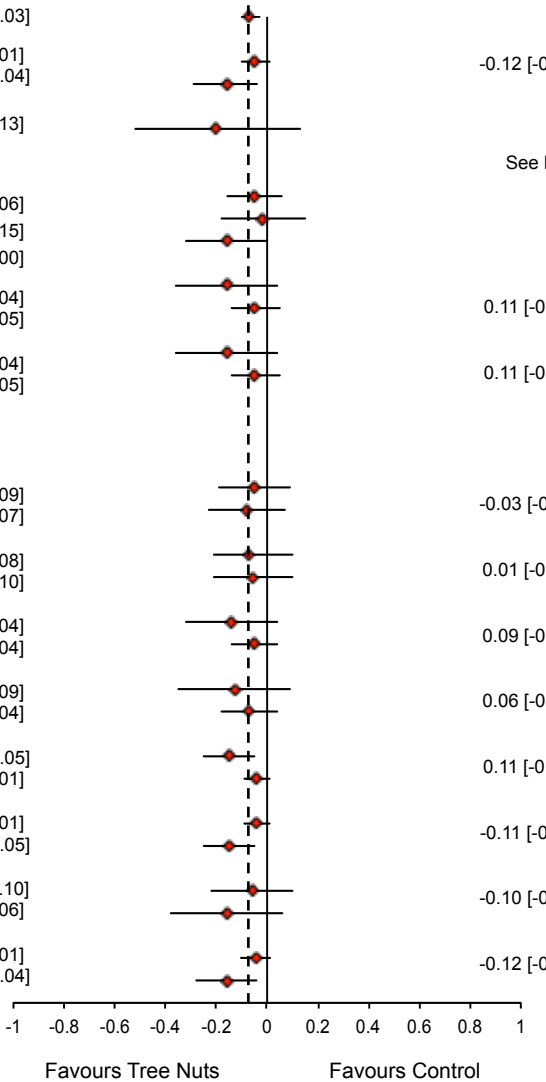
FIGURE S2

Subgroup	Level	Trials	N	Mean Difference (95% CI) in Hemoglobin A1c, %	Residual I^2	P-value
				Within subgroups	Between subgroups	
Total		8	274	-0.07 [-0.10, -0.03]		
Baseline	<7 %	3	87	-0.05 [-0.10, 0.01]	-0.12 [-0.25, 0.01]	0.00 %	0.069
	≥7 %	3	127	-0.16 [-0.29, -0.04]		
Nut type	Almond	3	73	-0.20 [-0.52, 0.13]	See legend	5.59 %	0.337
	Cashew	-	-	-		
	Hazelnut	-	-	-		
	Pistachio	1	28	-0.05 [-0.16, 0.06]		
	Walnut	3	94	-0.02 [-0.18, 0.15]		
	Mixed	1	79	-0.16 [-0.32, 0.00]		
Absolute fiber intake	<30 g/d	1	79	-0.16 [-0.36, 0.04]	0.11 [-0.11, 0.33]	0.00 %	0.165
	≥30 g/d	3	88	-0.05 [-0.14, 0.05]		
Between arm fiber intake Δ	<1.52 g/d	1	79	-0.16 [-0.36, 0.04]	0.11 [-0.11, 0.33]	0.00 %	0.165
	≥1.52 g/d	3	88	-0.05 [-0.14, 0.05]		
Within arm fiber intake Δ	<-0.9 g/d	-	-	-	-	-	-
	≥-0.9 g/d	-	-	-		
Absolute SFA intake	<7 %	4	125	-0.05 [-0.19, 0.09]	-0.03 [-0.23, 0.18]	26.48 %	0.744
	≥7 %	3	136	-0.08 [-0.23, 0.07]		
Between arm SFA intake Δ	<-0.10 %	5	145	-0.07 [-0.21, 0.08]	0.01 [-0.21, 0.22]	29.01 %	0.911
	≥-0.10 %	2	116	-0.06 [-0.21, 0.10]		
Within arm SFA Δ	<0.04%	3	151	-0.14 [-0.32, 0.04]	0.09 [-0.12, 0.29]	0.00 %	0.209
	≥0.04%	1	28	-0.05 [-0.14, 0.04]		
Dose	<56 g/d	3	85	-0.13 [-0.35, 0.09]	0.06 [-0.18, 0.30]	42.54 %	0.569
	≥56 g/d	5	189	-0.07 [-0.18, 0.04]		
Design	Parallel	4	164	-0.15 [-0.25, -0.05]	0.11 [-0.00, 0.22]	0.00 %	0.054
	Crossover	4	110	-0.04 [-0.09, 0.01]		
Follow up	<12 wk	4	110	-0.04 [-0.09, 0.01]	-0.11 [-0.22, 0.03]	0.00 %	0.054
	≥12 wk	4	164	-0.15 [-0.25, -0.05]		
MQS	<8	6	167	-0.06 [-0.22, 0.10]	-0.10 [-0.38, 0.17]	22.92 %	0.387
	≥8	1	79	-0.16 [-0.38, 0.06]		
Between arm CHO intake Δ	<-5 %	6	182	-0.04 [-0.10, 0.01]	-0.12 [-0.25, 0.02]	0.00 %	0.073
	≥-5 %	1	79	-0.16 [-0.28, -0.04]