Supplemental Material 1. Final search strategy

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| **Search term** | **Query** | **Number of articles** |
| preconception | "preconception"[All Fields] OR "preconceptional"[All Fields] OR "preconceptions"[All Fields]  | 8,847 |
| pre-pregnancy | "pre-pregnancy"[All Fields] | 5,261 |
| preconception OR pre-pregnancy | "preconception"[All Fields] OR "preconceptional"[All Fields] OR "preconceptions"[All Fields] OR "pre-pregnancy"[All Fields] | 13,705 |
| diet | "diet"[MeSH Terms] OR "diet"[All Fields] | 605,951 |
| (preconception OR pre-pregnancy) AND diet | (("preconception"[All Fields] OR "preconceptional"[All Fields] OR "preconceptions"[All Fields] OR "pre-pregnancy"[All Fields]) AND ("diet"[MeSH Terms] OR "diet"[All Fields]) | 1,340 |
| health | "health"[MeSH Terms] OR "health"[All Fields] OR "healthful”[All Fields] OR “healthfulness”[All Fields] OR “healths”[All Fields]  | 6,116,296 |
|   | (("preconception"[All Fields] OR "preconceptional"[All Fields] OR "preconceptions"[All Fields] OR "pre-pregnancy"[All Fields]) AND ("diet"[MeSH Terms] OR "diet"[All Fields]) AND ("health"[MeSH Terms] OR "health"[All Fields] OR "health s"[All Fields] OR "healthful"[All Fields] OR "healthfulness"[All Fields] OR "healths"[All Fields])) | 959 |
| Filters | (("preconception"[All Fields] OR "preconceptional"[All Fields] OR "preconceptions"[All Fields] OR "pre-pregnancy"[All Fields]) AND ("diet"[MeSH Terms] OR "diet"[All Fields]) AND ("health"[MeSH Terms] OR "health"[All Fields] OR "health s"[All Fields] OR "healthful"[All Fields] OR "healthfulness"[All Fields] OR "healths"[All Fields])) AND ((casereports[Filter] OR clinicalstudy[Filter] OR clinicaltrial[Filter] OR comparativestudy[Filter] OR controlledclinicaltrial[Filter] OR meta-analysis[Filter] OR multicenterstudy[Filter] OR observationalstudy[Filter] OR randomizedcontrolledtrial[Filter] OR review[Filter] OR systematicreview[Filter]) AND (humans[Filter]) AND (english[Filter] OR indonesian[Filter]) | 267 |