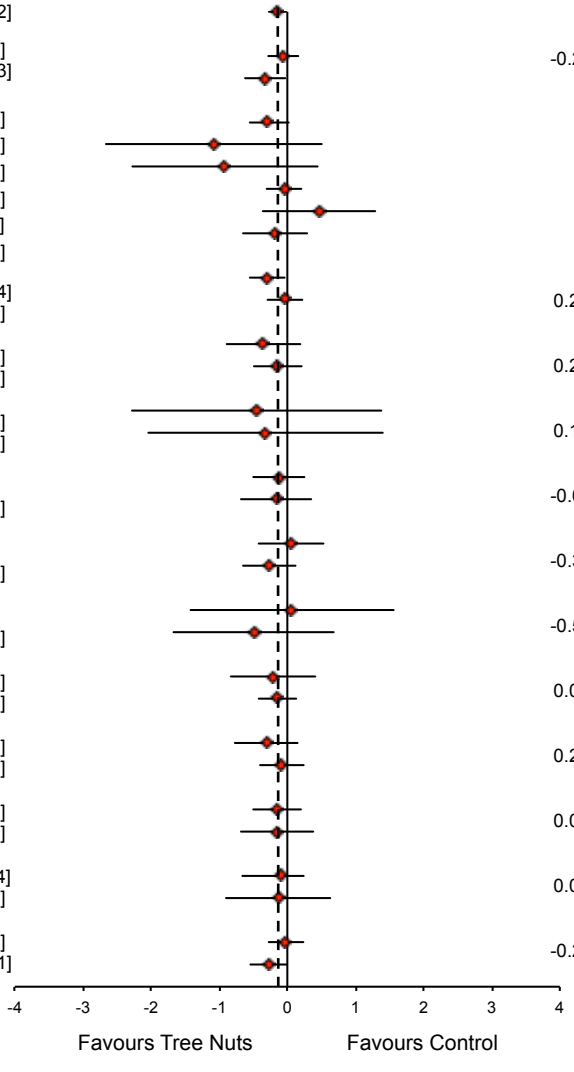
FIGURE S3

Subgroup	Level	Trials	N	Mean Difference (95% CI) in Fasting Glucose, *mmol/L*	Residual I^2	P-value
				Within subgroups	**Between subgroups**	
Total		11	413	-0.15 [-0.27, -0.02]		
Baseline	<8 mmol/L	4	142	-0.06 [-0.28, 0.16]	-0.26 [-0.63, 0.10]	16.90 %	0.134
	≥8 mmol/L	5	211	-0.32 [-0.62, -0.03]		
Nut type	Almond	5	158	-0.27 [-0.55, 0.02]	See legend	0.00 %	0.218
	Cashew	1	43	-1.08 [-2.66, 0.50]		
	Hazelnut	1	48	-0.92 [-2.27, 0.43]		
	Pistachio	1	28	-0.04 [-0.30, 0.22]		
	Walnut	2	57	0.46 [-0.36, 1.29]		
	Mixed	1	79	-0.18 [-0.65, 0.29]		
Absolute fiber intake	<30 g/d	5	255	-0.30 [-0.55, -0.04]	0.26 [-0.10, 0.62]	14.01 %	0.125
	≥30 g/d	3	88	-0.04 [-0.29, 0.22]		
Between arm fiber intake Δ	<1.52 g/d	4	235	-0.35 [-0.89, 0.19]	0.21 [-0.44, 0.85]	39.30 %	0.461
	≥1.52 g/d	4	108	-0.14 [-0.49, 0.21]		
Within arm fiber intake Δ	<-0.90 g/d	2	122	-0.45 [-2.28, 1.38]	0.13 [-2.38, 2.64]	57.34 %	0.845
	≥-0.90 g/d	2	76	-0.32 [-2.04, 1.40]		
Absolute SFA intake	<7 %	5	173	-0.13 [-0.50 0.25]	-0.03 [-0.67, 0.60]	45.21 %	0.902
	≥7 %	5	227	-0.16 [-0.68, 0.35]		
Between arm SFA intake Δ	<-0.10 %	5	196	0.05 [-0.42, 0.53]	-0.32 [-0.93, 0.29]	41.57 %	0.264
	≥-0.10 %	5	204	-0.26 [-0.65, 0.12]		
Within arm SFA intake Δ	<0.04 %	2	114	0.07 [-1.42, 1.56]	-0.56 [-2.46, 1.33]	56.78 %	0.415
	≥0.04 %	3	119	-0.49 [-1.67, 0.68]		
Dose	<56 g/d	5	161	-0.21 [-0.83, 0.41]	0.07 [-0.61, 0.74]	40.91 %	0.829
	≥56 g/d	6	252	-0.14 [-0.42, 0.13]		
Design	Parallel	6	283	-0.31 [-0.77, 0.15]	0.23 [-0.33, 0.79]	37.08 %	0.372
	Crossover	5	130	-0.08 [-0.40, 0.24]		
Follow up	<12 wk	7	221	-0.16 [-0.47, 0.15]	0.01 [-0.61, 0.62]	41.07 %	0.977
	≥12 wk	4	192	-0.15 [-0.68, 0.38]		
MQS	<8	8	241	-0.21 [-0.66, 0.24]	0.08 [-0.81, 0.97]	39.09 %	0.846
	≥8	2	144	-0.13 [-0.90, 0.63]		
Between arm CHO intake Δ	<-5 %	6	188	-0.02 [-0.26, 0.23]	-0.26 [-0.62, 0.10]	26.43 %	0.135
	≥-5 %	4	212	-0.28 [-0.54, -0.01]