

Supplementary Table 4. Characteristics of randomized controlled trials included in the meta-analysis to evaluate the effects of intermittent fasting

Study	Population	Nationality	Duration of study	Control	Inter-vention	Follow-up loss rate (control: intervention), %	Subject number	Asian, %	FPG, mg/dL	TC, mg/dL	TG, mg/dL	LDL-C, mg/dL	HDL-C, mg/dL	BW, kg	BMI, kg/m ²	HbA1c, %	SBP, mm Hg	DBP, mm Hg
Barnosky et al. (2017) [82,83]	Ob	US	6 mo	CER	ADF	17.1:26.4	100	2	90.0	187.0	98.0	111.0	56.0	96.0	35.0	NA	123.0	81.0
Bowen et al. (2018) [84]	Ob	Australia	4 mo	CER	ADF	16.0:18.3	163	0	97.3	201.1	124.0	127.6	50.3	100.1	35.6	NA	120.0	75.2
Carter et al. (2018,2016) [85,86]	Ob	Iran	4 mo	CER	IER	7.5:5.0	75	100	NA	NA	NA	NA	NA	88.3	31.3	NA	135.5	85.5
Kunduraci et al. (2020) [87]	Ob	Turkey	3 mo	CER	IER	5.7:8.6	65	100	117	228.5	204.8	147.7	44.6	92.9	34.7	6.5	136.4	86.6
Panizza et al. (2019) [88]	Ob	US (East Asians in Hawaii)	3 mo	DASH	IER	7:13	60	100	103.3	243.5	133.7	183.6	35.1	80.2	30.7	NA	133.3	85.2
Phillips et al. (2021) [89]	Ob	Swiss	6 mo	SD	TRE	23.1:10.7	54	0	93.4	NA	113.3	NA	56.5	77.8	28.3	5.27	125	80.1
Razavi et al. (2021) [90]	T2DM/Ob	Australia	1 yr	CER	ADF	31.3:27.1	137	NA	153.0	186.0	147.0	111.0	47.0	101.0	36.0	7.3	NA	NA
Varady et al. (2013) [91]	Ob	US	3 mo	SD	ADF	6.3:6.3	30	0	NA	206.0	108.5	123.0	56.5	77.0	26.0	NA	121.5	80.0

FPG, fasting plasma glucose; TC, total cholesterol; TG, triglyceride; LDL-C, low-density lipoprotein cholesterol; HDL-C, high-density lipoprotein cholesterol; BW, body weight; BMI, body mass index; HbA1c, glycosylated hemoglobin; SBP, systolic blood pressure; DBP, diastolic blood pressure; Ob, obesity or overweight; CER, continuous energy restriction; ADF, alternate-day fasting; NA, not available; IER, intermittent energy restriction; DASH, dietary approaches to stop hypertension diet; SD, standard diet; TRE, time-restricted eating; T2DM, type 2 diabetes.