**Supplementary Material S5** Grading the overall certainty of evidence according to methodological quality, outcome-specific certainty of evidence, biological plausibility and consistency of results, and definition of the overall certainty of evidence in a modified form according to the GRADE approach.

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| Overall certainty of evidence | Underlying criteria | Definition/Explanation |
| Convincing | * At least one SR with MA of prospective studies available (SR without MA only is not sufficient) * If more than one SR with or without MA are available: all overall results must be consistent1 * In case of a positive or negative association, biological plausibility is given * All included SRs with MA must reach at least a “moderate” outcome-specific certainty of evidence2; in addition, all included SRs must reach at least a methodological quality3 of “moderate” | There is high level of confidence that the true effect lies close to that of the estimate(s) of the effect. |
| Probable | * At least one SR with MA of prospective studies available (SR without MA only not sufficient) * If more than one SR with or without MA are available, the majority of overall results must be consistent1 * In case of a positive or negative association, biological plausibility is given * The majority4 of included SRs with MA must have reached at least a “moderate” outcome-specific certainty of evidence2; in addition, all included SRs must reach at least a methodological quality3 of “moderate” | There is moderate confidence in the effect estimate(s):  The true effect is likely to be close to the estimate of the effect, but there is a possibility that it is substantially different. |
| Possible | * At least one SR of prospective studies available * If more than one SR with or without MA are available, the majority of overall results must be consistent1 * In case of a positive or negative association, biological plausibility is given * The majority4 of included SRs with MA must reach at least a “low” outcome-specific certainty of evidence2; in addition, the majority4 of all included SRs must reach at least a methodological quality3 of “moderate” | Confidence in the effect estimate(s) is limited:  The true effect may be substantially different from the estimate of the effect. |
| Insufficient | * No SR available   *OR*   * The majority4 of included SRs with MA reach a “very low” outcome-specific certainty of evidence2; in addition, the majority of all included SRs reach a methodological quality3 of “low” | There is very little confidence in the effect estimate (s):  The true effect is likely to be substantially different from the estimate of effect. |

1 Consistent = overall results of the SR have to be consistently either risk reducing or risk elevating or consistently showing no risk association

2 Outcome-specific certainty of evidence refers to the NutriGrade rating

3 Methodological quality refers the AMSTAR 2 rating**;** SRs graded as “critically low” by AMSTAR 2 are not considered.

4 Majority: > 50 % of the included SRs

Abbreviations: MA: meta-analysis; SR: systematic review