

Multimedia Appendix 3. Clinical outcomes of the included randomized controlled trials.

Source	Total length of intervention	Blood pressure	Cholesterol level	Blood glucose level
Brath et al [19]	20 weeks (5 months)	Intervention and control (crossover design): mean Baseline: SBP ^a 133 DBP ^b 75 5 months: SBP 128 DBP 70	Intervention and control (crossover design): median (lower-upper quartile) Baseline: TC ^c 166 (147-183) mg/dL LDL-C ^d 87 (68-102) mg/dL HDL-C ^e mean (SD) ^f 48 (12) mg/dL 5 months: TC 155 (141-167) mg/dL LDL-C 80 (67-92) mg/dL HDL-C 47 (13) mg/dL	Intervention and control (crossover design): HbA _{1c} ^g , %: mean (SD) Baseline: 7.2 (0.8) 5 months: 7.1 (0.9)
Chandler et al [20]	9 months	Intervention: mean Baseline: SBP 150.7, DBP 86.8 1 month: SBP 125.3, DBP 82.1 3 months: SBP 120.4, DBP 71.3 6 months: SBP 121.2, DBP 74.7 9 months: SBP 121.8, DBP 74.2 Control: Baseline: SBP 152.3, DBP 84.6 1 months: SBP 140.6, DBP 78.3 3 months: SBP 137.5, DBP 75.4 6 months: SBP 138.9, DBP 77.5 9 months: SBP 145.7, DBP 79.4	Not assessed	Not assessed

Source	Total length of intervention	Blood pressure	Cholesterol level	Blood glucose level
Frias et al ^h [22]	12 weeks (3 months)	<p>Intervention: mean (SD)</p> <p>Mean (SE)ⁱ</p> <p>Baseline:</p> <p>SBP 149.3 (SE 1.5) =149.3 (SD 13.42)</p> <p>DBP 86.2 (SE 3.2) =86.2 (SD 28.62)</p> <p>3 months: mean change (SD)</p> <p>SBP -20.9 (SE 3.4) =-20.9 (SD 30.41)</p> <p>DBP -8.6 (SE 2.2) =-8.6 (SD 19.68)</p> <p>Control:</p> <p>Baseline:</p> <p>SBP 155.4 (SE 3.0) =155.4 (SD 16.16)</p> <p>DBP 83.9 (SE 2.9) =83.9 (SD 15.62)</p> <p>3 months: mean change (SD)</p> <p>SBP -15.2 (SE 2.0) =-15.2 (SD 10.77)</p> <p>DBP -5.8 (SE 2.2) =-5.8 (SD 11.85)</p>	<p>Intervention: mean (SD)</p> <p>Baseline:</p> <p>TC 177.4 (SE 9.5) mg/dL =4.59 (SD 1.57) mmol/L</p> <p>LDL-C 103.9 (10.1 SE) mg/dL =2.69 (SD 1.67) mmol/L</p> <p>3 months:</p> <p>TC -29.5 (SE 7.4) mg/dL =-0.76 (SD 1.23) mmol/L</p> <p>LDL-C -21.3 (SE 10.0) mg/dL =-0.55 (SD 1.66) mmol/L</p> <p>Control:</p> <p>Baseline:</p> <p>TC 174.4 (SE 13.1) mg/dL =4.51 (SD 1.62) mmol/L</p> <p>LDL-C 99.3 (SE 6.7) mg/dL =2.57 (SD 0.83) mmol/L</p> <p>3 months:</p> <p>TC -21.9 (SE 10.2) mg/dL =-0.57 (SD 1.27) mmol/L</p> <p>LDL-C -9.5 (SE 5.6) mg/dL =-0.25 (SD 0.69) mmol/L</p>	<p>Intervention:</p> <p>HbA_{1c}, %: mean (SD)</p> <p>Baseline: 8.66 (SE 0.18) =8.66 (SD 1.61)</p> <p>3 months: -0.19 (SE 0.14) =-0.19 (SD 1.25)</p> <p>Control:</p> <p>Baseline: 8.28 (SE 0.38) =8.28 (SD 2.05)</p> <p>3 months: 0.26 (SE 0.35) =0.26 (SD 1.88)</p>

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Johnston et al [25]	6 months	<p>Intervention: mean (SD)</p> <p>Baseline:</p> <p>SBP 131.1 (14.6)</p> <p>DBP 78.8 (11.0)</p> <p>3 months: mean change (SD)</p> <p>SBP -3.1 (18.7)</p> <p>DBP -1.2 (13.1)</p> <p>6 months:</p> <p>SBP -0.6 (16.3)</p> <p>DBP 1.9 (13.0)</p> <p>Control:</p> <p>Baseline</p> <p>SBP 125.2 (17.9)</p> <p>DBP 75.5 (11.0)</p> <p>3 months:</p> <p>SBP 3.0 (16.2)</p> <p>DBP 2.0 (10.5)</p> <p>6 months:</p> <p>SBP -1.1 (19.6)</p> <p>DBP 1.5 (11.8)</p>	<p>Intervention: mean (SD)</p> <p>Baseline:</p> <p>LDL-C 3.9 (1.2) mmol/L</p> <p>3 months:</p> <p>LDL-C -1.9 (1.1) mmol/L</p> <p>6 months:</p> <p>LDL-C -1.8 (1.0) mmol/L</p> <p>Control:</p> <p>Baseline:</p> <p>LDL-C 3.3 (0.9) mmol/L</p> <p>3 months:</p> <p>LDL-C -1.4 (1.1) mmol/L</p> <p>6 months:</p> <p>LDL-C -1.0 (1.5) mmol/L</p>	Not assessed
Kim et al [26]	6 months	<p>Intervention: mean (SD)</p> <p>Baseline:</p> <p>SBP 136.1 (15.2)</p> <p>DBP 86.3 (12.8)</p> <p>6 months:</p> <p>SBP 133.4 (12.9)</p> <p>DBP 82.8 (11.2)</p> <p>Control:</p> <p>Baseline:</p> <p>SBP 145.9 (19.5)</p> <p>DBP 93.1 (14.1)</p> <p>6 months:</p> <p>SBP 140.2 (18.4)</p> <p>DBP 85.3 (12.1)</p>	Not assessed	Not assessed

Source	Total length of intervention	Blood pressure	Cholesterol level	Blood glucose level
Liu et al [28]	12 weeks (3 months)	Not assessed	<p>Intervention: mean (SD)</p> <p>Baseline:</p> <p>TC 3.91 (0.80) mmol/L</p> <p>TGⁱ 1.63 (0.78) mmol/L</p> <p>LDL-C 2.29 (0.69) mmol/L</p> <p>3 months:</p> <p>TC 3.61 (0.82) mmol/L</p> <p>TG 1.36 (0.59) mmol/L</p> <p>LDL-C 2.18 (0.73) mmol/L</p> <p>Control:</p> <p>Baseline:</p> <p>TC 4.44 (1.13) mmol/L</p> <p>TG 1.74 (0.84) mmol/L</p> <p>LDL-C 2.68 (1.16) mmol/L</p> <p>3 months:</p> <p>TC 4.39 (0.65) mmol/L</p> <p>TG 2.11 (1.05) mmol/L</p> <p>LDL-C 2.56 (0.74) mmol/L</p>	Not assessed
Márquez Cantreras et al [29]	12 months	<p>Intervention: mean (SD)</p> <p>Baseline:</p> <p>SBP 134.7 (14)</p> <p>DBP 81.64 (8)</p> <p>6 months:</p> <p>SBP 130.6 (12)</p> <p>DBP 78.76 (8)</p> <p>12 months:</p> <p>SBP 132.2 (12)</p> <p>DBP 78.5 (7)</p> <p>Control:</p> <p>Baseline:</p> <p>SBP 134.47 (8)</p> <p>DBP 81.9 (6.8)</p> <p>6 months:</p> <p>SBP 135.2 (8)</p> <p>DBP 82.2 (8)</p> <p>12 months:</p> <p>SBP 134.4 (11)</p> <p>DBP 81.4 (9)</p>	Not assessed	Not assessed

Source	Total length of intervention	Blood pressure	Cholesterol level	Blood glucose level
Morawski et al [31]	12 weeks (3 months)	Intervention: mean (SD) Baseline: SBP 151.4 (9.0) 3 months: SBP 140.8 (15.7) Control: Baseline: SBP 151.3 (9.4) 3 months: SBP 141.2 (17.3) DBP not assessed	Not assessed	Not assessed
Ni et al [32]	30 days (1 month)	Intervention: mean (SD) Baseline: SBP 125.7 (11.80) DBP 74.24 (10.07) 1 month: mean change (SD) SBP 0.93 (10.40) DBP 0.81 (10.38) Control: Baseline: SBP 123.60 (14.27) DBP 73.78 (8.45) 1 month: mean change (SD) SBP -3.76 (25.72) DBP 8.71 (21.43)	Not assessed	Not assessed

Source	Total length of intervention	Blood pressure	Cholesterol level	Blood glucose level
Santo et al [33]	3 months	Intervention: mean (SD) Baseline: SBP 125.9 (17.32) DBP 80.3 (10.51) 3 months: SBP 125.0 (17.05) DBP 80.2 (8.76) Control: Baseline: SBP 124.4 (20.17) DBP 78.9 (11.42) 3 months: SBP 126.0 (19.12) DBP 81.1 (10.47)	Intervention: mean (SD) Baseline: TC 4.1 (1.12) mmol/L LDL-C 2.2 (0.99) mmol/L 3 months: TC 3.60 (0.90) mmol/L LDL-C 1.62 (0.75) mmol/L Control: Baseline: TC 4.1 (1.17) mmol/L LDL-C 2.2 (0.94) mmol/L 3 months: TC 3.60 (0.84) mmol/L LDL-C 1.68 (0.70) mmol/L	Not assessed
Sarfo et al [34]	3 months	Intervention: mean (SD) Baseline: SBP 141.3 (30.3) DBP 91.4 (18.0) 3 months: SBP 137.3 (21.4) DBP 89.1 (15.0) Control: Baseline: SBP 146.3 (22.5) DBP 89.6 (12.9) 3 months: SBP 142.0 (26.5) DBP 85.0 (14.0)	Not assessed	Not assessed

^aSBP: systolic blood pressure.

^bDBP: diastolic blood pressure.

^cTC: total cholesterol.

^dLDL-C: low-density lipoprotein cholesterol.

^eHDL-C: high-density Lipoprotein cholesterol.

^fSD: standard deviation.

^gHbA_{1c}: glycated haemoglobin.

^hThe conversion factor of LDL-C to mmol/L, multiply values by 0.02586.

ⁱSE: standard error.

^jTG: triglyceride.