Potentially relevant records identified and screened for retrieval (n=3666)

Citations excluded (n=3175)
  - Not relevant (n=3114)
  - No translator (n=58)
  - Not retrievable (n=3)

Articles retrieved for detailed evaluation (n=491)

Articles excluded (n=440)
  - No relevant control group (n=114)
  - No original research (n=77)
  - Intervention (n=79)
  - No relevant study design (n=58)
  - Population (n=46)
  - Sample size (n=44)
  - No usable data (n=7)
  - No relevant outcome (n=13)
  - Not published (n=1)
  - Multiple publication (n=1)

Primary articles included in the systematic review (n=51)
  - Trials included in the systematic review (n=53)
  - ≥1 week weight management, blood glucose and lipids trials (n=13)
  - 2-hour response trials (n=40)