

Supplementary figures

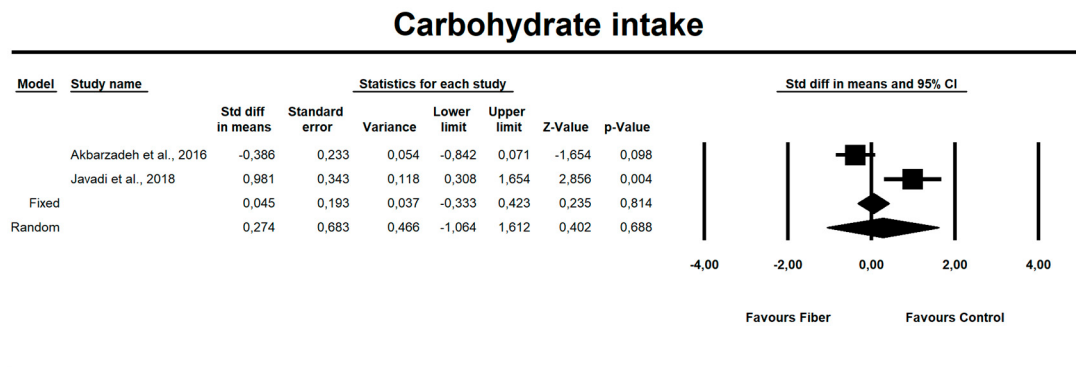


Figure S1. An effect size, standardized mean difference, for carbohydrate intake in persons supplementing fiber vs. controls. $Q = 10.836$, $df(Q) = 1$, $p = 0.001$, I-squared = 90.771.

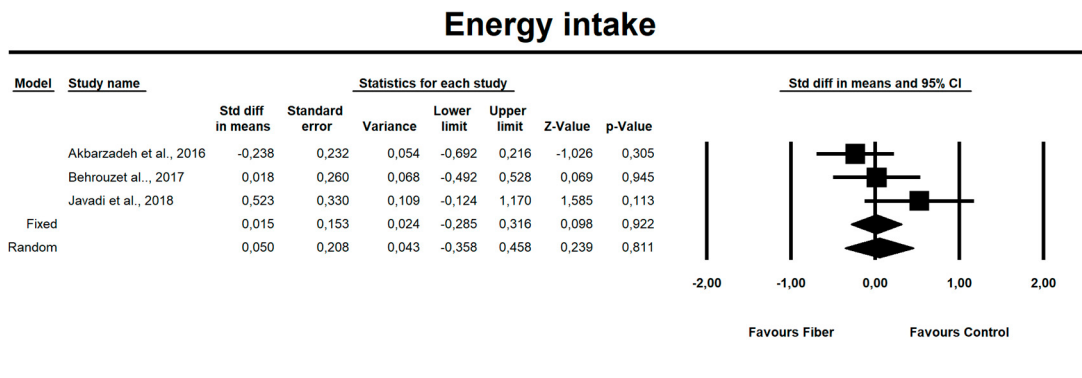


Figure S2. An effect size, standardized mean difference, for energy intake in persons supplementing fiber vs. controls. $Q = 3.560$, $df(Q) = 2$, $p = 0.169$, I-squared = 43.825.

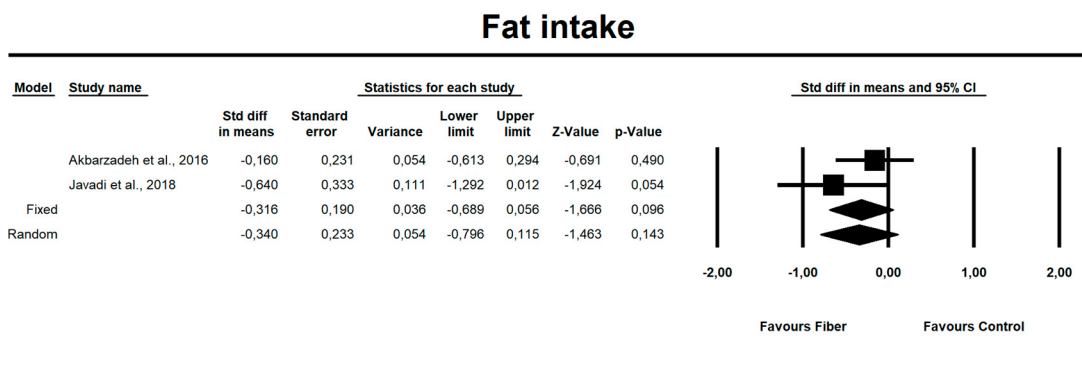


Figure S3. An effect size, standardized mean difference, for fat intake in persons supplementing fiber vs. controls. $Q = 1.404$, $df(Q) = 1$, $p = 0.236$, I-squared = 28.724.

LBM

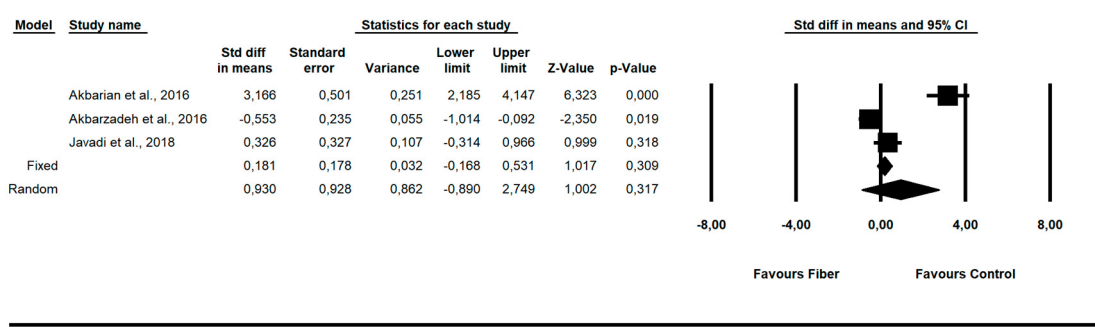


Figure S4. An effect size, standardized mean difference, for LBM in persons supplementing fiber vs. controls. $Q = 45.474$, $df(Q) = 2$, $p = 0.00$, I-squared = 95.602.

MBF

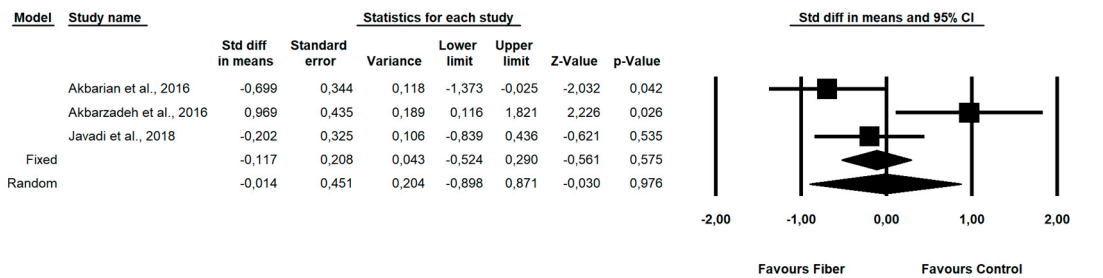


Figure S5. An effect size, standardized mean difference, for MBF in persons supplementing fiber vs. controls. $Q = 9.158$, $df(Q) = 2$, $p = 0.01$, I-squared = 78.161.

PBF

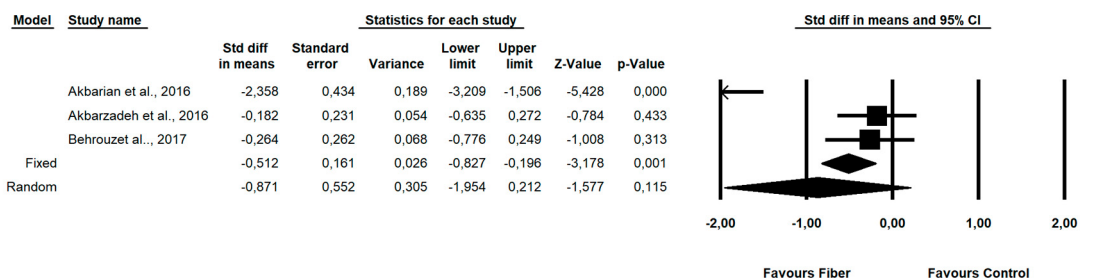


Figure S6. An effect size, standardized mean difference, for PBF in persons supplementing fiber vs. controls. $Q = 20.996$, $df(Q) = 2$, $p = 0.00$, I-squared = 90.474.

Protein intake

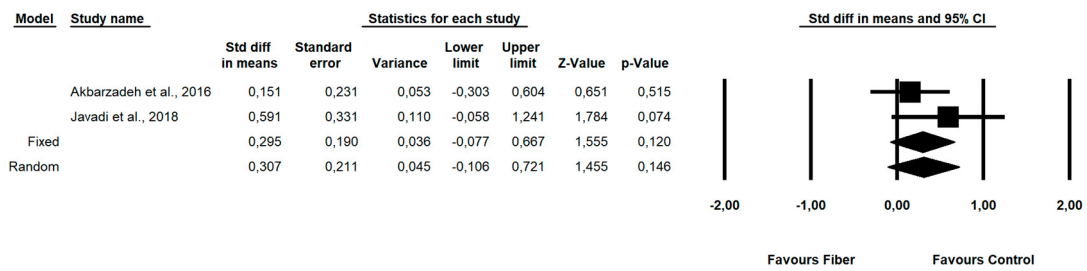


Figure S7. An effect size, standardized mean difference, for protein intake in persons supplementing fiber vs. controls. $Q = 1.190$, $df(Q) = 1$, $p = 0.275$, $I^2 = 15.955$.

SLM

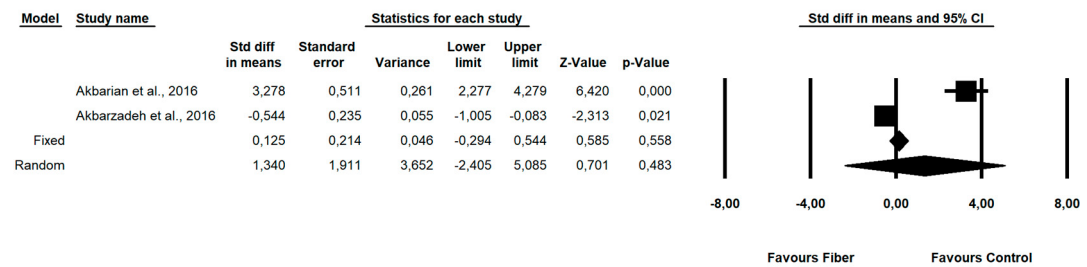


Figure S8. An effect size, standardized mean difference, for SLM in persons supplementing fiber vs. controls. $Q = 46.227$, $df(Q) = 1$, $p = 0.00$, $I^2 = 97.837$.

Body weight

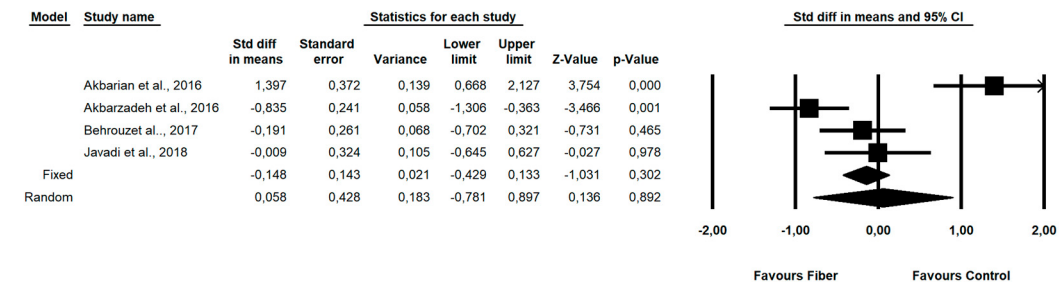


Figure S9. An effect size, standardized mean difference, for body weight in persons supplementing fiber vs. controls. $Q = 25.572$, $df(Q) = 3$, $p = 0.00$, $I^2 = 88.269$.

WHR

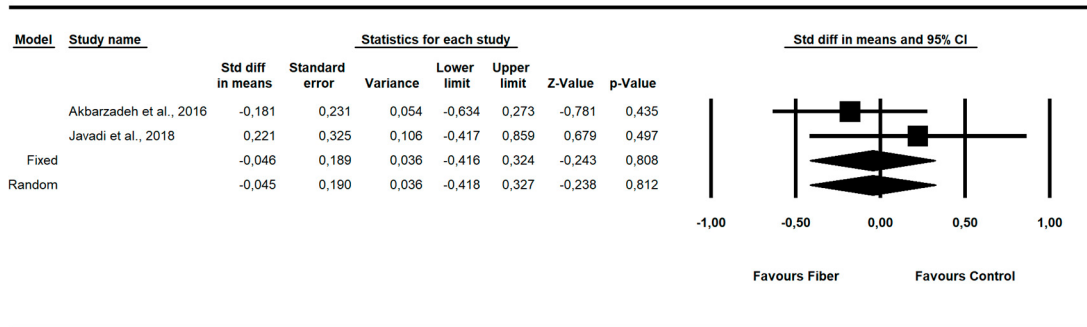


Figure S10. An effect size, standardized mean difference, for WHR in persons supplementing fiber vs. controls. $Q = 1.012$, $df(Q) = 1$, $p = 0.314$, $I^2 = 1.181$.

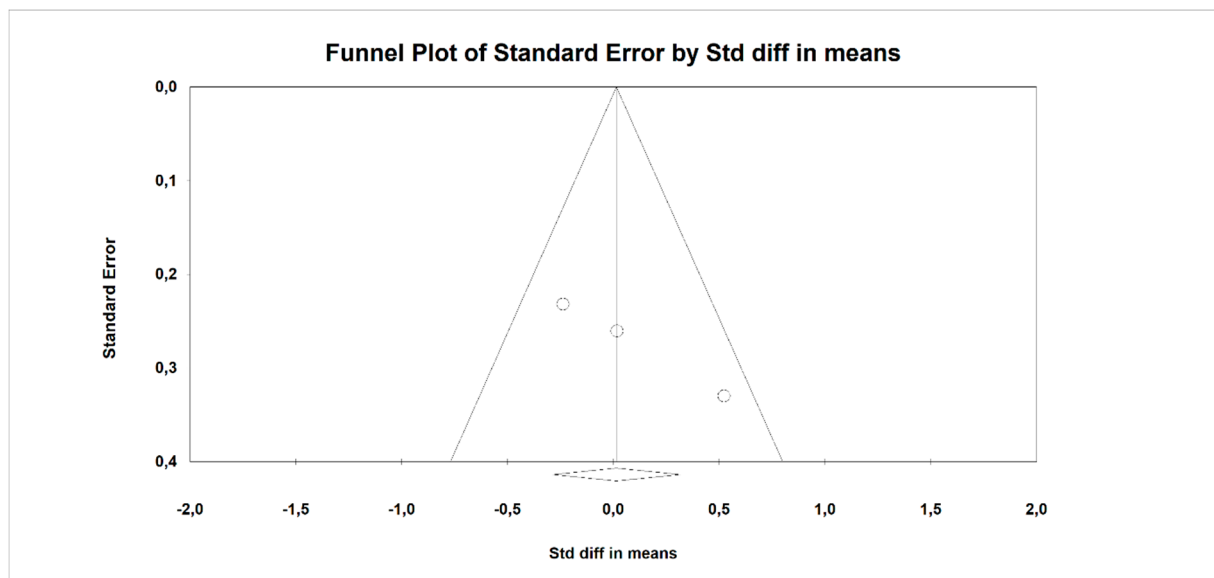


Figure S11. Funnel plot for endpoint energy intake (SMD) in present meta-analysis. Egger's test: $p = 0.035$

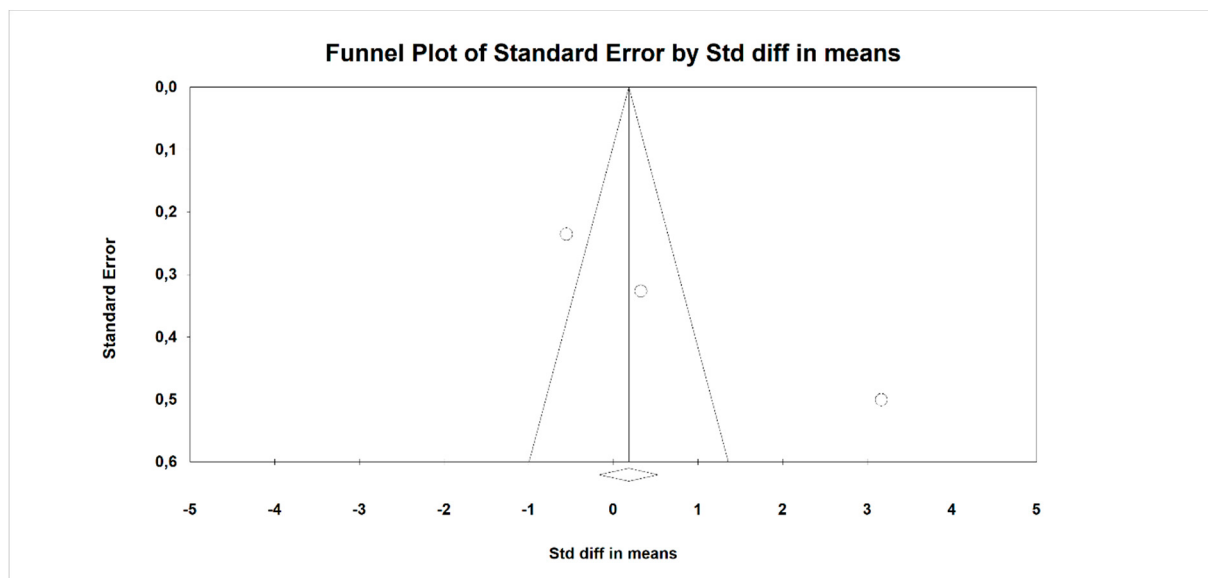


Figure S12. Funnel plot for endpoint LBM (SMD) in present meta-analysis. Egger's test: $p = 0.094$

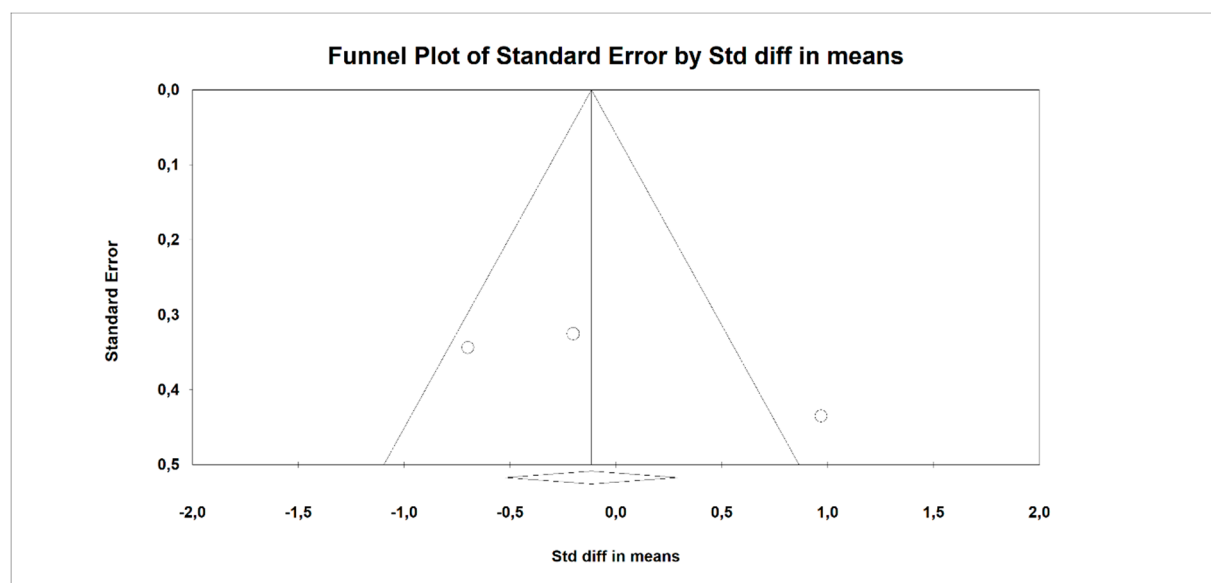


Figure S13. Funnel plot for endpoint MBF (SMD) in present meta-analysis. Egger's test: $p = 0.346$

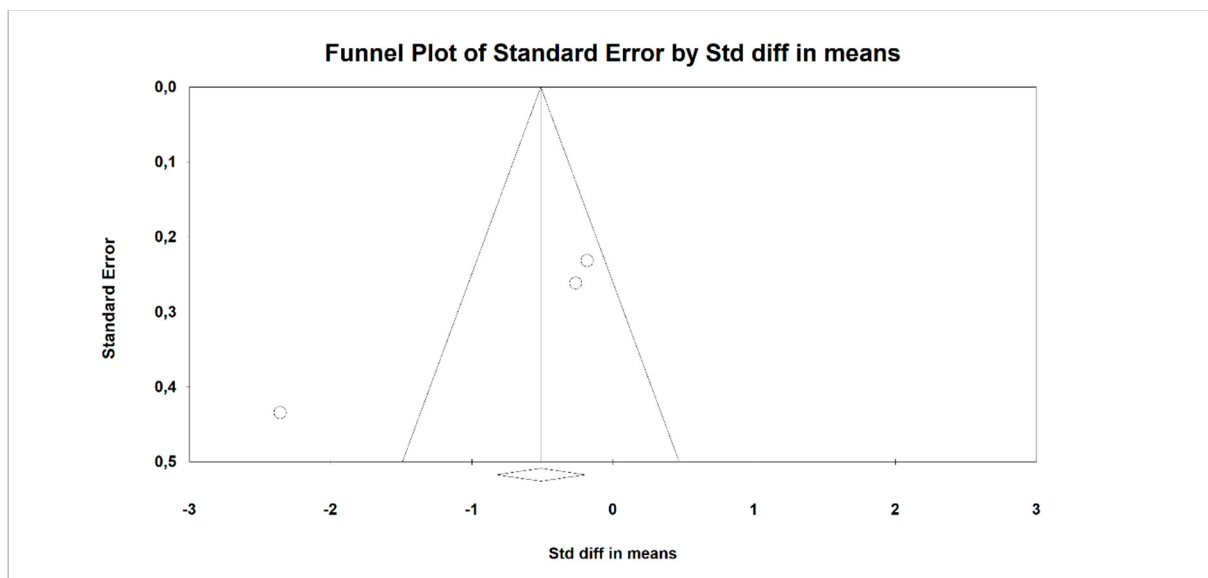


Figure S14. Funnel plot for endpoint PBF (SMD) in present meta-analysis. Egger's test: $p = 0.100$

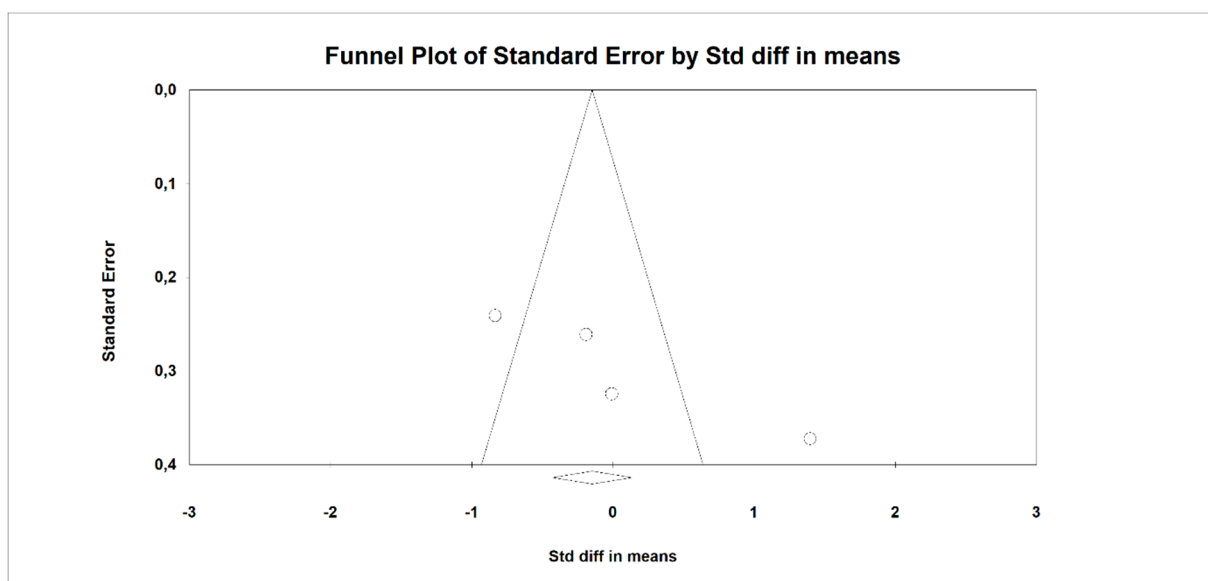


Figure S15. Funnel plot for endpoint Body weight (SMD) in present meta-analysis. Egger's test: $p = 0.074$