Supplementary

Supplementary Table S1: Search terms

Pubmed	
(diabetes [MeSH Terms]) AND (overweight OR obese OR obesity)	#1
(low fat OR vegetarian diet OR Mediterranean OR high protein OR moderate carbohydrate OR low-carbohydrate diet OR atkins OR low GI OR low GL OR paleolithic OR DASH OR dietary approaches to stop hypertension)	#2
(HbA1c OR fasting glucose OR body mass index OR body weight OR waist circumference)	#3
(randomized controlled trial OR controlled clinical trial OR randomized controlled trial OR random OR randomly OR randomized OR trial OR clinical trial)	#4
#5=#1 AND #2 AND #3 AND #4	
Embase	
'diabetes':ab,kw,ti	**#1**
'overweight':ab,kw,ti OR 'obese':ab,kw,ti OR 'obesity':ab,kw,ti	**#2**
'low fat diet':ab,kw,ti OR 'high-fat diet':ab,kw,ti OR 'diet,vegetarian':ab,kw,ti OR ‘mediterranean':ab,kw,ti OR ‘high protein diet':ab,kw,ti OR ‘moderate carbohydrate':ab,kw,ti OR ‘low-carbohydrate diet':ab,kw,ti OR ‘atkins diet':ab,kw,ti OR ‘glycemic indices':ab,kw,ti OR ‘glycaemic load':ab,kw,ti OR ‘low GI':ab,kw,ti OR ‘low GL':ab,kw,ti OR ‘diet, paleolithic':ab,kw,ti OR ‘paleolithic diet':ab,kw,ti OR ‘DASH':ab,kw,ti OR ‘dietary approaches to stop hypertension':ab,kw,ti	**#3**
‘glucose':ab,kw,ti OR ‘blood glucose':ab,kw,ti OR ‘glycemic':ab,kw,ti OR ‘glycaemic':ab,kw,ti OR ‘body mass index':ab,kw,ti OR ‘BMI':ab,kw,ti OR ‘body weight ':ab,kw,ti OR ‘waist circumference':ab,kw,ti	**#4**
‘randomized controlled trial':ab,kw,ti OR ‘controlled clinical trial':ab,kw,ti OR ‘randomized controlled trial':ab,kw,ti OR ‘random':ab,kw,ti OR ‘randomly':ab,kw,ti OR ‘randomized':ab,kw,ti OR ‘trial':ab,kw,ti OR ‘clinical trial':ab,kw,ti	**#5**
#6=#1 AND #2 AND #3 AND #4 AND #5	

Cochrane CENTRAL	
(diabetes)	**#1**
(overweight OR obese OR obesity)	**#2**
(low-carbohydrate OR low-fat OR high-protein OR vegetarian OR Mediterranean OR DASH OR dietary approaches to stop hypertension OR glycaemic index OR glycaemic load OR Palaeolithic OR low-calorie OR atkins)	**#3**
(HbA1c OR fasting glucose OR body mass index OR body weight OR waist circumference)	**#4**
(randomized controlled trial OR controlled clinical trial OR randomized controlled trial OR random OR randomly OR randomized OR trial OR clinical trial)	**#5**
#6=#1 AND #2 AND #3 AND #4 AND #5	

Supplementary Table S2: Criteria for diet category classification

Low carbohydrate diet	25% carbohydrates of total energy intake， high intake of animal and/or plant protein; often high intake of fat[1].
Moderate-carbohydrate diet	25–45% carbohydrates of total energy intake; 10–20% protein intake[2].
High protein diet	>20% protein intake of total energy intake; high intake of animal and/or plant protein; <35% fat[3].
Low fat diet	<30% fat of total energy intake; 10–15% protein intake[4].
Low GI/GL diet	Intervention focusing on low glycemic index or load[5,6].
Vegetarian diet	Vegan or vegetarian dietary pattern: exclusion of meat and fish from the diet[7].
Mediterranean diet	fruit, vegetables, olive oil, legumes, cereals, fish, and moderate intake of red wine during meals[8,9].
Control diet	no intervention or minimum levels of intervention[10].

GI/GL, glycaemic index/load.

Supplementary Table S3: Eligibility criteria for inclusion in the systematic literature search

Inclusion criteria	Exclusion criteria
Randomized controlled trial	Randomised controlled trials which included pregnant women
Population with T2DM and overweight or obesity, following the diagnosis criteria of the American Diabetes Association or according to the internationally recognized standards for patients with T2DM and overweight or obesity [a]	Studies with an exercise or medication cointervention that was not applied in all groups
Comparison between full dietary pattern and an alternative dietary pattern or usual diet	Intervention studies using dietary supplements as placebo
Primary outcomes include one or more of: HbA1c Body weight	Interventions using very low energy diets (i.e., <600 kcal/day)
Minimum follow-up 12 weeks	
Participants aged ≥18 years	

[a]: Obesity was defined as BMI ≥ 28 kg/m^2 in Asia and BMI ≥ 30 kg/m^2 in Europe and the Americas and overweight was defined as BMI 24-28 kg/m2 in Asia and BMI 25-29.9 kg/m^2 according to the World Health Organization[11]. BMI, body mass index.

Supplementary Table S4: Definition of outcomes

Outcome	Definition/Description	Property
HbA1c	Follow-up-end HbA1c; The unit of HbA1c was standardized as a percentage (DCCT units) and IFCC units (mmol/mol) was converted to DCCT units by the online tool: http://www.ngsp.org/convert1.asp.	Continuous variable/ objective outcome
Fasting glucose	Follow-up-end fasting glucose; The unit of FBG was standardized as "mmol/l" and 1 mg/dl was converted to 0.0555 mmol/l.	Continuous variable/ objective outcome
Body weight	Follow-up-end body weight; The unit of body weight was kg.	Continuous variable/ objective outcome
BMI	Follow-up-end BMI; The unit of body weight was kg/m^2. (BMI = weight/height squared, weight unit as "kg" and height unit as "m")	Continuous variable/ objective outcome
waist circumference	Follow-up-end waist circumference; The unit of waist circumference was cm.	Continuous variable/ objective outcome

Supplementary Table S5: Full-text articles excluded, with reasons

(n=83)

Reference	Reason for exclusion
[12]	Not type 2 diabetes
[13]	Not type 2 diabetes
[14]	Not type 2 diabetes
[15]	Not RCT
[16]	Long-term follow-up available
[17]	Not type 2 diabetes
[18]	Not type 2 diabetes
[19]	Other intervention
[20]	Diabetes without overweight or obesity
[21]	Not type 2 diabetes
[22]	Not type 2 diabetes
[23]	Other intervention
[24]	Diabetes without overweight or obesity
[25]	Not type 2 diabetes
[26]	Not type 2 diabetes
[27]	No relevant outcomes
[28]	Conference abstract
[29]	Not type 2 diabetes
[30]	Not type 2 diabetes
[31]	Not type 2 diabetes
[32]	Interventions duration <12 week
[33]	Conference abstract
[34]	Diabetes without overweight or obesity
[35]	Diabetes without overweight or obesity
[36]	No relevant outcomes
[37]	Long-term follow-up available
[38]	Conference abstract
[39]	Diabetes without overweight or obesity
[40]	Very low-calorie diets
[41]	Other intervention
[42]	Long-term follow-up available
[43]	Conference abstract
[44]	No relevant outcomes
[45]	Interventions duration <12 week
[46]	Diabetes without overweight or obesity
[47]	No relevant outcomes
[48]	Interventions duration <12 week
[49]	Very low-calorie diets
[50]	Very low-calorie diets
[51]	Interventions duration <12 week
[52]	Interventions duration <12 week
[53]	Diabetes without overweight or obesity
[54]	Diabetes without overweight or obesity

[55]	Diabetes without overweight or obesity
[56]	Other intervention
[57]	Interventions duration <12 week
[58]	No relevant outcomes
[59]	Conference abstract
[60]	Diabetes without overweight or obesity
[61]	Interventions duration <12 week
[62]	Diabetes without overweight or obesity
[63]	Other intervention
[64]	No relevant outcomes
[65]	Conference abstract
[66]	Diabetes without overweight or obesity
[67]	No relevant outcomes
[68]	No relevant outcomes
[69]	Diabetes without overweight or obesity
[70]	Same study already included
[71]	Other intervention
[72]	Very low-calorie diets
[73]	Conference abstract
[74]	Diabetes without overweight or obesity
[75]	Interventions duration <12 week
[76]	No relevant outcomes
[77]	Interventions duration <12 week
[78]	Diabetes without overweight or obesity
[79]	Other intervention
[80]	Review or meta-analysis
[81]	Diabetes without overweight or obesity
[82]	Comment
[83]	No relevant outcomes
[84]	Report
[85]	Diabetes without overweight or obesity
[86]	Diabetes without overweight or obesity
[87]	Interventions duration <12 week
[88]	No relevant outcomes
[89]	No relevant outcomes
[90]	Other intervention
[91]	Diabetes without overweight or obesity
[92]	Diabetes without overweight or obesity
[93]	Diabetes without overweight or obesity
[94]	Interventions duration <12 week

Supplementary Table S6: General study characteristics of the included trials investigating the effects of dietary approaches on blood glucose and body weight.

Reference	Country	Patients	Duration, months	Energy restricted	Mean age	Female (%)	Primary outcomes	Sample size	Diet (detail)
AlFaris 2020	Saudi Arabia	overweight or obesity (BMI ≥ 25 kg/m^2), type 2 diabetes	3	1,600 kcal /d	25~60	100	BMI	13	Low-Fat: Daily meal plans of the low-fat diet were composed of five balanced meals (three main meals and two snacks) and provide 1,600 kcal per day; where 50%–60%, 20%– 30%, and 12%–20% of daily energy derives from carbohydrate, fat, and protein, respectively. As well as high-fiber carbohydrate sources were used.
								13	Control: subjects did not receive any nutrition education, meal plans, or any supplement.
Brehm 2008	USA	BMI: 27–40 kg/m^2, type 2 diabetes	12	200–300 calories/d	56.5±0.8	67	HbA1c, fasting glucose, body weight	52	Moderate-Carbohydrate: 45% carbohydrate, 15% protein, 40% fat (with 20% MUFA). Meal plans included the following food groups: starches, fruits, vegetables, low-fat dairy products, meat/ meat

									substitutes, and fat.
						60		43	Low-Fat: 60% carbohydrate, 15% protein, 25% fat. The low-fat diet included fewer servings of starches, fruit, and meat/meat substitutes and more servings of fat (emphasizing olive and canola oils); it also included an additional food group of beans, legumes, and nuts.
Brinkworth 2004	Australia	overweight or obese adult subjects (BMI: 27–40 kg/m^2), type 2 diabetes	15	8-week energy restriction period (~1600 kcal/d or 30% caloric restriction)	60.9±7.85	58	HbA1c, fasting glucose, body weight	19	High Protein: 30% protein, 40% carbohydrate, 30% fat. Both diets were matched for fatty acid profile (8% saturated fatty acids, 12% monounsaturated fatty acids, 5% polyunsaturated fatty acids) and dietary fibre intake (~30 g/day).
					62.7±7.85	63		19	Low-Fat: 15% protein, 55% carbohydrate, 30% fat.
Daly 2006	United Kingdom	Obese subjects (BMI ≥ 30 kg/m^2),	3	NA	58.2±9.8	51	HbA1c, body weight	40	Low-Carbohydrate: consisting of up to 70 g of carbohydrate per day, at least half a pint of milk and one piece of fruit. (~26.4% protein, ~33.5% carbohydrate, ~40.1% fat)

		type 2 diabetes			59.1±9.24	53		39	Low-Fat: healthy eating advice, focusing on reducing fat intake. (~20.9% protein, ~45.2% carbohydrate, ~32.9% fat)
Davis 2009	USA	Obese (BMI ≥ 30 kg/m^2), type 2 diabetes	12	NA	54±6	82	HbA1c, body weight	47	Low-Carbohydrate: modeled after the Atkins diet and was initiated with a 2-week phase of carbohydrate restriction of 20–25 g daily depending on baseline weight. As participants lost weight, they were able to increase carbohydrate intake at 5 g increments each week. (~22.7% protein, ~33.4% carbohydrate, ~43.9% fat)
					53±7	74		44	Low-Fat: modeled after that in the Diabetes Prevention Program Participants received a fat gram goal, which was 25% of energy needs, based on baseline weight. (~18.9% protein, ~50.1% carbohydrate, ~30.8% fat)
Elhayany 2010	Israel	type 2 diabetes, BMI: 27–34	12	NA	56.5±6.3	47	HbA1c, fasting glucose, body	124	Mediterranean I: (50% carbohydrate, 30g fibre, 20% protein, 30% fat: of which 10% MUFA, 12% PUFA and 7% SFA)

		kg/m^2					weight, BMI, waist circumference		Mediterranean II: (35% carbohydrate, 30g fibre, 20% protein, 45% fat: of which 23% MUFA, 15% PUFA and 7% SFA).
					56.0±6.1	51		55	Low-Fat: 50% carbohydrates, 15g fibre, 30% fat-of which 10% MUFA, 12% PUFA and 7% SFA - 20% protein.
Esposito 2009	Italy	BMI > 25 kg/m^2, type 2 diabetes	48	1500 kcal/d for women and 1800 kcal/d for men	52.4±11.2	50	HbA1c, fasting glucose, body weight, BMI, waist circumference	108	Mediterranean: rich in vegetables and whole grains and low in red meat, which was replaced with poultry and fish, no more than 50% of calories from complex carbohydrates, based on evidence that, in the context of a Mediterranean diet, a carbohydrate content less than 50% of daily energy is more beneficial than higher content for weight loss and cardiovascular risk reduction. The diet had no less than 30% calories from fat. The main source of added fat was 30 to 50 g of olive oil.
					51.9±10.7	51.5		107	Low-Fat: rich in whole grains and restricted additional fats, sweets,

									and high-fat snacks, no more than 30% of calories from fat and no more than 10% of calories from saturated fat.
Fabricatore 2011	USA	type 2 diabetes and a BMI of 27–45 kg/m^2	10	NA	52.8±8.85	80	HbA1c, fasting glucose, body weight, waist circumference	24	Low-GI/GL: consuming ≤ 3 and ≤1 serving per day of moderate-GL and high-GL items, respectively over 2 weeks. (~44% carbohydrate, ~36% fat, ~20% protein)
					52.5±8.12	79.5		26	Low-Fat: <30% of energy from fat (i.e., 40-50 g/d and 50-60 g/d for participants in the 5024-6280 kJ/d and 6280-7536 kJ/d ranges, respectively) ~50% carbohydrate, ~30% fat, ~20% protein
Andrews 2011	United Kingdom	type 2 diabetes, BMI > 25 kg/m^2	12	yes	60.1±10.2	36	HbA1c, body weight, BMI, waist circumference	246	Low-Fat: Based on the Diabetes UK dietary guidelines the lower ranges of energy density, fat content, and glycaemic index.
				unrestricted	59.5±11.1	37		93	Control: standard dietary and exercise advice.
Heilbronn 1999	Australia	obese patients with type 2	3	30% energy restriction	58.7±9.01	85	HbA1c, fasting glucose	13	Moderate-Carbohydrate: 49% carbohydrate, 33% fat, 18% protein. Key foods for the moderate-carbohydrate diet were

									skim milk, raisins, and low-fat biscuits.
		diabetes			57.5±11.78	75		12	Low-Fat: 73% carbohydrate, 10% fat, 17% protein. Key foods for the low-fat diet were skim milk, almonds, and unsaturated fat biscuits.
Iqbal 2010	USA	type 2 diabetes, a BMI of ≥30 kg/m^2	24	without restrictions caloric intake	60.0±8.9	15.7	HbA1c, fasting glucose, body weight	28	Low-Carbohydrate: carbohydrate intake of 30 g/d, encouraged to select whole grain products and foods with a high fiber content and to minimize the intake of saturated and trans fats. (~48% carbohydrate, ~35% fat, ~17% protein)
				a deficit of 500 kcal/d	60.0±9.5	5.4		40	Low-Fat: <7% of total calories from saturated fats, <300 mg of dietary cholesterol daily, increase their intake of fruits and vegetables. (~47% carbohydrate, ~35% fat, ~18% protein)
Jenkins 2022	Canada	BMI > 27 kg/m^2, type 2 diabetes	3	2000 kcal/d	59±8.6	54.2	HbA1c, fasting glucose, body weight,	70	Vegetarian: a canola oil–enriched bread and high-protein simulated meat products, emphasized fruit, vegetables, and low-fat dairy products, with avoidance of meat

							BMI, waist circumference		and snack foods, wholewheat bread and with liquid egg whites to reduce dietary cholesterol intake. (~36% carbohydrate, ~24% protein, ~40% fat)
					58±11.7	54.3		68	Low-Fat: ~50% carbohydrate, ~20% protein, ~30% fat.
Krebs 2012	New Zealand	type 2 diabetes, BMI at least 27 kg/m^2	24	500 kcal/d energy deficit	57.7±9.9	54	HbA1c, fasting glucose, body weight, BMI, waist circumference	63	High Protein: 30% protein, 40% carbohydrate, 30% fat.
					58.0±9.2	66		61	Low-Fat: 15% protein, 55% carbohydrate, 30% fat.
Larsen 2011	Australia	type 2 diabetes, BMI: 27–40 kg/m^2	12	1500 kcal /d, or 30% energy restriction for 3 months; followed by 9 months of energy	59.6	43	HbA1c, body weight, waist circumference	53	High Protein: 30% protein (a combination of lean meat, chicken and fish) and 40% carbohydrate, 30% fat (7% saturated fat, 10% polyunsaturated fat, 13% monounsaturated fat).
					58.8	61		46	Low-Fat: 15% protein, 55% carbohydrate, 30% fat (7% saturated fat, 10% polyunsaturated fat, 13% monounsaturated fat).

				balance					
Li 2016	China	type 2 diabetes, meeting the Chinese criteria of overweight (body mass index ≥ 24 kg/m^2)	12	2275 kcal for men and 1890 kcal for women	59.73±6.53	47	HbA1c, fasting glucose, body weight, BMI	76	Low-Fat: 60% carbohydrate, 22% fat, 18% protein.
					59.00±3.94	35		59	Control: no dietary intervention (50% carbohydrate, 31% fat, 19% protein)
Li 2022	China	type 2 diabetes, BMI≥25 kg/m^2	3	1500±50 kcal/d	36.50±13.67	NA	HbA1c, fasting glucose, body weight, BMI, waist circumference	24	Low-Carbohydrate: olive oil, butter, fried eggs, double-fried pork, pan-fried salmon, pacific saury, sardines, broccoli, avocado, and so on, and daily limits for ingredients were as follows: carbohydrate 30-50 g, protein 60 g, fat 130 g, and total calories (1500±50) kcal.
					37.10±14.02			29	Low-Fat: foods were not limited, and daily limits for ingredients

									were as follows: carbohydrate 250-280 g, protein 60 g, fat 20 g, total calories (1500 ±50) kcal.
Mclaughlin 2007	USA	type 2 diabetes, BMI: 27–36 kg/m^2	4	750 kcal/d energy deficit	57±7	43	fasting glucose, body weight, BMI, waist circumference	14	Moderate-Carbohydrate: 40% carbohydrate, 45% fat, 15% protein.
					56±7	40		15	Low-Fat: 60% carbohydrate, 25% fat, 15% protein.
Mishra 2013	USA	BMI > 25 kg/m^2, type 2 diabetes	4.5	with no restriction on energy intake	44.3±15.3	77	HbA1c, body weight, BMI	94	Vegetarian: whole grains, vegetables, legumes, and fruits, minimize added oils, with a target of o3 g of fat per serving, favor foods with a low glycemic index (~55% carbohydrate, ~30% fat, ~15% protein)
					46.1±13.6	88		117	Control: no dietary changes (~47% carbohydrate, ~36% fat, ~17% protein)
Mollentze 2019	South Africa	type 2 diabetes, BMI ≥ 35 kg/m^2	3	NA	55.64±7.72	0	HbA1c, fasting glucose, body weight, BMI, waist	9	Low-Fat: primarily consisting of vegetables supplemented with a vegetable soup-based meal plan (CSN weight loss program-in this trial without aloe containing drink, barley grass, or green powder).

					54.53±6.48	0	circumference	7	Control: energy-restricted meal plan aimed at weight reduction of 0.5–1.0 kg per week.
Parker 2002	Australia	obese patients with type 2 diabetes	3	8-week energy restriction component (1,600 kcal), a 4-week energy balance	60.33±8.13	65	HbA1c, fasting glucose, body weight, BMI, waist circumference	26	High Protein: 30% protein, 40% carbohydrate, 30% fat.
					62.08±10.52	64		28	Low-Fat: 15% protein, 60% carbohydrate, 25% fat.
Pedersen 2014	Australia	overweight or obese (BMI > 27 kg/m^2), type 2 diabetes	12	energy content reduced to 1433 kcal/d	59.4±10.8	29	HbA1c, fasting glucose, body weight, BMI	21	High protein: 30% protein, 30% fat, 40% carbohydrate.
					62.4±8.33	17		24	Low-Fat: 20% protein, 30% fat, 50%carbohydrate.
Rock 2014	USA	type 2 diabetes, BMI: 25–45 kg/m^2	12	Low Fat and Moderate-carbohyd	57.3±8.6	48.1	HbA1c, fasting glucose, body weight,	77	Moderate-Carbohydrate: 45% carbohydrates, 30% fat, 25% protein.
					55.5±9.2	47.3		74	Low-Fat: 60% carbohydrates, 20% fat, 20% protein.

				rate 1,200–2,000 kcal/d	56.8±9.3	57.9	BMI, waist circumference	76	Control: two weight loss counseling sessions, a deficit of 500–1,000 kcal/d to achieve a weight loss, the Dietary Guidelines for Americans average 30% fat, average 55% carbohydrates, average 15% protein.
Shige 2000	Australia	overweight subjects with NIDDM	3	30% energy restriction	58.1± 9	79	HbA1c, body weight, waist circumference	12	Moderate-Carbohydrate: 50% carbohydrate,18% protein, 32% fat.
					57.5±11.8			12	Low-Fat: 73% carbohydrate, 17% protein, 9% fat.
Tay 2015	Australia	overweight subjects with NIDDM	13	500-1000 kcal/d deficit	58±7	36	HbA1c, fasting glucose, body weight, BMI,waist circumference	41	Low-Carbohydrate: 14% carbohydrate (< 50 g/d), 28% protein and 58% total fat (35% monounsaturated fat and 13% polyunsaturated fat).
					58±7	49		37	Low-Fat: 53% carbohydrate, 17% protein, <30% total fat (15% monounsaturated fat and 9% polyunsaturated fat).
Vetter 2010	USA	type 2 diabetes, BMI> 30 kg/m^2	6	<30 g/d without limitations on fat	60.8±10.3	18.2	HbA1c, body weight, waist	37	Low-Carbohydrate: <30 g/d without limitations on fat or caloric intake. (~156g carbohydrate, ~86g protein, ~93g

				or caloric intake					fat)
				≤30% calories from fat and a deficit of 500 kcal/d	58.6±9.2	4.8	circumference	42	Low-Fat: ≤30% calories from fat and a deficit of 500 kcal/d. (~174g carbohydrate, ~85g protein, ~65g fat)
Watson 2016	Australia	overweight/obese (BMI > 25 kg/m^2), T2DM	6	energy restriction ~1433–1672 kcal/d	54±8	47	HbA1c, fasting glucose, body weight, BMI, waist circumference	21	High Protein: 33% carbohydrate, 32% protein, 30% fat.
					55± 8	45		21	Low-Fat: 51% carbohydrate, 22% protein, 22% fat.
Weber 2022	Denmark	overweight or obesity (BMI > 25 kg/m^2), T2DM	6	NA	66.9 ±6.9	39	HbA1c, fasting glucose, body weight, BMI	28	High Protein: 30% carbohydrates, 30% protein, 40% fat.
					67.0±8.4	52		31	Moderate-Carbohydrate: 50% carbohydrates, 17% protein, 33% fat.
Westman 2008	USA	type 2 diabetes,	6	with 55% of daily	51.8±7.8	80.4	HbA1c, fasting	29	Low-GI/GL: restrict intake of dietary carbohydrate to fewer than

		BMI: 27–50 kg/m^2		caloric intake from carbohydrate			glucose, body weight, BMI, waist circumference		20 grams per day, unlimited amounts of animal foods and eggs; limited amounts of hard cheese, fresh cheese, salad vegetables, and non-starchy vegetables.
				without restricting caloric intake	51.8±7.3	76.3		21	Low-Carbohydrate: 55% of daily caloric intake from carbohydrate.
Wolever 2008	Canada	T2DM, BMI: 24–40 kg/m^2	12	500 kcal/d if the subject wished to lose weight	60.6±1.0	66	HbA1c, body weight, waist circumference	48	Low-GI/GL: GI 55, 52% carbohydrate, 27% fat.
					58.6±1.2	47		55	Moderate-Carbohydrate: GI 59, Carbohydrate 39%, fat 40%.
					60.4±1.1	50		53	Low-Fat: GI 63, 47% carbohydrate, 31% fat.
Wycherley 2010	Australia	overweight/obese (BMI 35.3±4.5 kg/m^2, type 2 diabetes	4	female subjects 1434 kcal/d, male subjects 1673 kcal/d	56.1±7.5	NA	HbA1c, fasting glucose, body weight, BMI, waist circumference	12	High Protein: 43% carbohydrate, 33% protein, 22% fat.
								16	Low-Fat: 53% carbohydrate, 19% protein, 26% fat.

Kahleova 2010	Czech Republic	type 2 diabetes, BMI between 25 and 53 kg/ m^2	6	calorie restricted 500 kcal/ d	54.6±7.8	54	HbA1c, fasting glucose, body weight, BMI, waist circumference	37	Vegetarian: 60% carbohydrate, 15% protein, 25% fat.
					57.7±4.9	51		37	Low-Fat: 50% carbohydrate, 20% protein, 30% fat.

Supplementary Table S7: Study characteristics including presence of comorbidities, medication status, average risk of bias, and drop out of the included trials.

Reference	Dietary pattern	drop out (%)	Mean baseline HbA1c	Mean baseline body weight(kg)	Mean baseline BMI (kg/m^2)	Risk of bias	Presence of comorbidities (%)	Hypoglycaemic drugs (%)	Antihypertensive medication (%)	Lipid lowering medication (%)
AlFaris 2020	Low-Fat	0	NA	NA	36.7 ±9.5	Unclear	NA	NA	NA	NA
	Control				36.3 ±7.8					
Andrews 2011	Low-Fat	1	6.64±0.93	90.2±16.7	31.5±5.7	Low	NA	39.5	67.7	65.3
	Control	7	6.72±1.02	93.9±19	32.3±5.9			35.4	58.6	63.6
Brehm 2008	Moderate-Carbohydrate	31	7.2±0.72	102.1±14.42	35.9±3.34	Unclear	NA	NA	NA	NA
	Low-Fat	16	7.4±0.66	103.7±18.36						

Brinkworth 2004	High Protein	42	6.5±0.87	96.2±17.44	33.6±5.23	High	NA	45 hypoglycaemic medication, 8 insulin.	47	42
	Low-Fat	39	6.2±0.87	91.2±18.74	33.3±5.67					
Daly 2006	Low-Carbohydrate	22	9.00±1.26	101.6±11.64	35.4±4.43	High	NA	40 taking oral hypoglycaemic agents, 20 on insulin and 40 using a combination of the two.	NA	NA
	Low-Fat	24	9.11±1.06	102.3±15.55	36.7±7.87					
Davis 2009	Low-Carbohydrate	15	7.5±1.5	93.6±18	35±6	Unclear	NA	78 metformin, 44 sulfonylurea, 35 insulin.	NA	62
	Low-Fat	12	7.4±1.4	101±19	37±6			86 metformin, 52 sulfonylurea,24 insulin.		56
Elhayany 2010	Mediterranean	29	8.3±1.0	86.1±12.5	31.2±2.8	Unclear	NA	NA	NA	NA
	Low-Fat	35	8.3±0.8	87.9±13.7	31.8±3.3					
Esposito 2009	Mediterranean	9	7.75±0.9	86.0±10.4	29.7±3.4	Low	NA	NA	24	15
	Low-Fat	9	7.71±0.9	85.7±9.9	29.5±3.6				23.3	16
Fabricatore 2011	Low-GI/GL	40	6.6±1.26	102.3±17.08	36.7±5.06	High	NA	NA	NA	NA
	Low-Fat	33	7.0±1.25	99.1±14.36	35.8±4.37					
Heilbronn 1999	Moderate-Carbohydr	0	7.75±0.49	NA	33.6±3.14	Unclear	NA	54	NA	NA

	ate									
	Low-Fat		8.51±0.41	NA	32.6±4.68			42		
Iqbal 2010	Low-Carbohydrate	60	7.9±1.7	118.3±21.3	38.1±5.5	High	Coronary artery disease 27.1, Congestive heart failure 7.1.	84.3 oral medications, 22.9 insulin.	62.9	45.7
	Low-Fat	46	7.6±1.3	115.5±16.7	36.9±5.3		Coronary artery disease 25.7, Congestive heart failure14.9.	85.1 oral medications, 29.7 insulin.	68.9	62.2
Jenkins 2022	Vegetarian	16	7.28±0.55	95.0±17.3	34.5±4.8	Low	NA	100	77	70
	Low-Fat	16	7.23±0.47	90.6±16.9	32.8±4.5			100	77	72
Krebs 2012	High Protein	30	8.1±1.2	103.4±19.7	36.6±6.7	Low	NA	56 oral agents, 24.6 insulin + oral agents.	77.3	61.8
	Low-Fat	29	8.0±1.2	101.9±20.1	36.7±6.4			57.4 oral agents, 28.7 insulin + oral agents.	74.5	69.3
Larsen 2011	High Protein	9.2	7.89±0.94	94.6±15.06	27~40	Low	NA	72 tablets, 19 insulin.	NA	NA
	Low-Fat	2	7.78±0.93	95.5±13.64				74 tablets, 15 insulin.		
Li 2016	Low-Fat	4	8.10±1.77	73.77±8.58	27.19±2.82	Low	NA	57 oral diabetic medication, 17.7 insulin injection,	NA	NA

								16.4 combined treatment.		
	Control	2	8.05±1.52	71.54±5.82	25.17±0.89			53.3 oral diabetic medication, 20 insulin injection, 18.3 combined treatment.		
Li 2022	Low-Carbohydrate	20	8.74±1.63	78.32±15.27	29.04±5.81	Unclear	NA	0	NA	NA
	Low-Fat	3.3	8.69±1.59	77.95±14.76	29.75±6.07			0	NA	NA
Mclaughlin 2007	Moderate-Carbohydrate	0	NA	95±16.6	31.4±2.4	Unclear	NA	NA	NA	NA
	Low-Fat			90±15.2	31.0±2.4					
Mishra 2013	Vegetarian	34	7.54±1.92	96.5±22.64	34.7±7.15	High	NA	NA	NA	NA
	Control	22	7.05±1.50	96.4±23.19	35.3±8.54					
Mollentze 2019	Low-Fat	0	8.9±1.74	131.7±20.51	41.3±4.41	Unclear	88.9 dyslipidemia, 22 hypertriglyceridemia, 77.8 hypertension, 22 ischemic heart disease.	NA	NA	NA
	Control	22	9.1±1.53	125.4±26.04	40.1±6.46		88.9	NA	NA	NA

							dyslipidemia, 22 hypertriglyceridemia, 77.8. hypertension, 0 ischemic heart disease.			
Parker 2002	High Protein	0	6.42±0.83	97.7±17.4	34.8±5.7	Unclear	NA	48 hypoglycaemic agents, 7 insulin.	NA	NA
	Low-Fat		6.3±0.77	91.4±18.2	33.3±5.1					
Pedersen 2014	High protein	41	7.5±0.92	108.1±22.91	36±5.04	High		91	100	NA
	Low-Fat		7.1±0.98	104.7±18.62	35±3.92				100	
Rock 2014	Moderate-Carbohydrate	11	7.3±1.4	106.4±18.3	36.2±4.7	Low	77.9 hypertension, 70.1 high cholesterol, 5.2 coronary artery disease.	90 oral hypoglycemic, 13 insulin.	84	68
	Low-Fat	13	7.5±1.2	105.4±17.8	36.2±4.3		62.2 hypertension, 62.2 high cholesterol, 6.8 coronary artery	84 oral hypoglycemic, 26 insulin.	70	66

							disease.			
	Control	14	7.4±1.1	104.6±16.9	36.3±4.4		75 hypertension, 73.7 high cholesterol, 1.3 coronary artery disease.	82 oral hypoglycemic, 16 insulin.	79	75
Shige 2000	Moderate-Carbohydrate	0	7.9±1.8	90.9±8.6	33.1±2.8	Unclear	NA	NA	NA	NA
	Low-Fat		8.5±1.4	89.1±15.7	32.6±4.7					
Tay 2015	Low-Carbohydrate	29	7.3±1.1	101.7±14.4	34.2±4.5	Low	NA	10 insulin, 79 metformin, 34 sulfonylureas, 5 thiazolidinediones.	71	60
	Low-Fat	35	7.4±1.1	101.6±15.8	35.1±4.1			11 insulin, 72 metformin, 28 sulfonylureas, 5 thiazolidinediones.	61	63
Vetter 2010	Low-Carbohydrate	49	8.1±1.8	118.7±24.4	38.2±6.0	Unclear	73 hypertension, 56.8 hyperlipidemia, 27 coronary	20 insulin, 71.4 metformin, 14.3 thiazolidinedione, 65.7 sulfonylurea.	NA	NA

							artery disease.			
	Low-Fat	42	7.3±1.5	115.4±22.3	36.1±4.6		78.6 hypertension, 76.2 hyperlipidemia, 31 coronary artery disease.	32.4 insulin, 52.9 metformin, 17.7 thiazolidinedione, 55.9 sulfonylurea.		
Watson 2016	High Protein	28	8.0±1.3	97.3±17.1	34.3±5.4	Low	NA	58 metformin, 16 sulphonylureas, 19 insulin.	61	52
	Low-Fat	28	8.1±1.5	101.5±16.6	34.4±4.7			64 metformin, 18 sulphonylureas, 21 insulin.	43	64
Weber 2022	High Protein	9	7.37±2.76	98.8±13.4	34.0±4.7	Low	NA	75	92	86
	Moderate-Carbohydrate	22	7.43±2.86	97.4±25.9	33.0±5.2			65	68	77
Westman 2008	Low-GI/GL	44.7	8.3±1.9	105.2±19.8	37.9±6.0	Low	NA	75.9 oral agents or insulin.	NA	NA
	Low-Carbohydrate	37	8.8±1.8	108.4±20.5	37.8±6.7			95.2 oral agents or insulin.	NA	NA

Wolever 2008	Low-GI/GL	20	6.2±5.54	81.1±17.32	31.6±4.16	Low	NA	0	48	43
	Moderate-Carbohydrate	19	6.1±0.9	84.7±2.6	31.1±0.6			0	48	43
	Low-Fat	21	6.2 ±1	84.5±2.5	30.1±0.6			0	48	43
Wycherley 2010	High Protein	43	8.0±1.8	102.7±15.4	35.6±3.8	Unclear	NA	58	33	42
	Low-Fat	16	7.6±1.0	97.0±10.6	34.8±4.9			69	56	56
Kahleova 2010	Vegetarian	16	7.6±1.4	101.1±17.1	35.1±6.1	High	NA	78 metformin, 54 sulphonylurea, 19 thiazolidinedione, 22 other.	68	59
	Low-Fat	16	7.7±1.2	100.8±17.8	35.0±4.6			76 metformin, 35 sulphonylurea, 14 thiazolidinedione, 8 other.	59	43

Supplementary Table S8: Percentage contribution of each direct estimate derived from direct (blue) and indirect (purple) comparisons for HbA1C (upper-right) and fasting glucose (bottom-left).

Vegetarian		0	100	0	100	0	100	36.7	63.3	0	100	0	100	34	66
0	100	Moderate-Carbohydrate		0	100	91.8	8.2	41.1	58.9	0	100	2.1	97.9	27.1	72.9
0	100	0	100	Mediterranean		0	100	100	0	0	100	0	100	0	100
0	100	0	100	0	100	Low-GI/GL		2.8	97.2	4.5	95.5	0	100	0	100
100	0	58.6	41.4	100	0	87.8	12.2	Low-fat		81.4	18.6	95.2	4.8	47.7	52.3
0	100	0	100	0	100	18.5	81.5	60.3	39.7	Low-Carbohydrate		0	100	0	100
0	100	7.3	92.7	0	100	0	100	97.7	2.3	0	100	High Protein		0	100
0	100	47	53	0	100	0	100	29.3	70.7	0	100	0	100	Control	

The values upper-right the dietary approaches correspond to the percentage contribution of direct and indirect comparisons between the row and columns for HbA1c (e.g., the percentage contribution of direct comparisons for HbA1c between Low-Carbohydrate diet and Low-Fat diet is 81.4%, and 18.6% for the indirect comparisons). The values bottom-left the dietary approaches correspond to the percentage contribution of direct and indirect comparisons between the column and the rows for fasting glucose (e.g., the percentage contribution of direct comparisons for fasting glucose between Low- Carbohydrate diet and Low-Fat diet is 100%, and 0% for the indirect comparisons). HbA1C, glycosylated hemoglobin A1c. GI/GL, glycaemic index/load.

Supplementary Table S9: Percentage contribution of each direct estimate derived from direct (blue) and indirect (purple) comparisons for body weight (upper-right) and BMI (bottom-left).

Vegetarian		0	100	0	100	0	100	33.2	66.8	0	100	0	100	39.7	60.3
0	100	Moderate-Carbohydrate		0	100	82.6	17.4	79.6	20.4	0	100	40.7	59.3	14.3	85.7
0	100	0	100	Mediterranean		0	100	100	0	0	100	0	100	0	100
0	100	0	100	0	100	Low-GI/GL		9.5	90.5	3.3	96.7	0	100	0	100
32.4	67.6	32	68	100	0	0	100	Low-fat		79.1	20.9	26.4	73.6	39.9	60.1
0	100	0	100	0	100	99.7	0.3	99.7	0.3	Low-Carbohydrate		0	100	0	100
0	100	72.7	27.8	0	100	0	100	23.9	76.1	0	100	High Protein		0	100
43.2	56.8	36.2	63.8	0	100	0	100	19.2	80.8	0	100	0	100	Control	

The values upper-right the dietary approaches correspond to the percentage contribution of direct and indirect comparisons between the row and columns for body weight (e.g., the percentage contribution of direct comparisons for body weight between Low-Carbohydrate diet and Low-Fat diet is 79.1%, and 20.9% for the indirect comparisons). The values bottom-left the dietary approaches correspond to the percentage contribution of direct and indirect comparisons between the column and the rows for BMI (e.g., the percentage contribution of direct comparisons for BMI between Low-Carbohydrate and Low-Fat diet is 99.7%, and 0.3% for the indirect comparisons). BMI, body mass index. GI/GL, glycaemic index/load.

Supplementary Table S10: Percentage contribution of each direct estimate derived from direct (blue) and indirect (purple) comparisons for waist circumference.

Vegetarian		0	100	0	100	0	100	99.6	0.4	0	100	0	100	0	100
		Moderate-Carbohydrate		0	100	40.5	59.5	37.8	62.2	0	100	0	100	15.9	84.1
				Mediterranean		0	100	100	0	0	100	0	100	0	100
						Low-GI/GL		44.2	55.8	49.8	50.2	0	100	0	100
								Low-fat		21.3	78.7	99.9	0.1	62	38
										Low-Carbohydrate		0	100	0	100
												High Protein		0	100
														Control	

The values upper-right the dietary approaches correspond to the percentage contribution of direct and indirect comparisons between the row and columns for waist circumference (e.g., the percentage contribution of direct comparisons for waist circumference between Low-Carbohydrate diet and Low-Fat diet is 21.3%, and 78.7% for the indirect comparisons). GI/GL, glycaemic index/load.

Supplementary Table S11: Side-splitting approach to assess inconsistency for HbA1c.

Side	Direct		Indirect		Difference		P>|z|
	Coef.	Std.Err.	Coef.	Std.Err.	Coef.	Std.Err.	
AD	-0.4692659	0.197333	-0.3717954	0.3731774	-0.0974706	0.422802	0.818
AG	-0.9181662	0.3496028	-0.6446125	0.2754582	-0.2735537	0.4447902	0.539
AH	-0.3499999	0.3723371	-0.7511377	0.2999075	0.4011378	0.4780998	0.401
BD	-0.0996334	0.156555	0.3816408	0.7862835	-0.4812742	0.8017235	0.548
BG	0.0600005	0.7694751	-0.4225142	0.2263569	0.4825147	0.8020782	0.547
CD	0.1032131	0.1587999	1.070076	0.6083065	-0.9668627	0.6286724	0.124
CE	0.4999951	0.5781263	-0.4678053	0.2473232	0.9678005	0.6288074	0.124
DE	-0.5555543	0.2092603	-0.1153491	0.4516281	-0.4402052	0.4973615	0.376
DF*	-0.333182	0.2140301	0.9159786	28.51699	-1.249161	28.51778	0.965
DG	-0.2337029	0.1630055	-0.7553647	0.4588882	0.5216619	0.4989387	0.296
DH	-0.2414659	0.2314263	0.16018	0.4175114	-0.4016459	0.4781312	0.401
EG	0.0102198	0.2824487	0.3928234	0.3249962	-0.3826036	0.4305533	0.374
*Warning: all the evidence about these contrasts comes from the trials which directly compare them.							

A=Control, B=High Protein, C=Low-Carbohydrate, D=Low-Fat, E=Low-GI/GL, F=Mediterranean, G=Moderate-Carbohydrate, H=Vegetarian. GI/GL, glycaemic index/load, H=Vegetarian.

Supplementary Table S12: Side-splitting approach to assess inconsistency for fasting glucose.

Side	Direct		Indirect		Difference		P>|z|
	Coef.	Std.Err.	Coef.	Std.Err.	Coef.	Std.Err.	
AD*	-1.40789	0.3436945	-1.665667	1.015935	0.2577775	1.072152	0.81
AG	-1.580969	0.5215233	-1.962623	0.4538243	0.3816537	0.6757337	0.572
BD	-0.1922739	0.1907071	0.5336433	0.762688	-0.7259171	0.7909834	0.359
BG	0.1	0.7318272	-0.6259832	0.3001579	0.7259832	0.7909905	0.359
CD	0.0202298	0.3737676	0.6899926	0.9143859	-0.6697628	0.9878278	0.498
CE	-0.4099997	0.8323118	-1.079769	0.5320362	0.6697691	0.9878286	0.498
DE	-1.1	0.3786292	-0.4302184	0.9123826	-0.6697816	0.9878269	0.498
DF*	-0.7656038	0.3039493	3.086955	755.8061	-3.852559	755.8062	0.996
DG	-0.510387	0.2040551	0.5920537	0.6327595	-1.102441	0.6747474	0.102
DH*	0.0316766	0.3287423	2.59695	771.5742	-2.565274	771.5743	0.997
* Warning: all the evidence about these contrasts comes from the trials which directly compare them							

A=Control, B=High Protein, C=Low-Carbohydrate, D=Low-Fat, E=Low−GI/GL, F=Mediterranean, G=Moderate-Carbohydrate, H=Vegetarian. GI/GL, glycaemic index/load, H=Vegetarian.

Supplementary Table S13: Side-splitting approach to assess inconsistency for body weight.

Side	Direct		Indirect		Difference		P>|z|
	Coef.	Std.Err.	Coef.	Std.Err.	Coef.	Std.Err.	
AD	-2.143113	1.919914	-5.586063	3.727404	3.44295	4.195351	0.412
AG	-5.198849	3.978087	-1.065962	2.526021	-4.132887	4.71736	0.381
AH	-4.4	3.846953	-2.20669	2.673792	-2.19331	4.684892	0.64
BD	-1.293486	1.689968	0.1763848	3.388905	-1.469871	3.786623	0.698
BG	0.4999998	2.946627	-0.969888	2.378211	1.469888	3.786621	0.698
CD	2.536152	1.346161	0.4906747	6.254631	2.045477	6.397797	0.749
CE	1	5.992993	3.045353	2.239768	-2.045353	6.397854	0.749
DE	0.4472792	1.911334	-0.1647308	4.298231	0.61201	4.704008	0.896
DF *	-1.016089	2.068843	5.734505	1223.4	-6.750594	1223.402	0.996
DG	0.4447803	1.769758	1.042097	2.84423	-0.5973171	3.347429	0.858
DH	0.3172222	1.902145	-1.875953	4.28142	2.193176	4.684894	0.64
EG	0.3999734	2.726613	0.0972146	3.098505	0.3027588	4.127357	0.942
* Warning: all the evidence about these contrasts comes from the trials which directly compare them							

A=Control, B=High Protein, C=Low-Carbohydrate, D=Low-Fat, E=Low-GI/GL, F=Mediterranean, G=Moderate-Carbohydrate, H=Vegetarian. GI/GL, glycaemic index/load, H=Vegetarian.

Supplementary Table S14: Side-splitting approach to assess inconsistency for BMI.

Side	Direct		Indirect		Difference		P>|z|
	Coef.	Std.Err.	Coef.	Std.Err.	Coef.	Std.Err.	
AD	-0.4741358	0.7367569	-2.488752	1.505576	2.014616	1.676955	0.23
AG	-2.403072	1.376565	0.5720875	1.297568	-2.975159	1.886457	0.115
AH	-2	1.515396	-0.7535385	1.186168	-1.246461	1.924427	0.517
BD	-0.0381416	1.145034	0.9132772	1.703065	-0.9514188	2.052227	0.643
BG	0.7000001	1.34383	-0.2514325	1.551055	0.9514326	2.052231	0.643
CD*	1.399771	1.130188	-1.142868	1145.063	2.542639	1145.063	0.998
CE*	1.3	2.094544	4.34158	3742.344	-3.04158	3742.345	0.999
DF*	-0.3765906	0.9022541	1.753298	401.1976	-2.129889	401.1986	0.996
DG	0.2225879	1.112653	-0.3257017	1.538118	0.5482896	1.891401	0.772
DH	-0.0633065	0.9116813	-1.30974	1.692895	1.246433	1.924429	0.517

A=Control, B=High Protein, C=Low-Carbohydrate, D=Low-Fat, E=Low-GI/GL, F=Mediterranean, G=Moderate-Carbohydrate, H=Vegetarian. GI/GL, glycaemic index/load, H=Vegetarian.

Supplementary Table S15: Side-splitting approach to assess inconsistency for waist circumference.

Side	Direct		Indirect		Difference		P>|z|
	Coef.	Std.Err.	Coef.	Std.Err.	Coef.	Std.Err.	
AD*	-4.018393	1.74084	-4.857293	5.907961	0.8388997	6.169779	0.892
AG	-4.788336	2.854211	-4.460205	2.69701	-0.3281304	3.937974	0.934
BD*	-0.6036194	1.464914	-8.374757	3383.476	7.771137	3383.477	0.998
CD	3.315978	1.861679	-1.128112	2.770645	4.44409	3.338176	0.183
CE	0.6000003	2.271646	5.044077	2.446027	-4.444077	3.338177	0.183
DE	1.830429	1.679448	-1.842671	2.550175	3.6731	3.053314	0.229
DF*	-0.9934731	1.376387	8.231266	1145.571	-9.224739	1145.572	0.994
DG*	-0.2776976	1.411478	-2.830718	4.247856	2.55302	4.467252	0.568
DH*	1.012783	1.305981	8.165979	1184.419	-7.153196	1184.419	0.995
EG	-1.799994	2.096731	-0.1849672	2.823019	-1.615027	3.516492	0.646

A=Control, B=High Protein, C=Low-Carbohydrate, D=Low-Fat, E=Low-GI/GL, F=Mediterranean, G=Moderate-Carbohydrate, H=Vegetarian. GI/GL, glycaemic index/load, H=Vegetarian.

Supplementary Table S16: Subgroup analysis presenting mean differences with 95% CI in HbA1c (%) between different dietary approaches, stratified by intervention duration: long-term studies<12 months (bottom-left) and long-term studies ≥12 months (upper-right).

Vegetarian	-	-	-	-	-	-	-
-0.46 (-2.41,1.50)	Moderate-Carbohydrate	0.23 (-0.24,0.70)	**0.58 (0.10,1.05)**	**0.58 (0.12,1.03)**	**0.54 (0.00,1.08)**	**0.72 (0.20,1.24)**	**0.67 (0.43,0.91)**
-	-	Mediterranean	**0.35 (0.16,0.54)**	**0.35 (0.23,0.47)**	**0.31 (-0.00,0.63)**	**0.49 (0.20,0.78)**	**0.32 (0.07,0.57)**
-0.18 (-1.88,1.51)	0.27 (-1.66,2.20)	-	Low−GI/GL	-0.00 (-0.14,0.14)	-0.04 (-0.36,0.28)	0.14 (-0.15,0.44)	**0.32 (0.11,0.53)**
-0.55 (-1.76,0.66)	-0.09 (-1.62,1.43)	-	-0.37 (-1.55,0.82)	Low-Fat	-0.04 (-0.33,0.25)	0.14 (-0.12,0.40)	-0.02 (-0.54,0.50)
-0.68 (-1.98,0.61)	-0.23 (-1.83,1.37)	-	-0.50 (-1.59,0.59)	-0.13 (-0.59,0.32)	Low-Carbohydrate	0.18 (-0.21,0.57)	**0.36 (0.00,0.72)**
-0.52 (-1.80,0.77)	-0.06 (-1.53,1.41)	-	-0.33 (-1.58,0.92)	0.03 (-0.38,0.45)	0.17 (-0.45,0.79)	High Protein	0.18 (-0.15,0.51)
0.28 (-1.37,1.94)	0.53 (-1.03,2.10)	-	**1.47 (0.20,2.73)**	0.90 (-0.13,1.93)	1.03 (-0.09,2.16)	0.87 (-0.24,1.97)	Control

Supplementary Table S17: Subgroup analysis presenting mean differences with 95% CI in HbA1c (%) between different dietary approaches, stratified by mean age: ≥60 years old (bottom-left) and <60 years old (upper-right).

Vegetarian	-0.55 (-1.17,0.07)	**-0.86 (-1.57, -0.14)**	-0.22 (-1.50,1.05)	-0.51 (-1.21,0.19)	-0.72 (-1.51,0.07)	-0.44 (-1.19,0.31)	**1.21 (0.67,1.75)**
-	Moderate-Carbohydrate	-0.31 (-0.98,0.37)	0.33 (-0.92,1.58)	0.04 (-0.62,0.70)	-0.17 (-0.93,0.58)	0.11 (-0.60,0.82)	0.57 (-0.61,1.76)
-	-	Mediterranean	0.64 (-0.43,1.71)	**0.35 (0.23,0.47)**	0.14 (-0.25,0.52)	**0.42 (0.14,0.70)**	**1.39 (0.32,2.46)**
-	0.22 (-1.23,1.67)	-	Low−GI/GL	-0.29 (-1.35,0.78)	-0.50 (-1.50,0.50)	-0.22 (-1.31,0.88)	**0.86 (0.33,1.38)**
-	0.22 (-1.23,1.66)	-	0.00 (-0.14,0.14)	Low-Fat	-0.21 (-0.58,0.15)	0.07 (-0.18,0.33)	-0.56 (-1.27,0.15)
-	-0.12 (-1.62,1.39)	-	-0.34 (-0.78,0.11)	-0.34 (-0.76,0.09)	Low-Carbohydrate	0.28 (-0.16,0.73)	**1.07 (0.43,1.71)**
-	0.06 (-1.34,1.46)	-	-0.16 (-0.52,0.21)	-0.16 (-0.50,0.18)	0.18 (-0.36,0.72)	High Protein	**0.79 (0.20,1.37)**
-	-0.21 (-1.66,1.24)	-	**-0.26 (-0.52, -0.00)**	**-0.26 (-0.48, -0.04)**	0.08 (-0.40,0.55)	-0.10 (-0.51,0.30)	Control

Supplementary Table S18: Subgroup analysis presenting mean differences with 95% CI in HbA1c (%) between different dietary approaches, stratified by sample size: <100 (bottom-left) and ≥100 (upper-right).

Vegetarian	-0.55 (-1.25,0.15)	-0.36 (-1.04,0.32)	-0.02 (-0.73,0.70)	-0.02 (-0.68,0.64)	-0.09 (-0.76,0.58)	0.08 (-0.69,0.86)	-0.54 (-1.22,0.13)
-0.70 (-2.21,0.80)	Moderate-Carbohydrate	0.19 (-0.44,0.83)	0.53 (-0.14,1.21)	0.53 (-0.08,1.15)	0.46 (-0.17,1.09)	0.63 (-0.10,1.37)	**0.71 (0.27,1.14)**
-	-	Mediterranean	0.34 (-0.01,0.69)	**0.34 (0.12,0.56)**	0.27 (-0.06,0.60)	0.44 (-0.02,0.90)	0.37 (-0.12,0.85)
-0.44 (-1.80,0.92)	0.26 (-1.65,2.18)	-	Low−GI/GL	-0.00 (-0.27,0.27)	-0.07 (-0.45,0.30)	0.10 (-0.39,0.59)	0.37 (-0.04,0.77)
-0.54 (-1.02, -0.06)	0.16 (-1.26,1.59)	-	-0.10 (-1.37,1.17)	Low-Fat	-0.07 (-0.33,0.18)	0.10 (-0.31,0.51)	-0.07 (-0.73,0.60)
0.06 (-0.87,0.99)	0.76 (-0.87,2.40)	-	0.50 (-0.50,1.50)	0.60 (-0.19,1.39)	Low-Carbohydrate	0.17 (-0.31,0.65)	**0.44 (0.01,0.86)**
-0.64 (-1.19, -0.10)	0.06 (-1.34,1.46)	-	-0.10 (-0.36,0.15)	-0.10 (-0.36,0.15)	-0.70 (-1.54,0.13)	High Protein	0.27 (-0.31,0.84)
-0.36 (-1.90,1.17)	-1.00 (-2.58,0.58)	-	-1.00 (-2.28,0.28)	-0.90 (-1.83,0.03)	**-1.50 (-2.72, -0.28)**	-0.80 (-1.76,0.17)	Control

Supplementary Table S19: Subgroup analysis presenting mean differences with 95% CI in fasting glucose (mmol/L) between different dietary approaches, stratified by intervention duration: long-term studies<12 months (bottom-left) and long-term studies ≥12 months (upper-right).

Vegetarian	-	-	-	-	-	-	-
-0.03 (-0.66,0.61)	Moderate-Carbohydrate	0.01 (-0.45,0.47)	-	**0.79 (0.63,0.94)**	**1.23 (0.38,2.07)**	**0.90 (0.39,1.42)**	**2.04 (1.53,2.54)**
-	-	Mediterranean	-	**0.77 (0.34,1.21)**	**1.22 (0.28,2.15)**	**0.89 (0.24,1.54)**	**2.02 (1.37,2.68)**
1.20 (0.57,1.83)	**1.23 (0.57,1.88)**	-	Low-GI/GL	-	-	-	-
0.09 (-0.34,0.53)	0.12 (-0.35,0.59)	-	**-1.11 (-1.56, -0.65)**	Low-fat	0.44 (-0.39,1.27)	0.12 (-0.37,0.61)	**1.25 (0.76,1.74)**
0.86 (-0.11,1.83)	0.89 (-0.10,1.88)	-	-0.34 (-1.25,0.57)	0.77 (-0.10,1.64)	Low-Carbohydrate	-0.33 (-1.29,0.64)	0.81 (-0.16,1.77)
-0.25 (-0.71,0.21)	-0.22 (-0.71,0.26)	-	**-1.45 (-1.93, -0.97)**	**-0.34 (-0.50, -0.19)**	**-1.11 (-2.00, -0.23)**	High Protein	**1.13 (0.44,1.83)**
-3.04 (-5.27, -0.82)	**-3.02 (-5.25, -0.78)**	-	**-4.24 (-6.47, -2.01)**	**-3.14 (-5.32, -0.95)**	**-3.90 (-6.25, -1.55)**	**-2.79 (-4.98, -0.60)**	Control

Supplementary Table S20: Subgroup analysis presenting mean differences with 95% CI in fasting glucose (mmol/L) between different dietary approaches, stratified by mean age: ≥60 years old (bottom-left) and <60 years old (upper-right).

Vegetarian	-0.44 (-1.26,0.38)	-0.79 (-1.69,0.11)	-1.07 (-2.04, -0.11)	-0.03 (-0.69,0.63)	-0.40 (-1.42,0.61)	0.06 (-0.84,0.95)	**1.39 (0.47,2.31)**
-	Moderate-Carbohydrate	-0.35 (-1.11,0.40)	-0.63 (-1.45,0.19)	0.41 (-0.03,0.86)	0.04 (-0.85,0.93)	0.50 (-0.25,1.24)	**1.83 (1.13,2.53)**
-	-	Mediterranean	-0.28 (-1.21,0.65)	**0.77 (0.16,1.37)**	0.39 (-0.59,1.37)	0.85 (-0.01,1.70)	**2.18 (1.31,3.06)**
-	-	-	Low-GI/GL	**1.04 (0.35,1.74)**	0.67 (-0.26,1.60)	**1.13 (0.21,2.05)**	**2.46 (1.53,3.40)**
-	0.45 (-0.89,1.80)	-	-	Low-fat	-0.37 (-1.14,0.39)	0.08 (-0.51,0.68)	**1.42 (0.79,2.05)**
-	-0.39 (-2.29,1.52)	-	-	-0.84 (-2.19,0.51)	Low-Carbohydrate	0.46 (-0.52,1.43)	**1.79 (0.80,2.79)**
-	0.10 (-1.23,1.43)	-	-	**-0.35 (-0.51, -0.20)**	0.49 (-0.87,1.84)	High Protein	**1.34 (0.47,2.20)**
-	-	-	-	-	-	-	Control

Supplementary Table S21: Subgroup analysis presenting mean differences with 95% CI in fasting glucose (mmol/L) between different dietary approaches, stratified by sample size: <100 (bottom-left) and ≥100 (upper-right).

Vegetarian	-0.68 (-1.62,0.26)	**-0.94 (-1.62, -0.26)**	-	-0.17 (-0.67,0.33)	-	0.03 (-0.81,0.87)	**1.14 (0.23,2.06)**
-0.15 (-1.67,1.37)	Moderate-Carbohydrate	-0.26 (-1.20,0.67)	-	0.51 (-0.29,1.30)	-	0.71 (-0.33,1.75)	**1.82 (1.03,2.62)**
-	-	Mediterranean	-	**0.77 (0.31,1.23)**	-	**0.97 (0.16,1.78)**	**2.09 (1.15,3.02)**
0.54 (-1.08,2.16)	0.69 (-0.25,1.62)	-	Low-GI/GL	-	-	-	-
-0.44 (-1.86,0.98)	-0.29 (-0.84,0.25)	-	**-0.98 (-1.76, -0.20)**	Low-fat	-	0.20 (-0.47,0.87)	**1.31 (0.54,2.08)**
-0.33 (-1.92,1.26)	-0.18 (-1.08,0.71)	-	-0.87 (-1.83,0.08)	0.11 (-0.61,0.83)	Low-Carbohydrate	-	-
-0.55 (-2.04,0.95)	-0.40 (-1.11,0.31)	-	**-1.09 (-2.01, -0.17)**	-0.11 (-0.58,0.37)	-0.22 (-1.08,0.65)	High Protein	**1.11 (0.09,2.13)**
-3.53 (-6.22, -0.85)	**-3.38 (-5.73, -1.04)**	-	**-4.07 (-6.48, -1.66)**	**-3.09 (-5.37, -0.81)**	**-3.20 (-5.59, -0.81)**	**-2.98 (-5.31, -0.66)**	Control

Supplementary Table S22: Subgroup analysis presenting mean differences with 95% CI in body weight (kg) between different dietary approaches, stratified by intervention duration: long-term studies<12 months (bottom-left) and long-term studies ≥12 months (upper-right).

Vegetarian	-	-	-	-	-	-	-
-2.79 (-9.91,4.34)	Moderate-Carbohydrate	-0.16 (-5.97,5.64)	0.04 (-5.09,5.17)	0.87 (-3.07,4.81)	-2.20 (-7.89,3.48)	1.93 (-3.69,7.54)	3.12 (-1.97,8.22)
-	-	Mediterranean	0.20 (-6.47,6.88)	1.04 (-3.24,5.31)	-2.04 (-7.96,3.88)	2.09 (-3.77,7.95)	3.29 (-2.48,9.06)
-0.55 (-7.42,6.32)	2.24 (-5.70,10.17)	-	Low-GI/GL	0.83 (-4.29,5.96)	-2.24 (-8.79,4.31)	1.89 (-4.62,8.39)	3.09 (-3.15,9.32)
0.33 (-3.86,4.52)	3.12 (-2.65,8.88)	-	0.88 (-4.57,6.32)	Low-fat	-3.07 (-7.13,0.98)	1.05 (-2.95,5.06)	2.25 (-1.60,6.10)
2.23 (-3.49,7.96)	5.02 (-1.94,11.98)	-	2.78 (-3.44,9.00)	1.91 (-1.99,5.81)	Low-Carbohydrate	4.13 (-1.57,9.83)	5.32 (-0.22,10.87)
-1.92 (-8.71,4.88)	0.87 (-4.51,6.25)	-	-1.37 (-9.00,6.26)	-2.24 (-7.59,3.11)	-4.15 (-10.77,2.46)	High Protein	1.20 (-4.36,6.75)
-4.42 (-12.00,3.15)	-1.63 (-11.82,8.55)	-	-3.87 (-13.87,6.12)	-4.75 (-13.15,3.65)	-6.65 (-15.92,2.61)	-2.50 (-12.46,7.46)	Control

Supplementary Table S23: Subgroup analysis presenting mean differences with 95% CI in body weight (kg) between different dietary approaches, stratified by mean age: ≥60 years old (bottom-left) and <60 years old (upper-right).

Vegetarian	0.42 (-5.34,6.18)	-0.85 (-6.63,4.93)	0.75 (-5.65,7.14)	0.20 (-3.51,3.91)	-3.57 (-8.49,1.34)	1.17 (-4.32,6.66)	2.45 (-2.45,7.34)
-	Moderate-Carbohydrate	-1.27 (-7.63,5.10)	0.33 (-6.61,7.27)	-0.22 (-4.77,4.33)	-3.99 (-9.57,1.58)	0.75 (-5.34,6.85)	2.03 (-3.53,7.59)
-	-	Mediterranean	1.60 (-5.24,8.43)	1.05 (-3.39,5.48)	-2.72 (-8.21,2.76)	2.02 (-3.98,8.02)	3.30 (-2.79,9.38)
-	0.41 (-0.14,0.96)	-	Low-GI/GL	-0.55 (-5.76,4.67)	-4.32 (-10.13,1.49)	0.42 (-6.17,7.02)	1.70 (-5.00,8.40)
-	0.02 (-0.53,0.57)	-	-0.39 (-0.94,0.16)	Low-fat	**-3.77 (-6.99, -0.55)**	0.97 (-3.08,5.02)	2.25 (-1.90,6.40)
-	-1.48 (-4.03,1.08)	-	-1.89 (-4.44,0.67)	-1.50 (-3.99,0.99)	Low-Carbohydrate	4.74 (-0.43,9.92)	**6.02 (0.77,11.27)**
-	0.10 (-2.10,2.29)	-	-0.31 (-2.57,1.94)	0.08 (-2.16,2.32)	1.58 (-1.78,4.93)	High Protein	1.28 (-4.52,7.08)
-	**-4.77 (-9.06, -0.47)**	-	**-5.18 (-9.47, -0.88)**	**-4.79 (-9.05, -0.53)**	-3.29 (-8.22,1.65)	**-4.86 (-9.68, -0.05)**	Control

Supplementary Table S24: Subgroup analysis presenting mean differences with 95% CI in body weight (kg) between different dietary approaches, stratified by sample size: <100 (bottom-left) and ≥100 (upper-right).

Vegetarian	-2.44 (-7.96,3.09)	-2.87 (-8.41,2.67)	-2.56 (-8.60,3.48)	-1.89 (-6.04,2.26)	-	2.11 (-5.24,9.46)	1.06 (-3.70,5.82)
-4.03 (-11.08,3.02)	Moderate-Carbohydrate	-0.43 (-5.80,4.93)	-0.13 (-4.61,4.35)	0.54 (-3.32,4.41)	-	4.54 (-2.65,11.74)	3.50 (-1.24,8.23)
-	-	Mediterranean	0.31 (-5.52,6.14)	0.98 (-2.77,4.73)	-	4.98 (-2.16,12.12)	3.93 (-1.09,8.95)
-3.53 (-10.96,3.90)	0.50 (-6.19,7.19)	-	Low-GI/GL	0.67 (-3.81,5.15)	-	4.67 (-2.87,12.21)	3.62 (-1.78,9.02)
-2.69 (-8.19,2.80)	1.33 (-3.09,5.75)	-	0.83 (-4.17,5.84)	Low-fat	-	4.00 (-2.07,10.07)	2.95 (-0.32,6.22)
-0.28 (-6.40,5.83)	3.74 (-1.42,8.90)	-	3.24 (-2.22,8.70)	2.41 (-0.27,5.09)	Low-Carbohydrate	-	-
-3.21 (-9.74,3.31)	0.81 (-3.67,5.29)	-	0.31 (-5.82,6.45)	-0.52 (-4.04,3.00)	-2.93 (-7.35,1.49)	High Protein	-1.05 (-7.94,5.85)
-7.55 (-29.42,14.33)	-3.52 (-25.17,18.13)	-	-4.02 (-25.76,17.72)	-4.85 (-26.05,16.35)	-7.26 (-28.62,14.10)	-4.33 (-25.82,17.16)	Control

Supplementary Table S25: Subgroup analysis presenting mean differences with 95% CI in BMI (kg/m2) between different dietary approaches, stratified by intervention duration: long-term studies<12 months (bottom-left) and long-term studies ≥12 months (upper-right).

Vegetarian	-	-	-	-	-	-	-
-0.94 (-3.38,1.49)	Moderate-Carbohydrate	0.88 (-2.85,4.60)	-	1.26 (-1.80,4.32)	0.66 (-3.72,5.03)	1.26 (-3.81,6.33)	1.65 (-1.40,4.71)
-	-	Mediterranean	-	0.38 (-1.75,2.51)	-0.22 (-4.00,3.57)	0.38 (-4.19,4.95)	0.78 (-2.04,3.59)
1.87 (-3.55,7.29)	2.81 (-2.83,8.45)	-	Low-GI/GL	-	-	-	-
-0.04 (-1.35,1.27)	0.90 (-1.14,2.95)	-	-1.91 (-7.16,3.35)	Low-fat	-0.60 (-3.73,2.53)	0.00 (-4.04,4.04)	0.39 (-1.45,2.23)
3.17 (-0.70,7.04)	4.11 (-0.07,8.29)	-	1.30 (-2.49,5.09)	3.21 (-0.43,6.85)	Low-Carbohydrate	0.60 (-4.51,5.71)	0.99 (-2.64,4.62)
-0.19 (-2.59,2.21)	0.75 (-1.00,2.51)	-	-2.06 (-7.69,3.57)	-0.15 (-2.16,1.86)	-3.36 (-7.52,0.80)	High Protein	0.39 (-4.05,4.83)
-1.96 (-4.15,0.22)	-1.02 (-4.16,2.13)	-	-3.83 (-9.60,1.94)	-1.92 (-4.31,0.46)	**-5.13 (-9.49, -0.78)**	-1.77 (-4.89,1.35)	Control

Supplementary Table S26: Subgroup analysis presenting mean differences with 95% CI in BMI (kg/m2) between different dietary approaches, stratified by mean age: ≥60 years old (bottom-left) and <60 years old (upper-right).

Vegetarian	-	-	-	-	-	-	-
-0.16 (-2.89,2.57)	Moderate-Carbohydrate	-	-	-0.60 (-3.81,2.61)	-	-0.70 (-1.55,0.15)	0.60 (-2.61,3.81)
-0.02 (-2.67,2.64)	0.14 (-2.83,3.11)	Mediterranean	-	-	-	-	-
-0.23 (-5.48,5.01)	-0.07 (-5.49,5.35)	-0.21 (-5.55,5.12)	Low-GI/GL	-	-	-	-
-0.40 (-2.15,1.35)	-0.24 (-2.43,1.96)	-0.38 (-2.38,1.62)	-0.17 (-5.11,4.78)	Low-fat	-	0.00 (-2.78,2.79)	1.30 (-0.06,2.66)
1.07 (-1.92,4.06)	1.23 (-2.06,4.52)	1.09 (-2.06,4.23)	1.30 (-3.01,5.61)	1.47 (-0.96,3.89)	Low-Carbohydrate	-	-
-0.46 (-3.86,2.95)	-0.29 (-3.95,3.36)	-0.44 (-3.97,3.09)	-0.22 (-5.97,5.52)	-0.06 (-2.97,2.86)	-1.52 (-5.32,2.27)	High Protein	1.30 (-1.80,4.40)
-1.15 (-3.24,0.95)	-0.99 (-3.43,1.45)	-1.13 (-3.75,1.49)	-0.92 (-6.16,4.32)	-0.75 (-2.45,0.94)	-2.22 (-5.20,0.77)	-0.69 (-4.07,2.68)	Control

Supplementary Table S27: Subgroup analysis presenting mean differences with 95% CI in BMI (kg/m2) between different dietary approaches, stratified by sample size: <100 (bottom-left) and ≥100 (upper-right).

Vegetarian	-1.04 (-4.75,2.68)	-0.34 (-3.54,2.87)	-	0.04 (-2.33,2.41)	-	-	0.79 (-1.67,3.25)
-1.97 (-3.57, -0.37)	Moderate-Carbohydrate	0.70 (-3.06,4.45)	-	1.08 (-1.99,4.15)	-	-	1.83 (-1.24,4.90)
-	-	Mediterranean	-	0.38 (-1.78,2.54)	-	-	1.13 (-1.63,3.89)
-1.52 (-5.11,2.06)	0.45 (-3.30,4.19)	-	Low-GI/GL	-	-	-	-
-1.10 (-1.93, -0.27)	0.87 (-0.50,2.23)	-	0.42 (-3.06,3.91)	Low-fat	-	-	0.75 (-0.97,2.47)
-0.22 (-1.55,1.11)	**1.75 (0.04,3.46)**	-	1.30 (-2.03,4.63)	0.88 (-0.15,1.91)	Low-Carbohydrate	-	-
-1.24 (-2.82,0.33)	0.72 (-0.08,1.53)	-	0.28 (-3.45,4.01)	-0.14 (-1.48,1.19)	-1.02 (-2.71,0.67)	High Protein	-
-2.92 (-7.30,1.47)	-0.95 (-5.46,3.57)	-	-1.40 (-6.94,4.15)	-1.82 (-6.12,2.49)	-2.70 (-7.12,1.73)	-1.67 (-6.18,2.84)	Control

Supplementary Table S28: Subgroup analysis presenting mean differences with 95% CI in waist circumference (cm) between different dietary approaches, stratified by intervention duration: long-term studies<12 months (bottom-left) and long-term studies ≥12 months (upper-right).

Vegetarian	-	-	-	-	-	-	-
1.41 (-6.50,9.31)	Moderate-Carbohydrate	-0.25 (-2.25,1.76)	1.90 (-0.25,4.05)	0.20 (-1.74,2.14)	-0.60 (-4.63,3.43)	1.01 (-2.03,4.05)	**4.28 (1.49,7.07)**
-	-	Mediterranean	2.14 (-0.06,4.34)	0.44 (-0.05,0.93)	-0.36 (-3.92,3.21)	1.25 (-1.14,3.65)	**4.53 (2.16,6.89)**
2.47 (-5.31,10.26)	1.07 (-7.85,9.98)	-	Low-GI/GL	-1.70 (-3.85,0.44)	-2.50 (-6.63,1.63)	-0.89 (-4.07,2.29)	2.38 (-0.66,5.43)
1.20 (-3.47,5.87)	-0.21 (-6.58,6.17)	-	-1.27 (-7.50,4.95)	Low-fat	-0.80 (-4.33,2.73)	0.81 (-1.53,3.16)	**4.09 (1.77,6.40)**
5.53 (-1.88,12.95)	4.13 (-4.45,12.70)	-	3.06 (-2.88,9.00)	4.33 (-1.41,10.08)	Low-Carbohydrate	1.61 (-2.63,5.85)	**4.89 (0.66,9.11)**
0.99 (-7.35,9.33)	-0.42 (-9.82,8.99)	-	-1.48 (-10.79,7.82)	-0.21 (-7.12,6.70)	-4.54 (-13.53,4.44)	High Protein	3.27 (-0.02,6.57)
-3.95 (-21.43,13.53)	-5.36 (-23.38,12.66)	-	-6.42 (-24.39,11.54)	-5.15 (-22.01,11.71)	-9.49 (-27.29,8.32)	-4.94 (-23.16,13.28)	Control

Supplementary Table S29: Subgroup analysis presenting mean differences with 95% CI in waist circumference (cm) between different dietary approaches, stratified by mean age: ≥60 years old (bottom-left) and <60 years old (upper-right).

Vegetarian	-1.56 (-6.45,3.34)	-2.13 (-6.43,2.18)	-1.13 (-6.55,4.30)	-1.08 (-4.04,1.88)	-2.94 (-7.85,1.96)	-0.50 (-4.79,3.80)	3.11 (-2.75,8.97)
-	Moderate-Carbohydrate	-0.57 (-5.56,4.42)	0.43 (-5.56,6.42)	0.48 (-3.43,4.38)	-1.39 (-6.89,4.12)	1.06 (-3.93,6.04)	4.66 (-0.59,9.91)
-	-	Mediterranean	1.00 (-4.50,6.50)	1.05 (-2.06,4.15)	-0.81 (-5.76,4.13)	1.63 (-2.75,6.01)	5.24 (-0.70,11.18)
-	-1.80 (-4.02,0.42)	-	Low-GI/GL	0.05 (-4.49,4.59)	-1.82 (-5.99,2.36)	0.63 (-4.87,6.12)	4.23 (-2.57,11.03)
-	0.00 (-2.21,2.21)	-	1.80 (-0.41,4.01)	Low-fat	-1.86 (-5.74,2.01)	0.58 (-2.52,3.68)	4.19 (-0.87,9.25)
-	5.70 (-1.75,13.15)	-	**7.50 (0.05,14.95)**	5.70 (-1.42,12.82)	Low-Carbohydrate	2.44 (-2.51,7.40)	6.05 (-0.33,12.43)
-	-	-	-	-	-	High Protein	3.61 (-2.33,9.54)
-	**-4.00 (-7.67, -0.33)**	-	-2.20 (-5.87,1.47)	**-4.00 (-6.93, -1.07)**	**-9.70 (-17.40, -2.00)**	-	Control

Supplementary Table S30: Subgroup analysis presenting mean differences with 95% CI in waist circumference (cm) between different dietary approaches, stratified by sample size: <100 (bottom-left) and ≥100 (upper-right).

Vegetarian	**-3.95 (-6.66, -1.23)**	**-4.19 (-6.15, -2.23)**	-2.05 (-4.91,0.82)	**-3.75 (-5.65, -1.85)**	-	-2.35 (-5.91,1.21)	0.34 (-2.66,3.33)
-1.01 (-7.61,5.59)	Moderate-Carbohydrate	-0.25 (-2.25,1.76)	1.90 (-0.25,4.05)	0.20 (-1.74,2.14)	-	1.60 (-1.98,5.18)	**4.28 (1.49,7.07)**
-	-	Mediterranean	2.14 (-0.06,4.34)	0.44 (-0.05,0.93)	-	1.84 (-1.21,4.89)	**4.53 (2.16,6.89)**
-0.72 (-6.69,5.25)	0.29 (-6.57,7.15)	-	Low-GI/GL	-1.70 (-3.85,0.44)	-	-0.30 (-4.00,3.39)	2.38 (-0.66,5.43)
-1.20 (-5.20,2.81)	-0.19 (-5.44,5.06)	-	-0.48 (-4.90,3.95)	Low-fat	-	1.40 (-1.61,4.41)	**4.09 (1.77,6.40)**
1.36 (-4.16,6.89)	2.37 (-4.09,8.83)	-	2.08 (-2.24,6.41)	2.56 (-1.23,6.36)	Low-Carbohydrate	-	-
-1.25 (-6.89,4.40)	-0.24 (-6.82,6.35)	-	-0.52 (-6.48,5.43)	-0.05 (-4.03,3.93)	-2.61 (-8.13,2.91)	High Protein	2.69 (-1.11,6.48)
-6.34 (-22.93,10.25)	-5.33 (-22.27,11.60)	-	-5.62 (-22.32,11.08)	-5.15 (-21.25,10.96)	-7.71 (-24.25,8.84)	-5.10 (-21.69,11.49)	Control

Table S31: Sensitivity analysis presenting mean differences with 95% CI in HbA1c (%) between different dietary approaches, after exclusion of studies with overall high risk of bias (bottom-left) and inclusion low risk of bias studies (upper-right).

Vegetarian	-0.52 (-1.56,0.53)	-0.87 (-2.03,0.29)	-0.38 (-2.50,1.74)	-0.17 (-0.88,0.54)	0.03 (-1.35,1.41)	-0.10 (-1.09,0.88)	**1.14 (0.13,2.14)**
0.53 (-0.36,1.41)	Moderate-Carbohydrate	-0.35 (-1.56,0.85)	0.14 (-2.01,2.28)	0.34 (-0.43,1.12)	0.55 (-0.87,1.96)	0.41 (-0.50,1.32)	**1.65 (0.77,2.53)**
0.93 (-0.05,1.92)	0.41 (-0.35,1.17)	Mediterranean	0.49 (-1.71,2.69)	0.70 (-0.22,1.62)	0.90 (-0.60,2.40)	0.77 (-0.39,1.92)	**2.01 (0.84,3.17)**
0.88 (-1.12,2.89)	0.36 (-1.55,2.27)	-0.05 (-2.01,1.91)	Low-GI/GL	0.21 (-1.79,2.21)	0.41 (-1.21,2.03)	0.27 (-1.84,2.39)	1.52 (-0.61,3.64)
0.17 (-0.60,0.94)	-0.36 (-0.80,0.09)	**-0.76 (-1.39, -0.14)**	-0.71 (-2.57,1.14)	Low-fat	0.20 (-0.98,1.38)	0.07 (-0.63,0.76)	**1.31 (0.59,2.02)**
0.47 (-0.68,1.63)	-0.05 (-1.02,0.91)	-0.46 (-1.52,0.60)	-0.41 (-2.06,1.24)	0.30 (-0.55,1.16)	Low-Carbohydrate	-0.14 (-1.50,1.23)	1.11 (-0.27,2.49)
0.01 (-0.88,0.89)	-0.52 (-1.14,0.10)	**-0.93 (-1.69, -0.17)**	-0.88 (-2.78,1.03)	-0.16 (-0.60,0.27)	-0.47 (-1.43,0.49)	High Protein	**1.24 (0.33,2.16)**
-1.26 (-2.26, -0.26)	**-1.79 (-2.49, -1.08)**	**-2.20 (-3.09, -1.31)**	**-2.15 (-4.11, -0.19)**	**-1.43 (-2.07, -0.80)**	**-1.74 (-2.81, -0.67)**	**-1.27 (-2.04, -0.50)**	Control

Table S32: Sensitivity analysis presenting mean differences with 95% CI in fasting glucose (mmol/L) between different dietary approaches, after exclusion of studies with overall high risk of bias (bottom-left) and inclusion low risk of bias studies (upper-right).

Vegetarian	**-0.49 (-0.96, -0.02)**	**-0.29 (-0.47, -0.11)**	0.48 (-0.55,1.52)	0.06 (-0.06,0.18)	-0.02 (-0.30,0.27)	0.14 (-0.12,0.39)	-0.08 (-1.13,0.97)
0.48 (-0.19,1.15)	Moderate-Carbohydrate	0.20 (-0.27,0.67)	0.98 (-0.15,2.10)	**0.55 (0.10,1.00)**	0.48 (-0.05,1.00)	**0.63 (0.12,1.13)**	0.42 (-0.62,1.46)
0.30 (-0.06,0.66)	-0.18 (-0.85,0.49)	Mediterranean	0.77 (-0.26,1.81)	**0.35 (0.23,0.47)**	0.27 (-0.01,0.56)	**0.43 (0.17,0.68)**	**0.35 (0.15,0.55)**
-0.34 (-1.47,0.80)	-0.81 (-2.11,0.48)	-0.64 (-1.77,0.50)	Low−GI/GL	-0.42 (-1.46,0.61)	-0.50 (-1.50,0.50)	-0.35 (-1.40,0.71)	-0.05 (-0.57,0.47)
-0.06 (-0.31,0.19)	-0.54 (-1.16,0.08)	**-0.36 (-0.62, -0.10)**	0.28 (-0.83,1.38)	Low-Fat	-0.08 (-0.33,0.18)	0.08 (-0.15,0.30)	**0.42 (0.10,0.75)**
0.16 (-0.33,0.66)	-0.31 (-1.11,0.49)	-0.14 (-0.64,0.36)	0.50 (-0.52,1.52)	0.22 (-0.20,0.65)	Low-Carbohydrate	0.15 (-0.19,0.49)	0.27 (-0.03,0.58)
-0.17 (-0.58,0.24)	-0.65 (-1.34,0.04)	**-0.47 (-0.88, -0.06)**	0.17 (-0.99,1.32)	-0.11 (-0.43,0.21)	-0.33 (-0.87,0.20)	High Protein	0.69 (-0.81,2.18)
-0.09 (-1.30,1.13)	-0.28 (-1.41,0.86)	-0.36 (-0.77,0.05)	0.06 (-0.61,0.73)	-0.59 (-1.24,0.07)	-0.25 (-0.77,0.26)	-0.71 (-2.29,0.87)	Control

Table S33: Sensitivity analysis presenting mean differences with 95% CI in body weight (kg) between different dietary approaches, after exclusion of studies with overall high risk of bias (bottom-left) and inclusion low risk of bias studies (upper-right).

Vegetarian	-3.20 (-8.12,1.72)	-3.64 (-9.20,1.92)	-3.55 (-8.86,1.76)	-3.34 (-7.30,0.62)	-3.21 (-9.30,2.88)	-3.16 (-8.11,1.79)	-2.19 (-7.63,3.26)
2.85 (-3.44,9.15)	Moderate-Carbohydrate	-0.44 (-5.31,4.43)	-0.35 (-3.98,3.28)	-0.14 (-3.06,2.78)	-0.01 (-5.35,5.33)	0.04 (-3.28,3.36)	1.01 (-3.75,5.78)
4.37 (-2.58,11.33)	1.52 (-3.74,6.78)	Mediterranean	0.09 (-5.17,5.35)	0.30 (-3.60,4.20)	0.43 (-5.62,6.48)	0.48 (-4.42,5.38)	1.45 (-3.94,6.85)
3.68 (-3.48,10.85)	0.83 (-3.91,5.57)	-0.69 (-6.96,5.58)	Low-GI/GL	0.21 (-3.32,3.74)	0.34 (-5.12,5.80)	0.39 (-3.91,4.68)	1.36 (-3.75,6.47)
3.34 (-2.15,8.83)	0.49 (-2.59,3.56)	-1.03 (-5.30,3.23)	-0.34 (-4.95,4.26)	Low-fat	0.13 (-4.49,4.76)	0.18 (-2.79,3.15)	1.15 (-2.57,4.88)
5.87 (-0.47,12.21)	3.02 (-1.33,7.37)	1.50 (-3.81,6.81)	2.19 (-3.13,7.50)	2.53 (-0.64,5.70)	Low-Carbohydrate	0.05 (-5.40,5.49)	1.02 (-4.95,6.99)
2.23 (-4.15,8.61)	-0.62 (-4.46,3.21)	-2.15 (-7.52,3.22)	-1.45 (-6.89,3.98)	-1.11 (-4.36,2.14)	-3.64 (-8.17,0.89)	High Protein	0.98 (-3.83,5.78)
0.80 (-5.86,7.47)	-2.05 (-6.62,2.52)	-3.57 (-9.28,2.14)	-2.88 (-8.74,2.98)	-2.54 (-6.32,1.24)	**-5.07 (-10.00, -0.13)**	-1.43 (-6.31,3.46)	Control

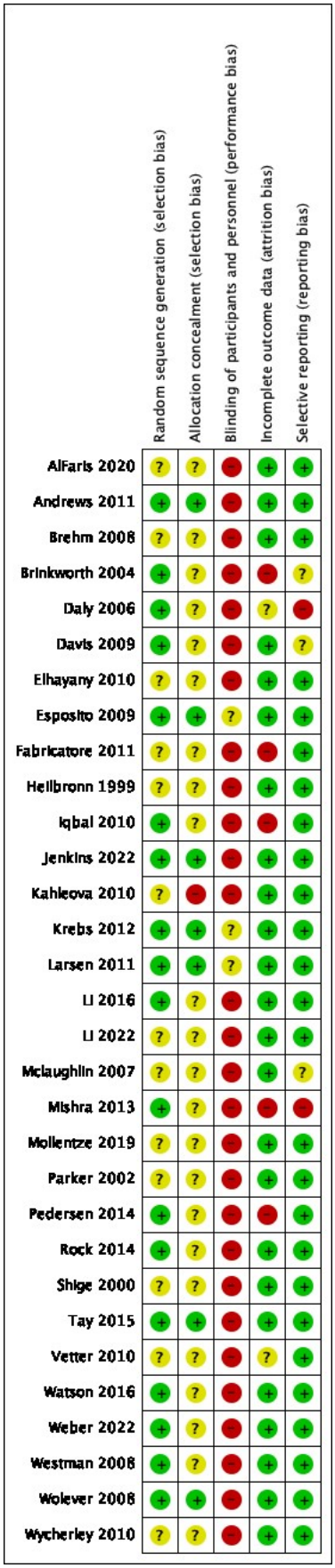
Table S34: Sensitivity analysis presenting mean differences with 95% CI in BMI (kg/m2) between different dietary approaches, after exclusion of studies with overall high risk of bias (bottom-left) and inclusion low risk of bias studies (upper-right).

Vegetarian	-1.81 (-6.01,2.39)	-0.98 (-5.42,3.46)	-0.18 (-6.65,6.29)	-0.88 (-4.03,2.27)	-1.48 (-6.05,3.09)	-2.18 (-6.66,2.29)	-0.42 (-4.10,3.27)
0.92 (-2.20,4.05)	Moderate-Carbohydrate	0.83 (-3.36,5.02)	1.63 (-4.66,7.93)	0.93 (-1.85,3.71)	0.33 (-4.00,4.66)	-0.37 (-3.17,2.42)	1.39 (-1.53,4.32)
1.26 (-1.88,4.40)	0.34 (-2.26,2.94)	Mediterranean	0.80 (-5.66,7.26)	0.10 (-3.04,3.23)	-0.50 (-5.07,4.06)	-1.21 (-5.68,3.26)	0.56 (-3.11,4.24)
1.00 (-4.39,6.40)	0.08 (-5.03,5.19)	-0.25 (-5.36,4.85)	Low-GI/GL	-0.70 (-6.35,4.95)	-1.30 (-5.87,3.27)	-2.00 (-8.49,4.48)	-0.24 (-6.20,5.73)
0.88 (-1.66,3.42)	-0.04 (-1.87,1.79)	-0.38 (-2.23,1.47)	-0.12 (-4.89,4.64)	Low-fat	-0.60 (-3.92,2.72)	-1.30 (-4.49,1.88)	0.46 (-1.46,2.39)
2.30 (-1.12,5.72)	1.38 (-1.56,4.33)	1.05 (-1.90,3.99)	1.30 (-2.87,5.47)	1.42 (-0.87,3.72)	Low-Carbohydrate	-0.70 (-5.30,3.90)	1.06 (-2.77,4.90)
1.24 (-2.09,4.58)	0.32 (-1.79,2.44)	-0.01 (-2.86,2.84)	0.24 (-5.01,5.49)	0.36 (-1.80,2.53)	-1.06 (-4.24,2.12)	High Protein	1.77 (-1.69,5.22)
0.19 (-2.77,3.14)	-0.74 (-2.86,1.39)	-1.07 (-3.46,1.32)	-0.82 (-5.83,4.20)	-0.69 (-2.21,0.82)	-2.12 (-4.90,0.66)	-1.06 (-3.58,1.46)	Control

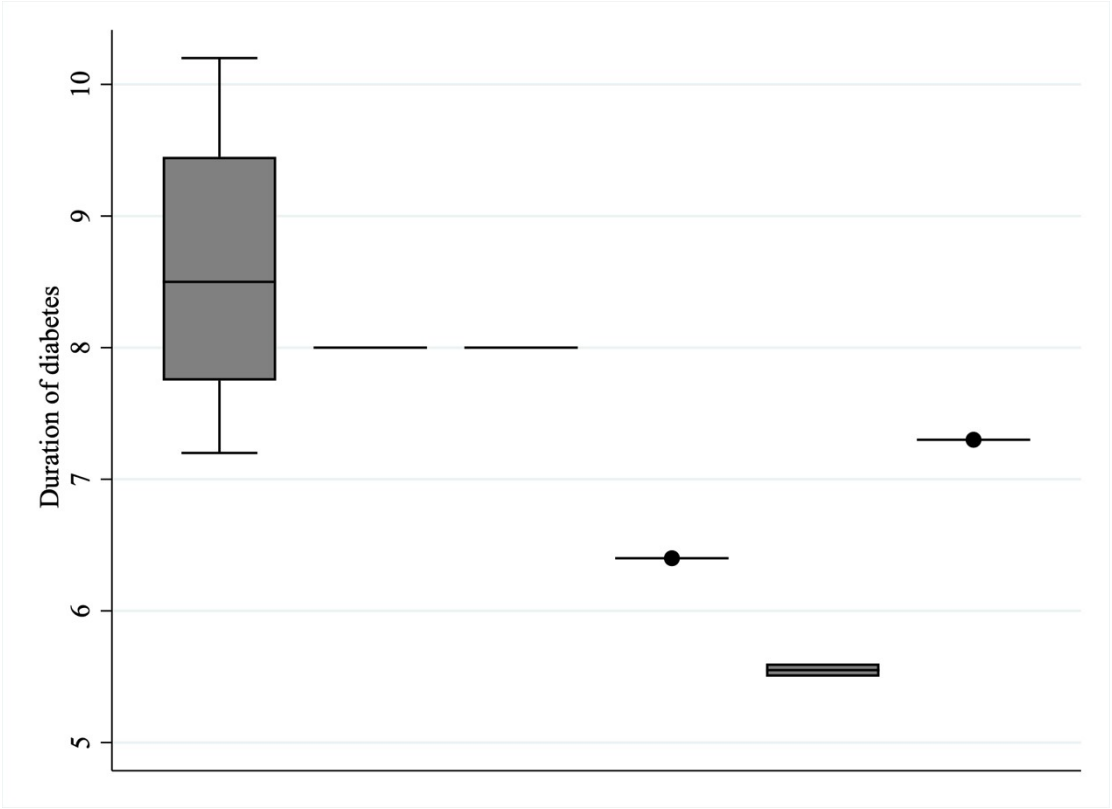
Table S35: Sensitivity analysis presenting mean differences with 95% CI in waist circumference (cm) between different dietary approaches, after exclusion of studies with overall high risk of bias (bottom-left) and inclusion low risk of bias studies (upper-right).

Vegetarian	**-4.08 (-6.77, -1.39)**	**-4.15 (-6.11, -2.19)**	-2.38 (-5.10,0.34)	**-3.75 (-5.65, -1.85)**	**-3.64 (-6.83, -0.46)**	**-3.18 (-6.11, -0.24)**	0.31 (-2.68,3.31)
4.22 (1.63,6.80)	Moderate-Carbohydrate	-0.07 (-2.04,1.90)	1.70 (-0.38,3.79)	0.33 (-1.57,2.24)	0.44 (-2.46,3.33)	0.91 (-2.03,3.84)	**4.39 (1.62,7.16)**
4.19 (2.23,6.15)	-0.02 (-1.84,1.79)	Mediterranean	1.77 (-0.24,3.78)	0.40 (-0.10,0.90)	0.51 (-2.10,3.11)	0.97 (-1.31,3.26)	**4.46 (2.09,6.83)**
2.83 (0.15,5.50)	-1.39 (-3.41,0.64)	-1.36 (-3.31,0.58)	Low-GI/GL	-1.37 (-3.32,0.58)	-1.26 (-3.70,1.18)	-0.79 (-3.76,2.17)	2.69 (-0.24,5.62)
3.75 (1.85,5.65)	-0.47 (-2.21,1.28)	-0.44 (-0.93,0.05)	0.92 (-0.96,2.80)	Low-fat	0.11 (-2.45,2.66)	0.57 (-1.66,2.81)	**4.06 (1.75,6.38)**
5.04 (2.09,8.00)	0.83 (-1.82,3.47)	0.85 (-1.47,3.17)	2.21 (-0.09,4.52)	1.29 (-0.97,3.56)	Low-Carbohydrate	0.47 (-2.93,3.86)	**3.96 (0.55,7.36)**
3.04 (0.18,5.90)	-1.18 (-3.94,1.58)	-1.15 (-3.35,1.04)	0.21 (-2.64,3.06)	-0.71 (-2.85,1.42)	-2.01 (-5.12,1.11)	High Protein	**3.49 (0.27,6.70)**
-0.31 (-3.28,2.66)	**-4.53 (-7.21, -1.84)**	**-4.50 (-6.84, -2.17)**	**-3.14 (-6.03, -0.26)**	**-4.06 (-6.35, -1.78)**	**-5.36 (-8.54, -2.17)**	**-3.35 (-6.48, -0.22)**	Control

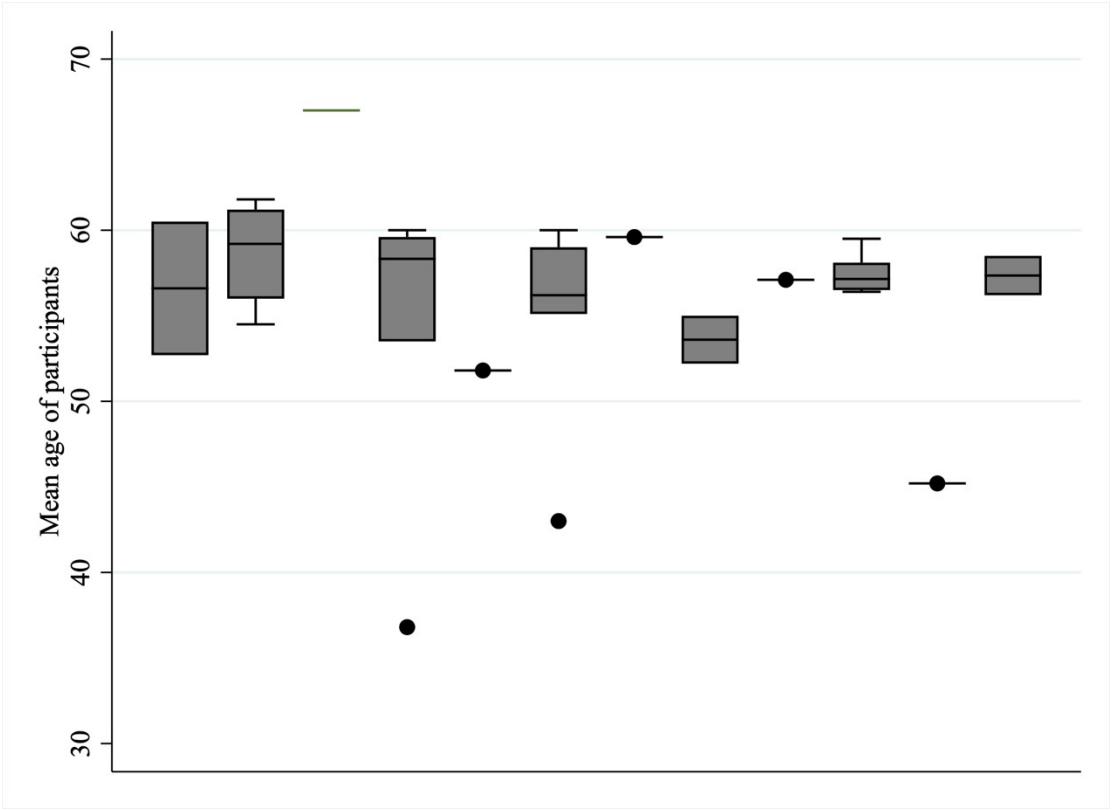
Supplementary Figure S1: Risk of bias assessment for included trials



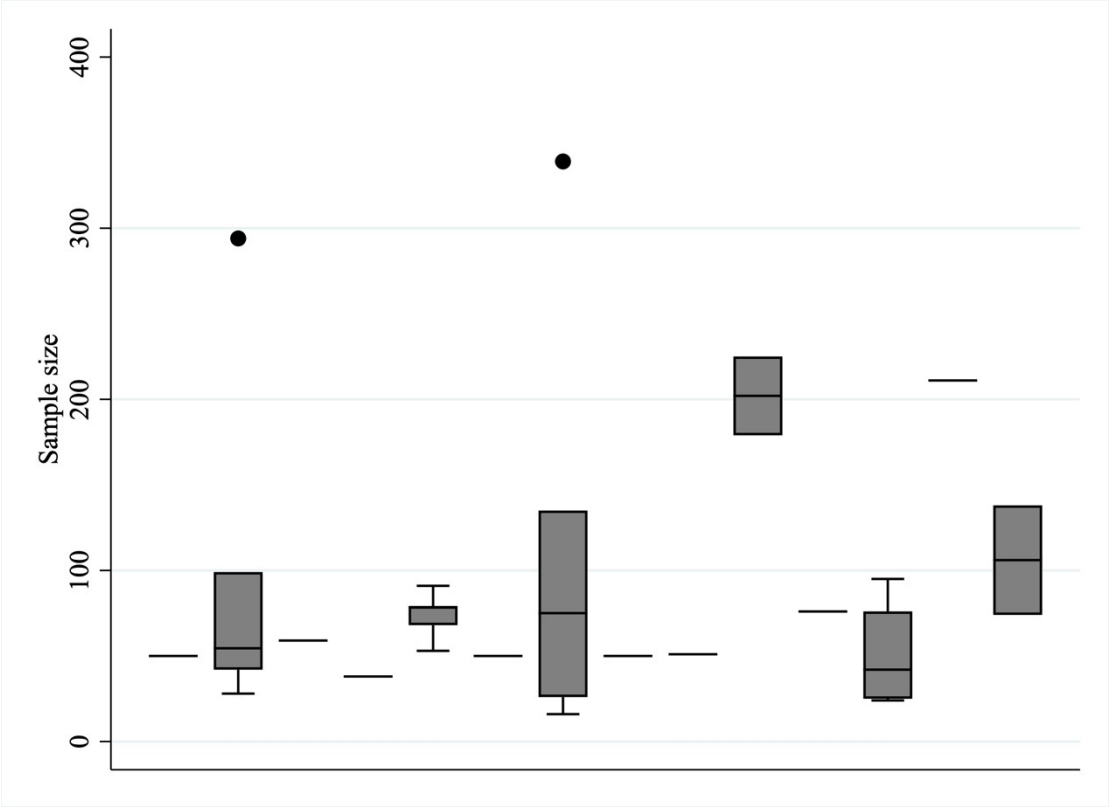
Supplementary Figure S2: Box plots showing the distribution of the mean duration of diabetes (years) in the trials across the available direct comparisons.



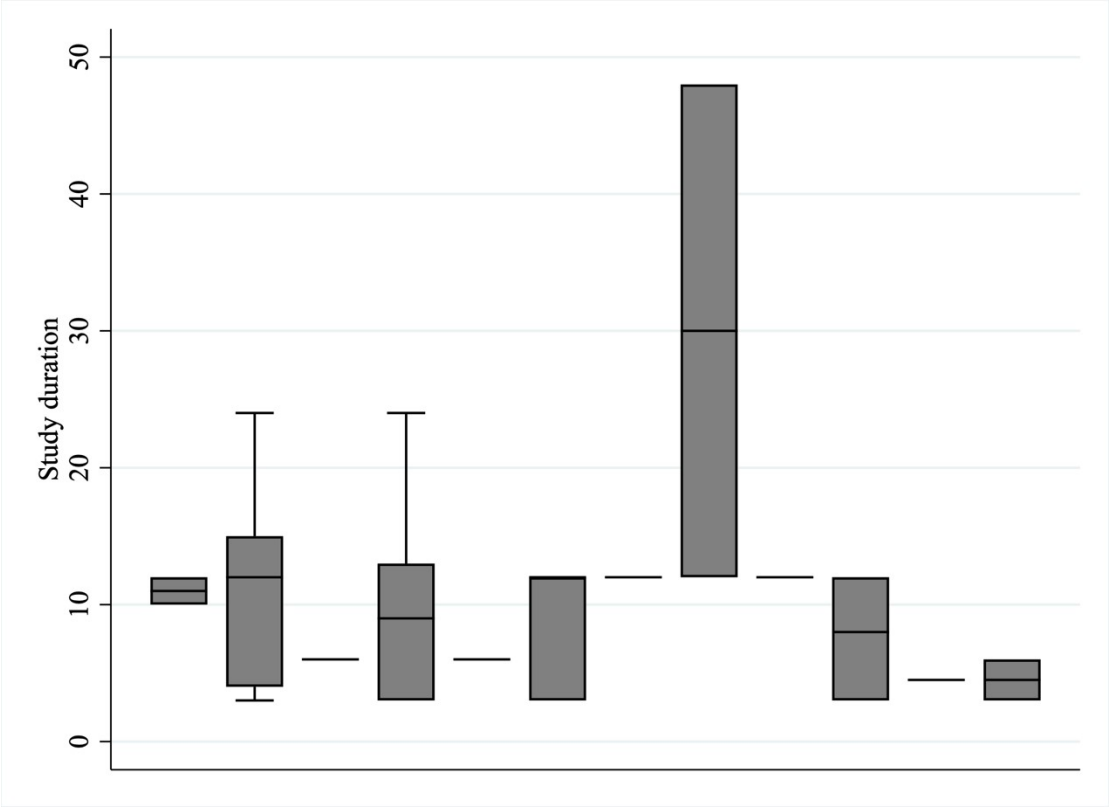
Supplementary Figure S3: Box plots showing the distribution of the mean age (years) of the trials across the available direct comparisons.



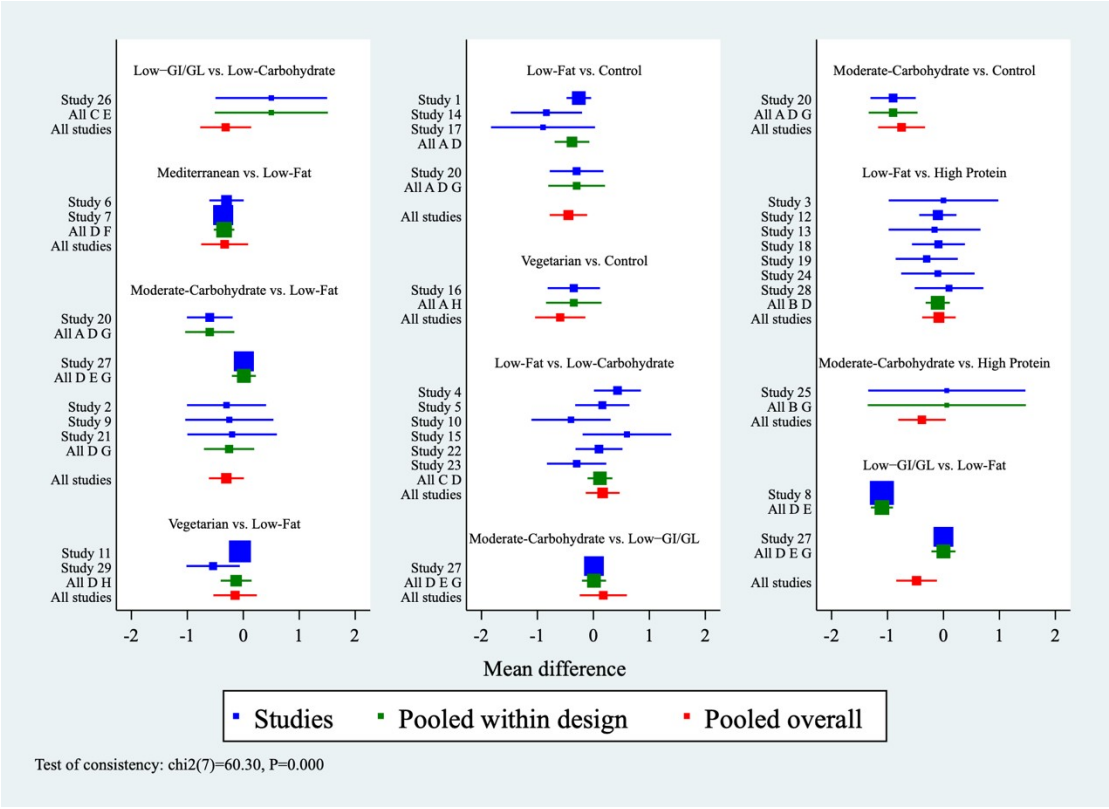
Supplementary Figure S4: Box plots showing the distribution of the sample size of the trials across the available direct comparisons.



Supplementary Figure S5: Box plots showing the distribution of the study duration of the trials across the available direct comparisons.

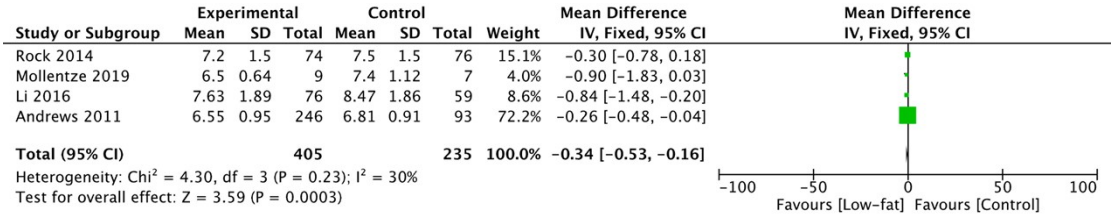


Supplementary Figure S6: Forest plots for network meta-analysis of HbA1c

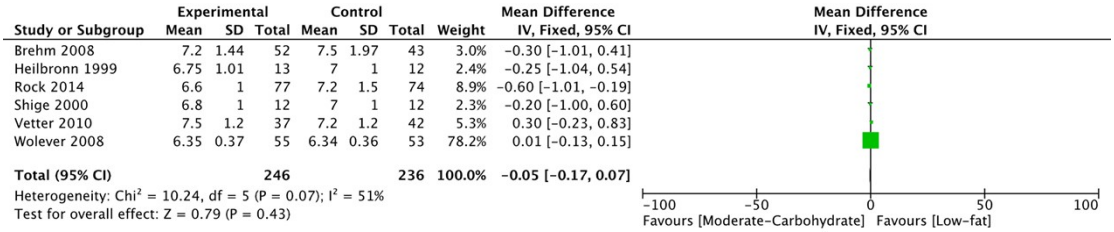


Supplementary Figures S7: Forest plot for each direct pairwise comparison of HbA1c

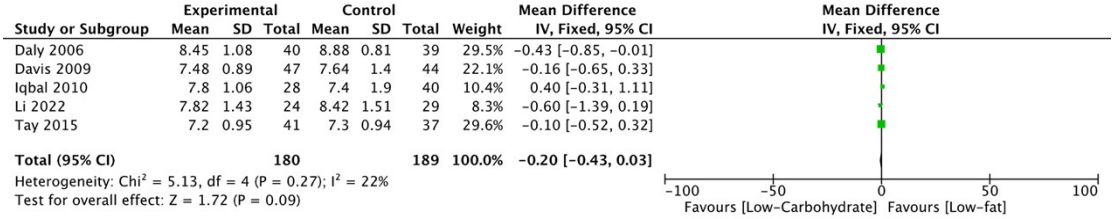
7.1 Low-fat vs. Control



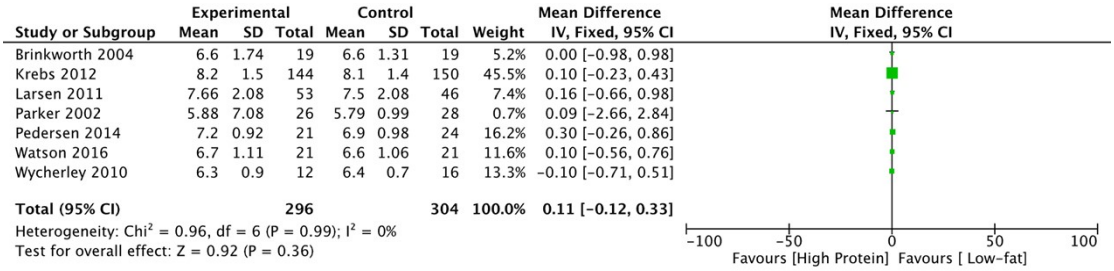
7.2 Moderate-Carbohydrate vs. Low-fat



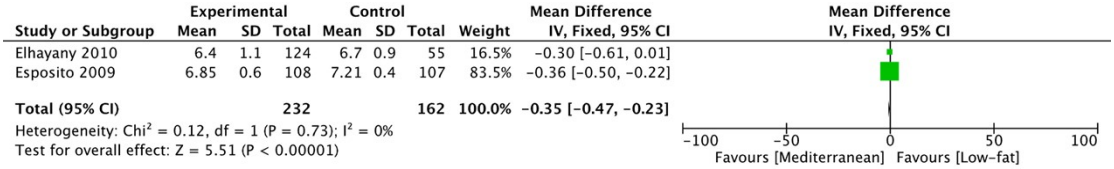
7.3 Low-Carbohydrate vs. Low-fat



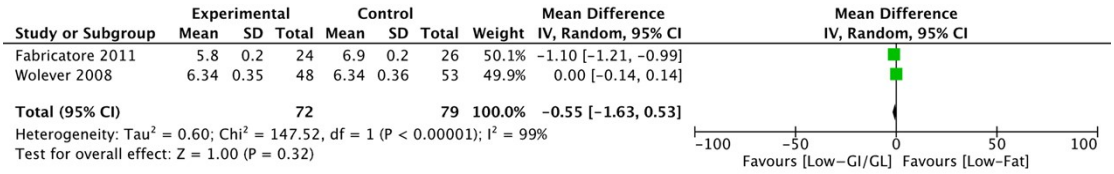
7.4 High Protein vs. Low-fat



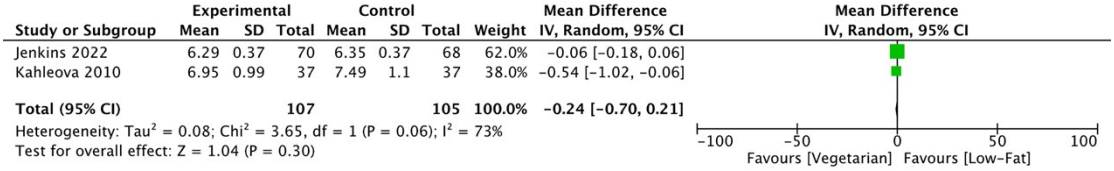
7.5 Mediterranean vs. Low-fat



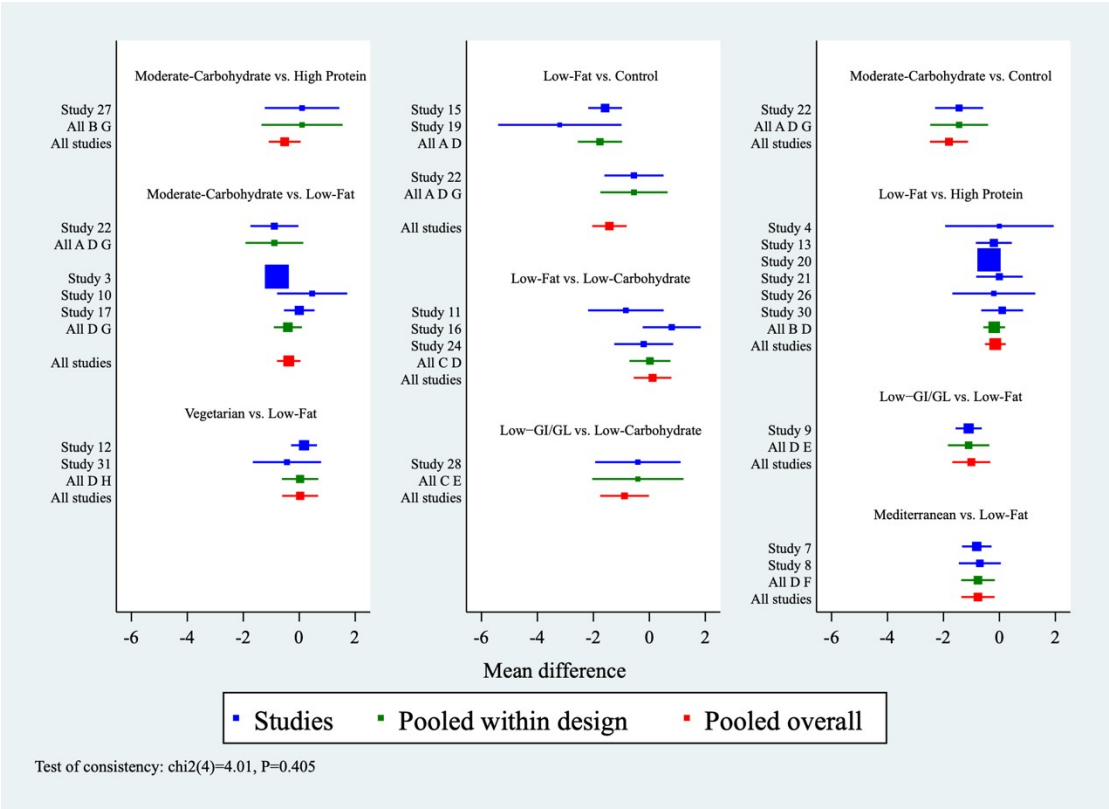
7.6 Low−GI/GL vs. Low-Fat



7.7 Vegetarian vs. Low-Fat

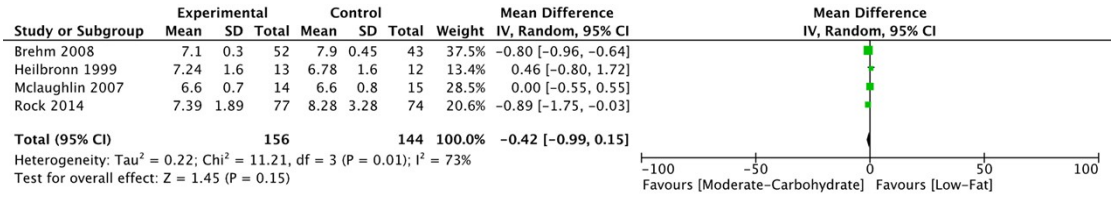


Supplementary Figure S8: Forest plots for network meta-analysis of fasting glucose

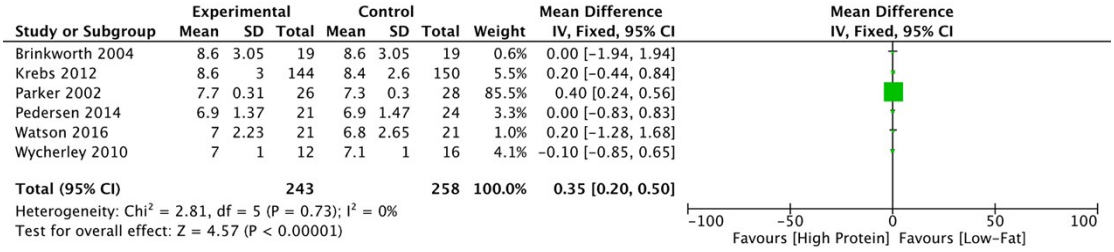


Supplementary Figures S9: Forest plot for each direct pairwise comparison of fasting glucose

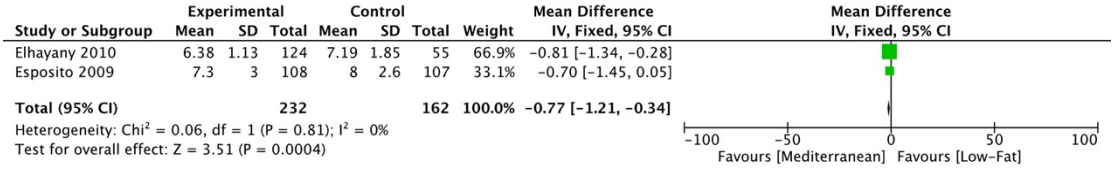
9.1 Moderate-Carbohydrate vs. Low-Fat



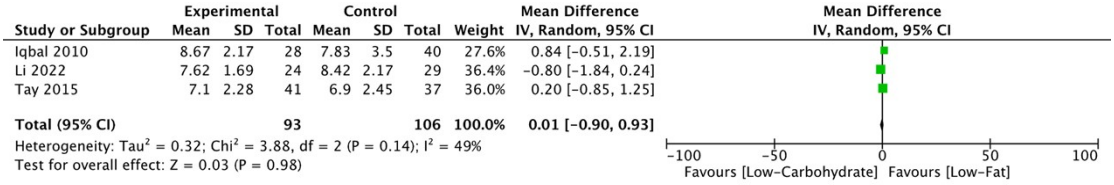
9.2 High Protein vs. Low-Fat



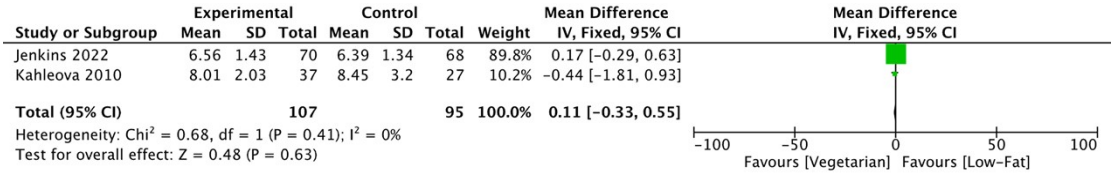
9.3 Mediterranean vs. Low-Fat



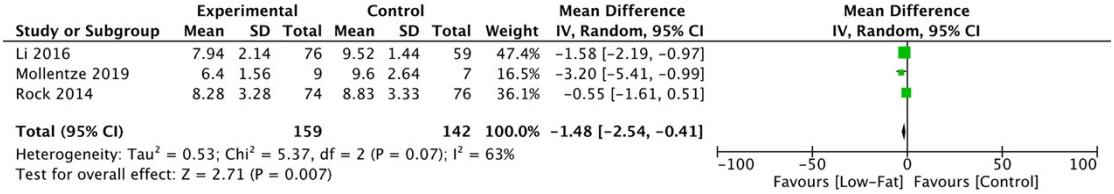
9.4 Low-Carbohydrate vs. Low-Fat



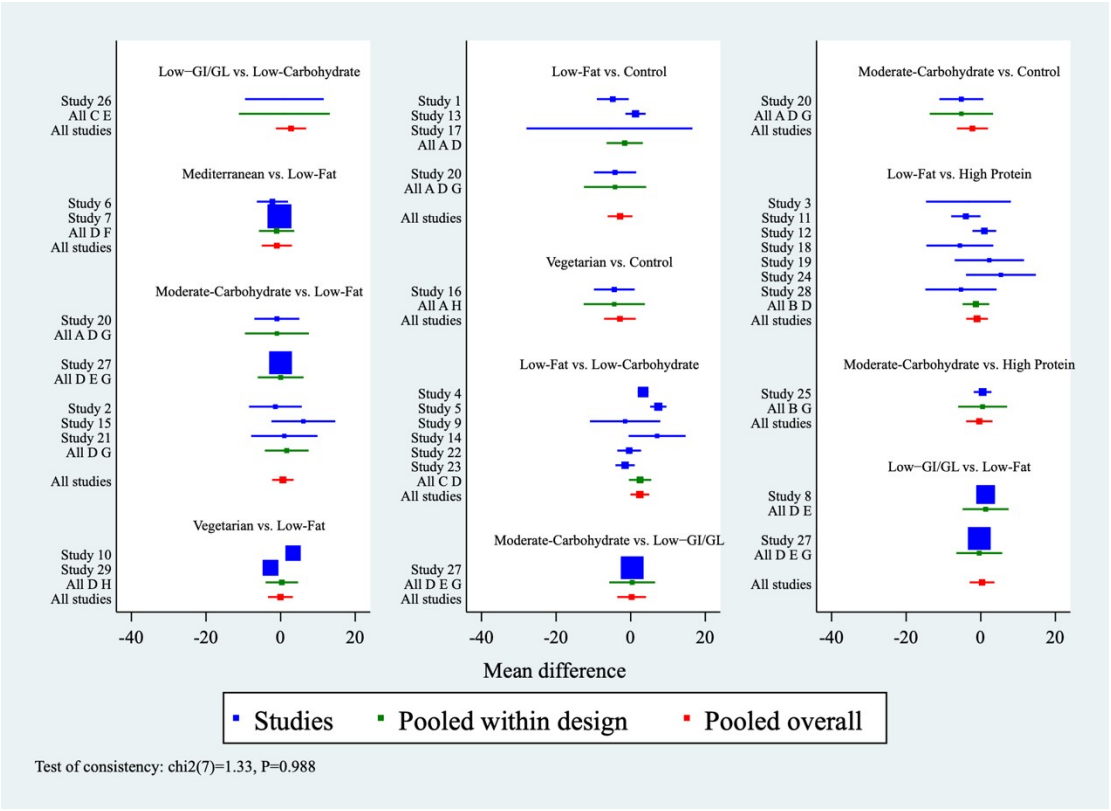
9.5 Vegetarian vs. Low-Fat



9.6 Low-Fat vs. Control



Supplementary Figure S10: Forest plots for network meta-analysis of body weight

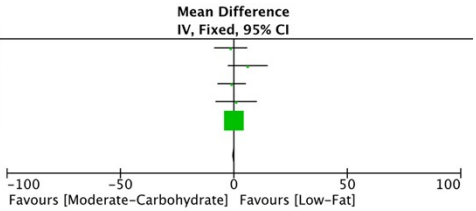


Supplementary Figures S11: Forest plot for each direct pairwise comparison of body weight

11.1 Moderate-Carbohydrate vs. Low-Fat

Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Mean Difference IV, Fixed, 95% CI
Brehm 2008	98.3	14.42	52	99.7	19.67	43	0.6%	-1.40 [-8.47, 5.67]
Mclaughlin 2007	89.1	16.3	14	83	1.2	15	0.4%	6.10 [-2.46, 14.66]
Rock 2014	96.7	19.7	77	97.7	18	74	0.8%	-1.00 [-7.02, 5.02]
Shige 2000	83.9	6.3	12	82.9	14.4	12	0.4%	1.00 [-7.89, 9.89]
Wolever 2008	84.3	1.48	55	84.3	1.44	53	97.8%	0.00 [-0.55, 0.55]
Total (95% CI)			**210**			**197**	**100.0%**	**0.01 [-0.53, 0.56]**

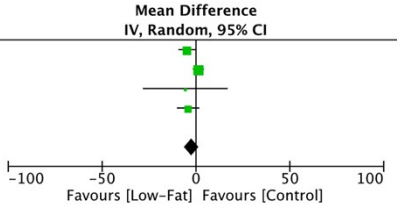
Heterogeneity: $Chi^2 = 2.25$, df = 4 (P = 0.69); $I^2 = 0\%$
Test for overall effect: Z = 0.04 (P = 0.97)



11.2 Low-Fat vs. Control

Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Mean Difference IV, Random, 95% CI
Andrews 2011	88.7	17.3	246	93.5	18.1	93	31.7%	-4.80 [-9.07, -0.53]
Li 2016	72.76	8.7	76	71.47	7.35	59	40.1%	1.29 [-1.42, 4.00]
Mollentze 2019	119.1	19.39	9	124.8	24.69	7	3.1%	-5.70 [-27.95, 16.55]
Rock 2014	97.7	18	74	101.9	17.4	76	25.0%	-4.20 [-9.87, 1.47]
Total (95% CI)			**405**			**235**	**100.0%**	**-2.24 [-6.30, 1.83]**

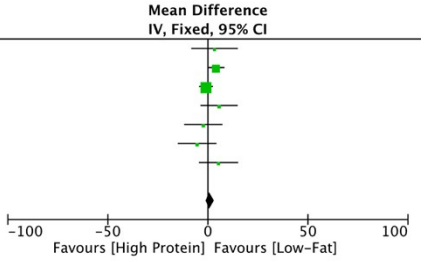
Heterogeneity: $Tau^2 = 8.80$; $Chi^2 = 7.19$, df = 3 (P = 0.07); $I^2 = 58\%$
Test for overall effect: Z = 1.08 (P = 0.28)



11.3 High Protein vs. Low-Fat

Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Mean Difference IV, Fixed, 95% CI
Brinkworth 2004	92.4	18.31	19	89.1	17.44	19	3.5%	3.30 [-8.07, 14.67]
Krebs 2012	99.5	17.2	144	95.5	17.1	150	29.8%	4.00 [0.08, 7.92]
Larsen 2011	92.37	8.05	53	93.33	8.05	46	45.4%	-0.96 [-4.14, 2.22]
Parker 2002	92.2	16.8	26	86.6	16.8	28	5.7%	5.60 [-3.37, 14.57]
Pedersen 2014	96.5	16.04	21	98.8	15.68	24	5.3%	-2.30 [-11.60, 7.00]
Watson 2016	88.4	15.59	21	93.8	15.35	21	5.2%	-5.40 [-14.76, 3.96]
Wycherley 2010	93.7	13.8	12	88.4	11.2	16	5.0%	5.30 [-4.24, 14.84]
Total (95% CI)			**296**			**304**	**100.0%**	**1.06 [-1.09, 3.20]**

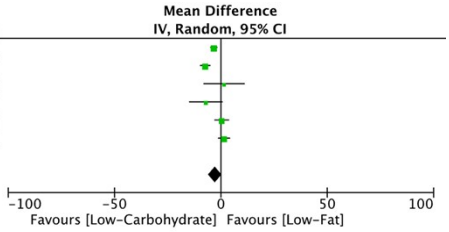
Heterogeneity: $Chi^2 = 7.93$, df = 6 (P = 0.24); $I^2 = 24\%$
Test for overall effect: Z = 0.97 (P = 0.33)



11.4 Low-Carbohydrate vs. Low-Fat

Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Mean Difference IV, Random, 95% CI
Daly 2006	98.05	3.98	40	101.38	2.5	39	22.2%	-3.33 [-4.79, -1.87]
Davis 2009	90.5	4.8	47	97.9	5.8	44	21.0%	-7.40 [-9.60, -5.20]
Iqbal 2010	116.8	21.3	28	115.3	16.7	40	7.7%	1.50 [-7.94, 10.94]
Li 2022	70.26	14.79	24	77.34	13.28	29	10.0%	-7.08 [-14.72, 0.56]
Tay 2015	91.9	7.2	41	91.5	7.2	37	18.9%	0.40 [-2.80, 3.60]
Vetter 2010	114.7	6.3	37	113.2	5.3	42	20.2%	1.50 [-1.09, 4.09]
Total (95% CI)			**217**			**231**	**100.0%**	**-2.51 [-5.72, 0.71]**

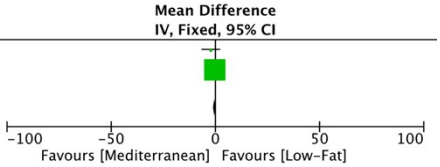
Heterogeneity: $Tau^2 = 11.58$; $Chi^2 = 33.53$, df = 5 (P < 0.00001); $I^2 = 85\%$
Test for overall effect: Z = 1.53 (P = 0.13)



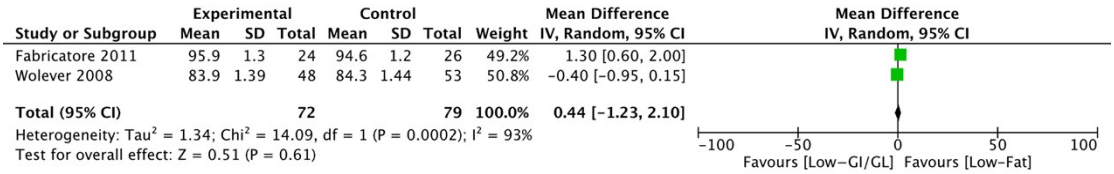
11.5 Mediterranean vs. Low-Fat

Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Mean Difference IV, Fixed, 95% CI
Elhayany 2010	78	13.1	124	80.2	13.2	55	1.5%	-2.20 [-6.38, 1.98]
Esposito 2009	82.2	2	108	82.5	1.9	107	98.5%	-0.30 [-0.82, 0.22]
Total (95% CI)			**232**			**162**	**100.0%**	**-0.33 [-0.85, 0.19]**

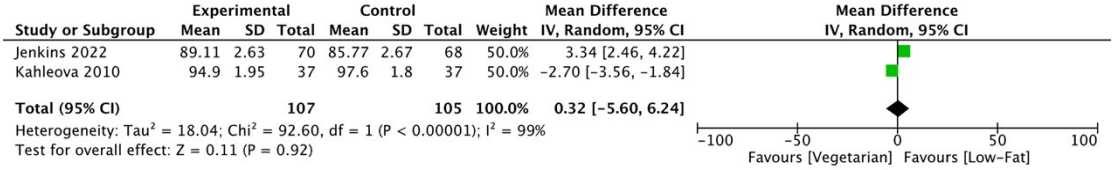
Heterogeneity: $Chi^2 = 0.78$, df = 1 (P = 0.38); $I^2 = 0\%$
Test for overall effect: Z = 1.25 (P = 0.21)



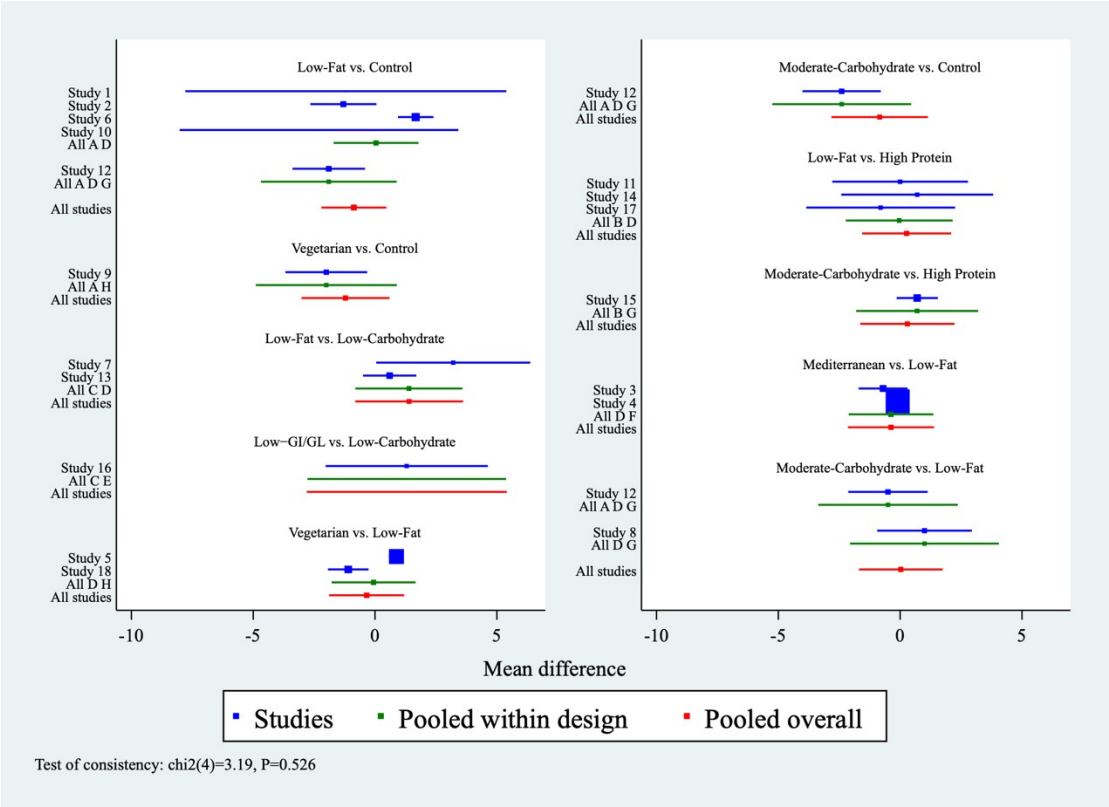
11.6 Low−GI/GL vs. Low-Fat



11.7 Vegetarian vs. Low-Fat

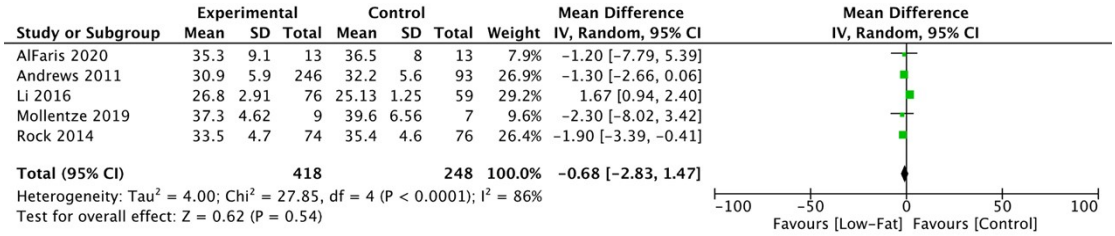


Supplementary Figure S12: Forest plots for network meta-analysis of BMI

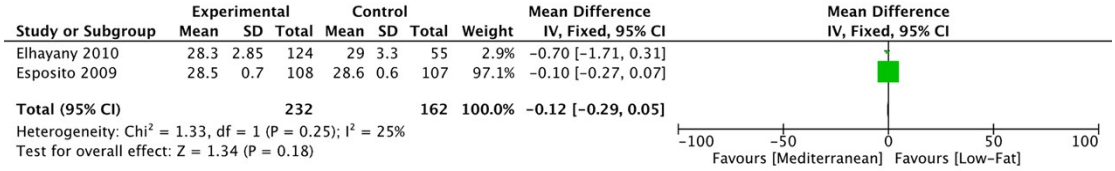


Supplementary Figures S13: Forest plot for each direct pairwise comparison of BMI

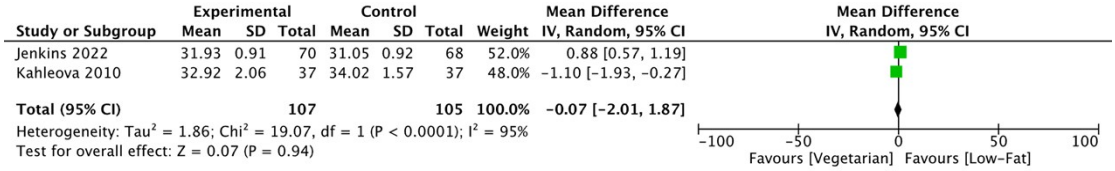
13.1 Low-Fat vs. Control



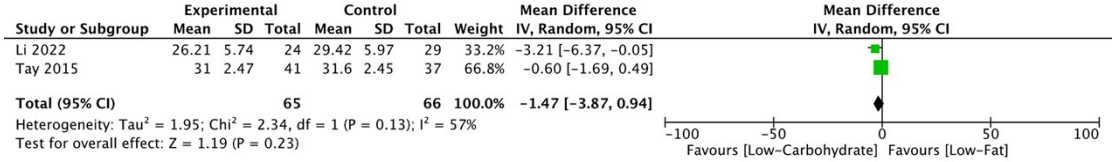
13.2 Mediterranean vs. Low-Fat



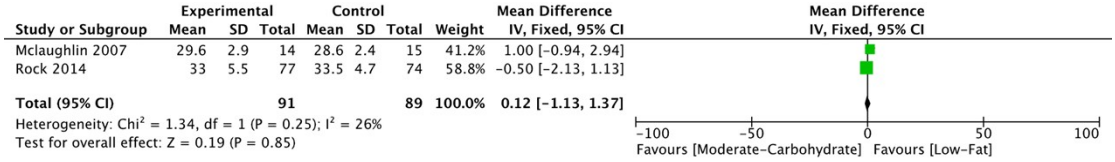
13.3 Vegetarian vs. Low-Fat



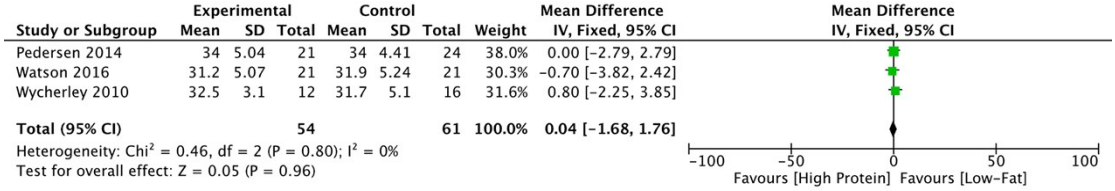
13.4 Low-Carbohydrate vs. Low-Fat



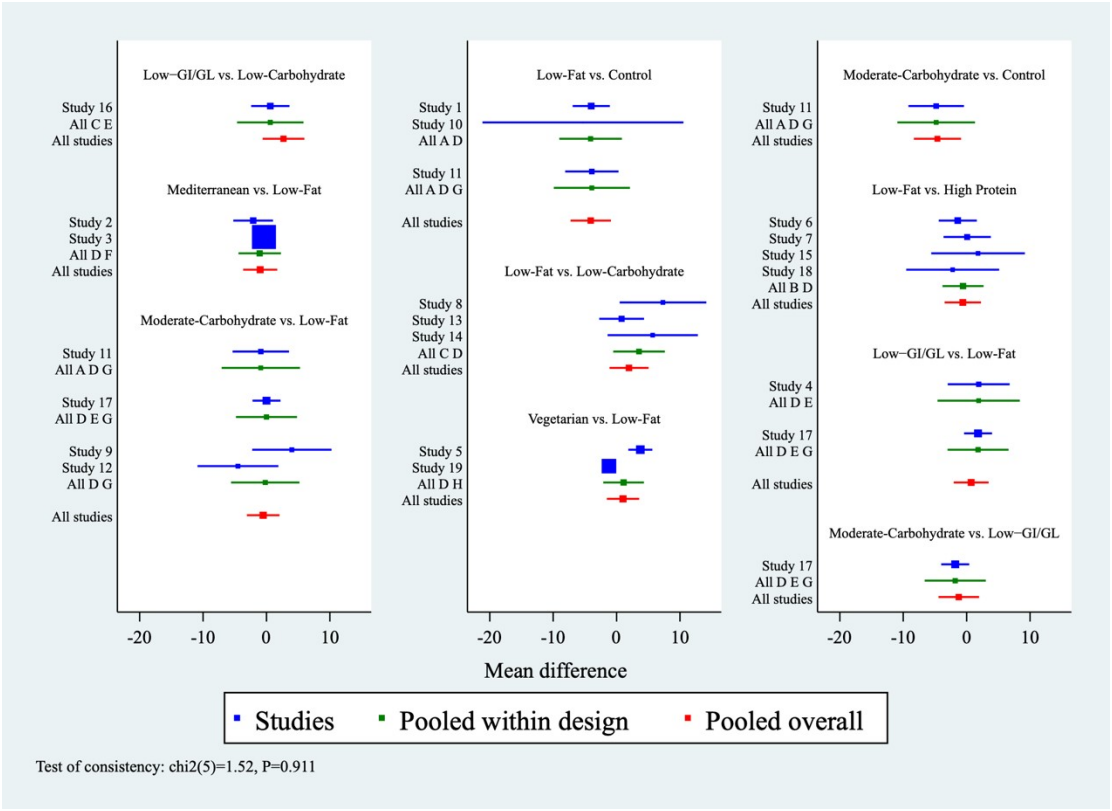
13.5 Moderate-Carbohydrate vs. Low-Fat



13.6 High Protein vs. Low-Fat

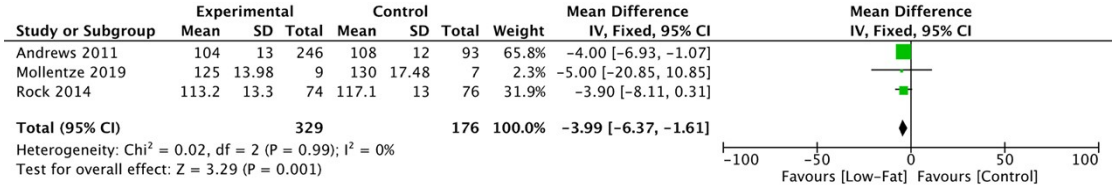


Supplementary Figure S14: Forest plots for network meta-analysis of waist circumference

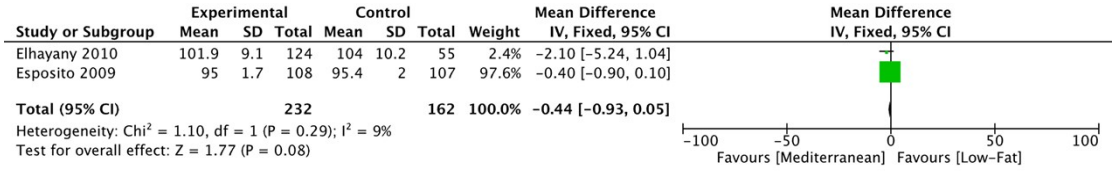


Supplementary Figures S15: Forest plot for each direct pairwise comparison of waist circumference

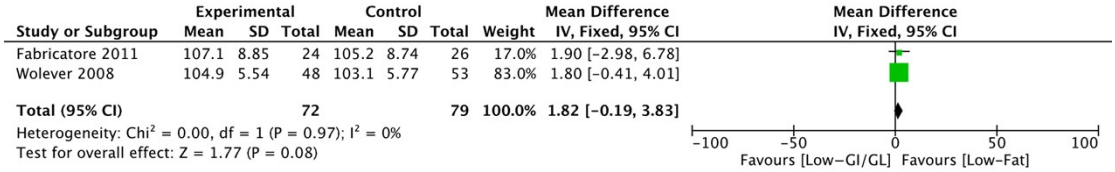
15.1 Low-Fat vs. Control



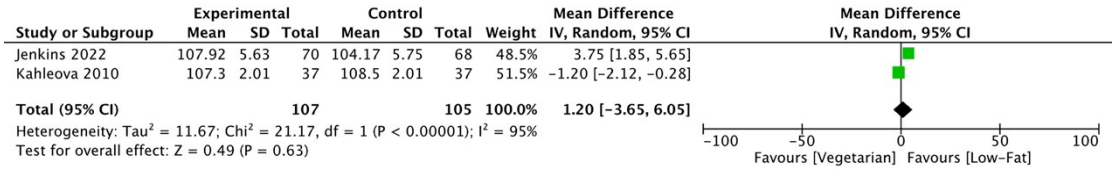
15.2 Mediterranean vs. Low-Fat



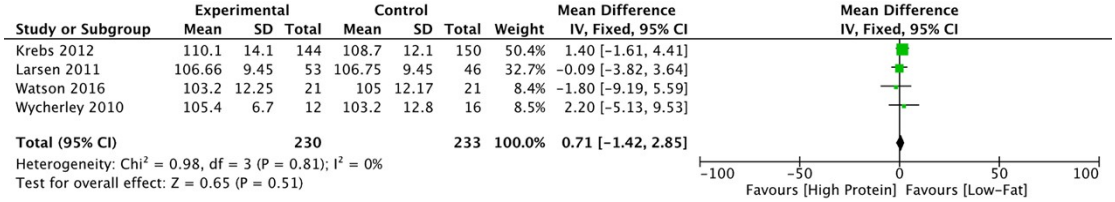
15.3 Low−GI/GL vs. Low-Fat



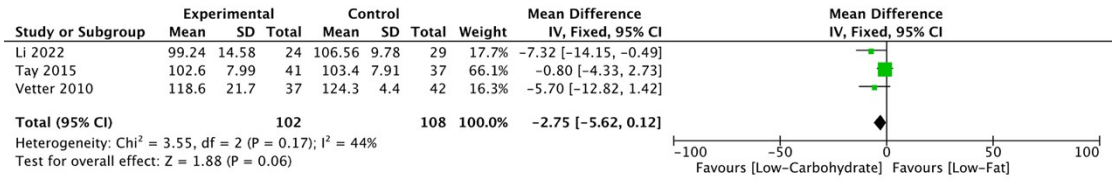
15.4 Vegetarian vs. Low-Fat



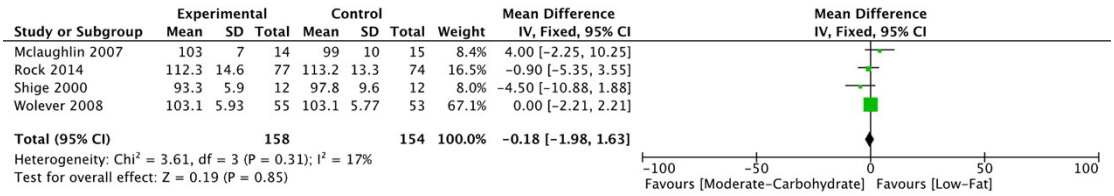
15.5 High Protein vs. Low-Fat



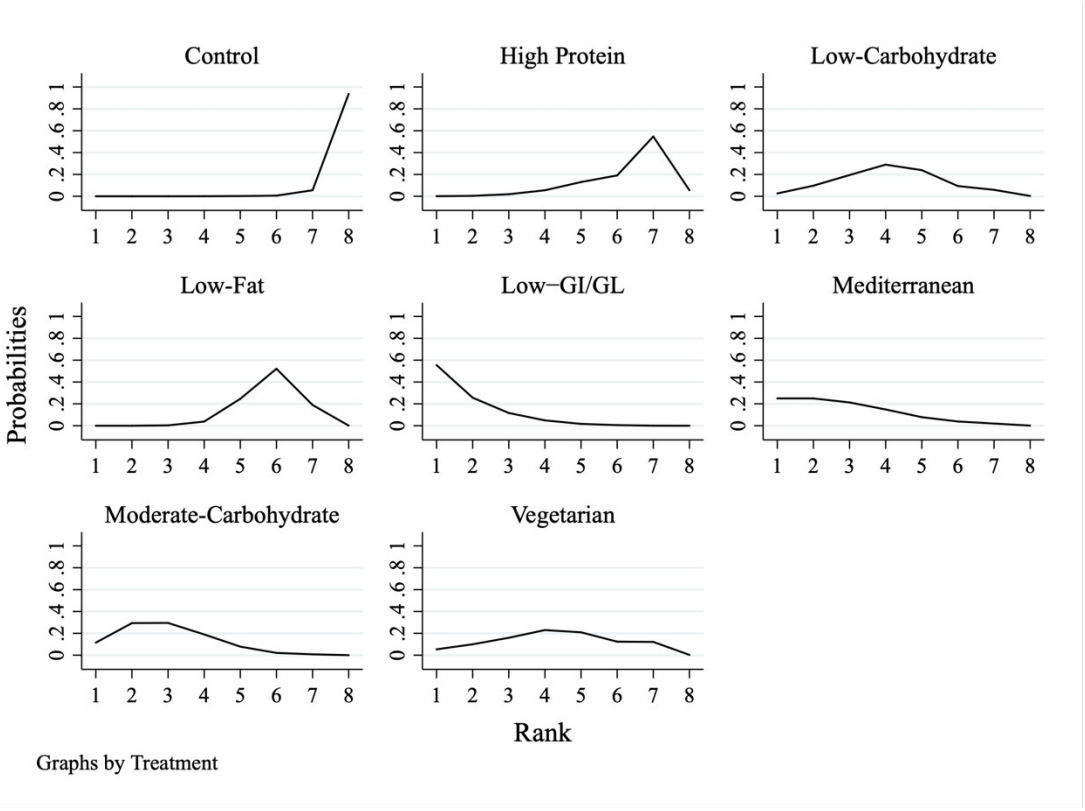
15.6 Low-Carbohydrate vs. Low-Fat



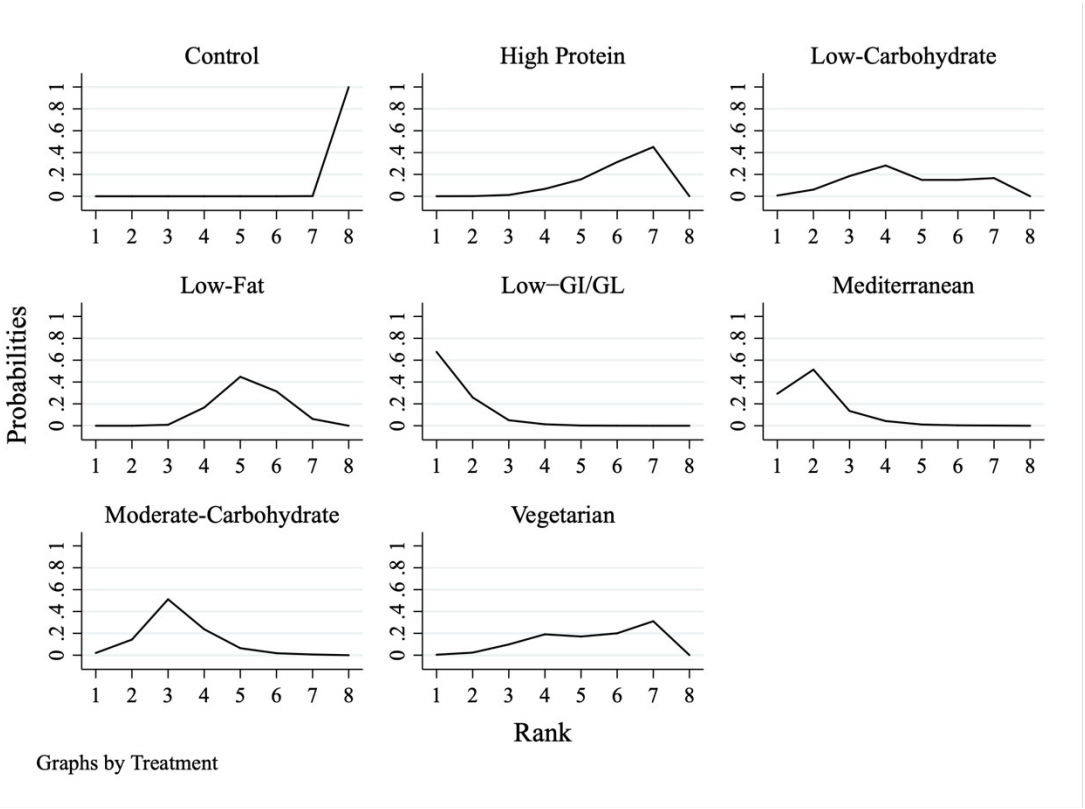
15.7 Moderate-Carbohydrate vs. Low-Fat


Experimental
Control
Mean Difference
Mean Difference
Study or Subgroup
Mean SD Total Mean SD Total Weight
IV, Fixed, 95% CI
IV, Fixed, 95% CI
Mclaughlin 2007 103 7 14 99 10 15 8.4% 4.00 [-2.25, 10.25]
Rock 2014 112.3 14.6 77 113.2 13.3 74 16.5% -0.90 [-5.35, 3.55]
Shige 2000 93.3 5.9 12 97.8 9.6 12 8.0% -4.50 [-10.88, 1.88]
Wolever 2008 103.1 5.93 55 103.1 5.77 53 67.1% 0.00 [-2.21, 2.21]
Total (95% CI) 158 154 100.0% -0.18 [-1.98, 1.63]
Heterogeneity: Chi² = 3.61, df = 3 (P = 0.31); I² = 17%
Test for overall effect: Z = 0.19 (P = 0.85)
-100
-50
0
50
100
Favours [Moderate-Carbohydrate]
Favours [Low-Fat]

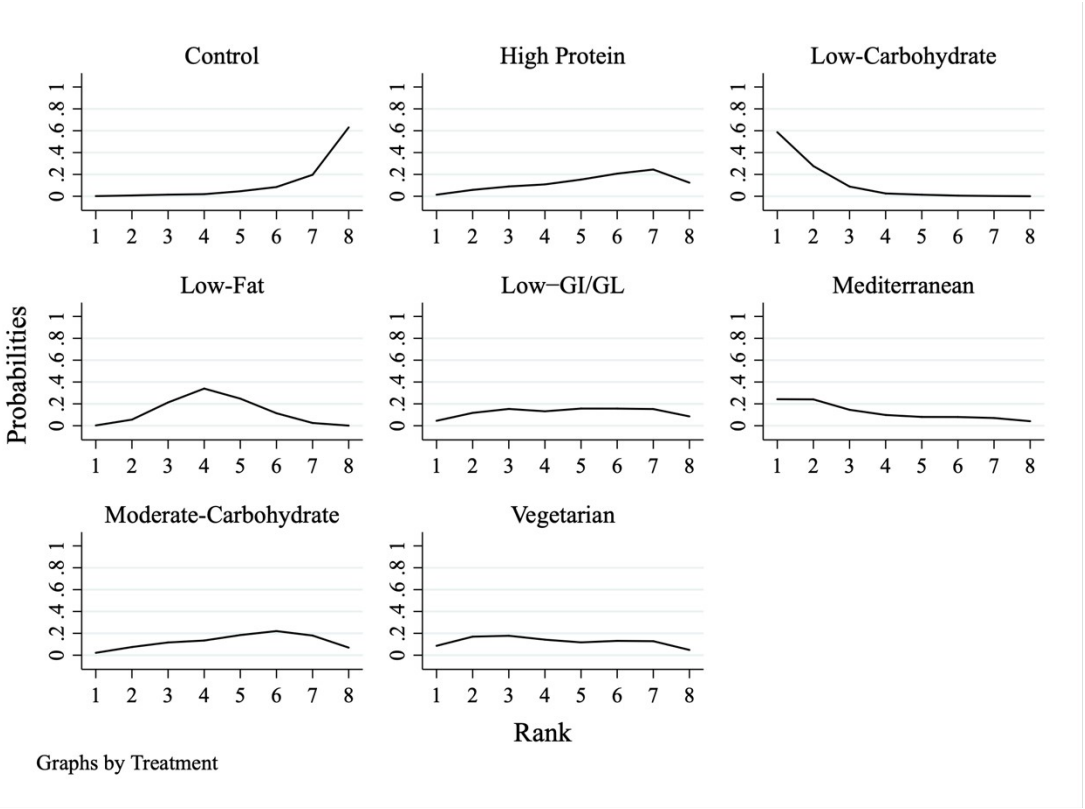
Supplementary Figure S16: Treatment Relative Ranking: HbA1c



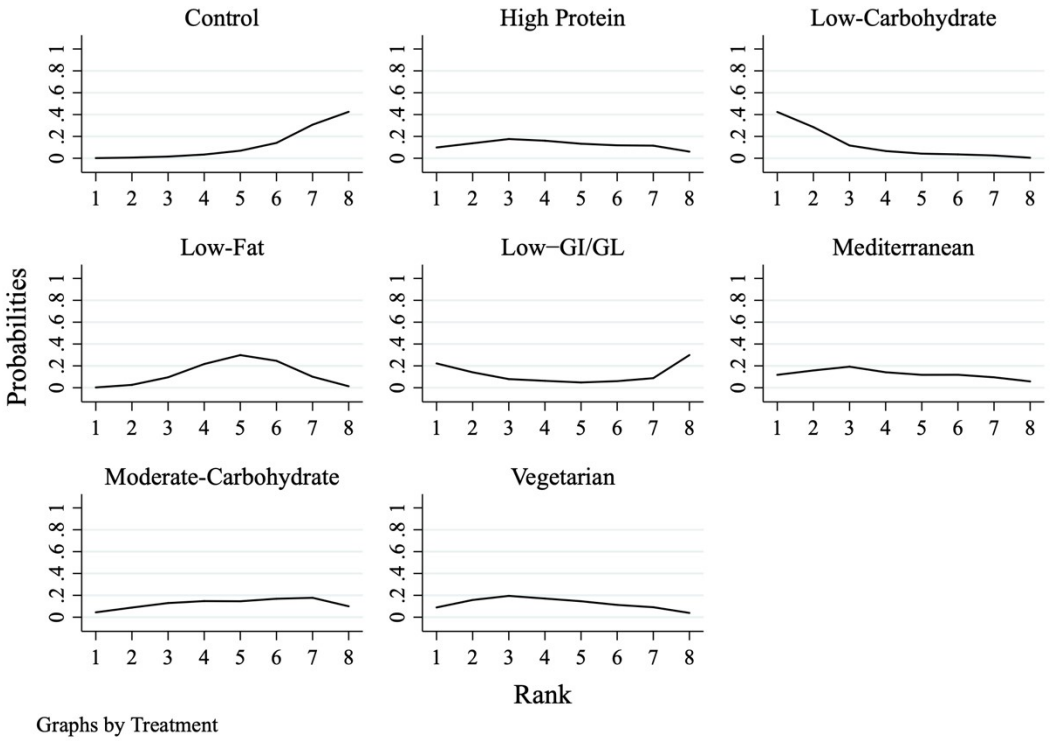
Supplementary Figure S17: Treatment Relative Ranking: fasting glucose



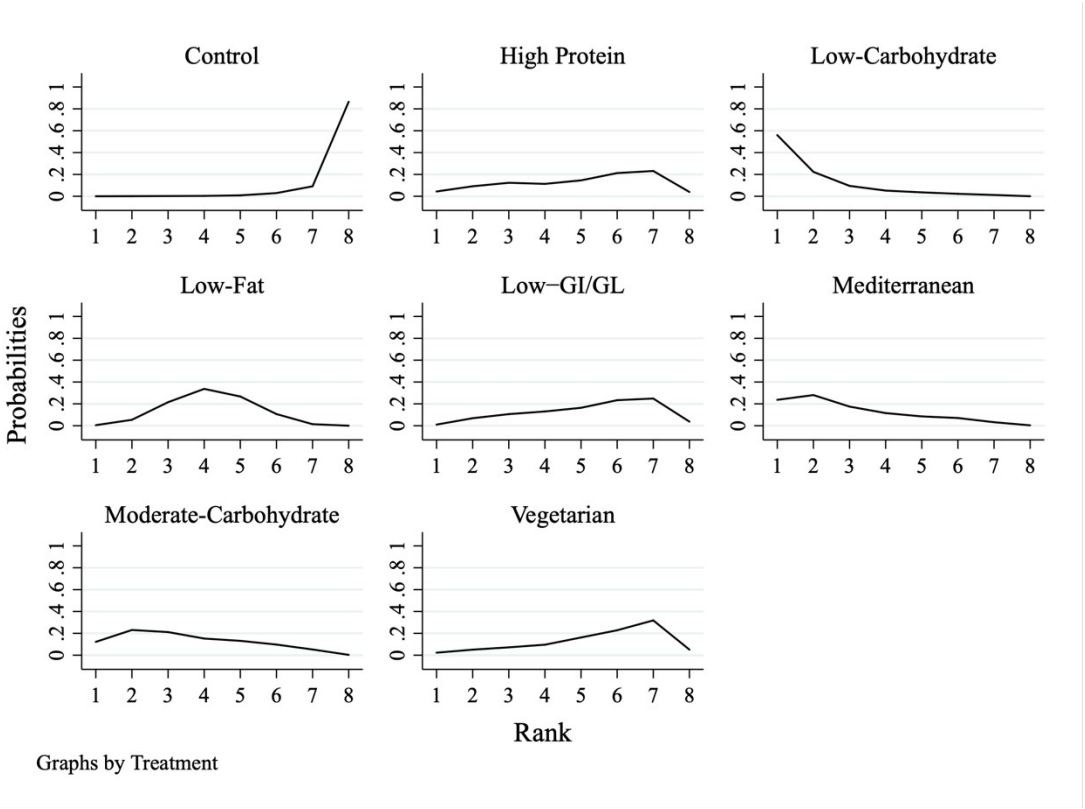
Supplementary Figure S18: Treatment Relative Ranking: body weight



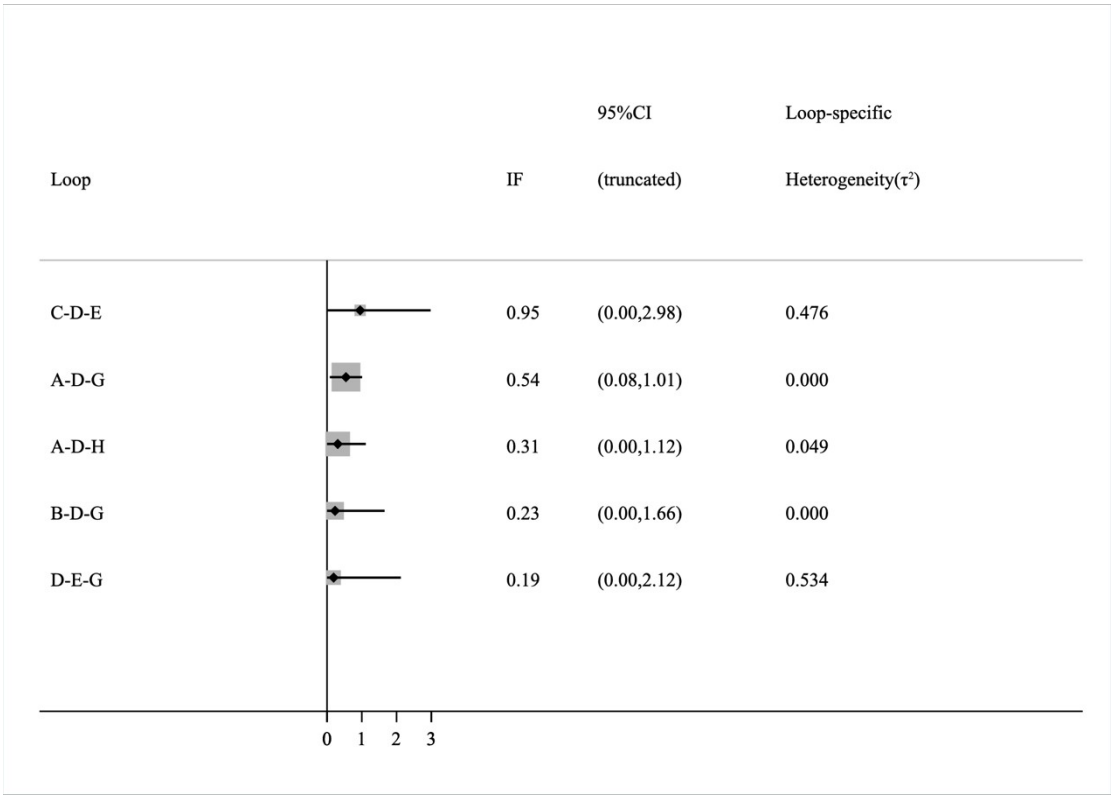
Supplementary Figure S19: Treatment Relative Ranking: BMI



Supplementary Figure S20: Treatment Relative Ranking: waist circumference

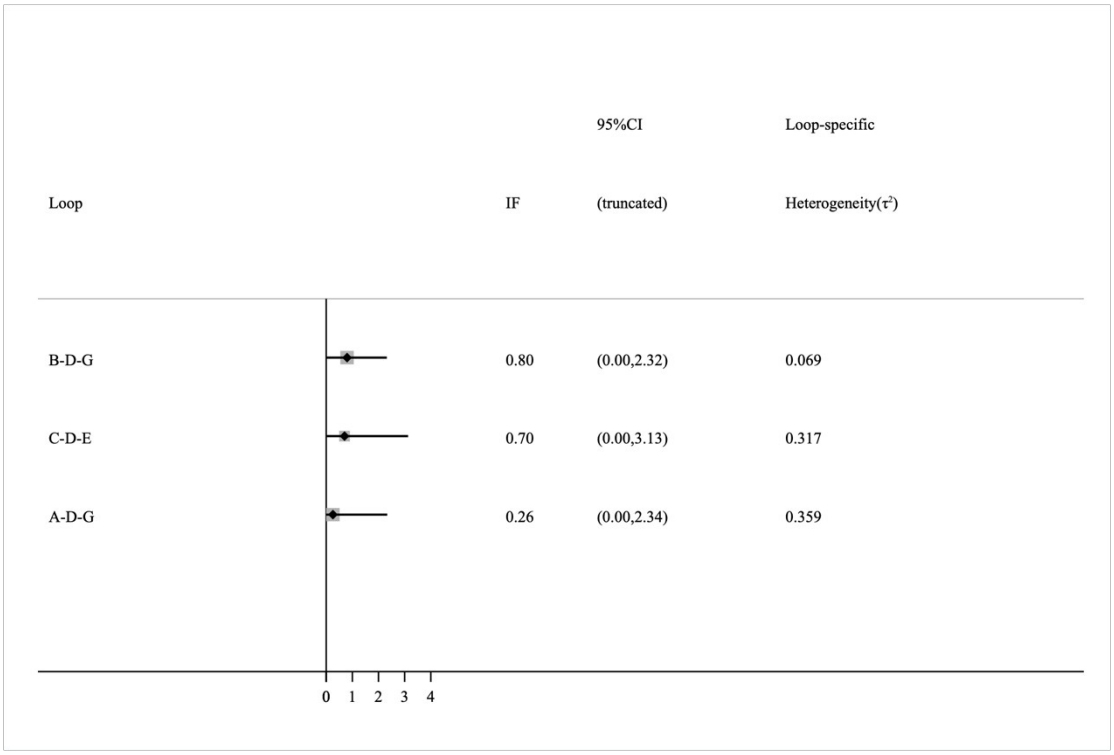


Supplementary Figure S21: Evaluation of inconsistency using loop-specific approach for HbA1c.



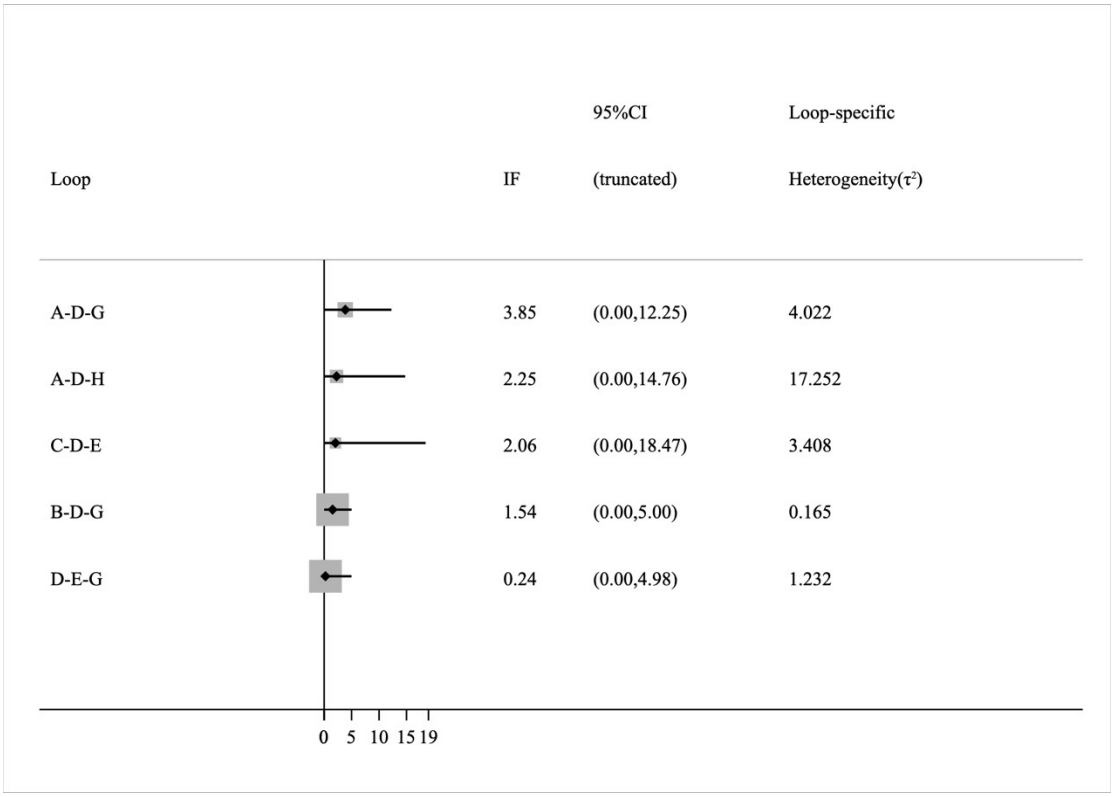
A=Control, B=High Protein, C=Low-Carbohydrate, D=Low-Fat, E=Low-GI/GL, F=Mediterranean, G=Moderate-Carbohydrate, H=Vegetarian. GI/GL, glycaemic index/load.

Supplementary Figure S22: Evaluation of inconsistency using loop-specific approach for fasting glucose.



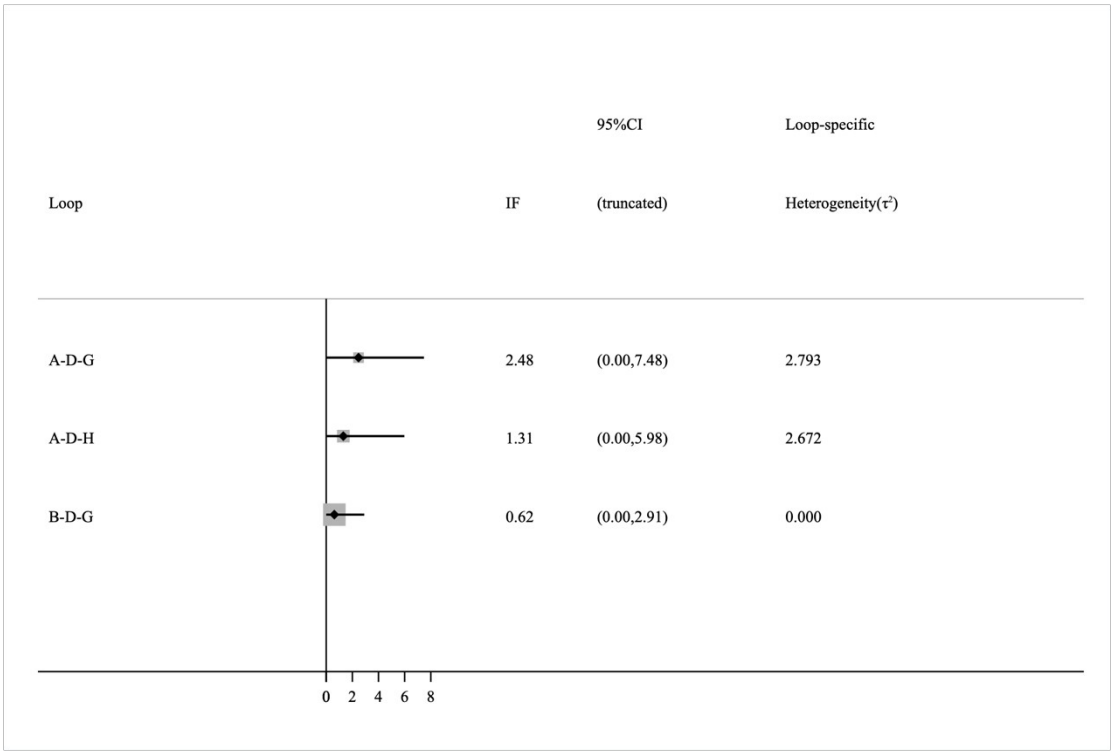
A=Control, B=High Protein, C=Low-Carbohydrate, D=Low-Fat, E=Low-GI/GL, G=Moderate-Carbohydrate. GI/GL, glycaemic index/load.

Supplementary Figure S23: Evaluation of inconsistency using loop-specific approach for body weight.



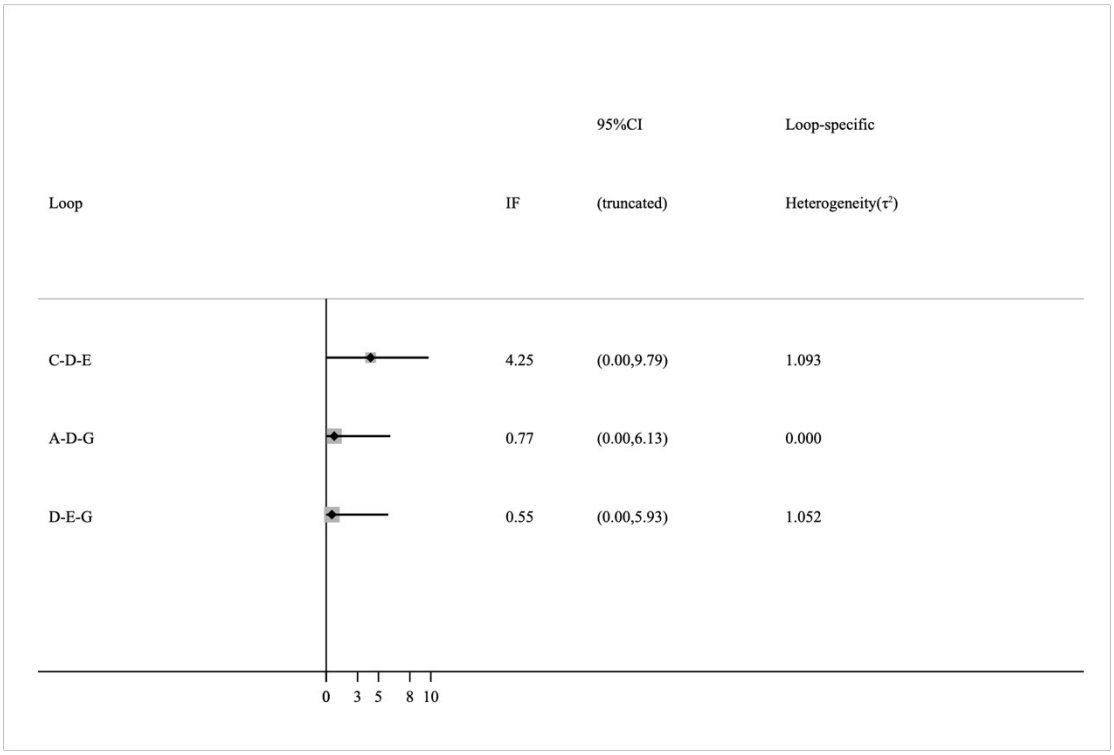
A=Control, B=High Protein, C=Low-Carbohydrate, D=Low-Fat, E=Low-GI/GL, F=Mediterranean, G=Moderate-Carbohydrate, H=Vegetarian. GI/GL, glycaemic index/load.

Supplementary Figure S24: Evaluation of inconsistency using loop-specific approach for BMI.



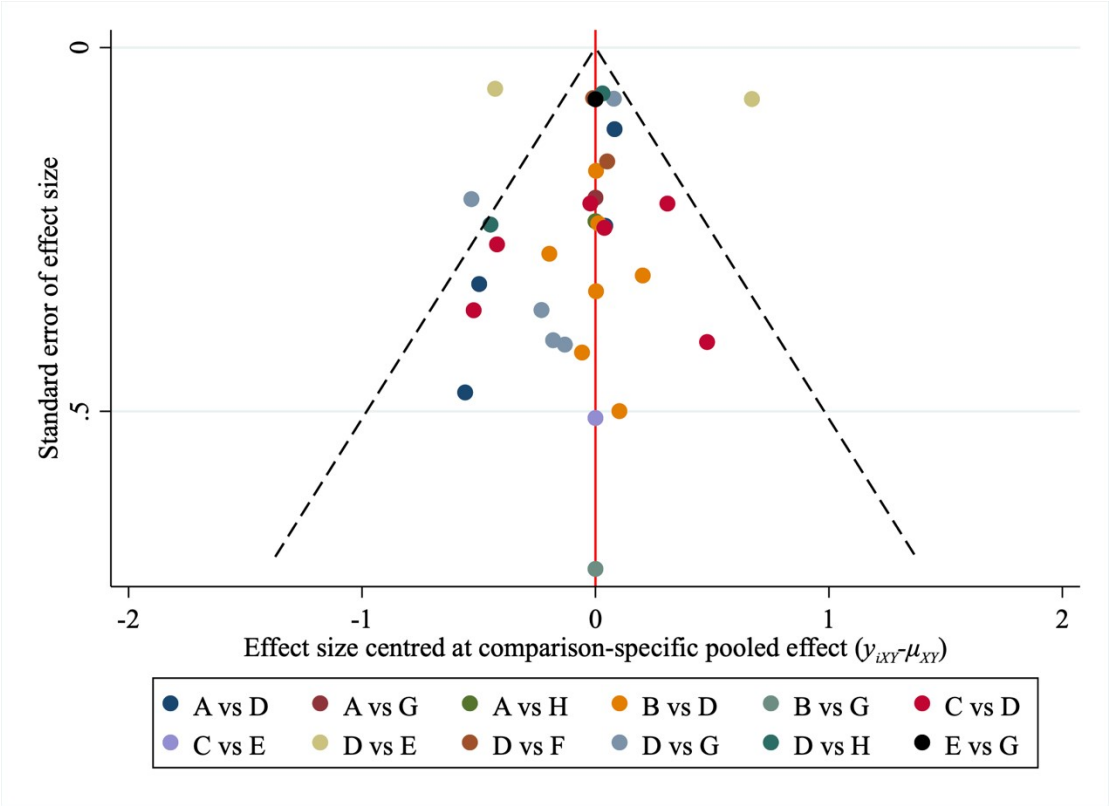
A=Control, B=High Protein, C=Low-Carbohydrate, D=Low-Fat, E=Low-GI/GL, F=Mediterranean, G=Moderate-Carbohydrate, H=Vegetarian. GI/GL, glycaemic index/load.

Supplementary Figure S25: Evaluation of inconsistency using loop-specific approach for waist circumference.



A=Control, B=High Protein, C=Low-Carbohydrate, D=Low-Fat, E=Low-GI/GL, F=Mediterranean, G=Moderate-Carbohydrate, H=Vegetarian. GI/GL, glycaemic index/load.

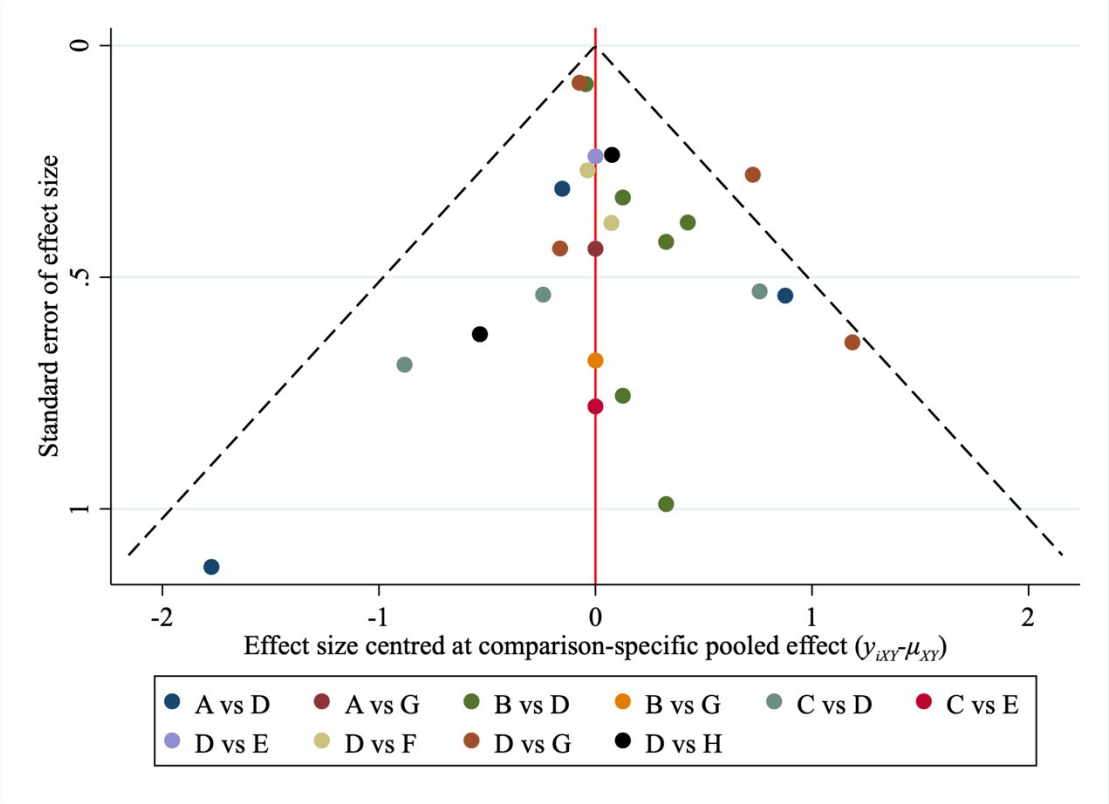
Supplementary Figure S26: Comparison-adjusted funnel plot for HbA1c.



Egger's test t= 0.77 *P*=0.446

A=Control, B=High Protein, C=Low-Carbohydrate, D=Low-Fat, E=Low-GI/GL, F=Mediterranean, G=Moderate-Carbohydrate, H=Vegetarian. GI/GL, glycaemic index/load.

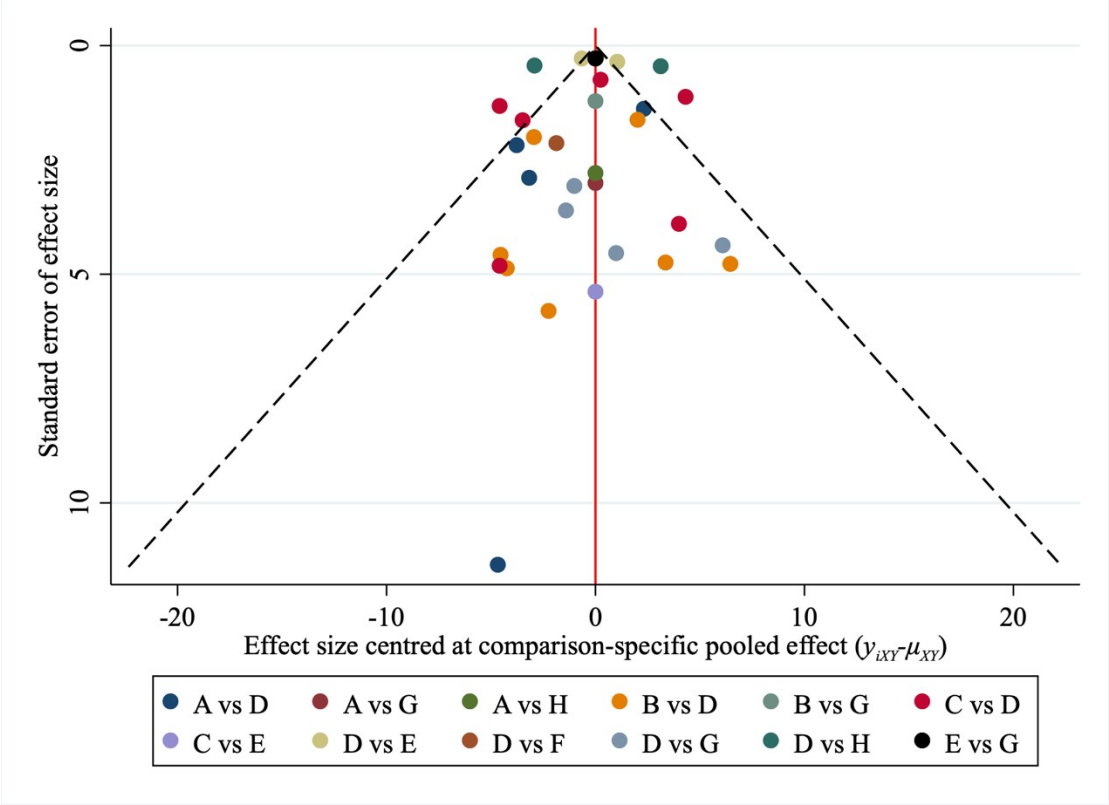
Supplementary Figure S27: Comparison-adjusted funnel plot for fasting glucose.



Egger's test t= 0.58 *P*=0.570

A=Control, B=High Protein, C=Low-Carbohydrate, D=Low-Fat, E=Low-GI/GL, F=Mediterranean, G=Moderate-Carbohydrate, H=Vegetarian. GI/GL, glycaemic index/load.

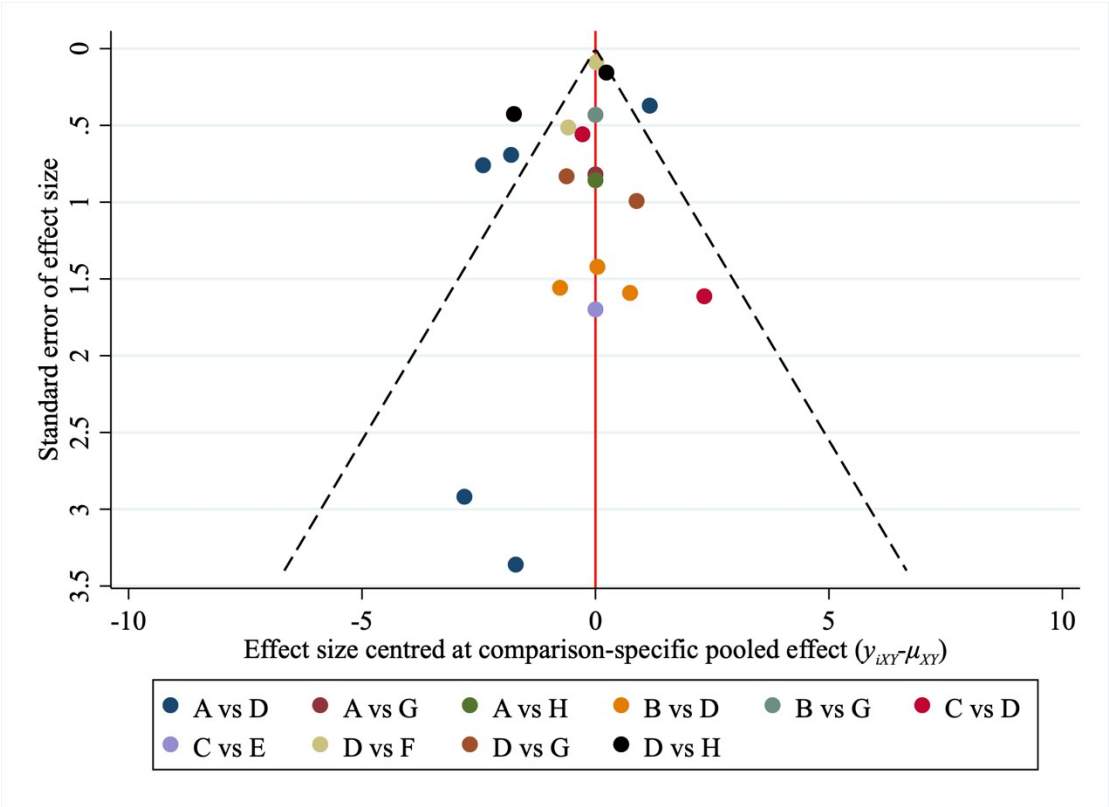
Supplementary Figure S28: Comparison-adjusted funnel plot for body weight.



Egger's test t= -0.08 *P*=0.935

A=Control, B=High Protein, C=Low-Carbohydrate, D=Low-Fat, E=Low-GI/GL, F=Mediterranean, G=Moderate-Carbohydrate, H=Vegetarian. GI/GL, glycaemic index/load.

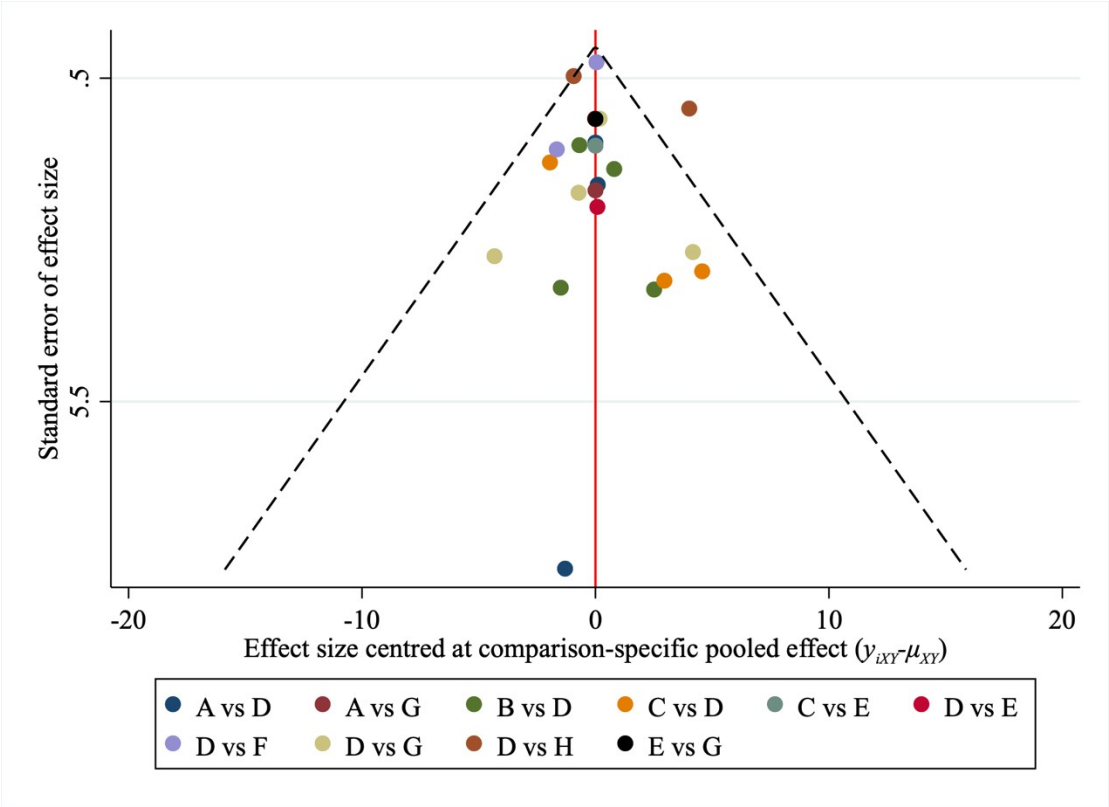
Supplementary Figure S29: Comparison-adjusted funnel plot for BMI.



Egger's test t= -0.53 *P*=0.602

A=Control, B=High Protein, C=Low-Carbohydrate, D=Low-Fat, E=Low-GI/GL, F=Mediterranean, G=Moderate-Carbohydrate, H=Vegetarian. GI/GL, glycaemic index/load.

Supplementary Figure S30: Comparison-adjusted funnel plot for waist circumference.



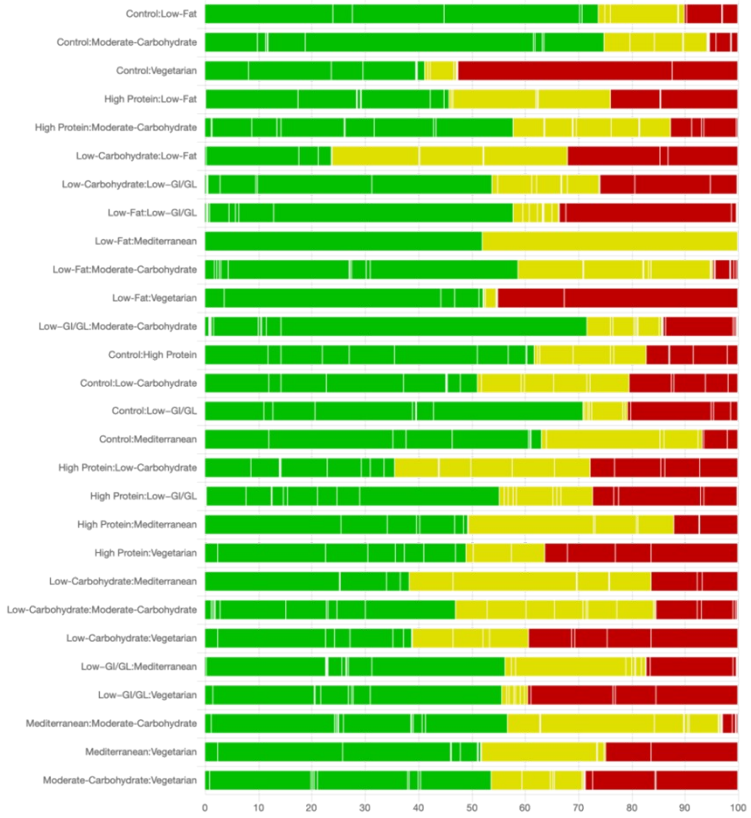
Egger's test t= 0.34 *P*=0.737

A=Control, B=High Protein, C=Low-Carbohydrate, D=Low-Fat, E=Low-GI/GL, F=Mediterranean, G=Moderate-Carbohydrate, H=Vegetarian. GI/GL, glycaemic index/load

Credibility of evidence

1. HbA1c

1.1 Supplementary Figure S31: Risk of Bias Chart showing the contribution of low, moderate, or high RoB comparisons to each network estimate.



1.2 Supplementary Table S36: Evaluation of the Certainty of evidence Using CINEMA Framework.

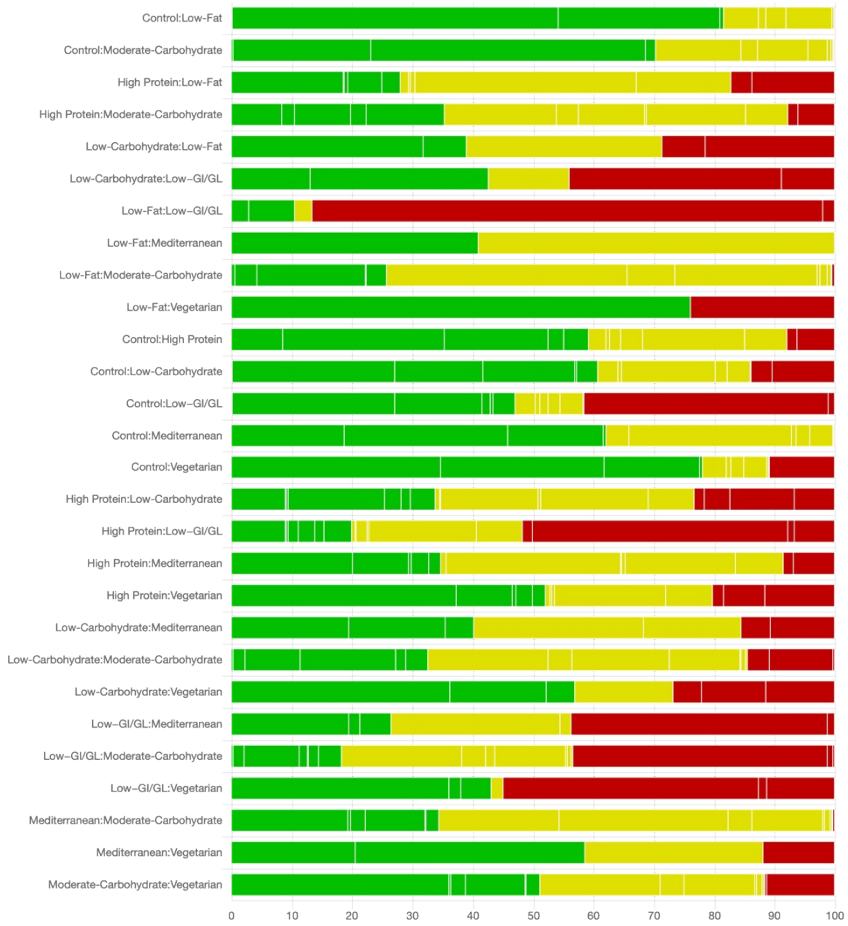
Comparison	Number of studies	Within-study bias	Reporting bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating	Reason(s) for downgrading
Mixed evidence									
Control:Low-Fat	4	No concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	low	["Heterogeneity"]
Control:Moderate-Carbohydrate	1	No concerns	Low risk	No concerns	No concerns	Some concerns	No concerns	Moderate	["Heterogeneity"]
Control:Vegetarian	1	Major concerns	High risk	No concerns	Some concerns	Some concerns	No concerns	Very low	["Within-study bias","Reporting bias","Imprecision","Heterogeneity"]
High Protein:Low-Fat	7	No concerns	Some concerns	No concerns	No concerns	Major concerns	No concerns	Very low	["Reporting bias","Heterogeneity"]
High Protein:Moderate-Carbohydrate	1	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]
Low-Carbohydrate:Low-Fat	6	Some concerns	High risk	No concerns	Some concerns	Some concerns	No concerns	Very low	["Within-study bias","Reporting bias","Imprecision","Heterogeneity"]
Low-Carbohydrate:Low GI/GL	1	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]
Low-Fat:Low GI/GL	2	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]
Low-Fat:Mediterranean	2	No concerns	Low risk	No concerns	Some	Some concerns	Major	Very low	["Imprecision","Heterogen

					concerns		concerns		eity","Incoherence"]
Low-Fat:Moderate-Carbohydrate	5	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]
Low-Fat:Vegetarian	2	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]
LowGI/GL:Moderate-Carbohydrate	1	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	low	["Imprecision"]
Indirect evidence									
Control:High Protein	0	No concerns	Low risk	No concerns	Some concerns	Some concerns	Major concerns	Very low	["Imprecision","Heterogeneity","Incoherence"]
Control:Low-Carbohydrate	0	No concerns	Low risk	No concerns	No concerns	Major concerns	Major concerns	Very low	["Heterogeneity","Incoherence"]
Control:Low GI/GL	0	No concerns	Low risk	No concerns	No concerns	Some concerns	Major concerns	Very low	["Heterogeneity","Incoherence"]
Control:Mediterranean	0	No concerns	Low risk	No concerns	Some concerns	No concerns	Major concerns	Very low	["Imprecision","Incoherence"]
High Protein:Low-Carbohydrate	0	Some concerns	Low risk	No concerns	Some concerns	Some concerns	Major concerns	Very low	["Within-study bias","Imprecision","Heterogeneity","Incoherence"]
High Protein:Low GI/GL	0	No concerns	Low risk	No concerns	Some concerns	Some concerns	Major concerns	Very low	["Imprecision","Heterogeneity","Incoherence"]
High Protein:Mediterranean	0	No concerns	Low risk	No concerns	Some concerns	Some concerns	Major concerns	Very low	["Imprecision","Heterogeneity","Incoherence"]
High Protein:Vegetarian	0	No concerns	Low risk	No concerns	Major	No concerns	Major	Very low	["Imprecision","Incoheren

					concerns		concerns		ce"]
Low-Carbohydrate:Mediterranean	0	Some concerns	Low risk	No concerns	Major concerns	No concerns	Major concerns	Very low	["Within-study bias","Imprecision","Incoherence"]
Low-Carbohydrate:Moderate-Carbohydrate	0	No concerns	Low risk	No concerns	Major concerns	No concerns	Major concerns	Very low	["Imprecision","Incoherence"]
Low-Carbohydrate:Vegetarian	0	Major concerns	Low risk	No concerns	Major concerns	No concerns	Major concerns	Very low	["Within-study bias","Imprecision","Incoherence"]
Low GI/GL:Mediterranean	0	No concerns	Low risk	No concerns	Major concerns	No concerns	Major concerns	Very low	["Imprecision","Incoherence"]
Low GI/GL:Vegetarian	0	No concerns	Low risk	No concerns	Major concerns	No concerns	Major concerns	Very low	["Imprecision","Incoherence"]
Mediterranean:Moderate-Carbohydrate	0	No concerns	Low risk	No concerns	Major concerns	No concerns	Major concerns	Very low	["Imprecision","Incoherence"]
Mediterranean:Vegetarian	0	No concerns	Low risk	No concerns	Major concerns	No concerns	Major concerns	Very low	["Imprecision","Incoherence"]
Moderate-Carbohydrate:Vegetarian	0	No concerns	Low risk	No concerns	Major concerns	No concerns	Major concerns	Very low	["Imprecision","Incoherence"]

2. fasting glucose

2.1 Supplementary Figure S32: Risk of Bias Chart showing the contribution of low, moderate, or high RoB comparisons to each network estimate.



2.2 Supplementary Table S37: Evaluation of the Certainty of evidence Using CINEMA Framework

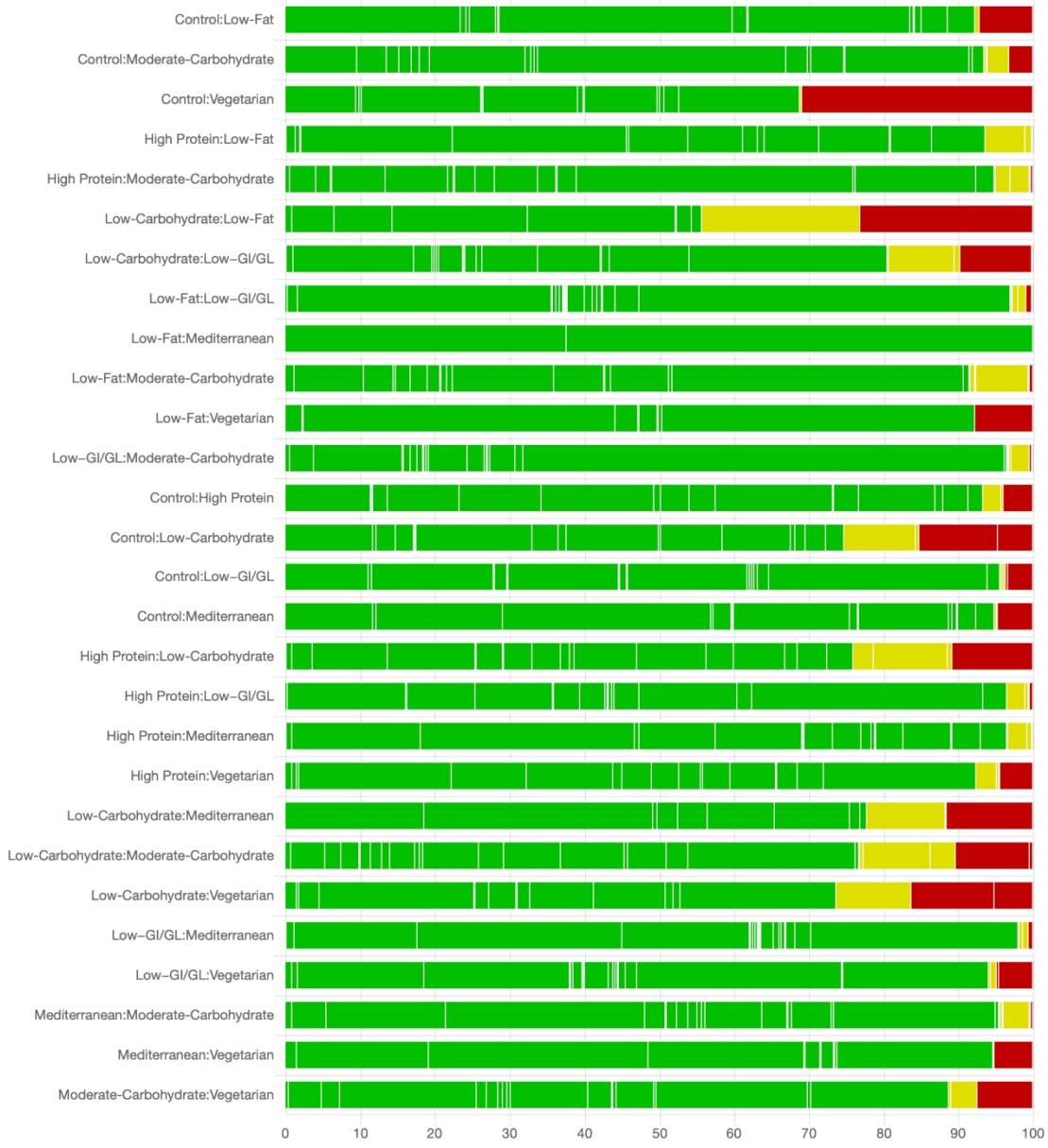
Comparison	Number of Studies	Within-study bias	Reporting bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating	Reason(s) for downgrading
Mixed evidence									
Control vs Low-Fat	3	No concerns	Low risk	No concerns	No concerns	No concerns	No concerns	High	No
Control vs Moderate-Carbohydrate	1	No concerns	Low risk	No concerns	No concerns	No concerns	No concerns	High	No
High Protein vs Low-Fat	6	Some concerns	Some concerns	No concerns	No concerns	No concerns	No concerns	Low	["Within-study bias","Reporting bias"]
High Protein vs Moderate-Carbohydrate	1	Some concerns	Some concerns	No concerns	No concerns	No concerns	No concerns	Low	["Within-study bias","Reporting bias"]
Low-Carbohydrate vs Low-Fat	3	Some concerns	High risk	No concerns	No concerns	No concerns	No concerns	Very low	["Within-study bias","Reporting bias"]
Low-Carbohydrate vs Low−GI/GL	1	Some concerns	High risk	No concerns	Some concerns	No concerns	No concerns	Very low	["Within-study bias","Reporting bias","Imprecision"]
Low-Fat vs Low−GI/GL	1	Major concerns	High risk	No concerns	No concerns	Some concerns	No concerns	Very low	["Within-study bias","Reporting bias","Heterogeneity"]
Low-Fat vs Mediterranean	2	Some concerns	Some concerns	No concerns	No concerns	Some concerns	No concerns	Low	["Within-study bias","Reporting bias","Heterogeneity"]
Low-Fat vs Moderate-	4	Some	Some	No concerns	No concerns	No concerns	No concerns	Low	["Within-study

Carbohydrate		concerns	concerns						bias","Reporting bias"]
Low-Fat vs Vegetarian	2	No concerns	Low risk	No concerns	No concerns	No concerns	No concerns	High	No
Indirect evidence									
Control vs High Protein	0	No concerns	Low risk	No concerns	No concerns	No concerns	No concerns	High	No
Control vs Low-Carbohydrate	0	Some concerns	Low risk	No concerns	No concerns	No concerns	No concerns	Moderate	["Within-study bias"]
Control vs Low−GI/GL	0	Some concerns	High risk	No concerns	No concerns	No concerns	No concerns	Very low	["Within-study bias","Reporting bias"]
Control vs Mediterranean	0	No concerns	Low risk	No concerns	No concerns	No concerns	No concerns	High	No
Control vs Vegetarian	0	No concerns	Low risk	No concerns	No concerns	No concerns	No concerns	High	No
High Protein vs Low-Carbohydrate	0	Some concerns	Some concerns	No concerns	No concerns	No concerns	No concerns	Low	["Within-study bias","Reporting bias"]
High Protein vs Low−GI/GL	0	Some concerns	High risk	No concerns	No concerns	No concerns	No concerns	Very low	["Within-study bias","Reporting bias"]
High Protein vs Mediterranean	0	Some concerns	Some concerns	No concerns	No concerns	Some concerns	No concerns	Low	["Within-study bias","Reporting bias","Heterogeneity"]
High Protein vs Vegetarian	0	Some concerns	Low risk	No concerns	No concerns	No concerns	No concerns	Moderate	["Within-study bias"]

Low-Carbohydrate vs Mediterranean	0	Some concerns	Some concerns	No concerns	Some concerns	No concerns	No concerns	Low	["Within-study bias","Reporting bias","Imprecision"]
Low-Carbohydrate vs Moderate-Carbohydrate	0	Some concerns	Some concerns	No concerns	No concerns	No concerns	No concerns	Low	["Within-study bias","Reporting bias"]
Low-Carbohydrate vs Vegetarian	0	Some concerns	Low risk	No concerns	No concerns	No concerns	No concerns	Moderate	["Within-study bias"]
Low−GI/GL vs Mediterranean	0	Some concerns	High risk	No concerns	No concerns	No concerns	No concerns	Very low	["Within-study bias","Reporting bias"]
Low−GI/GL vs Moderate-Carbohydrate	0	Some concerns	High risk	No concerns	No concerns	Some concerns	No concerns	Very low	["Within-study bias","Reporting bias","Heterogeneity"]
Low−GI/GL vs Vegetarian	0	Some concerns	High risk	No concerns	No concerns	Some concerns	No concerns	Very low	["Within-study bias","Reporting bias","Heterogeneity"]
Mediterranean vs Moderate-Carbohydrate	0	Some concerns	Some concerns	No concerns	No concerns	No concerns	No concerns	Low	["Within-study bias","Reporting bias"]
Mediterranean vs Vegetarian	0	Some concerns	Low risk	No concerns	Some concerns	No concerns	No concerns	Low	["Within-study bias","Reporting bias","Imprecision"]
Moderate-Carbohydrate vs Vegetarian	0	Some concerns	Low risk	No concerns	No concerns	No concerns	No concerns	Moderate	["Within-study bias"]

3. body weight

3.1 Supplementary Figure S33: Risk of Bias Chart showing the contribution of low, moderate, or high RoB comparisons to each network estimate.



3.2 Supplementary Table S38: Evaluation of the Certainty of evidence Using CINEMA Framework

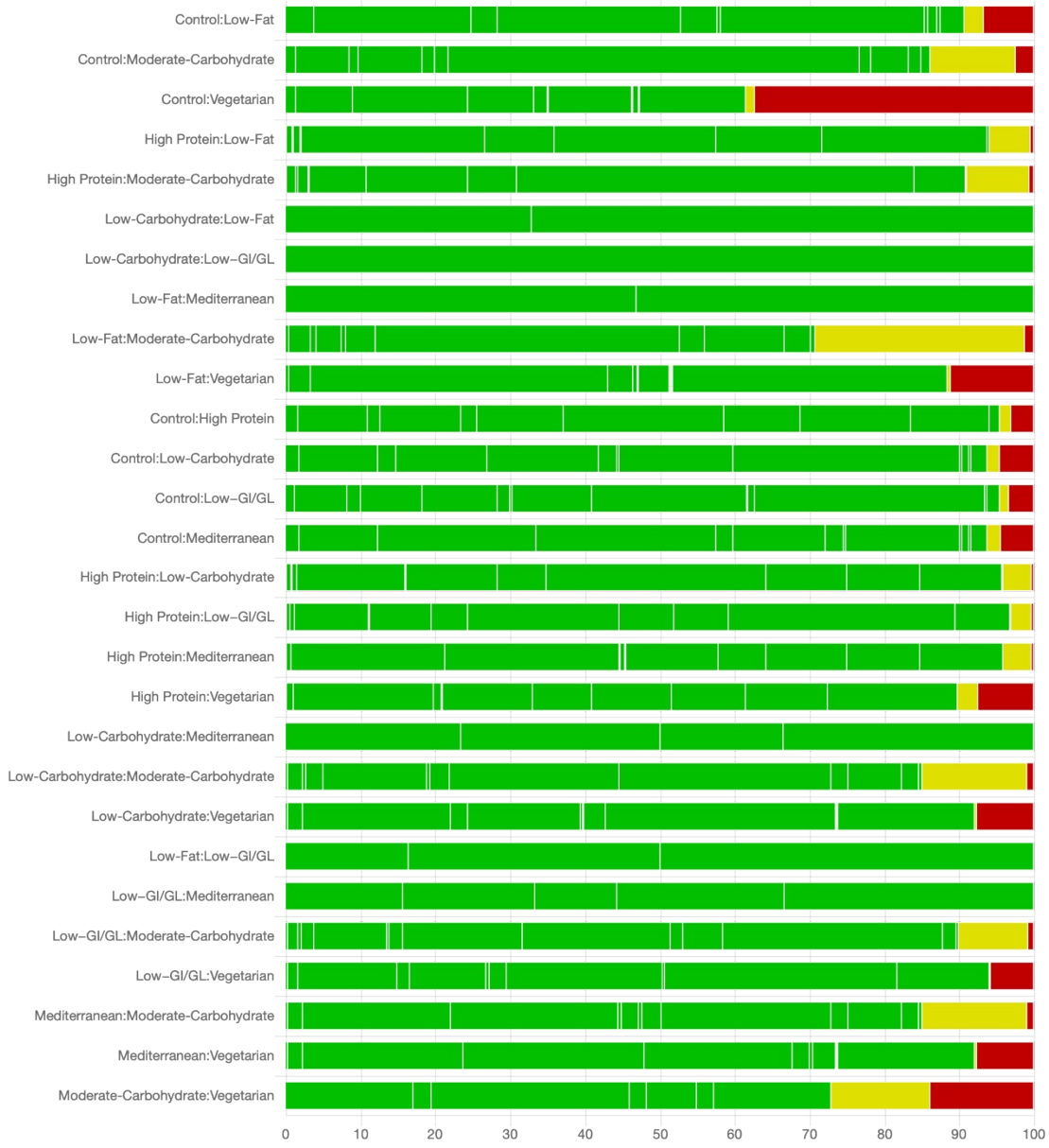
Comparison	Number of studies	Within-study bias	Reporting bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating	Reason(s) for downgrading
Mixed evidence									
Control:Low-Fat	4	No concerns	Low risk	No concerns	Some concerns	No concerns	No concerns	Moderate	["Imprecision"]
Control:Moderate-Carbohydrate	1	No concerns	Low risk	No concerns	Some concerns	No concerns	No concerns	Moderate	["Imprecision"]
Control:Vegetarian	1	No concerns	High risk	No concerns	Some concerns	No concerns	No concerns	Very low	["Reporting bias","Imprecision"]
High Protein:Low-Fat	7	No concerns	Some concerns	No concerns	No concerns	Major concerns	No concerns	Very low	["Reporting bias","Heterogeneity"]
High Protein:Moderate-Carbohydrate	1	No concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Low	["Heterogeneity"]
Low-Carbohydrate:Low-Fat	6	No concerns	High risk	No concerns	No concerns	Some concerns	No concerns	Very low	["Reporting bias","Heterogeneity"]
Low-Carbohydrate:Low GI/GL	1	No concerns	Low risk	No concerns	Some concerns	No concerns	No concerns	Moderate	["Imprecision"]
Low-Fat:Low GI/GL	2	No concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Low	["Heterogeneity"]
Low-Fat:Mediterranean	2	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]
Low-Fat:Moderate-Carbohydrate	5	No concerns	Some concerns	No concerns	No concerns	Major concerns	No concerns	Very low	["Reporting bias","Heterogeneity"]

Low-Fat:Vegetarian	2	No concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Low	["Heterogeneity"]
Low GI/GL:Moderate-Carbohydrate	1	No concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Low	["Heterogeneity"]
Indirect evidence									
Control:High Protein	0	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]
Control:Low-Carbohydrate	0	No concerns	Low risk	No concerns	No concerns	Some concerns	No concerns	Moderate	["Heterogeneity"]
Control:Low GI/GL	0	No concerns	Low risk	No concerns	Some concerns	No concerns	No concerns	Moderate	["Imprecision"]
Control:Mediterranean	0	No concerns	Low risk	No concerns	Some concerns	No concerns	No concerns	Moderate	["Imprecision"]
High Protein:Low-Carbohydrate	0	No concerns	Low risk	No concerns	Some concerns	No concerns	No concerns	Moderate	["Imprecision"]
High Protein:Low GI/GL	0	No concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Low	["Heterogeneity"]
High Protein:Mediterranean	0	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]
High Protein:Vegetarian	0	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]
Low-Carbohydrate:Mediterranean	0	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]
Low-Carbohydrate:Moderate-	0	No concerns	Low risk	No concerns	Some concerns	No concerns	No concerns	Moderate	["Imprecision"]

Carbohydrate									
Low-Carbohydrate:Vegetarian	0	No concerns	Low risk	No concerns	Some concerns	No concerns	No concerns	Moderate	["Imprecision"]
Low GI/GL:Mediterranean	0	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]
Low GI/GL:Vegetarian	0	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]
Mediterranean:Moderate-Carbohydrate	0	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]
Mediterranean:Vegetarian	0	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]
Moderate-Carbohydrate:Vegetarian	0	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]

4. BMI

4.1 Supplementary Figure S34: Risk of Bias Chart showing the contribution of low, moderate, or high RoB comparisons to each network estimate.



4.2 Supplementary Table S39: Evaluation of the Certainty of evidence Using CINEMA Framework

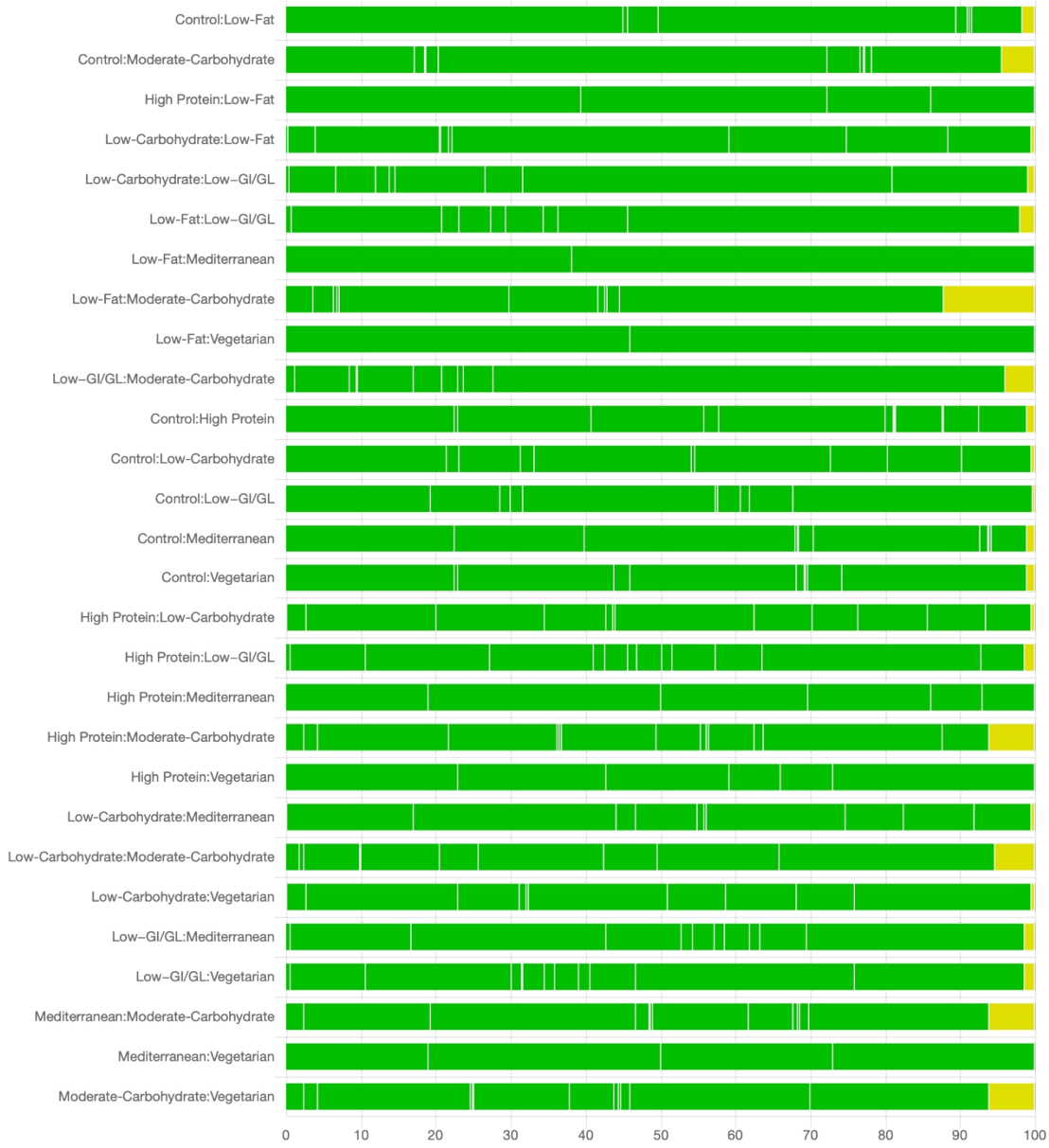
Comparison	Number of studies	Within-study bias	Reporting bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating	Reason(s) for downgrading
Mixed evidence									
Control:Low-Fat	5	No concerns	Low risk	No concerns	No concerns	No concerns	No concerns	High	No
Control:Moderate-Carbohydrate	1	No concerns	Low risk	No concerns	No concerns	No concerns	No concerns	High	No
Control:Vegetarian	1	No concerns	High risk	No concerns	No concerns	Some concerns	No concerns	Very low	["Reporting bias","Heterogeneity "]
High Protein:Low-Fat	3	No concerns	Low risk	No concerns	No concerns	No concerns	No concerns	High	No
High Protein:Moderate-Carbohydrate	1	No concerns	Low risk	No concerns	No concerns	No concerns	No concerns	High	No
Low-Carbohydrate:Low-Fat	2	No concerns	Low risk	No concerns	No concerns	Some concerns	No concerns	Moderate	["Heterogeneity"]
Low-Carbohydrate:Low GI/GL	1	No concerns	Low risk	No concerns	Some concerns	No concerns	No concerns	Moderate	["Imprecision"]
Low-Fat:Mediterranean	2	No concerns	Low risk	No concerns	No concerns	No concerns	No concerns	High	No
Low-Fat:Moderate-Carbohydrate	2	No concerns	Some concerns	No concerns	No concerns	No concerns	No concerns	Moderate	["Reporting bias"]
Low-Fat:Vegetarian	2	No concerns	Low risk	No concerns	No concerns	No concerns	No concerns	High	No
Indirect evidence									
Control:High Protein	0	No concerns	Low risk	No concerns	No concerns	Some concerns	No concerns	Moderate	["Heterogeneity"]
Control:Low-Carbohydrate	0	No concerns	Low risk	No concerns	Some concerns	No concerns	No concerns	Moderate	["Imprecision"]
Control:Low GI/GL	0	No concerns	Low risk	No concerns	Some	Some concerns	No concerns	Low	["Imprecision","Hete

					concerns				rogeneity"]
Control:Mediterranean	0	No concerns	Low risk	No concerns	No concerns	Some concerns	No concerns	Moderate	["Heterogeneity"]
High Protein:Low-Carbohydrate	0	No concerns	Low risk	No concerns	No concerns	Some concerns	No concerns	Moderate	["Heterogeneity"]
High Protein:Low GI/GL	0	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low	["Imprecision"]
High Protein:Mediterranean	0	No concerns	Low risk	No concerns	No concerns	No concerns	No concerns	High	No
High Protein:Vegetarian	0	No concerns	Low risk	No concerns	No concerns	No concerns	No concerns	High	No
Low-Carbohydrate:Mediterranean	0	No concerns	Low risk	No concerns	No concerns	Some concerns	No concerns	Moderate	["Heterogeneity"]
Low-Carbohydrate:Moderate-Carbohydrate	0	No concerns	Low risk	No concerns	No concerns	Some concerns	No concerns	Moderate	["Heterogeneity"]
Low-Carbohydrate:Vegetarian	0	No concerns	Low risk	No concerns	No concerns	Some concerns	No concerns	Moderate	["Heterogeneity"]
Low-Fat:Low GI/GL	0	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]
Low GI/GL:Mediterranean	0	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low	["Imprecision"]
Low GI/GL:Moderate-Carbohydrate	0	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low	["Imprecision"]
Low GI/GL:Vegetarian	0	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low	["Imprecision"]
Mediterranean:Moderate-Carbohydrate	0	No concerns	Low risk	No concerns	No concerns	No concerns	No concerns	High	No
Mediterranean:Vegetarian	0	No concerns	Low risk	No concerns	No concerns	No concerns	No concerns	High	No

Moderate-Carbohydrate:Vegetarian	0	No concerns	Low risk	No concerns	No concerns	No concerns	No concerns	High	No

5. waist circumference

5.1 Supplementary Figure S35: Risk of Bias Chart showing the contribution of low, moderate, or high RoB comparisons to each network estimate.



5.2 Supplementary Table S40: Evaluation of the Certainty of evidence Using CINEMA Framework

Comparison	Number of studies	Within-study bias	Reporting bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating	Reason(s) for downgrading
Mixed evidence									
Control:Low-Fat	3	No concerns	Low risk	No concerns	No concerns	Some concerns	No concerns	Moderate	["Heterogeneity"]
Control:Moderate-Carbohydrate	1	No concerns	Low risk	No concerns	No concerns	Some concerns	No concerns	Moderate	["Heterogeneity"]
High Protein:Low-Fat	4	No concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Low	["Heterogeneity"]
Low-Carbohydrate:Low-Fat	3	No concerns	Low risk	No concerns	Some concerns	No concerns	No concerns	Moderate	["Imprecision"]
Low-Carbohydrate:Low GI/GL	1	No concerns	Low risk	No concerns	Some concerns	No concerns	No concerns	Moderate	["Imprecision"]
Low-Fat:Low GI/GL	2	No concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Low	["Heterogeneity"]
Low-Fat:Mediterranean	2	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]
Low-Fat:Moderate-Carbohydrate	4	No concerns	Some concerns	No concerns	No concerns	Major concerns	No concerns	Very low	["Reporting bias","Heterogeneity"]
Low-Fat:Vegetarian	2	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]
Low GI/GL:Moderate-	1	No	Low risk	No concerns	Some	Some concerns	No concerns	Low	["Imprecision","Heteroge

Carbohydrate		concerns			concerns				neity"]
Indirect evidence									
Control:High Protein	0	No concerns	Low risk	No concerns	Some concerns	No concerns	No concerns	Moderate	["Imprecision"]
Control:Low-Carbohydrate	0	No concerns	Low risk	No concerns	No concerns	Some concerns	No concerns	Moderate	["Heterogeneity"]
Control:Low GI/GL	0	No concerns	Low risk	No concerns	Some concerns	No concerns	No concerns	Moderate	["Imprecision"]
Control:Mediterranean	0	No concerns	Low risk	No concerns	No concerns	Some concerns	No concerns	Moderate	["Heterogeneity"]
Control:Vegetarian	0	No concerns	Low risk	No concerns	Some concerns	No concerns	No concerns	Moderate	["Imprecision"]
High Protein:Low-Carbohydrate	0	No concerns	Low risk	No concerns	Some concerns	No concerns	No concerns	Moderate	["Imprecision"]
High Protein:Low GI/GL	0	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low	["Imprecision"]
High Protein:Mediterranean	0	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]
High Protein:Moderate-Carbohydrate	0	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]
High Protein:Vegetarian	0	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]
Low-Carbohydrate:Mediterranean	0	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]

Low-Carbohydrate:Moderate-Carbohydrate	0	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]
Low-Carbohydrate:Vegetarian	0	No concerns	Low risk	No concerns	Some concerns	No concerns	No concerns	Moderate	["Imprecision"]
Low GI/GL:Mediterranean	0	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]
Low GI/GL:Vegetarian	0	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]
Mediterranean:Moderate-Carbohydrate	0	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]
Mediterranean:Vegetarian	0	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]
Moderate-Carbohydrate:Vegetarian	0	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	["Imprecision","Heterogeneity"]

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