Literature search:
Mainstream databases (e.g. MEDLINE, EMBASE) and other databases

Search results combined (n=154)

Articles screened on basis of title and abstract

Included (n=37)

Excluded (n=117)
- Devoid of relevant maternal or infant outcomes
- No control group
- No lifestyle, dietary, health education or exercise intervention
- GDM, Pre-pregnancy diabetes or PCOS

Full text manuscript review and application of inclusion criteria

RCTs (n=13)

Non-RCTs (n=6)

Excluded (n=18)
- Trial protocol (2)
- Data not complete (4)
- Duplicate publication data (2)
- Observational study (1)
- Outcome data not relevant (8)
- Pilot RCT with small sample size (1)