

Supplementary Table S6 Results from reviews on glycaemic control and weight among different dietary patterns: Low-Glycaemic versus control diets difference in HbA1c, fasting blood glucose (FBG), fasting blood insulin (FBI) and body weight

Review dietary characteristics			Outcomes				
First author, year	No. of studies	Intervention diet	Control diets	HbA1c	FBG	FBI or non-FBI	Weight
		% CHO range (GI score)	[% CHO: % Protein % Fat]	Change (%) MD with 95% CI	Change (mmol/L) MD with 95% CI	Change (mU/L) MD with 95% CI	Change (Kg) MD with 95% CI Pooled data
Systematic review with meta-analysis A							
Ojo, 2019	6 in MA (of 9 RCTs) T2D	LGI diet or LGI legume diet	Higher-GI diet (GI ≥ 70 for high-GI diet) and/or control diet.	Favours, NS. LGI diets in 2 studies -0.5% (-0.61 to -0.39) of 6 studies.	Significantly favours in 4 MA studies. P>0.05	NR	NR
Zafar, 2019	54 (21 RCTs T2D)	LGI diets effects on glycaemic control.	High GI / fibre diets, healthy diets, LF/ HF diets, diabetes diets	Significantly favours LGI diets in 26. Type 2 diabetes in 21 studies # SMD - 0.2% (-0.3, -0.09) P=NR	Significantly favours in 26 studies SMD - 0.2 mmol/L (-0.27, -0.07) P=NR	No difference, NS in 14 studies SMD - 0.03 mmol/L (-0.21, -0.15) P=NR	No difference, NS in 24 studies SMD - 0.1 kg (-0.19, -0.01) P=NR

Note. A = Systematic reviews with meta-analysis – HbA1c and wt. reduction are based on meta-analysis outcomes. B = Systematic reviews (without meta-analysis) – HbA1c and wt. reduction are based on statistical analysis of individual reviews. # = subgroup data. Abbreviations: GI = glycaemic Index; HF = high fat; LF = low fat; LGI = low-glycaemic Index; MD = mean difference; NR = not reported; NS = not significant; T2D = type 2 diabetes; WMD = weighted mean difference; wt. = weight.