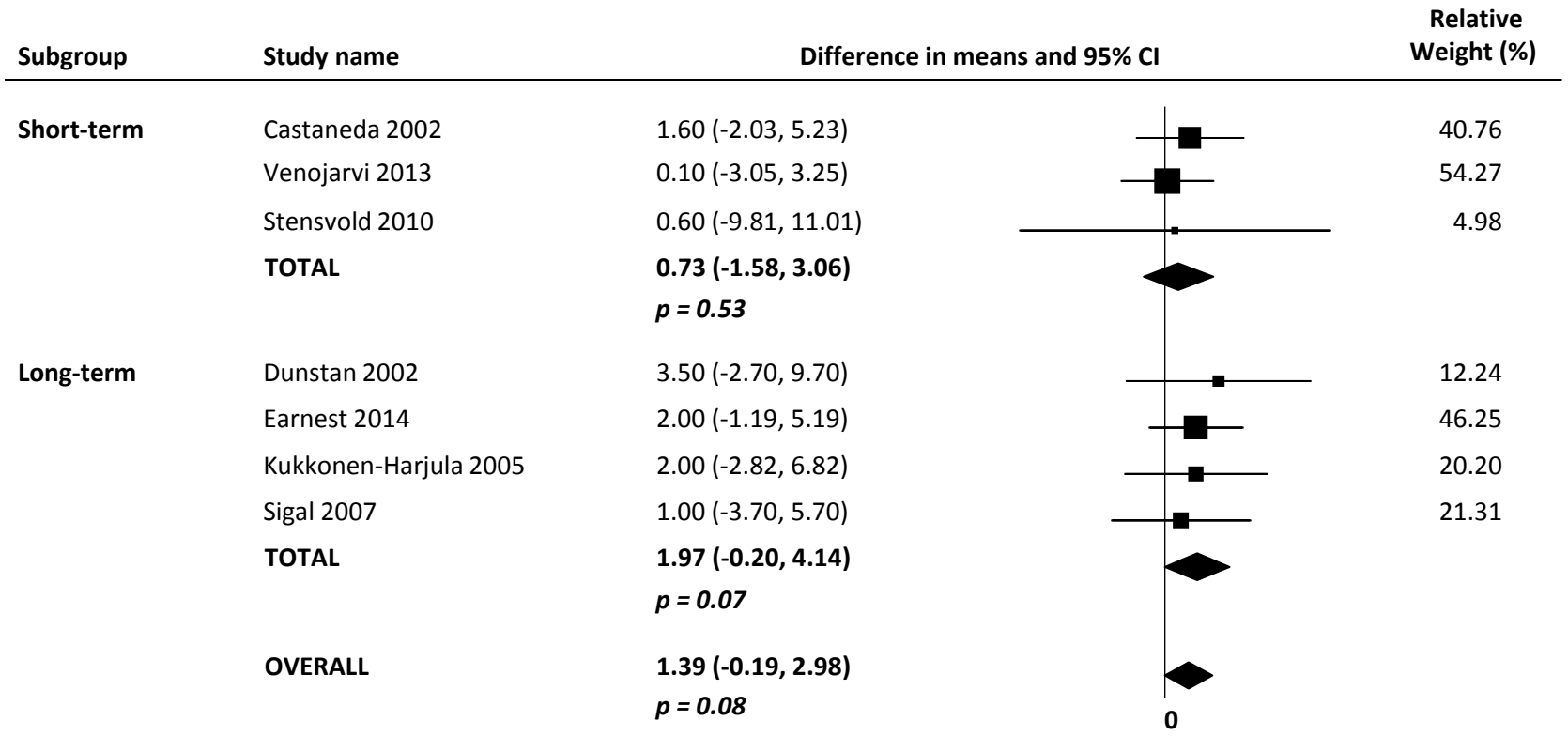

Figure 4. Forest plot (short vs. long-term) showing pooled MD with 95% CI for diastolic blood pressure.

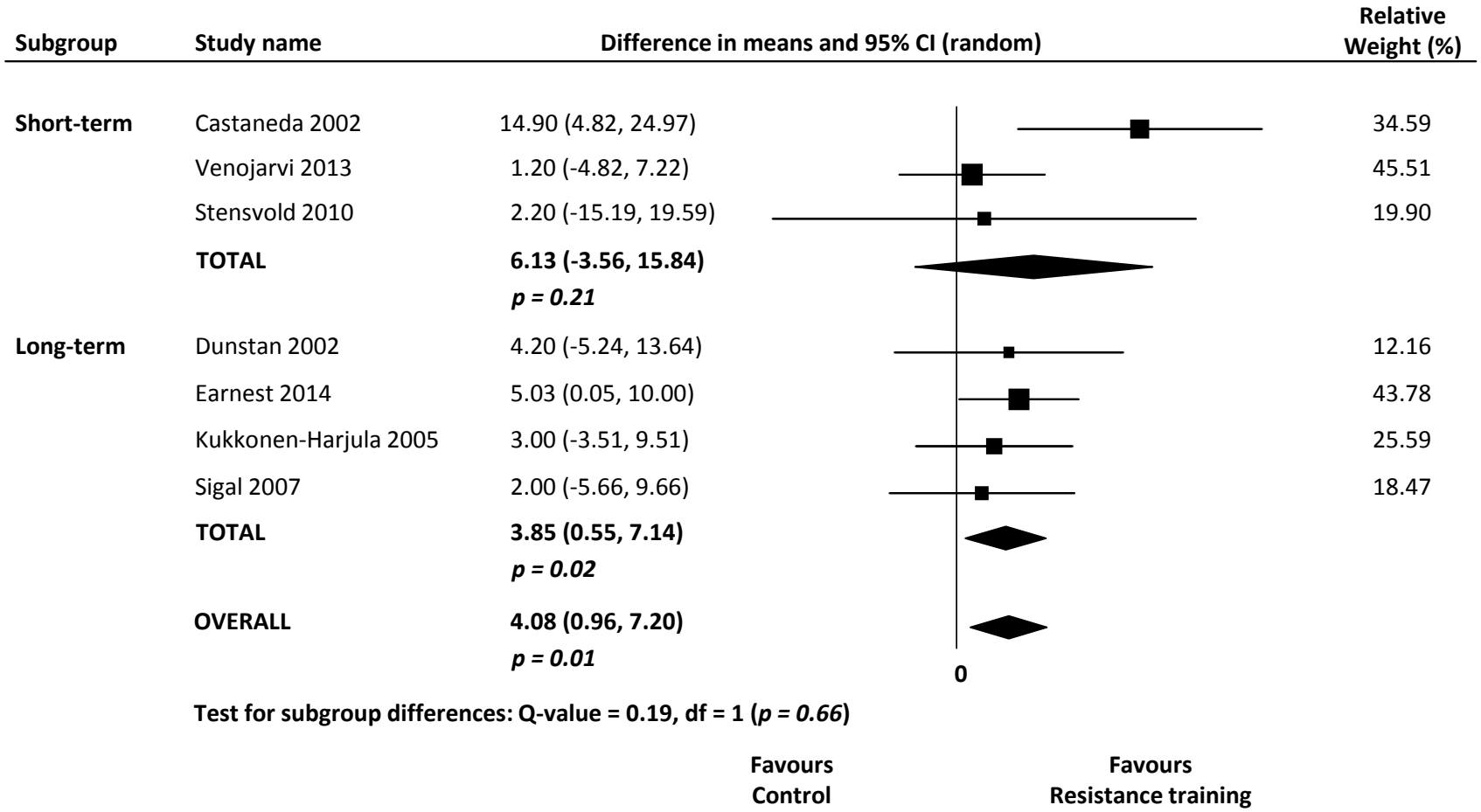

Figure 5. Forest plot (short vs. long-term) showing pooled MD with 95% CI for systolic blood pressure.

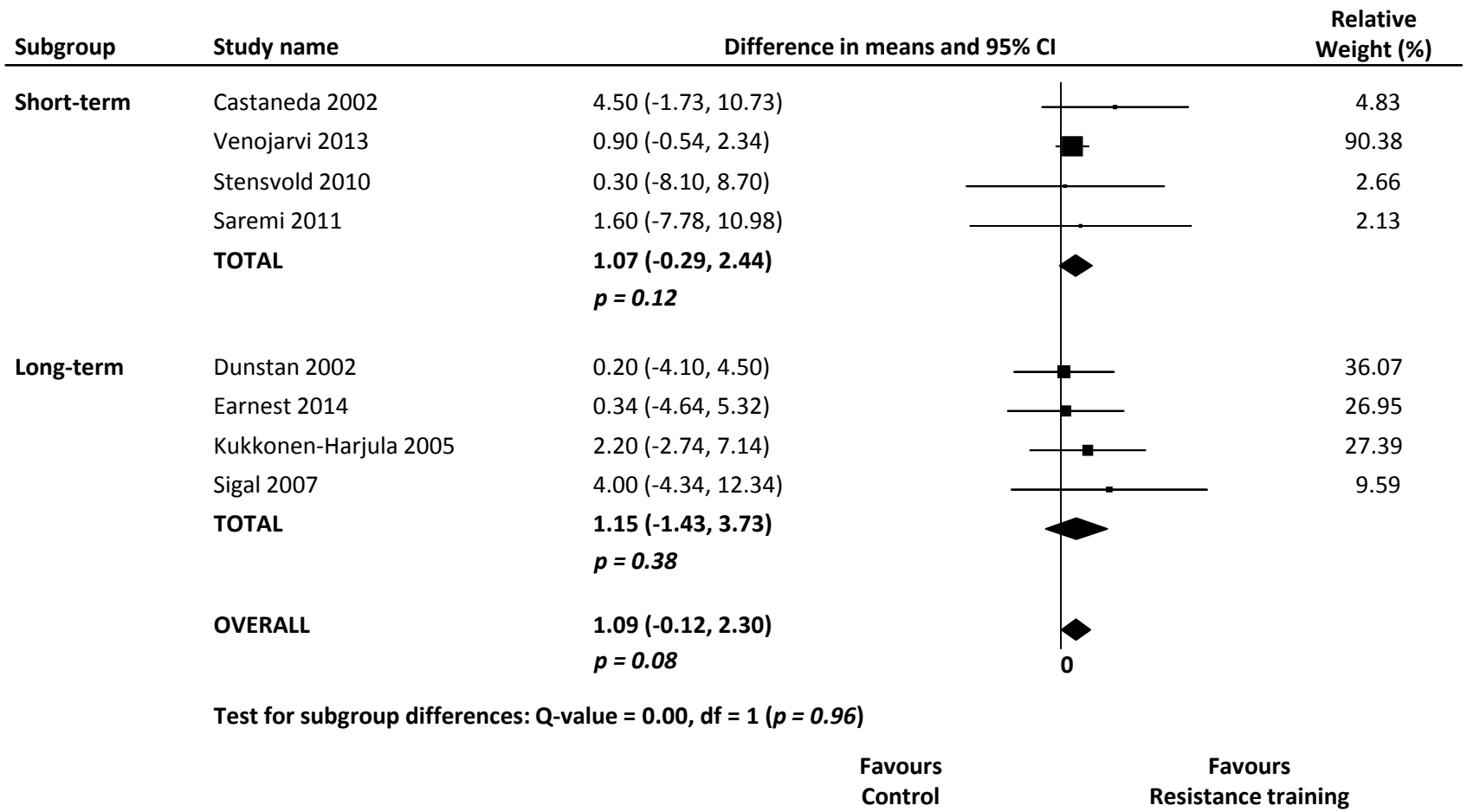

Figure 6. Forest plot (short vs. long-term) showing pooled MD with 95% CI for waist circumference.

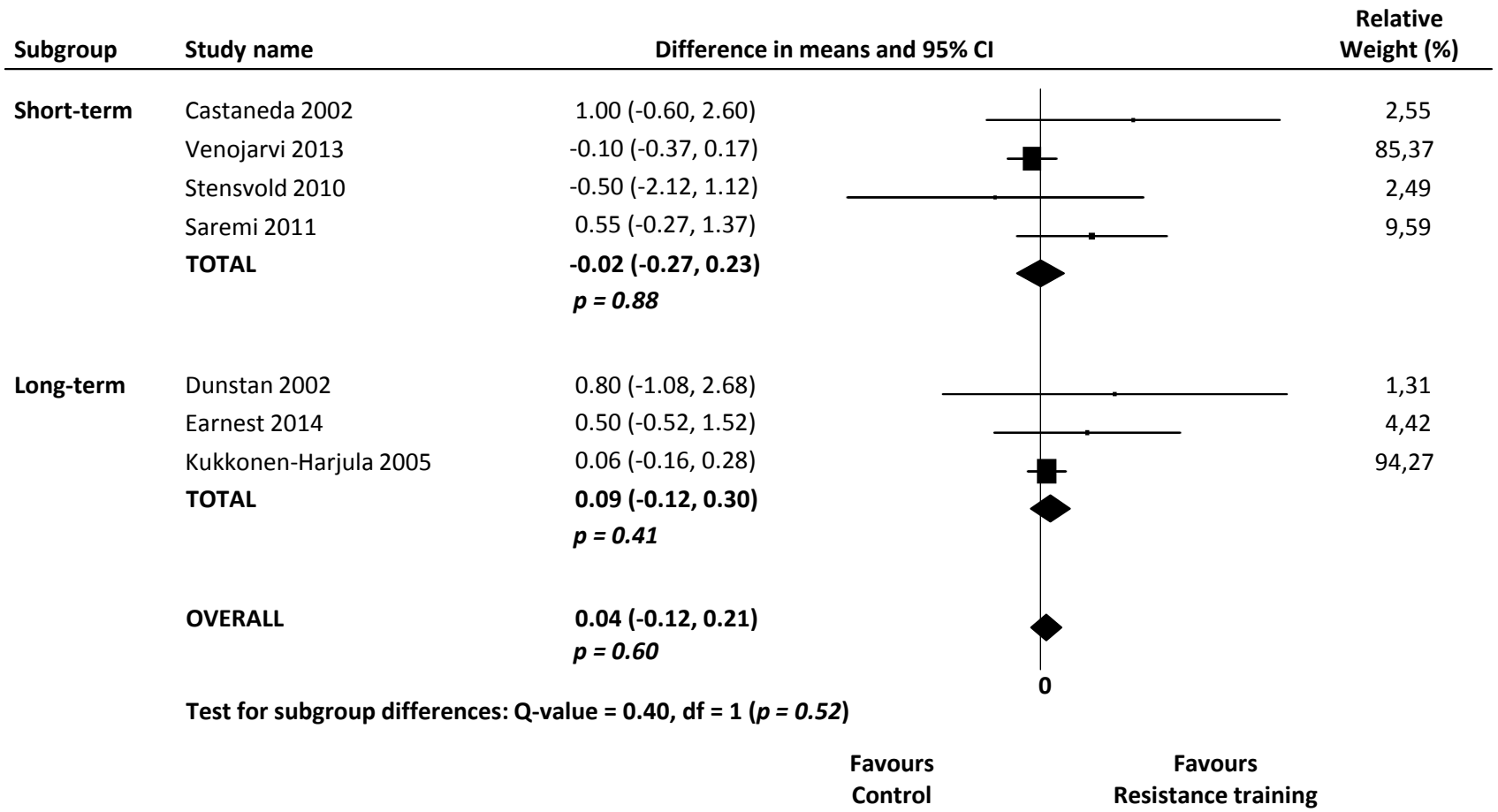

Figure 7. Forest plot (short vs. long-term) showing pooled MD with 95% CI for fasting glucose.

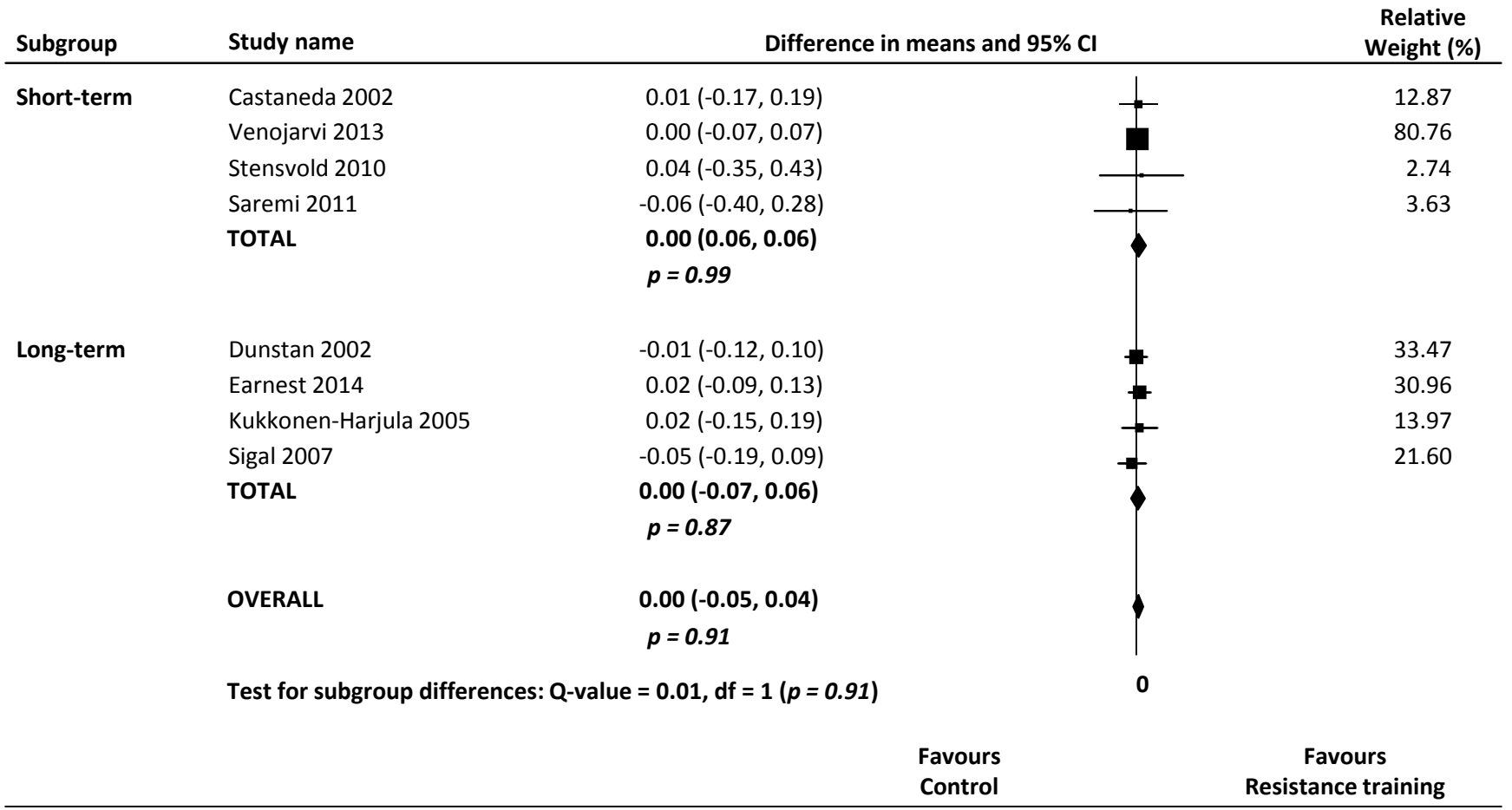

Figure 8. Forest plot (short vs. long-term) showing pooled MD with 95% CI for HDL-cholesterol.

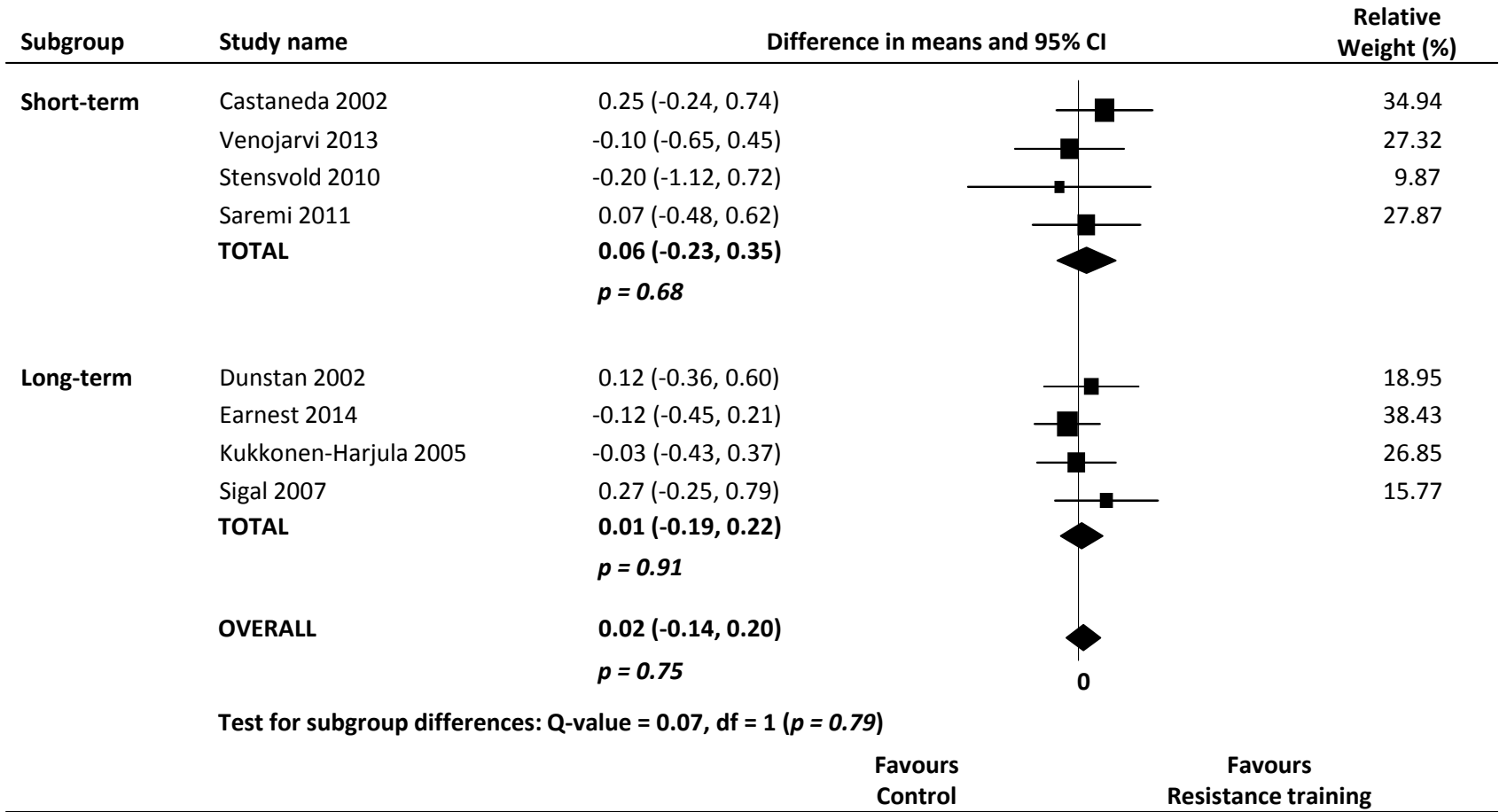

Figure 9. Forest plot (short vs. long-term) showing pooled MD with 95% CI for triglycerides.

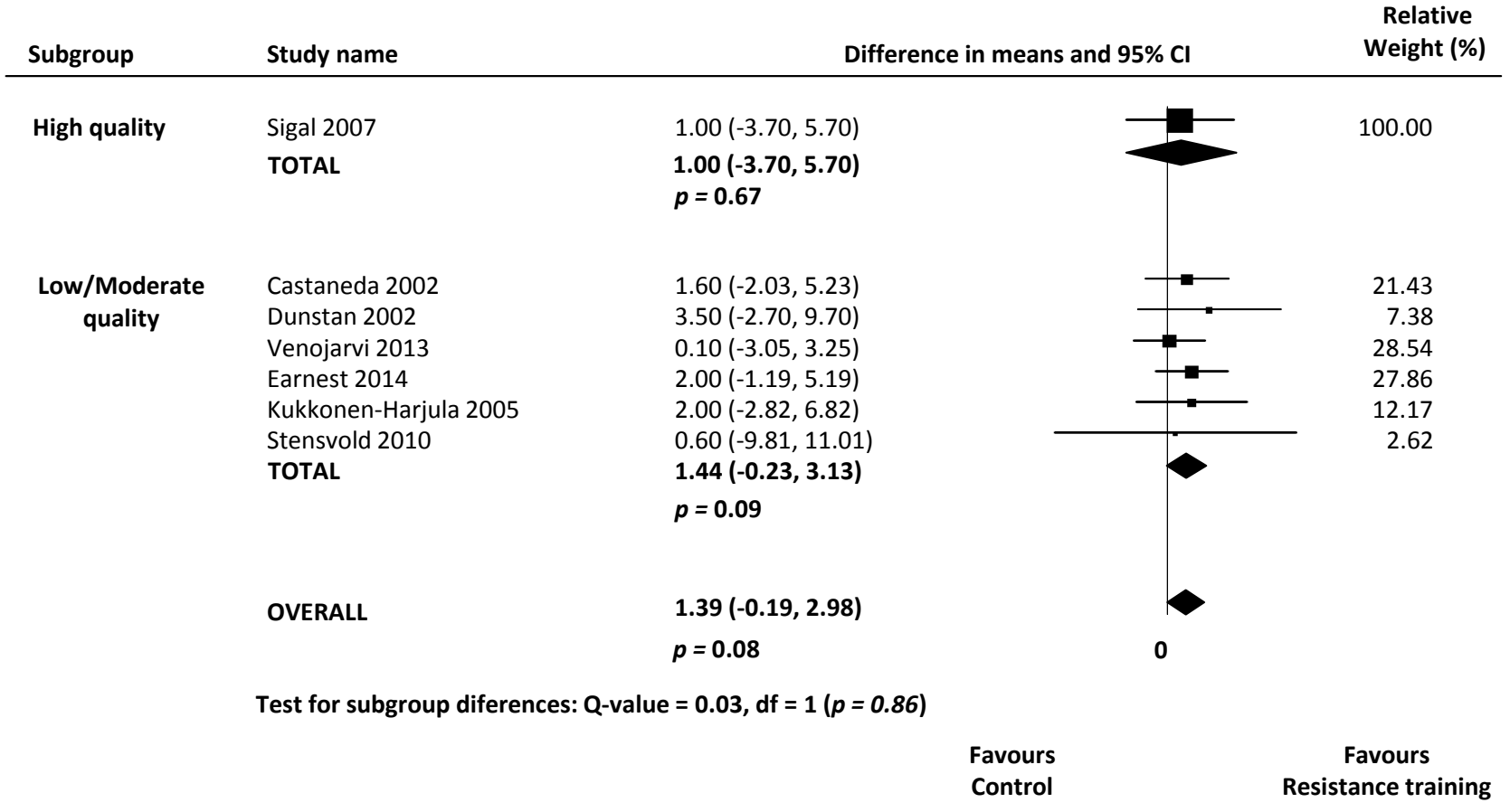

Figure 10. Forest plot (high vs low/moderate quality) showing pooled MD with 95% CI for diastolic blood pressure.

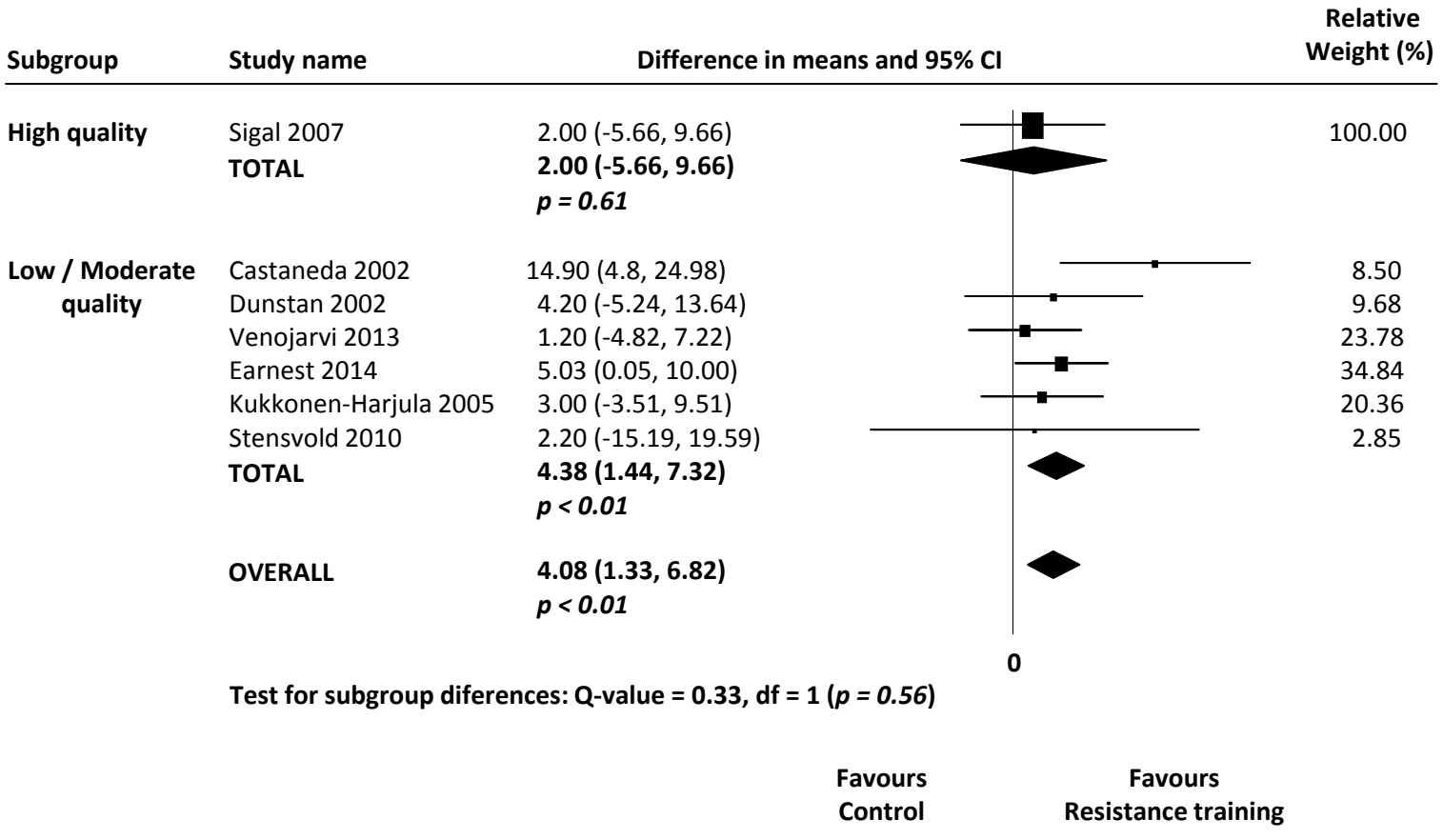

Figure 11. Forest plot (high vs low/moderate quality) showing pooled MD with 95% CI for systolic blood pressure.

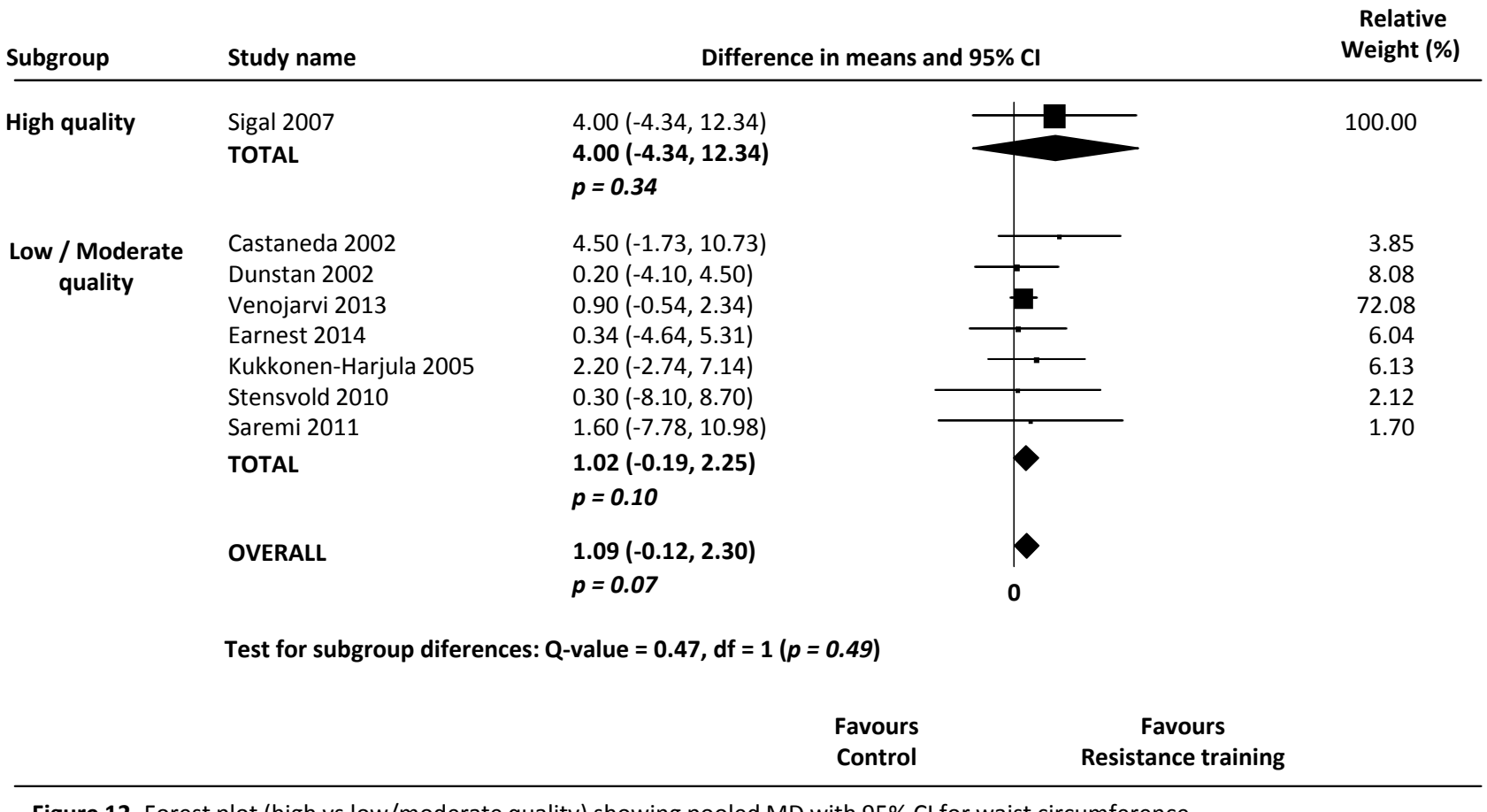

Figure 12. Forest plot (high vs low/moderate quality) showing pooled MD with 95% CI for waist circumference.

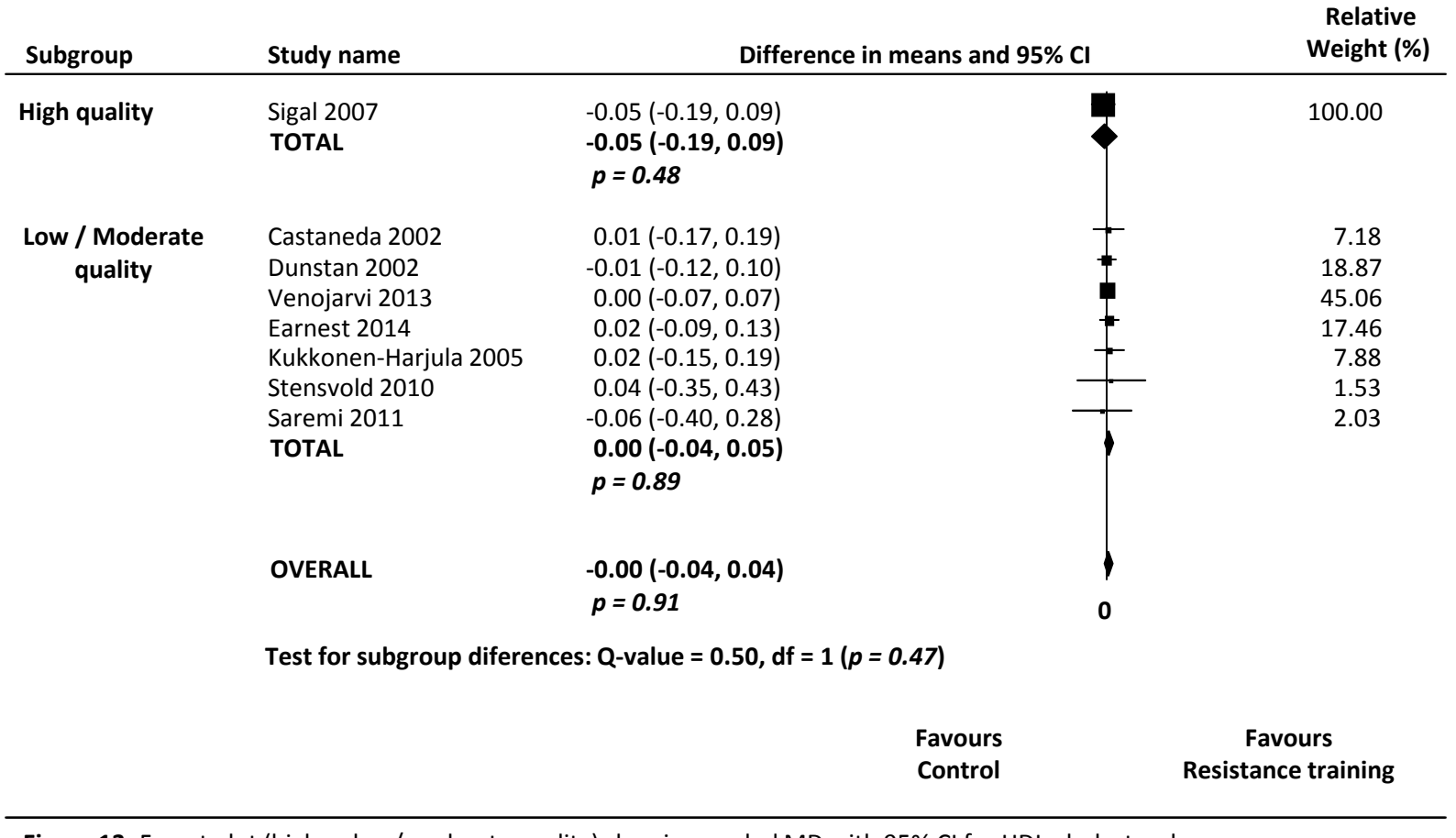

Figure 13. Forest plot (high vs low/moderate quality) showing pooled MD with 95% CI for HDL-cholesterol.

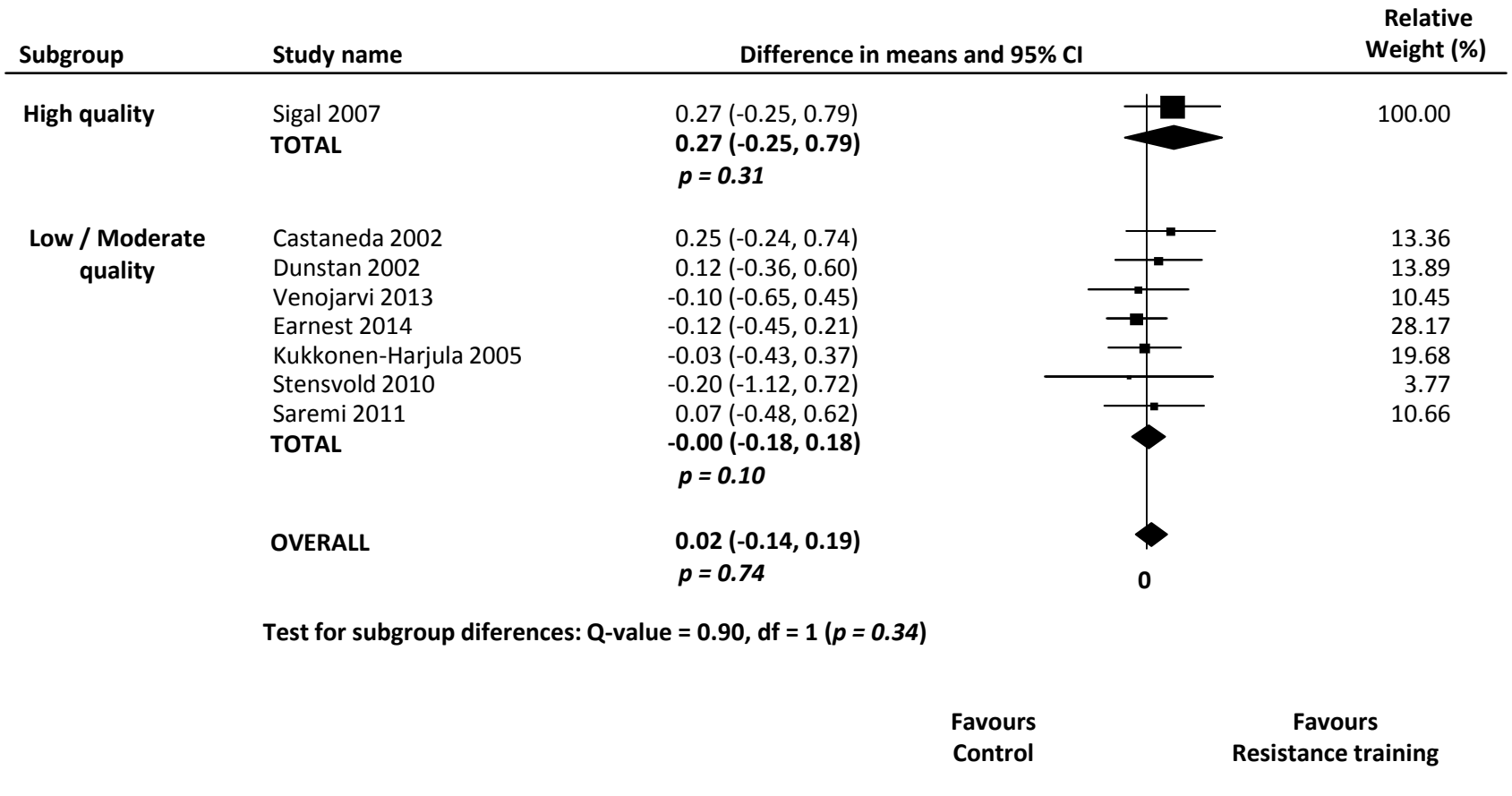

Figure 14. Forest plot (high vs low/moderate quality) showing pooled MD with 95% CI for Triglycerides.