Supplementary Appendix 1

Karam G. *et al*., Comparison of seven popular structured dietary programmes and the risk of mortality and major cardiovascular events in patients at increased cardiovascular risk: A systematic review and network meta-analysis. ***BMJ*** 2023

Table S15. Network meta-analysis results comparing the effects of named dietary programmes for non-fatal MI (N = 22 RCTs) including odds ratios (OR) and 95% CIs. Sensitivity analysis excluding Singh 2002, Singh 2017, Lehmann 2011, Shea 2011, and Research Committee 1965.
Table S16. Network meta-analysis results comparing the effects of named dietary programmes for non-fatal MI including odds ratios (OR) and 95% CIs. Sensitivity analysis excluding trials with smoking or drug therapy interventions.
Table S17. Network meta-analysis results comparing the effects of named dietary programmes for unplanned cardiovascular interventions (N = 18 RCTs) including odds ratios (OR) and 95% CIs.
Table S18. Network meta-analysis results comparing the effects of named dietary programmes for unplanned cardiovascular interventions (N = 17 RCTs) including odds ratios (OR) and 95% CIs. Sensitivity analysis excluding Singh 2002.
Table S19. Network meta-analysis results comparing the effects of named dietary programmes for unplanned cardiovascular interventions including odds ratios (OR) and 95% CIs. Sensitivity analysis excluding trials with smoking or drug therapy interventions.
Table S20. Network meta-regression results adjusting for exercise co-interventions for all-cause mortality at last follow-up.
Table S21. Network meta-regression results adjusting for drug therapy co-interventions for all-cause mortality at last follow-up.
Table S22. Network meta-regression results adjusting for smoking cessation co-interventions for all-cause mortality at last follow-up.
Table S23. Network meta-regression results adjusting for psychosocial support co-interventions for all-cause mortality at last follow-up.
Table S24. Network meta-regression results adjusting for exercise co-interventions for cardiovascular mortality at last follow-up.
Table S25. Network meta-regression results adjusting for drug therapy co-interventions for cardiovascular mortality at last follow-up.
Table S26. Network meta-regression results adjusting for smoking cessation co-interventions for cardiovascular mortality at last follow-up.
Table S27. Network meta-regression results adjusting for psychosocial support co-interventions for cardiovascular mortality at last follow-up.
Table S28. Network meta-regression results adjusting for exercise co-interventions for stroke at last follow-up.
Table S29. Network meta-regression results adjusting for drug therapy co-interventions for stroke at last follow-up.
Table S30. Network meta-regression results adjusting for smoking cessation co-interventions for stroke at last follow-up.
Table S31. Network meta-regression results adjusting for psychosocial support co-interventions for stroke at last follow-up.
Table S32. Network meta-regression results adjusting for exercise co-interventions for non-fatal myocardial infarction at last follow-up.
Table S33. Network meta-regression results adjusting for drug therapy co-interventions for non-fatal myocardial infarction at last follow-up.

Text S1. Further description of GRADE approach.

Baseline risks

We estimated baseline risks from a 2012 meta-analysis of statin trials by the Cholesterol Treatment Trialists' (CTT) Collaboration.[1] We chose this as it reported risks on all our outcomes stratified by baseline predicted 5-year cardiovascular event risk (five categories: <5%, ≥5% to <10%, ≥10% to <20%, ≥20% to <30%, ≥30%). For the intermediate risk group, we chose data from the ≥5% to <10% group. This matches the observed 5-year cardiovascular event risks seen in the large primary prevention trials included in our systematic review and also fits with what is considered intermediate risk in primary prevention guidelines.[2] For the high risk group, we used data from the ≥20% to <30% group, as it came closest to matching the 5-year coronary event rate of the CALIBER cohort of stable coronary patients (*n* = 102 023), 44.7% of which had stable angina, 33.8% of which had acute coronary syndrome, and 21.5% of which other coronary heart disease.[3]

For our 12 month follow-up outcomes, the control group per annum risk reported in the CTT meta-analysis was used. For our last follow-up outcomes, a 5-year event risk was estimated based on the per annum risk.

Risk stratum	**5-year control group event risk (baseline risk estimate)**				
	All-cause Mortality	*CV Mortality*	*Non-fatal MI*	*Stroke*	*CV Intervention*
Intermediate (5-10% 5-yr CV event risk)	62 per 1000 1.27% per annum	29 per 1000 0.59% per annum	33 per 1000 0.67% per annum	21 per 1000 0.43% per annum	31 per 1000 0.62% per annum
High (20-30% 5-yr CV event risk)	143 per 1000 3.04% per annum	92 per 1000 1.92% per annum	85 per 1000 1.77% per annum	48 per 1000 0.97% per annum	145 per 1000 3.08% per annum

Description of GRADE approach

First, effect estimates for all direct comparisons were rated. All effect estimates, being from RCTs, began with high certainty of evidence but could be rated down one or two levels for each of risk of bias, inconsistency, indirectness, or publication bias.

To evaluate risk of bias, we assigned all studies an overall risk of bias. A low overall risk rating was given to studies determined to be at low risk of bias in each of the three following domains: random sequence generation, allocation concealment, and missing participant outcome data. Use of these three domains is consistent with past systematic reviews and with meta-epidemiological research.[4,5] Comparisons where the effect estimate would be substantially changed by only including low overall risk of bias studies were rated down for risk of bias. This was assessed first by visual inspection. If visual inspection was inconclusive, a subgroup analysis by risk of bias status with test of interaction was performed.

Direct comparisons were rated down for inconsistency if evidence of substantial heterogeneity between trials was noted. To determine this, we considered I^2 values and visually inspected forest plots for signs of inconsistent results.

Indirectness was assessed by comparing the populations and interventions of studied dietary programmes to the populations and interventions defined in our protocol.

Publication bias was assessed by visual inspection of funnel plots and calculating Harbord's small study test.[6] Comparisons were rated down if evidence of publication bias was present.

For indirect effect estimates, the starting certainty was the lowest certainty of the direct comparisons of which it was composed in the dominant lowest order loop. Indirect comparisons could be further rated down if evidence of intransitivity were present. We rated down if the population in one direct comparison varied from the population in the other comparison in such a

way that made differences in effect modification likely (e.g., imbalance in an effect modifier identified by network meta-regression, or if the minimal intervention group in two trials followed very different diets).

The baseline certainty of the network estimate was the certainty of the estimate (direct or indirect) which contributed most to the network estimate. Rating down of this certainty could occur due to incoherence (disagreement between direct and indirect estimates) or due to imprecision.

For imprecision, the first step was to decide whether we were rating our certainty in the presence of an effect, or in the presence of little or no effect. We rated for the latter only in the following case: the result was not statistically significant and the point estimate suggested no or trivial benefit. In all other cases, we rated for certainty in the presence of an effect.

No statistically significant estimate was rated down (because we used a null decision threshold). If a finding was not statistically significant and its point estimate and 95% CI were only compatible with a trivial benefit and a trivial harm, we rated for the presence of little or no effect, and accordingly did not rate down because the 95% CI excluded non-trivial benefit/harm.

If a finding was not statistically significant but the point estimate indicated benefit, it was rated down one level as long as its 95% CI was only compatible with a trivial harm. It was rated down two levels if compatible with non-trivial harm.

If a finding was not statistically significant, its point estimate indicated harm, and the 95% CI was compatible only with a trivial benefit, it was not rated down if the comparator was minimal intervention, because this would not change the decision to not use the dietary program. If the comparator was another dietary program, it was rated down one level (because this could change the decision to use the dietary program over the reference). If the point estimate indicated harm

but the 95% CI was compatible with a non-trivial benefit, it was rated down one level if the comparator was minimal intervention, and two levels if the comparator was another dietary program.

If a finding was not statistically significant and its point estimate was close to the null, but its 95% CI was compatible with a non-trivial benefit or a non-trivial harm, it was rated down one level. The exception is if the comparator was minimal intervention and the 95% CI was only compatible with a non-trivial harm (we did not rate down as this would not change the decision to not use the dietary program). If the point estimate was close to the null and its 95% CI was compatible with both a non-trivial benefit and a non-trivial harm, it was rated down one level if the comparator was minimal intervention, and two levels if the comparator was another dietary program.

To establish trivial benefit and trivial harm, we used thresholds from a previous dietary guideline, which were based on consultation with a guideline panel that included members of the public.[7] For fatal outcomes, <10 events per 1000 were considered to be trivial. For non-fatal outcomes, <20 per 1000 were considered trivial. For mixed fatal and non-fatal outcomes, <15 per 1000 were considered trivial.

Interpreting league tables

An odds ratio (OR) < 1, or a risk difference (RD) < 0, signifies that the dietary program in the bottom-right is superior (i.e., an OR > 1 or RD > 0 favors the diet in the column).

Text S2. Original search strategy (November 23, 2016).

The MEDLINE search strategy is shown below. Search strategies for other databases were similar and are available upon request.

OVID MEDLINE

#	Searches	Results
1	(atkins and (diet* or weight* or obes*)).mp.	315
2	(ediet* and (diet* or weight* or obes*)).mp.	4
3	(dukan and (diet* or weight* or obes*)).mp.	4
4	(mediterranean and (diet* or weight* or obes*)).mp.	6408
5	((paleolithic or paleo) and (diet* or weight* or obes*)).mp.	244
6	(zone adj3 (diet* or weight* or obes*)).mp.	227
7	(south beach and (diet* or weight* or obes*)).mp.	23
8	(ornish and (diet* or weight* or obes*)).mp.	38
9	(volumetrics and (diet* or weight* or obes*)).mp.	38
10	("protein power" and (diet* or weight* or obes*)).mp.	4
11	(nutrisystem and (diet* or weight* or obes*)).mp.	7
12	(("weight watcher*" or weightwatcher*) and (diet* or weight* or obes*)).mp.	124
13	(("jenny craig*" or jennycraig*) and (diet* or weight* or obes*)).mp.	11
14	(("rosemary conley" or "eat yourself thin") and (diet* or weight* or obes*)).mp.	6
15	("slimming world" and (diet* or weight* or obes*)).mp.	21
16	("biggest loser" and (diet* or weight* or obes*)).mp.	21
17	((dash or "dietary approach* to stop* hypertension") and (diet* or weight* or obes*)).mp.	938
18	("Lifestyle, Exercise, Attitudes, Relationships, and Nutrition" and (diet* or weight* or obes*)).mp.	6
19	(learn diet* or learn program*).mp.	17
20	Diet, Carbohydrate-Restricted/	1249
21	((low carb* or carb* restrict* or restrict* carb*) and diet*).mp.	3166
22	Diet, Sodium-Restricted/	6476
23	((low sodium or low salt or salt restrict* or salt free or saltless or sodium free or sodium restrict* or reduc* salt or reduc* sodium or natrium restrict*) and diet*).mp.	10631
24	Diet, Mediterranean/	2328
25	Diet, Fat-Restricted/	3657
26	((low fat or fat free or fat restrict* or restrict* fat or lipid restrict* or restrict* lipid or low lipid) and diet*).mp.	13907
27	Diet Fads/	736
28	((fad or fads) adj3 (diet* or food or foods)).mp.	846
29	or/1-28	34655
30	(randomized controlled trial or pragmatic clinical trial).pt.	469880
31	controlled clinical trial.pt.	95071
32	randomized.ab.	404284
33	placebo.ab.	191971

34	clinical trials as topic.sh.	189498
35	randomly.ab.	285346
36	trial.ti.	178876
37	or/30-36	1151564
38	exp animals/ not humans.sh.	4669151
39	37 not 38	1061936
40	29 and 39	5836
41	limit 40 to english language	5665
42	mortality/	40706
43	("case fatality rate" or "case fatality rates" or "death rate*" or mortalities or mortality).tw,kf.	648624
44	41 and (42 or 43) [diets, RCTs, Mortality]	257
45	cardiovascular diseases/ or exp heart diseases/ or exp vascular diseases/	2216925
46	(coronar* adj5 (bypas* or graft* or disease* or event*)).mp.	295834
47	(cerebrovasc* or cardiovasc* or mortal* or angina* or stroke or strokes).mp.	1422349
48	(myocardi* adj5 (infarct* or revascular* or ischaemi* or ischemi*)).mp.	288889
49	(morbid* adj5 (heart* or coronar* or ischaem* or ischem* or myocard*)).mp.	5807
50	(vascular* adj5 (peripheral* or disease* or complication*)).mp.	116453
51	(heart* adj5 (disease* or attack* or bypass*)).mp.	275281
52	or/45-51	3106081
53	41 and 52 [diets, RCTs, MI or stroke]	2298
54	44 or 53	2299
55	remove duplicates from 54	1983

Text S3. Search update (April 18, 2020).

Ovid MEDLINE

#	Searches	Results
1	(atkins and (diet* or weight* or obes*)).mp.	374
2	(ediet* and (diet* or weight* or obes*)).mp.	4
3	(dukan and (diet* or weight* or obes*)).mp.	4
4	(mediterranean and (diet* or weight* or obes*)).mp.	8830
5	((paleolithic or paleo) and (diet* or weight* or obes*)).mp.	382
6	(zone adj3 (diet* or weight* or obes*)).mp.	257
7	(south beach and (diet* or weight* or obes*)).mp.	21
8	(ornish and (diet* or weight* or obes*)).mp.	32
9	(volumetrics and (diet* or weight* or obes*)).mp.	50
10	("protein power" and (diet* or weight* or obes*)).mp.	4
11	(nutrisystem and (diet* or weight* or obes*)).mp.	6
12	(("weight watcher*" or weightwatcher*) and (diet* or weight* or obes*)).mp.	130
13	(("jenny craig*" or jennycraig*) and (diet* or weight* or obes*)).mp.	10
14	(("rosemary conley" or "eat yourself thin") and (diet* or weight* or obes*)).mp.	4

15	("slimming world" and (diet* or weight* or obes*)).mp.	21
16	("biggest loser" and (diet* or weight* or obes*)).mp.	24
17	((dash or "dietary approach* to stop* hypertension") and (diet* or weight* or obes*)).mp.	1260
18	("Lifestyle, Exercise, Attitudes, Relationships, and Nutrition" and (diet* or weight* or obes*)).mp.	4
19	(learn diet* or learn program*).mp.	20
20	diet, carbohydrate-restricted/ or diet, high-protein low-carbohydrate/ or diet, ketogenic/	2674
21	((low carb* or carb* restrict* or restrict* carb*) and diet*).mp.	3923
22	Diet, Sodium-Restricted/	6235
23	((low sodium or low salt or salt restrict* or salt free or saltless or sodium free or sodium restrict* or reduc* salt or reduc* sodium or natrium restrict*) and diet*).mp.	10382
24	Diet, Mediterranean/	3316
25	Diet, Fat-Restricted/	3638
26	((low fat or fat free or fat restrict* or restrict* fat or lipid restrict* or restrict* lipid or low lipid) and diet*).mp.	14688
27	Diet Fads/	703
28	((fad or fads) adj3 (diet* or food or foods)).mp.	833
29	or/1-28	39424
30	(randomized controlled trial or pragmatic clinical trial).pt.	504611
31	controlled clinical trial.pt.	93621
32	randomized.ab.	476153
33	placebo.ab.	206861
34	clinical trials as topic.sh.	190790
35	randomly.ab.	331201
36	trial.ti.	216564
37	or/30-36	1281904
38	exp animals/ not humans.sh.	4690983
39	37 not 38	1179387
40	29 and 39	6418
41	limit 40 to english language	6223
42	mortality/	43514
43	("case fatality rate" or "case fatality rates" or "death rate*" or mortalities or mortality).tw,kf.	768922
44	41 and (42 or 43) [diets, RCTs, Mortality]	314
45	cardiovascular diseases/ or exp heart diseases/ or exp vascular diseases/	2348798
46	(coronar* adj5 (bypas* or graft* or disease* or event*)).mp.	312391
47	(cerebrovasc* or cardiovasc* or mortal* or angina* or stroke or strokes).mp.	1939800
48	(myocardi* adj5 (infarct* or revascular* or ischaemi* or ischemi*)).mp.	307551
49	(morbid* adj5 (heart* or coronar* or ischaem* or ischem* or myocard*)).mp.	6459
50	(vascular* adj5 (peripheral* or disease* or complication*)).mp.	123493
51	(heart* adj5 (disease* or attack* or bypass*)).mp.	293874
52	or/45-51	3654195
53	41 and 52 [diets, RCTs, MI or stroke]	2447

54	diabetes mellitus/ or diabetes mellitus, type 1/ or diabetes mellitus, type 2/ or diabetes, gestational/ or prediabetic state/	311535
55	(diabetes or diabetic* or "dm 1" or "dm 2" or "glucose tolerance impairment" or "iddm" or "impaired glucose tolerance" or "mckusick 22210" or "mody" or "niddm" or prediabetes or "prediabetic stage" or "prediabetic state" or "prediabetic states").tw,kf.	629363
56	54 or 55	667119
57	41 and 56 [diets, RCTs, diabetes]	932
58	44 or 53 or 57	2961
59	limit 58 to ed=20160716-20200418	589
60	("20160718" or "20160719" or "20160720" or "20160721" or "20160722" or "20160723" or "20160724" or "20160725" or "20160726" or "20160727" or "20160728" or "20160729" or "20160730" or "20160731").dt.	48171
61	("201608*" or "201609*" or "201610*or 201611*or 201612*" or "2017*" or "2018*" or "2019*" or "2020*").dt.	4386206
62	60 or 61	4434377
63	58 and 62	560
64	59 or 63	723

Text S4. Search update (September 4, 2021).

The same search strategy used in the original search was used, along with the same limitation strategy used in the first update, but with the new date range being from April 18, 2020 to September 4, 2021.

Table S1. Characteristics of included studies.

Study	Country	Network comparisons	Non-dietary components of intervention	Population description	Number of patients	Follow-up, yr	Overall risk of bias
Shea (TONE) 2011[8,9]	USA	Low fat vs. Combined low fat-low sodium vs. minimal (non-dietary programming)	—	Hypertension and obesity (primary prevention)	585	12.7	Low
Zwisler 2005[10,11]	Denmark	Low fat vs. minimal (usual care)	Exercise, drug therapy, smoking cessation	CHF, IHD, or high risk of IHD (secondary prevention)	770	1.0	Low
Look AHEAD 2013[12,13]	USA	Low fat vs. minimal (non-dietary programming)	Exercise, psychosocial support	Type 2 diabetes mellitus and overweight or obese (primary prevention)	5145	9.6	Low
Burr (DART) 1989[14–16]	England	Low fat vs. minimal (no advice)	—	Post-MI (secondary prevention)	2033	2.0	High
Watts (STARS) 1992[17]	UK	Low fat vs. minimal (no advice)	Half of low fat group also randomly allocated to cholestyramine (drug therapy)	Referred for coronary angiography to investigate CHD (secondary prevention)	74	3.0	High
Gaede 2003[18,19]	Denmark	Low fat vs. minimal (usual care)	Exercise, drug therapy, smoking cessation	Type 2 diabetes mellitus with microalbuminuria (primary prevention)	160	7.8	Low
Lisspers 1999[20–22]	Sweden	Low fat vs. minimal (usual care)	Exercise, smoking cessation, psychosocial support	Recent PTCA for angina (secondary prevention)	87	6.5	Low
Vestfold 2003[23]	Norway	Low fat vs. minimal (usual care)	Exercise, smoking cessation, psychosocial support	Patients admitted for acute MI, unstable angina, or after CABG or PCI (secondary prevention)	197	2.0	High

Cupples 1994[24,25]	Northern Ireland	Low fat vs. minimal (no advice)	Exercise, smoking cessation	Angina (secondary prevention)	688	2.0	Low
Greaves 2015[26]	UK	Low fat vs. minimal (minimal dietary advice)	Exercise	BMI > 28 with other CV risk factors (primary prevention)	108	1.0	Low
Hjermann 1981[27,28]	Norway	Low fat vs. minimal (no advice)	Smoking cessation	Cholesterol 7.5 – 9.8 mmol/l (290 – 379 mg/dl) with elevated coronary risk score (primary prevention)	1232	8.5	High
Murchie 2003[29–31]	Scotland	Low fat vs. minimal (usual care)	Exercise, drug therapy, smoking cessation	CHD (secondary prevention)	1343	10.2	High
Haskell 1994[32]	USA	Very low fat vs. minimal (usual care)	Exercise, drug therapy, smoking cessation	Receiving coronary arteriography (secondary prevention)	300	4.0	High
Howard 2006 (WHI)[33–36]	USA	Very low fat vs. minimal (minimal dietary advice)	—	Prior CV disease (secondary prevention)	1656	17.0	Low
Research Committee 1965[37]	England	Very low fat vs. minimal (no advice)	—	First MI in past 3 months (secondary prevention)	252	3.0	High
Wallner 1999[38]	Austria	Very low fat vs. minimal (minimal dietary advice)	—	CAD (secondary prevention)	60	2.2	High
Moy 2001[39]	USA	Very low fat vs. minimal (minimal dietary advice)	—	Siblings of premature CHD patients, with another risk factor (primary prevention)	235	2.0	High

Schuler 1992[40,41]	Germany	Very low fat vs. minimal (minimal dietary advice)	Exercise, psychosocial support	Coronary angiography for angina (secondary prevention)	113	6.0	High
Weber 2019[42,43]	Brazil	Combined low fat-low sodium vs. minimal (minimal dietary advice)	—	Prior CV disease (secondary prevention)	2521	3.5	Low
Ueki 2017[44]	Japan	Combined low fat-low sodium vs. minimal (usual care)	Exercise, drug therapy, smoking cessation	Type 2 diabetes, with either hypertension and/or dyslipidemia (primary prevention)	2540	8.5	Low
Woodhill 1978[45,46]	Australia	Modified fat vs. minimal (no advice)	—	Coronary disease (secondary prevention)	458	3.3	Low
MRC Soybean Oil 1968[47]	UK	Modified fat vs. minimal (no advice)	—	Discharged after admission for first MI (secondary prevention)	393	4.0	High
Leren 1970[48,49]	Norway	Modified fat vs. minimal (no advice)	—	1-2 years after first MI (secondary prevention)	412	11.0	High
Rose 1965[50]	UK	Modified fat vs. minimal (no advice)	—	MI or angina (secondary prevention)	80	2.0	High
Tuttle 2008[51]	USA	Mediterranean vs. low fat	—	First MI in past 6 weeks (secondary prevention)	101	3.8	High
PREDIMED[52–56]	Spain	Mediterranean vs. low fat	—	Type 2 diabetes mellitus or multiple risk factors (primary prevention)	7447	4.8	High
Lehmann 2011[57–59]	Germany	Mediterranean vs. minimal (usual dietary advice)	Psychosocial support	CAD (secondary prevention)	104	3.0	Low

de Lorgeril 1994[60–66]	France	Mediterranean vs. minimal (no advice)	—	First MI in past 6 months (secondary prevention)	605	3.8	High
Gianuzzi 2008[67]	Italy	Mediterranean vs. minimal (usual care)	Exercise, smoking cessation, psychosocial support	MI in past 3 months (secondary prevention)	3241	3.0	Low
Lapetra 2017[68]	Spain	Mediterranean vs. low fat	—	Hypertension and one other CV risk factor (primary prevention)	180	2.1	High
Marcos-Forniol 2018[69]	Spain	Mediterranean vs. minimal (usual care)	Exercise, drug therapy, psychosocial support	Acute coronary syndrome (secondary prevention)	106	3.0	High
Matz 2015[70]	Austria	Mediterranean vs. minimal (usual care)	Exercise, drug therapy, smoking cessation, psychosocial support	Stroke in past 3 months (secondary prevention)	190	2.0	High
Munoz 2007[71]	Spain	Mediterranean vs. minimal (usual care)	Exercise, drug therapy, smoking cessation	MI or angina in past 6 years (secondary prevention)	983*	3.0	High
Singh 1992 (Singh 2017) [72,73]	India	Mediterranean vs. low fat	—	MI in past 24 hours (secondary prevention)	406	2.0	High
Singh 2002[74]	India	Mediterranean vs. low fat	—	At least one risk factor for CAD, or angina or prior MI (secondary prevention)	1000	2.0	High
Søndergaard 2003[75]	Denmark	Mediterranean vs. minimal (minimal dietary advice)	—	IHD and elevated cholesterol (secondary prevention)	131	1.0	High
Toobert 2000[76,77]	USA	Ornish vs. minimal (usual care)	Exercise, smoking cessation, psychosocial support	CHD (secondary prevention)	25	2.0	High
Ornish 1990[78–80]	USA	Ornish vs. minimal (usual care)	Exercise, smoking cessation, psychosocial support	Coronary atherosclerosis (secondary prevention)	35	5.0	High

Sebregts 2003[81]	Netherlands	Ornish vs. minimal (usual care)	Psychosocial support	Admitted to hospital with acute MI or for CABG (secondary prevention)	171	0.75	High
Hutchison 1983[82]	Canada	Pritikin vs. low fat	—	Peripheral artery disease (secondary prevention)	45	1.0	High

*Cluster-randomized trial. Effective sample size estimated to be 319.

BMI, body-mass index. CABG, coronary artery bypass graft. CAD, coronary artery disease. CHD, coronary heart disease. CHF, congestive heart failure. CV, cardiovascular. IHD, ischemic heart disease. MI, myocardial infarction. PCI, percutaneous coronary intervention. PTCA, percutaneous transluminal coronary angioplasty

Table S2. Excluded articles with reasons for exclusion.

Article	**Reason**
NCT01954472 (EDP8)[83]	Combined with another study
NCT00924937 (CORDIOPREV)[84]	Ongoing
NCT02481466 (PortfolioEx)[85]	Ongoing
NCT02960711 (MeMeMe)[86]	Ongoing
NCT03053843 (PREDIMAR)[87]	Ongoing
NCT04011800 (PRAGUE-25)[88]	Ongoing
NCT04873167[89]	Ongoing
Estruch 2013[90]	Retracted
Wood 2008[91]	Unavailable data
Abshire 2015[92]	Wrong design
Aldana 2003[93]	Wrong design
Al-Ghamdi 2018[94]	Wrong design
Alpert 2011[95]	Wrong design
Anonymous 2003[96]	Wrong design
Anonymous 2016[97]	Wrong design
Anonymous 2018[98]	Wrong design
Anonymous 2018[99]	Wrong design
Antony 2011[100]	Wrong design
Baker 2011[101]	Wrong design
Battino 2019[102]	Wrong design
Becerra-Tomas 2020[103]	Wrong design
Bemelmans 2002[104]	Wrong design
Bloomfield 2015[105]	Wrong design
Bulpitt 2005[106]	Wrong design
Chair 2003[107]	Wrong design
Chiavaroli 2019[108]	Wrong design
Chlebowski 2002[109]	Wrong design
Corella 2013[110]	Wrong design
d'Almeida 2018[111]	Wrong design
Dattilo 1994[112]	Wrong design
de Lorgeril 2011[113]	Wrong design
Dinu 2017[114]	Wrong design
Domenech 2010[115]	Wrong design
Douglas 1999[116]	Wrong design
Drouin-Chartier 2016[117]	Wrong design
Fontecha 2019[118]	Wrong design
Georgousopoulou 2017[119]	Wrong design
Goetz-Perry 2006[120]	Wrong design
Grosso 2017[121]	Wrong design

Guasch-Ferre 2013[122]	Wrong design
Guasch-Ferre 2014[123]	Wrong design
Henríquez-Sánchez 2016[124]	Wrong design
Hiser 1995[125]	Wrong design
Holme 2016[126]	Wrong design
Howard 2006 (abstract summary)[127]	Wrong design
Kerley 2019[128]	Wrong design
Khan 2019[129]	Wrong design
Kontogianni 2014[130]	Wrong design
Lagiou 2006[131]	Wrong design
Liyanage 2016[132]	Wrong design
Lopaschuk 2006[133]	Wrong design
Ma 2017[134]	Wrong design
Martinez-Gonzalez 2015[135]	Wrong design
Martínez-González 2015[136]	Wrong design
Martinez-Gonzalez 2018[137]	Wrong design
Martinez-Gonzalez 2019[138]	Wrong design
Mirzaee 2017[139]	Wrong design
Mirzaee 2017[140]	Wrong design
Mokhtari 2015[141]	Wrong design
Morgan 1979[142]	Wrong design
Nakamura 2014[143]	Wrong design
Newberry 2018[144]	Wrong design
Niebauer 1995[145]	Wrong design
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Rees 2013[152]	Wrong design
Ross 2013[153]	Wrong design
Sánchez-Sánchez 2020[154]	Wrong design
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Shvetsov 2016[156]	Wrong design
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Stranges 2019[158]	Wrong design
Tops 2006[159]	Wrong design
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Turgeon 2012[162]	Wrong design
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Wright 2017[164]	Wrong design

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Barzi 2020[166]	Wrong intervention
Burr 2003[167]	Wrong intervention
Chang 2006[168]	Wrong intervention
CSSS 2007[169]	Wrong intervention
Edelman 2006[170]	Wrong intervention
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Heller 1988[173]	Wrong intervention
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Philipson 2013[182]	Wrong intervention
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RIS 1998[185]	Wrong intervention
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Smeulders 2009[187]	Wrong intervention
Sundin 2003[188]	Wrong intervention
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Boesch 2005[192]	Wrong intervention
Brensike 1984[193]	Wrong intervention
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Ericsson 1997[195]	Wrong intervention
GISSI 2000[196]	Wrong intervention
Kato 2016[197]	Wrong intervention
Levy 1987[198]	Wrong intervention
Mueller 2007[199]	Wrong intervention
Müller 2009[200]	Wrong intervention
NCT00127452 (Alpha Omega Trial)[201]	Wrong intervention
NCT00212017[202]	Wrong intervention
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Murphy 2009[234]	Wrong outcomes
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Nordmann 2001[236]	Wrong outcomes
O'Neil 2016[237]	Wrong outcomes
PREMIER 2003[238]	Wrong outcomes
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Sarkkinen 1995[241]	Wrong outcomes
Seppelt 1996[242]	Wrong outcomes
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Strychar 2009[244]	Wrong outcomes
Young 2005[245]	Wrong outcomes
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Marburger 1994[41]	Wrong outcomes
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Nikolaus 1991[249]	Wrong outcomes

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Brinkworth 2004[254]	Wrong outcomes
Carey 2005[255]	Wrong outcomes
Ebbeling 2005[256]	Wrong outcomes
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Tay 2015[276]	Wrong outcomes
Hu 2015[277]	Wrong outcomes
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Wong 2016[279]	Wrong outcomes
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Andrews 2011[289]	Wrong population
Aveyard 2016[290]	Wrong population

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Burke 2008[294]	Wrong population
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de Vos 2014[297]	Wrong population
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DPP 2002[300]	Wrong population
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Fitzgibbon 2010[304]	Wrong population
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Houtsmuller 1979[308]	Wrong population
HPT 1990[309]	Wrong population
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Sacks 2009[329]	Wrong population
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Villareal 2011[334]	Wrong population
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Wing PRIDE 2010[336]	Wrong population
Yardley 2014[337]	Wrong population
Allison 2014[338]	Wrong population
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Mascioli 1990[347]	Wrong population
Ortner Hadžiabdić 2016[348]	Wrong population
Primo 2019[349]	Wrong population
Stradling 2017[350]	Wrong population
Stradling 2018[351]	Wrong population
Thomson 2014[352]	Wrong population
Whelton 1997[353]	Wrong population
Calvo-Malvar 2021[354]	Wrong population
Chen 2020[355]	Wrong population

Figure S1. Network of named dietary programmes for all-cause mortality at 12 months of follow-up.

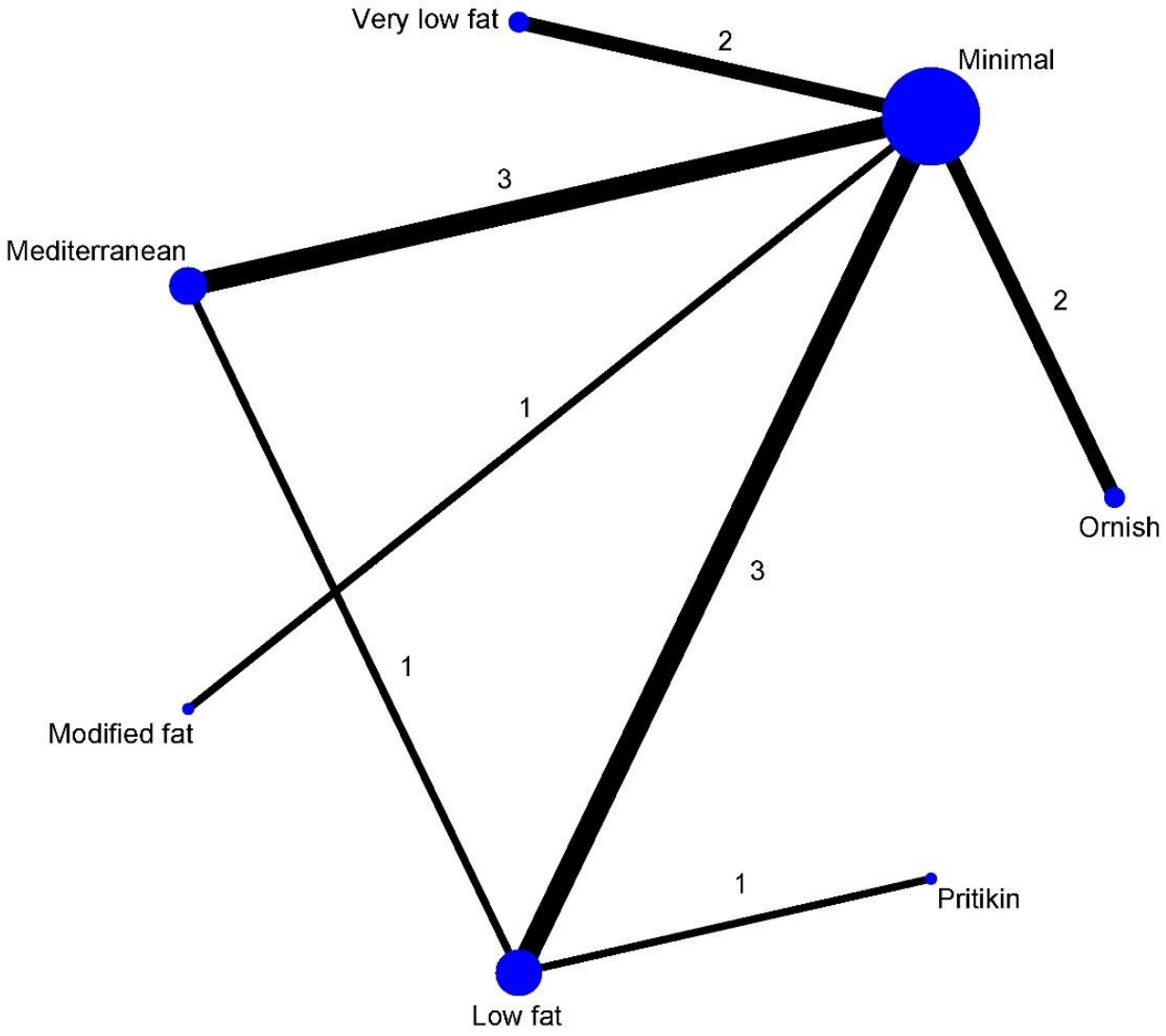

Figure S2. Network of named dietary programmes for all-cause mortality at last follow-up.

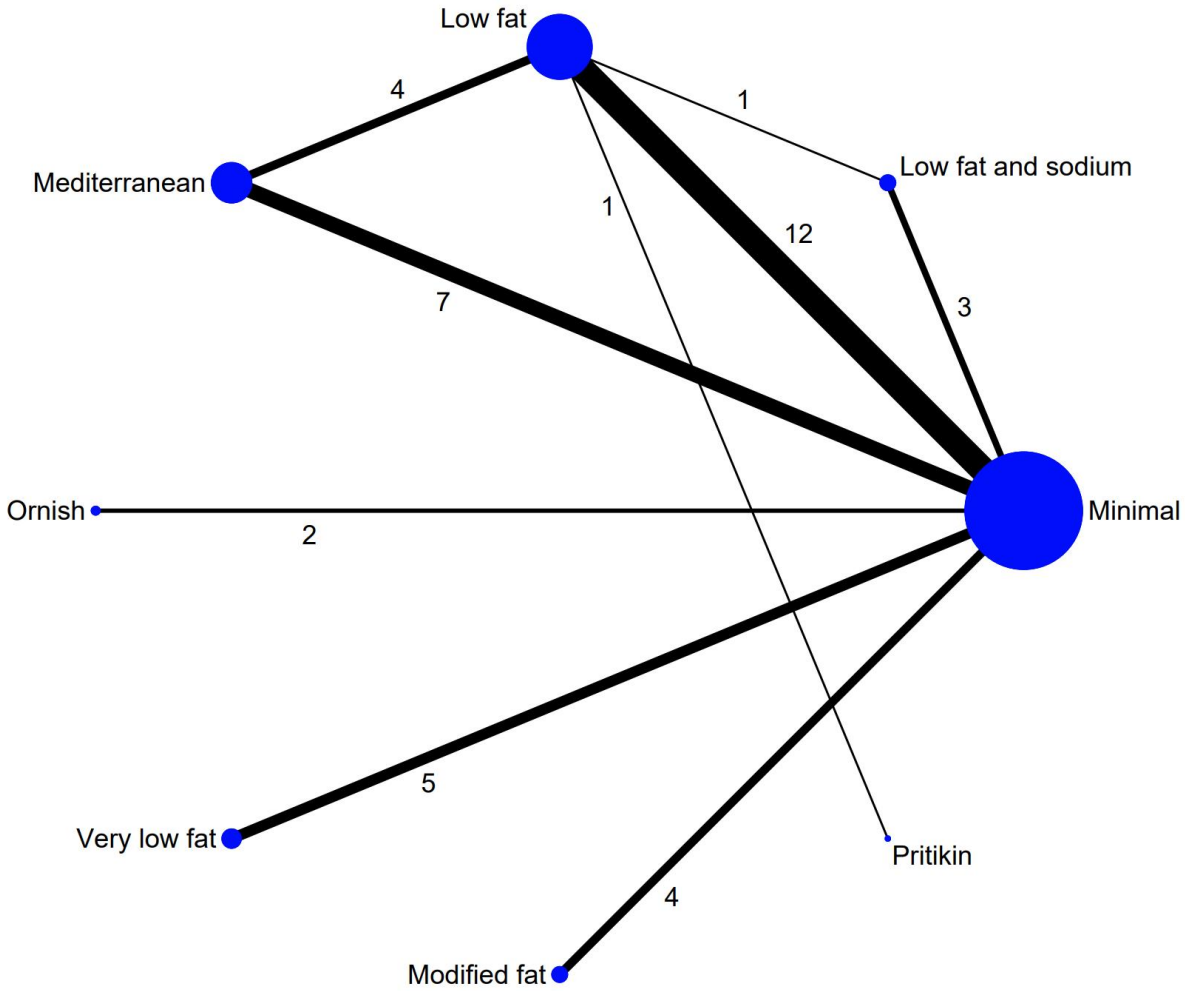

Figure S3. Network of named dietary programmes for cardiovascular mortality at last follow-up.

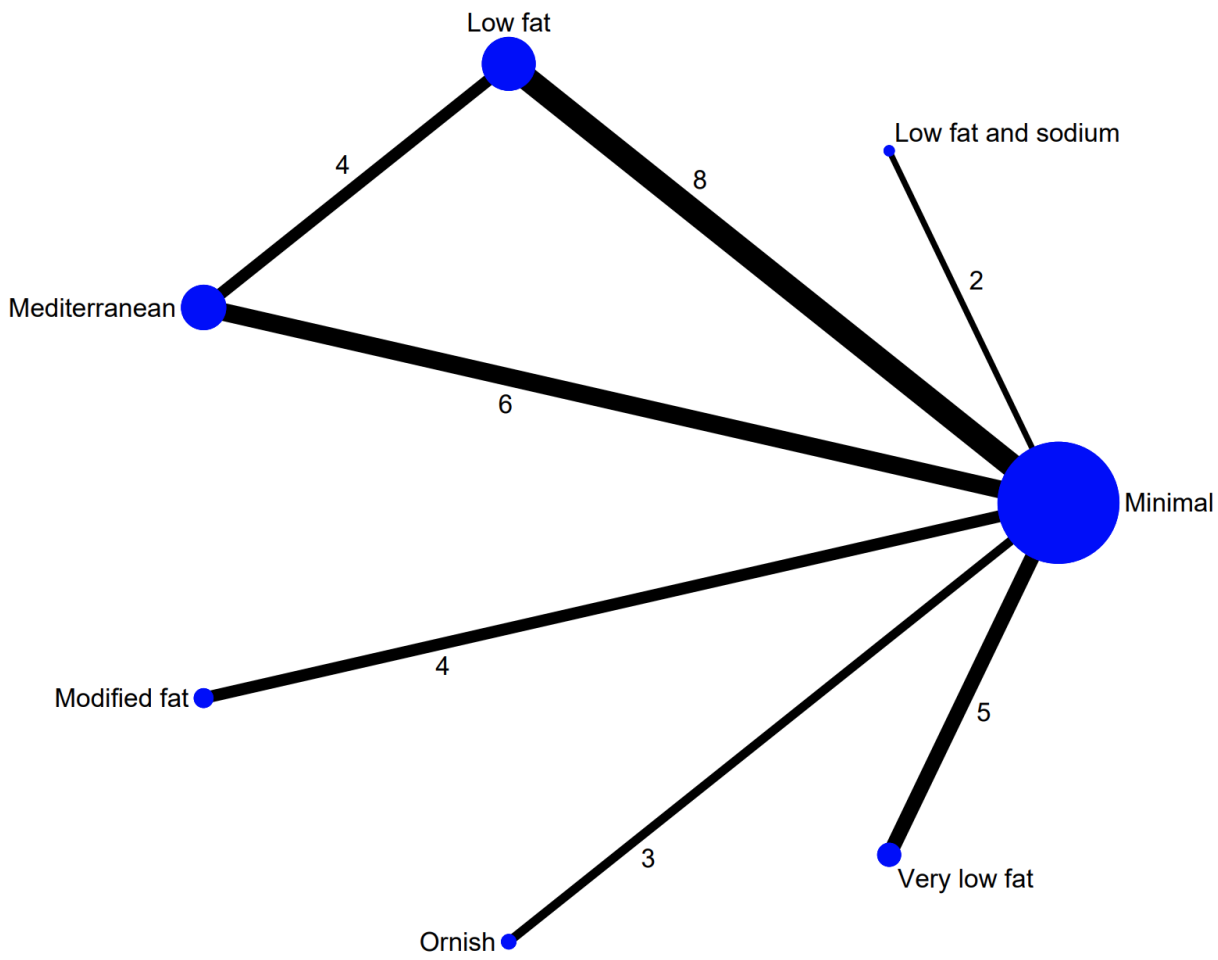

Figure S4. Network of named dietary programmes for stroke at last follow-up.

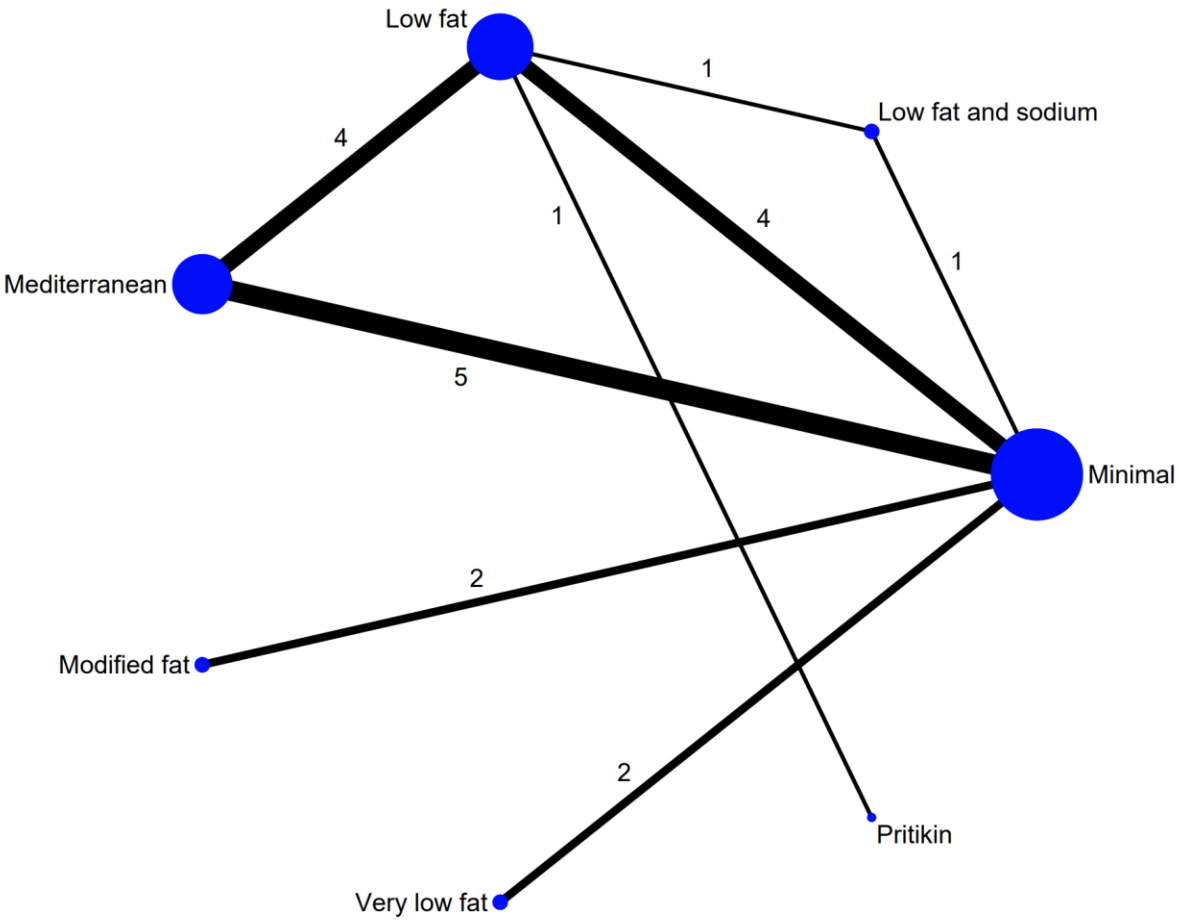

Figure S5. Network of named dietary programmes for non-fatal myocardial infarction at last follow-up.

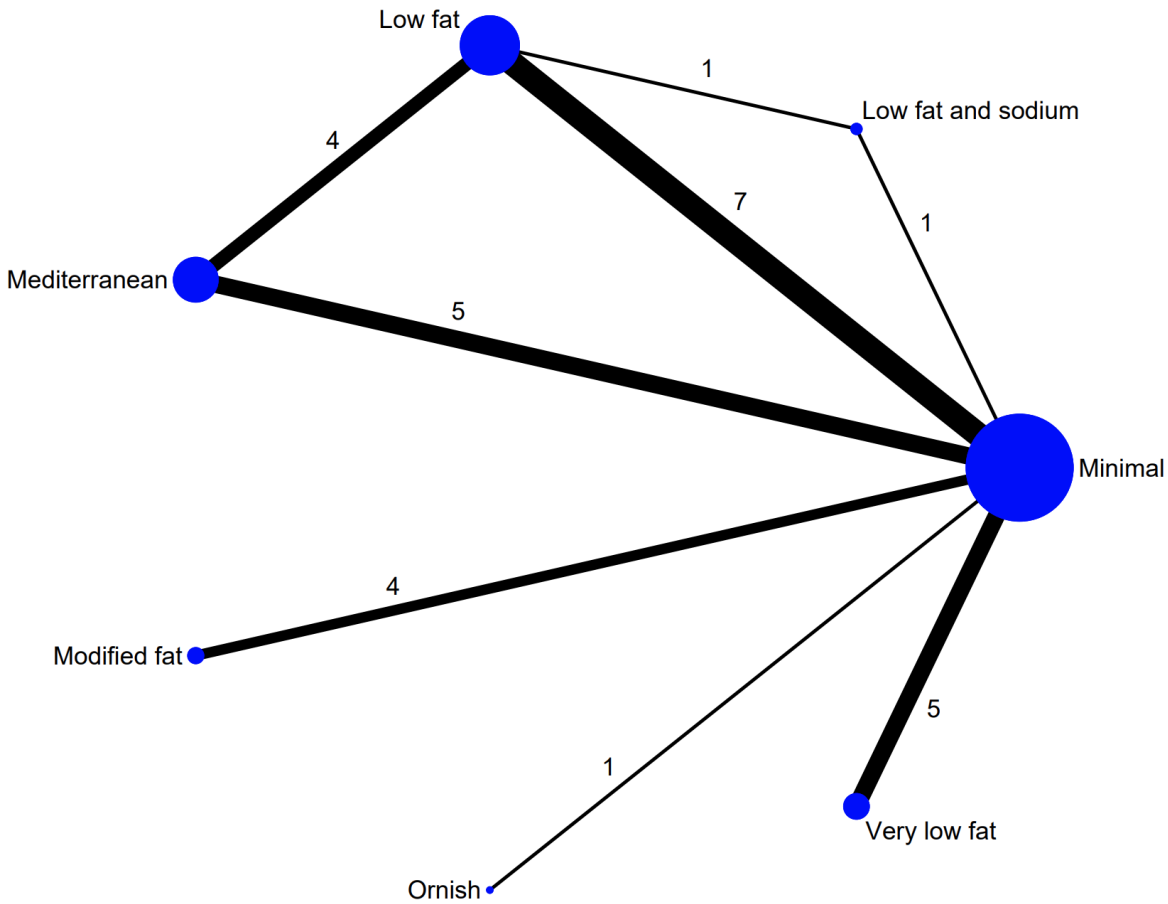

Figure S6. Network of named dietary programmes for unplanned cardiovascular interventions at last follow-up.

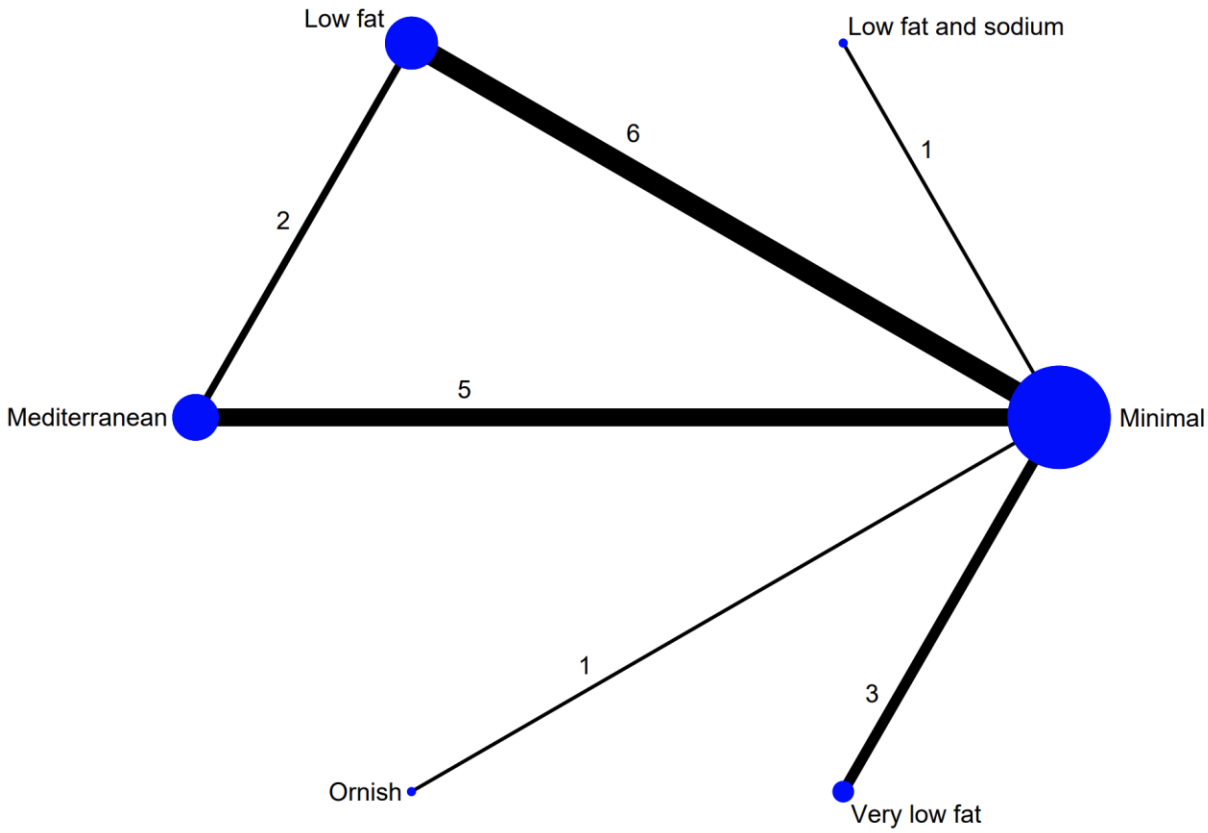

Table S3. Network meta-analysis results comparing the effects of named dietary programmes for all-cause mortality at 12 (±3) months of follow-up (N = 13 RCTs) including odds ratios (OR) and 95% CIs.

Minimal	1.89 (1.01,3.55)	1.02 (0.66,1.57)	0.41 (0.06,2.85)	0.14 (0.01,2.60)	0.41 (0.04,4.10)	4.01 (0.15,106.95)
0.53 (0.28,0.99)	**Mediterranean**	0.54 (0.32,0.92)	0.22 (0.03,1.66)	0.07 (0.00,1.47)	0.22 (0.02,2.36)	2.12 (0.08,57.38)
0.98 (0.64,1.50)	1.85 (1.09,3.13)	**Low fat**	0.40 (0.06,2.92)	0.14 (0.01,2.62)	0.40 (0.04,4.17)	3.92 (0.15,101.63)
2.44 (0.35,16.90)	4.61 (0.60,35.30)	2.49 (0.34,18.13)	**Very low fat**	0.34 (0.01,11.36)	1.00 (0.05,20.26)	9.78 (0.22,442.26)
7.10 (0.38,131.06)	13.42 (0.68,264.94)	7.27 (0.38,138.38)	2.91 (0.09,96.52)	**Modified fat**	2.93 (0.07,119.72)	28.5 (0.35,2299.4)
2.43 (0.24,24.17)	4.59 (0.42,49.71)	2.48 (0.24,25.73)	1.00 (0.05,20.12)	0.34 (0.01,13.99)	**Ornish**	9.74 (0.18,535.82)
0.25 (0.01,6.64)	0.47 (0.02,12.73)	0.25 (0.01,6.60)	0.10 (0.00,4.62)	0.04 (0.00,2.83)	0.10 (0.00,5.64)	**Pritikin**

Table S4. Network meta-analysis results comparing the effects of named dietary programmes for all-cause mortality at 12 (±3) months of follow-up (N = 12 RCTs) including odds ratios (OR) and 95% CIs. Sensitivity analysis excluding Singh 2017.

Minimal	1.25 (0.36,4.31)	1.08 (0.69,1.70)	0.41 (0.06,2.85)	0.14 (0.01,2.60)	0.41 (0.04,4.10)	4.24 (0.16,113.44)
0.80 (0.23,2.77)	**Mediterranean**	0.87 (0.23,3.25)	0.33 (0.03,3.28)	0.11 (0.00,2.68)	0.33 (0.02,4.50)	3.40 (0.10,114.06)
0.92 (0.59,1.46)	1.15 (0.31,4.32)	**Low fat**	0.38 (0.05,2.77)	0.13 (0.01,2.49)	0.38 (0.04,3.96)	3.92 (0.15,101.63)
2.44 (0.35,16.90)	3.04 (0.30,30.31)	2.64 (0.36,19.27)	**Very low fat**	0.34 (0.01,11.36)	1.00 (0.05,20.26)	10.34 (0.23,468.8)
7.10 (0.38,131.06)	8.86 (0.37,210.46)	7.68 (0.40,146.82)	2.91 (0.09,96.52)	**Modified fat**	2.93 (0.07,119.72)	30.1 (0.37,2436.8)
2.43 (0.24,24.17)	3.03 (0.22,41.22)	2.63 (0.25,27.32)	1.00 (0.05,20.12)	0.34 (0.01,13.99)	**Ornish**	10.30 (0.19,567.9)
0.24 (0.01,6.30)	0.29 (0.01,9.85)	0.25 (0.01,6.60)	0.10 (0.00,4.39)	0.03 (0.00,2.68)	0.10 (0.00,5.35)	**Pritikin**

Table S5. Network meta-analysis results comparing the effects of named dietary programmes for all-cause mortality at last follow-up (N = 37 RCTs) including odds ratios (OR) and 95% CIs.

Minimal	1.39 (1.08,1.80)	1.19 (1.05,1.35)	1.05 (0.85,1.30)	0.95 (0.72,1.26)	0.98 (0.79,1.23)	0.41 (0.04,4.10)	4.67 (0.18,121.42)
0.72 (0.56,0.92)	**Mediterranean**	0.85 (0.69,1.06)	0.75 (0.55,1.02)	0.68 (0.46,1.01)	0.71 (0.51,0.98)	0.30 (0.03,2.98)	3.35 (0.13,87.50)
0.84 (0.74,0.95)	1.17 (0.94,1.45)	**Low fat**	0.88 (0.69,1.12)	0.80 (0.59,1.09)	0.83 (0.64,1.06)	0.35 (0.03,3.45)	3.92 (0.15,101.71)
0.95 (0.77,1.18)	1.33 (0.98,1.80)	1.14 (0.89,1.45)	**Very low fat**	0.91 (0.64,1.30)	0.94 (0.69,1.28)	0.39 (0.04,3.95)	4.46 (0.17,116.58)
1.05 (0.80,1.38)	1.46 (0.99,2.16)	1.25 (0.92,1.70)	1.10 (0.77,1.57)	**Modified fat**	1.03 (0.72,1.47)	0.43 (0.04,4.37)	4.90 (0.19,128.87)
1.02 (0.82,1.27)	1.42 (1.02,1.98)	1.21 (0.95,1.55)	1.07 (0.78,1.45)	0.97 (0.68,1.38)	**Combined low fat-low sodium**	0.42 (0.04,4.22)	4.75 (0.18,124.40)
2.43 (0.24,24.18)	3.39 (0.34,34.18)	2.89 (0.29,28.89)	2.55 (0.25,25.60)	2.32 (0.23,23.44)	2.39 (0.24,24.02)	**Ornish**	11.35 (0.21,611.31)
0.21 (0.01,5.56)	0.30 (0.01,7.79)	0.25 (0.01,6.61)	0.22 (0.01,5.87)	0.20 (0.01,5.37)	0.21 (0.01,5.51)	0.09 (0.00,4.75)	**Pritikin**

Table S6. Network meta-analysis results comparing the effects of named dietary programmes for all-cause mortality at last follow-up (N = 35 RCTs) including odds ratios (OR) and 95% CIs. Sensitivity analysis excluding Singh 2002 & 2017.

Minimal	1.25 (1.02,1.53)	1.21 (1.08,1.35)	1.05 (0.86,1.28)	0.96 (0.73,1.25)	0.98 (0.79,1.22)	0.41 (0.04,4.10)	4.73 (0.18,122.90)
0.80 (0.66,0.98)	**Mediterranean**	0.97 (0.80,1.17)	0.84 (0.63,1.11)	0.77 (0.55,1.07)	0.79 (0.59,1.06)	0.33 (0.03,3.31)	3.79 (0.15,98.78)
0.83 (0.74,0.93)	1.03 (0.86,1.25)	**Low fat**	0.87 (0.69,1.09)	0.79 (0.59,1.06)	0.82 (0.64,1.04)	0.34 (0.03,3.41)	3.92 (0.15,101.63)
0.96 (0.78,1.17)	1.19 (0.90,1.58)	1.15 (0.92,1.45)	**Very low fat**	0.91 (0.65,1.28)	0.94 (0.70,1.26)	0.39 (0.04,3.95)	4.53 (0.17,118.22)
1.05 (0.80,1.37)	1.31 (0.93,1.83)	1.26 (0.94,1.69)	1.09 (0.78,1.53)	**Modified fat**	1.03 (0.73,1.45)	0.43 (0.04,4.36)	4.96 (0.19,130.09)
1.02 (0.82,1.26)	1.27 (0.95,1.70)	1.23 (0.96,1.56)	1.06 (0.79,1.43)	0.97 (0.69,1.37)	**Combined low fat-low sodium**	0.42 (0.04,4.21)	4.81 (0.18,125.75)
2.43 (0.24,24.17)	3.03 (0.30,30.43)	2.93 (0.29,29.25)	2.54 (0.25,25.49)	2.32 (0.23,23.45)	2.39 (0.24,24.02)	**Ornish**	11.50 (0.21,618.65)
0.21 (0.01,5.48)	0.26 (0.01,6.87)	0.25 (0.01,6.60)	0.22 (0.01,5.77)	0.20 (0.01,5.30)	0.21 (0.01,5.43)	0.09 (0.00,4.68)	**Pritikin**

Table S7. Network meta-analysis results comparing the effects of named dietary programmes for all-cause mortality at last follow-up including odds ratios (OR) and 95% CIs. Sensitivity analysis excluding trials with smoking or drug therapy interventions.

Minimal	1.57 (1.04,2.38)	1.17 (0.84,1.63)	1.09 (0.77,1.56)	0.93 (0.66,1.31)	0.98 (0.68,1.43)	0.36 (0.01,9.05)	4.59 (0.17,123.54)
0.64 (0.42,0.96)	**Mediterranean**	0.74 (0.55,1.01)	0.70 (0.41,1.18)	0.59 (0.34,1.02)	0.63 (0.37,1.06)	0.23 (0.01,5.91)	2.92 (0.11,78.35)
0.85 (0.61,1.19)	1.34 (0.99,1.81)	**Low fat**	0.93 (0.58,1.51)	0.79 (0.49,1.28)	0.84 (0.53,1.33)	0.30 (0.01,7.86)	3.92 (0.15,103.72)
0.91 (0.64,1.31)	1.44 (0.85,2.44)	1.07 (0.66,1.73)	**Very low fat**	0.85 (0.51,1.40)	0.90 (0.54,1.51)	0.33 (0.01,8.44)	4.20 (0.15,115.00)
1.08 (0.76,1.53)	1.70 (0.98,2.94)	1.26 (0.78,2.05)	1.18 (0.71,1.95)	**Modified fat**	1.06 (0.64,1.77)	0.39 (0.01,9.95)	4.96 (0.18,135.78)
1.02 (0.70,1.48)	1.60 (0.94,2.71)	1.19 (0.75,1.89)	1.11 (0.66,1.87)	0.94 (0.57,1.57)	**Combined low fat-low sodium**	0.36 (0.01,9.41)	4.67 (0.17,127.61)
2.80 (0.11,71.02)	4.40 (0.17,114.63)	3.28 (0.13,84.61)	3.07 (0.12,79.26)	2.60 (0.10,67.07)	2.75 (0.11,71.35)	**Ornish**	12.87 (0.13,1298.11)
0.22 (0.01,5.85)	0.34 (0.01,9.17)	0.25 (0.01,6.74)	0.24 (0.01,6.52)	0.20 (0.01,5.53)	0.21 (0.01,5.84)	0.08 (0.00,7.84)	**Pritikin**

Table S8. Network meta-analysis results comparing the effects of named dietary programmes for cardiovascular mortality (N = 32 RCTs) including odds ratios (OR) and 95% CIs.

Minimal	1.82 (1.28,2.59)	1.25 (0.95,1.65)	1.01 (0.67,1.53)	0.91 (0.62,1.33)	0.68 (0.11,4.04)	0.95 (0.52,1.71)
0.55 (0.39,0.78)	**Mediterranean**	0.69 (0.50,0.95)	0.56 (0.32,0.96)	0.50 (0.29,0.85)	0.37 (0.06,2.30)	0.52 (0.27,1.02)
0.80 (0.61,1.05)	1.45 (1.06,1.99)	**Low fat**	0.81 (0.49,1.33)	0.72 (0.44,1.18)	0.54 (0.09,3.29)	0.76 (0.40,1.42)
0.99 (0.65,1.50)	1.80 (1.04,3.11)	1.24 (0.75,2.05)	**Very low fat**	0.90 (0.51,1.57)	0.67 (0.11,4.19)	0.94 (0.45,1.94)
1.10 (0.75,1.62)	2.01 (1.18,3.43)	1.38 (0.84,2.26)	1.11 (0.64,1.95)	**Modified fat**	0.75 (0.12,4.64)	1.04 (0.51,2.14)
1.48 (0.25,8.81)	2.68 (0.44,16.57)	1.85 (0.30,11.25)	1.49 (0.24,9.32)	1.34 (0.22,8.31)	**Ornish**	1.40 (0.21,9.16)
1.06 (0.59,1.91)	1.92 (0.98,3.77)	1.32 (0.70,2.48)	1.07 (0.52,2.20)	0.96 (0.47,1.96)	0.72 (0.11,4.69)	**Combined low fat-low sodium**

Table S9. Network meta-analysis results comparing the effects of named dietary programmes for cardiovascular mortality (N = 30 RCTs) including odds ratios (OR) and 95% CIs. Sensitivity analysis excluding Singh 2002 and 2017.

Minimal	1.57 (1.03,2.41)	1.32 (0.97,1.79)	1.01 (0.66,1.55)	0.90 (0.61,1.34)	0.68 (0.11,4.05)	0.95 (0.51,1.77)
0.63 (0.42,0.97)	**Mediterranean**	0.84 (0.54,1.29)	0.64 (0.35,1.18)	0.57 (0.31,1.04)	0.43 (0.07,2.70)	0.61 (0.29,1.26)
0.76 (0.56,1.03)	1.19 (0.78,1.84)	**Low fat**	0.76 (0.45,1.31)	0.68 (0.40,1.16)	0.51 (0.08,3.15)	0.72 (0.37,1.40)
0.99 (0.65,1.53)	1.56 (0.85,2.88)	1.31 (0.76,2.24)	**Very low fat**	0.89 (0.50,1.60)	0.67 (0.11,4.23)	0.95 (0.44,2.02)
1.11 (0.75,1.65)	1.75 (0.96,3.18)	1.46 (0.86,2.48)	1.12 (0.63,2.00)	**Modified fat**	0.75 (0.12,4.70)	1.06 (0.50,2.24)
1.48 (0.25,8.83)	2.33 (0.37,14.62)	1.95 (0.32,11.95)	1.49 (0.24,9.37)	1.33 (0.21,8.31)	**Ornish**	1.41 (0.21,9.34)
1.05 (0.57,1.94)	1.65 (0.80,3.43)	1.38 (0.72,2.67)	1.06 (0.50,2.25)	0.94 (0.45,1.99)	0.71 (0.11,4.71)	**Combined low fat-low sodium**

Table S10. Network meta-analysis results comparing the effects of named dietary programmes for cardiovascular mortality at last follow-up including odds ratios (OR) and 95% CIs. Sensitivity analysis excluding trials with smoking or drug therapy interventions.

Minimal	2.01 (1.13,3.57)	1.25 (0.74,2.10)	0.99 (0.62,1.57)	0.89 (0.59,1.35)	1.08 (0.02,56.81)	0.86 (0.45,1.63)
0.50 (0.28,0.88)	**Mediterranean**	0.62 (0.42,0.91)	0.49 (0.23,1.04)	0.44 (0.21,0.92)	0.54 (0.01,29.40)	0.42 (0.18,1.01)
0.80 (0.48,1.35)	1.61 (1.10,2.36)	**Low fat**	0.79 (0.39,1.61)	0.72 (0.36,1.43)	0.87 (0.02,47.07)	0.69 (0.30,1.57)
1.02 (0.64,1.62)	2.04 (0.96,4.34)	1.27 (0.62,2.59)	**Very low fat**	0.91 (0.49,1.68)	1.10 (0.02,59.26)	0.87 (0.39,1.93)
1.12 (0.74,1.69)	2.25 (1.08,4.67)	1.40 (0.70,2.78)	1.10 (0.60,2.03)	**Modified fat**	1.21 (0.02,64.87)	0.96 (0.44,2.06)
0.92 (0.02,48.60)	1.86 (0.03,101.96)	1.15 (0.02,62.76)	0.91 (0.02,49.19)	0.83 (0.02,44.41)	**Ornish**	0.79 (0.01,43.81)
1.17 (0.61,2.23)	2.35 (0.99,5.59)	1.46 (0.64,3.35)	1.15 (0.52,2.56)	1.05 (0.49,2.25)	1.26 (0.02,69.99)	**Combined low fat-low sodium**

Table S11. Network meta-analysis results comparing the effects of named dietary programmes for stroke (N = 20 RCTs) including odds ratios (OR) and 95% CIs.

Minimal	1.53 (1.07,2.19)	1.01 (0.77,1.33)	1.03 (0.70,1.54)	0.60 (0.20,1.79)	1.58 (0.80,3.10)	0.40 (0.02,10.57)
0.65 (0.46,0.93)	**Mediterranean**	0.66 (0.50,0.88)	0.67 (0.40,1.15)	0.39 (0.13,1.23)	1.03 (0.48,2.20)	0.26 (0.01,6.91)
0.99 (0.75,1.29)	1.51 (1.14,2.01)	**Low fat**	1.02 (0.63,1.65)	0.59 (0.19,1.82)	1.56 (0.76,3.21)	0.40 (0.02,10.31)
0.97 (0.65,1.44)	1.48 (0.87,2.52)	0.98 (0.61,1.58)	**Very low fat**	0.58 (0.18,1.85)	1.52 (0.70,3.34)	0.39 (0.01,10.47)
1.66 (0.56,4.92)	2.54 (0.81,7.98)	1.68 (0.55,5.15)	1.72 (0.54,5.46)	**Modified fat**	2.62 (0.73,9.41)	0.67 (0.02,20.92)
0.63 (0.32,1.24)	0.97 (0.45,2.08)	0.64 (0.31,1.32)	0.66 (0.30,1.43)	0.38 (0.11,1.37)	**Combined low fat-low sodium**	0.26 (0.01,7.17)
2.48 (0.09,64.84)	3.80 (0.14,99.54)	2.51 (0.10,64.99)	2.56 (0.10,68.72)	1.49 (0.05,46.64)	3.91 (0.14,109.5)	**Pritikin**

Table S12. Network meta-analysis results comparing the effects of named dietary programmes for stroke (N = 19 RCTs) including odds ratios (OR) and 95% CIs. Sensitivity analysis excluding Singh 2002.

Minimal	1.51 (1.05,2.16)	1.02 (0.78,1.33)	1.03 (0.70,1.54)	0.60 (0.20,1.79)	1.58 (0.80,3.10)	0.41 (0.02,10.62)
0.66 (0.46,0.96)	**Mediterranean**	0.68 (0.50,0.91)	0.69 (0.40,1.18)	0.40 (0.13,1.26)	1.05 (0.49,2.25)	0.27 (0.01,7.07)
0.98 (0.75,1.29)	1.48 (1.09,2.00)	**Low fat**	1.02 (0.63,1.64)	0.59 (0.19,1.82)	1.55 (0.75,3.19)	0.40 (0.02,10.31)
0.97 (0.65,1.44)	1.45 (0.85,2.49)	0.98 (0.61,1.59)	**Very low fat**	0.58 (0.18,1.85)	1.53 (0.70,3.34)	0.39 (0.01,10.51)
1.66 (0.56,4.92)	2.50 (0.79,7.85)	1.69 (0.55,5.18)	1.72 (0.54,5.46)	**Modified fat**	2.62 (0.73,9.41)	0.67 (0.02,21.00)
0.63 (0.32,1.24)	0.95 (0.44,2.05)	0.64 (0.31,1.33)	0.66 (0.30,1.43)	0.38 (0.11,1.37)	**Combined low fat-low sodium**	0.26 (0.01,7.20)
2.47 (0.09,64.59)	3.71 (0.14,97.46)	2.51 (0.10,64.99)	2.55 (0.10,68.46)	1.49 (0.05,46.46)	3.89 (0.14,109.1)	**Pritikin**

Table S13. Network meta-analysis results comparing the effects of named dietary programmes for stroke including odds ratios (OR) and 95% CIs. Sensitivity analysis excluding trials with smoking or drug therapy interventions.

Minimal	3.28 (0.87,12.36)	2.15 (0.56,8.19)	1.03 (0.70,1.54)	0.60 (0.20,1.79)	1.63 (0.83,3.21)	0.85 (0.03,28.84)
0.30 (0.08,1.15)	**Mediterranean**	0.65 (0.48,0.89)	0.32 (0.08,1.26)	0.18 (0.03,1.02)	0.50 (0.12,2.09)	0.26 (0.01,6.85)
0.47 (0.12,1.78)	1.53 (1.12,2.09)	**Low fat**	0.48 (0.12,1.95)	0.28 (0.05,1.58)	0.76 (0.18,3.23)	0.40 (0.02,10.31)
0.97 (0.65,1.44)	3.17 (0.79,12.66)	2.07 (0.51,8.38)	**Very low fat**	0.58 (0.18,1.85)	1.58 (0.72,3.46)	0.83 (0.02,28.51)
1.66 (0.56,4.92)	5.44 (0.98,30.23)	3.56 (0.63,19.97)	1.72 (0.54,5.46)	**Modified fat**	2.70 (0.75,9.74)	1.42 (0.04,56.37)
0.61 (0.31,1.21)	2.01 (0.48,8.46)	1.32 (0.31,5.59)	0.63 (0.29,1.39)	0.37 (0.10,1.33)	**Combined low fat-low sodium**	0.52 (0.01,18.45)
1.17 (0.03,39.47)	3.84 (0.15,100.82)	2.51 (0.10,64.99)	1.21 (0.04,41.76)	0.71 (0.02,28.05)	1.91 (0.05,67.17)	**Pritikin**

Table S14. Network meta-analysis results comparing the effects of named dietary programmes for non-fatal MI (N = 27 RCTs) including odds ratios (OR) and 95% CIs.

Minimal	2.07 (1.53,2.81)	1.30 (1.04,1.63)	0.84 (0.61,1.16)	1.12 (0.75,1.68)	0.64 (0.37,1.10)	1.08 (0.02,55.24)
0.48 (0.36,0.65)	**Mediterranean**	0.63 (0.49,0.81)	0.40 (0.27,0.61)	0.54 (0.32,0.90)	0.31 (0.17,0.57)	0.52 (0.01,26.98)
0.77 (0.61,0.96)	1.59 (1.24,2.04)	**Low fat**	0.64 (0.45,0.92)	0.86 (0.54,1.37)	0.49 (0.27,0.87)	0.83 (0.02,42.68)
1.19 (0.86,1.65)	2.47 (1.64,3.71)	1.55 (1.08,2.23)	**Very low fat**	1.34 (0.79,2.26)	0.76 (0.41,1.42)	1.29 (0.02,66.78)
0.89 (0.60,1.34)	1.85 (1.11,3.08)	1.16 (0.73,1.86)	0.75 (0.44,1.27)	**Modified fat**	0.57 (0.29,1.12)	0.97 (0.02,50.38)
1.57 (0.91,2.71)	3.25 (1.76,6.00)	2.05 (1.15,3.65)	1.32 (0.70,2.46)	1.76 (0.89,3.47)	**Combined low fat-low sodium**	1.70 (0.03,90.06)
0.92 (0.02,47.25)	1.92 (0.04,99.02)	1.20 (0.02,61.96)	0.78 (0.01,40.15)	1.04 (0.02,54.00)	0.59 (0.01,31.24)	**Ornish**

Table S15. Network meta-analysis results comparing the effects of named dietary programmes for non-fatal MI (N = 22 RCTs) including odds ratios (OR) and 95% CIs. Sensitivity analysis excluding Singh 2002, Singh 2017, Lehmann 2011, Shea 2011, and Research Committee 1965.

Minimal	1.87 (1.30,2.69)	1.37 (1.05,1.78)	0.82 (0.54,1.23)	1.12 (0.74,1.69)	0.60 (0.34,1.07)	1.08 (0.02,55.36)
0.53 (0.37,0.77)	**Mediterranean**	0.73 (0.52,1.02)	0.44 (0.26,0.72)	0.60 (0.34,1.04)	0.32 (0.16,0.64)	0.58 (0.01,30.11)
0.73 (0.56,0.96)	1.37 (0.98,1.91)	**Low fat**	0.60 (0.39,0.92)	0.82 (0.50,1.35)	0.44 (0.23,0.83)	0.79 (0.02,40.91)
1.23 (0.81,1.85)	2.29 (1.39,3.78)	1.67 (1.09,2.57)	**Very low fat**	1.37 (0.76,2.48)	0.74 (0.36,1.50)	1.33 (0.03,69.38)
0.90 (0.59,1.35)	1.67 (0.96,2.92)	1.22 (0.74,2.02)	0.73 (0.40,1.32)	**Modified fat**	0.54 (0.26,1.10)	0.97 (0.02,50.64)
1.66 (0.93,2.97)	3.11 (1.57,6.17)	2.27 (1.20,4.31)	1.36 (0.67,2.77)	1.86 (0.91,3.79)	**Combined low fat-low sodium**	1.80 (0.03,96.16)
0.92 (0.02,47.36)	1.73 (0.03,90.02)	1.26 (0.02,65.25)	0.75 (0.01,39.45)	1.03 (0.02,54.07)	0.56 (0.01,29.69)	**Ornish**

Table S16. Network meta-analysis results comparing the effects of named dietary programmes for non-fatal MI including odds ratios (OR) and 95% CIs. Sensitivity analysis excluding trials with smoking or drug therapy interventions.

Minimal	2.36 (1.49,3.74)	1.45 (0.96,2.19)	0.79 (0.56,1.11)	1.12 (0.74,1.70)	0.64 (0.37,1.14)	1.08 (0.02,55.41)
0.42 (0.27,0.67)	**Mediterranean**	0.61 (0.46,0.83)	0.33 (0.19,0.58)	0.47 (0.25,0.88)	0.27 (0.13,0.55)	0.46 (0.01,24.08)
0.69 (0.46,1.04)	1.63 (1.21,2.19)	**Low fat**	0.54 (0.32,0.93)	0.77 (0.43,1.38)	0.44 (0.22,0.88)	0.74 (0.01,38.96)
1.27 (0.90,1.79)	3.00 (1.72,5.26)	1.85 (1.08,3.16)	**Very low fat**	1.42 (0.82,2.45)	0.82 (0.43,1.58)	1.37 (0.03,71.50)
0.90 (0.59,1.36)	2.12 (1.13,3.95)	1.30 (0.72,2.34)	0.70 (0.41,1.22)	**Modified fat**	0.58 (0.29,1.17)	0.97 (0.02,50.74)
1.55 (0.88,2.73)	3.66 (1.81,7.43)	2.25 (1.14,4.45)	1.22 (0.63,2.35)	1.73 (0.85,3.51)	**Combined low fat-low sodium**	1.68 (0.03,89.48)
0.92 (0.02,47.40)	2.19 (0.04,115.03)	1.34 (0.03,70.37)	0.73 (0.01,37.84)	1.03 (0.02,54.10)	0.60 (0.01,31.83)	**Ornish**

Table S17. Network meta-analysis results comparing the effects of named dietary programmes for unplanned cardiovascular interventions (N = 18 RCTs) including odds ratios (OR) and 95% CIs.

Minimal	1.23 (0.77,1.97)	1.58 (0.98,2.54)	1.05 (0.60,1.84)	0.74 (0.32,1.69)	1.09 (0.32,3.73)
0.81 (0.51,1.30)	**Mediterranean**	1.28 (0.72,2.29)	0.86 (0.42,1.76)	0.60 (0.23,1.56)	0.89 (0.24,3.30)
0.63 (0.39,1.02)	0.78 (0.44,1.39)	**Low fat**	0.67 (0.33,1.34)	0.47 (0.18,1.22)	0.69 (0.18,2.58)
0.95 (0.54,1.65)	1.17 (0.57,2.40)	1.50 (0.74,3.02)	**Very low fat**	0.70 (0.26,1.90)	1.03 (0.27,3.99)
1.35 (0.59,3.09)	1.66 (0.64,4.29)	2.13 (0.82,5.53)	1.42 (0.53,3.85)	**Combined low fat-low sodium**	1.47 (0.33,6.47)
0.92 (0.27,3.14)	1.13 (0.30,4.20)	1.45 (0.39,5.41)	0.97 (0.25,3.72)	0.68 (0.15,2.99)	**Ornish**

Table S18. Network meta-analysis results comparing the effects of named dietary programmes for unplanned cardiovascular interventions (N = 17 RCTs) including odds ratios (OR) and 95% CIs. Sensitivity analysis excluding Singh 2002.

Minimal	1.03 (0.65,1.64)	1.74 (1.08,2.82)	1.04 (0.62,1.75)	0.74 (0.35,1.58)	1.09 (0.33,3.56)
0.97 (0.61,1.54)	**Mediterranean**	1.69 (0.87,3.27)	1.01 (0.50,2.05)	0.72 (0.29,1.75)	1.06 (0.30,3.77)
0.57 (0.35,0.93)	0.59 (0.31,1.15)	**Low fat**	0.60 (0.31,1.17)	0.43 (0.17,1.05)	0.63 (0.17,2.25)
0.96 (0.57,1.61)	0.99 (0.49,2.00)	1.67 (0.85,3.27)	**Very low fat**	0.71 (0.28,1.78)	1.05 (0.29,3.81)
1.35 (0.63,2.88)	1.39 (0.57,3.39)	2.35 (0.96,5.78)	1.41 (0.56,3.53)	**Combined low fat-low sodium**	1.47 (0.36,6.01)
0.92 (0.28,3.00)	0.95 (0.26,3.38)	1.60 (0.44,5.74)	0.96 (0.26,3.49)	0.68 (0.17,2.78)	**Ornish**

Table S19. Network meta-analysis results comparing the effects of named dietary programmes for unplanned cardiovascular interventions including odds ratios (OR) and 95% CIs. Sensitivity analysis excluding trials with smoking or drug therapy interventions.

Minimal	1.64 (0.62,4.32)	2.16 (0.67,6.91)	0.89 (0.32,2.46)	0.74 (0.19,2.86)	1.09 (0.21,5.56)
0.61 (0.23,1.60)	**Mediterranean**	1.32 (0.48,3.59)	0.54 (0.13,2.19)	0.45 (0.09,2.38)	0.66 (0.10,4.41)
0.46 (0.14,1.48)	0.76 (0.28,2.08)	**Low fat**	0.41 (0.09,1.91)	0.34 (0.06,2.04)	0.50 (0.07,3.73)
1.13 (0.41,3.13)	1.85 (0.46,7.52)	2.44 (0.52,11.32)	**Very low fat**	0.84 (0.15,4.55)	1.23 (0.18,8.41)
1.35 (0.35,5.21)	2.22 (0.42,11.67)	2.92 (0.49,17.33)	1.20 (0.22,6.51)	**Combined low fat-low sodium**	1.47 (0.18,12.21)
0.92 (0.18,4.68)	1.51 (0.23,10.01)	1.98 (0.27,14.66)	0.81 (0.12,5.56)	0.68 (0.08,5.64)	**Ornish**

Table S20. Network meta-regression results adjusting for exercise co-interventions for all-cause mortality at last follow-up.

	Treatment							
Comparator	Minimal	Combined low fat-low sodium	Low fat	Medit	Modified fat	Ornish	Pritikin	Very low fat
Minimal		1.01 (0.72,1.41)	0.81 (0.61,1.07)	0.62 (0.43,0.91)	1.07 (0.78,1.47)	2.80 (0.11,70.46)	0.21 (0.01,5.46)	0.95 (0.69,1.31)
Combined low fat-low sodium	0.99 (0.71,1.39)		0.80 (0.53,1.20)	0.62 (0.38,1.00)	1.06 (0.67,1.69)	2.78 (0.11,71.12)	0.20 (0.01,5.49)	0.95 (0.60,1.50)
Low fat	1.24 (0.94,1.64)	1.25 (0.83,1.88)		0.77 (0.58,1.01)	1.32 (0.86,2.03)	3.47 (0.14,88.33)	0.25 (0.01,6.69)	1.18 (0.78,1.80)
Medit	1.61 (1.10,2.35)	1.62 (1.00,2.62)	1.30 (0.99,1.71)		1.72 (1.03,2.86)	4.51 (0.18,115.86)	0.33 (0.01,8.78)	1.53 (0.94,2.49)
Modified fat	0.94 (0.68,1.29)	0.94 (0.59,1.50)	0.76 (0.49,1.16)	0.58 (0.35,0.97)		2.62 (0.10,66.98)	0.19 (0.01,5.19)	0.89 (0.57,1.41)
Ornish	0.36 (0.01,8.98)	0.36 (0.01,9.21)	0.29 (0.01,7.34)	0.22 (0.01,5.71)	0.38 (0.01,9.75)		0.07 (0.00,7.30)	0.34 (0.01,8.70)
Pritikin	4.86 (0.18,128.99)	4.90 (0.18,131.80)	3.92 (0.15,102.91)	3.02 (0.11,80.18)	5.19 (0.19,140.12)	13.61 (0.14,1352.85)		4.63 (0.17,124.87)
Very low fat	1.05 (0.76,1.44)	1.06 (0.67,1.68)	0.85 (0.56,1.29)	0.65 (0.40,1.06)	1.12 (0.71,1.77)	2.94 (0.11,75.07)	0.22 (0.01,5.82)	

Table S21. Network meta-regression results adjusting for drug therapy co-interventions for all-cause mortality at last follow-up.

	Treatment							
Comparator	Minimal	Combined low fat-low sodium	Low fat	Medit	Modified fat	Ornish	Pritikin	Very low fat
Minimal	. .	1.00 (0.73,1.39)	0.78 (0.62,0.99)	0.64 (0.47,0.87)	1.07 (0.78,1.46)	2.43 (0.24,24.34)	0.20 (0.01,5.25)	0.93 (0.69,1.25)
Combined low fat-low sodium	1.00 (0.72,1.38)		0.78 (0.53,1.14)	0.64 (0.42,0.97)	1.06 (0.68,1.67)	2.42 (0.24,24.81)	0.20 (0.01,5.30)	0.93 (0.60,1.44)
Low fat	1.28 (1.01,1.63)	1.29 (0.88,1.88)		0.82 (0.64,1.04)	1.37 (0.92,2.03)	3.11 (0.31,31.57)	0.25 (0.01,6.67)	1.19 (0.82,1.73)
Medit	1.57 (1.16,2.13)	1.57 (1.03,2.41)	1.22 (0.96,1.56)		1.67 (1.07,2.61)	3.81 (0.37,38.92)	0.31 (0.01,8.23)	1.46 (0.97,2.19)
Modified fat	0.94 (0.69,1.28)	0.94 (0.60,1.48)	0.73 (0.49,1.09)	0.60 (0.38,0.94)		2.28 (0.22,23.33)	0.19 (0.01,5.01)	0.87 (0.56,1.35)
Ornish	0.41 (0.04,4.13)	0.41 (0.04,4.24)	0.32 (0.03,3.26)	0.26 (0.03,2.69)	0.44 (0.04,4.49)		0.08 (0.00,4.49)	0.38 (0.04,3.91)
Pritikin	5.03 (0.19,132.71)	5.04 (0.19,134.92)	3.92 (0.15,102.67)	3.21 (0.12,84.68)	5.36 (0.20,143.60)	12.21 (0.22,668.75)		4.68 (0.17,124.97)
Very low fat	1.08 (0.80,1.45)	1.08 (0.70,1.67)	0.84 (0.58,1.22)	0.69 (0.46,1.03)	1.15 (0.74,1.77)	2.61 (0.26,26.68)	0.21 (0.01,5.72)	

Table S22. Network meta-regression results adjusting for smoking cessation co-interventions for all-cause mortality at last follow-up.

	Treatment							
Comparator	Minimal	Combined low fat-low sodium	Low fat	Medit	Modified fat	Ornish	Pritikin	Very low fat
Minimal	. .	1.02 (0.73,1.42)	0.86 (0.68,1.08)	0.65 (0.47,0.92)	1.07 (0.78,1.47)	2.80 (0.11,70.45)	0.22 (0.01,5.78)	0.93 (0.68,1.26)
Combined low fat-low sodium	0.98 (0.70,1.37)		0.84 (0.57,1.24)	0.64 (0.40,1.02)	1.05 (0.66,1.67)	2.75 (0.11,70.43)	0.21 (0.01,5.77)	0.91 (0.58,1.44)
Low fat	1.17 (0.93,1.47)	1.19 (0.81,1.74)		0.76 (0.58,1.01)	1.25 (0.84,1.85)	3.26 (0.13,82.77)	0.25 (0.01,6.69)	1.08 (0.73,1.58)
Medit	1.53 (1.08,2.15)	1.55 (0.98,2.47)	1.31 (0.99,1.73)		1.63 (1.01,2.63)	4.28 (0.17,109.55)	0.33 (0.01,8.86)	1.41 (0.90,2.21)
Modified fat	0.94 (0.68,1.29)	0.95 (0.60,1.51)	0.80 (0.54,1.19)	0.61 (0.38,0.99)		2.62 (0.10,66.98)	0.20 (0.01,5.50)	0.87 (0.55,1.36)
Ornish	0.36 (0.01,8.98)	0.36 (0.01,9.30)	0.31 (0.01,7.77)	0.23 (0.01,5.99)	0.38 (0.01,9.75)		0.08 (0.00,7.74)	0.33 (0.01,8.44)
Pritikin	4.57 (0.17,120.89)	4.65 (0.17,124.84)	3.92 (0.15,102.90)	2.99 (0.11,79.45)	4.89 (0.18,131.24)	12.81 (0.13,1269.22)		4.23 (0.16,113.56)
Very low fat	1.08 (0.79,1.48)	1.10 (0.70,1.74)	0.93 (0.63,1.36)	0.71 (0.45,1.11)	1.15 (0.74,1.81)	3.03 (0.12,77.25)	0.24 (0.01,6.34)	

Table S23. Network meta-regression results adjusting for psychosocial support co-interventions for all-cause mortality at last follow-up.

	Treatment							
Comparator	Minimal	Combined low fat-low sodium	Low fat	Medit	Modified fat	Ornish	Pritikin	Very low fat
Minimal		1.02 (0.78,1.31)	0.82 (0.69,0.99)	0.68 (0.51,0.90)	1.06 (0.78,1.44)	2.43 (0.24,24.30)	0.21 (0.01,5.51)	0.96 (0.72,1.27)
Combined low fat-low sodium	0.98 (0.76,1.28)		0.81 (0.60,1.10)	0.67 (0.46,0.97)	1.05 (0.70,1.56)	2.39 (0.24,24.29)	0.21 (0.01,5.48)	0.95 (0.65,1.39)
Low fat	1.21 (1.01,1.46)	1.23 (0.91,1.67)		0.82 (0.65,1.04)	1.29 (0.90,1.84)	2.95 (0.29,29.71)	0.25 (0.01,6.66)	1.17 (0.84,1.63)
Medit	1.48 (1.11,1.97)	1.50 (1.03,2.19)	1.22 (0.96,1.55)		1.57 (1.02,2.41)	3.59 (0.35,36.59)	0.31 (0.01,8.18)	1.42 (0.96,2.11)
Modified fat	0.94 (0.69,1.28)	0.96 (0.64,1.43)	0.78 (0.54,1.11)	0.64 (0.42,0.98)		2.29 (0.22,23.34)	0.20 (0.01,5.27)	0.90 (0.60,1.37)
Ornish	0.41 (0.04,4.12)	0.42 (0.04,4.25)	0.34 (0.03,3.42)	0.28 (0.03,2.84)	0.44 (0.04,4.47)		0.09 (0.00,4.71)	0.40 (0.04,4.03)
Pritikin	4.76 (0.18,125.00)	4.83 (0.18,128.07)	3.92 (0.15,102.46)	3.22 (0.12,84.81)	5.06 (0.19,134.71)	11.56 (0.21,630.03)		4.57 (0.17,121.53)
Very low fat	1.04 (0.78,1.38)	1.06 (0.72,1.55)	0.86 (0.61,1.20)	0.70 (0.47,1.04)	1.11 (0.73,1.68)	2.53 (0.25,25.74)	0.22 (0.01,5.81)	

Table S24. Network meta-regression results adjusting for exercise co-interventions for cardiovascular mortality at last follow-up.

	Treatment						
Comparator	Minimal	Combined low fat-low sodium	Low fat	Medit	Modified fat	Ornish	Very low fat
Minimal		1.17 (0.60,2.28)	0.72 (0.45,1.16)	0.46 (0.27,0.78)	1.12 (0.74,1.71)	0.92 (0.02,48.77)	0.94 (0.58,1.55)
Combined low fat-low sodium	0.86 (0.44,1.67)		0.62 (0.27,1.40)	0.39 (0.17,0.92)	0.96 (0.44,2.11)	0.79 (0.01,44.12)	0.81 (0.35,1.85)
Low fat	1.38 (0.86,2.21)	1.62 (0.71,3.66)		0.63 (0.43,0.93)	1.55 (0.81,2.96)	1.28 (0.02,69.29)	1.30 (0.66,2.57)
Medit	2.19 (1.28,3.76)	2.56 (1.08,6.05)	1.58 (1.08,2.33)		2.46 (1.22,4.95)	2.03 (0.04,110.83)	2.07 (1.00,4.29)
Modified fat	0.89 (0.59,1.35)	1.04 (0.47,2.29)	0.64 (0.34,1.23)	0.41 (0.20,0.82)		0.82 (0.02,44.40)	0.84 (0.44,1.61)
Ornish	1.08 (0.02,57.01)	1.26 (0.02,70.48)	0.78 (0.01,42.41)	0.49 (0.01,27.00)	1.21 (0.02,65.45)		1.02 (0.02,55.46)
Very low fat	1.06 (0.65,1.74)	1.24 (0.54,2.85)	0.77 (0.39,1.51)	0.48 (0.23,1.00)	1.19 (0.62,2.28)	0.98 (0.02,53.31)	

Table S25. Network meta-regression results adjusting for drug therapy co-interventions for cardiovascular mortality at last follow-up.

	Treatment						
Comparator	Minimal	Combined low fat-low sodium	Low fat	Medit	Modified fat	Ornish	Very low fat
Minimal		1.17 (0.61,2.26)	0.66 (0.44,0.98)	0.47 (0.30,0.72)	1.12 (0.74,1.69)	1.48 (0.25,8.88)	1.02 (0.63,1.63)
Combined low fat-low sodium	0.86 (0.44,1.65)		0.56 (0.26,1.21)	0.40 (0.18,0.88)	0.96 (0.44,2.08)	1.26 (0.19,8.54)	0.87 (0.39,1.95)
Low fat	1.52 (1.02,2.28)	1.78 (0.82,3.85)		0.71 (0.50,1.02)	1.71 (0.94,3.10)	2.25 (0.36,14.14)	1.55 (0.82,2.92)
Medit	2.14 (1.39,3.30)	2.50 (1.14,5.50)	1.41 (0.98,2.02)		2.40 (1.30,4.43)	3.16 (0.50,20.02)	2.18 (1.14,4.17)
Modified fat	0.89 (0.59,1.35)	1.04 (0.48,2.27)	0.59 (0.32,1.07)	0.42 (0.23,0.77)		1.32 (0.21,8.31)	0.91 (0.49,1.69)
Ornish	0.68 (0.11,4.07)	0.79 (0.12,5.35)	0.44 (0.07,2.80)	0.32 (0.05,2.00)	0.76 (0.12,4.78)		0.69 (0.11,4.40)
Very low fat	0.98 (0.61,1.58)	1.15 (0.51,2.58)	0.65 (0.34,1.22)	0.46 (0.24,0.88)	1.10 (0.59,2.05)	1.45 (0.23,9.28)	

Table S26. Network meta-regression results adjusting for smoking cessation co-interventions for cardiovascular mortality at last follow-up.

	Treatment						
Comparator	Minimal	Combined low fat-low sodium	Low fat	Medit	Modified fat	Ornish	Very low fat
Minimal		1.17 (0.61,2.25)	0.84 (0.56,1.25)	0.52 (0.31,0.85)	1.12 (0.74,1.69)	0.92 (0.02,48.66)	1.02 (0.64,1.62)
Combined low fat-low sodium	0.86 (0.44,1.65)		0.72 (0.33,1.55)	0.44 (0.19,1.01)	0.96 (0.44,2.08)	0.79 (0.01,43.92)	0.87 (0.39,1.95)
Low fat	1.19 (0.80,1.78)	1.39 (0.65,3.00)		0.61 (0.42,0.90)	1.33 (0.74,2.40)	1.10 (0.02,59.17)	1.21 (0.65,2.26)
Medit	1.94 (1.18,3.20)	2.27 (0.99,5.17)	1.63 (1.11,2.38)		2.17 (1.12,4.20)	1.79 (0.03,97.43)	1.97 (0.99,3.94)
Modified fat	0.89 (0.59,1.35)	1.04 (0.48,2.26)	0.75 (0.42,1.35)	0.46 (0.24,0.89)		0.83 (0.02,44.39)	0.91 (0.49,1.69)
Ornish	1.08 (0.02,56.88)	1.26 (0.02,70.17)	0.91 (0.02,48.70)	0.56 (0.01,30.25)	1.21 (0.02,65.06)		1.10 (0.02,59.43)
Very low fat	0.98 (0.62,1.57)	1.15 (0.51,2.57)	0.83 (0.44,1.54)	0.51 (0.25,1.01)	1.10 (0.59,2.05)	0.91 (0.02,49.22)	

Table S27. Network meta-regression results adjusting for psychosocial support co-interventions for cardiovascular mortality at last follow-up.

	Treatment						
Comparator	Minimal	Combined low fat-low sodium	Low fat	Medit	Modified fat	Ornish	Very low fat
Minimal	. .	1.03 (0.53,2.00)	0.75 (0.54,1.05)	0.50 (0.32,0.78)	1.12 (0.74,1.71)	1.48 (0.25,8.89)	0.93 (0.57,1.49)
Combined low fat-low sodium	0.97 (0.50,1.88)		0.73 (0.36,1.51)	0.48 (0.22,1.06)	1.09 (0.49,2.41)	1.43 (0.21,9.70)	0.90 (0.40,2.02)
Low fat	1.32 (0.95,1.85)	1.37 (0.66,2.81)		0.66 (0.46,0.96)	1.49 (0.86,2.58)	1.96 (0.32,12.14)	1.23 (0.69,2.18)
Medit	2.00 (1.29,3.11)	2.06 (0.94,4.51)	1.51 (1.04,2.19)		2.24 (1.21,4.17)	2.95 (0.46,18.75)	1.85 (0.97,3.53)
Modified fat	0.89 (0.59,1.35)	0.92 (0.41,2.04)	0.67 (0.39,1.17)	0.45 (0.24,0.83)		1.32 (0.21,8.31)	0.83 (0.44,1.56)
Ornish	0.68 (0.11,4.08)	0.70 (0.10,4.74)	0.51 (0.08,3.17)	0.34 (0.05,2.15)	0.76 (0.12,4.80)		0.63 (0.10,4.02)
Very low fat	1.08 (0.67,1.74)	1.11 (0.49,2.51)	0.82 (0.46,1.45)	0.54 (0.28,1.03)	1.21 (0.64,2.30)	1.59 (0.25,10.22)	

Table S28. Network meta-regression results adjusting for exercise co-interventions for stroke at last follow-up.

	Treatment						
Comparator	Minimal	Combined low fat-low sodium	Low fat	Medit	Modified fat	Pritikin	Very low fat
Minimal		0.64 (0.28,1.43)	0.69 (0.25,1.87)	0.42 (0.15,1.22)	1.69 (0.53,5.37)	1.73 (0.06,53.52)	0.97 (0.54,1.73)
Combined low fat-low sodium	1.57 (0.70,3.52)		1.08 (0.31,3.73)	0.67 (0.18,2.47)	2.65 (0.65,10.77)	2.72 (0.08,90.78)	1.52 (0.56,4.11)
Low fat	1.45 (0.53,3.95)	0.92 (0.27,3.19)		0.62 (0.37,1.03)	2.45 (0.53,11.32)	2.51 (0.09,66.96)	1.40 (0.44,4.47)
Medit	2.36 (0.82,6.77)	1.50 (0.41,5.56)	1.62 (0.97,2.72)		3.98 (0.82,19.37)	4.08 (0.15,113.22)	2.28 (0.68,7.62)
Modified fat	0.59 (0.19,1.89)	0.38 (0.09,1.53)	0.41 (0.09,1.89)	0.25 (0.05,1.22)		1.03 (0.03,38.40)	0.57 (0.16,2.10)
Pritikin	0.58 (0.02,17.91)	0.37 (0.01,12.30)	0.40 (0.01,10.63)	0.25 (0.01,6.81)	0.98 (0.03,36.52)		0.56 (0.02,18.20)
Very low fat	1.03 (0.58,1.85)	0.66 (0.24,1.78)	0.71 (0.22,2.27)	0.44 (0.13,1.46)	1.74 (0.48,6.38)	1.79 (0.05,58.12)	

Table S29. Network meta-regression results adjusting for drug therapy co-interventions for stroke at last follow-up.

	Treatment						
Comparator	Minimal	Combined low fat-low sodium	Low fat	Medit	Modified fat	Pritikin	Very low fat
Minimal		0.64 (0.31,1.32)	0.88 (0.45,1.74)	0.57 (0.29,1.13)	1.67 (0.55,5.08)	2.21 (0.08,62.05)	0.97 (0.61,1.54)
Combined low fat-low sodium	1.57 (0.76,3.28)		1.39 (0.52,3.71)	0.90 (0.32,2.51)	2.62 (0.70,9.84)	3.48 (0.12,105.25)	1.52 (0.64,3.62)
Low fat	1.13 (0.58,2.23)	0.72 (0.27,1.93)		0.65 (0.42,0.99)	1.89 (0.51,6.99)	2.51 (0.10,65.62)	1.10 (0.48,2.50)
Medit	1.75 (0.88,3.45)	1.11 (0.40,3.09)	1.54 (1.01,2.35)		2.91 (0.77,10.99)	3.87 (0.14,103.95)	1.69 (0.74,3.86)
Modified fat	0.60 (0.20,1.83)	0.38 (0.10,1.43)	0.53 (0.14,1.96)	0.34 (0.09,1.29)		1.33 (0.04,44.69)	0.58 (0.17,1.94)
Pritikin	0.45 (0.02,12.66)	0.29 (0.01,8.68)	0.40 (0.02,10.41)	0.26 (0.01,6.94)	0.75 (0.02,25.34)		0.44 (0.02,12.64)
Very low fat	1.03 (0.65,1.65)	0.66 (0.28,1.57)	0.91 (0.40,2.08)	0.59 (0.26,1.35)	1.72 (0.52,5.77)	2.29 (0.08,66.31)	

Table S30. Network meta-regression results adjusting for smoking cessation co-interventions for stroke at last follow-up.

	Treatment						
Comparator	Minimal	Combined low fat-low sodium	Low fat	Medit	Modified fat	Pritikin	Very low fat
Minimal		0.63 (0.32,1.25)	1.02 (0.76,1.38)	0.65 (0.43,0.99)	1.66 (0.56,4.92)	2.57 (0.10,67.41)	0.97 (0.65,1.44)
Combined low fat-low sodium	1.58 (0.80,3.09)		1.61 (0.77,3.36)	1.02 (0.46,2.26)	2.61 (0.73,9.39)	4.04 (0.14,113.63)	1.52 (0.70,3.33)
Low fat	0.98 (0.72,1.32)	0.62 (0.30,1.29)		0.64 (0.47,0.87)	1.62 (0.52,5.01)	2.51 (0.10,64.99)	0.95 (0.57,1.56)
Medit	1.54 (1.01,2.35)	0.98 (0.44,2.15)	1.57 (1.16,2.14)		2.55 (0.79,8.19)	3.95 (0.15,103.70)	1.49 (0.83,2.66)
Modified fat	0.60 (0.20,1.79)	0.38 (0.11,1.38)	0.62 (0.20,1.91)	0.39 (0.12,1.26)		1.55 (0.05,48.48)	0.58 (0.18,1.85)
Pritikin	0.39 (0.01,10.23)	0.25 (0.01,6.95)	0.40 (0.02,10.31)	0.25 (0.01,6.66)	0.65 (0.02,20.23)		0.38 (0.01,10.13)
Very low fat	1.03 (0.70,1.54)	0.66 (0.30,1.44)	1.06 (0.64,1.74)	0.67 (0.38,1.20)	1.72 (0.54,5.46)	2.66 (0.10,71.44)	

Table S31. Network meta-regression results adjusting for psychosocial support co-interventions for stroke at last follow-up.

	Treatment						
Comparator	Minimal	Combined low fat-low sodium	Low fat	Medit	Modified fat	Pritikin	Very low fat
Minimal	. .	0.61 (0.31,1.20)	0.42 (0.19,0.93)	0.27 (0.12,0.62)	1.66 (0.56,4.92)	1.04 (0.04,29.78)	0.97 (0.65,1.44)
Combined low fat-low sodium	1.64 (0.83,3.22)		0.68 (0.25,1.89)	0.44 (0.15,1.25)	2.72 (0.76,9.78)	1.71 (0.06,51.79)	1.58 (0.72,3.47)
Low fat	2.40 (1.08,5.35)	1.47 (0.53,4.07)		0.64 (0.47,0.88)	3.99 (1.03,15.39)	2.51 (0.10,64.99)	2.32 (0.95,5.68)
Medit	3.74 (1.62,8.65)	2.28 (0.80,6.53)	1.56 (1.14,2.12)		6.21 (1.57,24.50)	3.91 (0.15,102.70)	3.62 (1.43,9.14)
Modified fat	0.60 (0.20,1.79)	0.37 (0.10,1.32)	0.25 (0.06,0.97)	0.16 (0.04,0.64)		0.63 (0.02,21.33)	0.58 (0.18,1.85)
Pritikin	0.96 (0.03,27.33)	0.58 (0.02,17.69)	0.40 (0.02,10.31)	0.26 (0.01,6.72)	1.59 (0.05,53.83)		0.93 (0.03,27.04)
Very low fat	1.03 (0.70,1.54)	0.63 (0.29,1.38)	0.43 (0.18,1.05)	0.28 (0.11,0.70)	1.72 (0.54,5.46)	1.08 (0.04,31.54)	

Table S32. Network meta-regression results adjusting for exercise co-interventions for non-fatal myocardial infarction at last follow-up.

	Treatment						
Comparator	Minimal	Combined low fat-low sodium	Low fat	Medit	Modified fat	Ornish	Very low fat
Minimal		1.56 (0.91,2.67)	0.68 (0.49,0.95)	0.42 (0.28,0.63)	0.89 (0.60,1.33)	0.92 (0.02,47.20)	1.31 (0.97,1.79)
Combined low fat-low sodium	0.64 (0.37,1.10)		0.44 (0.23,0.81)	0.27 (0.14,0.52)	0.57 (0.29,1.12)	0.59 (0.01,31.42)	0.84 (0.46,1.56)
Low fat	1.47 (1.06,2.05)	2.29 (1.23,4.26)		0.62 (0.47,0.82)	1.31 (0.78,2.21)	1.36 (0.03,70.43)	1.93 (1.23,3.04)
Medit	2.36 (1.59,3.53)	3.68 (1.91,7.09)	1.61 (1.21,2.13)		2.11 (1.19,3.73)	2.19 (0.04,113.88)	3.11 (1.89,5.10)
Modified fat	1.12 (0.75,1.67)	1.75 (0.89,3.42)	0.76 (0.45,1.28)	0.47 (0.27,0.84)		1.04 (0.02,53.96)	1.47 (0.89,2.45)
Ornish	1.08 (0.02,55.18)	1.68 (0.03,89.21)	0.73 (0.01,38.02)	0.46 (0.01,23.81)	0.97 (0.02,50.27)		1.42 (0.03,73.42)
Very low fat	0.76 (0.56,1.04)	1.19 (0.64,2.20)	0.52 (0.33,0.81)	0.32 (0.20,0.53)	0.68 (0.41,1.13)	0.70 (0.01,36.34)	

Table S33. Network meta-regression results adjusting for drug therapy co-interventions for non-fatal myocardial infarction at last follow-up.

	Treatment						
Comparator	Minimal	Combined low fat-low sodium	Low fat	Medit	Modified fat	Ornish	Very low fat
Minimal		1.57 (0.93,2.63)	0.70 (0.53,0.93)	0.45 (0.33,0.61)	0.89 (0.60,1.31)	0.92 (0.02,47.06)	1.30 (0.98,1.71)
Combined low fat-low sodium	0.64 (0.38,1.07)		0.45 (0.25,0.80)	0.29 (0.16,0.52)	0.57 (0.30,1.08)	0.59 (0.01,31.04)	0.83 (0.46,1.49)
Low fat	1.43 (1.07,1.90)	2.24 (1.25,4.00)		0.65 (0.51,0.82)	1.27 (0.79,2.06)	1.32 (0.03,67.86)	1.85 (1.24,2.76)
Medit	2.21 (1.63,2.99)	3.46 (1.91,6.27)	1.55 (1.22,1.97)		1.97 (1.20,3.22)	2.04 (0.04,105.16)	2.86 (1.90,4.32)
Modified fat	1.12 (0.76,1.66)	1.76 (0.92,3.36)	0.79 (0.49,1.27)	0.51 (0.31,0.83)		1.04 (0.02,53.87)	1.46 (0.90,2.35)
Ornish	1.08 (0.02,55.01)	1.70 (0.03,89.26)	0.76 (0.01,38.94)	0.49 (0.01,25.19)	0.96 (0.02,49.93)		1.40 (0.03,72.02)
Very low fat	0.77 (0.58,1.02)	1.21 (0.67,2.18)	0.54 (0.36,0.80)	0.35 (0.23,0.53)	0.69 (0.43,1.11)	0.71 (0.01,36.67)	

Table S34. Network meta-regression results adjusting for smoking cessation co-interventions for non-fatal myocardial infarction at last follow-up.

	Treatment						
Comparator	Minimal	Combined low fat-low sodium	Low fat	Medit	Modified fat	Ornish	Very low fat
Minimal		1.58 (0.92,2.71)	0.80 (0.62,1.03)	0.49 (0.33,0.71)	0.89 (0.60,1.33)	0.92 (0.02,47.21)	1.28 (0.94,1.76)
Combined low fat-low sodium	0.63 (0.37,1.09)		0.51 (0.28,0.91)	0.31 (0.16,0.59)	0.57 (0.29,1.11)	0.59 (0.01,31.07)	0.81 (0.44,1.51)
Low fat	1.25 (0.97,1.60)	1.97 (1.10,3.52)		0.61 (0.46,0.80)	1.11 (0.69,1.80)	1.15 (0.02,59.41)	1.60 (1.10,2.34)
Medit	2.05 (1.41,2.99)	3.23 (1.70,6.15)	1.64 (1.24,2.17)		1.83 (1.05,3.20)	1.90 (0.04,98.60)	2.63 (1.66,4.18)
Modified fat	1.12 (0.75,1.67)	1.77 (0.90,3.47)	0.90 (0.56,1.45)	0.55 (0.31,0.96)		1.04 (0.02,53.97)	1.44 (0.86,2.40)
Ornish	1.08 (0.02,55.19)	1.70 (0.03,90.31)	0.87 (0.02,44.56)	0.53 (0.01,27.40)	0.97 (0.02,50.30)		1.39 (0.03,71.74)
Very low fat	0.78 (0.57,1.07)	1.23 (0.66,2.28)	0.62 (0.43,0.91)	0.38 (0.24,0.60)	0.70 (0.42,1.16)	0.72 (0.01,37.24)	

Table S35. Network meta-regression results adjusting for psychosocial support co-interventions for non-fatal myocardial infarction at last follow-up.

	Treatment						
Comparator	Minimal	Combined low fat-low sodium	Low fat	Medit	Modified fat	Ornish	Very low fat
Minimal		1.55 (0.89,2.69)	0.66 (0.48,0.90)	0.41 (0.28,0.61)	0.89 (0.59,1.34)	0.92 (0.02,47.29)	1.22 (0.87,1.70)
Combined low fat-low sodium	0.64 (0.37,1.12)		0.43 (0.23,0.79)	0.26 (0.14,0.51)	0.58 (0.29,1.15)	0.60 (0.01,31.68)	0.78 (0.42,1.48)
Low fat	1.52 (1.11,2.06)	2.35 (1.27,4.37)		0.62 (0.47,0.83)	1.36 (0.81,2.26)	1.40 (0.03,72.57)	1.84 (1.17,2.89)
Medit	2.44 (1.64,3.61)	3.78 (1.95,7.31)	1.61 (1.21,2.14)		2.18 (1.23,3.85)	2.25 (0.04,117.42)	2.96 (1.81,4.84)
Modified fat	1.12 (0.74,1.68)	1.73 (0.87,3.45)	0.74 (0.44,1.23)	0.46 (0.26,0.81)		1.03 (0.02,54.02)	1.36 (0.80,2.32)
Ornish	1.08 (0.02,55.28)	1.68 (0.03,89.08)	0.71 (0.01,36.90)	0.44 (0.01,23.15)	0.97 (0.02,50.47)		1.31 (0.03,68.14)
Very low fat	0.82 (0.59,1.15)	1.28 (0.68,2.41)	0.54 (0.35,0.85)	0.34 (0.21,0.55)	0.74 (0.43,1.26)	0.76 (0.01,39.46)	

Table S36. Network meta-regression results adjusting for exercise co-interventions for unplanned cardiovascular interventions at last follow-up.

	Treatment					
Comparator	Minimal	Combined low fat-low sodium	Low fat	Medit	Ornish	Very low fat
Minimal		1.35 (0.44,4.14)	0.44 (0.14,1.36)	0.51 (0.23,1.15)	0.92 (0.22,3.88)	1.30 (0.43,3.91)
Combined low fat-low sodium	0.74 (0.24,2.27)		0.33 (0.07,1.60)	0.38 (0.10,1.51)	0.68 (0.11,4.22)	0.96 (0.20,4.63)
Low fat	2.27 (0.73,7.00)	3.06 (0.62,14.99)		1.17 (0.46,2.92)	2.08 (0.33,12.98)	2.95 (0.61,14.26)
Medit	1.95 (0.87,4.36)	2.63 (0.66,10.44)	0.86 (0.34,2.15)		1.79 (0.34,9.32)	2.53 (0.65,9.91)
Ornish	1.09 (0.26,4.61)	1.47 (0.24,9.13)	0.48 (0.08,3.00)	0.56 (0.11,2.93)		1.42 (0.23,8.70)
Very low fat	0.77 (0.26,2.31)	1.04 (0.22,4.98)	0.34 (0.07,1.64)	0.39 (0.10,1.55)	0.71 (0.11,4.33)	

Table S37. Network meta-regression results adjusting for drug therapy co-interventions for unplanned cardiovascular interventions at last follow-up.

	Treatment					
Comparator	Minimal	Combined low fat-low sodium	Low fat	Medit	Ornish	Very low fat
Minimal		1.35 (0.55,3.29)	0.56 (0.25,1.25)	0.66 (0.37,1.17)	0.92 (0.26,3.28)	1.16 (0.57,2.36)
Combined low fat-low sodium	0.74 (0.30,1.81)		0.42 (0.13,1.38)	0.49 (0.17,1.41)	0.68 (0.14,3.22)	0.86 (0.27,2.68)
Low fat	1.78 (0.80,3.94)	2.40 (0.73,7.92)		1.17 (0.58,2.38)	1.63 (0.36,7.32)	2.06 (0.73,5.82)
Medit	1.52 (0.86,2.69)	2.05 (0.71,5.91)	0.85 (0.42,1.73)		1.39 (0.35,5.63)	1.76 (0.73,4.27)
Ornish	1.09 (0.31,3.89)	1.47 (0.31,6.96)	0.61 (0.14,2.75)	0.72 (0.18,2.90)		1.26 (0.29,5.43)
Very low fat	0.86 (0.42,1.76)	1.16 (0.37,3.64)	0.49 (0.17,1.37)	0.57 (0.23,1.38)	0.79 (0.18,3.40)	

Table S38. Network meta-regression results adjusting for smoking cessation co-interventions for unplanned cardiovascular interventions at last follow-up.

	Treatment					
Comparator	Minimal	Combined low fat-low sodium	Low fat	Medit	Ornish	Very low fat
Minimal	. .	1.35 (0.58,3.15)	0.84 (0.41,1.71)	0.68 (0.36,1.27)	0.92 (0.26,3.18)	1.16 (0.59,2.31)
Combined low fat-low sodium	0.74 (0.32,1.73)		0.62 (0.21,1.88)	0.50 (0.17,1.44)	0.68 (0.15,3.07)	0.86 (0.29,2.56)
Low fat	1.19 (0.58,2.43)	1.61 (0.53,4.87)		0.80 (0.41,1.59)	1.09 (0.26,4.59)	1.39 (0.54,3.59)
Medit	1.48 (0.79,2.79)	2.00 (0.69,5.76)	1.24 (0.63,2.46)		1.36 (0.34,5.49)	1.72 (0.70,4.27)
Ornish	1.09 (0.31,3.78)	1.47 (0.33,6.63)	0.91 (0.22,3.84)	0.74 (0.18,2.97)		1.27 (0.31,5.25)
Very low fat	0.86 (0.43,1.70)	1.16 (0.39,3.45)	0.72 (0.28,1.87)	0.58 (0.23,1.44)	0.79 (0.19,3.26)	

Table S39. Network meta-regression results adjusting for psychosocial support co-interventions for unplanned cardiovascular interventions at last follow-up.

	Treatment					
Comparator	Minimal	Combined low fat-low sodium	Low fat	Medit	Ornish	Very low fat
Minimal	. .	1.35 (0.45,4.07)	0.44 (0.21,0.94)	0.42 (0.18,0.95)	0.92 (0.22,3.84)	0.93 (0.41,2.09)
Combined low fat-low sodium	0.74 (0.25,2.23)		0.33 (0.09,1.25)	0.31 (0.08,1.23)	0.68 (0.11,4.14)	0.69 (0.17,2.71)
Low fat	2.26 (1.06,4.82)	3.05 (0.80,11.63)		0.95 (0.43,2.08)	2.07 (0.41,10.46)	2.10 (0.70,6.27)
Medit	2.39 (1.05,5.44)	3.23 (0.81,12.77)	1.06 (0.48,2.33)		2.19 (0.42,11.42)	2.22 (0.71,6.94)
Ornish	1.09 (0.26,4.56)	1.47 (0.24,8.96)	0.48 (0.10,2.43)	0.46 (0.09,2.37)		1.01 (0.20,5.24)
Very low fat	1.08 (0.48,2.43)	1.45 (0.37,5.73)	0.48 (0.16,1.43)	0.45 (0.14,1.41)	0.99 (0.19,5.13)	

Table S40. Network meta-regression results adjusting for follow-up duration (in increments of 1 month) for all-cause mortality.

		OR	P value	95% CI	
Combined low fat-low sodium	Follow-up (per 1 month duration)	1.00	0.953	0.99	1.01
	Adjusted for follow-up duration	1.03	0.910	0.65	1.63
Low fat	Follow-up (per 1 month duration)	1.00	0.484	1.00	1.00
	Adjusted for follow-up duration	0.93	0.580	0.71	1.21
Mediterranean	Follow-up (per 1 month duration)	1.01	0.031	1.00	1.02
	Adjusted for follow-up duration	0.42	0.002	0.24	0.74
Ornish	Follow-up (per 1 month duration)	1.00	0.901	0.95	1.06
	Adjusted for follow-up duration	1.91	0.774	0.02	157.50
Very low fat	Follow-up (per 1 month duration)	1.00	0.560	1.00	1.00
	Adjusted for follow-up duration	0.79	0.493	0.40	1.56
Modified fat	Follow-up (per 1 month duration)	1.00	0.146	0.99	1.00
	Adjusted for follow-up duration	1.54	0.149	0.86	2.75
Pritikin	Follow-up (per 1 month duration)	.	.	.	.
	Adjusted for follow-up duration	0.23	0.383	0.01	6.11

Table S41. Network meta-regression results showing the subgroup effect for population type on all-cause mortality.

		OR	P value	95% CI	
Combined low fat-low sodium	Primary prevention population	0.99	0.971	0.59	1.65
	Adjusted	1.02	0.927	0.71	1.47
Low fat	Primary prevention population	0.94	0.695	0.69	1.28
	Adjusted	0.85	0.094	0.70	1.03
Mediterranean	Primary prevention population	.	.	.	.
	Adjusted	0.70	0.006	0.54	0.90
Ornish	Primary prevention population	.	.	.	.
	Adjusted	2.43	0.450	0.24	24.29
Very low fat	Primary prevention population	1.07	0.972	0.02	55.46
	Adjusted	0.94	0.651	0.71	1.24
Modified fat	Primary prevention population	.	.	.	.
	Adjusted	1.06	0.700	0.78	1.43
Pritikin	Primary prevention population	.	.	.	.
	Adjusted	0.22	0.359	0.01	5.69

P value in front of subgroup variable is for test of interaction, while the OR and its 95% CI for adjusted row shows the effect of intervention in the group without variable.

Table S42. Network meta-regression results adjusting for intervention duration (in increments of 1 month) for all-cause mortality.

		OR	P value	95% CI	
Combined low fat-low sodium	Duration (per 1 month duration)	1.00	0.985	0.99	1.01
	Adjusted for intervention duration	1.02	0.952	0.62	1.67
Low fat	Duration (per 1 month duration)	1.00	0.722	1.00	1.00
	Adjusted for intervention duration	0.88	0.171	0.74	1.06
Mediterranean	Duration (per 1 month duration)	1.00	0.858	0.98	1.03
	Adjusted for intervention duration	0.58	0.174	0.26	1.27
Ornish	Duration (per 1 month duration)	0.98	0.901	0.72	1.33
	Adjusted for intervention duration	3.34	0.668	0.01	821.19
Very low fat	Duration (per 1 month duration)	1.00	0.465	0.99	1.01
	Adjusted for intervention duration	0.72	0.413	0.33	1.58
Modified fat	Duration (per 1 month duration)	0.97	**0.047**	0.94	1.00
	Adjusted for intervention duration	4.52	0.044	1.04	19.61
Pritikin	Duration (per 1 month duration)				
	Adjusted for intervention duration	0.22	0.367	0.01	5.81

Table S43. Network meta-regression results showing the subgroup effect for intervention intensity on all-cause mortality.

		OR	95% CI		P value
Combined low fat-low sodium	Test of interaction	0.98	0.52	1.85	0.954
	Adjusted for intensity	1.02	0.76	1.36	0.895
Low fat	Test of interaction	0.99	0.71	1.38	0.962
	Adjusted for intensity	0.83	0.69	1.00	0.052
Mediterranean	Test of interaction	0.21	0.01	4.18	0.304
	Adjusted for intensity	0.69	0.53	0.90	0.007
Ornish	Test of interaction	.	.	.	.
	Adjusted for intensity	2.43	0.24	24.30	0.450
Very low fat	Test of interaction	0.88	0.19	4.08	0.871
	Adjusted for intensity	1.06	0.23	4.79	0.939
Modified fat	Test of interaction	.	.	.	.
	Adjusted for intensity	1.06	0.78	1.44	0.699
Pritikin	Test of interaction	.	.	.	.
	Adjusted for intensity	0.21	0.01	5.57	0.353

P value in front of subgroup variable is for test of interaction, while the OR and its 95% CI for adjusted row shows the effect of intervention in the group without variable.

Table S44. Network meta-regression results adjusting for follow-up duration (in increments of 1 month) for cardiovascular mortality.

		OR	P value	95% CI	
Combined low fat-low sodium	Follow-up (per 1 month duration)	0.96	0.092	0.91	1.01
	Adjusted for follow-up duration	7.00	0.092	0.73	67.25
Low fat	Follow-up (per 1 month duration)	1.00	0.670	1.00	1.01
	Adjusted for follow-up duration	0.74	0.268	0.43	1.26
Mediterranean	Follow-up (per 1 month duration)	1.01	0.271	0.99	1.03
	Adjusted for follow-up duration	0.35	0.017	0.15	0.83
Modified fat	Follow-up (per 1 month duration)	0.99	0.068	0.98	1.00
	Adjusted for follow-up duration	2.01	0.066	0.95	4.24
Very low fat	Follow-up (per 1 month duration)	1.00	0.950	0.92	1.09
	Adjusted for follow-up duration	1.33	0.878	0.03	52.64
Pritikin	Follow-up (per 1 month duration)	1.00	0.977	0.99	1.01
	Adjusted for follow-up duration	0.98	0.958	0.42	2.30

Table S45. Network meta-regression results showing the subgroup effect for population type on cardiovascular mortality.

		OR	P value	95% CI	
Combined low fat-low sodium	Primary prevention population	0.08	0.095	0.00	1.56
	Adjusted	1.17	0.629	0.62	2.20
Low fat	Primary prevention population	1.02	0.941	0.57	1.82
	Adjusted	0.78	0.165	0.55	1.11
Mediterranean	Primary prevention population	.	.	.	.
	Adjusted	0.54	0.002	0.37	0.80
Modified fat	Primary prevention population	.	.	.	.
	Adjusted	1.11	0.598	0.75	1.67
Ornish	Primary prevention population	.	.	.	.
	Adjusted	1.48	0.670	0.25	8.85
Very low fat	Primary prevention population	1.02	0.994	0.02	54.50
	Adjusted	0.99	0.976	0.64	1.55

P value in front of subgroup variable is for test of interaction, while the OR and its 95% CI for adjusted row shows the effect of intervention in the group without variable.

Table S46. Network meta-regression results adjusting for intervention duration (in increments of 1 month) for cardiovascular mortality.

		OR	P value	95% CI	
Combined low fat-low sodium	Duration (per 1 month duration)	0.96	0.090	0.91	1.01
	Adjusted for intervention duration	7.00	0.084	0.77	63.63
Low fat	Duration (per 1 month duration)	1.00	0.975	0.99	1.01
	Adjusted for intervention duration	0.83	0.464	0.50	1.37
Mediterranean	Duration (per 1 month duration)	1.01	0.263	0.99	1.03
	Adjusted for intervention duration	0.38	0.013	0.18	0.81
Modified fat	Duration (per 1 month duration)	0.96	**0.021**	0.93	0.99
	Adjusted for intervention duration	7.86	0.019	1.41	43.79
Ornish	Duration (per 1 month duration)	1.00	0.950	0.92	1.09
	Adjusted for intervention duration	1.33	0.878	0.03	52.11
Very low fat	Duration (per 1 month duration)	1.00	0.787	0.99	1.01
	Adjusted for intervention duration	1.12	0.823	0.41	3.06

Table S47. Network meta-regression results showing the subgroup effect for intervention intensity on cardiovascular mortality.

		OR	95% CI		P value
Combined low fat-low sodium	Test of interaction	.	.	.	.
	Adjusted for intensity	1.03	0.53	2.01	0.933
Low fat	Test of interaction	1.03	0.51	2.08	0.940
	Adjusted for intensity	0.76	0.55	1.06	0.110
Mediterranean	Test of interaction	0.67	0.02	18.10	0.813
	Adjusted for intensity	0.52	0.34	0.78	0.002
Modified fat	Test of interaction	.	.	.	.
	Adjusted for intensity	1.12	0.74	1.72	0.588
Ornish	Test of interaction	.	.	.	.
	Adjusted for intensity	1.48	0.24	8.90	0.671
Very low fat	Test of interaction	1.35	0.23	7.90	0.741
	Adjusted for intensity	0.76	0.14	4.14	0.747

P value in front of subgroup variable is for test of interaction, while the OR and its 95% CI for adjusted row shows the effect of intervention in the group without variable.

Table S48. Network meta-regression results adjusting for follow-up duration (in increments of 1 month) for stroke.

		OR	P value	95% CI	
Combined low fat-low sodium	Follow-up (per 1 month duration)	0.88	0.365	0.67	1.16
	Adjusted for follow-up duration	118.98	0.406	0.00	.
Low fat	Follow-up (per 1 month duration)	1.00	0.827	0.98	1.01
	Adjusted for follow-up duration	1.06	0.935	0.25	4.58
Mediterranean	Follow-up (per 1 month duration)	1.00	0.947	0.97	1.03
	Adjusted for follow-up duration	0.66	0.563	0.16	2.71
Modified fat	Follow-up (per 1 month duration)	0.90	0.468	0.68	1.19
	Adjusted for follow-up duration	723.98	0.431	0.00	.
Very low fat	Follow-up (per 1 month duration)	1.00	0.977	0.96	1.04
	Adjusted for follow-up duration	1.02	0.991	0.02	43.70
Pritikin	Follow-up (per 1 month duration)	.	.	.	.
	Adjusted for follow-up duration	2.61	0.596	0.07	91.08

Table S49. Network meta-regression results showing the subgroup effect for population type on stroke.

		OR	P value	95% CI	
Combined low fat-low sodium	Primary prevention population	4.33	0.409	0.13	140.13
	Adjusted	0.59	0.261	0.23	1.48
Low fat	Primary prevention population	0.74	0.661	0.19	2.84
	Adjusted	1.14	0.827	0.35	3.74
Mediterranean	Primary prevention population	0.41	0.501	0.03	5.41
	Adjusted	0.67	0.282	0.32	1.40
Modified fat	Primary prevention population	.	.	.	.
	Adjusted	1.71	0.388	0.51	5.78
Very low fat	Primary prevention population	1.04	0.977	0.06	19.79
	Adjusted	0.97	0.925	0.47	2.00
Pritikin	Primary prevention population	.	.	.	.
	Adjusted	2.87	0.557	0.09	96.52

P value in front of subgroup variable is for test of interaction, while the OR and its 95% CI for adjusted row shows the effect of intervention in the group without variable.

Table S50. Network meta-regression results adjusting for intervention duration (in increments of 1 month) for stroke.

		OR	P value	95% CI	
Combined low fat-low sodium	Duration (per 1 month duration)	0.76	0.357	0.42	1.37
	Adjusted for intervention duration	85.96	0.375	0.00	342.00
Low fat	Duration (per 1 month duration)	1.00	0.697	0.98	1.01
	Adjusted for intervention duration	1.17	0.825	0.29	4.82
Mediterranean	Duration (per 1 month duration)	1.00	0.851	0.96	1.03
	Adjusted for intervention duration	0.72	0.659	0.17	3.03
Modified fat	Duration (per 1 month duration)	0.90	0.474	0.68	1.20
	Adjusted for intervention duration	23.98	0.436	0.00	113.00
Very low fat	Duration (per 1 month duration)	1.00	0.977	0.96	1.04
	Adjusted for intervention duration	1.02	0.991	0.02	45.36
Pritikin	Duration (per 1 month duration)	.	.	.	.
	Adjusted for intervention duration	2.82	0.567	0.08	98.68

Table S51. Network meta-regression results showing the subgroup effect for intervention intensity on stroke.

		OR	95% CI		P value
Combined low fat-low sodium	Test of interaction	5.46	0.20	147.60	0.313
	Adjusted for intensity	0.59	0.30	1.18	0.134
Low fat	Test of interaction	1.39	0.73	2.65	0.316
	Adjusted for intensity	0.77	0.44	1.35	0.358
Mediterranean	Test of interaction	6.16	0.23	161.66	0.276
	Adjusted for intensity	0.53	0.31	0.90	0.019
Modified fat	Test of interaction	.	.	.	.
	Adjusted for intensity	1.66	0.56	4.92	0.362
Very low fat	Test of interaction	0.96	0.06	15.94	0.976
	Adjusted for intensity	1.01	0.06	16.32	0.995
Pritikin	Test of interaction	.	.	.	.
	Adjusted for intensity	1.93	0.07	52.36	0.697

P value in front of subgroup variable is for test of interaction, while the OR and its 95% CI for adjusted row shows the effect of intervention in the group without variable.

Table S52. Network meta-regression results adjusting for follow-up duration (in increments of 1 month) for non-fatal myocardial infarction.

		OR	P value	95% CI	
Combined low fat-low sodium	Follow-up (per 1 month duration)	1.07	0.420	0.91	1.25
	Adjusted for follow-up duration	0.11	0.504	0.00	75.33
Low fat	Follow-up (per 1 month duration)	1.00	0.438	1.00	1.01
	Adjusted for follow-up duration	0.68	0.061	0.45	1.02
Mediterranean	Follow-up (per 1 month duration)	1.01	0.093	1.00	1.03
	Adjusted for follow-up duration	0.28	0.000	0.14	0.56
Modified fat	Follow-up (per 1 month duration)	0.98	0.345	0.95	1.02
	Adjusted for follow-up duration	2.10	0.425	0.34	12.95
Ornish	Follow-up (per 1 month duration)	.	.	.	.
	Adjusted for follow-up duration	0.92	0.969	0.02	47.06
Very low fat	Follow-up (per 1 month duration)	1.01	0.207	1.00	1.02
	Adjusted for follow-up duration	0.75	0.482	0.34	1.67

Table S53. Network meta-regression results showing the subgroup effect for population type on non-fatal myocardial infarction.

		OR	P value	95% CI	
Combined low fat-low sodium	Primary prevention population	0.48	0.492	0.06	3.88
	Adjusted	1.66	0.082	0.94	2.96
Low fat	Primary prevention population	1.15	0.536	0.74	1.79
	Adjusted	0.70	0.031	0.50	0.97
Mediterranean	Primary prevention population	.	.	.	.
	Adjusted	0.45	0.000	0.32	0.63
Modified fat	Primary prevention population	.	.	.	.
	Adjusted	0.89	0.594	0.59	1.35
Ornish	Primary prevention population	.	.	.	.
	Adjusted	0.92	0.969	0.02	47.31
Very low fat	Primary prevention population	1.73	0.660	0.15	20.06
	Adjusted	1.17	0.378	0.82	1.68

P value in front of subgroup variable is for test of interaction, while the OR and its 95% CI for adjusted row shows the effect of intervention in the group without variable.

Table S54. Network meta-regression results adjusting for intervention duration (in increments of 1 month) for non-fatal myocardial infarction.

		OR	P value	95% CI	
Combined low fat-low sodium	Duration (per 1 month duration)	1.15	0.416	0.82	1.63
	Adjusted for intervention duration	0.00	0.453	0.00	6785.94
Low fat	Duration (per 1 month duration)	1.00	0.314	1.00	1.01
	Adjusted for intervention duration	0.65	0.033	0.44	0.97
Mediterranean	Duration (per 1 month duration)	1.01	0.079	1.00	1.03
	Adjusted for intervention duration	0.27	0.000	0.14	0.54
Modified fat	Duration (per 1 month duration)	0.98	0.345	0.95	1.02
	Adjusted for intervention duration	2.10	0.425	0.34	12.95
Ornish	Duration (per 1 month duration)	.	.	.	.
	Adjusted for intervention duration	0.92	0.969	0.02	47.06
Very low fat	Duration (per 1 month duration)	1.01	0.131	1.00	1.02
	Adjusted for intervention duration	0.69	0.356	0.31	1.52

Table S55. Network meta-regression results showing the subgroup effect for intervention intensity on non-fatal myocardial infarction.

		OR	95% CI		P value
Combined low fat-low sodium	Test of interaction	0.51	0.07	4.02	0.526
	Adjusted for intensity	1.66	0.97	2.85	0.063
Low fat	Test of interaction	1.25	0.88	1.76	0.209
	Adjusted for intensity	0.69	0.52	0.90	0.006
Mediterranean	Test of interaction	0.77	0.03	19.57	0.874
	Adjusted for intensity	0.45	0.34	0.60	0.000
Modified fat	Test of interaction	.	.	.	.
	Adjusted for intensity	0.89	0.60	1.31	0.557
Ornish	Test of interaction	.	.	.	.
	Adjusted for intensity	0.92	0.02	47.06	0.969
Very low fat	Test of interaction	2.30	0.77	6.90	0.138
	Adjusted for intensity	0.56	0.19	1.62	0.285

P value in front of subgroup variable is for test of interaction, while the OR and its 95% CI for adjusted row shows the effect of intervention in the group without variable.

Table S56. Network meta-regression results adjusting for follow-up duration (in increments of 1 month) for unplanned cardiovascular interventions.

		OR	P value	95% CI	
Combined low fat-low sodium	Follow-up (per 1 month duration)	.	.	.	.
	Adjusted for follow-up duration	1.35	0.619	0.41	4.40
Low fat	Follow-up (per 1 month duration)	1.00	0.967	0.99	1.01
	Adjusted for follow-up duration	0.57	0.201	0.24	1.35
Mediterranean	Follow-up (per 1 month duration)	1.00	0.840	0.95	1.04
	Adjusted for follow-up duration	0.93	0.923	0.20	4.37
Ornish	Follow-up (per 1 month duration)	.	.	.	.
	Adjusted for follow-up duration	0.92	0.910	0.21	4.08
Very low fat	Follow-up (per 1 month duration)	1.01	0.596	0.99	1.03
	Adjusted for follow-up duration	0.66	0.574	0.16	2.78

Table S57. Network meta-regression results showing the subgroup effect for population type on unplanned cardiovascular interventions.

		OR	P value	95% CI	
Combined low fat-low sodium	Primary prevention population	.	.	.	.
	Adjusted	1.35	0.545	0.51	3.56
Low fat	Primary prevention population	0.89	0.815	0.33	2.37
	Adjusted	0.63	0.137	0.35	1.16
Mediterranean	Primary prevention population	.			
	Adjusted	0.82	0.468	0.48	1.40
Ornish	Primary prevention population	.	.	.	.
	Adjusted	0.92	0.899	0.24	3.47
Very low fat	Primary prevention population	.	.	.	.
	Adjusted	0.94	0.835	0.50	1.76

P value in front of subgroup variable is for test of interaction, while the OR and its 95% CI for adjusted row shows the effect of intervention in the group without variable.

Table S58. Network meta-regression results adjusting for intervention duration (in increments of 1 month) for unplanned cardiovascular interventions.

		OR	P value	95% CI	
Combined low fat-low sodium	Duration (per 1 month duration)	.	.	.	.
	Adjusted for intervention duration	1.35	0.617	0.42	4.37
Low fat	Duration (per 1 month duration)	1.00	0.937	0.99	1.01
	Adjusted for intervention duration	0.62	0.282	0.26	1.48
Mediterranean	Duration (per 1 month duration)	1.01	0.651	0.97	1.06
	Adjusted for intervention duration	0.53	0.394	0.12	2.31
Ornish	Duration (per 1 month duration)	.	.	.	.
	Adjusted for intervention duration	0.92	0.910	0.21	4.05
Very low fat	Duration (per 1 month duration)	1.01	0.594	0.99	1.03
	Adjusted for intervention duration	0.66	0.571	0.16	2.76

Table S59. Network meta-regression results showing the subgroup effect for intervention intensity on unplanned cardiovascular interventions.

		OR	95% CI		P value
Combined low fat-low sodium	Test of interaction				
	Adjusted for intensity	1.35	0.52	3.53	0.540
Low fat	Test of interaction	1.12	0.45	2.82	0.805
	Adjusted for intensity	0.56	0.29	1.11	0.097
Mediterranean	Test of interaction	2.15	0.42	10.91	0.357
	Adjusted for intensity	0.73	0.40	1.31	0.285
Ornish	Test of interaction	.	.	.	.
	Adjusted for intensity	0.92	0.24	3.44	0.899
Very low fat	Test of interaction	1.91	0.50	7.24	0.341
	Adjusted for intensity	0.60	0.20	1.80	0.366

P value in front of subgroup variable is for test of interaction, while the OR and its 95% CI for adjusted row shows the effect of intervention in the group without variable.

Table S60. Absolute estimates for all-cause mortality prevention at 12 (±3) months (intermediate baseline risk). Named dietary programmes network meta-analysis results as risk differences (RD) per 1000 with 95% confidence interval (CI) and corresponding GRADE certainty of evidence (N = 13 RCTs).

Minimal						
-3, -10 to 22	**Mediterranean**					
0, -5 to 6	2, -9 to 41	**Low fat**				
18, -8 to 169	44, -5 to 304	19, -9 to 180	**Very low fat**			
73, -8 to 620	137, -4 to 764	74, -8 to 633	24, -12 to 547	**Modified fat**		
18, -10 to 228	25, -10 to 339	19, -10 to 240	0, -12 to 196	-9, -13 to 143	**Ornish**	
-10, -13 to 67	-7, -13 to 130	-10, -13 to 67	-12, -13 to 44	-12, -13 to 23	-12, -13 to 56	**Pritikin**

High certainty	Moderate certainty	Low certainty	Very low certainty

Table S61. Absolute estimates for all-cause mortality prevention at 12 (±3) months (high baseline risk). Named dietary programmes network meta-analysis results as risk differences (RD) per 1000 with 95% confidence interval (CI) and corresponding GRADE certainty of evidence (N = 13 RCTs).

Minimal						
-6, -23 to 49	**Mediterranean**					
-1, -11 to 14	4, -21 to 88	**Low fat**				
40, -19 to 313	95, -12 to 492	42, -20 to 329	**Very low fat**			
150, -18 to 772	185, -19 to 837	154, -18 to 781	53, -27 to 719	**Modified fat**		
40, -23 to 397	94, -17 to 576	41, -23 to 413	0, -28 to 353	-20, -30 to 272	**Ornish**	
-22, -30 to 140	-16, -29 to 252	-22, -30 to 140	-27, -30 to 95	-29, -30 to 50	-27, -30 to 119	**Pritikin**

Table S62. Absolute estimates for all-cause mortality prevention at last follow-up (intermediate baseline risk). Named dietary programmes network meta-analysis results as risk differences (RD) per 1000 over 5 years with 95% confidence interval (CI) and corresponding GRADE certainty of evidence (N = 37 RCTs).

Minimal							
-17, -26 to -5	**Mediterranean**						
-9, -15 to -3	7, -3 to 19	**Low fat**					
-3, -14 to 10	9, -5 to 24	7, -6 to 22	**Very low fat**				
3, -12 to 22	19, -0 to 47	12, -4 to 34	6, -14 to 32	**Modified fat**			
1, -11 to 15	13, -2 to 29	10, -3 to 27	4, -13 to 25	-2, -19 to 22	**Combined low fat-low sodium**		
76, -46 to 553	93, -29 to 572	86, -37 to 565	82, -46 to 567	71, -47 to 545	74, -46 to 551	**Ornish**	
-48, -61 to 207	-31, -45 to 224	-39, -52 to 217	-48, -61 to 218	-49, -61 to 200	-48, -61 to 205	-56, -62 to 177	**Pritikin**

Table S63. Absolute estimates for all-cause mortality prevention at last follow-up (high baseline risk). Named dietary programmes network meta-analysis results as risk differences (RD) per 1000 over 5 years with 95% confidence interval (CI) and corresponding GRADE certainty of evidence (N = 37 RCTs).

Minimal							
-36, -58 to -10	**Mediterranean**						
-20, -33 to -6	3, -14 to 23	**Low fat**					
-6, -29 to 22	18, -10 to 52	15, -12 to 46	**Very low fat**				
6, -25 to 44	42, -1 to 99	26, -9 to 70	12, -29 to 65	**Modified fat**			
2, -23 to 32	27, -5 to 67	22, -5 to 56	8, -28 to 52	-4, -41 to 44	**Combined low fat-low sodium**		
145, -104 to 659	182, -68 to 697	165, -84 to 679	155, -103 to 667	136, -106 to 653	142, -104 to 657	**Ornish**	
-109, -141 to 338	-72, -106 to 376	-89, -122 to 358	-108, -141 to 352	-111, -141 to 330	-109, -141 to 336	-128, -143 to 299	**Pritikin**

Table S64. Absolute estimates for cardiovascular mortality prevention at last follow-up (intermediate baseline risk). Named dietary programmes network meta-analysis results as risk differences (RD) per 1000 over 5 years with 95% confidence interval (CI) and corresponding GRADE certainty of evidence (N = 22 RCTs).

Minimal						
-13, -17 to -6	**Mediterranean**					
-6, -11 to 1	3, -5 to 15	**Low fat**				
0, -10 to 14	10, -3 to 32	7, -7 to 29	**Very low fat**			
3, -7 to 17	13, -1 to 37	11, -5 to 34	3, -10 to 26	**Modified fat**		
2, -12 to 25	14, 0 to 42	9, -9 to 40	2, -14 to 33	-1, -15 to 26	**Combined low fat-low sodium**	
13, -22 to 179	29, -10 to 215	23, -20 to 223	14, -22 to 189	9, -22 to 170	-8, -26 to 94	**Ornish**

Table S65. Absolute estimates for cardiovascular mortality prevention at last follow-up (high baseline risk). Named dietary programmes network meta-analysis results as risk differences (RD) per 1000 over 5 years with 95% confidence interval (CI) and corresponding GRADE certainty of evidence (N = 22 RCTs).

Minimal						
-39, -54 to -19	**Mediterranean**					
-17, -34 to 4	11, -17 to 45	**Low fat**				
-1, -30 to 40	31, -9 to 95	20, -21 to 80	**Very low fat**			
8, -21 to 49	40, -2 to 109	31, -14 to 94	9, -31 to 73	**Modified fat**		
5, -36 to 70	44, -1 to 121	26, -26 to 109	6, -42 to 90	-3, -47 to 74	**Combined low fat-low sodium**	
38, -67 to 380	77, -29 to 429	66, -63 to 442	39, -68 to 394	28, -70 to 365	-24, -81 to 230	**Ornish**

Table S66. Absolute estimates for stroke prevention at last follow-up (intermediate baseline risk). Named dietary programmes network meta-analysis results as risk differences (RD) per 1000 over 5 years with 95% confidence interval (CI) and corresponding GRADE certainty of evidence (N = 20 RCTs).

Minimal						
-7, -11 to -1	**Mediterranean**					
0, -5 to 6	7, 2 to 14	**Low fat**				
-1, -7 to 9	7, -2 to 21	0, -8 to 12	**Very low fat**			
13, -9 to 74	21, -3 to 88	14, -9 to 78	15, -10 to 84	**Modified fat**		
-8, -14 to 5	0, -8 to 15	-7, -14 to 7	-7, -15 to 9	-13, -19 to 8	**Combined low fat-low sodium**	
30, -19 to 561	37, -12 to 572	30, -19 to 561	31, -19 to 575	10, -20 to 479	56, -18 to 681	**Pritikin**

Table S67. Absolute estimates for stroke prevention at last follow-up (high baseline risk). Named dietary programmes network meta-analysis results as risk differences (RD) per 1000 over 5 years with 95% confidence interval (CI) and corresponding GRADE certainty of evidence (N = 20 RCTs).

Minimal						
-16, -25 to -3	**Mediterranean**					
0, -12 to 13	16, 4 to 30	**Low fat**				
-1, -16 to 20	15, -4 to 45	-1, -18 to 26	**Very low fat**			
29, -21 to 151	45, -6 to 177	30, -21 to 158	32, -21 to 168	**Modified fat**		
-17, -32 to 11	-1, -17 to 32	-17, -33 to 14	-16, -33 to 19	-29, -42 to 17	**Combined low fat-low sodium**	
63, -43 to 718	80, -27 to 735	64, -43 to 718	66, -43 to 728	22, -45 to 653	117, -41 to 799	**Pritikin**

Table S68. Absolute estimates for non-fatal myocardial infarction (MI) prevention at last follow-up (intermediate baseline risk). Named dietary programmes network meta-analysis results as risk differences (RD) per 1000 over 5 years with 95% confidence interval (CI) and corresponding GRADE certainty of evidence (N = 27 RCTs).

Minimal					
-17, -21 to -11	**Mediterranean**				
-7, -13 to -1	6, -0 to 16	**Low fat**			
6, -4 to 20	23, 10 to 41	14, 2 to 30	**Very low fat**		
-4, -13 to 11	12, -1 to 33	4, -7 to 21	-9, -20 to 10	**Modified fat**	
21, -2 to 59	34, 12 to 73	26, 4 to 63	10, -10 to 44	24, -4 to 73	**Combined low fat-low sodium**

Table S69. Absolute estimates for non-fatal myocardial infarction (MI) prevention at last follow-up (high baseline risk). Named dietary programmes network meta-analysis results as risk differences (RD) per 1000 over 5 years with 95% confidence interval (CI) and corresponding GRADE certainty of evidence (N = 27 RCTs).

Minimal					
-42, -53 to -28	**Mediterranean**				
-18, -31 to -3	16, -1 to 39	**Low fat**			
15, -11 to 48	57, 26 to 100	33, 5 to 71	**Very low fat**		
-9, -32 to 26	29, -2 to 79	10, -17 to 51	-20, -46 to 21	**Modified fat**	
42, -7 to 116	84, 30 to 169	61, 9 to 141	24, -24 to 101	56, -9 to 159	**Combined low fat-low sodium**

Table S70. Absolute estimates for unplanned cardiovascular intervention prevention at last follow-up (intermediate baseline risk). Named dietary programmes network meta-analysis results as risk differences (RD) per 1000 over 5 years with 95% confidence interval (CI) and corresponding GRADE certainty of evidence (N = 18 RCTs).

Minimal					
-1, -12 to 16	**Mediterranean**				
-13, -20 to -2	-12, -21 to 4	**Low fat**			
-2, -14 to 19	-0, -16 to 29	20, -5 to 64	**Very low fat**		
10, -12 to 59	19, -11 to 90	39, -1 to 125	12, -14 to 79	**Combined low fat-low sodium**	
-2, -22 to 60	4, -21 to 87	13, -19 to 117	-1, -23 to 75	-10, -26 to 56	**Ornish**

Table S71. Absolute estimates for unplanned cardiovascular intervention prevention at last follow-up (high baseline risk). Named dietary programmes network meta-analysis results as risk differences (RD) per 1000 over 5 years with 95% confidence interval (CI) and corresponding GRADE certainty of evidence (N = 18 RCTs).

Minimal					
-4, -51 to 62	**Mediterranean**				
-57, -89 to -9	-54, -95 to 18	**Low fat**			
-6, -61 to 74	-1, -68 to 108	76, -19 to 212	**Very low fat**		
41, -54 to 199	75, -47 to 276	140, -5 to 350	49, -63 to 250	**Combined low fat-low sodium**	
-10, -101 to 202	16, -97 to 271	52, -83 to 333	-4, -104 to 242	-42, -120 to 191	**Ornish**

Table S72. GRADE assessment for all-cause mortality (at 12 months of follow-up) in named dietary programme network.

Comparison groups		Direct evidence									Indirect evidence					Network evidence									
Arm 1	Arm 2 (Ref)	No. of study	No. of patients	I-square, %	OR (95%CrI)	RoB	nconsistenc	ndirectness	ublication bi	Direct rating without imprecision	OR (95%CrI)	First order loop of the most contribution	Lowest certainty evidence in loop	Intransitivity	Indirect rating without imprecision	OR (95%CrI)	Incoherence, P-value	Dominant rating of direct and indirect without imprecision	Incoherence	RD (intermediate risk)	RD (high risk)	NMA Imprecision (intermediate risk)	NMA Imprecision (high risk)	Final network rating (intermediate risk)	Final network rating (high risk)
Mediterran	Minimal	2	333	0	0.80 (0.23, 2.77)	-1	0	-1	0	Low	0.46 (0.22, 0.95)	Mediterranean-Low fat-Minimal	Moderate	0	Moderate	0.53 (0.28, 0.99)	0.446	Moderate	0	-3, -10 to 22	-6, -23 to 49	-1	-1	Low	Low
Low fat	Minimal	3	2221	0	0.92 (0.59, 1.46)	0	0	-1	0	Moderate	1.62 (0.41, 6.35)	Low fat-Mediterranean-Minimal	Low	0	Low	0.98 (0.64, 1.50)	0.446	Moderate	0	0, -5 to 6	-1, -11 to 14	0	-1	Moderate	Low
Very low fa	Minimal	2	413	0	2.44 (0.35, 16.90)	-1	0	0	0	Moderate	n/a	n/a	n/a	n/a	n/a	2.44 (0.35, 16.90)		Moderate	0	18, -8 to 169	40, -19 to 313	0	-1	Moderate	Low
Modified fa	Minimal	1	80	0	7.10 (0.38, 131.06)	-1	0	0	0	Moderate	n/a	n/a	n/a	n/a	n/a	7.10 (0.38, 131.06)		Moderate	0	73, -8 to 620	150, -18 to 772	0	-1	Moderate	Low
Ornish	Minimal	2	232	0	2.43 (0.24, 24.17)	-1	0	0	0	Moderate	n/a	n/a	n/a	n/a	n/a	2.43 (0.24, 24.17)		Moderate	0	18, -10 to 228	40, -23 to 397	-1	-1	Low	Low
Pritikin	Minimal										0.25 (0.01, 6.64)	Pritikin-Low fat-Minimal	Moderate	0	Moderate	0.25 (0.01, 6.64)		Moderate	0	-10, -13 to 67	-22, -30 to 140	-2	-2	Very low	Very low
Low fat	Mediterran	1	406	0	2.0 (1.14, 3.57)	-1	0	0	0	Moderate	1.15 (0.31, 4.32)	Low fat-Minimal-Mediterranean	Low	-1	Very low	1.85 (1.09, 3.13)	0.446	Moderate	0	2, -9 to 41	4, -21 to 88	-1	-2	Low	Very low
Very low fa	Mediterranean										4.61 (0.60, 35.30)	Very low fat-Minimal-Mediterranean	Low	-1	Very low	4.61 (0.60, 35.3)		Very low	0	44, -5 to 304	95, -12 to 492	-1	-2	Very low	Very low
Modified fa	Mediterranean										13.42 (0.68, 264.94)	Mod fat-Minimal-Mediterranean	Low	-1	Very low	13.42 (0.68, 264.94)		Very low	0	137, -4 to 764	185, -19 to 837	-1	-2	Very low	Very low
Ornish	Mediterranean										4.59 (0.42, 49.71)	Ornish-Minimal-Mediterranean	Low	-1	Very low	4.59 (0.42, 49.7)		Very low	0	25, -10 to 339	94, -17 to 576	-2	-2	Very low	Very low
Pritikin	Mediterranean										0.47 (0.02, 12.73)	Pritikin-Low fat-Mediterranean	Moderate	0	Moderate	0.47 (0.02, 12.7)		Moderate	0	-7, -13 to 130	-16, -29 to 252	-2	-2	Very low	Very low
Very low fa	Low fat										2.49 (0.34, 18.13)	Very low fat-Minimal-Low fat	Moderate	0	Moderate	2.49 (0.34, 18.1)		Moderate	0	19, -9 to 180	42, -20 to 329	-1	-2	Low	Very low
Modified fa	Low fat										7.27 (0.38, 138.38)	Mod fat-Minimal-Low fat	Moderate	-1	Low	7.27 (0.38, 138.38)		Low	0	74, -8 to 633	154, -18 to 781	-1	-2	Very low	Very low
Ornish	Low fat										2.48 (0.24, 25.73)	Ornish-Minimal-Low fat	Moderate	-1	Low	2.48 (0.24, 25.7)		Low	0	19, -10 to 240	41, -23 to 413	-2	-2	Very low	Very low
Pritikin	Low fat	1	45	0	0.25 (0.01, 6.60)	-1	0	0	0	Moderate	n/a	n/a	n/a	n/a	n/a	0.25 (0.01, 6.60)		Moderate	0	-10, -13 to 67	-22, -30 to 140	-2	-2	Very low	Very low
Modified fa	Very low fat										2.91 (0.09, 96.52)	Mod fat-Minimal-Very low fat	Moderate	-1	Low	2.91 (0.09, 96.5)		Low	0	24, -12 to 547	53, -27 to 719	-2	-2	Very low	Very low
Ornish	Very low fat										1.00 (0.05, 20.12)	Ornish-Minimal-Very low fat	Moderate	-1	Low	1.00 (0.05, 20.1)		Low	0	0, -12 to 196	0, -28 to 353	-2	-2	Very low	Very low
Pritikin	Very low fat										0.10 (0.00, 4.62)	Pritikin-Low fat-Minimal-Very low fat	Moderate	-1	Low	0.10 (0.00, 4.6)		Low	0	-12, -13 to 44	-27, -30 to 95	-2	-2	Very low	Very low
Ornish	Modified fat										0.34 (0.01, 13.99)	Ornish-Minimal-Mod fat	Moderate	-1	Low	0.34 (0.01, 14.0)		Low	0	-9, -13 to 143	-20, -30 to 272	-2	-2	Very low	Very low
Pritikin	Modified fat										0.04 (0.00, 2.83)	Pritikin-Low fat-Minimal-Mod fat	Moderate	-1	Low	0.04 (0.00, 2.83)		Low	0	-12, -13 to 23	-29, -30 to 50	-2	-2	Very low	Very low
Pritikin	Ornish										0.10 (0.00, 5.64)	Pritikin-Low fat-Minimal-Ornish	Moderate	-1	Low	0.10 (0.00, 5.64)		Low	0	-12, -13 to 56	-27, -30 to 119	-2	-2	Very low	Very low

Table S73. GRADE assessment for all-cause mortality (at last follow-up) in named dietary programme network.

Comparison groups		Direct evidence									Indirect evidence					Network evidence									
Arm 1	Arm 2 (Ref)	No. of study	No. of patients	I-square, %	OR (95%CrI)	RoB	Inconsistency	Indirectness	Publication bias	Direct rating without imprecision	OR (95%CrI)	First order loop of the most contribution	Lowest certainty of evidence in loop	Intransitivity	Indirect rating without imprecision	OR (95%CrI)	Incoherence, P-value	Dominant rating of direct and indirect without imprecision	Incoherence	RD (intermediate risk)	RD (high risk)	NMA Imprecision (intermediate risk)	NMA Imprecision (high risk)	Final network rating (intermediate risk)	Final network rating (high risk)
Mediterranean	Minimal	7	4730	0	0.74 (0.54, 1.02)	0	0	-1	0	Moderate	0.67 (0.46, 0.97)	Med-low fat and low fat-minimal	Low	0	Low	0.72 (0.56, 0.92)	0.682	Moderate	0	-17, -26 to -5	-36, -58 to -10	0	0	Moderate	Moderate
Low fat	Minimal	12	12144	8.4	0.83 (0.72, 0.95)	0	0	-1	0	Moderate	0.91 (0.60, 1.37)	Med-low fat and Med-minimal	Low	0	Low	0.84 (0.74, 0.95)	0.687	Moderate	0	-9, -15 to -3	-20, -33 to -6	0	0	Moderate	Moderate
Very low fat	Minimal	4	2321	0	0.96 (0.78, 1.17)	0	0	0	0	High			N/a	N/a	N/a	0.95 (0.77, 1.18)		High	0	-3, -14 to 10	-6, -29 to 22	-1	-1	Moderate	Moderate
Modified fat	Minimal	4	1343	45.9	1.10 (0.73, 1.66)	-1	0	0	0	Moderate			N/a	N/a	N/a	1.05 (0.80, 1.38)		Moderate	0	3, -12 to 22	6, -25 to 44	-1	-1	Low	Low
Low fat & sodium	Minimal	3	5355	0	1.01 (0.81, 1.26)	0	0	0	0	High	1.21 (0.39, 3.74)	LowFat&Na-low fat; low fat-minimal	Moderate	0	Moderate	1.02 (0.82, 1.27)	0.754	High	0	1, -11 to 15	2, -23 to 32	-1	-1	Moderate	Moderate
Ornish	Minimal	2	232	0	2.43 (0.24, 24.17)	-1	0	0	0	Moderate			n/a	n/a	n/a	2.43 (0.24, 24.2)		Moderate	0	76, -46 to 553	145, -104 to 659	-1	-1	Low	Low
Pritikin	Minimal										0.21 (0.01, 5.56)	pritikin - low fat; low fat minimal	Moderate	0	Moderate	0.21 (0.01, 5.56)		Moderate	0	-48, -61 to 207	-109, -141 to 338	-2	-2	Very low	Very low
Low fat	Mediterranean	3	8853	60.1	1.39 (0.90, 2.13)	-1	-1	0	0	Low	1.11 (0.77, 1.62)	Low fat-minimal and minimal-Med	Moderate	-1	Low	1.17 (0.94, 1.45)	0.686	Low	0	7, -3 to 19	3, -14 to 23	-1	-2	Very low	Very low
Very low fat	Mediterranean										1.33 (0.98, 1.80)	very low fat - min; min - med	Moderate	-1	Low	1.33 (0.98, 1.80)		Low	0	9, -5 to 24	18, -10 to 52	-1	-2	Very low	Very low
Modified fat	Mediterranean										1.46 (0.99, 2.16)	mod fat - min; min med	Moderate	-1	Low	1.46 (0.99, 2.16)		Low	0	19, -0 to 47	42, -1 to 99	-1	-1	Very low	Very low
Low fat & sodium	Mediterranean										1.42 (1.02, 1.98)	LowFat&Na - low fat; low fat - med	Low	0	Low	1.42 (1.02, 1.98)		Low	0	13, -2 to 29	27, -5 to 67	-1	-1	Very low	Very low
Ornish	Mediterranean										3.39 (0.34, 34.2)	ornish - min; min - med	Moderate	-1	Low	3.39 (0.34, 34.2)		Low	0	93, -29 to 572	182, -68 to 697	-2	-2	Very low	Very low
Pritikin	Mediterranean										0.30 (0.01, 7.79)	pritikin-low fat; low fat-med	Low	0	Low	0.30 (0.01, 7.79)		Low	0	-31, -45 to 224	-72, -106 to 376	-2	-2	Very low	Very low
Very low fat	Low fat										1.14 (0.89, 1.45)	very low fat - min; min - low fat	Moderate	0	Moderate	1.14 (0.89, 1.45)		Moderate	0	7, -6 to 22	15, -12 to 46	-1	-2	Low	Very low
Modified fat	Low fat										1.25 (0.92, 1.70)	mod fat - min; min - low fat	Moderate	-1	Low	1.25 (0.92, 1.70)		Low	0	12, -4 to 34	26, -9 to 70	-1	-1	Very low	Very low
Low fat & sodium	Low fat	1	294	0	1.28 (0.69, 2.38)	0	0	0	0	High	1.20 (0.91, 1.59)	LowFat&Na - min; min - low fat	Moderate	0	Moderate	1.21 (0.95, 1.55)	0.872	Moderate	0	10, -3 to 27	22, -5 to 56	-1	-1	Low	Low
Ornish	Low fat										2.89 (0.29, 28.9)	Ornish - minimal; minimal - low fat	Moderate	-1	Low	2.89 (0.29, 28.9)		Low	0	86, -37 to 565	165, -84 to 679	-2	-2	Very low	Very low
Pritikin	Low fat	1	45	0	0.25 (0.01, 6.60)	0	0	0	0	High			n/a	n/a	n/a	0.25 (0.01, 6.61)		High	0	-39, -52 to 217	-89, -122 to 358	-2	-2	Low	Low
Modified fat	Very low fat										1.10 (0.77, 1.57)	mod fat - min; min - very low fat	Moderate	-1	Low	1.10 (0.77, 1.57)		Low	0	6, -14 to 32	12, -29 to 65	-2	-2	Very low	Very low
Low fat & sodium	Very low fat										1.07 (0.78, 1.45)	LowFat&Na - min; min - very low	High	0	High	1.07 (0.78, 1.45)		High	0	4, -13 to 25	8, -28 to 52	-2	-2	Low	Low
Ornish	Very low fat										2.55 (0.25, 25.6)	ornish - min; min - very low fat	Moderate	-1	Low	2.55 (0.25, 25.6)		Low	0	82, -46 to 567	155, -103 to 667	-2	-2	Very low	Very low
Pritikin	Very low fat										0.22 (0.01, 5.87)	pritikin - low fat; low fat - min; min - very low fat	Moderate	-1	Low	0.22 (0.01, 5.87)		Low	0	-48, -61 to 218	-108, -141 to 352	-2	-2	Very low	Very low
Low fat & sodium	Modified fat										0.97 (0.68, 1.38)	LowFat&Na - min; min - mod fat	Moderate	-1	Low	0.97 (0.68, 1.38)		Low	0	-2, -19 to 22	-4, -41 to 44	-2	-2	Very low	Very low
Ornish	Modified fat										2.32 (0.23, 23.4)	Ornish - min; min - mod fat	Moderate	-1	Low	2.32 (0.23, 23.4)		Low	0	71, -47 to 545	136, -106 to 653	-2	-2	Very low	Very low
Pritikin	Modified fat										0.20 (0.01, 5.37)	pritikin - low fat; low fat - min; min - mod fat	Moderate	-1	Low	0.20 (0.01, 5.37)		Low	0	-49, -61 to 200	-111, -141 to 330	-2	-2	Very low	Very low
Ornish	Low fat & sodium										2.39 (0.24, 24.0)	Ornish - min; min - LowFat&Na	Moderate	-1	Low	2.39 (0.24, 24.0)		Low	0	74, -46 to 551	142, -104 to 657	-2	-2	Very low	Very low
Pritikin	Low fat & sodium										0.21 (0.01, 5.51)	pritikin - low fat; low fat - LowFat&Na	High	0	High	0.21 (0.01, 5.51)		High	0	-48, -61 to 205	-109, -141 to 336	-2	-2	Low	Low
Pritikin	Ornish										0.09 (0.00, 4.75)	pritikin - low fat; low fat - min; min - ornish	Moderate	-1	Low	0.09 (0.00, 4.75)		Low	0	-56, -62 to 177	-128, -143 to 299	-2	-2	Very low	Very low

Table S74. GRADE assessment for cardiovascular mortality (at last follow-up) in named dietary programme network.

Comparison groups		Direct evidence									Indirect evidence					Network evidence									
Arm 1	Arm 2 (Ref)	No. of study	No. of patients	I-square, %	OR (95%CrI)	RoB	Inconsistency	Indirectness	Publication bias	Direct rating without imprecision	OR (95%CrI)	First order loop of the most contribution	Lowest certainty of evidence in loop	Intransitivity	Indirect rating without imprecision	OR (95%CrI)	Incoherence, P-value	Dominant rating of direct and indirect without imprecision	Incoherence	RD (intermediate risk)	RD (high risk)	NMA imprecision (intermediate risk)	NMA imprecision (high risk)	Final network rating (intermediate risk)	Final network rating (high risk)
Mediterranean	Minimal	6	4603	0	0.61 (0.39 to 0.94)	0	0	-1	0	Moderate	0.51 (0.30 to 0.85)	med - low fat; low fat - min	Low	0	Low	0.55 (0.39, 0.78)	0.673	Moderate	0	-13, -17 to -6	-39, -54 to -19	0	0	Moderate	Moderate
Low fat	Minimal	8	10740	49.9	0.76 (0.57 to 1.02)	0	-1	-1	0	Low	0.90 (0.47 to 1.73)	low fat - med; med - min	moderate	0	Moderate	0.80 (0.61, 1.05)	0.673	Low	0	-6, -11 to 1	-17, -34 to 4	-1	-1	Very low	Very low
Very low fat	Minimal	4	2321	0	0.98 (0.75 to 1.27)	0	0	0	0	High		n/a	n/a	n/a	n/a	0.99 (0.65, 1.50)		High	n/a	0, -10 to 14	-1, -30 to 40	-1	-1	Moderate	Moderate
Modified fat	Minimal	4	1343	59.1	1.16 (0.71 to 1.90)	-1	-1	0	0	Low		n/a	n/a	n/a	n/a	1.10 (0.75, 1.62)		Low	n/a	3, -7 to 17	8, -21 to 49	0	-1	Low	Very low
Low fat & sodium	Minimal	2	5061	65.9	0.49 (0.05 to 5.28)	0	-1	0	0	Moderate		n/a	n/a	n/a	n/a	1.06 (0.59, 1.91)		Moderate	n/a	2, -12 to 25	5, -36 to 70	-1	-1	Low	Low
Ornish	Minimal	2	76	0	1.48 (0.25 to 8.63)	-1	0	0	0	Moderate		n/a	n/a	n/a	n/a	1.48 (0.25, 8.81)		Moderate	n/a	13, -22 to 179	38, -67 to 380	-1	-1	Low	Low
Low fat	Mediterranean	3	8853	17.5	1.51 (1.09 to 2.08)	-1	0	0	0	Moderate	1.30 (0.71 to 2.37)	low fat - min; min - med	Low	-1	Very low	1.45 (1.06, 1.99)	0.673	Moderate	0	3, -5 to 15	11, -17 to 45	-1	-2	Low	Very low
Very low fat	Mediterranean											very low fat - min; min - med	Moderate	-1	Low	1.80 (1.04, 3.11)		Low	n/a	10, -3 to 32	31, -9 to 95	-1	-1	Very low	Very low
Modified fat	Mediterranean											mod fat - min; min - med	Low	-1	Very low	2.01 (1.18, 3.43)		Very low	n/a	13, -1 to 37	40, -2 to 109	-1	-1	Very low	Very low
Low fat & sodium	Mediterranean											LowFat&Na - min; min - med	Moderate	-1	Low	1.92 (0.98, 3.77)		Low	n/a	14, 0 to 42	44, -1 to 121	-1	-1	Very low	Very low
Ornish	Mediterranean											Ornish - min; min - med	Moderate	-1	Low	2.68 (0.44, 16.6)		Low	n/a	29, -10 to 215	77, -29 to 429	-2	-2	Very low	Very low
Very low fat	Low fat											Very low - min; min - low	Low	0	Low	1.24 (0.75, 2.05)		Low	n/a	7, -7 to 29	20, -21 to 80	-1	-2	Very low	Very low
Modified fat	Low fat											mod - min; min - low	Low	-1	Very low	1.38 (0.84, 2.26)		Very low	n/a	11, -5 to 34	31, -14 to 94	-1	-2	Very low	Very low
Low fat & sodium	Low fat											LowFat&Na - min; min - low	Low	0	Low	1.32 (0.70, 2.48)		Low	n/a	9, -9 to 40	26, -26 to 109	-1	-2	Very low	Very low
Ornish	Low fat											Ornish - min; min - low	Low	-1	Very low	1.85 (0.30, 11.3)		Very low	n/a	23, -20 to 223	66, -63 to 442	-2	-2	Very low	Very low
Modified fat	Very low fat											Mod - min; min - very low	Low	-1	Very low	1.11 (0.64, 1.95)		Very low	n/a	3, -10 to 26	9, -31 to 73	-2	-2	Very low	Very low
Low fat & sodium	Very low fat											LowFat&Na - min; min - very low	Moderate	0	Moderate	1.07 (0.52, 2.20)		Moderate	n/a	2, -14 to 33	6, -42 to 90	-2	-2	Very low	Very low
Ornish	Very low fat											Ornish - min; min - very low	Moderate	-1	Low	1.49 (0.24, 9.32)		Low	n/a	14, -22 to 189	39, -68 to 394	-2	-2	Very low	Very low
Low fat & sodium	Modified fat											LowFat&Na - min; min - mod	Moderate	-1	Low	0.96 (0.47, 1.96)		Low	n/a	-1, -15 to 26	-3, -47 to 74	-2	-2	Very low	Very low
Ornish	Modified fat											Ornish - min; min - mod	Low	-1	Very low	1.34 (0.22, 8.31)		Very low	n/a	9, -22 to 170	28, -70 to 365	-2	-2	Very low	Very low
Ornish	Low fat & sodium											Ornish - min; min - LowFat&Na	Moderate	-1	Low	0.72 (0.11, 4.69)		Low	n/a	-8, -26 to 94	-24, -81 to 230	-2	-2	Very low	Very low

Table S75. GRADE assessment for stroke (at last follow-up) in named dietary programme network.

Comparison groups		Direct evidence									Indirect evidence					Network evidence								
Arm 1	Arm 2 (Ref)	No. of study	No. of patients	I-square, %	OR (95%CrI)	RoB	Inconsistency	Indirectness	Publication bias	Direct rating without imprecision	OR (95%CrI)	First order loop of the most contribution	Lowest certainty of evidence in loop	Intransitivity	Indirect rating without imprecision	OR (95%CrI)	Incoherence, P-value	Dominant rating of direct and indirect without	Incoherence	RD (intermediate risk)	RD (high risk)	NMA Imprecision (intermediate risk)	NMA Imprecision (high risk)	Final network rating (intermediate risk)	Final network rating (high risk)
Mediterranean	Minimal	5	4284	0	0.73 (0.39, 1.38)	0	0	-1	0	Moderate	0.51 (0.17, 1.49)	med - low fat; low fat - min	Moderate	0	Moderate	0.65 (0.46, 0.93)	0.579	Moderate	0	-7, -11 to -1	-16, -25 to -3	0	0	Moderate	Moderate
Low fat	Minimal	4	6618	47.2	0.69 (0.30, 1.55)	0	0	-1	0	Moderate	1.07 (0.50, 2.29)	low fat -med; med - min	Moderate	0	Moderate	0.99 (0.75, 1.29)	0.809	Moderate	0	0, -5 to 6	0, -12 to 13	0	0	Moderate	Moderate
Very low fat	Minimal	2	1891	0	0.97 (0.65, 1.44)	0	0	0	0	High		n/a	n/a	n/a	n/a	0.97 (0.65, 1.44)		High		-1, -7 to 9	-1, -16 to 20	0	-1	High	Moderate
Modified fat	Minimal	2	805	0	1.66 (0.56, 4.92)	-1	0	0	0	Moderate		n/a	n/a	n/a	n/a	1.66 (0.56, 4.92)		Moderate		13, -9 to 74	29, -21 to 151	0	-1	Moderate	Low
Low fat & sodium	Minimal	1	2521	0	0.59 (0.30, 1.18)	0	0	0	0	High	3.01 (0.12, 75.4)	LowFat&Na - low fat; low fat - min	Moderate	0	Moderate	0.63 (0.32, 1.24)	0.332	High	0	-8, -14 to 5	-17, -32 to 11	0	-1	High	Moderate
Pritikin	Minimal					n/a	n/a	n/a	n/a	n/a		pritikin - low ; low - min	Moderate	0	Moderate	2.48 (0.09, 64.8)		Moderate		30, -19 to 561	63, -43 to 718	-1	-1	Low	Low
Low fat	Mediterranean	4	8728	0	1.56 (1.14 to 2.13)	-1	0	0	0	Moderate	1.14 (0.40, 3.27)	Low fat - min; min - med	Moderate	-1	Low	1.51 (1.14, 2.01)	0.58	Moderate	0	7, 2 to 14	16, 4 to 30	0	0	Moderate	Moderate
Very low fat	Mediterranean					n/a	n/a	n/a	n/a	n/a		Very Low fat - min; min - med	Moderate	-1	Low	1.48 (0.87, 2.52)		Low		7, -2 to 21	15, -4 to 45	-1	-1	Very low	Very low
Modified fat	Mediterranean					n/a	n/a	n/a	n/a	n/a		mod -min; min - med	Moderate	-1	Low	2.54 (0.81, 7.98)		Low		21, -3 to 88	45, -6 to 177	-1	-1	Very low	Very low
Low fat & sodium	Mediterranean					n/a	n/a	n/a	n/a	n/a		LowFat&Na - min; Min - med	Moderate	-1	Low	0.97 (0.45, 2.08)		Low		0, -8 to 15	-1, -17 to 32	-1	-2	Very low	Very low
Pritikin	Mediterranean					n/a	n/a	n/a	n/a	n/a		Pritikin - low; Low - med	Moderate	0	Moderate	3.80 (0.14, 99.5)		Moderate		37, -12 to 572	80, -27 to 735	-1	-2	Low	Very low
Very low fat	Low fat					n/a	n/a	n/a	n/a	n/a		very low - min; min - low	Moderate	0	Moderate	0.98 (0.61, 1.58)		Moderate		0, -8 to 12	-1, -18 to 26	0	-2	Moderate	Very low
Modified fat	Low fat					n/a	n/a	n/a	n/a	n/a		Mod - min; min - low	Moderate	-1	Low	1.68 (0.55, 5.15)		Low		14, -9 to 78	30, -21 to 158	-1	-2	Very low	Very low
Low fat & sodium	Low fat	1	294	0	3.03 (0.12 to 100)	0	0	0	0	High	0.59 (0.28, 1.24)	LowFat&Na - min; min - low	Moderate	0	Moderate	0.64 (0.31, 1.32)	0.332	Moderate	0	-7, -14 to 7	-17, -33 to 14	0	-1	Moderate	Low
Pritikin	Low fat	1	45	0	2.51 (0.10, 64.99)	0	0	0	0	High	0.705 (6.17E-29, 8.06E27)	n/a	n/a	n/a	n/a	2.51 (0.10, 65.0)	1	High	0	30, -19 to 561	64, -43 to 718	-2	-2	Low	Low
Modified fat	Very low fat					n/a	n/a	n/a	n/a	n/a		Mod - min; min - very low	Moderate	-1	Low	1.72 (0.54, 5.46)		Low		15, -10 to 84	32, -21 to 168	-1	-2	Very low	Very low
Low fat & sodium	Very low fat					n/a	n/a	n/a	n/a	n/a		LowFat&Na - min; min - very low	High	0	High	0.66 (0.30, 1.43)		High		-7, -15 to 9	-16, -33 to 19	-1	-2	Moderate	Low
Pritikin	Very low fat					n/a	n/a	n/a	n/a	n/a		Pritikin - low; low - min; min - very low	Moderate	-1	Low	2.56 (0.10, 68.7)		Low		31, -19 to 575	66, -43 to 728	-2	-2	Very low	Very low
Low fat & sodium	Modified fat					n/a	n/a	n/a	n/a	n/a		LowFat&Na - min; min - Mod	Moderate	-1	Low	0.38 (0.11, 1.37)		Low		-13, -19 to 8	-29, -42 to 17	-1	-2	Very low	Very low
Pritikin	Modified fat					n/a	n/a	n/a	n/a	n/a		Pritikin - low; low - min; min - mod	Moderate	-1	Low	1.49 (0.05, 46.6)		Low		10, -20 to 479	22, -45 to 653	-2	-2	Very low	Very low
Pritikin	Low fat & sodium					n/a	n/a	n/a	n/a	n/a		Pritikin - low; low - LowFat&Na	High	0	High	3.91 (0.14, 110)		High		56, -18 to 681	117, -41 to 799	-2	-2	Low	Low

Table S76. GRADE assessment for non-fatal myocardial infarction (at last follow-up) in named dietary programme network.

Comparison groups		Direct evidence									Indirect evidence					Network evidence								
Arm 1	Arm 2 (Ref)	No. of study	No. of patients	I-square, %	OR (95%CrI)	RoB	Inconsistency	Indirectness	Publication bias	Direct rating without imprecision	OR (95%CrI)	First order loop of the most contribution	Lowest certainty of evidence in loop	Intransitivity	Indirect rating without imprecision	OR (95%CrI)	Incoherence, P-value	Dominant rating of direct and indirect without imprecision	Incoherence	RD (intermediate risk)	RD (high risk)	NMA Imprecision (intermediate risk)	NMA Imprecision (high risk)	Final network rating (intermediate risk)	Final network rating (high risk)
Mediterranean	Minimal	5	4284	0	0.46 (0.31, 0.70)	0	0	-1	0	Moderate	0.49 (0.32, 0.75)	med - low; low - min	Moderate	0	Moderate	0.48 (0.36, 0.65)	0.84	Moderate	0	-17, -21 to -11	-42, -53 to -28	0	0	Moderate	Moderate
Low fat	Minimal	7	9514	0	0.79 (0.66, 0.95)	0	0	-1	0	Moderate	0.76 (0.45, 1.29)	Low-med; med-min	Moderate	0	Moderate	0.77 (0.61, 0.96)	0.984	Moderate	0	-7, -13 to -1	-18, -31 to -3	0	0	Moderate	Moderate
Very low fat	Minimal	5	2556	38.3	1.05 (0.65, 1.70)	-1	0	0	0	Moderate		n/a	n/a	n/a	n/a	1.19 (0.86, 1.65)		Moderate	0	6, -4 to 20	15, -11 to 48	0	0	Moderate	Moderate
Modified fat	Minimal	3	885	0	0.89 (0.60, 1.31)	-1	0	0	0	Moderate		n/a	n/a	n/a	n/a	0.89 (0.60, 1.34)		Moderate	0	-4, -13 to 11	-9, -32 to 26	0	-1	Moderate	Low
Low fat & sodium	Minimal	1	2521	0	1.66 (0.97, 2.85)	0	0	0	0	High	0.76 (0.10, 5.60)	LowFat&Na -low; low - Min	Moderate	0	Moderate	1.57 (0.91, 2.71)	0.459	High	0	21, -2 to 59	42, -7 to 116	0	0	High	High
Low fat	Mediterranean	4	8955	30.3	1.59 (1.12, 2.27)	-1	0	0	0	Moderate	1.67 (1.00, 2.76)	low -min; min -med	Moderate	-1	Low	1.59 (1.24, 2.04)	0.84	Moderate	0	6, -0 to 16	16, -1 to 39	0	-1	Moderate	Low
Very low fat	Mediterranean					n/a	n/a	n/a	n/a	n/a	2.47 (1.64, 3.71)	very low - min; min - med	Moderate	-1	Low	2.47 (1.64, 3.71)		Low	0	23, 10 to 41	57, 26 to 100	0	0	Low	Low
Modified fat	Mediterranean					n/a	n/a	n/a	n/a	n/a	1.85 (1.11, 3.08)	mod - min; min - med	Moderate	-1	Low	1.85 (1.11, 3.08)		Low	0	12, -1 to 33	29, -2 to 79	-1	-1	Very low	Very low
Low fat & sodium	Mediterranean					n/a	n/a	n/a	n/a	n/a	3.25 (1.76, 6.00)	LowFat&Na - low; low - med	Moderate	0	Moderate	3.25 (1.76, 6.00)		Moderate	0	34, 12 to 73	84, 30 to 169	0	0	Moderate	Moderate
Very low fat	Low fat					n/a	n/a	n/a	n/a	n/a	1.55 (1.08, 2.23)	Very low - min; min - low	Moderate	0	Moderate	1.55 (1.08, 2.23)		Moderate	0	14, 2 to 30	33, 5 to 71	0	0	Moderate	Moderate
Modified fat	Low fat					n/a	n/a	n/a	n/a	n/a	1.16 (0.73, 1.86)	Mod - min; min -low	Moderate	-1	Low	1.16 (0.73, 1.86)		Low	0	4, -7 to 21	10, -17 to 51	-1	-1	Very low	Very low
Low fat & sodium	Low fat	1	294	0	1.00 (0.14, 7.14)	0	0	0	0	High	2.19 (1.18, 4.07)	LowFat&Na - min; min -low	Moderate	0	Moderate	2.05 (1.15, 3.65)	0.459	Moderate	0	26, 4 to 63	61, 9 to 141	0	0	Moderate	Moderate
Modified fat	Very low fat					n/a	n/a	n/a	n/a	n/a	0.75 (0.44, 1.27)	Mod - min; min -very low	Moderate	-1	Low	0.75 (0.44, 1.27)		Low	0	-9, -20 to 10	-20, -46 to 21	-1	-2	Very low	Very low
Low fat & sodium	Very low fat					n/a	n/a	n/a	n/a	n/a	1.32 (0.70, 2.46)	LowFat&Na - min; min - very low	Moderate	0	Moderate	1.32 (0.70, 2.46)		Moderate	0	10, -10 to 44	24, -24 to 101	-1	-2	Low	Very low
Low fat & sodium	Modified fat					n/a	n/a	n/a	n/a	n/a	1.76 (0.89, 3.47)	LowFat&Na - min; min - mod	Moderate	-1	Low	1.76 (0.89, 3.47)		Low	0	24, -4 to 73	56, -9 to 159	-1	-1	Very low	Very low

Table S77. GRADE assessment for unplanned cardiovascular interventions (at last follow-up) in named dietary programme network.

Comparison groups		Direct evidence									Indirect evidence						Network evidence									
Arm 1	Arm 2 (Ref)	No. of study	No. of patients	I-square, %	OR (95%CrI)	RoB	Inconsistency	Indirectness	Publication bias	Direct rating without imprecision	OR (95%CrI)	First order loop of the most contribution: comparison #1	First order loop of the most contribution: comparison #2	Lowest certainty of evidence in loop	Intransitivity	Indirect rating without imprecision	OR (95%CrI)	Incoherence, P-value	Dominant rating of direct and indirect without imprecision	Incoherence	RD (intermediate risk)	RD (high risk)	NMA Imprecision (intermediate risk)	NMA Imprecision (high risk)	Final network rating (intermediate risk)	Final network rating (high risk)
Mediterranean	Minimal	4	4153	0	0.90 (0.74, 1.08)	0	0	-1	0	Moderate	0.38 (0.13, 1.12)	Low fat-Min	Low fat-Med	Low	0	Low	0.97 (0.61,1.54)	0.127	Moderate	0	-1, -12 to 16	-4, -51 to 62	0	-1	Moderate	Low
Low fat	Minimal	7	7535	65.9	0.51 (0.31, 0.84)	0	-1	-1	0	Low	1.41 (0.47, 4.2)	Med-Min	Low fat-Med	Low	0	Low	0.57 (0.35,0.93)	0.126	Low	0	-13, -20 to -2	-57, -89 to -9	0	0	Low	Low
Very low fat	Minimal	3	2069	62	0.96 (0.57, 1.61)	0	-1	0	0	Moderate							0.95 (0.54,1.65)		Moderate	0	-2, -14 to 19	-6, -61 to 74	0	-1	Moderate	Low
Low fat & sodium	Minimal	1	2521	0	1.35 (0.97, 1.88)	0	0	0	0	High							1.35 (0.59,3.09)		High	0	10, -12 to 59	41, -54 to 199	0	-1	High	Moderate
Ornish	Minimal	1	204	0	0.92 (0.35, 2.41)	-1	0	0	0	Moderate							0.92 (0.27,3.14)		Moderate	0	-2, -22 to 60	-10, -101 to 202	-1	-1	Low	Low
Low fat	Mediterranean	2	1101	75.1	1.35 (0.34, 5.26)	-1	-1	0	0	Low	0.51 (0.21, 1.23)	Med-Min	Low fat-Min	Low	-1	very low	0.59 (0.31,1.15)	0.126	very low	0	-12, -21 to 4	-54, -95 to 18	-1	-1	Very low	Very low
Very low fat	Mediterranean										1.17 (0.57, 2.40)	Med-Min	Very low fat-Min	Moderate	-1	Low	0.99 (0.49,2.00)		Low	0	-0, -16 to 29	-1, -68 to 108	-1	-2	Very low	Very low
Low fat & sodium	Mediterranean										1.66 (0.64, 4.29)	Med-Min	Low fat&Na-Min	Moderate	-1	Low	1.66 (0.64,4.29)		Low	0	19, -11 to 90	75, -47 to 276	-1	-2	Very low	Very low
Ornish	Mediterranean										1.13 (0.30, 4.20)	Med-Min	Ornish-Min	Moderate	-1	Low	1.13 (0.30,4.20)		Low	0	4, -21 to 87	16, -97 to 271	-2	-2	Very low	Very low
Very low fat	Low fat										1.50 (0.74, 3.02)	Low fat-Min	Very low fat-Min	Low	0	Low	1.67 (0.85,3.27)		Low	0	20, -5 to 64	76, -19 to 212	-1	-1	Very low	Very low
Low fat & sodium	Low fat										2.13 (0.82, 5.53)	Low fat-Min	Low fat&Na-Min	Low	0	Low	2.35 (0.96,5.78)		Low	0	39, -1 to 125	140, -5 to 350	-1	-1	Very low	Very low
Ornish	Low fat										1.45 (0.39, 5.41)	Low fat-Min	Ornish-Min	Low	-1	very low	1.45 (0.39,5.41)		very low	0	13, -19 to 117	52, -83 to 333	-1	-2	Very low	Very low
Low fat & sodium	Very low fat										1.42 (0.53, 3.85)	Very low fat-Min	Low fat&Na-Min	Moderate	0	Moderate	1.42 (0.53,3.85)		Moderate	0	12, -14 to 79	49, -63 to 250	-1	-2	Low	Very low
Ornish	Very low fat										0.97 (0.25, 3.72)	Very low fat-Min	Ornish-Min	Moderate	-1	Low	0.97 (0.25,3.72)		Low	0	-1, -23 to 75	-4, -104 to 242	-2	-2	Very low	Very low
Ornish	Low fat & sodium										0.68 (0.15, 2.99)	Low fat&Na-Min	Ornish-Min	Moderate	-1	Low	0.68 (0.15,2.99)		Low	0	-10, -26 to 56	-42, -120 to 191	-2	-2	Very low	Very low

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