

## Supplement 1

### Search Strategy Medline via Ovid

Date: 15.9.2023

Search line	Search terms	Results
1	"recommend* system?".mp.	1.090
2	(digital adj2 nudg*).mp.	23
3	overweight.ti,ab.	87.939
4	obes*.ti,ab.	377.274
5	adipos*.ti,ab.	132.556
6	(weight adj3 (bod* or health* or unhealth* or gain* or chang* or retention or loss* or management)).ti,ab.	416.275
7	(physical adj3 (activit* or exertion? or training or inactivit*)).ti,ab.	170.098
8	(sedentary adj2 (behavior* or behaviour*)).ti,ab.	9.791
9	exp obesity/	262.485
10	exp overweight/	273905
11	exp "physical activity"/	248.339
12	exp "sedentary behavior"/	13.682
13	or/1-2	1.113
14	or/3-12	1.132.253
15	(food* or nutrition* or diet*).ti,ab.	1.374.138
16	exp food/	1.480.179
17	exp diet/	330.485
18	or/15-17	2.538.857
19	13 and (14 or 18)	86