR hyperglycem* OR (insulin W2 (sensitiv* OR resist**))) | 140409 |
| 3. 1 OR 2 | 169356 |
| Intervention: Methods | |
| 4. (MH "Fasting" AND (MM "Diabetes Mellitus+" OR MM "Diabetes Mellitus, Type 1" OR MM "Diabetes Mellitus, Type 2" OR MM "Diabetes Mellitus, Gestational" OR MM "Hyperglycemia" OR MM "Glucose Intolerance" OR MM "Insulin Resistance" OR MH "Diabetic Diet") OR MH "Portion Size" OR TI(((alternate or intermittent) W3 fasting) OR (eating N3 rate*) OR (fast* N3 day*) OR ((feeding OR food*) W2 habit*) OR ((meal OR meals) N3 (plan* OR replac* OR skip OR skipping)) OR "portion size*" OR "serving size*" OR ('time restricted' N3 feeding)) OR AB(((alternate or intermittent) W3 fasting) OR (fast* N3 day*) OR "eating rate*" OR ((feeding or food*) W2 habit*) OR (meal* N2 skipping) OR "partial meal replacement*" OR "portion size*" OR "serving size*" OR ('time restricted' N3 feeding)) | 8003 |
| 5. TI((carb OR carbs OR carbohydrat*) N2 counting) OR AB((carb OR carbs OR carbohydrat*) N2 counting) | 245 |
| 6. 4 OR 5 | 8230 |
| Intervention: Mediterranean diet, DASH diet, Nordic diet | |
| 7. MH "DASH Diet" OR MH "Mediterranean Diet" OR MH "Diet, Nordic" OR MH "Glycemic Control" OR MH "Glycemic Index" | 19613 |
| 8. TI((mediterranean OR dash OR "dietary approaches to stop hypertension" OR "nordic diet" OR "baltic diet") AND (diabet* OR td2 OR hyperglycem*)) OR TI((glycemic OR glycaemic OR glycaemia OR gi OR gl) AND (diabet* OR td2 OR hyperglycem* OR diet OR diets OR dietary OR dietaries OR eating OR food* OR intake* OR intervention* OR therap* OR treatment*)) OR TI(MedDiet OR PREDIMED) OR AB(("mediterranean diet*" OR "dash diet*" OR "dietary approaches to stop hypertension" OR MedDiet OR PREDIMED) N20 ((diabet* OR td2 OR glucose* OR hyperglycem*)) OR AB(low* W2 ("glycemic diet*" OR "glycaemic diet*" OR "glycaemia diet*" OR "gi-diet*" OR "gl-diet*")) OR AB((nordic diet* OR baltic diet*) N20 (diabet* OR td2 OR glucose* OR hyperglycem*)) | 5959 |
| 9. 7 OR 8 | 22621 |
| Intervention: Atkins diet, Carbohydrate-restricted diet, High fat diet, PUFA, MUFA | |
| 10. MH "Diet, Ketogenic" OR MH "Diet, Low Carbohydrate" OR MH "Diet, Paleolithic" | 1712 |
| 11. TI(LCHF OR Atkin* OR "ketogenic diet*" OR PUFA OR MUFA) OR AB((LCHF OR Atkin* OR "ketogenic diet*" OR PUFA OR MUFA) N20 (diabet* OR td2 OR hyperglycem*)) OR TI(((control* OR low OR lower OR restrict* OR reduc*) N4 (carb OR carbs OR carbohydrat*)) AND (diabet* OR td2 OR hyperglycem* OR diet OR diets OR dietary OR dietaries OR eating OR food* OR intake* OR intervention* OR therap* OR treatment*)) OR TI(((high OR higher) N4 (fat OR fats)) AND (diabet* OR td2 OR hyperglycem* OR diet OR diets OR dietary OR dietaries OR eating OR food* OR intake* OR intervention* OR therap* OR treatment*)) OR TI("fatty W1 (diet OR diets OR dietary OR dietaries OR eating OR food*)) OR TI("paleo diet*" OR "paleolithic diet*" OR "caveman diet*" OR "hunter-gatherer diet*" OR "stone age diet*") OR AB ("paleo diet*" OR "paleolithic diet*" OR "caveman diet*" OR "hunter-gatherer diet*" OR "stone age diet*") | 5083 |
| 12. 10 OR 11 | 6055 |
| Intervention: Vegetarian diet, vegan diet | |
| 13. MH "Vegetarianism" OR TI((vegetarian* OR vegan*) AND (diet* OR eating OR food* OR habit* OR intake* OR intervention* OR management* OR restrict* OR therap* OR treatment*)) OR AB((vegetarian* OR vegan*) AND (diabet* OR td2 OR hyperglycem*)) | 7254 |

| Intervention: Other diets: high/low caloric, high/low protein, high/low energy | | |
|---|--|-------|
| 14. | MH "Diet, High Protein" OR MH "Energy Intake" | 19164 |
| 15. | TI(VLED OR VLCD OR (DiRECT W2 stud*) OR TI((caloric* OR calorie* OR energy OR protein* OR Zone) W2 diet*) OR TI(((low OR lower OR restrict* OR reduc*) N3 (caloric* OR calorie* OR energy OR protein*)) AND TI(diabet* OR td2 OR hyperglycem* OR diet OR diets OR dietary OR dietaries OR eating OR food* OR intake* OR intervention* OR therap* OR treatment*)) OR TI(((high OR higher) N3 (caloric* OR calorie* OR energy OR protein*)) AND TI(diabet* OR td2 OR hyperglycem* OR diet OR diets OR dietary OR dietaries OR eating OR food* OR intake* OR intervention* OR therap* OR treatment*)) OR AB((DiRECT W2 stud*) OR VLED OR VLCD) | 3637 |
| 16. | 14 OR 15 | 21937 |
| Intervention: Other diets: low fat, high carbohydrates, high/low fiber | | |
| 17. | MH "Diet, Fat-Restricted" OR MH "Pritikin Diet" OR MH "Diet, Reducing" | 6542 |
| 18. | TI(((low OR lower OR restrict* OR reduc*) N4 (fat OR fats)) AND (diabet* OR td2 OR hyperglycem* OR diet OR diets OR dietary OR dietaries OR eating OR food* OR intake* OR intervention* OR therap* OR treatment*)) OR TI(fat-free) OR TI(((high OR higher) N4 (carb OR carbs OR carbohydrat*)) AND (diabet* OR td2 OR hyperglycem* OR diet OR diets OR dietary OR dietaries OR eating OR food* OR intake* OR intervention* OR therap* OR treatment*)) OR AB(((low OR lower OR restrict* OR reduc*) N4 (fat OR fats)) AND (diabet* OR td2 OR hyperglycem*)) OR AB(fat-free) OR AB(((high OR higher) N4 (carb OR carbs OR carbohydrat*)) AND (diabet* OR td2 OR hyperglycem*)) | 6430 |
| 19. | 17 OR 18 | 12095 |
| 20. | MH "Diabetic Diet" OR (MM "Diet Fads" OR MM "Diet, Gluten-Free" OR MM "Restricted Diet" OR MM "Diet, Sodium-Restricted" OR MM "Diet, Western" OR MH "Macrobiotic Diet" OR MM "Weight Control" OR MM "Weight Reduction Programs") AND (MM "Diabetes Mellitus+" OR MM "Diabetes Mellitus, Type 1" OR MM "Diabetes Mellitus, Type 2" OR MM "Diabetes Mellitus, Gestational" OR MM "Hyperglycemia" OR MM "Glucose Intolerance" OR MM "Insulin Resistance") | 2969 |
| Intervention: Food, Beverages | | |
| 21. | MH "Food+" AND (MM "Diabetes Mellitus+" OR MM "Diabetes Mellitus, Type 1" OR MM "Diabetes Mellitus, Type 2" OR MM "Diabetes Mellitus, Gestational" OR MM "Hyperglycemia" OR MM "Glucose Intolerance" OR MM "Insulin Resistance" OR MH "Diabetic Diet") | 7523 |
| 22. | TI((food* OR bread OR cacao OR capsicum OR cereal* OR grain* OR wholegrain* OR seeds OR barley OR corn OR oats OR rice OR wheat OR condiment* OR garlic OR spices OR cinnamon OR herbs OR nutmeg OR turmeric OR butter OR cheese OR dairy OR daires OR starch OR starches OR oil OR oils OR margarine OR "fermented foods" OR fruit* OR apple* OR apricot* OR avocado* OR bananas OR berries OR bilberr* OR blackberr* OR blackcurrant* OR blueberr* OR cranberr* OR elderberr* OR raspberr* OR strawberr* OR cherrie* OR citrus OR grapefruit* OR lemon OR lime* OR orange* OR coconut* OR figs OR grape* OR guava* OR kiwi* OR melon OR papaya* OR passionflower* OR peach* OR pear* OR pineapple* OR pomegranate* OR tomatoes OR honey OR nuts OR almond* OR cashew* OR peanut* OR pecan OR walnut* OR "raw foods" OR "soy foods" OR vegetable* OR asparagus* OR basil OR beet* OR carrot* OR cayenne OR celery OR chive* OR cucumber* OR ginger OR horseradish OR legume* OR lettuce OR onions OR parsley OR parsnip OR potato* OR pumpkin* OR radish OR rhubarb* OR spices OR spinach OR squash OR zingiberaceae OR egg OR eggs OR meat* OR poultry OR seafood* OR fish OR fishes OR shellfish*) AND TI(diabet* OR td2 OR hyperglycem*)) OR TI((fructos OR starch* OR sucros* OR sugar) AND TI(diabet* OR td2 OR hyperglycem* OR diet* OR eating OR food* OR intake* OR intervention* OR therap* OR treatment*)) | 3779 |
| 23. | AB((food* OR bread OR cacao OR capsicum OR cereal* OR grain* OR wholegrain* OR seeds OR barley OR corn OR oats OR rice OR wheat OR condiment* OR garlic OR spices OR cinnamon OR herbs OR nutmeg OR turmeric OR butter OR cheese OR dairy OR daires OR starch OR starches OR oil OR oils OR margarine OR "fermented foods" OR fruit* OR apple* OR apricot* OR avocado* OR bananas OR berries OR bilberr* OR blackberr* OR blackcurrant* OR blueberr* OR cranberr* OR elderberr* OR raspberr* OR strawberr* OR cherrie* OR citrus OR grapefruit* OR lemon OR lime* OR orange* OR coconut* OR figs OR grape* OR guava* OR kiwi* OR melon OR papaya* OR passionflower* OR peach* OR pear* OR pineapple* OR pomegranate* OR tomatoes OR honey OR nuts OR almond* OR cashew* OR peanut* OR pecan OR walnut* OR "raw foods" OR "soy foods" OR vegetable* OR asparagus* OR basil OR beet* OR carrot* OR cayenne OR celery OR chive* OR | 6075 |

| | | |
|--|--|----------|
| | cucumber* OR ginger OR horseradish OR legume* OR lettuce OR onions OR parsley OR parsnip OR potato* OR pumpkin* OR radish OR rhubarb* OR spices OR spinach OR squash OR zingiberaceae OR egg OR eggs OR meat* OR poultry OR seafood* OR fish OR fishes OR shellfish) AND TI(diabet* OR td2 OR hyperglycem*) OR AB((fructos OR starch* OR sucros* OR sugar) AND TI(diabet* OR td2 OR hyperglycem*)) | |
| 24. | 21 OR 22 OR 23 | 13850 |
| Intervention: Beverages | | |
| 25. | (MH "Beverages" OR MH "Carbonated Beverages" OR MH "Coffee" OR MH "Energy Drinks" OR MH "Fruit Juices+" OR MH "Milk" OR MH "Milk Substitutes+" OR MH "Cultured Milk Products" OR MH "Soy Milk" OR MH "Sports Drinks" OR MH "Tea" OR MH "Black Tea" OR MH "Green Tea" OR MH "Water" OR MH "Mineral Water") OR TI((beverage* OR coffee* OR energy drink* OR juice* OR milk OR "soft drink*" OR "sports drink*" OR tea OR teas) AND (diabet* OR td2 OR glucose* OR hyperglycem*)) | 33055 |
| 26. | 6 OR 9 OR 12 OR 13 OR 16 OR 19 OR 20 OR 24 OR 25 | 111375 |
| Study types: controlled trials¹ | | |
| 27. | MH "Randomized Controlled Trials+" OR MH "Double-Blind Studies" OR MH "Single-Blind Studies" OR MH "Random Assignment" MH "Pretest-Posttest Design" OR MH "Cluster Sample" OR MH "Sample Size" OR MH "Crossover Design" OR MH "Comparative Studies" OR MH "Placebos" OR PT (Randomized Controlled Trial) OR MH "Therapeutic Trials" OR MH "Triple-Blind Studies" OR MH "Clinical Trials" OR MH "Intervention Trials" OR MH "Preventive Trials" OR PT (Randomized Controlled Trial) OR TI (randomised OR randomized OR phase 3 OR phase3 OR phase III) OR AB (random* OR phase 3 OR phase3 OR phase III) OR TI (trial) OR AB (assigned OR allocated OR control) OR AB (control W5 group) OR AB (cluster W3 rct) | 1161162 |
| Study design: Observational studies | | |
| 28. | "Nonrandomized Trials" OR MH "Pretest-Posttest Design+" OR MH "Quasi-Experimental OR Studies+" OR MH "Retrospective Design" OR MH "Nonexperimental Studies+" OR MH "Program Evaluation" OR MH "Evaluation Research+" OR AB(cohort* OR longitudinal* OR followup* OR (follow w1 up) OR (case w1 control*) OR (observation* w1 stud*) OR prospectiv* OR retrospectiv* OR prepost* OR (pre w1 post*) OR (pre w1 test*) OR pretest* OR (post w1 test*) OR posttest* OR (program* w1 evalu*)) OR TI(cohort* OR longitudinal* OR followup* OR (follow w1 up) OR (case w1 control*) OR (observation* w1 stud*) OR prospectiv* OR retrospectiv* OR prepost* OR (pre w1 post*) OR (pre w1 test*) OR pretest* OR (post w1 test*) OR posttest* OR (program* w1 evalu*)) | 11529223 |
| 29. | 27 OR 28 | 2056093 |
| Study design: Systematic review² | | |
| 30. | (MH "Systematic Review" OR ZT "systematic review" OR MH "Meta Analysis" OR ZT "meta analysis") OR (TI (systematic* n3 review*)) or (AB (systematic* n3 review*)) or (TI (systematic* n3 bibliographic*)) or (AB (systematic* n3 bibliographic*)) or (TI (systematic* n3 literature)) or (AB (systematic* n3 literature)) or (TI (comprehensive* n3 literature)) or (AB (comprehensive* n3 literature)) or (TI (comprehensive* n3 bibliographic*)) or (AB (comprehensive* n3 bibliographic*)) or (TI (integrative n3 review)) or (AB (integrative n3 review)) or (JN "Cochrane Database of Systematic Reviews") or (TI (information n2 synthesis)) or (TI (data n2 synthesis)) or (AB (information n2 synthesis)) or (AB (data n2 synthesis)) or (TI (data n2 extract*)) or (AB (data n2 extract*)) or (TI (medline or pubmed or psyclit or cinahl or (psycinfo not "psycinfo database") or "web of science" or scopus or embase)) or (AB (medline or pubmed or psyclit or cinahl or (psycinfo not "psycinfo database") or "web of science" or scopus or embase)) or (TI (meta-analy* or metaanaly*)) or (AB (meta-analy* or metaanaly*)) | 227304 |
| Limits: | | |
| 31. | TI(mouse* or mice or dog or dogs or rat or rats) OR AB(mouse* or mice or dog or dogs or rat or rats) | |
| 32. | Limiters - Published Date: 20090101-20210219; Peer Reviewed; Publication Type: Journal Article; Age Groups: All Adult; Language: Danish, English, Norwegian, Swedish | |
| Combined sets | | |
| 33. | (3 AND 26) NOT 31 | 28008 |

¹ Based on and edited: Glanville J, Dooley G, Wisniewski S, Foxlee R, Noel-Storr A. Development of search filter to identify reports of controlled clinical trials within CINAHLPlus. Health Info Libr J. 2019 Mar;36(1):73-90. doi: 10.1111/hir.12251. Epub 2019Feb 8. PubMed PMID: 30737884.

² Based on and edited University of Texas http://libguides.sph.uth.tmc.edu/cinahl_filters

| | | |
|----------------------|----------------------------|-------|
| 34. | 33 AND 30 AND 32 = Reviews | 149 |
| Combined sets | | |
| 35. | 33 AND 29 | 15650 |
| 36. | 35 AND 32 | 4023 |

The search result, usually found at the end of the documentation, forms the list of abstracts.

AB = Abstract

AU = Author

DE = Term from the thesaurus

MM = Major Concept

TI = Title

TX = All Text. Performs a keyword search of all the database's searchable fields

ZC = Methodology Index

* = Truncation

“ ” = Citation Marks; searches for an exact phrase

Cochrane Library 24 February 2021
Dietary Treatment of Diabetes

| Search terms | | Items found |
|---|---|----------------------------------|
| Population: Diabetes mellitus | | |
| 1. | [mh "diabetes mellitus"[mj]] OR [mh "insulin resistance"[mj]] | 21422 |
| Intervention: Methods | | |
| 2. | (([mh fasting [mj]] OR [mh "portion size"] OR [mh "serving size"]) OR ((carb OR carbs OR carbohydrate*) NEXT counting):ti,ab,kw | 679 |
| Intervention: Mediterranean diet, DASH diet, Nordic diet | | |
| 3. | (([mh "diet, mediterranean"] OR [mh "dietary approaches to stop hypertension"] OR [mh "glycemic index" [mj]] OR [mh "glycemic load" [mj]]) OR ("mediterranean diet" OR "nordic diet" OR "dash diet"):ti,ab,kw | 2111 |
| Intervention: Atkins diet, Carbohydrate-restricted diet, High fat diet, PUFA, MUFA | | |
| 4. | (([mh "diet, carbohydrate-restricted"] OR [mh "diet, high-protein low-carbohydrate"] OR [mh "diet, high-fat"] OR [mh "diet, ketogenic"] OR [mh "diet, paleolithic"]) OR (LCHF OR Atkin* OR PUFA OR MUFA):ti,ab,kw | 3075 |
| Intervention: Other diets | | |
| 5. | [mh "diet, vegetarian"] OR [mh "diet, vegan"] | 217 |
| 6. | (([mh "caloric restriction" [mj]] OR [mh "diet, high protein" [mj]] OR [mh "diet, high-protein low-carbohydrate" [mj]] OR [mh "diet, protein-restricted" [mj]] OR [mh "diet, reducing" [mj]] OR [mh "energy intake" [mj]] OR [mh "diet, protein-restricted" [mj]]) OR (VLED OR VLCD OR Zone):ti,ab,kw | 5423 |
| 7. | [mh "diet, fat-restricted" [mj]] OR [mh "diet, carbohydrate loading"[mj]] OR [mh "diet, fat-restricted" [mj]] OR [mh "diet, carbohydrate loading"[mj]] OR [mh "diet, diabetic"] OR [mh "diet, gluten-free"] OR [mh "diet, sodium-restricted" [mj]] OR [mh "diet, healthy" [mj]] | 815 |
| Intervention: Food, Beverages | | |
| 8. | [mh beverages [mj]] OR [mh "carbonated beverages" [mj]] OR [mh coffee] OR [mh "drinking water" [mj]] OR [mh "energy drinks"] OR [mh "fruit and vegetable juices"] OR [mh milk] OR [mh "milk substitutes"] OR [mh tea] OR [mh "fermented foods and beverages"] | 5565 |
| Intervention: Food | | |
| 9. | [mh food] AND (([mh "nutrition therapy"] OR [mh "diet therapy"]) | 3092 |
| Combined sets | | |
| 10. | 2 OR 3 OR 4 OR 5 OR 6 OR 7 OR 8 OR 9 | 19168 |
| Combined sets | | |
| 11. | 1 AND 10 AND limit to yr="2009 – 2020 | 849 CDSR/0 Central/8 49 |

The search result, usually found at the end of the documentation, forms the list of abstracts.

.ab. =Abstract

.ab.ti. = Abstract or title

.af.= All fields

Exp= Term from the Medline controlled vocabulary, including terms found below this term in the MeSH hierarchy

.sh.= Term from the Medline controlled vocabulary

.ti. = Title

/ = Term from the Medline controlled vocabulary, but does not include terms found below this term in the MeSH hierarchy

* = Focus (if found in front of a MeSH-term)

* or \$= Truncation (if found at the end of a free text term)

.mp=text, heading word, subject area node, title

Embase via Elsevier 25 February 2021
 Title: Dietary Treatment of Diabetes

| Search terms | Items found |
|---|-------------|
| Population: Diabetes mellitus | |
| 1. 'diabetes mellitus'/de/mj OR 'impaired glucose tolerance'/exp/mj OR 'insulin dependent diabetes mellitus'/exp/mj OR 'insulin resistance'/mj OR 'non insulin dependent diabetes mellitus'/exp/mj OR 'pregnancy diabetes mellitus'/exp/mj OR 'diabetic diet'/de | 494152 |
| 2. (diabetic* OR diabetes* OR td2 OR 'glucose intoleran*' OR (fasting NEXT/3 glucose*) OR 'impaired glucose tolerance*' OR hyperglycem* OR (insulin NEXT/2 (sensitive* OR resist*)) OR 'metabolic syndrome*'):kw,ti | 650858 |
| 3. 1 OR 2 | 722423 |
| Intervention: Methods: Fasting, eating, carbohydrate counting etc | |
| 4. ('fasting'/de/mj OR 'estimated daily intake'/de OR 'intermittent fasting'/exp OR 'meal skipping'/exp OR 'time restricted feeding'/exp OR 'tolerable daily intake'/de) OR ((alternate OR intermittent) NEAR/2 fasting):ab,kw,ti OR (eating NEAR/3 rate*):kw,ti OR ((feeding OR food*) NEAR/2 habit*):kw,ti OR ((meal OR meals) NEAR/3 (plan* OR replac* OR skip OR skipping)):kw,ti OR (fasting NEAR/3 day*):ab,kw,ti OR 'portion size':ab,kw,ti OR 'serving size':ab,kw,ti | 10972 |
| 5. ((eating NEXT/1 rate*) OR ((feeding OR food*) NEXT/2 habit*) OR 'meal skipping' OR 'time restricted feeding' OR 'partial meal replacement'):ab | 6080 |
| 6. ((carb OR carbs OR carbohydrat*) NEAR/2 counting):ab,kw,ti | 852 |
| 7. 4 OR 5 OR 6 | 16866 |
| Intervention: Mediterranean diet, DASH diet, Nordic diet | |
| 8. 'Mediterranean diet'/exp OR 'DASH diet'/exp OR 'Nordic diet'/exp OR 'low glycemic index diet'/exp | 9512 |
| 9. ((mediterranean OR dash OR 'dietary approaches to stop hypertension') AND (diabet* OR td2 OR glucose* OR hyperglycem*)):kw,ti OR (((low OR lower) NEXT/3 (glycemic OR glycaemic OR glycaemia OR gi OR gl)) AND (diet OR diets OR dietary OR dietaries OR eating OR food* OR intake* OR intervention* OR therap* OR treatment*)):kw,ti OR MedDiet:ab,kw,ti OR PREDIMED:ab,kw,ti OR ((nordic OR baltic) AND (diet* OR eating OR food* OR diabet* OR td2 OR glucose* OR hyperglycem*)):kw,ti OR (nordic NEXT/10 (diet* OR eating OR food* OR habit* OR intake* OR intervention* OR management* OR pattern* OR deficit* OR product* OR program* OR restrict* OR reduc* OR therap* OR management*)):kw,ti | 2719 |
| 10. (('mediterranean diet*' OR 'dash diet*' OR 'dietary approaches to stop hypertension' OR 'nordic diet*' OR 'baltic diet*') NEAR/20 (diabet* OR td2 OR glucose* OR hyperglycem*)):ab OR (((('low glycemic' OR 'low glycaemic' OR 'low glycaemia' OR 'lower glycemic' OR 'lower glycaemic' OR 'lower glycaemia') NEAR/3 (diet OR diets OR dietary OR dietaries OR eating OR food* OR intake*)):ab AND (diabet* OR td2 OR glucose* OR hyperglycem*)):ab | 1403 |
| 11. 8 OR 9 OR 10 | 11675 |
| Intervention: Atkins diet, Carbohydrate-restricted diet, High fat diet, ketogenic diet, PUFA, MUFA | |
| 12. 'Atkins diet'/exp OR 'modified Atkins diet'/exp OR 'ketogenic diet'/exp OR 'very low calorie ketogenic diet' OR 'low carbohydrate diet'/exp OR 'high-protein low-carbohydrate diet'/exp OR ('Atkins diet' OR 'ketogenic diet' OR LCHF OR PUFA OR MUFA):ab,kw,ti | 26777 |
| 13. (((control* OR low OR lower OR restrict* OR reduc*) NEAR/4 (carb OR carbs OR carbohydrat*)):kw,ti) AND (diabet*:kw,ti OR td2:kw,ti OR hyperglycem*:kw,ti OR diet:kw,ti OR diets:kw,ti OR dietary:kw,ti OR dietaries:kw,ti OR eating:kw,ti OR food*:kw,ti OR intake*:kw,ti OR intervention*:kw,ti OR therap*:kw,ti OR treatment*:kw,ti) OR (((high OR higher) NEAR/4 (fat OR fats)):kw,ti) AND (diabet*:kw,ti OR td2:kw,ti OR hyperglycem*:kw,ti OR diet:kw,ti OR diets:kw,ti OR dietary:kw,ti OR dietaries:kw,ti OR eating:kw,ti OR food*:kw,ti OR intake*:kw,ti OR intervention*:kw,ti OR therap*:kw,ti OR treatment*:kw,ti) OR (paleo* NEXT/3 (diet* OR eating OR food* OR habit* OR intake* OR intervention* OR management* OR therap* OR treatment*)):kw,ti | 21464 |
| 14. (((control* OR low OR lower OR restrict* OR reduc*) NEAR/4 (carb OR carbs OR carbohydrat*)) OR ((high OR higher) NEAR/4 (fat OR fats)) OR (paleo* NEXT/3 (diet* OR eating OR food* OR habit* OR intake* OR intervention* OR management* OR pattern* OR therap* OR management*)):ab AND limit to PubMed-not-MEDLINE | 90 |

| | | |
|---|---|--------|
| 15. | 12 OR 13 OR 14 | 46626 |
| Intervention: Other diets: Vegetarian, vegan diet | | |
| 16. | 'vegetarian diet'/exp OR ((vegetarian* OR vegan*) AND (diet* OR eating OR food* OR habit* OR intake* OR intervention* OR management* OR pattern* OR therap* OR management*)):kw,ti OR ((vegetarian* OR vegan) AND (diabet* OR prediabet* OR td2 OR hyperglycem*)):kw,ti | 5131 |
| 17. | ((vegetarian* OR vegan* OR macrobiotic) AND (diet* OR eating OR food* OR habit* OR intake* OR intervention* OR management* OR pattern* OR therap* OR management*)):ab OR ((vegetarian* OR vegan*) AND (diabet* OR prediabet* OR td2 OR hyperglycem*)):ab | 5208 |
| 18. | 16 OR 17 | 7692 |
| Intervention: Other diets: high/low caloric, high/low protein | | |
| 19. | 'caloric restriction'/mj OR 'high calorie diet'/exp/mj OR 'protein restriction'/mj OR 'protein diet'/mj OR 'high-protein low-carbohydrate diet'/mj OR 'low calorie diet'/mj OR 'very low calorie diet'/mj | 16220 |
| 20. | (vled:ab,kw,ti OR vlcd:ab,kw,ti OR (((caloric* OR calorie* OR energy OR protein* OR zone) NEXT/1 diet*):kw,ti) OR ((direct NEXT/3 stud*):ab,kw,ti) OR (((low OR lower OR restrict* OR reduc* OR high OR higher) NEAR/4 (caloric* OR calorie* OR energy OR fiber* OR fibre* OR protein*)):kw,ti) AND (diabet*:kw,ti OR td2:kw,ti OR hyperglycem*:kw,ti OR diet:kw,ti OR diets:kw,ti OR dietary:kw,ti OR dietaries:kw,ti OR eating:kw,ti OR food*:kw,ti OR intake*:kw,ti OR intervention*:kw,ti OR therap*:kw,ti OR treatment*:kw,ti) | 16746 |
| 21. | (vled:ab OR vlcd:ab OR (((caloric* OR calorie* OR energy OR protein* OR zone) NEXT/1 diet*):ab) OR ((direct NEXT/3 stud*):ab) OR (((low OR lower OR restrict* OR reduc* OR high OR higher) NEAR/4 (caloric* OR calorie* OR energy OR fiber* OR fibre* OR protein*)):ab) AND (diabet*:ab OR td2:ab OR hyperglycem*:ab OR diet:ab OR diets:ab OR dietary:ab OR dietaries:ab OR eating:ab OR food*:ab OR intake*:ab OR intervention*:ab OR therap*:ab OR treatment*:ab) AND limit to PubMed-not-MEDLINE | 648 |
| 22. | 19 OR 20 OR 21 | 28432 |
| Intervention: Other diets: low fat, high carbohydrates, high/low fiber | | |
| 23. | 'low fat diet'/exp/mj OR 'carbohydrate diet'/exp/mj OR 'carbohydrate loading diet'/mj OR 'high fiber diet'/exp OR 'low fiber diet'/de | 11211 |
| 24. | ((('fat-free' OR fiber* OR fibre* OR ((low OR lower OR restrict* OR reduc*) NEAR/4 (fat OR fats))) AND (diabet* OR td2 OR hyperglycem* OR diet OR diets OR dietary OR dietaries OR eating OR food* OR intake* OR intervention* OR therap* OR treatment*)):kw,ti OR (((high OR higher) NEAR/4 (carb OR carbs OR carbohydrat*)) AND (diabet* OR td2 OR hyperglycem* OR diet OR diets OR dietary OR dietaries OR eating OR food* OR intake* OR intervention* OR therap* OR treatment*)):kw,ti | 18837 |
| 25. | ((('fat-free' OR fiber* OR fibre* OR ((low OR lower OR restrict* OR reduc*) NEAR/4 (fat OR fats))) AND (diabet* OR td2 OR hyperglycem* OR diet OR diets OR dietary OR dietaries OR eating OR food* OR intake* OR intervention* OR therap* OR treatment*)):ab OR (((high OR higher) NEAR/4 (carb OR carbs OR carbohydrat*)) AND (diabet* OR td2 OR hyperglycem* OR diet OR diets OR dietary OR dietaries OR eating OR food* OR intake* OR intervention* OR therap* OR treatment*)):ab AND limit to PubMed-not-MEDLINE | 561 |
| 26. | 23 OR 24 OR 25 | 28006 |
| 27. | 'cholesterol diet'/mj OR 'casein free diet'/exp/mj OR 'cereal-based diet'/exp OR 'diabetic diet'/de OR 'gluten free diet'/exp/mj OR 'high fat/high fructose diet'/exp/mj OR 'high fat/high glucose diet'/exp/mj OR 'high fat/high sucrose diet'/exp/mj OR 'low FODMAP diet'/de OR 'functional food'/mj OR 'health food'/mj OR 'low iodine diet'/de OR 'high glycemic index diet'/exp OR 'macrobiotic diet'/exp OR 'obesogenic diet'/exp/mj OR 'raw food diet'/exp OR 'unhealthy diet'/exp/mj OR 'western diet'/exp/mj | 11,509 |
| 28. | 26 OR 27 | 40169 |
| Intervention: Food, Beverage | | |
| 29. | 'food'/exp AND 'diet therapy'/exp/mj | 23411 |
| 30. | ('beverage'/exp/mj OR 'bran'/exp/mj OR 'condiment'/exp/mj OR 'dairy product'/exp/mj OR 'dietary fiber'/mj OR 'dietary supplement'/mj OR 'dried yeast'/mj OR 'edible oil'/exp/mj OR 'egg'/exp/mj OR 'fat'/mj OR 'fat substitute'/mj OR 'fermented product'/exp/mj OR 'flour'/exp/mj OR 'food drug interaction'/exp OR 'food grain'/exp/mj OR 'fruit'/exp/mj OR 'honey'/mj OR 'margarine'/mj OR 'meat'/exp/mj OR 'meat substitute'/exp/mj OR 'nectar'/mj OR 'nut'/exp/mj OR 'organic food'/mj OR 'pasta'/mj OR 'potato starch'/mj OR | 8115 |

'poultry product'/exp/mj OR 'processed food'/exp/mj OR 'raw food'/mj OR 'roughage'/exp/mj OR 'sago'/mj OR 'salad'/mj OR 'sea food'/exp/mj OR 'soy food'/exp/mj OR 'staple food'/de OR 'starch'/mj OR 'sugar'/mj OR 'tapioca'/mj OR 'vegetable'/exp/mj OR 'yeast extract'/mj OR 'dietary intake'/mj OR 'caloric intake'/mj OR 'carbohydrate intake'/exp/mj OR 'dietary reference intake'/mj OR 'electrolyte intake'/exp/mj OR 'fat intake'/exp/mj OR 'fiber intake'/exp OR 'nutrient intake'/exp/mj OR 'protein intake'/exp/mj) AND ('diabetes mellitus'/de/mj OR 'impaired glucose tolerance'/exp/mj OR 'insulin dependent diabetes mellitus'/exp/mj OR 'insulin resistance'/mj OR 'non insulin dependent diabetes mellitus'/exp/mj OR 'pregnancy diabetes mellitus'/exp/mj OR 'diabetic diet'/de)

| | | |
|---------------------------------------|--|--------|
| 31. | ((food* OR bread OR cacao OR capsicum OR cereal* OR grain* OR wholegrain* OR seeds OR barley OR corn OR oats OR rice OR wheat OR condiment* OR garlic OR spices OR cinnamon OR herbs OR nutmeg OR turmeric OR bars OR butter OR cheese OR dairy OR daires OR starch OR starches OR oil OR oils OR margarine OR "fermented foods" OR fruit* OR apple* OR apricot* OR avocado* OR bananas OR berries OR bilberr* OR blackberr* OR blackcurrant* OR blueberr* OR cranberr* OR elderberr* OR raspberr* OR strawberr* OR cherrie* OR citrus OR grapefruit* OR lemon OR lime* OR orange* OR coconut* OR figs OR grape* OR guava* OR kiwi* OR melon OR papaya* OR passionflower* OR peach* OR pear* OR pineapple* OR pomegranate* OR tomatoes OR honey OR nuts OR almond* OR cashew* OR peanut* OR pecan OR walnut* OR "raw foods" OR "soy foods" OR vegetable* OR asparagus* OR basil OR beet* OR carrot* OR cayenne OR celery OR chive* OR cucumber* OR ginger OR horseradish OR radish OR legume* OR lettuce OR onions OR parsley OR parsnip OR potato* OR pumpkin* OR radish OR rhubarb* OR spices OR spinach OR squash OR zingiberaceae OR egg OR eggs OR meat* OR poultry OR seafood* OR fish OR fishes OR shellfish*):kw,ti AND (diabet* OR td2 OR hyperglycem*):kw,ti) OR ((fructos OR starch* OR sucros* OR sugar) AND (diabet* OR diet* OR eating OR food* OR intake* OR intervention* OR therap* OR treatment*)):kw,ti OR ((high* OR low* OR restrict* OR reduc*) NEAR/3 (fiber* OR fibre* OR fructos* OR starch* OR sucros* OR sugar)):kw,ti | 24047 |
| 32. | (food* OR bread OR cacao OR capsicum OR cereal* OR grain* OR wholegrain* OR seeds OR barley OR corn OR oats OR rice OR wheat OR condiment* OR garlic OR spices OR cinnamon OR herbs OR nutmeg OR turmeric OR butter OR cheese OR dairy OR daires OR starch OR starches OR oil OR oils OR margarine OR "fermented foods" OR fruit* OR apple* OR apricot* OR avocado* OR bananas OR berries OR bilberr* OR blackberr* OR blackcurrant* OR blueberr* OR cranberr* OR elderberr* OR raspberr* OR strawberr* OR cherrie* OR citrus OR grapefruit* OR lemon OR lime* OR orange* OR coconut* OR figs OR grape* OR guava* OR kiwi* OR melon OR papaya* OR passionflower* OR peach* OR pear* OR pineapple* OR pomegranate* OR tomatoes OR honey OR nuts OR almond* OR cashew* OR peanut* OR pecan OR walnut* OR "raw foods" OR "soy foods" OR vegetable* OR asparagus* OR basil OR beet* OR carrot* OR cayenne OR celery OR chive* OR cucumber* OR ginger OR horseradish OR radish OR legume* OR lettuce OR onions OR parsley OR parsnip OR potato* OR pumpkin* OR radish OR rhubarb* OR spices OR spinach OR squash OR zingiberaceae OR egg OR eggs OR meat* OR poultry OR seafood* OR fish OR fishes OR shellfish*):ab OR ((fiber* OR fibre* OR fructos OR starch* OR sucros* OR sugar) AND (diabet* OR diet* OR eating OR food* OR intake* OR intervention* OR therap* OR treatment*)):ab OR ((high* OR low* OR restrict* OR reduc*) NEAR/3 (fiber* OR fibre* OR fructos* OR starch* OR sucros* OR sugar)):ab AND limit to PubMed-not-MEDLINE | 17319 |
| 33. | 29 OR 30 OR 31 OR 32 | 69054 |
| Intervention: Beverages | | |
| 34. | 'beverage'/exp/mj OR 'coffee consumption'/mj OR 'milk'/exp/mj OR 'tea consumption'/mj OR ((beverage* OR coffee* OR (energy NEXT/2 drink*) OR juice* OR milk OR soda OR sodas OR (sports NEXT/2 drink*) OR tea OR teas) AND (diabet* OR td2 OR glucose* OR hyperglycem*)):kw,ti | 102499 |
| 35. | ((beverage* OR coffee* OR (energy NEXT/2 drink*) OR juice* OR milk OR soda OR sodas OR (sports NEXT/2 drink*) OR tea OR teas) AND (diabet* OR td2 OR glucose* OR hyperglycem*)):ab AND limit to PubMed-not-MEDLINE | 23 |
| 36. | 34 OR 35 | 102516 |
| Combined sets: Food /Beverages | | |
| 37. | 33 OR 36 | 167929 |

Study types: randomised controlled trials and other trials

| | | |
|-----|---|---------|
| 38. | ('clinical trial'/de OR 'phase 3 clinical trial'/exp OR 'phase 4 clinical trial'/exp OR 'adaptive clinical trial'/exp OR 'controlled clinical trial'/de OR 'randomized controlled trial'/exp OR 'controlled clinical trial (topic)'/exp OR 'meta analysis'/exp OR 'network meta-analysis'/exp OR 'randomized controlled trial (topic)'/exp OR 'control group'/exp OR 'crossover procedure'/exp OR 'double blind procedure'/exp OR 'multicenter study'/exp OR 'placebo'/exp OR 'pragmatic trial'/exp OR 'randomization'/exp OR 'single blind procedure'/exp OR (clinical NEXT/3 trial*):ab,kw,ti OR ((controlled NEXT/1 trial*):ab,kw,ti OR (random* NEAR/3 trial*):ab,kw OR randomi?ed:ti OR phase 3:ab,kw,ti OR phase3:ab,kw,ti OR phase III:ab,kw,ti OR ((singl* OR doubl* OR treb* OR tripl*) NEXT/1 (blind* OR mask*)):ab,kw,ti OR placebo*:ab,kw,ti OR randomly allocated:ab,kw,ti OR (allocated NEXT/2 random*):ab,kw,ti) not ('case study'/exp OR 'letter'/de) | 2409294 |
|-----|---|---------|

Study types: observational studies

| | | |
|-----|--|----------|
| 39. | 'case control study' OR 'cohort analysis'/exp OR 'control group'/exp OR 'controlled clinical trial'/exp OR 'epidemiology'/de OR 'evaluation study'/exp OR 'follow up'/exp OR 'longitudinal study'/exp OR 'pretest posttest control group design'/exp OR 'pretest posttest design'/exp OR 'prospective study'/exp OR 'retrospective study'/exp OR 'comparative study'/exp OR 'validation study'/exp OR ('before-after' OR 'case-control' OR casecontrol* OR 'case-crossover' OR cohort* OR 'control group' OR epidemiolog* OR experiment* OR followup OR 'follow up' OR 'intervention study' OR longitudinal OR observational OR 'pre-test' OR pretest OR posttest* OR 'post test' OR prepost OR 'pre-post' OR prospectiv* OR retrospectiv* OR 'selected control' OR 'random sample' OR 'representative sample' OR 'study sample' OR (time NEXT/1 serie*)):ab,kw,ti | 9937062 |
| 40. | 38 OR 39 | 10792961 |

Limits

| | | |
|-----|--|---------|
| 41. | ((('animal'/exp OR 'nonhuman'/exp) NOT 'human'/exp) OR rat:ab,kw,ti OR rats:ab,kw,ti OR mouse:ab,kw,ti OR mice:ab,kw,ti OR murine:ab,kw,ti OR rodent:ab,kw,ti OR rodents:ab,kw,ti OR hamster:ab,kw,ti OR hamsters:ab,kw,ti OR pig:ab,kw,ti OR pigs:ab,kw,ti OR pORcine:ab,kw,ti OR rabbit:ab,kw,ti OR rabbits:ab,kw,ti OR animal:ab,kw,ti OR animals:ab,kw,ti OR canine:ab,kw,ti OR canines:ab,kw,ti OR dog:ab,kw,ti OR dogs:ab,kw,ti OR cats:ab,kw,ti OR cow:ab,kw,ti OR bovine:ab,kw,ti OR sheep:ab,kw,ti OR ovine:ab,kw,ti OR monkey:ab,kw,ti OR monkeys:ab,kw,ti | 8506138 |
| 42. | ([article]/lim OR [article in press]/lim OR [editorial]/lim OR [erratum]/lim) AND ([danish]/lim OR [english]/lim OR [norwegian]/lim OR [swedish]/lim) AND ([embase]/lim OR [medline]/lim) AND [2009-2021]/py | |

Combined sets:

| | | |
|------------|---|-------------|
| 43. | (3 AND 7) NOT 41 | 2106 |
| 44. | 43 AND 40 | 1154 |
| 45. | 44 AND 42 Methods | 527 |
| 46. | (3 AND 11) NOT 41 | 2076 |
| 47. | 46 AND 40 | 1262 |
| 48. | 47 AND 42 Mediterranean diet | 655 |
| 49. | (3 AND 15) NOT 41 | 2457 |
| 50. | 49 AND 40 | 1239 |
| 51. | 50 AND 42 Atkins | 595 |
| 52. | 3 AND 18 | 456 |
| 53. | 52 AND 40 | 237 |
| 54. | 53 AND 42 Other diets: veg | 117 |
| 55. | (3 AND 22) NOT 41 | 2576 |
| 56. | 55 AND 40 | 1248 |
| 57. | 56 AND 42 Other diets: high/low caloric | 620 |
| 58. | (3 AND 28) NOT 41 | 7952 |
| 59. | 58 AND 40 | 2986 |
| 60. | 59 AND 42 Other diets: Low fat, High Carbohydrate/ fiber | 1251 |
| 61. | (3 AND 37) NOT 41 | 11941 |
| 62. | 61 AND 40 | 5598 |
| 63. | 62 AND 42 Food /Beverages | 2864 |
| 64. | 45 OR 48 OR 51 OR 54 OR 57 OR 60 OR 63 | 5461 |

.ab,ti. = Abstract OR title

MEDLINE via OvidSP 23 February 2021
Title: Dietary Treatment of Diabetes

| Search terms | | Items found |
|---|---|---------------|
| Population: Diabetes mellitus | | |
| 1. | exp diabetes mellitus/ or diabetes mellitus, experimental/ or diabetes mellitus, type 1/ or diabetes mellitus, type 2/ or diabetes, gestational/ or glucose intolerance/ or exp hyperglycemia/ or exp *Insulin Resistance/ or Diet, Diabetic/ | 493828 |
| 2. | (diabetic* or diabetes* or diabetology or td2 or glucose intoleran* or impaired fasting glucose* or high fasting glucose* or impaired fasting plasma glucose* or high fasting plasma glucose* or impaired fasting blood glucose* or high fasting blood glucose* or impaired glucose tolerance* or hyperglycem* or (insulin adj2 (sensitiv* or resist*))). ti,kf. | 425546 |
| 3. | (diabetic* or diabetes* or diabetology or td2 or glucose intoleran* or impaired fasting glucose* or high fasting glucose* or impaired fasting plasma glucose* or high fasting plasma glucose* or impaired fasting blood glucose* or high fasting blood glucose* or impaired glucose tolerance* or hyperglycem* or (insulin adj2 (sensitiv* or resist*))).ab. limit 3 to "pubmed not medline" | 57231 |
| 4. | <i>1 OR 2 OR 3</i> | <i>604698</i> |
| Intervention: Methods | | |
| 5. | (Fasting/ AND (exp diabetes mellitus/ or diabetes mellitus, experimental/ or diabetes mellitus, type 1/ or diabetes mellitus, type 2/ or diabetes, gestational/ or glucose intolerance/ or exp hyperglycemia/ or exp *Insulin Resistance/ or Diet, Diabetic/)) or portion size/ or serving size/ | 9866 |
| 6. | (eating adj3 rate*).ti,ab,kf. or ((alternate or intermittent) adj2 fasting) .ti,ab,kf. or (fast* adj2 day*).ti,ab,kf. or ((meal or meals) adj3 (plan* or replac* or skip or skipping)).ti,ab,kf. or (portion size* or serving size*).ti,ab,kf. or (time adj2 restricted feeding).ti,ab,kf. | 9161 |
| 7. | ((carb or carbs or carbohydrat*) adj2 counting).ti,ab,kf. | 301 |
| 8. | <i>5 OR 6 OR 7</i> | <i>18695</i> |
| Intervention: Mediterranean diet, DASH diet, Nordic diet | | |
| 9. | Diet, Mediterranean/ or exp Dietary Approaches To Stop Hypertension/ or glycemic index/ or glycemic load/ | 7092 |
| 10. | ((mediterranean or dash or dietary approaches to stop hypertension) AND (diabet* or td2 or glucose* or hyperglycem*).ti,kf. or ((glycemic or glycaemic or glycaemia or gi or gl) adj10 (diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*).ti,kf. or MedDiet.ti,kf. or PREDIMED.ti,ab,kf. or ((nordic or baltic) AND (diet* or eating or food* or diabet* or td2 or glucose* or hyperglycem*).ti,kf | 4466 |
| 11. | (mediterranean or dash or dietary approaches to stop hypertension or MedDiet).ab. or ((glycemic or glycaemic or glycaemia or gi or gl) adj4 (diet* or eating or food* or intake* or intervention* or management* or restrict* or reduc* or therap* or treatment*).ab. or ((nordic diet* or baltic diet*) adj20 (diabet* or td2 or glucose intoleran* or hyperglycem*).ab. AND limit 11 to "pubmed not medline" | 8032 |
| 12. | <i>9 OR 10 OR 11</i> | <i>18045</i> |
| Intervention: Atkins diet, Carbohydrate-restricted diet, High fat diet, PUFA, MUFA | | |
| 13. | exp diet, carbohydrate-restricted/ or exp diet, high-protein low-carbohydrate/ or exp Diet, High-Fat/ or exp diet, ketogenic/ or Diet, Paleolithic/ | 18881 |
| 14. | (LCHF or Atkin* or PUFA or MUFA).ti,ab,kf. or (((control* or low or lower or restrict* or reduc*) adj4 (carb or carbs or carbohydrat*)) AND (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*).ti,kf. or (((high or higher) adj6 (fat or fats)) AND (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*).ti,kf. | 29984 |
| 15. | ((((low or lower or restrict* or reduc*) adj4 (carb or carbs or carbohydrat*)) AND (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*).ab. or (((high or higher) adj6 (fat or fats)) AND (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*).ab. AND limit 15 to "pubmed not medline" | 4297 |

| | | |
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| 16. | (paleo* adj10 (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*)).ti,ab,kf. or (caveman diet* or hunter-gatherer diet* or stone age diet*).ti,ab,kf. | 404 |
| 17. | 13 OR 14 OR 15 OR 16 | 45272 |
| Intervention: Other diets: Vegetarian, vegan diet | | |
| 18. | exp diet, vegetarian/ or diet, vegan/ or ((vegetarian* or vegan*) AND (diet* or eating or food* or habit* or intake* or intervention* or management* or pattern* or deficit* or product* or program* or restrict* or reduc* or therap*)).ti,kf. or ((vegetarian* or vegan*) adj4 (diet* or eating or food* or habit* or intake* or intervention* or management* or pattern* or product* or program* or restrict* or reduc* or therap*)).ab. or ((vegetarian* or vegan*) adj10 (diabet* or prediabet* or td2 or glucose* or hyperglycem*)).ti,ab,kf. | 4850 |
| Intervention: Other diets: High/low caloric, high/ /low protein/low fat | | |
| 19. | exp caloric restriction/ or exp diet, high protein/ or exp diet, high-protein low-carbohydrate/or Diet, Protein-Restricted/ or diet, reducing/ or energy intake/ | 59078 |
| 20. | (VLED or VLCD).ti,kf. or ((caloric* or calorie* or energy or protein* or Zone) adj diet*).ti,kf. or (((high or higher) or low or lower or restrict* or reduc*) adj4 (caloric* or calorie* or energy or protein*)) AND (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*)).ti,kf. or DiRECT stud*.ti,ab,kf. | 12195 |
| 21. | (((low or lower or restrict* or reduc*) adj4 (caloric* or calorie* or energy or energy)) AND (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*)).ab. or (((high or higher) adj4 (caloric* or calorie* or energy or energy)) AND (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*)).ab. or ((caloric* or calorie* or energy) adj diet*).ab AND limit 21 to "pubmed not medline" | 4,438 |
| 22. | 19 OR 20 OR 21 | 71856 |
| 23. | exp Diet, Fat-Restricted/ or diet, carbohydrate loading/ | 3,759 |
| 24. | ((fat-free or fiber* or fibre* or ((low or lower or restrict* or reduc*) adj4 (fat or fats))) and (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*)).ti,kf. or (((high or higher) adj4 (carb or carbs or carbohydrat*)) AND (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*)).ti,kf | 13678 |
| 25. | ((fat-free or fibre* or ((low or lower or restrict* or reduc*) adj4 (fat or fats))) and (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*)).ab. or (((high or higher) adj4 (carb or carbs or carbohydrat*)) and (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*)).ab. AND limit 25 to "pubmed not medline" | 4449 |
| 26. | 23 OR 24 OR 25 | 20590 |
| 27. | diet, diabetic/ or diet, gluten-free/ or *diet, reducing/ or exp diet, macrobiotic/ or *diet, sodium-restricted/ or diet, healthy/ or diet therapy.fs. | 66338 |
| Combined sets | | |
| 28. | 18 OR 22 OR 26 OR 27 | 144566 |
| Intervention: Food / Beverages | | |
| 29. | (beverages/ or carbonated beverages/ or coffee/ or exp drinking water/ or energy drinks/ or "fruit and vegetable juices"/ or exp milk/ or milk substitutes/ or exp tea/ or "fermented foods and beverages"/) or ((beverage* or coffee* or energy drink* or juice* or milk or soda or sodas or sports drink* or tea or teas) AND (diabet* or td2 or glucose* or hyperglycem*)).ti,kf. | 128079 |
| 30. | ((beverage* or coffee* or energy drink* or juice* or soft drink* or sports drink* or tea or teas) AND (diabet* or td2 or glucose* or hyperglycem*)).ab. AND limit 30 to "pubmed not medline" | 772 |
| 31. | 29 OR 30 | 128712 |
| Intervention: Food AND nutrition therapy AND diabetes | | |
| 32. | exp Food/ AND (exp nutrition therapy/ or exp diet therapy/) | 25925 |
| 33. | ((exp "fermented foods and beverages"/ or Food/ or food additives/ or fat substitutes/ or exp Brassica/ or bread/ or Capsicum/ or chocolate/ or exp crops, agricultural/ or exp dairy products/ or edible grain/ or exp eggs/ or exp Fabaceae/ or exp dietary fats/ or exp fats, unsaturated/ or food, organic/ or fruit/ or functional food/ or honey/ or molasses/ or exp | 8719 |

nutrients/ or nuts/ or plants, edible/ or raw foods/ or salads/ or seeds/ or vegetables/ or exp zingiberaceae/ or exp fruit proteins/ or exp grain proteins/ or exp milk proteins/ or exp dietary proteins/ or dietary proteins/ or exp plant proteins, dietary/ or exp dietary carbohydrates/ or exp dietary fiber/ or starch/) AND (exp nutrition therapy/ or exp diet therapy/) AND (exp diabetes mellitus/ or diabetes mellitus, experimental/ or diabetes mellitus, type 1/ or diabetes mellitus, type 2/ or diabetes, gestational/ or glucose intolerance/ or exp hyperglycemia/ or exp *Insulin Resistance/ or Diet, Diabetic/) or ((apple* or apricot* or avocado* or asparagus* or banana* or barley or bean* or berry or berries or bilberry* or blackberr* or blackcurrant* or blueberr* or basil or beet* or capsicum or carrot* or cayenne* or celery or chive* or cucumber* or bread or butter or cacao* or coconut or cheese* or citrus or cranberry* or cereal* or cherry or cherries or cinnamon or citrus* or corn or dairy or elderberry* or fabaceae* or figs or fruit* or grain* or wholegrain* or grape* or guava* or legume* or lemon* or lime* or lycopersicon esculent* or garlic or grain* or margarine or nut or nuts or nutmeg or oats or oil or oils or olive* or pistach* or grapefruit* or orange* or kiwi* or melon* or papaya* or passionflower* or peach* or pear* or pineapple* or pomegranate* or seed or seeds or solanum lycopersicum or solanum tuberosum or potato* or rice or spices or tomato* or vegetable* or asparagus* or basil or beet* or carrot* or cayenne or celery or chive* or cucumber* or ginger OR horseradish or radish or legume* or lettuce or onions or parsley or parsnip* or walnut* or wheat or fermented) AND (diabetic* or diabetes* or diabetology or td2 or hyperglycem*).ti,kf. or ((fructos* or starch* OR sucros* or sugar) AND (diabetic* or diabetes* or diabetology or td2 or hyperglycem*).ti,kf.

| | | |
|---|--|---------|
| 34. | ((apple* or apricot* or avocado* or asparagus* or banana* or barley or bean* or berry or berries or bilberry* or blackberr* or blackcurrant* or blueberr* or basil or beet* or capsicum or carrot* or cayenne* or celery or chive* or cucumber* or bread or butter or cacao* or coconut or cheese* or citrus or cranberry* or cereal* or cherry or cherries or cinnamon or citrus* or corn or dairy or elderberry* or fabaceae* or figs or fruit* or grain* or wholegrain* or grape* or guava* or legume* or lemon* or lime* or lycopersicon esculent* or garlic or grain* or margarine or nut or nuts or nutmeg or oats or oil or oils or olive* or pistach* or grapefruit* or orange* or kiwi* or melon* or papaya* or passionflower* or peach* or pear* or pineapple* or pomegranate* or seed or seeds or solanum lycopersicum or solanum tuberosum or potato* or rice or spices or tomato* or vegetable* or asparagus* or basil or beet* or carrot* or cayenne or celery or chive* or cucumber* or ginger or horseradish or radish or legume* or lettuce or onions or parsley or parsnip* or walnut* or wheat or fermented) and (diabetic* or diabetes* or diabetology or td2 or hyperglycem*).ab. or ((fructos* OR starch* OR sucros*) AND (diabetic* or diabetes* or diabetology or td2 or hyperglycem*).ab. AND limit 34 to "pubmed not medline" | 2955 |
| 35. | 32 OR 33 OR 34 | 34695 |
| 36. | ((exp meat/ or exp meat products/ or exp meat proteins/ or exp poultry/ or exp poultry proteins/ or Animal Proteins, Dietary/ or Egg Proteins, Dietary/ or exp red meat/ or exp seafood/ or exp Fishes/ or exp fish proteins, dietary/ or exp shellfish proteins/ or exp fish oils/) and (exp diabetes mellitus/ or diabetes mellitus, experimental/ or diabetes mellitus, type 1/ or diabetes mellitus, type 2/ or diabetes, gestational/ or glucose intolerance/ or exp hyperglycemia/ or exp *Insulin Resistance/ or Diet, Diabetic/) or ((egg or eggs or fish* or meat* or poultry or seafood* or shellfish*) and (diabet* or td2 or hyperglycem* or diet* or eating or food* or intake* or intervention* or restrict* or reduc* or therap* or treatment*).ti,kf. | 19643 |
| 37. | ((egg or eggs or fish* or meat* or poultry or seafood* or shellfish*) and (diabet* or td2 or hyperglycem*) and (diet* or eating or food* or habit* or intake* or intervention* or restrict* or reduc* or therap* or treatment*).ab. | 3731 |
| 38. | 36 OR 37 | 22541 |
| Combined sets | | |
| 39. | 31 OR 35 OR 38 | 182240 |
| Study types: randomised controlled trials and other trials | | |
| 40. | (clinical trial/ or clinical trial, phase i/ or clinical trial, phase ii/ or clinical trial, phase iii/ or clinical trial, phase iv/ or controlled clinical trial/ or controlled clinical trials as topic/ or meta-analysis/ or non-randomized controlled trials as topic/ or randomized controlled trials as topic/or control groups/ or cross-over studies/ or double-blind method/ or multicenter study/ or Placebos/ or pragmatic clinical trial/ or random allocation/ or exp randomized controlled trial/ or single-blind method/) or (clinical adj2 trial*).ti,ab,kf. or ((controlled adj3 trial*).ti,ab,kf. or (random* adj3 trial*).ab,kf. or randomi?ed.ti. or phase 3.ti,ab,kf. or | 1791495 |

phase3.ti,ab,kf. or phase III.ti,ab,kf. or ((singl* or doubl* or treb* or tripl*) adj (blind* or mask*)).ti,ab,kf. or placebo*.ti,ab,kf. or randomly allocated.ti,ab,kf. or (allocated adj2 random*).ti,ab,kf.) not (case report.tw or letter/ or historical article/)

| Study types: Observational studies | | |
|---|---|--------------|
| 41. | exp case-control studies/ or comparative study/ or exp cohort studies/ or exp controlled before-after studies/ or evaluation study/ or evaluation study/ or follow-up studies/ or exp historically controlled study/ or exp interrupted time series analysis/ or exp longitudinal studies/ or prospective studies/ or retrospective studies/ or ((before-after OR case-control* OR casecontrol* OR (case* adj3 (compar* OR control* OR referent)) OR case-crossover OR cohort* OR control group OR followup OR follow up OR intervention stud* OR longitudinal OR observational OR pre-test* OR pretest OR posttest* OR post test* OR prepost* OR prepost* OR prospectiv* or retrospectiv* or time-serie*)).ti,ab,kf. | 5592070 |
| 42. | 40 OR 41 | 6500920 |
| Limits | | |
| 43. | ((exp animal/ or exp invertebrate/ or animal experiment/ or animal model/ or exp plant/ or exp fungus/) not exp human/) or (mouse* or mice or dog or dogs or rat or rats).ti,ab,kf. | |
| 44. | limit to yr="2009 – 2020 AND "limit to (danish or english or norwegian or swedish) | |
| Combined sets | | |
| 45. | (4 AND 8) NOT 43 | 8,754 |
| 46. | 45 AND 42 | 4,900 |
| 47. | 46 AND 44 Methods | 2,834 |
| 48. | (4 AND 12) NOT 43 | 4,908 |
| 49. | 48 AND 42 | 3070 |
| 50. | 49 AND 44 Mediterranean | 2502 |
| 51. | (4 AND 17) NOT 43 | 2,460 |
| 52. | 51 AND 42 | 1178 |
| 53. | 52 AND 44 Atkins | 916 |
| 54. | (4 AND 28) NOT 43 | 17032 |
| 55. | 54 AND 42 | 7321 |
| 56. | 55 AND 44 Other diets | 4377 |
| 57. | (4 AND 39) NOT 43 | 12851 |
| 58. | 57 AND 42 | 5358 |
| 59. | 58 AND 44 Food/Beverages | 3796 |
| 60. | 47 OR 50 OR 53 OR 56 OR 59 | 11402 |

The search result, usually found at the end of the documentation, forms the list of abstracts.

.ab. =Abstract

.ab.ti. = Abstract or title

.af.= All fields

Exp= Term from the Medline controlled vocabulary, including terms found below this term in the MeSH hierarchy

.sh.= Term from the Medline controlled vocabulary

.ti. = Title

/ = Term from the Medline controlled vocabulary, but does not include terms found below this term in the MeSH hierarchy

* = Focus (if found in front of a MeSH-term)

* or \$= Truncation (if found at the end of a free text term)

.mp=text, heading word, subject area node, title

| Search terms | Items found |
|--|-------------|
| Population: Diabetes mellitus | |
| 1. MM "Diabetes Mellitus+" OR MM "Diabetes Mellitus, Type 1" OR MM "Diabetes Mellitus, Type 2" OR MM "Diabetes Mellitus, Gestational" OR MM "Hyperglycemia" OR MM "Glucose Intolerance" OR MM "Insulin Resistance" OR MH "Diabetic Diet" | 122,470 |
| 2. TI(diabetic* or diabetes* or diabetology or td2 or glucose intoleran* or impaired fasting glucose* or high fasting glucose* or impaired fasting plasma glucose* or high fasting plasma glucose* or impaired fasting blood glucose* or high fasting blood glucose* or impaired glucose tolerance* or hyperglycem* or (insulin W2 (sensitiv* or resist*))) | 124,265 |
| 3. 1 OR 2 | 148,963 |
| Intervention: Methods | |
| 4. ((MH "Fasting" AND (MM "Diabetes Mellitus+" OR MM "Diabetes Mellitus, Type 1" OR MM "Diabetes Mellitus, Type 2" OR MM "Diabetes Mellitus, Gestational" OR MM "Hyperglycemia" OR MM "Glucose Intolerance" OR MM "Insulin Resistance" OR MH "Diabetic Diet") OR MH "Portion Size")) OR TI((eating N3 rate* OR ((feeding or food*) W2 habit*) OR ((alternate or intermittent) W3 fasting) OR (fast* N3 day*) OR ((meal or meals) N3 (plan* OR replac* OR skip OR skipping)) OR "portion size*" OR "serving size*" OR (time N3 'restricted feeding') OR AB(((alternate or intermittent) W3 fasting) OR (fast* N3 day*) OR "eating rate*" OR ((feeding or food*) W2 habit*) OR (meal* N2 skipping) OR "partial meal replacement*" OR "portion size*" OR "serving size*" OR (time N3 'restricted feeding')) | 6,093 |
| 5. TI((carb or carbs or carbohydrat*) N2 counting)) OR AB((carb or carbs or carbohydrat*) N2 counting)) | 208 |
| 6. 4 OR 5 | 6,323 |
| Intervention: Mediterranean diet/DASH diet/Nordic diet | |
| 7. MH "DASH Diet" OR MH "Mediterranean Diet" OR MH "Diet, Nordic" OR MH "Glycemic Control" OR MH "Glycemic Index" | 17,191 |
| 8. TI((mediterranean OR dash OR "dietary approaches to stop hypertension" OR "nordic diet" OR baltic diet") AND (diabet* or td2 or hyperglycem*)) OR TI((glycemic or glycaemic OR glycaemia OR gi or gl) AND (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*)) OR TI((MedDiet OR PREDIMED) OR AB("mediterranean diet*" OR "dash diet*" OR "dietary approaches to stop hypertension" OR MedDiet OR PREDIMED) N20 ((diabet* or td2 or glucose* o hyperglycem*)) OR AB(low* W2 ("glycemic diet*" OR "glycaemic diet*" OR "glycaemia diet*" OR "gi-diet*" OR "gl-diet*")) OR AB((nordic diet* OR baltic diet*) N20 (diabet* or td2 or glucose* o hyperglycem*)) | 3,711 |
| 9. 7 OR 8 | 19,159 |
| Intervention: Atkins diet, Carbohydrate-restricted diet, High fat diet, PUFA, MUFA | |
| 10. MH "Diet, Ketogenic" OR MH "Diet, Low Carbohydrate" OR MH "Diet, Paleolithic" | 1,407 |
| 11. TI((LCHF or Atkin* OR "ketogenic diet*" OR PUFA or MUFA) OR AB((LCHF or Atkin* OR "ketogenic diet*" OR PUFA or MUFA) N20 (diabet* or td2 or hyperglycem*)) OR TI(((control* OR low or lower or restrict* or reduc*) N4 (carb or carbs or carbohydrat*)) AND (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*)) OR TI(((high or higher) N4 (fat or fats)) AND (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*)) OR (fatty W1 (diet or diets or dietary or dietaries or eating or food*)) OR TI(("paleo diet*" OR "paleolithic diet*" OR "caveman diet*" OR "hunter-gatherer diet*" OR "stone age diet*") OR AB (("paleo diet*" OR "paleolithic diet*" OR "caveman diet*" OR "hunter-gatherer diet*" OR "stone age diet*")) | 4,642 |
| 12. 10 OR 11 | 5,542 |
| Intervention: Vegetarian diet | |
| 13. MH "Vegetarianism" OR TI((vegetarian* OR vegan*) AND (diet* OR eating OR food* OR habit* OR intake* OR intervention* OR management* OR restrict* OR therap* OR treatment*)) OR AB((vegetarian* or vegan*) AND (diabet* or td2 or hyperglycem*)) | 5,530 |
| Intervention: Other diets: high/low caloric, high/low protein, high/low energy | |
| 14. MH "Diet, High Protein" OR MH "Energy Intake" | 16,978 |

| | | |
|--|--|--------|
| 15. | TI(VLED or VLCD OR (DiRECT W2 stud*) OR TI((caloric* or calorie* or energy or protein* or Zone) W2 diet*) OR TI(((low or lower or restrict* or reduc*) N3 (caloric* or calorie* or energy or protein*)) AND (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*)) OR TI(((high or higher) N3 (caloric* or calorie* or energy or protein*)) AND (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*)) OR AB((DiRECT W2 stud*) OR VLED OR VLCD) | 3,168 |
| 16. | 14 OR 15 | 19,400 |
| Intervention: Other diets: low fat, high carbohydrates , high/low fiber | | |
| 17. | MH "Diet, Fat-Restricted" OR MH "Pritikin Diet" OR MH "Diet, Reducing" | 6,057 |
| 18. | TI(fat-free or ((low or lower or restrict* or reduc*) N4 (fat or fats)) AND (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*)) OR TI(((high or higher) N4 (carb or carbs or carbohydrat*)) AND (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*)) OR AB(fat-free or ((low or lower or restrict* or reduc*) N4 (fat or fats)) AND (diabet* or td2 or hyperglycem*)) OR AB(((high or higher) N4 (carb or carbs or carbohydrat*)) AND (diabet* or td2 or hyperglycem*)) | 5,607 |
| 19. | 17 OR 18 | 10,856 |
| 20. | MH "Diabetic Diet" OR (MM "Diet Fads" OR MM "Diet, Gluten-Free" OR MM "Restricted Diet" OR MM "Diet, Sodium-Restricted" OR MM "Diet, Western" OR MH "Macrobiotic Diet" OR MM "Weight Control" OR MM "Weight Reduction Programs") AND (MM "Diabetes Mellitus+" OR MM "Diabetes Mellitus, Type 1" OR MM "Diabetes Mellitus, Type 2" OR MM "Diabetes Mellitus, Gestational" OR MM "Hyperglycemia" OR MM "Glucose Intolerance" OR MM "Insulin Resistance") | 2,756 |
| Intervention: Food/Beverages | | |
| 21. | MH "Food+" AND (MM "Diabetes Mellitus+" OR MM "Diabetes Mellitus, Type 1" OR MM "Diabetes Mellitus, Type 2" OR MM "Diabetes Mellitus, Gestational" OR MM "Hyperglycemia" OR MM "Glucose Intolerance" OR MM "Insulin Resistance" OR MH "Diabetic Diet") | 6,506 |
| 22. | TI((food* OR bread OR cacao OR capsicum OR cereal* OR grain* OR wholegrain* OR seeds OR barley OR corn OR oats OR rice OR wheat OR condiment* OR garlic OR spices OR cinnamon OR herbs OR nutmeg OR turmeric OR butter OR cheese OR dairy OR daires OR starch OR starches OR oil OR oils OR margarine OR "fermented foods" OR fruit* OR apple* OR apricot* OR avocado* OR bananas OR berries OR bilberr* OR blackberr* OR blackcurrant* OR blueberr* OR cranberr* OR elderberr* OR raspberr* OR strawberr* OR cherrie* OR citrus OR grapefruit* OR lemon OR lime* OR orange* OR coconut* OR figs OR grape* OR guava* OR kiwi* OR melon OR papaya* OR passionflower* OR peach* OR pear* OR pineapple* OR pomegranate* OR tomatoes OR honey OR nuts OR almond* OR cashew* OR peanut* OR pecan OR walnut* OR "raw foods" OR "soy foods" OR vegetable* OR asparagus* OR basil OR beet* OR carrot* OR cayenne OR celery OR chive* OR cucumber* OR ginger OR horseradish OR legume* OR lettuce OR onions OR parsley OR parsnip OR potato* OR pumpkin* OR radish OR rhubarb* OR spices OR spinach OR squash OR zingiberaceae OR egg OR eggs OR meat* OR poultry OR seafood* OR fish OR fishes OR shellfish*) AND TI(diabet* or td2 OR hyperglycem*)) OR TI((fructos OR starch* OR sucros* OR sugar) AND TI(diabet* OR td2 OR hyperglycem* OR diet* OR eating OR food* OR intake* OR intervention* OR therap* OR treatment*)) | 2,136 |
| 23. | AB((food* OR bread OR cacao OR capsicum OR cereal* OR grain* OR wholegrain* OR seeds OR barley OR corn OR oats OR rice OR wheat OR condiment* OR garlic OR spices OR cinnamon OR herbs OR nutmeg OR turmeric OR butter OR cheese OR dairy OR daires OR starch OR starches OR oil OR oils OR margarine OR "fermented foods" OR fruit* OR apple* OR apricot* OR avocado* OR bananas OR berries OR bilberr* OR blackberr* OR blackcurrant* OR blueberr* OR cranberr* OR elderberr* OR raspberr* OR strawberr* OR cherrie* OR citrus OR grapefruit* OR lemon OR lime* OR orange* OR coconut* OR figs OR grape* OR guava* OR kiwi* OR melon OR papaya* OR passionflower* OR peach* OR pear* OR pineapple* OR pomegranate* OR tomatoes OR honey OR nuts OR almond* OR cashew* OR peanut* OR pecan OR walnut* OR "raw foods" OR "soy foods" OR vegetable* OR asparagus* OR basil OR beet* OR carrot* OR cayenne OR celery OR chive* OR cucumber* OR ginger OR horseradish OR legume* OR lettuce OR onions OR parsley OR parsnip OR potato* OR pumpkin* OR radish OR rhubarb* OR spices OR spinach OR squash OR zingiberaceae OR egg OR eggs OR meat* OR poultry OR seafood* OR fish OR fishes OR | 4,435 |

| | | |
|--------------------------------|---|---------|
| | shellfish) AND TI(diabet* or td2 OR hyperglycem*) OR AB((fructos OR starch* OR sucros* OR sugar) AND TI(diabet* OR td2 OR hyperglycem*)) | |
| 24. | 21 OR 22 OR 23 | 9,913 |
| Intervention: Beverages | | |
| 25. | (MH "Beverages" OR MH "Carbonated Beverages" OR MH "Coffee" OR MH "Energy Drinks" OR MH "Fruit Juices+" OR MH "Milk" OR MH "Milk Substitutes+" OR MH "Cultured Milk Products" OR MH "Soy Milk" OR MH "Sports Drinks" OR MH "Tea" OR MH "Black Tea" OR MH "Green Tea" OR MH "Water" OR MH "Mineral Water") OR TI((beverage* OR coffee* OR energy drink* OR juice* OR milk OR "soft drink*" OR "sports drink*" OR tea OR teas) AND (diabet* OR td2 OR glucose* OR hyperglycem*)) | 29,948 |
| 26. | 6 OR 9 OR 12 OR 13 OR 16 OR 19 OR 20 OR 24 OR 25 | 101,456 |
| Health economic aspects | | |
| 27. | (MH "Economics" OR MH "Costs and Cost Analysis+" OR MH "Health Care Costs+" OR MH "Economics, Dental" OR MH "Nursing Costs" OR MH "Economics, Pharmaceutical") OR TI (econom* OR cost OR costs OR costly OR costing OR price OR prices OR pricing OR pharmaco-economic*) OR AB (econom* OR "cost anal*" OR "cost benefit*" OR "cost effectiv*" OR "cost utilit*" OR costs OR costly OR costing OR price OR prices OR pricing OR pharmaco-economic*) | 319,914 |
| Limits: | | |
| 28. | Limiters - Published Date: 20090101-20201131; Peer Reviewed; Publication Type: Journal Article; Age Groups: All Adult; Language: Danish, English, Norwegian, Swedish | |
| Combined sets | | |
| 29. | 26 AND 27 | 1,052 |
| 30. | 29 AND 28 | 149 |

The search result, usually found at the end of the documentation, forms the list of abstracts.

AB = Abstract

AU = Author

DE = Term from the thesaurus

MM = Major Concept

TI = Title

TX = All Text. Performs a keyword search of all the database's searchable fields

ZC = Methodology Index

* = Truncation

“ ” = Citation Marks; searches for an exact phrase

| Search terms | Items found |
|---|-------------|
| Population: Diabetes mellitus | |
| 1. 'diabetes mellitus'/de/mj OR 'impaired glucose tolerance'/exp/mj OR 'insulin dependent diabetes mellitus'/exp/mj OR 'insulin resistance'/mj OR 'non insulin dependent diabetes mellitus'/exp/mj OR 'pregnancy diabetes mellitus'/exp/mj OR 'diabetic diet'/de | 471,010 |
| 2. (diabetic* OR diabetes* OR td2 OR 'glucose intoleran*' OR (fasting NEXT/3 glucose*) OR 'impaired glucose tolerance*' OR hyperglycem* OR (insulin NEXT/2 (sensitive* OR resist*) OR 'metabolic syndrome*'):kw,ti | 611,820 |
| 3. 1 OR 2 | 682,726 |
| Intervention: Methods: Fasting, eating, carbohydrate counting etc | |
| 4. ('fasting'/de/mj OR 'estimated daily intake'/de OR 'intermittent fasting'/exp OR 'meal skipping'/exp OR 'time restricted feeding'/exp OR 'tolerable daily intake'/de) OR ((alternate or intermittent) NEAR/2 fasting):ab,kw,ti OR (eating NEAR/3 rate*):kw,ti OR ((feeding OR food*) NEAR/2 habit*):kw,ti OR ((meal or meals) NEAR/3 (plan* OR replac* OR skip OR skipping)):kw,ti OR (fasting NEAR/3 day*):ab,kw,ti OR 'portion size':ab,kw,ti OR 'serving size':ab,kw,ti | 9,509 |
| 5. ((eating NEXT/1 rate*) OR ((feeding or food*) NEXT/2 habit*) OR 'meal skipping' OR 'time restricted feeding' or 'partial meal replacement'):ab | 5,626 |
| 6. ((carb or carbs or carbohydrat*) NEAR/2 counting):ab,kw,ti | 760 |
| 7. 4 OR 5 OR 6 | 14,996 |
| Intervention: Mediterranean diet/DASH diet/Nordic diet | |
| 8. 'Mediterranean diet'/exp OR 'DASH diet'/exp OR 'Nordic diet'/exp OR 'low glycemic index diet'/exp | 8,281 |
| 9. ((mediterranean OR dash OR 'dietary approaches to stop hypertension') AND (diabet* OR td2 OR glucose* OR hyperglycem*)):kw,ti OR (((low OR lower) NEXT/3 (glycemic OR glycaemic OR glycaemia OR gi OR gl)) AND (diet OR diets OR dietary OR dietaries OR eating OR food* OR intake* OR intervention* OR therap* OR treatment*)):kw,ti OR MedDiet:ab,kw,ti OR PREDIMED:ab,kw,ti OR ((nordic OR baltic) AND (diet* OR eating OR food* OR diabet* OR td2 OR glucose* OR hyperglycem*)):kw,ti OR (nordic NEXT/10 (diet* OR eating OR food* OR habit* OR intake* OR intervention* OR management* OR pattern* OR deficit* OR product* OR program* OR restrict* OR reduc* OR therap* OR management*)):kw,ti | 2,240 |
| 10. (('mediterranean diet*' OR 'dash diet*' OR 'dietary approaches to stop hypertension' OR 'nordic diet*' OR 'baltic diet*') NEAR/20 (diabet* OR td2 OR glucose* OR hyperglycem*)):ab OR (((('low glycemic' OR 'low glycaemic' OR 'low glycaemia' OR 'lower glycemic' OR 'lower glycaemic' OR 'lower glycaemia') NEAR/3 (diet OR diets OR dietary OR dietaries OR eating OR food* OR intake*)):ab AND (diabet* OR td2 OR glucose* OR hyperglycem*)):ab | 1,381 |
| 11. 8 OR 9 OR 10 | 10,642 |
| Intervention: Atkins diet, Carbohydrate-restricted diets, High fat diets, ketogenic diet, PUFA, MUFA | |
| 12. 'Atkins diet'/exp OR 'modified Atkins diet'/exp OR 'ketogenic diet'/exp OR 'very low calorie ketogenic diet' OR 'low carbohydrate diet'/exp OR 'high-protein low-carbohydrate diet'/exp OR ('Atkins diet' OR 'ketogenic diet' OR LCHF OR PUFA or MUFA):ab,kw,ti | 24,669 |
| 13. (((control* OR low OR lower OR restrict* OR reduc*) NEAR/4 (carb OR carbs OR carbohydrat*)):kw,ti) AND (diabet*:kw,ti OR td2:kw,ti OR hyperglycem*:kw,ti OR diet:kw,ti OR diets:kw,ti OR dietary:kw,ti OR dietaries:kw,ti OR eating:kw,ti OR food*:kw,ti OR intake*:kw,ti OR intervention*:kw,ti OR therap*:kw,ti OR treatment*:kw,ti) OR (((high or higher) NEAR/4 (fat OR fats)):kw,ti) AND (diabet*:kw,ti OR td2:kw,ti OR hyperglycem*:kw,ti OR diet:kw,ti OR diets:kw,ti OR dietary:kw,ti OR dietaries:kw,ti OR eating:kw,ti OR food*:kw,ti OR intake*:kw,ti OR intervention*:kw,ti OR therap*:kw,ti OR treatment*:kw,ti) OR (paleo* NEXT/3 (diet* OR eating OR food* OR habit* OR intake* OR intervention* OR management* OR therap* OR treatment*)):kw,ti | 19,447 |
| 14. (((control* OR low OR lower OR restrict* OR reduc*) NEAR/4 (carb OR carbs OR carbohydrat*)) OR (((high OR higher) NEAR/4 (fat OR fats)) OR (paleo* NEXT/3 (diet* OR eating OR food* OR habit* OR intake* OR intervention* OR management* OR pattern* OR therap* OR management*)):ab AND limit to PubMed-not-MEDLINE | 69 |

| | | |
|---|---|--------|
| 15. | 12 OR 13 OR 14 | 42,766 |
| Intervention: Other diets: Vegetarian, vegan diet | | |
| 16. | 'vegetarian diet'/exp OR ((vegetarian* OR vegan*) AND (diet* OR eating OR food* OR habit* OR intake* OR intervention* OR management* OR pattern* OR therap* OR management*)):kw,ti OR ((vegetarian* OR vegan) AND (diabet* OR prediabet* OR td2 OR hyperglycem*)):kw,ti | 4,711 |
| 17. | ((vegetarian* OR vegan* OR macrobiotic) AND (diet* OR eating OR food* OR habit* OR intake* OR intervention* OR management* OR pattern* OR therap* OR management*)):ab OR ((vegetarian* OR vegan*) AND (diabet* OR prediabet* OR td2 OR hyperglycem*)):ab | 4,733 |
| 18. | 16 OR 17 | 7,033 |
| Intervention: Other diets: high/low caloric, high/low protein | | |
| 19. | 'caloric restriction'/mj OR 'high calorie diet'/exp/mj OR 'protein restriction'/mj OR 'protein diet'/mj OR 'high-protein low-carbohydrate diet'/mj OR 'low calorie diet'/mj OR 'very low calorie diet'/mj | 15,508 |
| 20. | (vled:ab,kw,ti OR vlcd:ab,kw,ti OR (((caloric* OR calorie* OR energy OR protein* OR zone) NEXT/1 diet*):kw,ti) OR ((direct NEXT/3 stud*):ab,kw,ti) OR (((low OR lower OR restrict* OR reduc* OR high OR higher) NEAR/4 (caloric* OR calorie* OR energy OR fiber* OR fibre* OR protein*)):kw,ti) AND (diabet*:kw,ti OR td2:kw,ti OR hyperglycem*:kw,ti OR diet:kw,ti OR diets:kw,ti OR dietary:kw,ti OR dietaries:kw,ti OR eating:kw,ti OR food*:kw,ti OR intake*:kw,ti OR intervention*:kw,ti OR therap*:kw,ti OR treatment*:kw,ti) | 16,461 |
| 21. | (vled:ab OR vlcd:ab OR (((caloric* OR calorie* OR energy OR protein* OR zone) NEXT/1 diet*):ab) OR ((direct NEXT/3 stud*):ab) OR (((low OR lower OR restrict* OR reduc* OR high OR higher) NEAR/4 (caloric* OR calorie* OR energy OR fiber* OR fibre* OR protein*)):ab) AND (diabet*:ab OR td2:ab OR hyperglycem*:ab OR diet:ab OR diets:ab OR dietary:ab OR dietaries:ab OR eating:ab OR food*:ab OR intake*:ab OR intervention*:ab OR therap*:ab OR treatment*:ab) AND limit to PubMed-not-MEDLINE | 423 |
| 22. | 19 OR 20 OR 21 | 26,596 |
| Intervention: Other diets: low fat, high carbohydrates, high/low fiber | | |
| 23. | 'low fat diet'/exp/mj OR 'carbohydrate diet'/exp/mj OR 'carbohydrate loading diet'/mj OR 'high fiber diet'/exp OR 'low fiber diet'/de | 10,679 |
| 24. | (('fat-free' OR fiber* OR fibre* OR ((low OR lower OR restrict* OR reduc*) NEAR/4 (fat OR fats))) AND (diabet* OR td2 OR hyperglycem* OR diet OR diets OR dietary OR dietaries OR eating OR food* OR intake* OR intervention* OR therap* OR treatment*)):kw,ti OR (((high OR higher) NEAR/4 (carb OR carbs OR carbohydrat*)) AND (diabet* OR td2 OR hyperglycem* OR diet OR diets OR dietary OR dietaries OR eating OR food* OR intake* OR intervention* OR therap* OR treatment*)):kw,ti | 17,672 |
| 25. | (('fat-free' OR fiber* OR fibre* OR ((low OR lower OR restrict* OR reduc*) NEAR/4 (fat OR fats))) AND (diabet* OR td2 OR hyperglycem* OR diet OR diets OR dietary OR dietaries OR eating OR food* OR intake* OR intervention* OR therap* OR treatment*)):ab OR (((high OR higher) NEAR/4 (carb OR carbs OR carbohydrat*)) AND (diabet* OR td2 OR hyperglycem* OR diet OR diets OR dietary OR dietaries OR eating OR food* OR intake* OR intervention* OR therap* OR treatment*)):ab AND limit to PubMed-not-MEDLINE | 371 |
| 26. | 23 OR 24 OR 25 | 26,251 |
| 27. | 'cholesterol diet'/mj OR 'casein free diet'/exp/mj OR 'cereal-based diet'/exp OR 'diabetic diet'/de OR 'gluten free diet'/exp/mj OR 'high fat/high fructose diet'/exp/mj OR 'high fat/high glucose diet'/exp/mj OR 'high fat/high sucrose diet'/exp/mj OR 'low FODMAP diet'/de OR 'functional food'/mj OR 'health food'/mj OR 'low iodine diet'/de OR 'high glycemic index diet'/exp OR 'macrobiotic diet'/exp OR 'obesogenic diet'/exp/mj OR 'raw food diet'/exp OR 'unhealthy diet'/exp/mj OR 'western diet'/exp/mj | 11,744 |
| 28. | 26 OR 27 | 37,505 |
| Intervention: Food, Beverage | | |
| 29. | 'food'/exp AND 'diet therapy'/exp/mj | 21,820 |
| 30. | (('beverage'/exp/mj OR 'bran'/exp/mj OR 'condiment'/exp/mj OR 'dairy product'/exp/mj OR 'dietary fiber'/mj OR 'dietary supplement'/mj OR 'dried yeast'/mj OR 'edible oil'/exp/mj OR 'egg'/exp/mj OR 'fat'/mj OR 'fat substitute'/mj OR 'fermented product'/exp/mj OR 'flour'/exp/mj OR 'food drug interaction'/exp OR 'food grain'/exp/mj OR 'fruit'/exp/mj OR 'honey'/mj OR 'margarine'/mj OR 'meat'/exp/mj OR 'meat substitute'/exp/mj OR 'nectar'/mj OR 'nut'/exp/mj OR 'organic food'/mj OR 'pasta'/mj OR 'potato starch'/mj OR | 7,634 |

'poultry product'/exp/mj OR 'processed food'/exp/mj OR 'raw food'/mj OR 'roughage'/exp/mj OR 'sago'/mj OR 'salad'/mj OR 'sea food'/exp/mj OR 'soy food'/exp/mj OR 'staple food'/de OR 'starch'/mj OR 'sugar'/mj OR 'tapioca'/mj OR 'vegetable'/exp/mj OR 'yeast extract'/mj OR 'dietary intake'/mj OR 'caloric intake'/mj OR 'carbohydrate intake'/exp/mj OR 'dietary reference intake'/mj OR 'electrolyte intake'/exp/mj OR 'fat intake'/exp/mj OR 'fiber intake'/exp OR 'nutrient intake'/exp/mj OR 'protein intake'/exp/mj) AND ('diabetes mellitus'/de/mj OR 'impaired glucose tolerance'/exp/mj OR 'insulin dependent diabetes mellitus'/exp/mj OR 'insulin resistance'/mj OR 'non insulin dependent diabetes mellitus'/exp/mj OR 'pregnancy diabetes mellitus'/exp/mj OR 'diabetic diet'/de))

| | | |
|--------------------------------|---|---------|
| 31. | ((food* OR bread OR cacao OR capsicum OR cereal* OR grain* OR wholegrain* OR seeds OR barley OR corn OR oats OR rice OR wheat OR condiment* OR garlic OR spices OR cinnamon OR herbs OR nutmeg OR turmeric OR bars OR butter OR cheese OR dairy OR daires OR starch OR starches OR oil OR oils OR margarine OR "fermented foods" OR fruit* OR apple* OR apricot* OR avocado* OR bananas OR berries OR bilberr* OR blackberr* OR blackcurrant* OR blueberr* OR cranberr* OR elderberr* OR raspberr* OR strawberr* OR cherrie* OR citrus OR grapefruit* OR lemon OR lime* OR orange* OR coconut* OR figs OR OR grape* OR guava* OR kiwi* OR melon OR papaya* OR passionflower* OR peach* OR pear* OR pineapple* OR pomegranate* OR tomatoes OR honey OR nuts OR almond* OR cashew* OR peanut* OR pecan OR walnut* OR "raw foods" OR "soy foods" OR vegetable* OR asparagus* OR basil OR beet* OR carrot* OR cayenne OR celery OR chive* OR cucumber* OR ginger OR horseradish OR radish OR legume* OR lettuce OR onions OR parsley OR parsnip OR potato* OR pumpkin* OR radish OR rhubarb* OR spices OR spinach OR squash OR zingiberaceae OR egg OR eggs OR meat* OR poultry OR seafood* OR fish OR fishes OR shellfish*):kw,ti AND (diabet* OR td2 OR hyperglycem*):kw,ti) OR ((fructos OR starch* OR sucros* OR sugar) AND (diabet* OR diet* OR eating OR food* OR intake* OR intervention* OR therap* OR treatment*)):kw,ti OR ((high* OR low* OR restrict* OR reduc*) NEAR/3 (fiber* OR fibre* OR fructos* OR starch* OR sucros* OR sugar)):kw,ti | 16,119 |
| 32. | (food* OR bread OR cacao OR capsicum OR cereal* OR grain* OR wholegrain* OR seeds OR barley OR corn OR oats OR rice OR wheat OR condiment* OR garlic OR spices OR cinnamon OR herbs OR nutmeg OR turmeric OR butter OR cheese OR dairy OR daires OR starch OR starches OR oil OR oils OR margarine OR "fermented foods" OR fruit* OR apple* OR apricot* OR avocado* OR bananas OR berries OR bilberr* OR blackberr* OR blackcurrant* OR blueberr* OR cranberr* OR elderberr* OR raspberr* OR strawberr* OR cherrie* OR citrus OR grapefruit* OR lemon OR lime* OR orange* OR coconut* OR figs OR grape* OR guava* OR kiwi* OR melon OR papaya* OR passionflower* OR peach* OR pear* OR pineapple* OR pomegranate* OR tomatoes OR honey OR nuts OR almond* OR cashew* OR peanut* OR pecan OR walnut* OR "raw foods" OR "soy foods" OR vegetable* OR asparagus* OR basil OR beet* OR carrot* OR cayenne OR celery OR chive* OR cucumber* OR ginger OR horseradish OR radish OR legume* OR lettuce OR onions OR parsley OR parsnip OR potato* OR pumpkin* OR radish OR rhubarb* OR spices OR spinach OR squash OR zingiberaceae OR egg OR eggs OR meat* OR poultry OR seafood* OR fish OR fishes OR shellfish*):ab OR ((fiber* OR fibre* OR fructos OR starch* OR sucros* OR sugar) AND (diabet* OR diet* OR eating OR food* OR intake* OR intervention* OR therap* OR treatment*)):ab OR ((high* OR low* OR restrict* OR reduc*) NEAR/3 (fiber* OR fibre* OR fructos* OR starch* OR sucros* OR sugar)):ab AND limit to PubMed-not-MEDLINE | 1,425 |
| 33. | 29 OR 30 OR 31 OR 32 | 24,171 |
| Intervention: Beverages | | |
| 34. | 'beverage'/exp/mj OR 'coffee consumption'/mj OR 'milk'/exp/mj OR 'tea consumption'/mj OR ((beverage* OR coffee* OR (energy NEXT/2 drink*) OR juice* OR milk OR soda OR sodas OR (sports NEXT/2 drink*) OR tea OR teas) AND (diabet* OR td2 OR glucose* OR hyperglycem*)):kw,ti | 97,699 |
| 35. | ((beverage* OR coffee* OR (energy NEXT/2 drink*) OR juice* OR milk OR soda OR sodas OR (sports NEXT/2 drink*) OR tea OR teas) AND (diabet* OR td2 OR glucose* OR hyperglycem*)):ab AND limit to PubMed-not-MEDLINE | 15 |
| 36. | 34 OR 35 | 97,710 |
| Combined sets: | | |
| 37. | 7 OR 11 OR 15 OR 18 OR 22 OR 28 OR 33 OR 36 | 242,226 |

38. ('health economics'/de OR 'economic evaluation'/exp OR 'health care cost'/exp OR 'pharmacoeconomics'/exp OR econom*:.ab,ti OR cost:.ab,ti OR costs:.ab,ti OR costly:.ab,ti OR costing:.ab,ti OR price:.ab,ti OR prices:.ab,ti OR pricing:.ab,ti OR pharmacoeconomic*:.ab,ti OR (expenditure* NOT energy):ti,ab OR (value NEXT/2 money):.ab,ti OR budget*:.ab,ti) **NOT** ((metabolic NEXT/2 cost):.ab,ti OR ((energy or oxygen) NEXT/2 cost):.ab,ti OR ((energy or oxygen) NEAR/2 expenditure):.ab,ti)

1,412,207

Limits

39. ([article]/lim OR [article in press]/lim OR [editorial]/lim OR [erratum]/lim) AND ([danish]/lim OR [english]/lim OR [norwegian]/lim OR [swedish]/lim) AND ([embase]/lim OR [medline]/lim) AND [2009-2020]/py

Combined sets:

| | | |
|-----|------------------|------------|
| 40. | 3 AND 37 | 30,188 |
| 41. | 40 AND 38 | 832 |
| 42. | 41 AND 39 | 394 |

.ab,ti. = Abstract or title

| Search terms | Items found |
|---|-------------|
| Population: Diabetes mellitus | |
| 1. diabetes mellitus/ec or diabetes mellitus, experimental/ec or diabetes mellitus, type 1/ec or diabetes mellitus, type 2/ec or diabetes, gestational/ec or glucose intolerance/ec or exp hyperglycemia/ec or exp *Insulin Resistance/ or Diet, Diabetic/ec | 55,631 |
| 2. (diabetic* or diabetes* or diabetology or td2 or glucose intoleran* or impaired fasting glucose* or high fasting glucose* or impaired fasting plasma glucose* or high fasting plasma glucose* or impaired fasting blood glucose* or high fasting blood glucose* or impaired glucose tolerance* or hyperglycem* or (insulin adj2 (sensitiv* or resist*))). ti,kf. | 397,025 |
| 3. (diabetic* or diabetes* or diabetology or td2 or glucose intoleran* or impaired fasting glucose* or high fasting glucose* or impaired fasting plasma glucose* or high fasting plasma glucose* or impaired fasting blood glucose* or high fasting blood glucose* or impaired glucose tolerance* or hyperglycem* or (insulin adj2 (sensitiv* or resist*))).ab. limit 3 to "pubmed not medline" | 47,189 |
| 4. 1 OR 2 OR 3 | 477,389 |
| Intervention: Methods | |
| 5. (Fasting/ AND (exp diabetes mellitus/ or diabetes mellitus, experimental/ or diabetes mellitus, type 1/ or diabetes mellitus, type 2/ or diabetes, gestational/ or glucose intolerance/ or exp hyperglycemia/ or exp *Insulin Resistance/ or Diet, Diabetic/)) or portion size/ or serving size/ | 9,417 |
| 6. (eating adj3 rate*).ti,ab,kf. or ((alternate or intermittent) adj2 fasting) .ti,ab,kf. or (fast* adj2 day*).ti,ab,kf. or ((meal or meals) adj3 (plan* or replac* or skip or skipping)).ti,ab,kf. or (portion size* or serving size*).ti,ab,kf. or (time adj2 restricted feeding).ti,ab,kf. | 8,253 |
| 7. ((carb or carbs or carbohydrat*) adj2 counting).ti,ab,kf. | 337 |
| 8. 5 OR 6 OR 7 | 17,388 |
| Intervention: Mediterranean diet/DASH diet/Nordic diet | |
| 9. Diet, Mediterranean/ or exp Dietary Approaches To Stop Hypertension/ or glycemic index/ or glycemic load/ | 6,388 |
| 10. ((mediterranean or dash or dietary approaches to stop hypertension) AND (diabet* or td2 or glucose* or hyperglycem*).ti,kf. or ((glycemic or glycaemic or glycaemia or gi or gl) adj10 (diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*).ti,kf. or MedDiet.ti,kf. or PREDIMED.ti,ab,kf. or ((nordic or baltic) AND (diet* or eating or food* or diabet* or td2 or glucose* or hyperglycem*).ti,kf | 3,918 |
| 11. (mediterranean or dash or dietary approaches to stop hypertension or MedDiet).ab. or ((glycemic or glycaemic or glycaemia or gi or gl) adj4 (diet* or eating or food* or intake* or intervention* or management* or restrict* or reduc* or therap* or treatment*).ab. OR ((nordic diet* OR baltic diet*) adj20 (diabet* or td2 OR 'glucose intoleran*' or hyperglycem*).ab. AND limit 11 to "pubmed not medline" | 6,698 |
| 12. 9 OR 10 OR 11 | 15,607 |
| Intervention: Carbohydrate-restricted diet, High fat diet, PUFA; MUFA | |
| 13. exp diet, carbohydrate-restricted/ or exp diet, high-protein low-carbohydrate/ or exp Diet, High-Fat/ or exp diet, ketogenic/ or Diet, Paleolithic/ | 16,038 |
| 14. (LCHF or Atkin* or PUFA or MUFA).ti,ab,kf. or (((control* or low or lower or restrict* or reduc*) adj4 (carb or carbs or carbohydrat*)) AND (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*).ti,kf. or (((high or higher) adj6 (fat or fats)) AND (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*).ti,kf. | 27,064 |
| 15. (((low or lower or restrict* or reduc*) adj4 (carb or carbs or carbohydrat*)) AND (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*).ab. or (((high or higher) adj6 (fat or fats)) AND (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*).ab. AND limit 15 to "pubmed not medline" | 4,297 |

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| 16. | (paleo* adj10 (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*)).ti,ab,kf. or (caveman diet* or hunter-gatherer diet* or stone age diet*).ti,ab,kf. | 404 |
| 17. | 13 OR 14 OR 15 OR 16 | 39,937 |
| Intervention: Other diets: Vegetarian/vegan diet | | |
| 18. | exp diet, vegetarian/ or diet, vegan/ or ((vegetarian* or vegan*) AND (diet* or eating or food* or habit* or intake* or intervention* or management* or pattern* or deficit* or product* or program* or restrict* or reduc* or therap*)).ti,kf. or ((vegetarian* or vegan*) adj4 (diet* or eating or food* or habit* or intake* or intervention* or management* or pattern* or product* or program* or restrict* or reduc* or therap*)).ab. or ((vegetarian* or vegan*) adj10 (diabet* or prediabet* or td2 or glucose* or hyperglycem*)).ti,ab,kf. | 4,469 |
| Intervention: Other diets: High/low caloric, high/ /low protein/low fat | | |
| 19. | caloric restriction/ or exp diet, high protein/ or exp diet, high-protein low-carbohydrate/or Diet, Protein-Restricted/ or diet, reducing/ or energy intake/ or Diet, Protein-Restricted/ | 56,970 |
| 20. | (VLED or VLCD).ti,kf. or ((caloric* or calorie* or energy or protein* or Zone) adj diet*).ti,kf. or (((high or higher) or low or lower or restrict* or reduc*) adj4 (caloric* or calorie* or energy or protein*)) AND (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*)).ti,kf. or DiRECT stud*.ti,ab,kf. | 11,375 |
| 21. | (((low or lower or restrict* or reduc*) adj4 (caloric* or calorie* or energy or energy)) AND (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*)).ab. or (((high or higher) adj4 (caloric* or calorie* or energy or energy)) AND (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*)).ab. or ((caloric* or calorie* or energy) adj diet*).ab. AND limit 21 to "pubmed not medline" | 4,438 |
| 22. | 19 OR 20 OR 21 | 68,302 |
| 23. | exp Diet, Fat-Restricted/ or diet, carbohydrate loading/ | 3,759 |
| 24. | ((fat-free or fiber* or fibre* or ((low or lower or restrict* or reduc*) adj4 (fat or fats))) and (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*)).ti,kf. or (((high or higher) adj4 (carb or carbs or carbohydrat*)) AND (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*)).ti,kf | 12,500 |
| 25. | ((fat-free or fibre* or ((low or lower or restrict* or reduc*) adj4 (fat or fats))) and (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*)).ab. or (((high or higher) adj4 (carb or carbs or carbohydrat*)) and (diabet* or td2 or hyperglycem* or diet or diets or dietary or dietaries or eating or food* or intake* or intervention* or therap* or treatment*)).ab. AND limit 25 to "pubmed not medline" | 51,935 3,720 |
| 26. | 23 OR 24 OR 25 | 18,637 |
| 27. | diet, diabetic/ or diet, gluten-free/ or *diet, reducing/ or exp diet, macrobiotic/ or *diet, sodium-restricted/ or diet, healthy/ or diet therapy.fs. | 62,810 |
| Combined sets | | |
| 28. | 18 OR 22 OR 26 OR 27 | 133,869 |
| Intervention: Food / Beverages | | |
| 29. | (beverages/ or carbonated beverages/ or coffee/ or exp drinking water/ or energy drinks/ or "fruit and vegetable juices"/ or exp milk/ or milk substitutes/ or exp tea/ or "fermented foods and beverages"/) or ((beverage* or coffee* or energy drink* or juice* or milk or soda or sodas or sports drink* or tea or teas) AND (diabet* or td2 or glucose* or hyperglycem*)).ti,kf. | 121,565 |
| 30. | ((beverage* or coffee* or energy drink* or juice* or soft drink* or sports drink* or tea or teas) AND (diabet* or td2 or glucose* or hyperglycem*)).ab. AND limit 30 to "pubmed not medline" | 622 |
| 31. | 29 OR 30 | 122,065 |
| Intervention: Food AND nutrition therapy AND diabetes | | |
| 32. | exp Food/ AND (exp nutrition therapy/ or exp diet therapy/) | 24,652 |
| 33. | ((exp "fermented foods and beverages"/ or Food/ or food additives/ or fat substitutes/ or exp Brassica/ or bread/ or Capsicum/ or chocolate/ or exp crops, agricultural/ or exp dairy products/ or edible grain/ or exp eggs/ or exp Fabaceae/ or exp dietary fats/ or exp fats, unsaturated/ or food, organic/ or fruit/ or functional food/ or honey/ or molasses/ or exp | 5,317 |

nutrients/ or nuts/ or plants, edible/ or raw foods/ or salads/ or seeds/ or vegetables/ or exp zingiberaceae/ or exp fruit proteins/ or exp grain proteins/ or exp milk proteins/ or exp dietary proteins/ or dietary proteins/ or exp plant proteins, dietary/ or exp dietary carbohydrates/ or exp dietary fiber/ or starch/) AND (exp nutrition therapy/ or exp diet therapy/) AND (exp diabetes mellitus/ or diabetes mellitus, experimental/ or diabetes mellitus, type 1/ or diabetes mellitus, type 2/ or diabetes, gestational/ or glucose intolerance/ or exp hyperglycemia/ or exp *Insulin Resistance/ or Diet, Diabetic/) or ((apple* or apricot* or avocado* or asparagus* or banana* or barley or bean* or berry or berries or bilberry* or blackberr* or blackcurrant* or blueberr* or basil or beet* or capsicum or carrot* or cayenne* or celery OR chive* OR cucumber* or bread or butter or cacao* or coconut or cheese* or citrus or cranberry* or cereal* or cherry or cherries or cinnamon or citrus* or corn or dairy or elderberry* or fabaceae* or figs or fruit* or grain* or wholegrain* or grape* or guava* or legume* or lemon* or lime* or lycopersicon esculent* or garlic or grain* or margarine or nut or nuts or nutmeg or oats or oil or oils or olive* or pistach* or grapefruit* or orange* or kiwi* or melon* or papaya* or passionflower* or peach* or pear* or pineapple* or pomegranate* or seed or seeds or solanum lycopersicum or solanum tuberosum or potato* or rice or spices or tomato* or vegetable* or asparagus* or basil or beet* or carrot* or cayenne or celery or chive* or cucumber* or ginger OR horseradish OR legume* OR lettuce OR onions OR parsley OR parsnip* or walnut* or wheat or fermented) AND (diabetic* or diabetes* or diabetology or td2 or hyperglycem*).ti,kf. or (((high* or low* or restrict* or reduc*) adj3 (fructos* OR starch* OR sucros* or sugar)) AND (diabetic* or diabetes* or diabetology or td2 or hyperglycem*).ti,kf.

| | | |
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| 34. | ((apple* or apricot* or avocado* or asparagus* or banana* or barley or bean* or berry or berries or bilberry* or blackberr* or blackcurrant* or blueberr* or basil or beet* or capsicum or carrot* or cayenne* or celery OR chive* OR cucumber* or bread or butter or cacao* or coconut or cheese* or citrus or cranberry* or cereal* or cherry or cherries or cinnamon or citrus* or corn or dairy or elderberry* or fabaceae* or figs or fruit* or grain* or wholegrain* or grape* or guava* or legume* or lemon* or lime* or lycopersicon esculent* or garlic or grain* or margarine or nut or nuts or nutmeg or oats or oil or oils or olive* or pistach* or grapefruit* or orange* or kiwi* or melon* or papaya* or passionflower* or peach* or pear* or pineapple* or pomegranate* or seed or seeds or solanum lycopersicum or solanum tuberosum or potato* or rice or spices or tomato* or vegetable* or asparagus* or basil or beet* or carrot* or cayenne or celery or chive* or cucumber* or ginger or horseradish or legume* or lettuce or onions or parsley or parsnip* or walnut* or wheat or fermented) and (diabetic* or diabetes* or diabetology or td2 or hyperglycem*).ab. or (((high* or low* or restrict* or reduc*) adj3 (fructos* OR starch* OR sucros*)) AND (diabetic* or diabetes* or diabetology or td2 or hyperglycem*).ab. | 2,141 |
| | AND limit 34 to "pubmed not medline" | |
| 35. | 32 OR 33 OR 34 | 29,247 |
| 36. | ((exp meat/ or exp meat products/ or exp meat proteins/ or exp poultry/ or exp poultry proteins/ or Animal Proteins, Dietary/ or Egg Proteins, Dietary/ or exp red meat/ or exp seafood/ or exp Fishes/ or exp fish proteins, dietary/ or exp shellfish proteins/ or exp fish oils/) and (exp diabetes mellitus/ or diabetes mellitus, experimental/ or diabetes mellitus, type 1/ or diabetes mellitus, type 2/ or diabetes, gestational/ or glucose intolerance/ or exp hyperglycemia/ or exp *Insulin Resistance/ or Diet, Diabetic/) or ((egg or eggs or fish* or meat* or poultry or seafood* or shellfish*) and (diabet* or td2 or hyperglycem* or diet* or eating or food* or intake* or intervention* or restrict* or reduc* or therap* or treatment*).ti,kf. | 17,424 |
| 37. | ((egg or eggs or fish* or meat* or poultry or seafood* or shellfish*) and (diabet* or td2 or hyperglycem*) and (diet* or eating or food* or habit* or intake* or intervention* or restrict* or reduc* or therap* or treatment*).ab. | 3,259 |
| 38. | 36 OR 37 | 20,251 |
| Combined sets | | |
| 39. | 8 OR 12 OR 17 OR 28 OR 31 OR 35 OR 38 | 333,696 |
| Health economic aspects (filter: NHS EED¹) | | |
| 40. | (economics/ OR exp "costs and cost analysis"/ OR economics, dental/ OR exp "economics, hospital"/ OR economics, medical/ OR economics, nursing/ OR economics, pharmaceutical/ OR (economic\$ or cost or costs or costly or costing or price or prices or pricing or | 1,677,885 |

¹ <http://www.crd.york.ac.uk/crdweb/searchstrategies.asp>

pharmacoeconomic\$.ti,ab. OR (expenditure\$ not energy).ti,ab OR (value adj1 money).ti,ab.
 OR budget\$.ti,ab.) NOT (((energy or oxygen) adj cost).ti,ab. OR (metabolic adj cost).ti,ab. OR
 ((energy or oxygen) adj expenditure).ti,ab.) NOT (letter.pt or historical article.pt.)

| Limits | | |
|----------------------|--|------------|
| 41. | limit to yr="2009 – 2020 AND "limit to (danish or english or norwegian or swedish) | |
| Combined sets | | |
| 42. | 4 AND 39 | 35,810 |
| 43. | 42 AND 40 | 905 |
| 44. | 43 AND 41 | 641 |

The search result, usually found at the end of the documentation, forms the list of abstracts.

.ab. =Abstract

.ab,ti. = Abstract or title

.af.= All fields

Exp= Term from the Medline controlled vocabulary, including terms found below this term in the MeSH hierarchy

.sh.= Term from the Medline controlled vocabulary

.ti. = Title

/ = Term from the Medline controlled vocabulary, but does not include terms found below this term in the MeSH hierarchy

* = Focus (if found in front of a MeSH-term)

* or \$= Truncation (if found at the end of a free text term)

.mp=text, heading word, subject area node, title