

## Appendix I: Search strategy in PubMed

Search conducted: June 2025

Search query	Records retrieved
(woman OR women OR female* OR adult*) AND (“gluten free” OR coeliac OR celiac OR gluten) AND (folate OR folic acid OR folacin OR micronutrient* OR biochemical* OR “diet* quality” OR “diet* assessment” OR “diet* intake” OR “diet* reference intake” OR “quality of diet” OR “recommended dietary intake” OR “nutri* quality” OR “nutri* assessment” OR “nutri* intake” OR “nutri* reference intake” OR “recommended nutri* intake”)	949

Search details:
<ul style="list-style-type: none"> <li>- Search query was searched in ‘all fields’.</li> <li>- There were no date or language restrictions.</li> </ul> <p>(“womans”[All Fields] OR “women”[MeSH Terms] OR “women”[All Fields] OR “woman”[All Fields] OR “women s”[All Fields] OR “womens”[All Fields] OR (“womans”[All Fields] OR “women”[MeSH Terms] OR “women”[All Fields] OR “woman”[All Fields] OR “women s”[All Fields] OR “womens”[All Fields]) OR “female*”[All Fields] OR “adult*”[All Fields]) AND (“gluten free”[All Fields] OR (“celiac”[All Fields] OR “celiacs”[All Fields] OR “coeliac”[All Fields] OR “coeliacs”[All Fields]) OR (“celiac”[All Fields] OR “celiacs”[All Fields] OR “coeliac”[All Fields] OR “coeliacs”[All Fields]) OR (“glutens”[Supplementary Concept] OR “glutens”[All Fields] OR “gluten”[All Fields] OR “glutens”[MeSH Terms])) AND (“folic acid”[Supplementary Concept] OR “folic acid”[All Fields] OR “folate”[All Fields] OR “folic acid”[MeSH Terms] OR (“folic”[All Fields] AND “acid”[All Fields]) OR “folates”[All Fields] OR (“folic acid”[Supplementary Concept] OR “folic acid”[All Fields] OR “folic acid”[MeSH Terms] OR (“folic”[All Fields] AND “acid”[All Fields]) OR “folate”[All Fields] OR “folates”[All Fields]) OR “micronutrient*”[All Fields] OR “biochemical*”[All Fields] OR “diet* quality”[All Fields] OR “diet* assessment”[All Fields] OR “diet* intake”[All Fields] OR “diet* reference intake”[All Fields] OR “quality of diet”[All Fields] OR “recommended dietary intake”[All Fields] OR “nutri* quality”[All Fields] OR “nutri* assessment”[All Fields] OR “nutri* intake”[All Fields] OR “nutri* reference intake”[All Fields] OR “recommended nutri* intake”[All Fields])</p> <p><b>Translations</b>  <b>woman:</b> “womans”[All Fields] OR “women”[MeSH Terms] OR “women”[All Fields] OR “woman”[All Fields] OR “women’s”[All Fields] OR “womens”[All Fields]  <b>women:</b> “womans”[All Fields] OR “women”[MeSH Terms] OR “women”[All Fields] OR “woman”[All Fields] OR “women’s”[All Fields] OR “womens”[All Fields]  <b>coeliac:</b> “celiac”[All Fields] OR “celiacs”[All Fields] OR “coeliac”[All Fields] OR “coeliacs”[All Fields]  <b>celiac:</b> “celiac”[All Fields] OR “celiacs”[All Fields] OR “coeliac”[All Fields] OR “coeliacs”[All Fields]</p>

**gluten:** "gluten's"[All Fields] OR "glutens"[Supplementary Concept] OR "glutens"[All Fields] OR "gluten"[All Fields] OR "glutens"[MeSH Terms]  
**folate:** "folic acid"[Supplementary Concept] OR "folic acid"[All Fields] OR "folate"[All Fields] OR "folic acid"[MeSH Terms] OR ("folic"[All Fields] AND "acid"[All Fields]) OR "folates"[All Fields]  
**folic acid:** "folic acid"[Supplementary Concept] OR "folic acid"[All Fields] OR "folic acid"[MeSH Terms] OR ("folic"[All Fields] AND "acid"[All Fields])  
**folacin:** "folic acid"[Supplementary Concept] OR "folic acid"[All Fields] OR "folacin"[All Fields] OR "folic acid"[MeSH Terms] OR ("folic"[All Fields] AND "acid"[All Fields]) OR "folate"[All Fields] OR "folates"[All Fields]