*Figure 1. Study identification and selection process.*

Studies from databases/registers **(n = 315)**

Embase (n = 80)

MEDLINE (n = 58)

Cochrane (n = 49)

CINAHL (n = 45)

British Nursing Database (n = 45)

PubMed (n = 19)

Google Scholar (n = 10)

Paperpile (n = 6)

Maternity & Infant Care (n = 3)

References from other sources **(n = 2)**

Citation searching (n = 1)

Google (n=1)

**Identification**

Included studies ongoing **(n = 0)**

Studies awaiting classification **(n = 0)**

Studies included in review **(n = 65)**

Studies excluded **(n = 106)**

Studies not retrieved **(n = 0)**

Studies assessed for eligibility **(n = 75)**

Studies sought for retrieval **(n = 75)**

Studies screened **(n = 181)**

Studies excluded **(n = 10)**

Not genomics focused (n = 3)

Too specific 'nutrigenomics' (n = 1)

Population = registered nurses (n = 6)

References removed **(n = 135)**

Duplicates identified manually (n = 3)

Duplicates identified by Covidence (n = 132)

Marked as ineligible by automation tools (n = 0)

Other reasons (n = 0)

**Screening**

**Included**