

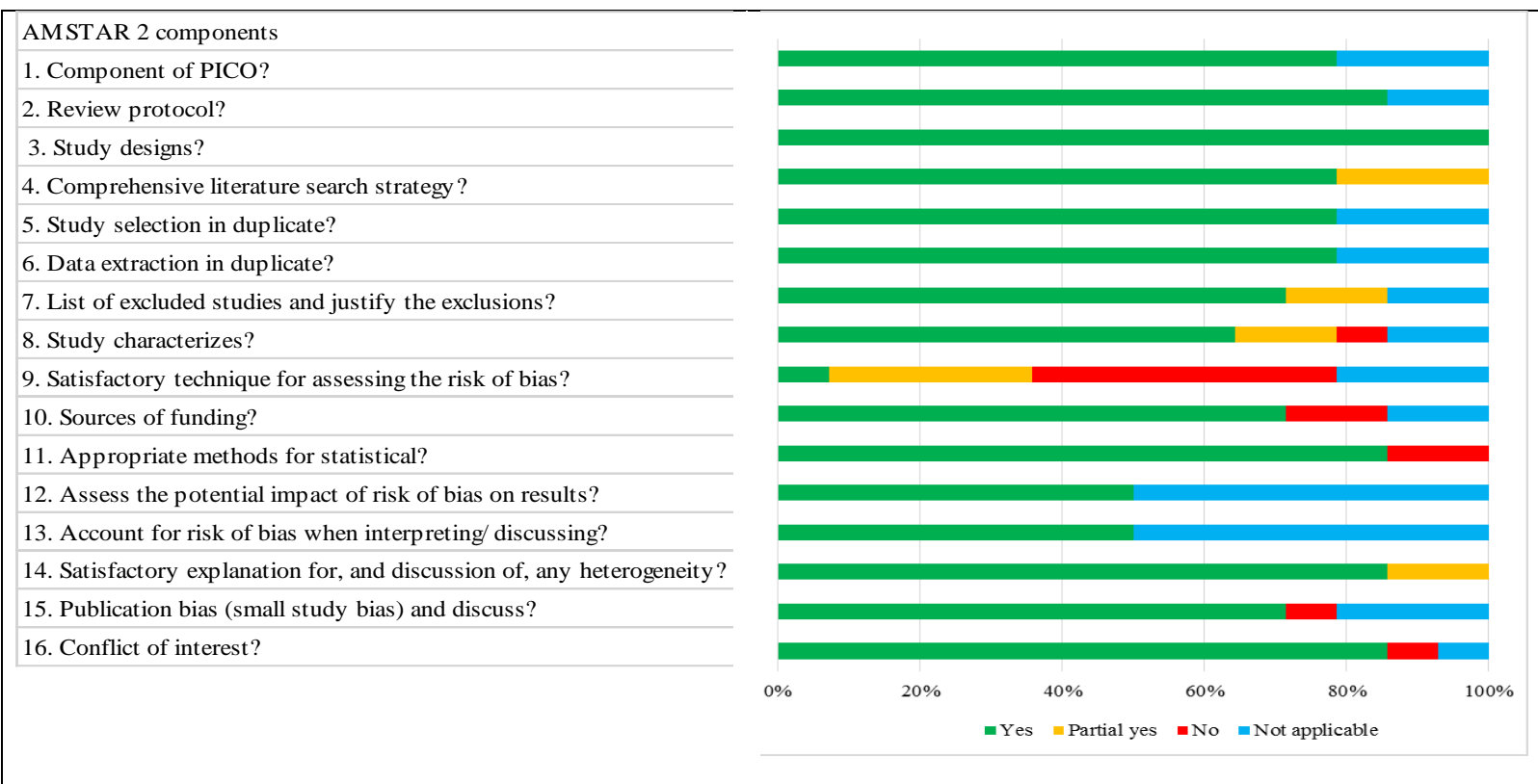
Appendix 1. PICOS criteria for study selection

Components of PICOS	Explanations
Population	Study on human (adults aged ≥ 18 years) with NAFLD
Intervention	Dietary patterns was assessed by prior or posterior methods including factor analysis, cluster analysis, reduced rank regression, and indexed based 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

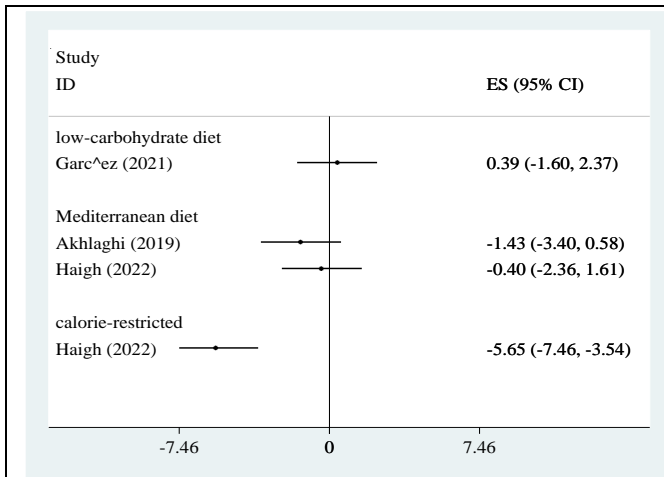
Appendix 2: Medical subject headings (MeSH) and non-MeSH keywords used to search relevant publications

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"

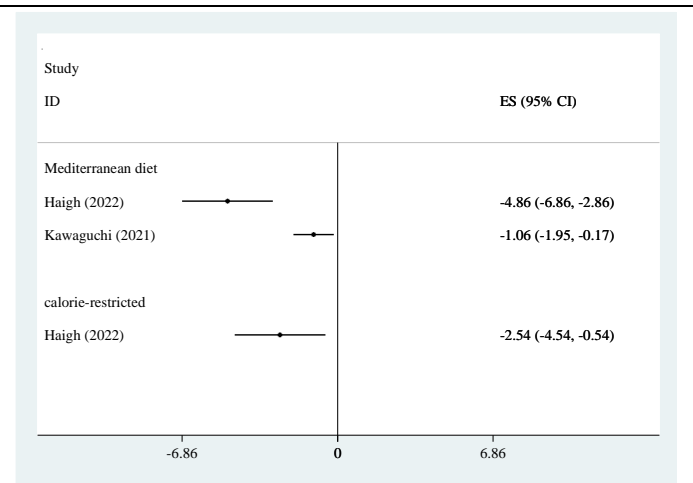
The combination of keywords as mentioned below was used to search online databases.



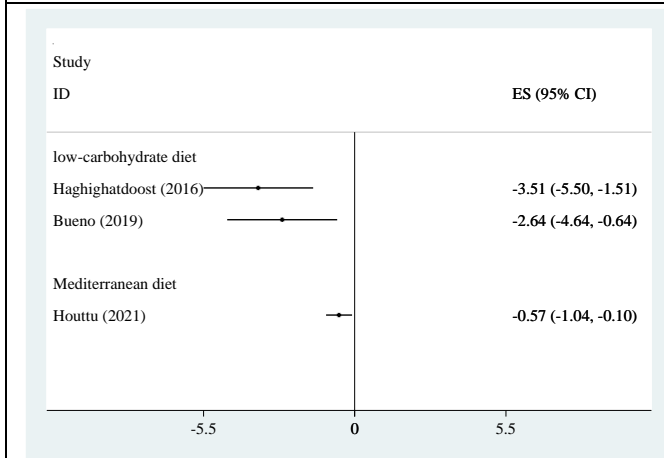
Appendix 3. Results of AMSTAR2 quality assessment for systematic review and meta- analysis (green= Yes, yellow= partially yes, red= No, blue= not reported)



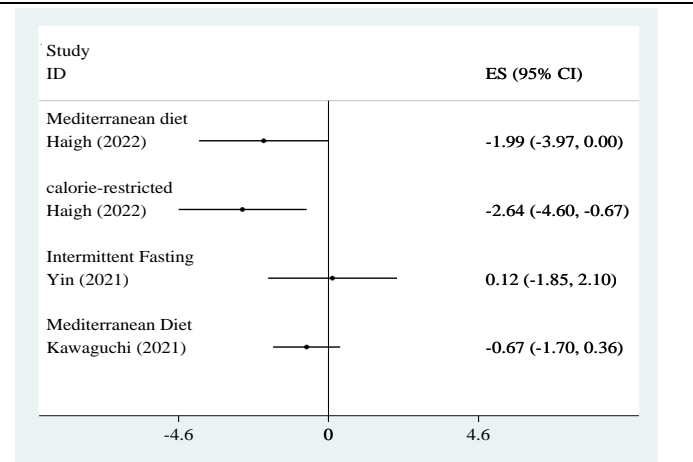
a) hepatitis steatosis



b) FLI

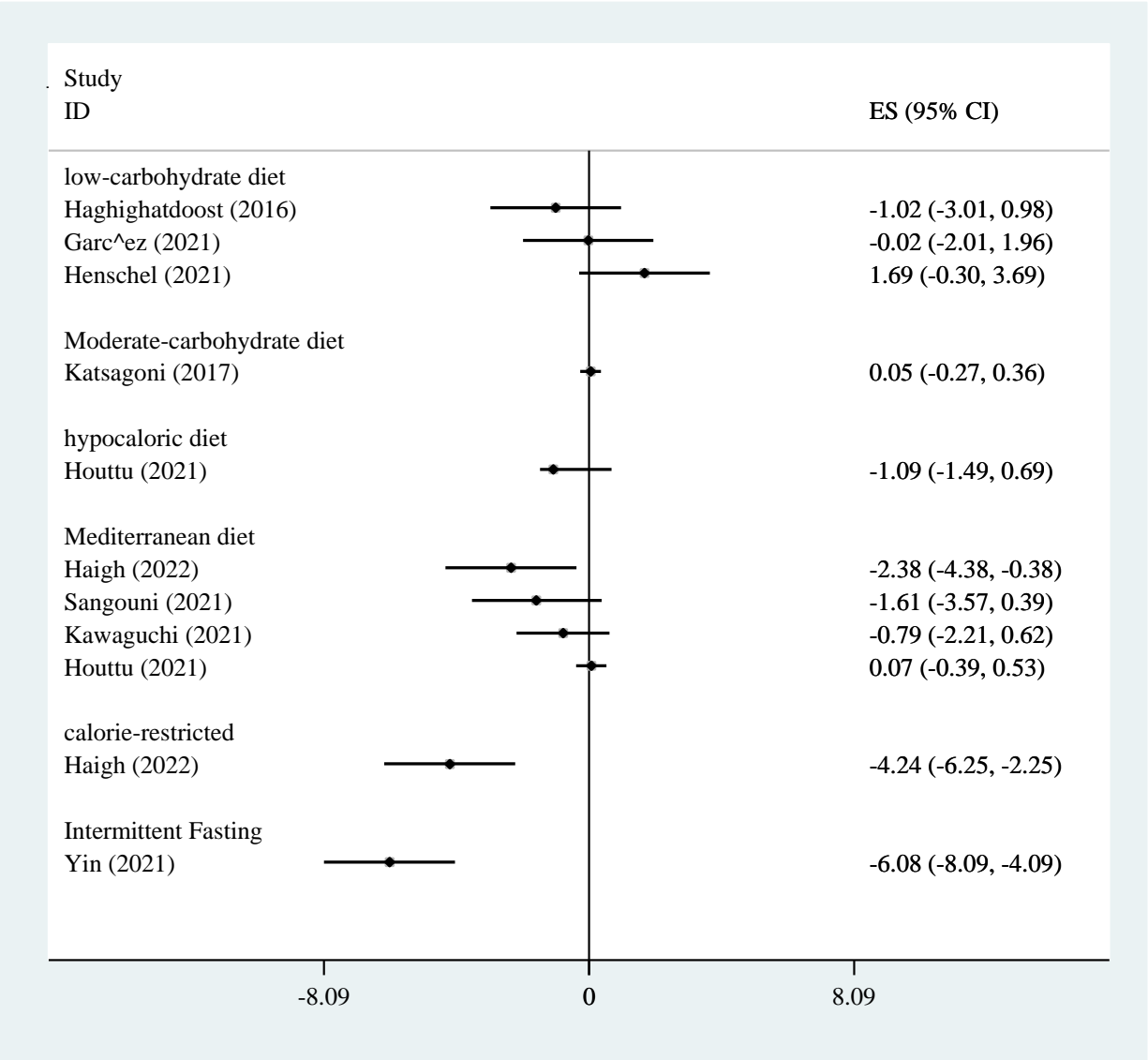


c) IHF

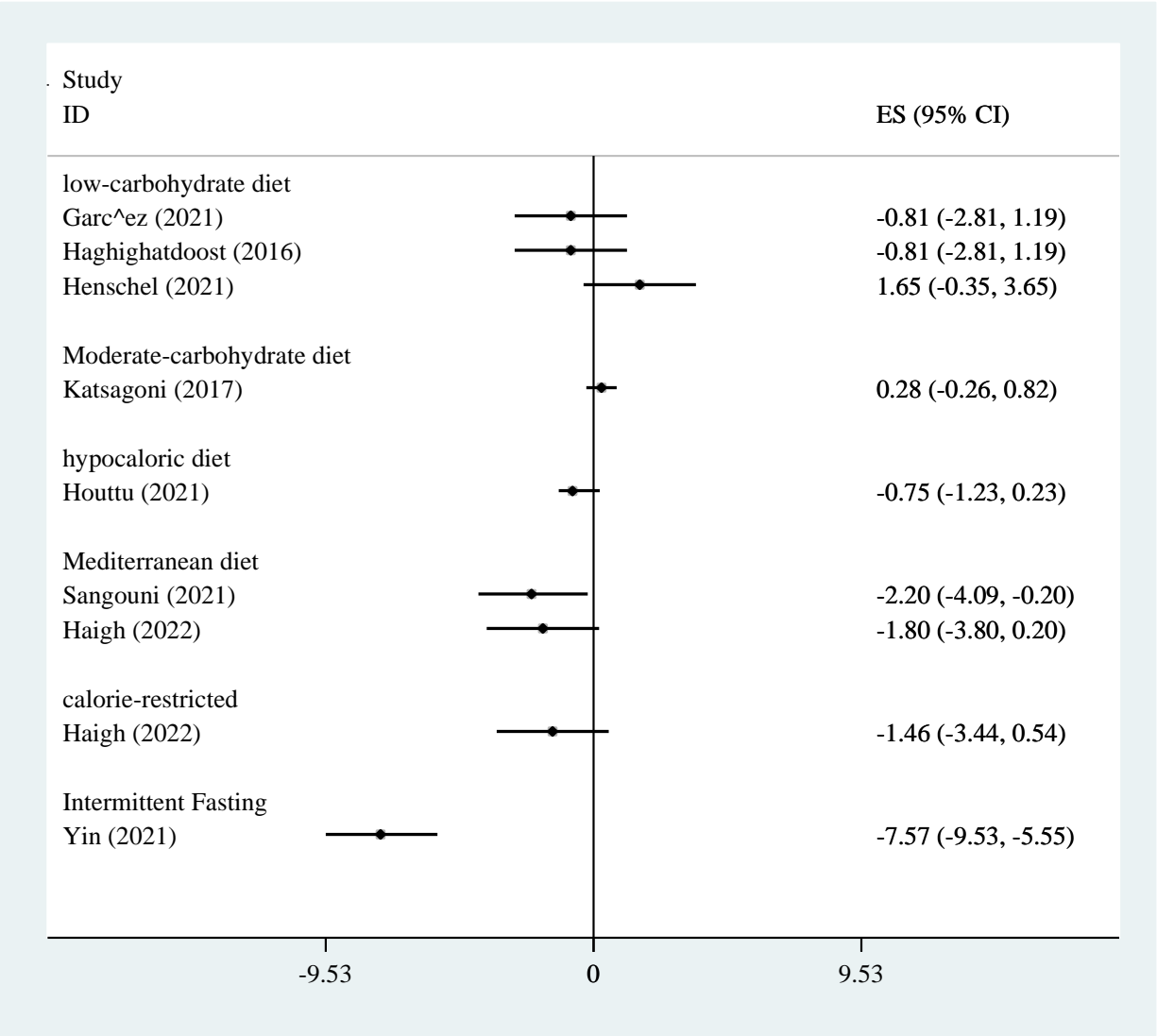


d) liver stiffness

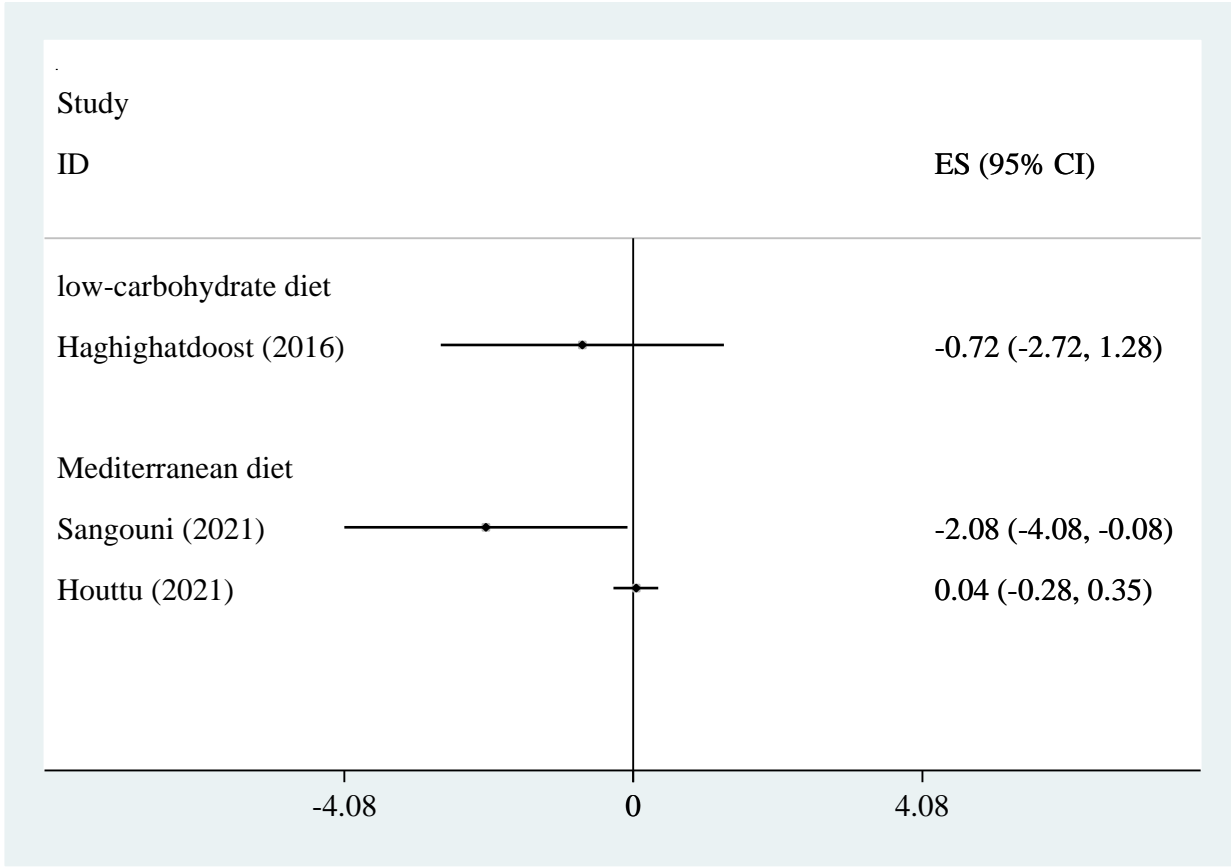
Appendix 4: forest plot for dietary patterns and a) hepatitis steatosis; b) FLI; c) IHF; d) liver stiffness



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