INPLASY

EAT-Lancet diet for human health: a systematic review and meta-analysis

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ADMINISTRATIVE INFORMATION

Support - None.

Review Stage at time of this submission - The review has not yet started.

Conflicts of interest - None declared.

INPLASY registration number: INPLASY2023110055

Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 13 November 2023 and was last updated on 13 November 2023.

INTRODUCTION

Review question / Objective To explore the effects of EAT-Lancet diet on human health.

Condition being studied Human health including cancer and diabetes.

METHODS

Participant or population Adults.

Intervention Eat-lancet diet.

Comparator Without eat-lancet diet.

Study designs to be included Clinical study.

Eligibility criteria (P) Population: adults. (I) Interventions: EAT-Lancet diet. (C) Control: without EAT-Lancet diet. (O) Outcomes: the primary outcomes were the effects of TRE on body compositTR (O) Outcomes: the primary outcomes were the effects of EAT-Lancet diet on human health. Study（S):clinical studies.

Information sources Pubmed and Embase.

Main outcome(s) All-cause mortality.

Quality assessment / Risk of bias analysis Rob2.

Strategy of data synthesis None.

Subgroup analysis None.

Sensitivity analysis none.

Country(ies) involved China.

Keywords eat-lancet diet, effect.

Contributions of each author
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