

Appendix 1. PICOS criteria for study selection

Components of PICOS	Explanations
Population	Study on human (adults aged ≥ 18 years) with NAFLD
Intervention	Prior or posterior methods, including factor analysis, cluster analysis, reduced rank regression, and indexed-based dietary patterns, assessed dietary patterns
Comparisons	Not applicable
Outcomes	Evaluations related to NAFLD, including hepatic steatosis, intrahepatic fat, fatty liver index, and related biochemical measures (ALT, AST, GGT)
Study design	Meta-analysis and systematic reviews on randomized clinical trials or observational studies

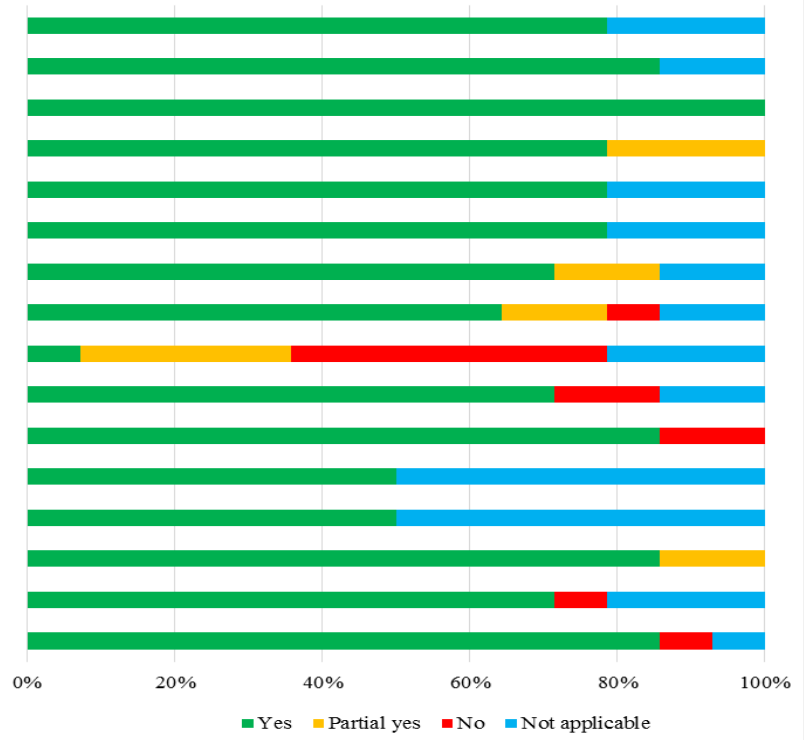
Appendix 2. Medical subject headings (MeSH) and non-MeSH keywords used to search relevant publications

Concept 1	"Diet" OR "food" OR "dietary" OR "dietary pattern" OR "food pattern" OR "diet, vegetarian" OR "prudent diet" OR "high-fat diet" OR "high protein diet" OR "diet, Mediterranean" OR "caloric restriction" OR "diet, carbohydrate-restricted" OR "diet, fat-restricted" OR "low glycemic" OR "healthy eating index" OR "dietary inflammatory" OR "DASH" OR "ketogenic Diet" OR "western diet" OR "Nutritional intake"
Concept 2	Nonalcoholic fatty liver disease" OR "NAFLD" OR "nonalcoholic steatohepatitis" OR "liver steatosis" OR "fatty liver" OR "hepatic steatosis"

The combination of keywords as mentioned below was used to search online databases.

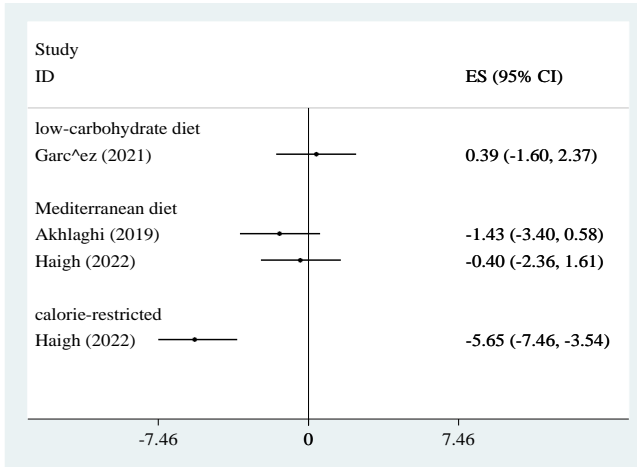
AMSTAR 2 components

1. Component of PICO?
2. Review protocol?
3. Study designs?
4. Comprehensive literature search strategy?
5. Study selection in duplicate?
6. Data extraction in duplicate?
7. List of excluded studies and justify the exclusions?
8. Study characterizes?
9. Satisfactory technique for assessing the risk of bias?
10. Sources of funding?
11. Appropriate methods for statistical?
12. Assess the potential impact of risk of bias on results?
13. Account for risk of bias when interpreting/ discussing?
14. Satisfactory explanation for, and discussion of, any heterogeneity?
15. Publication bias (small study bias) and discuss?
16. Conflict of interest?

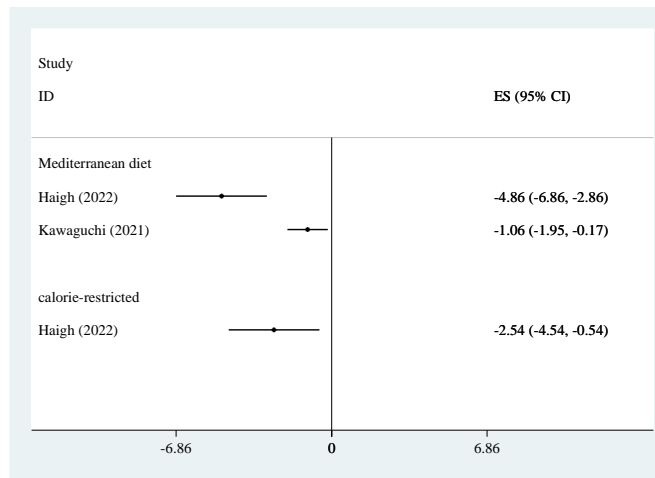


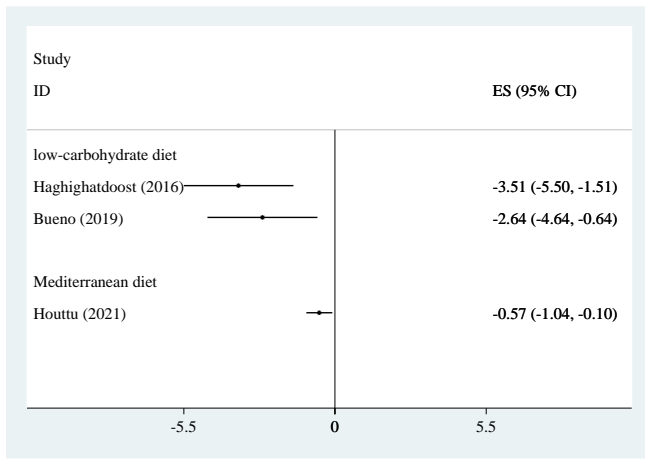
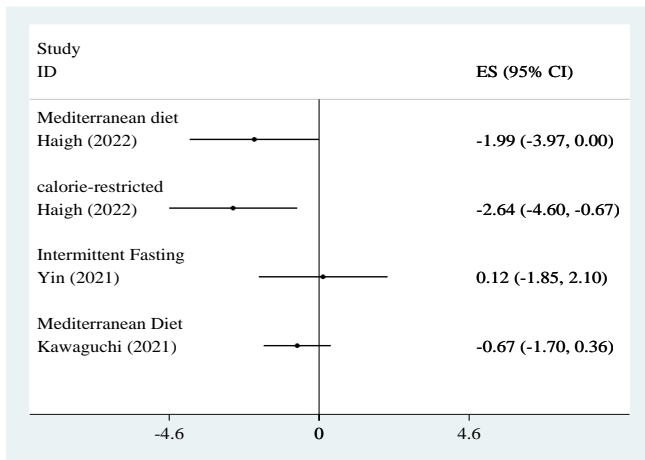
Appendix 3. Results of AMSTAR2 quality assessment for systematic review and meta-analysis (green= Yes, yellow= partially yes, red= No, blue= not reported)

b) FLI



a) hepatitis steatosis

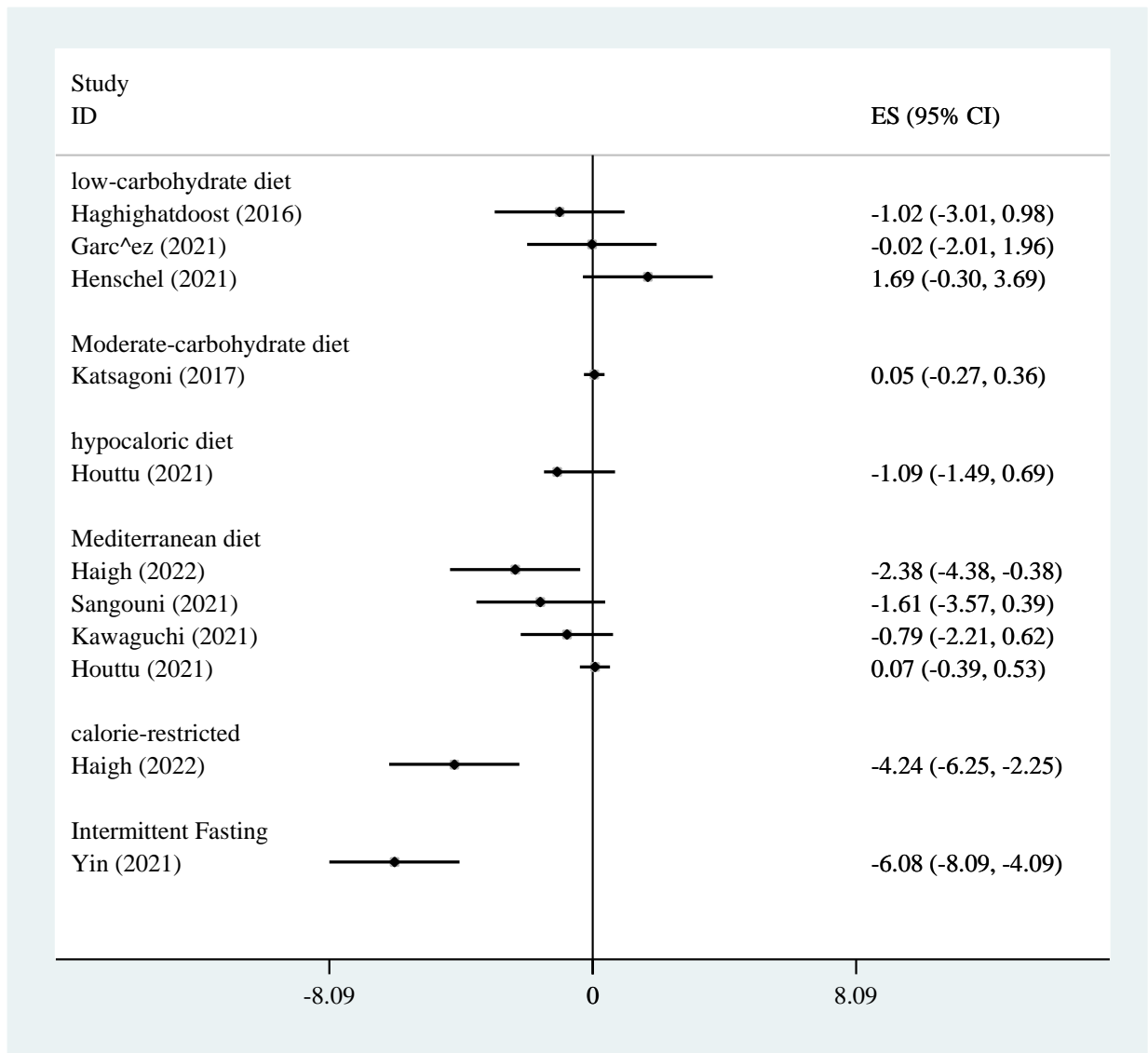




d) liver stiffness

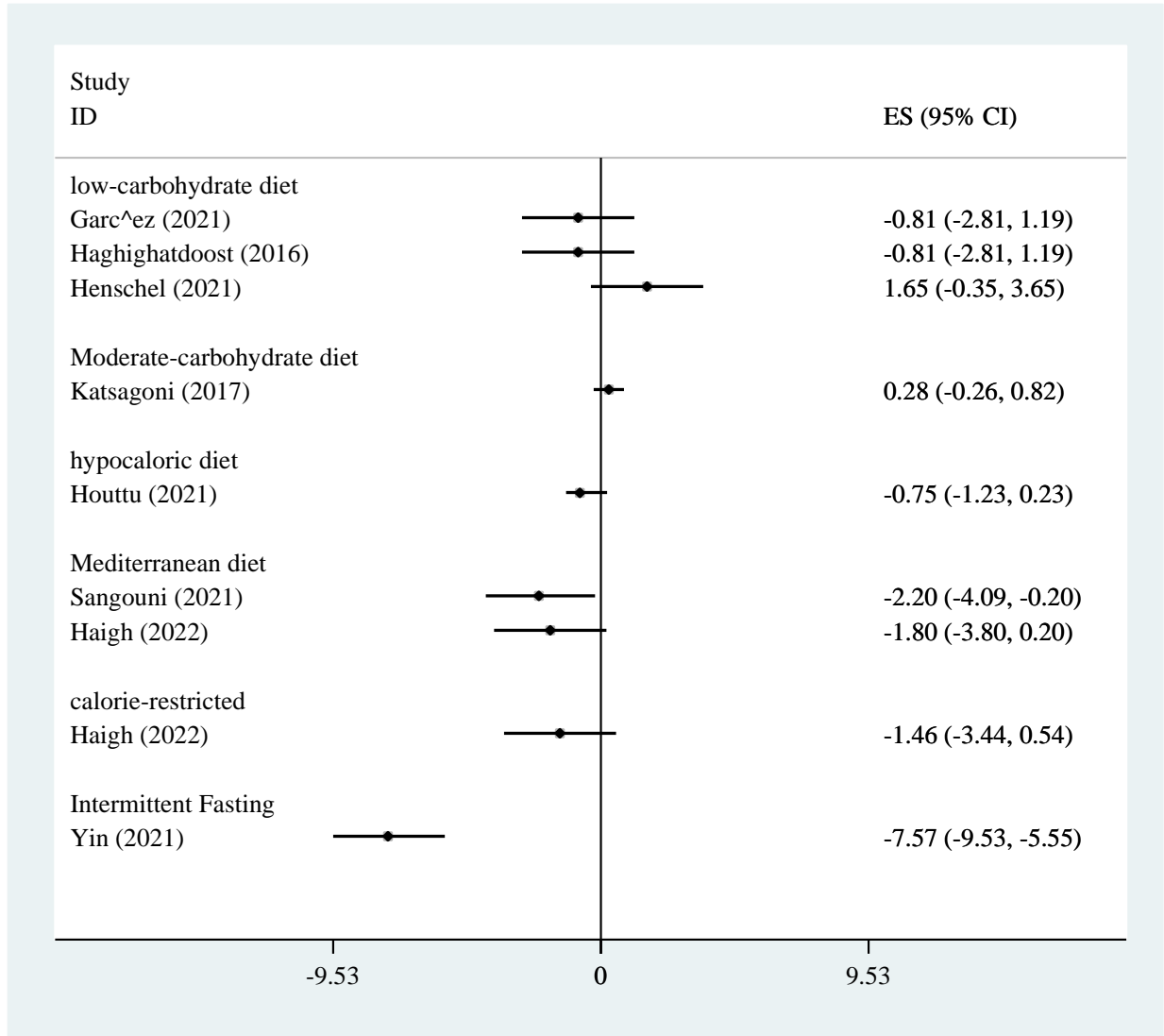
c) IHF

Appendix 4. Forest plot for dietary patterns and a) hepatitis steatosis; b) FLI; c) IHF;

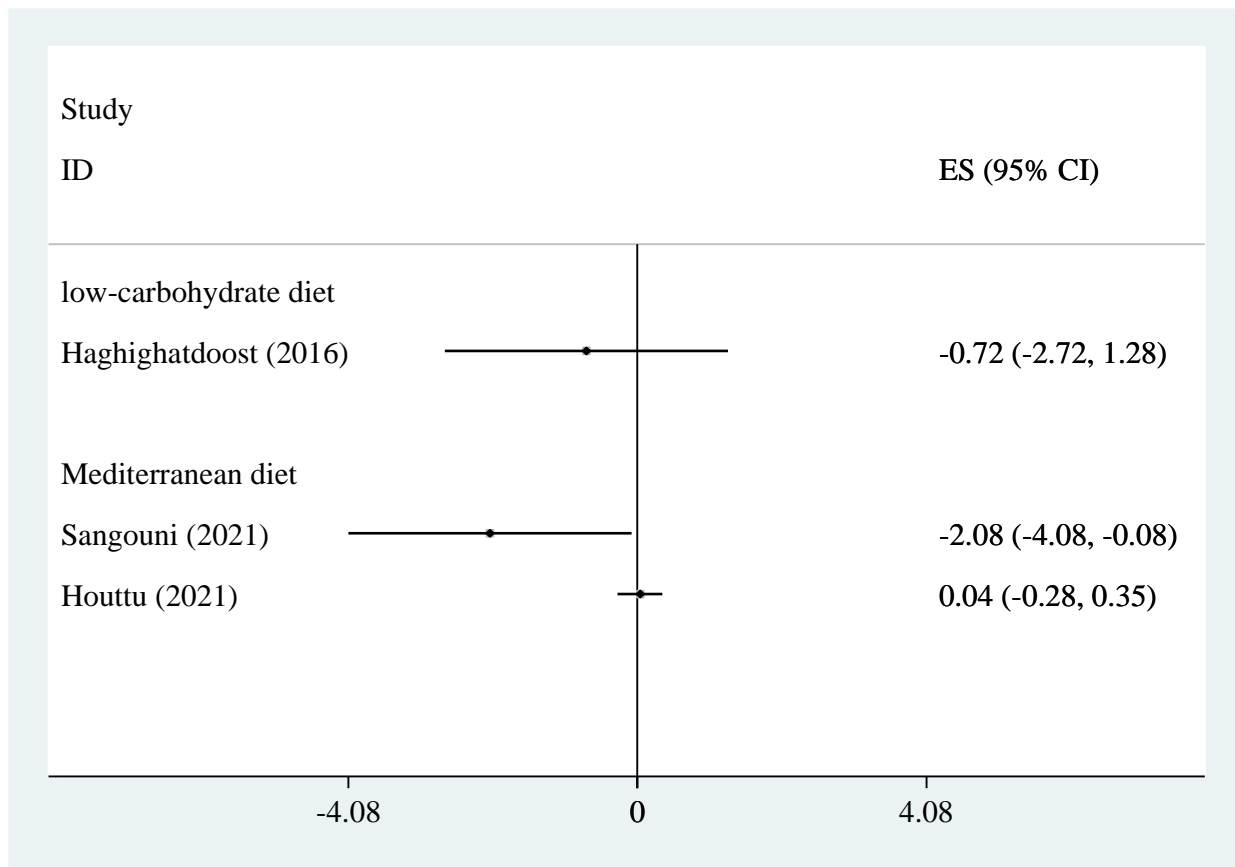


d) liver stiffness

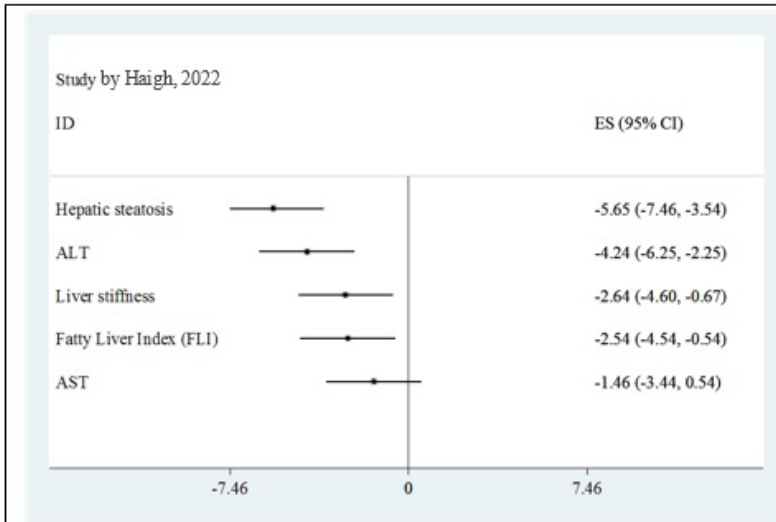
Appendix 5. Forest plot for dietary patterns and ALT



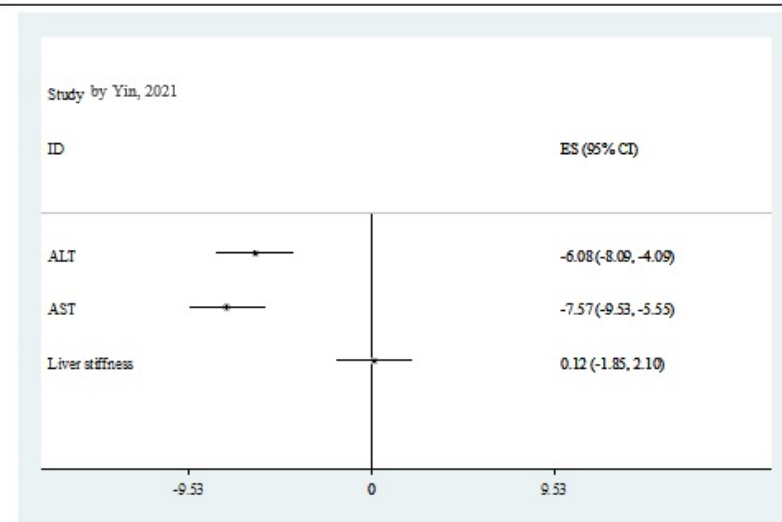
Appendix 6. Forest plot for dietary patterns and AST



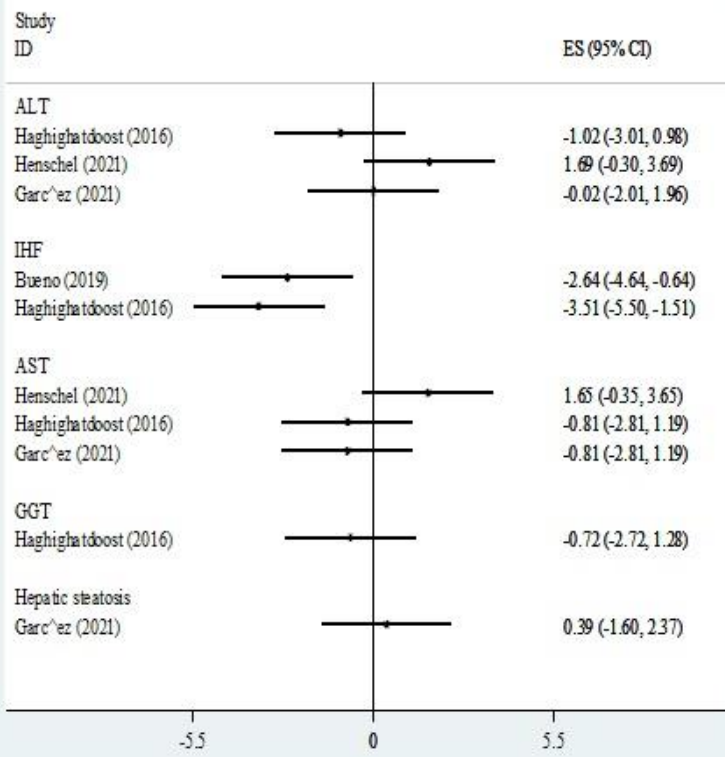
Appendix 7. Forest plot for dietary patterns and GGT



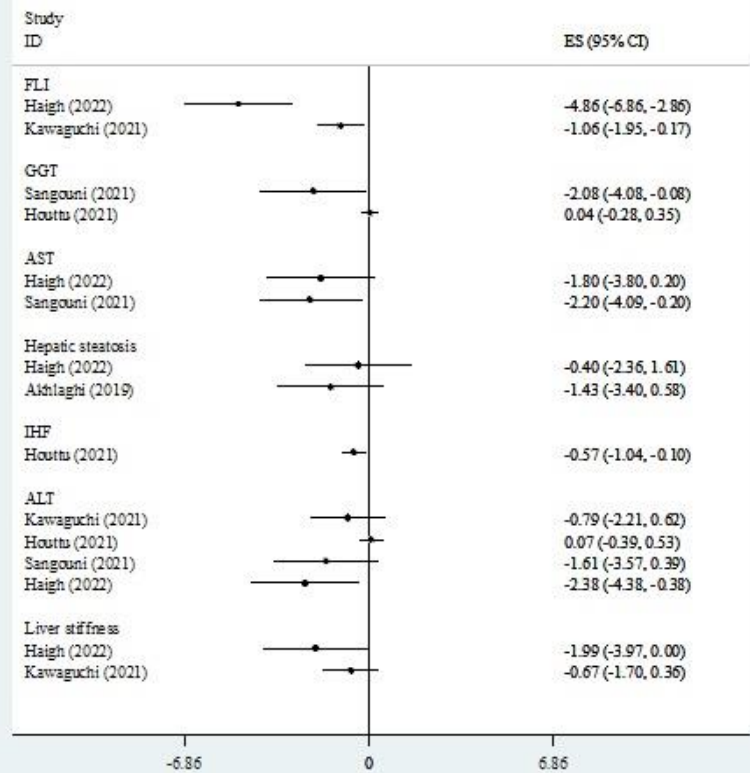
a) Calorie restricted dietary pattern



b) Intermittent fasting dietary pattern



a) Low-carbohydrate dietary pattern



b) Mediterranean dietary pattern

