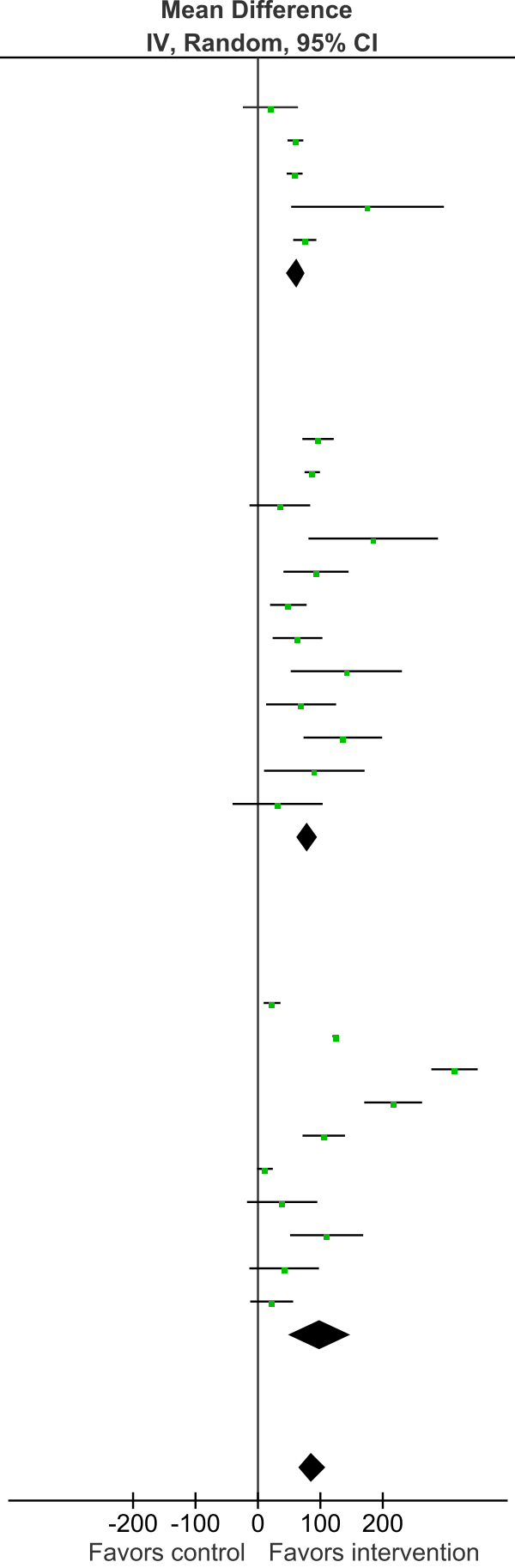Study or Subgroup	Intervention Mean	Intervention SD	Intervention Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Random, 95% CI
1.9.1 Mediterranean or plant-based dietary pattern								
Bemelmans 2004	416	178.4	103	396	179.4	163	3.8%	20.00 [-24.11, 64.11]
Estruch 2013	742.5	175	2108	682.5	162.5	971	4.4%	60.00 [47.34, 72.66]
Estruch 2013	741.3	187.5	2364	682.5	162.5	970	4.4%	58.80 [46.08, 71.52]
Merrill 2009	765.88	373.9	69	590.3	305.9	50	1.9%	175.58 [53.22, 297.94]
Panunzio 2011	320	21.6	25	245	50.6	36	4.4%	75.00 [56.43, 93.57]
Subtotal (95% CI)			**4669**			**2190**	**18.9%**	**61.52 [47.14, 75.90]**
Heterogeneity: Tau² = 123.81; Chi² = 9.00, df = 4 (P = 0.06); I² = 56%								
Test for overall effect: Z = 8.39 (P < 0.00001)								
1.9.2 Fruit and vegetables interventions								
Campbell 1999	504.18	313.8	1198	407.9	329.7	1321	4.2%	96.28 [71.14, 121.42]
Coates 1999	456.6	172.9	1324	369.6	123.2	883	4.4%	87.00 [74.64, 99.36]
Kanaya 2012	354.6	180.1	113	319.5	196	117	3.7%	35.10 [-13.52, 83.72]
Lapointe 2010	823.7	243	35	639	191.9	33	2.3%	184.70 [80.93, 288.47]
Little 2004	498	226	145	405	233	152	3.6%	93.00 [40.80, 145.20]
Marcus 2001	483.8	237.9	507	435.1	237.9	509	4.2%	48.70 [19.44, 77.96]
Takahashi 2006	353.8	215.3	224	290.4	215.3	224	3.9%	63.40 [23.53, 103.27]
Walker 2009	746.6	373.9	115	605	305.9	110	2.6%	141.60 [52.51, 230.69]
Wilcox 2013	440.7	640.4	749	371.6	371.6	508	3.5%	69.10 [13.00, 125.20]
Wolf 2009	521.2	430.5	240	385.2	249.3	239	3.3%	136.00 [73.03, 198.97]
Wright 2011	539.2	164.8	48	448.9	167.6	25	2.8%	90.30 [9.74, 170.86]
Wright 2011	480.4	145.2	41	448.9	145.2	25	3.0%	31.50 [-40.71, 103.71]
Subtotal (95% CI)			**4739**			**4146**	**41.5%**	**80.45 [63.08, 97.82]**
Heterogeneity: Tau² = 360.48; Chi² = 21.84, df = 11 (P = 0.03); I² = 50%								
Test for overall effect: Z = 9.08 (P < 0.00001)								
1.9.3 Low-fat dietary pattern								
Bowen 2009	454.3	159.6	1099	431.7	161	1076	4.4%	22.60 [9.12, 36.08]
Howard 2006	566.5	271.9	14885	441.9	226.6	22958	4.5%	124.60 [119.34, 129.86]
Lanza 2001	918.7	364	605	603.8	284.4	581	4.0%	314.90 [277.80, 352.00]
Lanza 2001	817.3	322.8	318	600.7	278.2	335	3.8%	216.60 [170.27, 262.93]
Stevens 2003	490.6	215.3	308	385.2	215.3	308	4.1%	105.40 [71.40, 139.40]
Tilley 1999	410.1	192.6	1578	398.8	181.3	1899	4.4%	11.30 [-1.22, 23.82]
van Keulen 2011	509.8	249.1	285	471	246.7	100	3.5%	38.80 [-17.54, 95.14]
van Keulen 2011	581.8	281.5	272	471.8	246.7	101	3.4%	110.00 [51.40, 168.60]
van Keulen 2011	513.8	248.8	302	471.8	246.7	101	3.5%	42.00 [-13.70, 97.70]
Werkman 2010	340	159.6	164	318	161	170	4.1%	22.00 [-12.39, 56.39]
Subtotal (95% CI)			**19816**			**27629**	**39.6%**	**100.41 [51.06, 149.76]**
Heterogeneity: Tau² = 5942.14; Chi² = 585.43, df = 9 (P < 0.00001); I² = 98%								
Test for overall effect: Z = 3.99 (P < 0.0001)								
Total (95% CI)			**29224**			**33965**	**100.0%**	**87.45 [65.29, 109.62]**
Heterogeneity: Tau² = 2849.15; Chi² = 689.30, df = 26 (P < 0.00001); I² = 96%								
Test for overall effect: Z = 7.73 (P < 0.00001)								
Test for subgroup differences: Chi² = 4.17, df = 2 (P = 0.12), I² = 52.0%