

Supplementary Table 6. Quality of the evidence assessment for included studies evaluating the effects of carbohydrate-restricted diets in adults with overweight/obesity: mLCD

No. of studies	Design	Quality assessment					No. of patients		Effect		Quality
		Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	mLCD	Control	Relative (95% CI)	Absolute	
BW, kg (follow-up mean 8–24 wk; better indicated by lower values)											
24	Randomized trials	Serious	No serious inconsistency	No serious indirectness	No serious imprecision	Reporting bias	1,826	1,834	-	MD, 1.03 lower (1.68–0.39 lower)	Low
BMI (follow-up 8–24 wk; better indicated by lower values)											
15	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious imprecision	Reporting bias	1,360	1,390	-	MD, 0.23 lower (0.46 lower–0.00 higher)	Very low
WC, cm (follow-up 12–24 wk; better indicated by lower values)											
15	Randomized trials	Serious	No serious inconsistency	No serious indirectness	No serious imprecision	None	1,281	1,059	-	MD, 0.65 lower (1.16–0.14 lower)	Moderate
Fat mass, kg (better indicated by lower values)											
14	Randomized trials	Serious	No serious inconsistency	No serious indirectness	No serious imprecision	None	1,059	1,021	-	MD, 0.44 lower (0.83–0.04 lower)	Moderate
Fat free mass, kg (follow-up 12–24 wk; better indicated by higher values)											
10	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious imprecision	None	585	554	-	MD, 0.17 lower (0.49 lower–0.14 higher)	Low
Fat mass, % (follow-up 12–24 wk; better indicated by lower values)											
4	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious imprecision	None	184	261	-	MD, 0.09 higher (0.45 lower–0.64 higher)	Low
SBP, mm Hg (follow-up 8–24 wk; better indicated by lower values)											
19	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious imprecision	None	1,290	1,322	-	MD, 0.56 lower (1.69 lower–0.56 higher)	Low
DBP, mm Hg (follow-up 8–24 wk; better indicated by lower values)											
19	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious imprecision	None	1,294	1,321	-	MD, 0.69 lower (1.39 lower–0.01 higher)	Low
TG, mg/dL (follow-up 8–24 wk; better indicated by lower values)											
24	Randomized trials	Serious	No serious inconsistency	No serious indirectness	No serious imprecision	Reporting bias	1,437	1,459	-	MD, 13.76 lower (19.78–7.74 lower)	Low

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Supplementary Table 6. Continued

No. of studies	Design	Quality assessment				No. of patients		Effect		Quality	
		Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	mLCD	Control	Relative (95% CI)		Absolute
LDL-C, mg/dL (follow-up 12–24 wk; better indicated by lower values)											
21	Randomized trials	Serious	Serious	No serious indirectness	Serious	None	1,345	1,376	-	MD, 2.29 higher (0.41 lower–4.99 higher)	Very low
HDL-C, mg/dL (follow-up 8–24 wk; better indicated by higher values)											
20	Randomized trials	Serious	No serious inconsistency	No serious indirectness	No serious imprecision	None	1,211	1,237	-	MD, 2.61 higher (1.34–3.89 higher)	Moderate
HbA1c, % (follow-up 8–24 wk; better indicated by lower values)											
8	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious	None	373	366	-	MD, 0.20 lower (0.39–0.01 lower)	Low
Fasting insulin, μ U/mL (follow-up 12–24 wk; better indicated by lower values)											
13	Randomized trials	Serious	No serious inconsistency	No serious indirectness	No serious imprecision	None	916	939	-	MD, 0.94 lower (1.73–0.16 lower)	Moderate
Fasting glucose, mg/dL (follow-up 8–24 wk; better indicated by lower values)											
17	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious	None	1,060	1,083	-	MD, 0.32 lower (1.23 lower–0.58 higher)	Low
CRP, mg/L (follow-up 8–24 wk; better indicated by lower values)											
11	Randomized trials	Serious	No serious inconsistency	No serious indirectness	No serious imprecision	Reporting bias	701	690	-	MD, 0.34 lower (0.67–0.01 lower)	Low
Adiponectin, μ g/mL (follow-up 8–24 wk; better indicated by lower values)											
8	Randomized trials	Serious	No serious inconsistency	No serious indirectness	No serious imprecision	None	685	671	-	MD, 0.45 higher (0.15–0.76 higher)	Moderate

mLCD, moderately-low or low carbohydrate diet; CI, confidence interval; BW, body weight; MD, mean difference; BMI, body mass index; WC, waist circumference; SBP, systolic blood pressure; DBP, diastolic blood pressure; TG, triglyceride; LDL-C, low-density lipoprotein cholesterol; HDL-C, high-density lipoprotein cholesterol; HbA1c, glycosylated hemoglobin; CRP, C-reactive protein.