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| --- |
| **The Effectiveness of nutrition education programs on dietary intake changes in athletes** |
|  |
| **PUBMED SEARCH** (using title/abstract)  |
|  |
| ("Athletes"[Mesh] OR athlete\* OR sport\* NOT children) |
|  |
| AND |
| ("Diet"[Mesh] OR Diet\* OR nutrition\* OR "Diet, Food, and Nutrition"[Mesh] OR "Food"[Mesh]) |
|  |
| AND |
| (counsel\* OR program\* OR "Education"[Mesh] OR "Health Education"[Mesh] OR Education\* OR intervention\* OR strateg\* OR "Program Evaluation"[Mesh] OR "Curriculum"[Mesh] OR curriculum OR lesson\* OR class OR classes OR workshop\*)  |
|  |
| AND |
|  |
| ("Energy Intake"[Mesh] OR “Energy Balance” OR "Behavior"[Mesh] OR Behav\* OR "Health Behavior"[Mesh] OR "Feeding Behavior"[Mesh] OR Intake\* OR Consumption OR habits OR patterns OR practices) |
|  |
|  |
| **SPORTDISCUS SEARCH** |
|  |
| (DE "ATHLETES" OR athlete\* OR elite OR sport\*)  |
|  |
| AND  |
| (counselling OR program\* OR DE "HEALTH education" OR Education OR intervention\* OR strateg\*) |
|  |
| AND  |
|  |
| (DE "NUTRITION of athletes" OR DE "DIETETICS" OR DE "FOOD habits" OR DE "NUTRITION counseling" OR Behav\* OR Intake\*) |
|  |
|  |
| **CINAHL SEARCH** |
|  |
| (DE "ATHLETES" OR athlete\* OR elite OR sport\*)  |
|  |
| AND  |
| (counselling OR program\* OR DE "HEALTH education" OR Education OR intervention\* OR strateg\*) |
|  |
| AND  |
|  |
| (DE "NUTRITION of athletes" OR DE "DIETETICS" OR DE "FOOD habits" OR DE "NUTRITION counseling" OR Behav\* OR Intake\*) |
|  |
|  |
| **EMBASE SEARCH** |
|  |
| (DE "ATHLETES" OR athlete\* OR elite OR sport\*)  |
|  |
| nutrition OR 'dietary intake' OR diet  |
|  |
| AND |
|  |
| 'counseling' OR 'health program' OR education OR intervention OR strateg\* OR 'dietetics education' |
| AND  |
|  |
| behav\* OR 'caloric intake' OR intake |

Supplementary Figure 1. Search strategy used to identify studies for inclusion.