**Supplementary file 2. Search strategy used**

SCOPUS database

(TITLE-ABS-KEY("trial" OR "intervention") AND TITLE-ABS-KEY("food" OR "diet") AND TITLE-ABS-KEY("compliance" OR "adherence") AND TITLE-ABS-KEY("weight loss")) AND PUBYEAR > 2003 AND PUBYEAR < 2016 AND ( LIMIT-TO(LANGUAGE,"English" ) )

Cochrane Library

1. "trial" or "intervention":ti,ab,kw and "diet" or "food" and "weight loss" and "compliance" or "adherence" (Word variations have been searched)

"trial" or "intervention" in Title, Abstract, Keywords and "diet" or "food" and "weight loss" and "compliance" or "adherence" (Word variations have been searched)