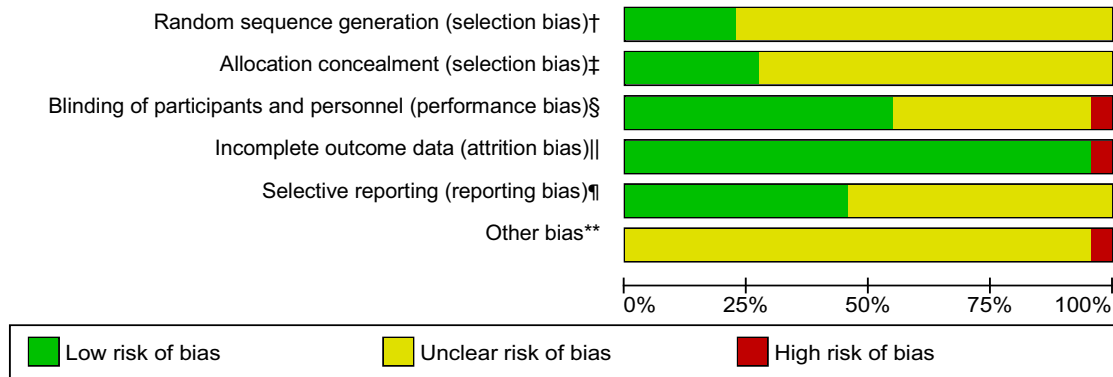


Appendix 4: Risk of bias assessment using Cochrane Risk of Bias tool*



*Risk of bias = unclear if insufficient information was given to assess risk; low if the study design is likely to have little influence over the true outcome; high if the study design is likely to have an influential effect on the true outcome.

†Random sequence generation assessed the randomization method and whether it would produce comparable groups.

‡Allocation concealment assessed whether investigators could tell which treatment participants were going to be randomized to.

§Blinding of participants and personnel assessed whether investigators and/or participants were aware of group allocation.

||Incomplete outcome data assessed whether missing outcome data, including loss to follow-up and exclusion from analysis, may have affected the true outcome.

¶Selected outcome reporting assessed whether investigators pre-registered the trial and/or specified primary and secondary outcomes.

**Other bias assessed other sources of bias that are not listed in the Cochrane Risk of Bias tool. Only Abeysekara et al.¹ is listed because the dietary pulse arm was given both food and dietary advice throughout the study, but the control arm was simply told to keep following their usual dietary habits.

Reference

1. Abeysekara S, Chilibeck PD, Vatanparast H, et al. A pulse-based diet is effective for reducing total and LDL-cholesterol in older adults. *Br J Nutr* 2012;108(Suppl 1):S103-10.