

Supplementary Table 10. Quality of the evidence assessment for included studies evaluating the effects of carbohydrate-restricted diets in adults with diabetes: VLCD

No. of studies	Design	Risk of bias	Quality assessment				No. of patients		Effect		Quality
			Inconsistency	Indirectness	Imprecision	Other considerations	VLCD	Control	Relative (95% CI)	Absolute	
HbA1c (follow-up mean 24 wks; better indicated by lower values)											
5	Randomized trials	Serious	No serious inconsistency	No serious indirectness	No serious imprecision	None	161	160	-	MD, 0.32 lower (0.57–0.06 lower)	Moderate
HOMA-IR (follow-up mean 12–24 wks; better indicated by lower values)											
2	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious	None	61	58	-	MD, 1.07 lower (3.13 lower–0.98 higher)	Low
Fasting glucose (follow-up mean 12–24 wks; better indicated by lower values)											
3	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious	None	135	132	-	MD, 9.64 lower (19.54 lower–0.26 higher)	Low
BW (follow-up mean 12–24 wks; better indicated by lower values)											
4	Randomized trials	Serious	No serious inconsistency	No serious indirectness	No serious imprecision	None	147	144	-	MD, 3.84 lower (7.55–0.13 lower)	Moderate
Fasting insulin (better indicated by lower values)											
1	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious	None	16	18	-	MD, 2.80 lower (5.84 lower–0.24 higher)	Low
SBP, mm Hg (better indicated by lower values)											
3	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious	None	106	112	-	MD, 0.34 higher (3.61 lower–4.28 higher)	Low
DBP, mm Hg (better indicated by lower values)											
3	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious	None	106	112	-	MD, 1.38 higher (0.90 lower–3.67 higher)	Low
TG, mg/dL (better indicated by lower values)											
5	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious	None	158	155	-	MD, 11.40 lower (27.01 lower–4.22 higher)	Low
LDL-C, mg/dL (better indicated by lower values)											
4	Randomized trials	Serious	No serious inconsistency	No serious indirectness	No serious imprecision	None	139	138	-	MD, 7.19 higher (0.02–14.36 higher)	Moderate
HDL-C, mg/dL (better indicated by lower values)											
5	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious	None	158	154	-	MD, 0.43 higher (1.98 lower–2.84 higher)	Low

VLCD, very-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.