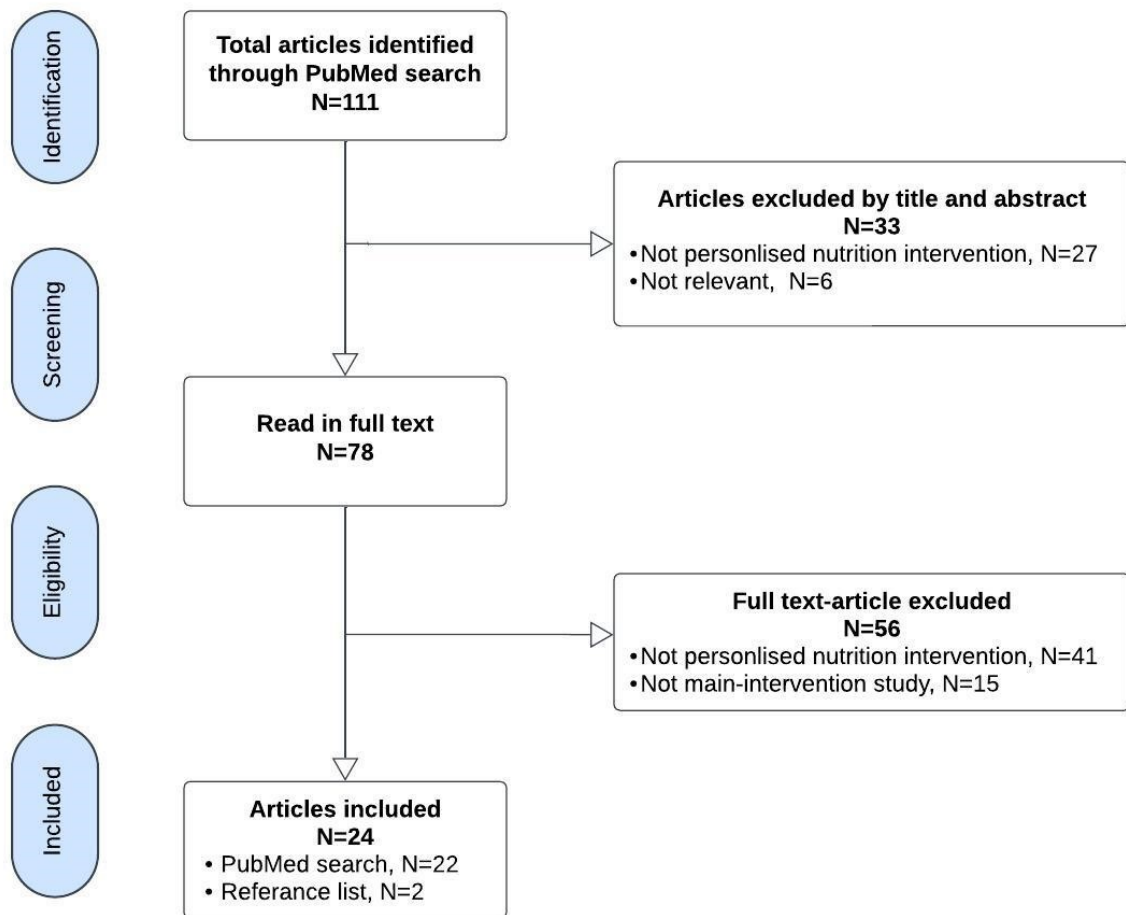


**Table S1:** PICOS criteria for inclusion of studies included in this review.

Category	Inclusion Criteria	Exclusion Criteria
Population	Human studies	Participants < 18 years
Intervention	Personalised nutrition interventions	General dietary advice without specific dietary interventions tailored to an individual's characteristics and needs.
Comparison	Standard dietary advice, or non-personalised dietary intervention	Studies without a control group
Outcome	Studies reporting at least one measurable health-related outcome (e.g., diet quality, weight, glycaemic control, lipid levels, micronutrient status, metabolic biomarkers, or behavioural outcomes).	Studies not reporting any health-related or behavioural outcomes, or those with outcomes not relevant to nutrition.
Study design	Randomised control trials	Meta-analyses, systematic reviews, epidemiologic studies, commentary articles, animal studies, and non-original research. Articles not published in English. Non-relevant studies or those without full-text availability.



**Figure S1:** Flowchart for search strategy and study selection. The studies were included if they investigated the effects of personalised nutrition interventions.