

Supplementary Table 1: Comprehensive search strategy

SI No	Search Queries
1.	(((((LMICs) OR ("developing countries"[MeSH Terms] OR "developing countries"[All Fields] OR "developing country"[All Fields])) OR (Urban)) OR (Rural))) OR (Peri-Urban)
2.	((((((((((Exercise[MeSH Terms])) OR (physical exercise[MeSH Terms])) OR (physical exercises[MeSH Terms])) OR (physical activities[MeSH Terms])) OR (physical activity[MeSH Terms])) OR (Exercise)) OR (Physical Exercise)) OR (Physical Activities)
3.	((((((("nutritional support"[MeSH Terms] OR "nutritional support"[All Fields]) OR "nutritional therapy"[All Fields]) OR "nutrition therapy"[MeSH Terms]) OR "nutrition therapy"[All Fields])
4.	((((Meal Plan) OR "meals"[MeSH Terms] OR "meals"[All Fields]) OR "meal"[All Fields]) AND "Plan"[All Fields])
5.	((("weight loss"[MeSH Terms] OR "weight loss/analysis"[MeSH Terms] OR "weight loss/diet therapy"[MeSH Terms] OR "weight loss/epidemiology"[MeSH Terms] OR "weight loss/metabolism"[MeSH Terms] OR "weight loss/statistics and numerical data"[MeSH Terms]) OR (weight reduction[MeSH Terms])) OR (body weight change[MeSH Terms]) OR (body weight changes[MeSH Terms])
6.	(((((((((lifestyle[MeSH Terms]) OR (lifestyle risk reduction[MeSH Terms])) OR (sedentary lifestyle[MeSH Terms])) OR (life style[MeSH Terms])) OR ("life style/epidemiology"[MeSH Terms] OR "life style/analysis"[MeSH Terms])) OR (Lifestyle changes))) OR (lifestyle modifications) OR "life style"[All Fields]) OR "lifestyle"[All Fields]) OR ("Lifestyle Interventions"[All Fields])
7.	((("diabetes mellitus"[MeSH Terms] OR "diabetes mellitus, type 2"[MeSH Terms]) OR ("diabetes mellitus, type 2/analysis"[MeSH Terms] OR "diabetes mellitus, type 2/blood"[MeSH Terms] OR "diabetes mellitus, type 2/classification"[MeSH Terms] OR "diabetes mellitus, type 2/complications"[MeSH Terms] OR "diabetes mellitus, type 2/diagnosis"[MeSH Terms] OR "diabetes mellitus, type 2/diet therapy"[MeSH Terms] OR "diabetes mellitus, type 2/drug therapy"[MeSH Terms] OR "diabetes mellitus, type 2/epidemiology"[MeSH Terms] OR "diabetes mellitus, type 2/ethnology"[MeSH Terms] OR "diabetes mellitus, type 2/etiology"[MeSH Terms] OR "diabetes mellitus, type 2/history"[MeSH Terms] OR "diabetes mellitus, type 2/physiopathology"[MeSH Terms] OR "diabetes mellitus, type 2/prevention and control"[MeSH Terms] OR "diabetes mellitus, type 2/statistics and numerical data"[MeSH Terms] OR "diabetes mellitus, type 2/therapy"[MeSH Terms] OR "diabetes mellitus/analysis"[MeSH Terms])) OR ("diabetes mellitus/classification"[MeSH Terms] OR "diabetes mellitus/complications"[MeSH Terms] OR "diabetes mellitus/diagnosis"[MeSH Terms] OR "diabetes mellitus/diet therapy"[MeSH Terms] OR "diabetes mellitus/drug therapy"[MeSH Terms] OR "diabetes mellitus/epidemiology"[MeSH Terms] OR "diabetes mellitus/prevention and control"[MeSH Terms] OR "diabetic cardiomyopathies/metabolism"[MeSH Terms])) OR (("diabetes"[All Fields] AND "mellitus"[All Fields])) OR "diabetes mellitus"[All Fields] OR "diabetic"[All Fields] OR "diabetics"[All Fields] OR "diabetes"[All Fields] OR "T2DM"[All Fields] OR "DM"[All Fields])

8.	"random allocation"[MeSH Terms] OR ("random"[All Fields] AND "allocation"[All Fields]) OR "random allocation"[All Fields] OR "random"[All Fields] OR "randomization"[All Fields] OR "randomized"[All Fields] OR "randomisation"[All Fields] OR "randomisations"[All Fields] OR "randomise"[All Fields] OR "randomised"[All Fields] OR "randomising"[All Fields] OR "randomizations"[All Fields] OR "randomize"[All Fields] OR "randomizes"[All Fields] OR "randomizing"[All Fields] OR "randomness"[All Fields] OR "randoms"[All Fields] OR "clinical trials as topic"[MeSH Terms] OR "clinical trials as topic"[All Fields] OR "trial"[All Fields] OR "trials"[All Fields]
9.	((clinical trials, randomized [MeSH Terms]) OR (controlled clinical trials, randomized [MeSH Terms])) OR (randomization [MeSH Terms]) OR "RCT"[All Fields] OR "RCTs"[All Fields]
10.	1 AND 2 AND 3 AND 4 AND 5 AND 6 AND 7 AND 8 AND 9
11.	Filters applied: Clinical Trial, Randomized Controlled Trial, Humans.