Supplementary figures

Model	Study name			Statistics f	or each si	tudy				Std diff in	n means a	and 95% Cl	
		Std diff in means	Standard error	Variance	Lower limit	Upper limit	Z-Value	p-Value					
	Akbarzadeh et al., 2016	-0,386	0,233	0,054	-0,842	0,071	-1,654	0,098	- I		-		- 1
	Javadi et al., 2018	0,981	0,343	0,118	0,308	1,654	2,856	0,004			<u> </u>		
Fixed		0,045	0,193	0,037	-0,333	0,423	0,235	0,814			•	_	
Random		0,274	0,683	0,466	-1,064	1,612	0,402	0,688		-			
									-4,00	-2,00	0,00	2,00	4,00
										Favours Fiber		Favours Control	[

Carbohydrate intake

Figure S1. An effect size, standardized mean difference, for carbohydrate intake in persons supplementing fiber vs. controls. Q = 10.836, df(Q) = 1, *p* =0.001, I-squared = 90.771.



Figure S2. An effect size, standardized mean difference, for energy intake in persons supplementing fiber vs. controls. Q = 3.560, df(Q) = 2, p = 0.169, I-squared = 43.825.



Figure S3. An effect size, standardized mean difference, for fat intake in persons supplementing fiber vs. controls. Q = 1.404, df(Q) =1, p =0.236, I-squared = 28.724.

LBM



Figure S4. An effect size, standardized mean difference, for LBM in persons supplementing fiber vs. controls. Q = 45.474, df(Q) = 2, p =0.00, I-squared = 95.602.



Figure S5. An effect size, standardized mean difference, for MBF in persons supplementing fiber vs. controls. Q = 9.158, df(Q) = 2, p = 0.01, I-squared = 78.161.

PBF													
Model	Study name		Statistics f		_Std diff in	means a	and 95% Cl						
		Std diff in means	Standard error	Variance	Lower limit	Upper limit	Z-Value	p-Value					
	Akbarian et al., 2016	-2,358	0,434	0,189	-3,209	-1,506	-5,428	0,000	k	- 1			1
	Akbarzadeh et al., 2016	-0,182	0,231	0,054	-0,635	0,272	-0,784	0,433			╋┼─		
	Behrouzet al., 2017	-0,264	0,262	0,068	-0,776	0,249	-1,008	0,313			■┼─		
Fixed		-0,512	0,161	0,026	-0,827	-0,196	-3,178	0,001					
Random		-0,871	0,552	0,305	-1,954	0,212	-1,577	0,115					
									-2,00	-1,00	0,00	1,00	2,00
										Favours Fiber		Favours Control	

Figure S6. An effect size, standardized mean difference, for PBF in persons supplementing fiber vs. controls. Q = 20.996, df(Q) = 2, p = 0.00, I-squared = 90.474.

Protein intake



Figure S7. An effect size, standardized mean difference, for protein intake in persons supplementing fiber vs. controls. Q = 1.190, df(Q) = 1, p = 0.275, I-squared = 15.955.

Model	Study name	Statistics for each study							Std diff in means and 95% Cl						
		Std diff in means	Standard error	Variance	Lower limit	Upper limit	Z-Value	p-Value							
	Akbarian et al., 2016	3,278	0,511	0,261	2,277	4,279	6,420	0,000			1				
	Akbarzadeh et al., 2016	-0,544	0,235	0,055	-1,005	-0,083	-2,313	0,021							
Fixed		0,125	0,214	0,046	-0,294	0,544	0,585	0,558			•				
Random		1,340	1,911	3,652	-2,405	5,085	0,701	0,483							
									-8,00	-4,00	0,00	4,00	8,00		
										Favours Fiber		Favours Control			

Figure S8. An effect size, standardized mean difference, for SLM in persons supplementing fiber vs. controls. Q = 46.227, df(Q) = 1, *p* =0.00, I-squared = 97.837.

	Body weight														
Model	Study name			Statistics for each study						Std diff in means and 95% Cl					
		Std diff in means	Standard error	Variance	Lower limit	Upper limit	Z-Value	p-Value							
	Akbarian et al., 2016	1,397	0,372	0,139	0,668	2,127	3,754	0,000	1	1	- T	-+-			
	Akbarzadeh et al., 2016	-0,835	0,241	0,058	-1,306	-0,363	-3,466	0,001			8				
	Behrouzet al., 2017	-0,191	0,261	0,068	-0,702	0,321	-0,731	0,465							
	Javadi et al., 2018	-0,009	0,324	0,105	-0,645	0,627	-0,027	0,978			-	-			
Fixed		-0,148	0,143	0,021	-0,429	0,133	-1,031	0,302							
Random		0,058	0,428	0,183	-0,781	0,897	0,136	0,892							
									-2,00	-1,00	0,00	1,00	2,00		
										Favours Fiber		Favours Control			

Figure S9. An effect size, standardized mean difference, for body weight in persons supplementing fiber vs. controls. Q = 25.572, df(Q) = 3, p = 0.00, I-squared = 88.269.

SLM

WHR



Figure S10. An effect size, standardized mean difference, for WHR in persons supplementing fiber vs. controls. Q = 1.012, df(Q) = 1, p = 0.314, I-squared = 1.181.



Figure S11. Funnel plot for endpoint energy intake (SMD) in present meta-analysis. Egger's test: p = 0.035



Figure S12. Funnel plot for endpoint LBM (SMD) in present meta-analysis. Egger's test: p = 0.094



Figure S13. Funnel plot for endpoint MBF (SMD) in present meta-analysis. Egger's test: *p* = 0.346



Figure S14. Funnel plot for endpoint PBF (SMD) in present meta-analysis. Egger's test: p = 0.100



Figure S15. Funnel plot for endpoint Body weight (SMD) in present meta-analysis. Egger's test: *p* = 0.074