Initial records identified (n=2196)
- PubMed (n=304)
- Embase (n=92)
- LILACS (n=37)
- CINAHL (n=303)
- Cochrane (n=493)
- Web of Science (n=29)
- PEDro (n=196)
- Sport Discus (n=404)
- DAI (n=338)
- CINAHL (n=303)
- DAI (n=338)

Records after duplicates removed (n = 1401)

Initial records screened based on title and abstract (n = 1401)

Records excluded (n = 1102), with reasons*
- Abstract (n=7)
- Animal study (n=91)
- Drug Intervention study (n=86)
- Lipids data not collected (n=1)
- Same participants as another study (15)
- Study limited to children and/or adolescents (n=101)
- Not a RCT (n=415)
- Behavioral intervention (n=61)
- Control received intervention other than attention control or usual care (n=139)
- Not a diet & aerobic exercise study (n=227)

Full-text articles assessed for eligibility (n = 299)

Records excluded (n = 293), with reasons*
- Abstract (n=2)
- Animal study (n=1)
- Drug Intervention study (n=13)
- Lipids data not collected (n=4)
- Same participants as another study (19)
- Not a RCT (n=140)
- Behavioral intervention (n=82)
- Control received intervention other than attention control or usual care (n=61)
- Not a diet & aerobic exercise study (n=33)
- Did not meet diet criteria (n=16)

Articles included in meta-analysis (n = 6)