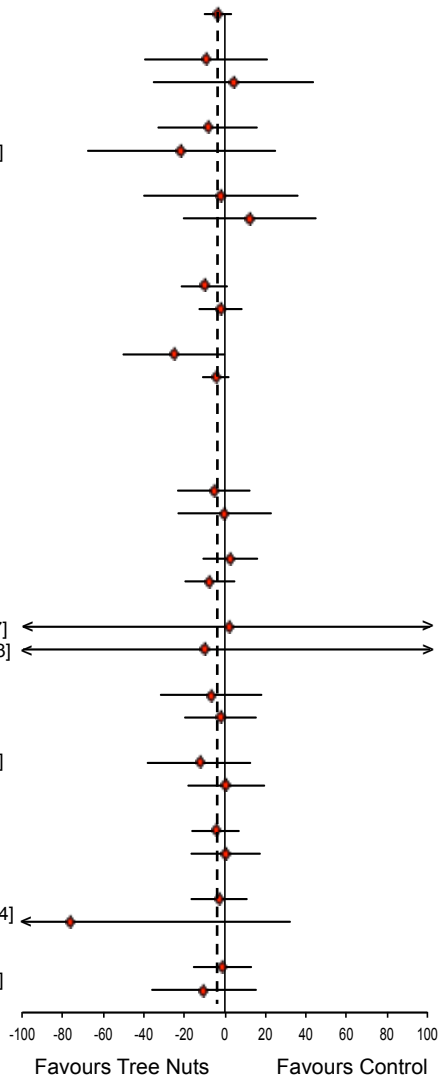
FIGURE S4

Subgroup	Level	Trials	N	Mean Difference (95% CI) in Fasting Insulin , *pmol/L*	Residual I^2	P-value
				Within subgroups	**Between subgroups**	
Total		9	286	-3.42 [-10.06, 3.21]		
Baseline	<108.3 pmol/L	3	91	-9.31 [-39.53, 20.90]	13.49 [-36.15, 63.22]	69.54 %	0.515
	≥108.3 pmol/L	4	135	4.22 [-35.22, 43.66]		
Nut type	Almond	5	158	-8.53 [-32.94, 15.88]	See legend	52.49 %	0.486
	Cashew	1	43	-21.53 [-67.86, 24.80]		
	Hazelnut	-	-	-		
	Pistachio	1	28	-2.08 [-39.91, 35.75]		
	Walnut	2	57	12.28 [-20.40, 44.95]		
	Mixed	-	-	-		
Absolute fiber intake	<30 g/d	3	128	-10.17 [-21.46, 1.13]	8.02 [-7.42, 23.47]	32.44 %	0.233
	≥30 g/d	3	88	-2.14 [-12.68, 8.39]		
Between arm fiber intake Δ	<1.52 g/d	2	108	-25.20 [-50.19, -0.22]	20.70 [-5.10, 46.50]	8.78 %	0.090
	≥1.52 g/d	4	108	-4.50 [-10.94, 1.93]		
Within arm fiber intake Δ	<-0.90 g/d	-	-	-	-	-	-
	≥-0.90 g/d	-	-	-		
Absolute SFA intake	<7 %	5	173	-5.48 [-23.26, 12.31]	5.37 [-23.67, 34.41]	68.20 %	0.667
	≥7 %	3	100	-0.10 [-23.06, 22.85]		
Between arm SFA intake Δ	<-0.1 %	4	117	2.68 [-10.73, 16.08]	-10.08 [-28.22, 8.06]	61.60 %	0.223
	≥-0.1 %	4	156	-7.40 [-19.62, 4.82]		
Within arm SFA intake Δ	<0.04 %	1	35	2.08 [-150.81, 154.97]	-11.95 [-206.99, 183.09]	76.02 %	0.579
	≥0.04 %	2	71	-9.87 [-130.97, 111.23]		
Dose	<56 g/d	3	91	-6.80 [-31.73, 18.13]	4.62 [-25.89, 35.13]	66.49 %	0.731
	≥56 g/d	6	195	-2.18 [-19.77, 15.41]		
Design	Parallel	4	156	-12.29 [-38.22, 13.63]	12.98 [-19.07, 45.03]	67.63 %	0.370
	Crossover	5	130	0.69 [-18.16, 19.53]		
Follow up	<12 wk	6	173	-4.63 [-16.23, 6.98]	5.01 [-15.57, 25.59]	62.32 %	0.583
	≥12 wk	3	113	0.38 [-16.62, 17.39]		
MQS	<8	7	193	-2.85 [-16.61, 10.90]	-73.55 [-183.05, 35.96]	73.44 %	0.151
	≥8	1	65	-76.40 [-185.04, 32.24]		
Between arm CHO intake Δ	<-5 %	6	188	-1.21 [-15.38, 12.95]	-9.23 [-38.72, 20.27]	67.82 %	0.473
	≥-5 %	2	85	-10.44 [-36.31, 15.43]