

Table S1 Search strategy

criteria	Descriptions and search terms used for each criteria
Patient/population	Patients with overweight or obesity (<i>overweight OR obesity OR obese OR obes* OR fat OR fatness OR weight gain OR weight maintenance OR weight management OR over nutrition OR over weight</i>)
Intervention	Fasting intervention (<i>Fasting OR fast* OR sporadic fast* OR 800*kcal OR 500 calorie* OR very low calorie diet OR intermittent fasting OR intermittent fast* OR intermittent energy restriction* OR intermittent calori* restriction* OR intermittent restrictive diet* OR alternate-day fast* OR alternate day fast* OR alternate day fasting OR alternate-day fasting OR continuous energy restriction* OR continuous calori* restriction* OR continuous restrictive diet* OR fasting calorie restriction intervention* OR very low calorie diet* OR periodic fasting* OR Modified fasting regimen OR Modified fast* OR Modified fasting OR Time-restricted feed* OR Time-restricted feeding</i>)
Type	RCT (<i>randomized controlled trial OR RCT OR prospective OR controlled clinical trial OR prospective clinical trial OR randomized clinical trial</i>) AND (<i>human</i>)