Records identified through database searching:
Limits- RCTs, Humans, >19 years
MEDLINE (n=2132)
EMBASE (n=219)
Cochrane Trial Register (n=1510)

Additional records identified through other sources (n =1)

Records screened (n =3862)

Records excluded: <18 years, <12 months, no appropriate dietary regimen, duplicates (n=3825)

Full-text articles assessed for eligibility (n =37)

Full-text articles excluded, with reasons (n = 22)
HP/LF or LP/LF (>30% fat) (n=14)
Comparison low calorie diet (n=1)
Slimfast soy based meal replacement (n=2)
Lupin enriched foods (n=2)
Duplicate data (n=4)

Studies included in qualitative synthesis (n = 15)

Studies included in quantitative synthesis (meta-analysis) (n = 15)