

Table S3. Excluded articles and reasons for exclusion

Author, Year, Reference	Reason for exclusion
Wen et al., 2010[1]; Mahabamunuge et al., 2021[2]; Figueroa et al., 2020[3]; Menezes et al., 2019[4]; Martin et al., 2016[5]; Martin et al., 2015[6].	1
Chen et al., 2021[7]; Octavia et al., 2020[8]; Madzorera et al., 2020[9]; Abu-Saad et al., 2021[10]; Augustin, H., Winkvist, A. & Bärebring, 2020[11]; Yee et al., 2020[12]; Wrottesley et al., [13]; Parker et al., 2019[14]; Gonzalez-Nahm et al., 2019[15]; Tahir et al., 2019[16]; Battarbee et al., 2019[17]; Emond et al., 2018[18]; Anand et al., 2017[19]; Crozier et al., 2017[20]; Gresham et al., 2016[21]; Zhang et al., 2014[22]; Deierlein et al., 2008[23]; Philipps et al., 1997[24]; Roustazadeh et al., 2021[25]; Trumpff et al., 2021[26]; Yan et al., 2020[27]; Yong et al., 2020[28]; Dąbrowski, M. & Pawluś, D., 2017[29]; Gicevic, et al., 2018[30]; de Seymour et al., 2016[31]; Schoenaker et al., 2015[32]; Shin et al., 2015[33]; Gaskins et al., 2014[34]; Starling et al., 2017[35]; Chen et al., 2017[36]; Osorio-Yáñez et al., 2017[37]; Ameen et al., 2021[38]; da Mota Santana et al., 2021[39]; Yang et al., 2022[40].	2
Grundt et al., 2012[41]; Alabed et al., 2021[42]; Baxi and Shah, 2021[43]; Singh et al., 2021[44]; Yu et al., 2021[45].	3
Longmore et al., 2020[46]; Cummings et al., 2022 [47].	4
Englund-Ögge et al., 2012[48]; Halldorsson et al., 2010; [49]; Sartorelli et al., 2019 [50]; Arvizu Boy, 2019[51]; Leone et al., 2021[52].	5
Perez et al., 2021[53]; Nagel et al., 2020[54]; Whyte et al., 2020[55]; Leung et al., 2016[56]; Jarman et al., 2016[57]; Zhu et al., 2016[58]; Starling et al., 2016[59]; Tielemans et al., 2015[60]; Englund-Ogge et al., 2013[61]; Von et al., 2012[62]; Both et al., 2012 [63].	6
Chen et al., 2021[64]; Nascimento et al., 2017 [65]; Gillman et al., 2017 [66]; Loo et al., 2017[67]; Azad et al., 2016[68]; Von Ehrenstein et al., 2015[69]; Zhu et al., 2017[70]; Pinto et al., 2021[71]; Murrin et al., 2015[72]; Hu et al., 2020[73].	7
Akhmetova et al., 2010[74]; Yan et al., 2019[75]; Rajaei et al., 2019[76]; Taheri et al., 2018[77]; Sokup et al., 2010[78]; Sokup et al., 2010[79]; Li et al., 2015[80]; Samohýl et al., 2016[81]; Miranda, 2021[82]; wang et al., 2021[83].	8
Mizgier et al., 2021[84]; Brantsæter et al., 2014[85]; Phelan et al., [86]; Whyte, 2019[87].	9
Burse; Watson, 2010[88]; Vecchia, 2010[89]; Moses; Brand-Miller, 2009[90].	10

(1) Studies do not evaluate UPF association with perinatal outcomes; (2) Studies do not evaluate UPF group consumption; (3) Studies do not report association data; (4) Participants had comorbidities at baseline (5) Same sample from previous included study; (6) Conference/magazine abstract; (7) Studies do not report perinatal outcomes; (8) No responses to contact attempts for additional information; (9) Study design; (10) Letters to editor/editorial.

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