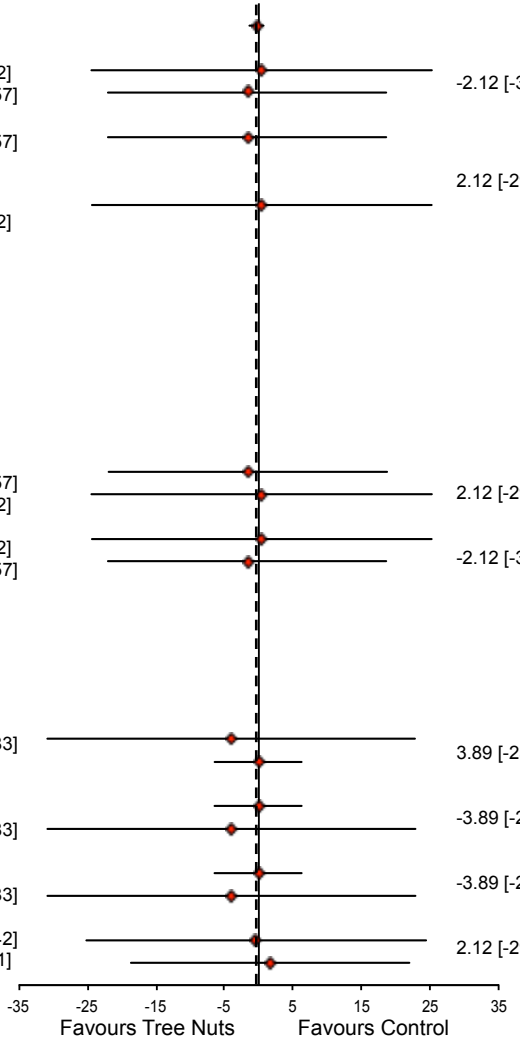
FIGURE S5

Subgroup	Level	Trials	N	Mean Difference (95% CI) in HOMA-IR: Within subgroups	Between subgroups	Residual I^2	P-value
Total		3	107	-0.24 [-0.51, 0.04]			
Baseline	<5.71	1	22	0.40 [-24.42, 25.22]	-2.12 [-34.18, 29.94]	65.11 %	0.556
	≥5.71	2	85	-1.72 [-22.01, 18.57]			
Nut type	Almond	2	85	-1.72 [-22.01, 18.57]	2.12 [-29.94, 34.18]	65.11 %	0.556
	Cashew	-	-	-			
	Hazelnut	-	-	-			
	Walnut	1	22	0.40 [-24.42, 25.22]			
	Mixed	-	-	-			
Absolute fiber intake	<30 g/d	-	-	-	-	-	-
	≥30 g/d	-	-	-			
Between arm fiber intake Δ	<0.74 g/d	-	-	-	-	-	-
	≥0.74 g/d	-	-	-			
Within arm fiber intake Δ	<-1.3 g/d	-	-	-	-	-	-
	≥-1.3 g/d	-	-	-			
Absolute SFA intake	<7 %	2	85	-1.72 [-22.01, 18.57]	2.12 [-29.94, 34.18]	65.11 %	0.556
	≥7 %	1	22	0.40 [-24.42, 25.22]			
Between arm SFA intake Δ	<-0.25 %	1	22	0.40 [-24.42, 25.22]	-2.12 [-34.18, 29.94]	65.11 %	0.556
	≥-0.25 %	2	85	-1.72 [-22.01, 18.57]			
Within arm SFA intake Δ	<-0.4 %	-	-	-	-	-	-
	≥-0.4 %	-	-	-			
Dose	<56 g/d	-	-	-	-	-	-
	≥56 g/d	-	-	-			
Design	Parallel	1	65	-4.00 [-30.83, 22.83]	3.89 [-23.68, 31.46]	91.43 %	0.324
	Crossover	2	42	-0.11 [-6.46, 6.24]			
Follow up	<12 wk	2	42	-0.11 [-6.46, 6.24]	-3.89 [-23.68, 31.46]	91.43 %	0.324
	≥12 wk	1	65	-4.00 [-30.83, 22.83]			
MQS	<8	2	42	-0.11 [-6.46, 6.24]	-3.89 [-23.68, 31.46]	91.43 %	0.324
	≥8	1	65	-4.00 [-30.83, 22.83]			
Between arm CHO intake Δ	<-5 %	1	22	-0.40 [-25.22, 24.42]	2.12 [-29.94, 34.18]	65.11 %	0.556
	≥-5 %	2	85	1.72 [-18.57, 22.01]