

Supplementary Material I

Nutrition interventions in the first 1000 days and long-term health outcomes: a systematic review

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Table S1: Full outcomes

<p>Cardio-metabolic outcomes:</p> <ul style="list-style-type: none">• Primary outcomes:<ul style="list-style-type: none">○ Cardiovascular disease (e.g., hypertension)○ Cardiovascular measures (e.g., blood pressure)○ Metabolic disease (e.g., diabetes mellitus)• Secondary outcomes:<ul style="list-style-type: none">○ Serum Markers<ul style="list-style-type: none">▪ Inflammatory measurements (e.g., CRP)▪ Lipid measures (e.g., fatty acids, total cholesterol, triglycerides)▪ Blood glucose (e.g., glucose, HbA1c, insulin)○ Other cardiovascular measures (e.g., carotid intima media thickness)
<p>Respiratory outcomes:</p> <ul style="list-style-type: none">• Primary outcomes:<ul style="list-style-type: none">○ Respiratory diseases<ul style="list-style-type: none">▪ Wheezing▪ Asthma▪ COPD• Secondary outcomes:<ul style="list-style-type: none">○ Measure of lung function (e.g., FEV1, FVC, bronchial hyperresponsiveness, fractional exhaled nitric oxide)
<p>Mental Health outcomes:</p> <ul style="list-style-type: none">• Primary outcomes:<ul style="list-style-type: none">○ Mental health diagnoses<ul style="list-style-type: none">▪ ADHD (Attention Deficit Hyperactivity Disorder)▪ ASD (Autism-Spectrum Disorder)▪ Internalizing and externalizing behavior○ Self-assessment/reporting of mental health status• Secondary outcomes:<ul style="list-style-type: none">○ Psychomotor development (e.g., gross motor and fine motor)○ Executive Function (e.g., working memory)○ Intelligence (nonverbal) (e.g., IQ)○ Language
<p>Child diet behaviour outcomes:</p> <ul style="list-style-type: none">• Primary outcomes:<ul style="list-style-type: none">○ Dietary intake (e.g., portions of fruits, vegetables, sodium intake)○ Diet quality (e.g., variation of intake)○ Nutrition knowledge

Table S2: Full-text publications excluded with reasons

[References]	Reason for exclusion
[1-29]	Non-eligible study population (n = 29)
[30-45]	Not outcome of interest (n = 16)
[46-60]	Study protocol (n = 15)
[61-69]	Duplicate (n = 9)
[70-77]	Short follow-up <12 months (n = 8)
[78-83]	Not-suitable intervention (n = 6)
[84-88]	Non-eligible study design (n = 5)
[89-91]	Conferences - irrelevant topics (n = 3)
[92, 93]	Study ongoing (n = 2)
[94, 95]	Not-suitable setting (n = 2)
[96]	Not-suitable control group (n = 1)

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Non-eligible study population (n = 29)

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Not outcome of interest (n = 16)

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Study protocol (n = 15)

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Duplicate (n = 9)

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Short follow-up <12 months (n = 8)

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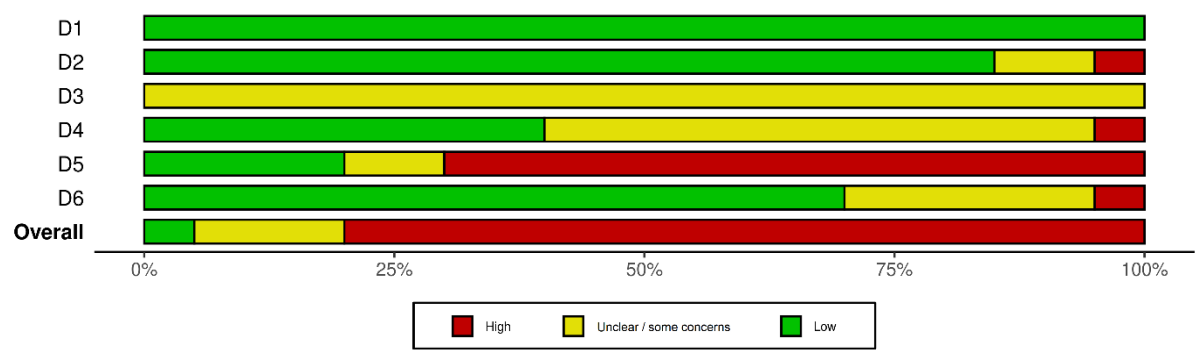
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Figure S1: Risk of Bias chart



D1: Random sequence generation
D2: Allocation concealment
D3: Blinding of participants and personnel
D4: Blinding of outcome assessment
D5: Incomplete outcome data
D6: Selective reporting

Risk of Bias chart produced by the Cochrane RobVis tool (McGuinness and Higgins, 2020)