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Supplementary Table 9. Quality of the evidence assessment for included studies evaluating the effects of carbohydrate-restricted diets in adults with diabetes: mLCD

No. of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	No. of patients mLCD	No. of patients Control	Relative (95% CI)	Effect Absolute	Quality
HbA1c (follow-up 8–24 wk; better indicated by lower values)
10	Randomized trials	Serious	No serious inconsistency	No serious indirectness	No serious imprecision	None	383	375	-	MD, 0.21 lower (0.32–0.10 lower)	Moderate
HOMA-IR (follow-up 8–24 wk; better indicated by lower values)
10	Randomized trials	Serious	No serious inconsistency	Serious	Serious	Reporting bias	128	120	-	MD, 0.53 lower (0.96–0.11 lower)	Very low
Fasting glucose (follow-up 8–24 wk; better indicated by lower values)
6	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious	None	172	165	-	MD, 9.88 lower (18.04–1.71 lower)	Low
Fasting insulin (follow-up 8–24 wk; better indicated by lower values)
3	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious	None	128	120	-	MD, 2.11 lower (3.70–0.52 lower)	Low
BW (follow-up 8–24 wk; better indicated by lower values)
8	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious	None	320	299	-	MD, 1.54 lower (3.11 lower–0.02 higher)	Low
SBP, mm Hg (follow-up 8–24 wk; better indicated by lower values)
6	Randomized trials	Serious	No serious inconsistency	No serious indirectness	No serious imprecision	None	262	248	-	MD, 2.99 lower (5.48–0.49 lower)	Moderate
DBP, mm Hg (follow-up 8–24 wk; better indicated by lower values)
6	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious5	None	266	247	-	MD, 1.07 lower (2.43 lower–0.29 higher)	Low
TG, mg/dL (follow-up 8–24 wk; better indicated by lower values)
10	Randomized trials	Serious	No serious inconsistency	No serious indirectness	No serious imprecision	Reporting bias	380	362	-	MD, 17.22 lower (34.27–0.18 lower)	Low

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Supplementary Table 9. Continued

No. of studies	Quality assessment						No. of patients		Effect		Quality
	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	mLCD	Control	Relative (95% CI)	Absolute	
LDL-C, mg/dL (follow-up 8–24 wk; better indicated by lower values)											
8	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious	None	308	299	-	MD, 0.35 higher (3.03 lower to 3.72 higher)	Low
HDL-C, mg/dL (follow-up 8–24 wk; better indicated by lower values)											
8	Randomized trials	Serious	No serious inconsistency	No serious indirectness	No serious imprecision	None	283	264	-	MD, 2.30 higher (0.23–4.37 higher)	Moderate

mLCD, moderately-low or low carbohydrate diet; CI, confidence interval; HbA1c, glycosylated hemoglobin; MD, mean difference; HOMA-IR, homeostatic model assessment for insulin resistance; BW, body weight; SBP, systolic blood pressure; DBP, diastolic blood pressure; TG, triglyceride; LDL-C, low-density lipoprotein cholesterol; HDL-C, high-density lipoprotein cholesterol.