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| **eTable. Summary of literature search** | | | | | | | | | | | | | | | | | | | | | | | | | |
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| **Source** |  | **Search terms** |  | **Id. articles** |  | **Incl.** |  | Meta-analysis | Systematic review | Randomized clinical trial | Prospective observational study |  | **Excl.** |  | Not English | Not human | Not adult | Retrospective/cross-sectional study | Case/ experimental study | Not relevant patients/ outcome | Non-systematic review | No abstract available | Conf. abstract | Dupl. | Other |
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| **MEDLINE/PubMeda** 1946 –  Oct 1, 2014 |  | *"Body Weight Changes"[Mesh]* |  | 201 |  | 10 |  |  | 2 | 4 | 4 |  | 140 |  | 21 | 3 | 88 | 1 | 4 | 22 |  | 1 |  |  |  |
|  |  |  |  |  |  |  |  |  | *Kaltenbach et al. 2006* | *Singh et al. 2013* | *Ness-Jensen et al. 2013* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | *De Groot et al. 2009* | *Kjellin et al. 1996* | *Cremonini et al. 2006* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | *Mathus-Vliegen et al. 2002* | *Jacobson et al. 2006* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | *Mathus-Vliegen et al. 2003* | *Fraser-Moodie et al. 1999* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | Excluding obesity surgery |  | -51 |  | 0 |  |  |  |  |  |  | 0 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | *"Smoking Cessation"[Mesh]* |  | 12 |  | 1 |  |  |  |  | 1 |  | 11 |  | 3 |  | 4 | 1 | 1 | 2 |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | *Ness-Jensen et al. 2013* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | *"Diet Therapy"[Mesh]* |  | 72 |  | 4 |  |  | 1 | 1 | 2 |  | 68 |  | 22 | 4 | 27 | 1 | 1 | 8 | 2 | 3 |  |  |  |
|  |  |  |  |  |  |  |  |  | *De Groot et al. 2009* | *Kjellin et al. 1996* | *Austin et al. 2006* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | *Fraser-Moodie et al. 1999* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  | *"Meals"[Mesh]* |  | 6 |  | 0 |  |  |  |  |  |  | 6 |  | 1 |  | 2 |  |  |  |  |  |  |  | 3 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **eTable. Continued** | | | | | | | | | | | | | | | | | | | | | | | | | |
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| **Source** |  | **Search terms** |  | **Id. articles** |  | **Incl.** |  | Meta-analysis | Systematic review | Randomized clinical trial | Prospective observational study |  | **Excl.** |  | Not English | Not human | Not adult | Retrospective/cross-sectional study | Case/ experimental study | Not relevant patients/ outcome | Non-systematic review | No abstract available | Conf. abstract | Dupl. | Other |
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|  |  | *"Dietary Fats"[Mesh]* |  | 54 |  | 1 |  |  | 1 |  |  |  | 53 |  | 8 |  | 21 | 4 | 12 | 5 |  | 3 |  |  |  |
|  |  |  |  |  |  |  |  |  | *Kaltenbach et al. 2006* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | *"Dietary Carbohydrates" [Mesh]* |  | 17 |  | 0 |  |  |  |  |  |  | 17 |  | 1 |  | 10 | 1 | 3 | 2 |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | *"Cacao"[Mesh]* |  | 5 |  | 0 |  |  |  |  |  |  | 5 |  |  |  | 2 |  | 2 |  |  | 1 |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | *"Mentha piperita"[Mesh]* |  | 1 |  | 1 |  |  | 1 |  |  |  | 0 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | *Kaltenbach et al. 2006* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | *"Coffee"[Mesh]* |  | 20 |  | 0 |  |  |  |  |  |  | 20 |  | 4 |  | 1 | 3 | 5 | 5 | 2 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | *"Ethanol"[Mesh]* |  | 32 |  | 0 |  |  |  |  |  |  | 32 |  | 12 | 4 | 8 |  | 4 | 3 |  |  |  |  | 1 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | *"Citrus"[Mesh]* |  | 18 |  | 1 |  |  | 1 |  |  |  | 17 |  |  | 1 | 4 |  | 3 | 6 |  | 2 |  |  | 1 |
|  |  |  |  |  |  |  |  |  | *Kaltenbach et al. 2006* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | *"Carbonated Beverages" [Mesh]* |  | 37 |  | 1 |  |  | 1 |  |  |  | 36 |  | 1 |  | 13 | 1 | 5 | 12 |  | 1 |  |  | 3 |
|  |  |  |  |  |  |  |  |  | *Johnson et al. 2010* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | *"Spices"[Mesh]* |  | 6 |  | 1 |  |  | 1 |  |  |  | 5 |  | 1 |  | 3 |  | 1 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | *Kaltenbach et al. 2006* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **eTable. Continued** | | | | | | | | | | | | | | | | | | | | | | | | | |
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| **Source** |  | **Search terms** |  | **Id. articles** |  | **Incl.** |  | Meta-analysis | Systematic review | Randomized clinical trial | Prospective observational study |  | **Excl.** |  | Not English | Not human | Not adult | Retrospective/cross-sectional study | Case/ experimental study | Not relevant patients/ outcome | Non-systematic review | No abstract available | Conf. abstract | Dupl. | Other |
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|  |  | *"Dietary Fiber"[Mesh]* |  | 23 |  | 1 |  |  |  | 1 |  |  | 22 |  | 3 | 2 | 7 | 2 | 2 | 5 |  | 1 |  |  |  |
|  |  |  |  |  |  |  |  |  |  | *DiSilvestro et al. 2011* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | *"Posture"[Mesh]c* |  | 73 |  | 3 |  |  | 1 | 2 |  |  | 70 |  | 6 |  | 28 | 1 | 8 | 27 |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | *Kaltenbach et al. 2006* | *Piesman et al. 2007* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | *Hamilton et al. 1988* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  | *"Exercise"[Mesh]* |  | 54 |  | 0 |  |  |  |  |  |  | 54 |  | 4 |  | 12 | 10 | 21 | 6 | 1 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **eTable. Continued** | | | | | | | | | | | | | | | | | | | | | | | | | |
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| **Source** |  | **Search terms** |  | **Id. articles** |  | **Incl.** |  | Meta-analysis | Systematic review | Randomized clinical trial | Prospective observational study |  | **Excl.** |  | Not English | Not human | Not adult | Retrospective/cross-sectional study | Case/ experimental study | Not relevant patients/ outcome | Non-systematic review | No abstract available | Conf. abstract | Dupl. | Other |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **EMBASE/OvidSPb** 1980 - Oct 1, 2014 |  | *weight reduction* |  | 104 |  | 8 |  |  | 2 | 4 | 2 |  | 72 |  | 3 | 6 | 35 |  | 1 | 26 |  |  | 1 |  |  |
|  |  |  |  |  |  |  |  |  | *Kaltenbach et al. 2006* | *Singh et al. 2013* | *Ness-Jensen et al. 2013* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | *De Groot et al. 2009* | *Mathus-Vliegen et al. 1996* | *Fraser-Moodie et al. 1999* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | *Mathus-Vliegen et al. 2002* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | *Mathus-Vliegen et al. 2003* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | *excluding obesity surgery* |  | -24 |  | 0 |  |  |  |  |  |  | 0 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | *smoking cessation* |  | 65 |  | 2 |  |  | 1 |  | 1 |  | 63 |  | 2 | 0 | 42 |  | 1 | 16 |  |  | 2 |  |  |
|  |  |  |  |  |  |  |  |  | *Kaltenbach et al. 2006* |  | *Ness-Jensen et al. 2013* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | *diet therapy* |  | 38 |  | 3 |  |  | 2 |  | 1 |  | 35 |  | 5 | 5 | 22 |  |  | 3 |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | *Kaltenbach et al. 2006* |  | *Austin et al. 2006* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | *De Groot et al. 2009* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **eTable. Continued** | | | | | | | | | | | | | | | | | | | | | | | | | |
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|  |  | *diet* |  | 51 |  | 1 |  |  | 1 |  |  |  | 50 |  | 10 | 6 | 21 | 3 | 1 | 9 |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | *Kaltenbach et al. 2006* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | *meals* |  | 11 |  | 0 |  |  |  |  |  |  | 11 |  | 2 |  | 4 |  | 2 | 3 |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | *fat* |  | 6 |  | 0 |  |  |  |  |  |  | 6 |  |  |  | 2 |  | 3 | 1 |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | *carbohydrate* |  | 6 |  | 0 |  |  |  |  |  |  | 6 |  |  |  | 3 |  | 2 |  |  |  | 1 |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | *cacao* |  | 2 |  | 1 |  |  | 1 |  |  |  | 1 |  |  |  |  |  | 1 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | *Kaltenbach et al. 2006* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | *mentha piperita* |  | 1 |  | 1 |  |  | 1 |  |  |  | 0 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | *Kaltenbach et al. 2006* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | *coffee* |  | 14 |  | 1 |  |  | 1 |  |  |  | 13 |  | 1 |  | 7 | 1 | 1 | 3 |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | *Kaltenbach et al. 2006* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | *alcohol* |  | 44 |  | 0 |  |  |  |  |  |  | 44 |  | 11 | 4 | 16 | 1 | 2 | 7 | 1 |  |  |  | 2 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | *citrus* |  | 0 |  | 0 |  |  |  |  |  |  | 0 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | *carbonated beverages* |  | 10 |  | 1 |  |  | 1 |  |  |  | 9 |  |  | 1 | 5 |  | 3 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | *Kaltenbach et al. 2006* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | *spices* |  | 1 |  | 0 |  |  |  |  |  |  | 1 |  |  |  |  |  |  | 1 |  |  |  |  |  |

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| **eTable. Continued** | | | | | | | | | | | | | | | | | | | | | | | | | |
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| **Source** |  | **Search terms** |  | **Id. articles** |  | **Incl.** |  | Meta-analysis | Systematic review | Randomized clinical trial | Prospective observational study |  | **Excl.** |  | Not English | Not human | Not adult | Retrospective/cross-sectional study | Case/ experimental study | Not relevant patients/ outcome | Non-systematic review | No abstract available | Conf. abstract | Dupl. | Other |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | *dietary fiber* |  | 21 |  | 0 |  |  |  |  |  |  | 21 |  |  |  | 9 | 1 | 2 | 7 |  | 1 |  | 1 |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | *posture* |  | 47 |  | 0 |  |  |  |  |  |  | 47 |  | 5 | 8 | 23 | 1 | 6 | 3 |  | 1 |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | *exercise OR physical activity* |  | 57 |  | 0 |  |  |  |  |  |  | 57 |  | 3 | 2 | 24 | 5 | 13 | 8 | 1 |  |  | 1 |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| aMeSH terms (exploded, including all subheadings): *("Gastroesophageal Reflux"[Mesh] OR "Heartburn"[Mesh] OR "Esophagitis, Peptic"[Mesh]) AND (…)* | | | | | | | | | | | | | | | | | | | | | | | | | |
| bEMTREEE terms (exploded outcome, focused intervention, including all subheadings): *(gastroesophageal reflux OR heartburn OR non erosive reflux disease OR reflux esophagitis) AND (…)* | | | | | | | | | | | | | | | | | | | | | | | | | |
| cSearch limited to meta-analysis, systematic review, clinical trial and observational study | | | | | | | | | | | | | | | | | | | | | | | | | |