Supplemental Table 1. Serum parameters in studies from before and after intervention

Study	Outcome	Unit	Experimental		Control	
			Before	After	Before	After
Cai X et al.	FPG	mmol/L	8.4 ± 2.95	6.79 ± 2.55	8.13 ± 2.86	7.48 ± 2.29
	Insulin	uU/ml	8.83 ± 5.97	9.74 ± 8	7.65 ± 6.38	7.97 ± 5.59
	HbA1C	%	7.27 ± 1.3	7.32 ± 1.32	7.43 ± 1.38	7.85 ± 1.37
	HOMA-IR	NR	3.5 ± 3.15	3.18 ± 3.62	2.63 ± 2.09	2.96 ± 3.49
Dehghan P et al.	FPG	mg/dl	161.7 ± 15.1	146.6 ± 19.9	157.8 ± 10.6	156.1 ± 14.2
	Insulin	uU/ml	14 ± 4.3	9.2 ± 3.2	13.2 ± 3.8	13.4 ± 3.8
	HbA1C	%	8.4 ± 0.9	7.7 ± 0.7	8.2 ± 0.9	8.3 ± 1.1
	HOMA-IR	NR	5.6 ± 2	3.4 ± 1.4	5.1 ± 1.6	5.2 ± 1.6
Dehghan P et al.	FPG	mg/dl	166.8 ± 22.3	148.5 ± 20.4	157.8 ± 10.6	156.1 ± 14.2
	HbA1C	%	8.4 ± 1	7.8 ± 0.9	8.2 ± 0.9	8.3 ± 1.1
Dehghan P et al.	FPG	mg/dl	164.81 ± 19.27	150.56 ± 21	159.79 ± 12	162.32 ± 17.9
	HbA1C	%	8.25 ± 0.9	7.74 ± 0.75	8.22 ± 0.9	8.43 ± 1.06
Ghavami A et al.	FPG	mg/dl	130 ± 36.25	119.28 ± 30.75	127.64 ± 24.19	130.36 ± 27.85
	Insulin	uU/ml	4.99 ± 1.4	5.2 ± 1.75	5.42 ± 1.56	5.38 ± 1.56
	HbA1C	%	8.04 ± 2.45	7.62 ± 1.85	7.02 ± 1.6	7.79 ± 1.29
	HOMA-IR	NR	1.53 ± 0.53	1.55 ± 0.69	1.71 ± 0.6	1.72 ± 0.61
Farhangi MA et al.	FPG	mg/dl	164.81 ± 19.27	150.56 ± 21	159.79 ± 12	162.32 ± 17.96
	Insulin	uU/dl	13.68 ± 5	10.9 ± 4.9	13.18 ± 3.84	13.43 ± 10.91
	HbA1C	%	8.25 ± 0.9	7.74 ± 0.75	8.22 ± 0.9	8.43 ± 1.06
Roshanravan N et al.	FPG	mg/dl	167.07 ± 82.17	144.47 ± 57.08	129.53 ± 26.38	130.87 ± 23.47
	Insulin	uU/ml	5.46 ± 1.84	5.1 ± 1.69	5.58 ± 1.67	5.18 ± 1.N
	HbA1C	mmol/mol	70.71 ± 29.96	64.87 ± 22.44	57.74 ± 19.48	55.56 ± 13.84
	HOMA-IR	NR	2.08 ± 0.97	1.75 ± 0.78	1.77 ± 0.66	1.66 ± 0.48
Shakeri H et al.	FPG	mg/dl	142.7 ± 58.7	127.1 ± 39.7	129.7 ± 37	123.7 ± 38.9
Tajabadi-Ebrahimi M et al.	FPG	mg/dl	142.9 ± 57.2	131.6 ± 35.2	130.3 ± 39.2	126.6 ± 39.9
	Insulin	uU/ml	10.1 ± 5.5	6.9 ± 1.2	8.2 ± 2.7	7.9 ± 2.2
	HOMA-IR	NR	3.8 ± 2.9	2.3 ± 0.7	2.7 ± 1.4	2.5 ± 1.2

Data are shown as mean ± SD. FPG, fasting plasma glucose; HOMA-IR, homeostasis model assessment for insulin resistance.