Potentially relevant studies identified through systematic searches
\( (n = 184) \)

Excluded \( (n = 72) \)
- Duplicate publications \( (n = 57) \)
- Review articles \( (n = 4) \)
- Studies included in previous review \( (n = 11) \)

Articles and abstracts retrieved for more detailed evaluation
\( (n = 112) \)

Excluded studies \( (n = 96) \)
- No quantitative dietary outcomes \( (n = 42) \)
- Not an intervention \( (n = 51) \)
- Outcome analysis not by intervention group \( (n = 2) \)
- Duration < 8 weeks \( (n = 1) \)

Studies included in review
\( (n = 16) \)