

## Appendix 2 (as supplied by authors): Study characteristics

STUDY*	PARTICIPANTS†	AGE (SD or Range), yr	BASELINE (SD)‡	CHD-RISK SCORE§	LIPID MEDICATION USE	DESIGN¶	SETTING**	FEEDING CONTROL††	ENERGY BALANCE‡‡	PULSE DOSE (grams/day)§§
Abete et al. 2009 [1]	18 Ob (18M:0W)	~37.1±8.0	3.01 (0.75), 4.33(0.72) -	2 -	No	P	OP Spain	Non-Metab	Negative (-30% E)	~90
Abeysekara et al. 2012 [2] §§§	87 (30M:57W)	59.7±6.3	~3.53, ~4.91 2.96 (0.86), 2.93 (0.84) -	3 3	No	C	OP Canada	Partial	Neutral	250
Anderson et al. 1984 [3]	20 HC (20M:0W)	~54±8.4	4.92 (0.31), 5.72 (0.36) -	5 -	No	P	IP United States	Metab	Neutral	101
Anderson et al. 1990- I [4]	6 HC (6M:0W)	64±2.4	~6.50, ~7.04 -	4 -	No	P	OP United States	Partial	Neutral	~113
Anderson et al. 1990- II [4]	9 HC (9M:0W)	57±9	-	4	No	P	OP United States	Partial	Neutral	~113
Anderson et al. 1990- III [4]	9 HC (9M:0W)	54 ± 9	-	4	No	P	OP United States	Partial	Neutral	~152
Belski et al. 2011 [5] §§§	93 OW/Ob (52M:41W)	~46.6±10	3.33 (0.76), 3.29 (0.77) -	4 3	No	P	OP Australia	Partial	Negative (-35% E)	50
Cobiac et al. 1990 [6]	20 HC (20M:0W)	29-65	~3.99, ~3.85 4.69 (0.67) -	4 -	No	C	OP Australia	Partial	Neutral	~377
Duane et al. 1997 [7]	9 N (9M:0W)	58 (41-78)	~5.13 3.58 (0.83), 3.23 (0.66) -	5 -	-	C	IP United States	Metab	Neutral	~251
Finley et al. 2007- N [8]	40 N (20M:20W)	~37.4±11	4.45 (0.63), 4.24 (0.62) -	3 2	No	P	OP United States	Partial	Neutral	130
Finley et al. 2007-Pre-MS [8]	40 Pre-MS (20M:20W)	~42.4±10	-	3 2	No	P	OP United States	Partial	Neutral	130
Gormley et al. 1979 [9]	53 N	majority of participants 30-50	~3.66, ~3.66 -	3 3	-	P	OP Ireland	Partial	Neutral	~59
Gravel et al. 2010 [10] §§§	114 Pre-MS (0M:114W)	~51.2±8.6	~5.50, ~5.49 3.82 (0.87), 3.91 (0.83) 1.09 (0.23), 1.11 (0.23) ~4.40, ~4.45	- 2	No	P	OP Canada	Partial	Neutral	~81
Hermisdorff et al. 2011 [11]	30 Ob (17M:13W)	36 ± 8	3.32 (0.60), 3.68 (1.06) -	3 3	No	P	OP Spain	Non-Metab	Negative (-30% E)	~198
Hodgeson et al. 2010 [12]	74 OW/Ob (26M:48W)	~57.9±7.9	3.18, 4.30 3.25 (0.91), 3.34 (0.92) -	3 2	Yes	P	OP Australia	Partial	Neutral	~64
Jenkins et al. 2012 [13]	121 T2D (61M:60W)	~59.5±12.8	~3.85, ~3.96 2.36 (1.01), 2.18 (0.75) -	CHD Risk Equiv	Yes	P	OP Canada	Non-Metab	Neutral	196
Jimenez-Cruz et al. 2004 [14]	8 T2D	51±3	3.00 (1.03), 2.95 (0.96) 4.27 (0.70), 5.02 (0.06) -	CHD Risk Equiv	No	C	OP USA	Non-Metab	Neutral	-
Mackay et al. 1992 [15]	39 HC (22M:17W)	~47 (28-66)	~4.98, ~5.53 4.19 (0.84) -	4 4	-	C	OP New Zealand	Partial	Neutral	80
Marinangeli et al. 2011 [16] §§§	23 OW/Ob, HC (7M:16W)	~52.0±10.6	~5.13 3.81 (0.62), 3.78 (0.62) -	3 2	No	C	OP Canada	Metab	Neutral	~138
Pittaway et al. 2006 [17]	47 (19M:28W)	53 ± 9.8	~4.77, ~4.80 -	5 4	No	C	OP Australia	Partial	Neutral	140
Pittaway et al. 2007 [18]	27 (10M:17W)	50.6 ± 10.5	-	5 4	No	C	OP Australia	Partial	Neutral	140
Shams et al. 2008 [19]	30 T2D	50.2±3.8	3.69 (0.44), 3.74 (0.34) -	CHD Risk Equiv	No	C	OP Iran	Partial	Neutral	50
Winham et al. 2007 [20]	23 HC (10M:13W)	45.9 ± 10.6	~4.76, ~4.70 3.47 (0.37), 3.50 (0.50) -	1 1	No	C	OP United States	Partial	Neutral	~50
Winham et al. 2007 [21]	16 Mildly IR (7M:9W)	43 ± 12	~4.01, ~4.09 3.37 (0.62), B: 3.57 (0.83), P: 3.34 (0.72) -	2 1	No	C	OP United States	Partial	Neutral	~50
Zhang et al. 2010- IS [22]	36 IS (36M:0W)	53.8 ± 7.6	~4.00, B: ~4.25, P: ~4.01 3.13 (0.62), 3.21 (0.52) -	4 -	No	C	IP/OP United States	Metab	Neutral	250
Zhang et al. 2010- IR [22]	28 IR (28M:0W)	55.5 ± 8	~3.65, ~3.78 3.34 (0.96), 3.32 (0.82) -	4 -	No	C	IP/OP United States	Metab	Neutral	250
			~4.25, ~4.17	-						