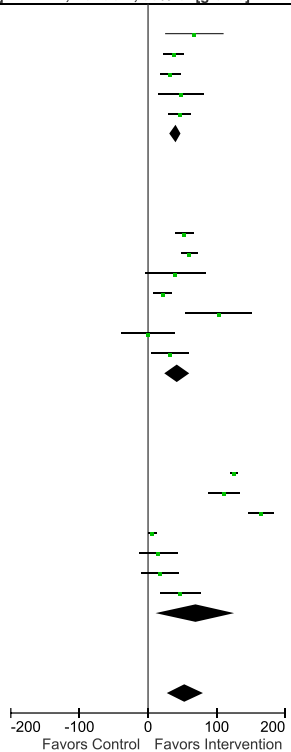Study or Subgroup	Intervention Mean [grams]	Intervention SD [grams]	Intervention Total	Control Mean [grams]	Control SD [grams]	Control Total	Weight	Mean Difference IV, Random, 95% CI [grams]
6.4.1 Mediterranean or plant-based dietary pattern								
Bemelmans 2004	319.5	175	103	252	169	163	4.9%	67.50 [24.89, 110.11]
Estruch 2013	406.3	200	2108	368.8	200	971	5.5%	37.50 [22.30, 52.70]
Estruch 2013	401.3	212.5	2364	368.8	200	970	5.5%	32.50 [17.28, 47.72]
Merrill 2009	192	96	69	144	88	50	5.1%	48.00 [14.71, 81.29]
Panunzio 2011	161	21.5	25	115	41.9	36	5.4%	46.00 [29.93, 62.07]
Subtotal (95% CI)			**4669**			**2190**	**26.3%**	**40.17 [31.71, 48.64]**
Heterogeneity: Tau² = 0.00; Chi² = 3.39, df = 4 (P = 0.49); I² = 0%								
Test for overall effect: Z = 9.30 (P < 0.00001)								
6.4.2 Fruit and vegetables intervention								
Campbell 1999	211	166.4	1198	158	174	1321	5.5%	53.00 [39.70, 66.30]
Coates 1999	233.9	172.9	1324	174.1	123.2	883	5.5%	59.80 [47.44, 72.16]
Lapointe 2010	232	96	35	192	88	33	4.8%	40.00 [-3.74, 83.74]
Takahashi 2006	84.5	84.5	224	63.1	63.1	224	5.5%	21.40 [7.59, 35.21]
Wolf 2009	353.5	338.8	240	250.4	176.8	239	4.7%	103.10 [54.73, 151.47]
Wright 2011	136	126	58	136	63	31	5.0%	0.00 [-39.29, 39.29]
Wright 2011	168	61	58	136	63	31	5.3%	32.00 [4.83, 59.17]
Subtotal (95% CI)			**3137**			**2762**	**36.2%**	**42.71 [24.60, 60.83]**
Heterogeneity: Tau² = 403.28; Chi² = 29.62, df = 6 (P < 0.0001); I² = 80%								
Test for overall effect: Z = 4.62 (P < 0.00001)								
6.4.3 Low-fat dietary pattern								
Howard 2006	566.5	271.9	14885	441.9	226.6	22958	5.5%	124.60 [119.34, 129.86]
Lanza 2001	301.5	158.7	318	190.7	137.3	335	5.3%	110.80 [87.99, 133.61]
Lanza 2001	344.9	189.4	605	180.3	132.6	581	5.4%	164.60 [146.05, 183.15]
Tilley 1999	144	88	1578	138	88	1899	5.5%	6.00 [0.12, 11.88]
van Keulen 2011	182	127	285	167	126	109	5.2%	15.00 [-12.87, 42.87]
van Keulen 2011	184	126	302	167	126	109	5.2%	17.00 [-10.59, 44.59]
van Keulen 2011	214	145	272	167	126	109	5.2%	47.00 [17.73, 76.27]
Subtotal (95% CI)			**18245**			**26100**	**37.5%**	**69.58 [12.17, 126.98]**
Heterogeneity: Tau² = 5882.01; Chi² = 1008.57, df = 6 (P < 0.00001); I² = 99%								
Test for overall effect: Z = 2.38 (P = 0.02)								
Total (95% CI)			**26051**			**31052**	**100.0%**	**54.04 [27.33, 80.75]**
Heterogeneity: Tau² = 3343.91; Chi² = 1130.33, df = 18 (P < 0.00001); I² = 98%								
Test for overall effect: Z = 3.97 (P < 0.0001)								
Test for subgroup differences: Chi² = 1.02, df = 2 (P = 0.60), I² = 0%