Online Appendix 4: Results for lipid profile, body mass index and 10-year CHD risk from the studies that assessed these outcomes

Authors Year		Lipid profile (mg dl^{-1})		Body mass index (kg m^{-2})		10-year CHD risk	
		Change from baseline to final follow-up	Difference in change between groups[a]	Change from baseline to final follow-up	Difference in change between groups[a]	Change from baseline to final follow-up	Difference in change between groups[a]
Adams et al. 2015 (20)	TC	IG: 160.09 to 163.19[b] CG: 162.03 to 155.07[b]	10.06[b]	-	-	-	-
Aguiar et al. 2016 (23)	LDL	IG: 93.0 to 82.8 (P=0.041) CG: 98.5 to 86.3 (P=0.025)	2.0 (P=0.768)	-	-	-	-
Al Mazroui et al. 2009 (24)	TC	IG: 203.40 to 172.85[b] CG: 203.79 to 205.72[b]	-32.48[b]	IG: 28.34 to 27.29 (P<0.005) CG: 27.98 to 27.99 (P>0.05)	-1.06[b]	Framingham risk prediction score IG: 10.6% to 7.7% (P<0.001) CG: 11.4% to 11.5% (P>0.05) BNF risk prediction (% of patients at low risk) IG: 63.3% to 85.5% CG: 65.0% to 59.0%	-3.0%[b] 28.2%[b,c]
	LDL	IG: 137.28 to 117.56 CG: 134.57[b] to 139.60[b]	-24.75[b]				
	HDL	IG: 46.40 to 51.04 (P<0.05) CG: 46.02 to 46.40[b]	4.26[b]				
	TG	IG: 141.72 to 110.72[b] CG: 137.29 to 154.12[b]	-47.83[b]				
Butt et al. 2016 (25)	TC	IG: 210.36 to 218.87 (P=0.46) CG: 191.42 to 192.96 (P=0.81)	6.97 (P=0.10)	IG: 29.34 to 28.92 (P=0.03) CG: 28.17 to 27.97 (P=0.07)	-0.22 (P=0.44)	-	-
	LDL	IG: 125.29 to 126.45 (P=0.88) CG: 107.12 to 110.60 (P=0.52)	-2.32 (P=0.35)				
	HDL	IG: 53.57 to 55.68 (P=0.40) CG: 49.50 to 51.82 (P=0.10)	-0.21 (P=0.36)				
	TG	IG: 147.03 to 166.52 (P=0.28) CG: 135.52 to 133.75 (P=0.90)	21.26 (P=0.13)				
Chan et al. 2012 (27)	TC	IG: 170.15 to 155.07[b] CG: 182.13 to 179.43[b]	-12.37 (P=0.08)	IG: 25.2 to 25.04[b] CG: 26.2 to 26.27[b]	-0.23 (P=0.24)	Score obtained from a validated CHD risk equation for Hong Kong population IG: 2.16 to 2.05[b] CG: 2.17 to 2.17[b]	-0.11 (P<0.001)
	LDL	IG: 101.32 to 87.39[b] CG: 107.12 to 105.96[b]	-12.76 (P=0.026)				
	HDL	IG: 42.15 to 42.30[b] CG: 44.47 to 44.55[b]	0.08 (P=0.93)				
	TG	IG: 154.12 to 134.63 CG: 168.29 to 148.80	0.00 (P=0.99)				
Cohen et al. 2011 (29)	LDL	IG: 96.1 to 86.7 (Sig.)[b] CG: 110.7 to 99.2 (Sig.)[b]	2.1 (NS)[b]	-	-	-	-

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Goruntla et al. 2019 (35)	LDL	IG: 104.14 to 98.29 CG: 103.29to 102.67	-4.38 P=0.0021	IG: 27.9 to 27.1)[b] (P= 0.131) CG: 28 to 27.5 (P= 0.986)	-0.4 P= 0.9253	-	-
Jaber et al. 1996 (37)	No significant changes within or between IG and CG		-	-	-	-	-
Jacobs et al. 2012 (38)	LDL	IG: 121.5 to 93.7 CG: 115.1 to 105.1	-17.8[b]	IG: 32.8 to 33.2)[b] CG: 31.8 to 31.6)[b]	0.6[b]	-	-
Jarab et al. 2012 (39)	TC	IG: 181.7 to 154.7 CG: 181.7 to 185.6	-30.9 (P=0.040)	IG: 32.4 to 31.9)[b] CG: 32.8 to 33.2)[b]	-0.9 (P=0.189)	-	-
	LDL	IG: 81.2 to 58.0 CG: 85.1 to 85.1	-23.2 (P=0.031)				
	HDL	IG: 50.3 to 44.5 CG: 50.3 to 50.3	-5.8 (P=0.728)				
	TG	IG: 168.3 to 124.0 CG: 177.1 to 194.9	-62.0 (P=0.017)				
Javaid et al. 2019 (40)	TC	IG: 223.0 to 153.0 (P < 0.0001) CG: 231.0 to 221.0 (P=0.30)	P < 0.0001	IG: 30.7 to 28.9 (P= 0.131) CG: 30.6 to 30.7 (P= 0.986)	P= 0.06	-	-
	LDL	IG: 99.0 to 76.0 (P < 0.0001) CG: 145.0 to 82.0 (P < 0.0001)	P < 0.0001				
	HDL	IG: 49.0 to 49.0 (P =0.975) CG: 48.0 to 49.0 (P=0.437)	P=0.794				
	VLDL	IG: 54.0 to 29.0 (P < 0.0001) CG: 38.0 to 20.0 (P < 0.0001)	P < 0.0001				
	TG	IG:272.0 to 143.0 (P < 0.0001) CG: 191.0 to 172.0 (P =0.1)	P < 0.0001				
Korcegez et al. 2017 (41)	TC	IG: 197.37 to 192.59 (P=0.149) CG: 201.92 to 203.87 (P=0.178)	-6.72 (P=0.040)	IG: 33.00 to 31.73 (P<0.001) CG: 32.61 to 33.02 (P=0.016)	-1.64 (P<0.001)	-	-
	LDL	IG: 122.13 to 116.93 (P=0.119) CG: 124.22 to 125.62 (P=0.285)	-6.60 (P=0.063)				
	HDL	IG: 42.72 to 42.50 (P=0.014) CG:45.80 to 45.59 (P=0.681)	0.0 (P=0.331)				
	TG	IG: 162.60 to 165.67 (P=0.052) CG: 158.48 to 162.78 (P=0.025)	-0.23 (P=0.896)				
Lim et al. 2016 (42)	TC	IG: 203.79 to 190.64 (P=0.018) CG: NR	-	IG: 27.86 to 27.57 (P=0.145) CG: 26.92 to 27.01 (P=0.360)	-0.38 (P=0.237)	-	-
	LDL	IG: 124.90 to 107.50 (P=0.001) CG: NR	-				

	HDL	IG: 45.24 to 47.18 (P=0.092) CG: NR	-					
	TG	IG: 175.38 to 169.18 (P=0.276) CG: NR	-					
Mourão et al. 2013 (45)	TC	IG: 216.3 to 189.3)[b] CG: 207.5 to 207.8)[b]	-27.3 (P=0.008)	IG: 30.3 to 30.4)[b] CG: 30.3 to 30.0)[b]	0.4 (P=0.106)	-	-	
	LDL	IG: 128.9 to 105.9)[b] CG: 123.0 to 123.5)[b]	-23.5 (P=0.026)					
	HDL	IG: 51.8 to 53.5)[b] CG: 53.4 to 50.6)[b]	4.5 (P=0.020)					
	TG	IG: 171.2 to 152.2)[b] CG: 162.4 to 177.4)[b]	-34.0 (P=0.007)					
Plaster et al. 2012 (48)	TC	IG: 205 to 182 (P<0.01) CG: 209 to 210[b]	-24[b]	-	-	Framingham risk prediction score IG: 22% to 14% (P<0.01) CG: 22% to 26% (P<0.05)	-12%[b]	
	LDL	IG: 146 to 111 (P<0.01) CG: 140 to 132[b]	-27[b]					
	Men HDL	IG: 40 to 47 (P<0.05) CG: 44 to 40[b]	11[b]					
	Women HDL	IG: 42 to 49 (P<0.05) CG: 45 to 41[b]	11[b]					
	TG	IG: 186 to 165 CG: 207 to 174	12[b]					
Scott et al. 2006 (50)	LDL	IG: 116.1 to 96.7)[b] CG: 120.5 to 112.3)[b]	-11.2 (P=0.012)	IG: 36.4 to 36.0)[b] CG: 35.9 to 35.7)[b]	-0.2[b]	-	-	
	HDL	IG: 41.3 to 42.9)[b] CG: 41.5 to 42.4)[b]	0.7[b]					
Shao et al. 2017 (51)	TC	IG: 194.51 to 185.23 (P=0.013) CG: 189.48 to 199.15 (P=0.006)	-18.95[b]	IG: 24.87 to 24.46 (P<0.001) CG: 24.31 to 24.14 (P<0.001)	-0.24[b]	-	-	
	LDL	IG: 116.01 to 111.37 (P=0.123) CG: 113.30 to 119.88 (P=0.027)	-11.22[b]					
	HDL	IG: 54.52 to 50.27 (P<0.001) CG: 52.20 to 52.20 (P=0.774)	-4.25[b]					
	TG	IG: 144.38 to 123.12 (P=0.040) CG: 135.52 to 139.95 (P=0.459)	-25.69[b]					
Siaw et al. 2017 (49)	LDL	IG: 93.2 to 91.3)[b] CG: 96.0 to 97.2)[b]	-3.1 (P=0.35)	IG: 28.3 to 28.2)[b] CG: 28.2 to 28.5)[b]	-0.4[b]	-	-	
	TG	IG: 159.1 to 145.7)[b] CG: 137.8 to 143.0)[b]	-18.6 (P=0.58)					
Simpson et al. 2011 (53)	TC	IG: 170.53 to 161.64 (P<0.05) CG: 168.99 to 165.51[b]	-5.41 (NS)[b]	-	-	UKPDS risk engine score IG: 19.5% to 16.8% (P<0.001) CG: 21.0% to 19.8% P=0.06)	-1.5% (P=0.005)	
	LDL	IG: 93.58 to 84.69 (P<0.05) CG: 93.19 to 89.33[b]	-5.41 (NS)[b]					

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	HDL	IG: 44.47 to 44.86[b] CG: 44.47 to 45.24[b]	-0.77 (NS)[b]				
	TG	IG: 168.29 to 160.32[b] CG: 154.12 to 162.09[b]	-15.94 (NS)[b]				
Sriram et al. 2011 (54)		-	-	IG: 25.01 to 23.16 (P<0.05) CG: 24.66 to 24.75 (P>0.05)	-1.94[b]	-	-
Wishah et al. 2014 (56)	TC	IG: 184.6 to 165.2[b] CG: 185.5 to 173.6[b]	-7.5[b]	IG: 31.1 to 30.6 CG: 29.3 to 29.8	-1.0 (P=0.11)	-	-
	LDL	IG: 114.2 to 100.9[b] CG: 109.3 to 105.3[b]	-9.3[b]				
	HDL	IG: 40.3 to 43.6[b] CG: 44.0 to 45.1[b]	2.2[b]				
	TG	IG: 209.8 to 169.5[b] CG: 155.9 to 152.6[b]	-37.0[b]				
Withidpanyawong et al. 2019 (57)	TC	IG: 212.7 to 195.3 (P=0.002) CG: 208.0 to 202.2 (P=0.226)	-11.6 (P=0.116)	IG: 27.68 to 27.54 (P=0.215) CG: 27.60 to 27.67 (P=0.545)	-0.21 (P=0.198)	-	-
	LDL	IG: 135.3 to 118.7 (P=0.002) CG: 127.6 to 124.9 (P=0.534)	-13.9 (P=0.041)				
	HDL	IG: 46.4 to 45.6 (P=0.353) CG: 47.2 to 45.7 (P=0.045)	0.8 (P=0.546)				
	TG	IG: 159.4 to 156.7 (P=0.775) CG: 160.3 to 159.4 (P=0.901)	-1.8 (P=0.879)				
Wu et al. 2018 (58)	LDL	-	-2.6 (p=0.12)	-	-	UKPDS risk engine score No significant changes within or between IG and CG	

[a]Negative values indicate IG had greater decrease; positive values indicate CG had greater decrease. For HDL: positive values indicate IG had greater increase; negative values indicate CG had greater increase.

[b]P-value not reported.

[c]Positive values indicate IG had greater decrease in 10-year CHD risk; negative values indicate CG had greater decrease in 10-year CHD risk.

CG = control group; CHD = coronary heart disease; HDL = high-density lipoprotein cholesterol; IG = intervention group; LDL = low-density lipoprotein cholesterol; NR = not reported; NS = not significant; TC = total cholesterol; TG = triglycerides; UKPDS = United Kingdom Prospective Diabetes Study.