

# Nutrition and maternal weight outcomes: annex 1 - details of literature search strategy

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This annex provides details of the literature search conducted to inform the SACN report 'Nutrition and maternal weight outcomes' (2026) (see chapter 3 of the main report).

## **Databases: CINAHL, MEDLINE, Psychinfo**

Search dates for databases CINAHL, MEDLINE, Psychinfo (via EBSOhost) were from 1 January 2000 to 29 September 2021. The search strategy was as below.

S1. (MH "maternal health")

S2. (MH "pregnant women")

S3. (MH "pregnancy")

S4. (MH "perinatal care")

S5. (MH "prenatal care")

S6. (MH "preconception care")

S7. (MH "Gravidity")

S8. (MH "Peripartum Period")

S9. (MH "Mothers")

S10. (MH "Lactation")

S11. (MH "Breast Feeding")

S12. ("pregnan\*" OR "maternal" OR "gestation\*" OR "perinatal" OR "prenatal" OR "antenatal" OR "postnatal" OR "postpartum" OR "prepregnan\*" OR "preconception\*" OR "pregravidity" OR "pre-pregnan\*" OR "pre-conception" OR "periconception" OR "gravidity" OR "peripartum" OR "puerperium" OR "mother" OR "lactation" OR "breastfeeding" OR "inter pregnancy" OR "inter conception" OR "parous" OR "primigravid")

S13. (MH "obesity, maternal")

S14. (MH "obesity")

S15. (MH "overweight")

S16. (MH "body weight")

- S17. (MH "body weight changes")
- S18. (MH "body mass index")
- S19. ("weight" OR "obes\*" OR "overweight" OR "underweight" OR "BMI" OR "body mass index")
- S20. (MH "diet therapy")
- S21. (MH "Nutrients")
- S22. (MH "nutrition therapy")
- S23. (MH "nutritional status")
- S24. (MH "Diet, Food, and Nutrition")
- S25. (MH "Dietary Supplements")
- S26. (MH "Beverages")
- S27. (MH "Food and Beverages")
- S28. (MH "Energy Intake")
- S29. (MH "Carbohydrates")
- S30. (MH "Diet, Fat-Restricted")
- S31. (MH "Diet, High-Fat")
- S32. (MH "Dietary Fiber")
- S33. (MH "Prebiotics")
- S34. (MH "Probiotics")
- S35. (MH "Fatty Acids, Omega-3")
- S36. (MH "Micronutrients")
- S37. (MH "Vegetarians")
- S38. (MH "Diet, Vegetarian")

S39. (MH "Vegans")

S40. (MH "Diet, Vegan")

S41. (MH "Fasting")

S42. ("diet\*" OR "nutrition\*" OR "supplementation" OR "food intake" OR "beverage" OR "energy intake" OR "macronutrient" OR "protein" OR "carbohydrate" OR "fat" OR "fibre" OR "prebiotics" OR "probiotics" OR "fiber" or "fruit" OR "vegetable" OR "meat" or "fish" or "dairy" OR "eggs" or "nuts" or "fatty acids" or "omega 3" or "PUFA" OR "salt" OR "sodium" OR "micronutrient" OR "mineral" OR "vitamin" OR "riboflavin" OR "folate" OR "folic acid" OR "cobalamin" OR "calcium" or "iodine" or "iron" or "deficiency" OR "vegetarian" or "vegan" or "fasting")

S43. (MH "Systematic Reviews as Topic")

S44. (PT "systematic review")

S45. (MH "Meta-Analysis as Topic")

S46. (PT "meta-analysis")

S47. ("meta-analysis" OR "systematic review")

S48. (S1 OR S2 OR S3 OR S4 OR S5 OR S6 OR S7 OR S8 OR S9 OR S10 OR S11 OR S12) AND (S13 OR S14 OR S15 OR S16 OR S17 OR S18 OR S19) AND (S20 OR S21 OR S22 OR S23 OR S24 OR S25 OR S26 OR S27 OR S28 OR S29 OR S30 OR S31 OR S32 OR S33 OR S34 OR S35 OR S36 OR S37 OR S38 OR S39 OR S40 OR S41 OR S42) AND (S43 OR S44 OR S45 OR S46 OR S47)

## **Database: Cochrane Library**

Search dates for the Cochrane library were the from 1 January 2000 to 29 September 2021. The search strategy was as below.

#1. MeSH descriptor: [Maternal Health] explode all trees

#2. MeSH descriptor: [Pregnant Women] explode all trees

#3. MeSH descriptor: [Pregnancy] explode all trees

#4. MeSH descriptor: [Perinatal Care] explode all trees

- #5. MeSH descriptor: [Prenatal Care] explode all trees
- #6. MeSH descriptor: [Preconception Care] explode all trees
- #7. MeSH descriptor: [Gravidity] explode all trees
- #8. MeSH descriptor: [Peripartum Period] explode all trees
- #9. MeSH descriptor: [Mothers] explode all trees
- #10. MeSH descriptor: [Lactates] in all MeSH products
- #11. MeSH descriptor: [Breast Feeding] explode all trees
- #12. ("pregnan\*" OR "maternal" OR "gestation\*" OR "perinatal" OR "prenatal" OR "antenatal" OR "postnatal" OR "postpartum" OR "prepregnan\*" OR "preconception\*" OR "pregravidity" OR "pre-pregnan\*" OR "pre-conception" OR "periconception" OR "gravidity" OR "peripartum" OR "puerperium" OR "mother" OR "lactation" OR "breastfeeding" OR "inter pregnancy" OR "inter conception" OR "parous" OR "primigravid")
- #13. MeSH descriptor: [Obesity, Maternal] explode all trees
- #14. MeSH descriptor: [Obesity] explode all trees
- #15. MeSH descriptor: [Overweight] explode all trees
- #16. MeSH descriptor: [Body Weight] explode all trees
- #17. MeSH descriptor: [Body Weight Changes] explode all trees
- #18. MeSH descriptor: [Body Mass Index] explode all trees
- #19. ("weight" OR "obes\*" OR "overweight" OR "underweight" OR "BMI" OR "body mass index")
- #20. MeSH descriptor: [Diet Therapy] explode all trees
- #21. MeSH descriptor: [Nutrients] explode all trees
- #22. MeSH descriptor: [Nutrition Therapy] explode all trees
- #23. MeSH descriptor: [Nutritional Status] explode all trees
- #24. MeSH descriptor: [Diet, Food, and Nutrition] explode all trees

- #25. MeSH descriptor: [Dietary Supplements] explode all trees
- #26. MeSH descriptor: [Beverages] explode all trees
- #27. MeSH descriptor: [Food and Beverages] explode all trees
- #28. MeSH descriptor: [Energy Intake] explode all trees
- #29. MeSH descriptor: [Carbohydrates] explode all trees
- #30. MeSH descriptor: [Diet, Fat-Restricted] explode all trees
- #31. MeSH descriptor: [Diet, High-Fat] explode all trees
- #32. MeSH descriptor: [Dietary Fiber] explode all trees
- #33. MeSH descriptor: [Prebiotics] explode all trees
- #34. MeSH descriptor: [Probiotics] explode all trees
- #35. MeSH descriptor: [Fatty Acids, Omega-3] explode all trees
- #36. MeSH descriptor: [Micronutrients] explode all trees
- #37. MeSH descriptor: [Vegetarians] in all MeSH products
- #38. MeSH descriptor: [Diet, Vegetarian] explode all trees
- #39. MeSH descriptor: [Vegans] in all MeSH products
- #40. MeSH descriptor: [Diet, Vegan] explode all trees
- #41. MeSH descriptor: [Fasting] explode all trees
- #42. ("diet\*" OR "nutrition\*" OR "supplementation" OR "food intake" OR "beverage" OR "energy intake" OR "macronutrient" OR "protein" OR "carbohydrate" OR "fat" OR "fibre" OR "prebiotics" OR "probiotics" OR "fiber" or "fruit" OR "vegetable" OR "meat" or "fish" or "dairy" OR "eggs" or "nuts" or "fatty acids" or "omega 3" or "PUFA" OR "salt" OR "sodium" OR "micronutrient" OR "mineral" OR "vitamin" OR "riboflavin" OR "folate" OR "folic acid" OR "cobalamin" OR "calcium" or "iodine" or "iron" or "deficiency" OR "vegetarian" or "vegan" or "fasting")
- #43. MeSH descriptor: [Systematic Reviews as Topic] explode all trees
- #44. ("systematic review"):pt

#45. MeSH descriptor: [Meta-Analysis as Topic] explode all trees

#46. ("meta-analysis"):pt

#47. ("meta-analysis" OR "systematic review")

#48. (#1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 OR #9 OR #10 OR #11 OR #12) AND (#13 OR #14 OR #15 OR #16 OR #17 OR #18 OR #19) AND (#20 OR #21 OR #22 OR #23 OR #24 OR #25 OR #26 OR #27 OR #28 OR #29 OR #30 OR #31 OR #32 OR #33 OR #34 OR #35 OR #36 OR #37 OR #38 OR #39 OR #40 OR #41 OR #42) AND (#43 OR #44 OR #45 OR #46 OR #47)

## Database: Embase

Search dates for the Embase database were from the 1 January 2000 to 29 September 2021. The search strategy was as below.

1. exp maternal welfare/

2. exp pregnant woman/

3. exp pregnancy/

4. exp perinatal care/

5. exp prenatal care/

6. exp prepregnancy care/

7. exp perinatal period/

8. exp mother/

9. exp lactation/

10. exp breast feeding/

11. ("pregnan\*" or "maternal" or "gestation\*" or "perinatal" or "prenatal" or "antenatal" or "postnatal" or "postpartum" or "prepregnan\*" or "preconception\*" or "pregravidity" or "pre-pregnan\*" or "pre-conception" or "periconception" or "gravidity" or "peripartum" or "puerperium" or "mother" or "lactation" or "breastfeeding" or "inter pregnancy" or "inter conception" or "parous" or "primigravid").ab,fx,hw,kf,ot,ti,dq.

12. exp maternal obesity/
13. exp obesity/
14. exp body weight/
15. exp body weight change/
16. exp body mass/
17. ("weight" or "obes\*" or "overweight" or "underweight" or "BMI" or "body mass index").ab,fx,hw,kf,ot,ti,dq.
18. exp diet therapy/
19. exp nutrient/
20. exp nutritional status/
21. exp diet/
22. exp dietary supplement/
23. exp beverage/
24. exp caloric intake/
25. exp carbohydrate/
26. exp low fat diet/
27. exp lipid diet/
28. exp dietary fiber/
29. exp prebiotic agent/
30. exp probiotic agent/
31. exp omega 3 fatty acid/
32. exp trace element/
33. exp vegetarian/

34. exp vegetarian diet/
35. exp vegan/
36. exp vegan diet/
37. exp fasting/
38. ("diet\*" or "nutrition\*" or "supplementation" or "food intake" or "beverage" or "energy intake" or "macronutrient" or "protein" or "carbohydrate" or "fat" or "fibre" or "prebiotics" or "probiotics" or "fiber" or "fruit" or "vegetable" or "meat" or "fish" or "dairy" or "eggs" or "nuts" or "fatty acids" or "omega 3" or "PUFA" or "salt" or "sodium" or "micronutrient" or "mineral" or "vitamin" or "riboflavin" or "folate" or "folic acid" or "cobalamin" or "calcium" or "iodine" or "iron" or "deficiency" or "vegetarian" or "vegan" or "fasting").ab,fx,hw,kf,ot,ti,dq.
39. exp systematic review/
40. systematic review.pt.
41. exp "meta analysis (topic)"/
42. exp meta analysis/
43. exp "systematic review (topic)"/
44. meta-analysis.pt.
45. ("meta-analysis" or "systematic review").ab,fx,hw,kf,ot,ti,dq.
46. 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9 or 10 or 11
47. 12 or 13 or 14 or 15 or 16 or 17
48. 18 or 19 or 20 or 21 or 22 or 23 or 24 or 25 or 26 or 27 or 28 or 29 or 30 or 31 or 32 or 33 or 34 or 35 or 36 or 37 or 38
49. 39 or 40 or 41 or 42 or 43 or 44 or 45
50. 46 and 47 and 48 and 49
51. limit 50 to yr="2000 -Current"