

SUPPLEMENT

TABLE AND FIGURES

Table S1. Randomized Controlled Trials of Dairy Intake not included in the Meta-Analysis

Study Author, Year	Sample size	Sex	Age mean± SD or range (years)	BMI mean± SD or range (kg/m ²)	Country of origin	Study duration (weeks)	Findings Intervention vs. Control
Agrawal, 2011 [23]	I=12 C=12	71%M 29%F	16.7±8.9	I=15.8±2.4 C=15.8±3.0	India	108	↓ BMI ↔ Insulin
Anderson, 2005 [16]	I=39 C=51	12%M 88%F	I=47.6±9.4 C=47.3±9.4	27-40	United States	12	↔ Body Weight ↔ WC
Alonso, 2009* [33]	I=23 C=22	51% M 49% F	I= 19.9±1.4 C=19.9±1.6	I=23.4±3.5 C=23.7±3.7	Spain	20	↑ Body Weight
Al Naggar, 2014	I=15 C=15	**	18-33	***	Malaysia	2	↓ Body Weight
Azadbakht, 2005 [21]	I=38 C=40	30%M 70%F	41.2±12.3	***	Iran	28	↓ Body Weight ↓ WC
Barr, 2000 [22]	I=98 C=102	36%M/ 64%F	I=65.1±6.7C= 65.3±6.6	16-36	Canada	12	↑ Body Weight
Buchowski, 2010 [24]	I=17 C=17	29%M 71%F	21-50	29-35	United States	12	↔ Body Weight
Chee, 2003 [18]	I=91 C=82	100%F	I=58.7±3.7 C=59±3.2	23.8±3.6	Malaysia	108	↔ Body Weight ↔ %Body Fat ↔ Lean Mass
Dugan, 2014 [25]	I=14 C=23	36%M 64%F	54±9.7	94.4±19.9	United States	16	↔ Lean Mass ↓ Body Weight ↓ BMI ↓ WC
Eagan, 2006 [32]	I1=14 I2=14 C=10	100%M	20.1±2.4	I1=21.9±3.4 I2=23.4±4.7 C=21.9±2.6	United States	78	↓ Fat Mass
Lau, 2001 [17]	I=95 C=90	100%F	I=57.1±1.8 C=56.8±1.5	***	China	108	↑Body Weight
Liu, 2011 [26]	I=12 C=12	100%F	24-31	21-24	China	29	****
Maki, 2015 [27]	I=14 C=20	50%M 50%F	18-74	≤45	United States	14	↑ Insulin ↔ Body Weight ↔ WC ↑ HOMA-IR

Palacios, 2011 [28]	I=8 C=8	20%M 80%F	22-50	≥30	Puerto Rico	21	↔ Body Weight ↔ BMI ↔ Lean Mass ↔ Fat Mass ↔ %Body Fat
Rideout, 2013 [29]	I=23 C=23	20%M 80%F	18-75	18.5-35.0	Canada	52	↓ Insulin ↓ HOMA-IR ↔ Body Weight
Sirtori, 1999* [19]	21	38%M 62%F	51.9±13.5	***	Italy	4	****
Van Meijl, 2010 [30]	I=17 C=18	28%M 72%F	18-70	≥27	Netherlands	8	↔ Body Weight
Wagner, 2007 [20]	I=17 C=13	100%F	I= 37.6± 2.2 C=36.0± 2.2	I= 33.7±1.0 C=32.4±1.5	United States	12	↔ Body Weight ↔ Fat Mass
Zemel, 2010* [34]	I=10 C=10	70%M 30% F	31.0±10.3	28.0±1.01	United States	12	↔ Body Weight

*Cross-over design; **Data missing on sex; ***Data missing on BMI; ****Data missing on the outcome of body weight, waist circumference, or HOMA-IR. ↓= decrease; ↑ = increase; ↔ = no difference. Abbreviations: BMI, body mass index; C, control; F, female; HOMA-IR, Homeostatic Model Assessment of Insulin Resistance; I, intervention; M, male; SD, standard deviation; WC, waist circumference

Figure S1. Funnel plot of All Studies Evaluating Dairy intake and Body Weight

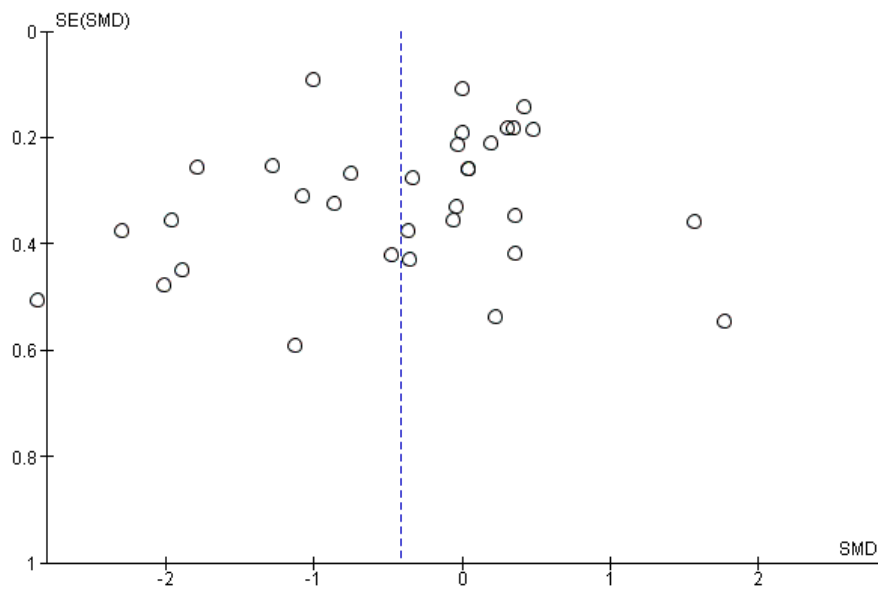


Figure S2. Funnel plot of All Studies Evaluating Dairy intake and Waist Circumference

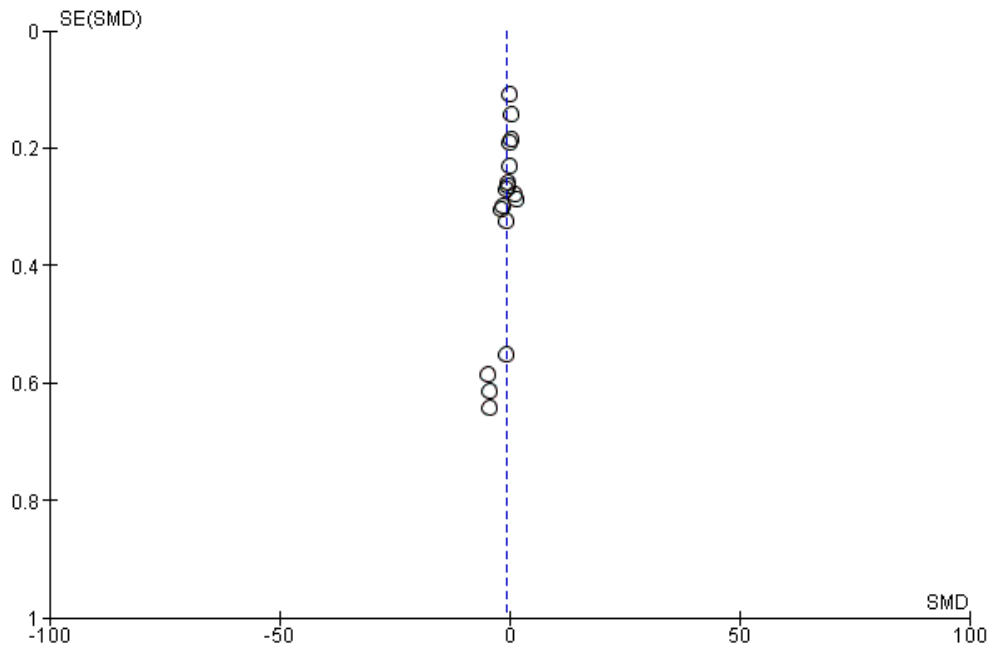


Figure S3. Funnel plot of All Studies Evaluating Dairy intake and HOMA-IR

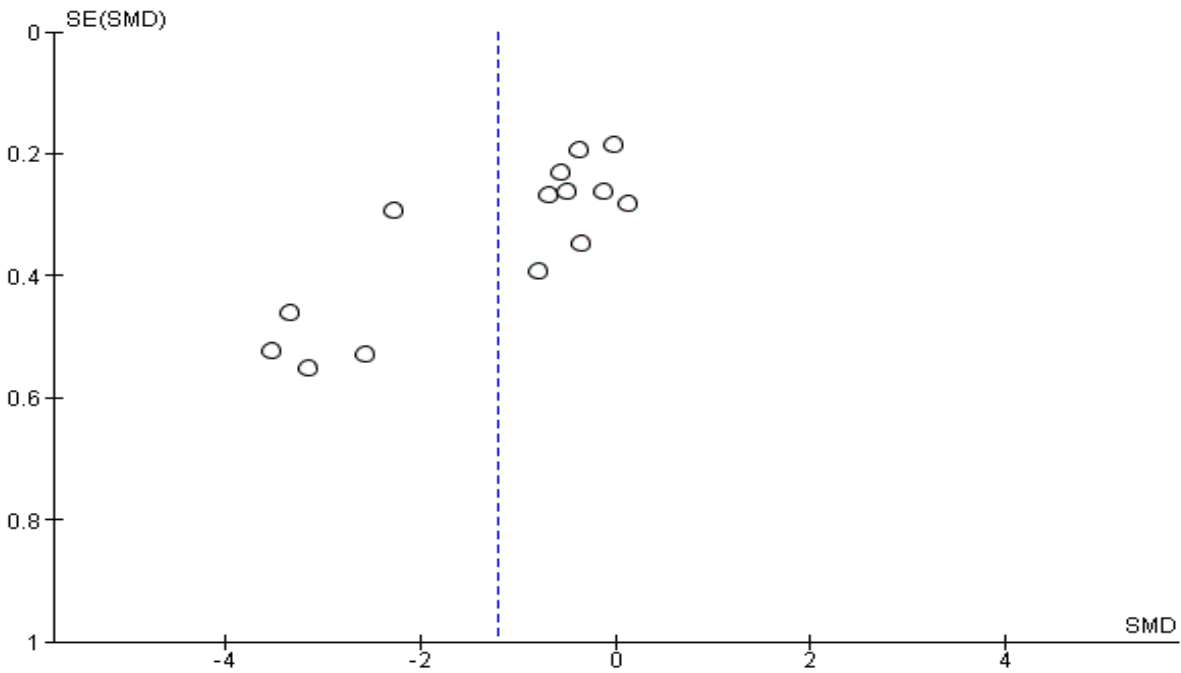
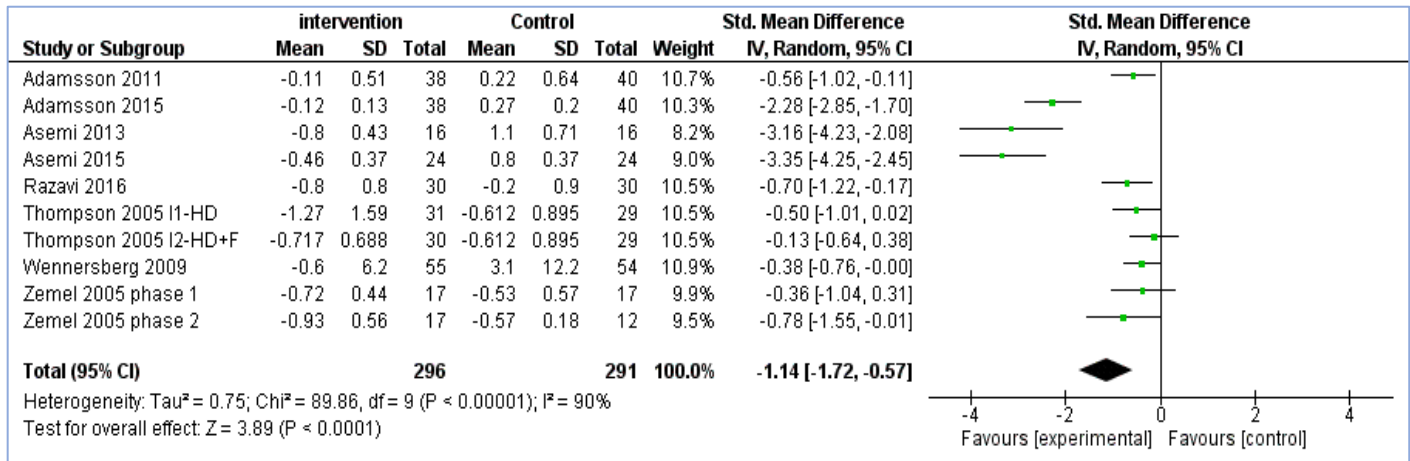
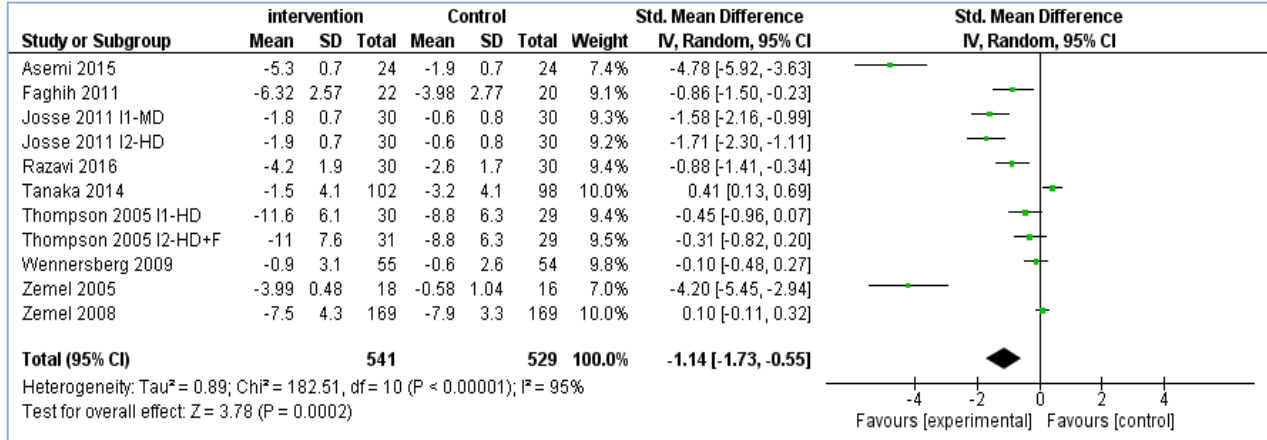


Figure S4. Forest Plot of Randomized Clinical Trials with Low Risk of Bias: Dairy Intake and HOMA-IR



Abbreviations: F, fiber; HD, high dairy diet

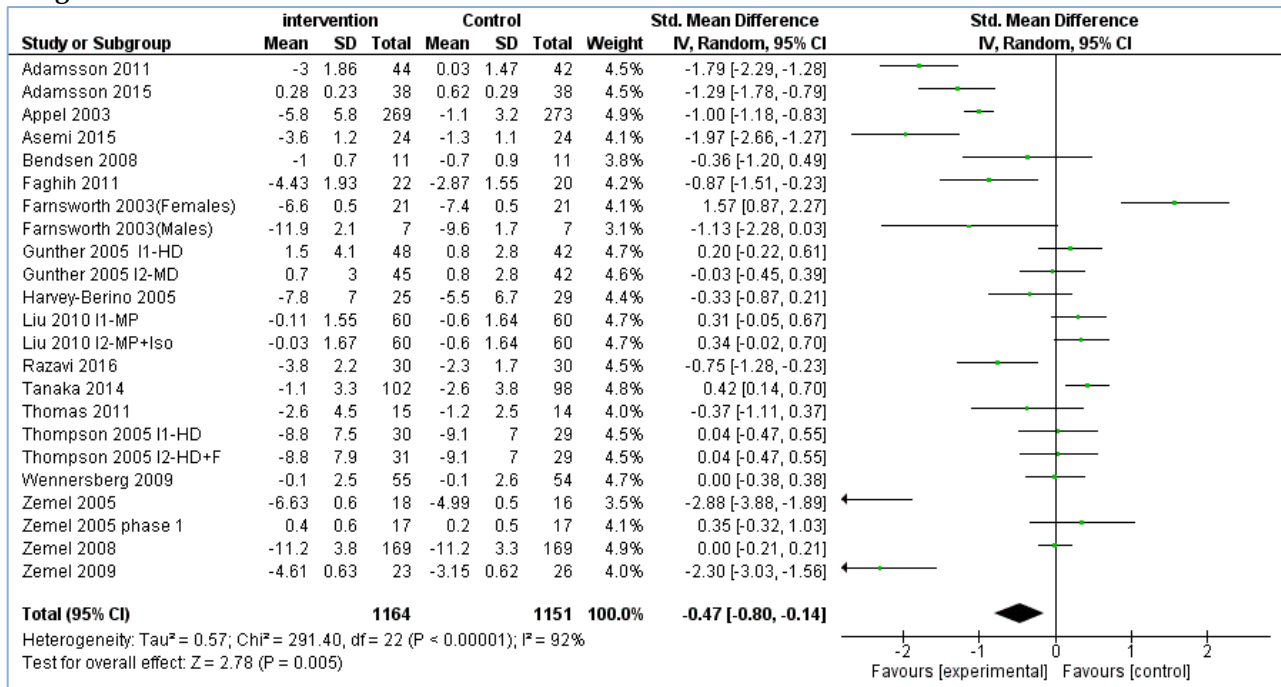
Figure S5. Forest Plot of Randomized Clinical Trials with Low Risk of Bias: Dairy Intake and Waist Circumference



Waist circumference change measured in cm.

Abbreviations: F, fiber; HD, high dairy diet; MD, moderate dairy diet

Figure S6. Forest Plot of Randomized Clinical Trials with Low Risk of Bias: Dairy Intake and Body Weight



Body weight change measured in Kg.

Abbreviations: F, fiber; Iso, isoflavones; HD, high dairy diet; MD, moderate dairy diet; MP, milk protein

Figure S7. Forest Plot of Randomized Clinical Trials without Physical Activity Component: Dairy Intake and HOMA-IR

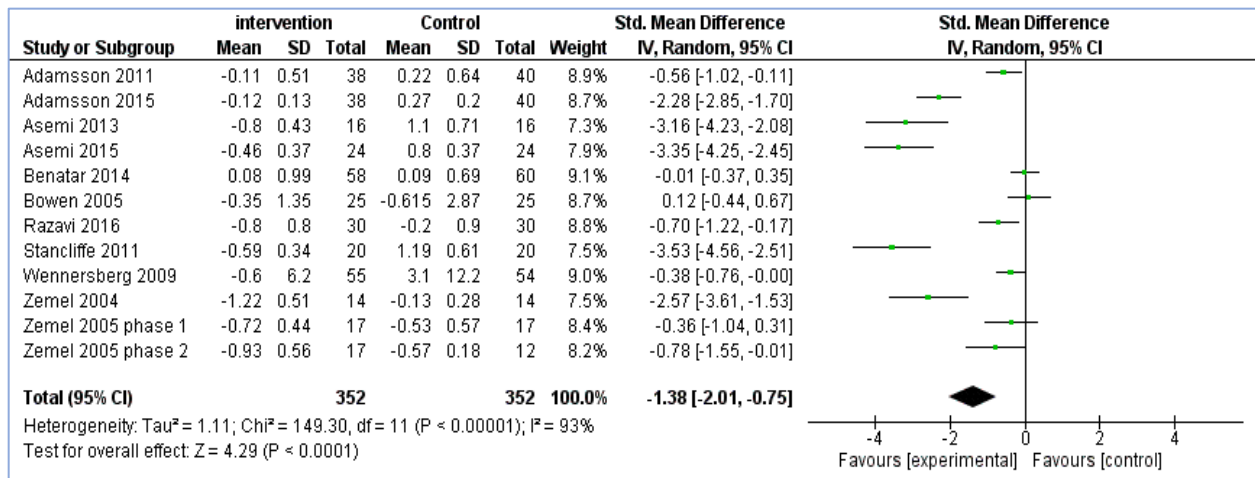
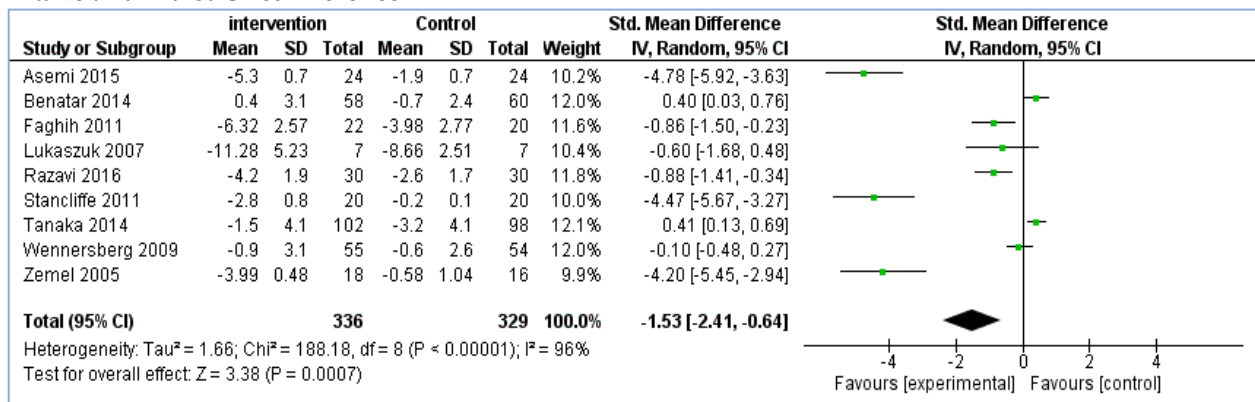
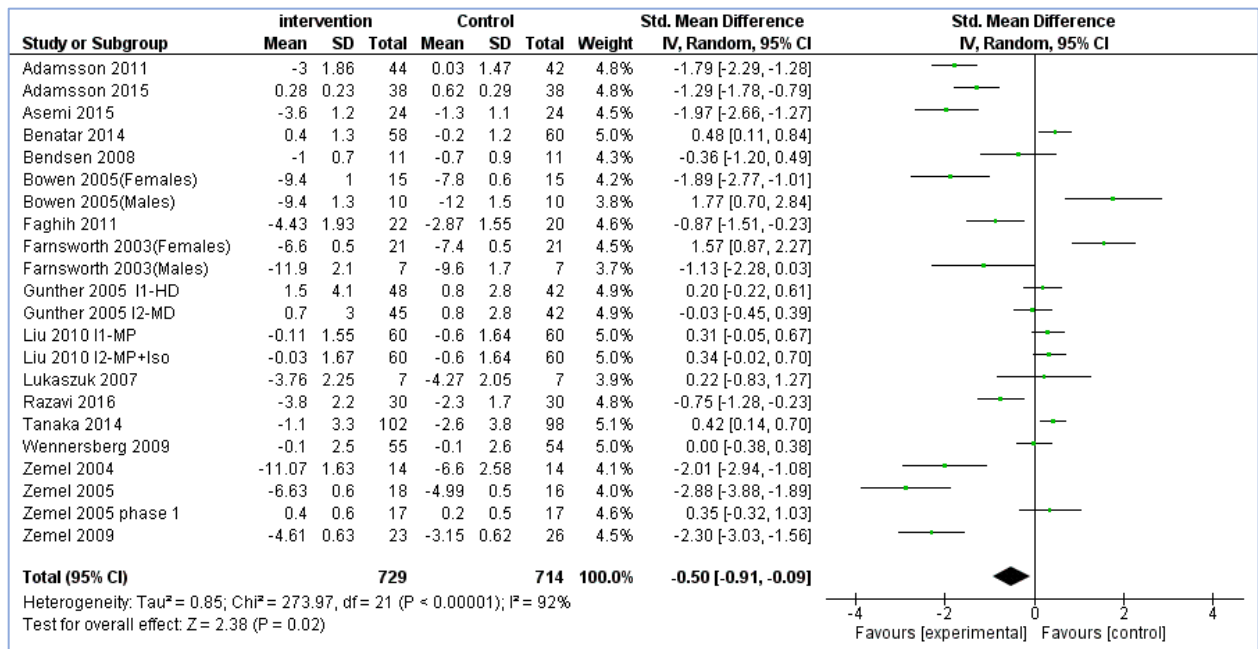


Figure S8. Forest Plot of Randomized Clinical Trials without Physical Activity Component: Dairy Intake and Waist Circumference



Waist circumference change measured in cm.

Figure S9. Forest Plot of Randomized Clinical Trials without Physical Activity Component: Dairy Intake and Body Weight



Body weight change measured in Kg.

Abbreviations: Iso, isoflavones; HD, high dairy diet; MD, moderate dairy diet; MP, milk protein