

Appendix 1: Search Strategy Used in Each Database

Database	Search Strategy
Pubmed/Medline	((("fast mimicking diet"[tiab] OR "fast-mimicking diet"[tiab] OR "water fasting"[tiab] OR "caloric restriction"[tiab] OR "calorie restricted diet"[tiab] OR "intermittent fasting"[tiab] OR "alternate day fasting"[tiab] OR "time-restricted fasting"[tiab] OR "fasting"[tiab]) OR ("intermittent fasting"[MeSH Terms] OR "Fasting"[MeSH Terms])) AND ((("cancer"[tiab] OR "tumor*"[tiab] OR "tumour*"[tiab] OR "malign*"[tiab] OR "neoplas*"[tiab]) OR "Neoplasms"[MeSH Terms]) AND ("randomized controlled trial"[Publication Type] OR "clinical trial"[Publication Type] OR "randomized"[tiab] OR "clinical trials as topic"[MeSH Terms]))
Cochrane Library (Central)	((("fast mimicking diet": ti,ab OR "fast-mimicking diet": ti,ab OR "water fasting": ti,ab OR "caloric restriction": ti,ab OR "calorie restricted diet": ti,ab OR "intermittent fasting": ti,ab OR "alternate day fasting": ti,ab OR "time-restricted fasting": ti,ab OR fasting: ti, ab) OR ([mh "intermittent fasting"] OR [mh Fasting])) AND ((cancer: ti,ab OR tumor*:ti, ab OR tumour*:ti, ab OR malign*:ti,ab OR neoplas*:ti,ab) OR [mh Neoplasms]) AND ("randomized controlled trial":pt OR "clinical trial":pt OR randomized:ti,ab OR "clinical trials as topic"[MeSH Terms]")
Embase	('fast mimicking diet':ti,ab OR 'fast-mimicking diet':ti,ab OR 'water fasting':ti,ab OR 'intermittent fasting':ti,ab OR 'alternate day fasting':ti,ab OR 'time-restricted fasting':ti,ab OR 'caloric restriction':ti,ab OR 'calorie restricted diet':ti,ab OR 'fasting':ti,ab) AND ('cancer*':ti,ab OR 'tumor*':ti,ab OR 'tumour*':ti,ab OR 'malign*':ti,ab OR 'neoplas*':ti,ab) AND ('randomized controlled trial'/exp OR 'clinical trial'/exp OR 'randomized')