

**Appendix 7: *A priori* and *post-hoc* subgroup analyses for continuous variables for low-density lipoprotein cholesterol (LDL-C) and non-high-density lipoprotein cholesterol (non-HDL-C)**

| Subgroup                            | Range            | No. of trials | N   | $\beta$ (95% CI)       | Residual $I^2$ * | $p$ value† |
|-------------------------------------|------------------|---------------|-----|------------------------|------------------|------------|
| <b>LDL-C</b>                        |                  |               |     |                        |                  |            |
| <i>A priori</i>                     |                  |               |     |                        |                  |            |
| Baseline LDL-C                      | 2.27-5.32 mmol/L | 17            | 773 | -0.10 (-0.42, 0.21)    | 83.6             | 0.5        |
| Dose                                | 50- 377 g/d      | 24            | 976 | 0.00 (0.00, 0.00)      | 65.4             | 0.3        |
| Difference in fibre intake‡         | -3- 24 g/d       | 25            | 984 | -0.01 (-0.02, 0.01)    | 80.4             | 0.3        |
| Difference in saturated fat intake§ | -1- 2% Energy    | 17            | 724 | -0.01 (-0.22, 0.20)    | 78.8             | 0.9        |
| Duration                            | 3 weeks- 1 year  | 25            | 984 | 0.01 (0.00, 0.02)      | 80.3             | 0.2        |
| <i>Post-hoc</i>                     |                  |               |     |                        |                  |            |
| Percentage of males                 | 0%-100%          | 23            | 946 | -0.004 (-0.001, 0.000) | 53.1             | 0.01       |
| Baseline triglyceride levels        | 0.90-3.58 mmol/L | 21            | 743 | 0.02 (-0.28, 0.33)     | 75.0             | 0.09       |
| <b>Non-HDL-C</b>                    |                  |               |     |                        |                  |            |
| <i>A priori</i>                     |                  |               |     |                        |                  |            |
| Baseline non-HDL-C                  | 2.99-6.70 mmol/L | 16            | 762 | 0.01 (-0.31, 0.28)     | 98.8             | 0.9        |
| Dose                                | 50- 377 g/d      | 21            | 885 | 0.00 (0.00, 0.00)      | 98.1             | 0.5        |
| Difference in fibre intake‡         | -3- 23 g/d       | 21            | 840 | -0.03 (-0.06, 0.00)    | 98.3             | 0.02       |
| Difference in saturated fat intake§ | -1- 2% Energy    | 15            | 660 | 0.05 (-0.23, 0.34)     | 97.9             | 0.7        |
| Duration                            | 3 weeks- 1 year  | 22            | 893 | 0.01 (-0.01, 0.03)     | 97.6             | 0.3        |
| <i>Post-hoc</i>                     |                  |               |     |                        |                  |            |
| Percentage of males                 | 0%-100%          | 19            | 802 | 0.00 (0.00, 0.01)      | 98.1             | 0.4        |
| Baseline triglyceride levels        | 0.90-2.79 mmol/L | 17            | 599 | -0.18 (-0.62, 0.26)    | 98.1             | 0.4        |

Note: N = number of participants in each subgroup.

\*Residual  $I^2$  was reported as a percent value and significant when  $p < 0.01$ . Residual  $I^2$  values reflect the level of inter-study heterogeneity that remains unexplained by the subgroup.

† $p$  values reflect the level of significance for each of the main subgroup effects assessed by meta-regression analyses at a significance level of  $p < 0.05$ .

‡Comparison of fibre intake between the dietary pulse arm and the control arm at the end of the study. If fibre intake at the end of the study was not provided, intended fibre intake (as specified in the study protocol) for each arm was used for calculation.

§Comparison of saturated fat intake between the dietary pulse arm and the control arm at the end of the study. If saturated fat intake at the end of the study was not provided, intended saturated fat intake (as specified in the study protocol) for each arm was used for calculation.