### TABLE S1: Search Strategy

#### Pubmed

|   |   |
|---|---|
| (fatty liver[mh] OR "fatty liver"[tiab] OR Non-alcoholic Fatty Liver Disease[tiab] OR nonalcoholic fatty liver disease[tiab] OR NASH[tiab] OR NAFLD[tiab]) AND (Caloric restriction[mh] OR ketogenic diet[tiab] OR carbohydrate-restricted diet[tiab] OR Mediterranean diet[mh] OR Mediterranean diet[tiab] OR Diet, Fat-restricted[mh] OR Diet, Paleolithic[mh] OR paleolithic diet[tiab] OR Diet, Reducing[mh] OR diet therapy[mh] OR very low calorie diet[tiab] OR DASH diet[tiab] OR intermittent fasting[tiab] OR weight loss[tiab] OR weight loss[mh] OR caloric restriction[tiab]) AND adult[MeSH])) NOT ((fatty liver[mh] OR "fatty liver"[tiab] OR Non-alcoholic Fatty Liver Disease[tiab] OR nonalcoholic fatty liver disease[tiab] OR NASH[tiab] OR NAFLD[tiab]) AND (Caloric restriction[mh] OR ketogenic diet[tiab] OR carbohydrate-restricted diet[tiab] OR Mediterranean diet[mh] OR Mediterranean diet[tiab] OR Diet, Fat-restricted[mh] OR Diet, Paleolithic[mh] OR paleolithic diet[tiab] OR Diet, Reducing[mh] OR diet therapy[mh] OR very low calorie diet[tiab] OR DASH diet[tiab] OR intermittent fasting[tiab] OR weight loss[tiab] OR weight loss[mh] OR caloric restriction[tiab])) AND adult[MeSH]))) Filters: Publication date from 2000/01/01 to 2019/12/31; English; Adult: 19+ years

#### Embase

|   |   |
|---|---|
| 1. 'fatty liver'/exp OR 'nonalcoholic fatty liver'/exp |
| 2. 'hepatic steatosis':ab,ti OR 'nonalcoholic fatty liver':ab,ti OR nash:ab,ti OR nafld:ab,ti |
| 3. #1 OR #2 |
| 4. diet therapy'/exp OR 'low carbohydrate diet'/exp OR 'low calorie diet'/exp OR 'mediterranean diet'/exp OR 'diet restriction'/exp OR 'carbohydrate diet'/exp OR 'low fat diet'/exp OR 'body weight loss'/exp N = 506,700 |
| 5. 'low fat-high carbohydrate diet':ab,ti OR 'ketogenic diet':ab,ti OR 'mediterranean diet':ab,ti OR 'paleolithic diet':ab,ti OR 'reducing diet':ab,ti OR 'weight loss':ab,ti |
| 6. #4 OR #5 |
| 7. #4 AND #6 |
| 8. #7 AND 'case report'/de |
| 9. #7 AND 'review'/it |
| 10. #8 OR #9 |
| 11. #7 NOT #10 |
| 12. #7 NOT #10 AND ([adult]/lim OR [aged]/lim) AND [2000-2019]/py AND [english]/lim |
2. Barriers and Facilitators to Mediterranean Diet Adoption by Patients with Non-alcoholic Fatty Liver Disease in Northern Europe. Not in Embase or Scopus

3. The Mediterranean diet improves hepatic steatosis and insulin sensitivity in individuals with non-alcoholic fatty liver disease

4. Effect of Mediterranean Diet and Antioxidant Formulation in Non-Alcoholic Fatty Liver Disease: A Randomized Study.

5. Effects of a Low-Calorie, Low-Carbohydrate Soy Containing Diet on Systemic Inflammation Among Patients with Nonalcoholic Fatty Liver Disease: A Parallel Randomized Clinical Trial.

6. Effects of a Low-Calorie, Low-Carbohydrate Soy Containing Diet on Systemic Inflammation Among Patients with Nonalcoholic Fatty Liver Disease: a randomized clinical trial.

7. Effect of a Low Glycemic Index Mediterranean Diet on Non-Alcoholic Fatty Liver Disease. A Randomized Controlled Clinical Trial.
Supplement Table 2: Downs and Black Checklist

| Study Title    | Reporting (0-10) | External Validity (0-3) | Internal Validity – Bias (0-7) | Internal Validity – Confounding (Selection Bias) (0-6) | Power (0-1) | Total (0-28) |
|----------------|------------------|-------------------------|--------------------------------|--------------------------------------------------------|-------------|--------------|
| Ryan 2013      | 9                | 0                       | 5                              | 4                                                      | 0           | 18           |
| Misciagna 2017 | 8                | 3                       | 5                              | 5                                                      | 1           | 22           |
| Katsagoni 2018 | 10               | 3                       | 5                              | 5                                                      | 0           | 23           |
| Abenavoli 2017 | 7                | 1                       | 5                              | 4                                                      | 0           | 17           |
| Properzi 2018  | 9                | 1                       | 6                              | 6                                                      | 0           | 22           |
| Johari 2019    | 9                | 1                       | 5                              | 5                                                      | 1           | 21           |