Supplementary Table 1 Risk of bias of included studies

Ref.	Selection bias (random sequence generation)	Selection bias (allocation concealment)	Performance bias	Detection bias	Attrition bias	Reporting bias	Other bias
Lee M，2024[1]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Peters JC，2024[2]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk
Okuka N，2024[3]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Pereira V，2024[4]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Salte OBK，2024[5]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Moravcová K，2024[6]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Holmberg S，2024[7]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Low risk	Unclear risk
Eriksson JW，2024[8]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Gonzalez-Gil AM，2024[9]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Keawtep P，2024[10]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk

Li S，2024[11]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Lee DC，2024[12]	Unclear risk	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Sandby K，2024[13]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Heinonen S，2023[14]	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
da Silva CSO，2023[15]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Fallah F，2023[16]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Lauw S，2023[17]	Low risk	Unclear risk	High risk	Low risk	Low risk	Low risk	Low risk
Bamgboye M，2023[18]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Möller F，2023[19]	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
García-Cordero J，2023[20]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Zhu R，2023[21]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Low risk	Unclear risk
Hematinezhad Touli M，2022[22]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk

Nora CL，2023[23]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Sun J，2023[24]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Taha MM，2023[25]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Perin L，2023[26]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Zhang N，2023[27]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Elsayed MM，2023[28]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Cabrera-Rode E，2023[29]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Maaloul R，2023[30]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk
Muñoz-Pérez DM，2023[31]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Saeidi A，2023[32]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk
Quist JS，2023[33]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Delgado-Floody P，2022[34]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Low risk	Unclear risk
Ghorbani Y，2023[35]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Garvey WT，2022[36]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk

Kosiborod MN，2023[37]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Guo H，2022[38]	Low risk	Unclear risk	Unclear risk	Low risk	High risk	Low risk	Unclear risk
Yoshino M，2022[39]	Unclear risk	Unclear risk	Unclear risk	Low risk	unclear risk	Unclear risk	Unclear risk
Goralska J，2022[40]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Zhaohu H，2022[41]	Low risk	Unclear risk	Unclear risk	Low risk	High risk	Low risk	Low risk
Seyam MK，2022[42]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Osuna-Prieto FJ，2022[43]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Lange UG，2022[44]	Low risk	Unclear risk	High risk	Low risk	Low risk	Unclear risk	Low risk
Mo SJ，2022[45]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Ataeinosrat A，2022[46]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk
Salminen P，2022[47]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Zhang X，2022[48]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk

Senkus KE, 2022[49]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Haji-Ghazi Tehrani L, 2022[50]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Murphy R, 2022[51]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Lockard B, 2022[52]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
de Luis D, 2022[53]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Ilich JZ, 2022[54]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk
Ruggenenti P, 2022[55]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Sohn M, 2022[56]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Li S, 2022[57]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk
Lugones-Sánchez C, 2022[58]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Kim MJ, 2022[59]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Sánchez E, 2021[60]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk

Eskandaros MS, 2022[61]	Low risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Mateos R, 2022[62]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
de Oliveira Fialho CG, 2022[63]	Unclear risk	Unclear risk	Unclear risk	Low risk	unclear risk	Unclear risk	Unclear risk
Grangeiro É D, 2021[64]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Schiavo L, 2022[65]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Haidari F, 2021[66]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Kafyra M, 2021[67]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Low risk	Unclear risk
Lee YK, 2021[68]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Unclear risk
de Sousa ART, 2021[69]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Unclear risk
Rajaie H, 2021[70]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Félix-Soriano E, 2021[71]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Astbury NM, 2021[72]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk

Muñoz-Perez DM, 2021[73]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Vergara M, 2021[74]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Cai L, 2021[75]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Umphonsathien M, 2022[76]	Low risk	Unclear risk	High risk	Low risk	Low risk	Low risk	Low risk
Paul S, 2021[77]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Unclear risk
Jamka M, 2021[78]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk
Trouwborst I, 2021[79]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Siu PM, 2021[80]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Moholdt T, 2021[81]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Leung GKW, 2021[82]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Cooney C, 2021[83]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk

Azizi S, 2021[84]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Biteli P, 2021[85]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk
Naing S, 2020[86]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
de Melo CM, 2021[87]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Han Y, 2022[88]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Unclear risk
de Luis D, 2021[89]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk
Noer ER, 2020[90]	Unclear risk	Unclear risk	High risk	Low risk	Low risk	Low risk	Unclear risk
Höchsmann C, 2021[91]	Low risk	Unclear risk	Unclear risk	Low risk	High risk	Low risk	Low risk
Lopes AL, 2021[92]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Wheeler MJ, 2020[93]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Hajizadeh-Sharafabad F, 2021[94]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk

Zhang T，2020[95]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Wongpipit W，2021[96]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Rondanelli M，2020[97]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Glaysher MA，2021[98]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Fechner E，2020[99]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Yousefi R，2021[100]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Park W，2020[101]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Brennan AM，2020[102]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Jung K，2020[103]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Heiston EM，2021[104]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk
Sun J，2020[105]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk
Haidari F，2020[106]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk

Haidari F, 2020[107]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Vogel C, 2020[108]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Michalczyk MM, 2020[109]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Moszak M, 2020[110]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Batista-Jorge GC, 2020[111]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Colleluori G, 2020[112]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Poon ET, 2020[113]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Basciani S, 2020[114]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Psota TL, 2020[115]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk
Ghanim H, 2020[116]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Santos A, 2020[117]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Bakker N, 2020[118]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk

Kim J，2020[119]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
López-Gómez JJ，2020[120]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk
Sadowska-Krępa E，2020[121]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk
Hannon BA，2020[122]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Michael DR，2020[123]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Kuszewski JC，2020[124]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Meslier V，2020[125]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Razmpoosh E，2020[126]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Headland ML，2020[127]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Bittel AJ，2020[128]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk
Hadi A，2019[129]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Dellis D，2020[130]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Porter Starr KN，2019[131]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk

Ratajczak M，2019[132]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Fatahi S，2019[133]	Low risk	Unclear risk	High risk	Low risk	Low risk	Unclear risk	Unclear risk
Peradze N，2019[134]	unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Ghasemi E，2019[135]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Rakvaag E，2019[136]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Cao L，，2019[137]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Rosqvist F，，2019[138]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Pavić E，2019[139]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Farr OM，2019[140]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
Kim CO，2019[141]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Abbaspour N，2019[142]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Lahelma M，2019[143]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Haywood CJ，2019[144]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear

							risk
Angelino D, 2019[145]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Apiñaniz A, 2019[146]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Tuccinardi D, 2019[147]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Hernández-Lepe MA, 2019[148]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Aller R, 2019[149]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk
Smith-Ryan AE, 2019[150]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Asano M, 2019[151]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Clayton ZS, 2019[152]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Bowen J, 2019[153]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Yari Z, 2022[154]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Novin ZS, 2018[155]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk

Erickson ML，2019[156]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Cho AR，2019[157]	Low risk	High risk	Low risk	Low risk	Low risk	Low risk	Low risk
Aller R，2019[158]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Choi HR，2018[159]	Low risk	Unclear risk	Unclear risk	Low risk	High risk	Low risk	Low risk
Subih HS，2018[160]	Unclear risk	Unclear risk	Unclear risk	Low risk	High risk	Unclear risk	Unclear risk
Headland ML，2019[161]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Gorostegi-Anduaga I，2018[162]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Yousefi R，2018[163]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Oh M，2018[164]	Low risk	Low risk	High risk	Low risk	Low risk	Unclear risk	Low risk
Varsamis P，2019[165]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Loves S，2018[166]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk

Camacho-Cardenosa A, 2018[167]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Kakutani R, 2018[168]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Oliveira-de-Lira L, 2018[169]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Allaire J,, 2018[170]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Gram AS, 2018[171]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Azevedo FR, 2018[172]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Fatahi S, 2018[173]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Alcántara-Aragón V, 2018[174]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Mundbjerg LH, 2018[175]	Unclear risk	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
McKay DL, 2018[176]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Lee YJ, 2018[177]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Padilla-Camberos E, 2018[178]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Ramos-Lopez O, 2018[179]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear	Unclear

						risk	risk
Mateo-Gallego R，2018[180]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Shrivastava U，2017[181]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Wagmacker DS，2017[182]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Ando Y，2017[183]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Rock CL，2017[184]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Schiavon CA，2018[185]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Blomquist C，2018[186]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Low risk	Unclear risk
Lima RPA，2017[187]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Ferreira TDS，2017[188]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
O'Doherty AF，2017[189]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Pedley CF，2018[190]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Chung J，2017[191]	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Fedewa MV，2018[192]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear	Unclear

						risk	risk
Kleist B，2017[193]	Unclear risk	Unclear risk	Unclear risk	Low risk	High risk	Low risk	Unclear risk
Vella CA，2017[194]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Gulati S，2017[195]	Unclear risk	Unclear risk	High risk	Low risk	Low risk	Low risk	Low risk
Rodriguez-Cristobal JJ，2017[196]	Low risk	Low risk	Unclear risk	Low risk	High risk	Low risk	Low risk
Vink RG，2017[197]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Vors C，2017[198]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Ribeiro C，2017[199]	Low risk	Unclear risk	High risk	Low risk	Low risk	Low risk	Low risk
Ard JD，2017[200]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk
Littlefield LA，2017[201]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk
Houghton D，2017[202]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Trepanowski JF，2017[203]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear	Low risk

						risk	
Fathi Y，2017[204]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Juliana N，2017[205]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Bonfante IL，2017[206]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Heggen E，2017[207]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk
Williams EJ，2017[208]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Peterli R，2017[209]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Merra G，2017[210]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Pal S，2017[211]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Bergeron N，2016[212]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Wittmann K，2016[213]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Veum VL，2017[214]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Coelho R，2017[215]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Kirwan JP，2016[216]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk

Madjd A, 2016[217]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Duncan S, 2016[218]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Lee M, 2016[219]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Normandin E, 2017[220]	Low risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
de Luis D, 2016[221]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Madjd A, 2017[222]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Mosikanon K, 2017[223]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Nikseresht M, 2016[224]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Raatz SK, 2016[225]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Unclear risk
Ruggenenti P, 2017[226]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Risstad H, 2016[227]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Tomeleri CM, 2016[228]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear	Unclear

						risk	risk
Cox AJ，2017[229]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Camolas J，2017[230]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Valsesia A，2016[231]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Weiss EP，2016[232]	Low risk	Unclear risk	Unclear risk	Low risk	High risk	Low risk	Low risk
Byun MS，2016[233]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Mensinger JL，2016[234]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Arzola-Paniagua MA，2016[235]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Dempsey PC，2016[236]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Firouzjaei A，2016[237]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Dutour A，2016[238]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Tan S，2016[239]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear	Low risk

						risk	
Ma W，2016[240]	Unclear risk	Unclear risk	Unclear risk	Low risk	unclear risk	Unclear risk	Unclear risk
Rigamonti AE，2017[241]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk	Low risk
Ji M，2016[242]	Unclear risk	Unclear risk	High risk	Low risk	Low risk	Unclear risk	Low risk
Daubenmier J，2016[243]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Razny U，2015[244]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Magkos F，2016[245]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Hosseini B，2016[246]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Li J，2016[247]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Stroeve JH，2016[248]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
Le T，2016[249]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Ohara T，2016[250]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk

Juraschek SP，2016[251]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
Henson J，2016[252]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Loftus HL，2015[253]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Besnier F，2015[254]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Said M，2017[255]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk
Fisher G，2015[256]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Barbour JA，，2015[257]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Ribeiro AS，2016[258]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Rozati M，2015[259]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Yang J，2015[260]	Low risk	Unclear risk	High risk	Low risk	Unclear risk	Unclear risk	Low risk
Pi-Sunyer X，2015[261]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Osama AJ，2015[262]	Unclear risk	Unclear risk	High risk	Low risk	Low risk	Unclear risk	Unclear risk
Chen IJ，2016[263]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk

Romero-Moraleda B, 2015[264]	Unclear risk	Unclear risk	Unclear risk	Low risk	unclear risk	Unclear risk	Unclear risk
Rossi FE, 2016[265]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Song MY, 2015[266]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
Soto-Molina H, 2015[267]	Unclear risk	Unclear risk	Low risk	Low risk	High risk	Low risk	Low risk
Mahdavi R, 2015[268]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Bruun JM, 2015[269]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Gatterer H, 2015[270]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Mateo-Gallego R, 2017[271]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Xu M, 2015[272]	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
Cho IJ, 2016[273]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Robert SA, 2015[274]	Unclear risk	Unclear risk	Unclear risk	Low risk	unclear risk	Unclear risk	Unclear risk

Ghafouri K, 2015[275]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Alencar MK, 2015[276]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Fuller NR, 2015[277]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
McFarlin BK, 2015[278]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Macías-Cervantes MH, 2015[279]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Risstad H, 2015[280]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Dodevska MS, 2016[281]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Low risk	Low risk
Rezaeipour M, 2014[282]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Bajerska J, 2015[283]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Yamauchi K, 2014[284]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear	Low risk

						risk	
Moreira AP, 2016[285]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Cases J, 2015[286]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk	Low risk
Worsley R, 2015[287]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Hoddy KK, 2014[288]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Tay J, 2014[289]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Foraker RE, 2014[290]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk	Unclear risk
Choo J, 2014[291]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
van Nielen M,, 2014[292]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Moreira Alves RD , 2014[293]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Bracale R, 2014[294]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk

Telles S, 2014[295]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Larsen RN, 2014[296]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Guo Y, 2014[297]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Saslow LR, 2014[298]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Tapsell LC, 2014[299]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Lowndes J, 2014[300]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Thorp AA, 2014[301]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Wong AT, 2014[302]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Calbet JA, 2015[303]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Mirzaei K, 2014[304]	Low risk	Unclear risk	Low risk	Low risk	unclear risk	Unclear risk	Low risk
Mellberg C, 2014[305]	Low risk	Unclear risk	Low risk	Low risk	High risk	Low risk	Low risk

Milsom VA, 2014[306]	Unclear risk	Unclear risk	Unclear risk	Low risk	unclear risk	Unclear risk	Unclear risk
Shirai K, 2013[307]	Unclear risk	Unclear risk	Unclear risk	Low risk	unclear risk	Unclear risk	Unclear risk
Rabinovitz HR, 2014[308]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Mielgo-Ayuso J, 2014[309]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Hollander P, 2013[310]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Alves NE, 2014[311]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Ruth MR, 2013[312]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Tovar J, 2014[313]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Croymans DM, 2014[314]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Vetter ML, 2013[315]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk

Vinkers CD，2014[316]	Low risk	Unclear risk	Low risk	Low risk	High risk	Unclear risk	Unclear risk
Botero JP，2014[317]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Hu X，2013[318]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Low risk	Unclear risk
Kim SH，2013[319]	Unclear risk	Unclear risk	Low risk	Low risk	High risk	Low risk	Low risk
Bouchonville M，2014[320]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Romero Moraleda B，2013[321]	Low risk	Unclear risk	Low risk	Low risk	High risk	Unclear risk	Low risk
Ikramuddin S，2013[322]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Tey S，2013[323]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Nicklas JM，2013[324]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Stocks T，2013[325]	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk	Low risk

Wright OR, 2013[326]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Kim SH, 2014[327,328]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Munro IA, 2013[328]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Astell KJ, 2013[329]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Tonstad S, 2014[330]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Venojärvi M, 2013[331]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Lamprecht M, 2013[332]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Tang M, 2013[333]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
Reimer RA, 2013[334]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Fuller NR, 2013[335]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Jakubowicz D, 2013[336]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk

Beebe N，2013[337]	Low risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
Unick JL，2013[338]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Mohler ER，2013[339]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Bhutani S，2013[340]	Unclear risk	Unclear risk	Low risk	Low risk	High risk	Unclear risk	Low risk
Webber KH，2013[341]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk
Marinik EL，2013[342]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Zhu W，2013[343]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
García-Unciti M，2012[344]	Unclear risk	Unclear risk	Low risk	Low risk	unclear risk	Unclear risk	Unclear risk
Vix M，2013[345]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Klempel MC，2012[346]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk

Venojärvi M，2013[347]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Ho SS，2012[348]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Fayh AP，2013[349]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Sengupta K，2012[350]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Itariu BK，2012[351]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Whyte LJ，2013[352]	Unclear risk	Unclear risk	Unclear risk	Low risk	unclear risk	Unclear risk	Unclear risk
Melanson KJ，2012[353]	Unclear risk	Unclear risk	Unclear risk	Low risk	unclear risk	Unclear risk	Unclear risk
Ponce J，2012[354]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk
Klempel MC，2013[355]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Zhang X，2012[356]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Ke B，2012[357]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Unclear	Low risk

						risk	
Abdi H，2012[358]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Foster GD，2012[359]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Ebbeling CB，2012[360]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Kelly AS，2012[361]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
Suliburska J，2012[362]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Alizadeh M，2012[363]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Bjermo H，2012[364]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Backhouse K，2012[365]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
Kim JW，2012[366]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Greene NP，2012[367]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear	unclear	Low risk

					risk	risk	
Boesten JE，2012[368]	Low risk	Low risk	Low risk	Low risk	High risk	Low risk	Low risk
Chen SC，2012[369]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Elisha B，2012[370]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Maersk M，2012[371]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Low risk	Unclear risk
Ross AB，2012[372]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Andersson U，2012[373]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Familiari P，2011[374]	unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Low risk	Low risk
Dillard TH，2013[375]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Lee JA，2012[376]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk	Low risk
Zunino SJ，2012[377]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk

Timmers S, 2011[378]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Unclear risk
Balducci S, 2012[379]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Valente EA, 2011[380]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Farina MG, 2012[381]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Leichtle AB, 2011[382]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Petry NM, 2011[383]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Brown AL, 2011[384]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Kim EK, 2011[385]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Pfeuffer M, 2011[386]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Lyon M, 2011[387]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk

Dekkers JC，2011[388]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Farnetti S，2011[389]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Venn BJ，2010[390]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Chen SC，2010[391]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Miyashita M，2010[392]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Morenga LT，2010[393]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Pal S，2011[394]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Greenway FL，2010[395]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Torres MR，2010[396]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Herrera MF，2010[397]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Palacios C，2011[398]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear	Unclear	Unclear

					risk	risk	risk
Ferré R，2012[399]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Pal S，2010[400]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Hermsdorff HH，2011[401]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Plotnikoff RC，2010[402]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Papakonstantinou E，2010[403]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Wycherley TP，2010[404]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk
Jorde R，2010[405]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Hernandez TL，2010[406]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Low risk
Ibáñez J，2010[407]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Gripeteg L，2010[408]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk

Tapsell L，2010[409]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Armendáriz-Anguiano AL，2011[410]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Amare F，2024[411]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Chen CY，2024[412]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Chandake S，2024[413]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Baba Y，2024[414]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Sooriyaarachchi P, 2024[415]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Lee Y，2024[416]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Elahikhah M，2024[417]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Dotimas LG，2024[418]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Govindasamy K，2024[419]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Shin SM，2024[420]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Mongkolsucharitkul P，2024[421]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk

Laouani A，2024[422]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Khan G，2024[423]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Diao Z，2024[424]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
López-Yerena A，2023[425]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Aghabeiglooei Z，2023[426]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Tricò D，2024[427]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Lincoff AM，2023[428]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Zhang X，2023[429]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Luo Y，2023[430]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Sordi AF，2023[431]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Low risk	Unclear risk
Carter S，2023[432]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Clina JG，2023[433]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Niu Y，2023[434]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Grohmann T，2023[435]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk

Sun L，2023[436]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Quaresma LS，2023[437]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Aldubayan MA，2023[438]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Cho E，2023[439]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Castaldo G，2023[440]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Low risk	Unclear risk
Ghalichi F，2023[441]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Felipe LA，2023[442]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Ragland TJ，2023[443]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Cai H，2023[444]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Turner-McGrievy GM，2023[445]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Belany P，2023[446]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Gayathri R，2023[447]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk

Cruvinel BAC，2023[448]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Hassan RHA，2023[449]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Carvalho APSd，2023[450]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Sohn M，2023[451]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Rondanelli M，2022[452]	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
Rebello CJJ，2022[453]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Xu R，2022[454]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Reis PCdSG，2022[455]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Colak D，2022[456]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Freer CL，2022[457]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Yin W，2022[458]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Coker MS，2022[459]	Low risk	Low risk	Low risk	Low risk	High risk	Low risk	Low risk
Mohammadi-Sartang M，2023[460]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Jamshed H，2022[461]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk

Roach LA，2022[462]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Kleinloog JPD，2022[463]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Pavão TP，2022[464]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Castela I，2022[465]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Chekima K，2022[466]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Cipryan L，2022[467]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Ali Sangouni A，2022[468]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Timmons JF，2023[469]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Catley D，2022[470]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Mendelson M，2022[471]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Ruban A，2022[472]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Li Y，2022[473]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Vodouhè M，2022[474]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear	Low risk	Low risk

					risk		
Dimitrov Ulian M, 2022[475]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Low risk	Low risk
Viveros-Watty PE, 2022[476]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Chair SY，2022[477]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Karandish M，2022[478]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Lim SL，2022[479]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Thomsen MN，2022[480]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Seeberg KA，2022[481]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Ruegsegger GN，2022[482]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk	Low risk
Liu B，2021[483]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Cao JJ，2021[484]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Kang C，2021[485]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Che T，2021[486]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Miller L，2021[487]	Unclear risk	Unclear risk	Low risk	Low risk	High risk	Low risk	Low risk

Batrakoulis A，2021[488]	Low risk	Low risk	Low risk	Low risk	High risk	Low risk	Low risk
Chang WL，2021[489]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Serna A，2022[490]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Delgado-Floody P，2021[491]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Low risk	Low risk
Falkenhain K，2021[492]	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Said MA，2021[493]	Low risk	Low risk	Low risk	Low risk	Unclear risk	Unclear risk	Low risk
Ahmadniay Motlagh H，2021[494]	Low risk	Low risk	Low risk	Low risk	High risk	Low risk	Low risk
Te Morenga L，2021[495]	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
Shikishima Y，2021[496]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Liddle DM，2021[497]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Wang J，2021[498]	Low risk	Low risk	Low risk	Low risk	High risk	Low risk	Low risk
Grytten E，2021[499]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk

Schroor MM, 2021[500]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Bhoite R, 2021[501]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
van der Merwe M, 2021[502]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Waliłko E, 2021[503]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Ng SC, 2022[504]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
do Rosario VA, 2021[505]	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
Amaro-Gahete FJ, 2021[506]	Low risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk	Low risk
Kim KW, 2021[507]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Jiang W, 2021[508]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
D'Amuri A, 2021[509]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Yılmaz SK, 2021[510]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk

Barnard ND，2022[511]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
Netto Cândido TL，2021[512]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Abbott K，2020[513]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Kruschitz R，2020[514]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
Kahleova H，2020[515]	Low risk	Low risk	Low risk	Low risk	High risk	Low risk	Low risk
Cheshmazar E，2020[516]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Bove KB，2020[517]	Low risk	Low risk	Low risk	Low risk	High risk	Low risk	Low risk
de Ligt M，2020[518]	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
Bratlie M，2021[519]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Klomklorm A，2020[520]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk	Low risk
Li L，2020[521]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Cienfuegos S，2020[522]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk

Jamar G, 2020[523]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Goss AM, 2020[524]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Jafari-Maskouni S, 2020[525]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Takagi T, 2020[526]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Remie CME, 2020[527]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Joris PJ, 2020[528]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Smeets E, 2021[529]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Campa F, 2020[530]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Reimer RA, 2020[531]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Rock CL, 2020[532]	Unclear risk	Unclear risk	Unclear risk	Low risk	High risk	Low risk	Low risk
Vors C, 2020[533]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Lopez HL, 2020[534]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
AlFaris NA, 2020[535]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Chow LS, 2020[536]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Marco-Benedí V, 2020[537]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk

Lin X，2020[538]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Lorkowski SW，2020[539]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk	Unclear risk
Tsintzas K，2020[540]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Dolati S，2020[541]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Edinburgh RM，2020[542]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Asgary S，2020[543]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Perissiou M，2020[544]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Kuo YC，2020[545]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk
Nishimura M，2020[546]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Gajewska D，2019[547]	Low risk	Unclear risk	Unclear risk	Low risk	High risk	Unclear risk	Low risk
Karimi-Nazari E，2019[548]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Tanaka Y，2020[549]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Mollentze WF，2019[550]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk

Chiang TL, 2019[551]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Kraus WE, 2019[552]	Low risk	Low risk	Low risk	Low risk	High risk	Low risk	Low risk
Malik VS, 2019[553]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Aghasi M, 2019[554]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Hirsh SP, 2019[555]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Byrne CS, 2019[556]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Taylor PJ, 2019[557]	Low risk	High risk	Low risk	Low risk	Low risk	Low risk	Low risk
Nunes PRP, 2019[558]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Ejtahed HS, 2019[559]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Schroeder EC, 2019[560]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Rynarzewski J, 2019[561]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
Otten J, 2019[562]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Aliashrafi S, 2019[563]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Ballin M, 2019[564]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
de Souza RGM, 2018[565]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk

Amozadeh H, 2018[566]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Low risk	Low risk
Galvão Cândido F, 2018[567]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Zapata-Lamana R, 2018[568]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Dollerup OL, 2018[569]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
González-Sarrías A, 2018[570]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Kim J, 2018[571]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Berk KA, 2018[572]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Madjd A, 2018[573]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Khezri SS, 2018[574]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Engel S, 2018[575]	Unclear risk	Unclear risk	High risk	Low risk	Low risk	Unclear risk	Low risk
Bendtsen LQ, 2018[576]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Jaacks LM, 2018[577]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Kempf K, 2018[578]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk

Mraovic T，2018[579]	Low risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Low risk
Saito S，2017[580]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Aoe S，2017[581]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
Gokulakrishnan K，2017[582]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
Mousa A，2017[583]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Saslow LR，2017[584]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Schauer PR，2017[585]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Paquette M，2017[586]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
Taghizadeh M，2017[587]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Melchart D，2017[588]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Blædel T，2016[589]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Alqurashi RM，2016[590]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk

O'Neil PM，2016[591]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Kim H，2016[592]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Tovar J，2016[593]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Madjd A，2016[594]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Li X，2016[595]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Jamal SN，2016[596]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Wolf E，2016[597]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Kong Z，2016[598]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Most J，2016[599]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Welsh P，2016[600]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Järvi A，2016[601]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Weiland A，2016[602]	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
Dejgaard TF，2016[603]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk

Higashikawa F，2016[604]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Nelson K，2016[605]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Madjd A，2016[606]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Madjd A，2015[607]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Rebello CJ，2015[608]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Perez A，2015[609]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Tapsell LC，2015[610]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Tripkovic L，2015[611]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Chambers ES，2015[612]	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
Liu Y，2015[613]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Mingrone G，2015[614]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Davinelli S，2015[615]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear	Low risk

						risk	
Shlisky JD，2015[616]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Hu T，2015[617]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Low risk	Low risk
de Barros F，2015[618]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Austel A，2015[619]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Ding SA，2015[620]	Low risk	Unclear risk	Unclear risk	Low risk	High risk	Low risk	Low risk
McEvoy CT，2015[621]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Low risk	Unclear risk
Hosseinpour-Niazi S，2015[622]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Mirtaheri E，2015[623]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Stonehouse W，2015[624]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Nowotny B，2015[625]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Ivey KL，2015[626]	Low risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk	Low risk

Taghizadeh M，2015[627]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Nickols-Richardson SM，2014[628]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Zare R，2014[629]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Sousa N，2014[630]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Hernández-Cordero S，2014[631]	Low risk	Unclear risk	High risk	Low risk	High risk	Low risk	Low risk
Schwander F，2014[632]	Low risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Low risk	Low risk
Halperin F，2014[633]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Choi MS，2014[634]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk	Low risk
Bozzetto L，2014[635]	Low risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
Lin PH，2014[636]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Geliebter A，2014[637]	Low risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk	Low risk

Rondanelli M, 2014[638]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Liu X, 2013[639]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Kashyap SR, 2013[640]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Low risk	Low risk
Mishra S, 2013[641]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Liang Z, 2013[642]	Low risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Low risk	Low risk
Munro IA, 2013[643]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
de Bock M, 2013[644]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Cho SH, 2013[645]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Azadbakht L, 2013[646]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Salehpour A, 2012[647]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Buchowski MS, 2012[648]	Unclear risk	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Munro IA, 2012[649]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk

Thies F，2012[650]	Unclear risk	Unclear risk	Low risk	Low risk	High risk	Low risk	Low risk
Rizkalla SW，2012[651]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Low risk	Low risk
Tovar J，2012[652]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Taniguchi-Fukatsu A，2012[653]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk	Low risk
Krebs JD，2012[654]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Gargari BP，2011[655]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
Fidler MC，2011[656]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Khoo J，2011[657]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Derosa G，2011[658]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Søvik TT，2011[659]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk

Shah M, 2011[660]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Tanaka T, 2011[661]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Te Morenga LA, 2011[662]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Cho JK, 2011[663]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Kreider RB, 2011[664]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Harvie MN, 2011[665]	unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Njike VY, 2011[666]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Choquette S, 2011[667]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
Larsen RN, 2011[668]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk

Frank I, 2011[669]	Unclear risk	Unclear risk	High risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Llaneza P, 2011[670]	Low risk	Low risk	Low risk	Low risk	Unclear risk	Unclear risk	Low risk
DeFina LF, 2011[671]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Sieverdes JC, 2011[672]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Raben A, 2011[673]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Bladbjerg EM, 2010[674]	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
Li S, 2010[675]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Ilanne-Parikka P, 2010[676]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Low risk	Low risk
Beck EJ, 2010[677]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Hodgson JM, 2010[678]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Michishita T, 2010[679]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear	Low risk

						risk	
Blumenthal JA，2010[680]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Larson-Meyer DE，2010[681]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Elhayany A，2010[682]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Sluijs I，2010[683]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Rizvi ZA，2024[684]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Horváth J，2024[685]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Nemati M，2024[686]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Low risk	Low risk
AlMalki SM，2024[687]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Suder A，2024[688]	Unclear risk	Low risk	High risk	Low risk	Unclear risk	Low risk	Low risk
Amiri P，2024[689]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Rodrigo-Carbó C，2024[690]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Stockton MB，2024[691]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk

Wang Y，2024[692]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Ostadrahimi A，2024[693]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Turner-McGrievy GM，2024[694]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Delfan M，2024[695]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Pammer A，2024[696]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Low risk	Low risk
Duan Y，2024[697]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Rolland C，2009[698]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Foster GD，2009[699]	Low risk	Low risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Low risk
Tsai Ch H，2009[700]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Fontbonne A，2009[701]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk

Shikany JM, 2009[702]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Frisch S, 2009[703]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Nieman DC, 2009[704]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Lin WY, 2009[705]	Low risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Low risk
Arsenault BJ, 2009[706]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Brochu M, 2009[707]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Aasheim ET, 2009[708]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Assunção ML, 2009[709]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk	Low risk
Shah K, 2009[710]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Davis NJ, 2009[711]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk

Sacks FM, 2009[712]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Digenio AG, 2009[713]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
Kirk E, 2009[714]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Hursel R, 2009[715]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Andersson K, 2009[716]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Layman DK, 2009[717]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Kim JY, 2008[718]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk
Lasker DA, 2008[719]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
St-Onge MP, 2008[720]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Hibi M, 2008[721]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk

Treyzon L，2008[722]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Volpe SL，2008[723]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Morgan LM，2009[724]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Lindqvist HM，2009[725]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Shai I，2008[726]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Nakou E，2008[727]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Pierce GL，2008[728]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk	Low risk
Miyashita M，2008[729]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Arciero PJ，2008[730]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk

Wycherley TP，2008[731]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Lockwood CM，2008[732]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Larson-Meyer DE，2008[733]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Schjerve IE，2008[734]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk	Low risk
König D，2008[735]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Borges RL，2007[736]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Mutungi G，2008[737]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Jensen L，2008[738]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Salas-Salvadó J，2008[739]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Burton FL，2008[740]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk

Karandish M，2009[741]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk	Low risk
Burke LE，2007[742]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Bertéus Forslund H，2008[743]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Meckling KA，2007[744]	Unclear risk	Unclear risk	High risk	Low risk	High risk	Unclear risk	Low risk
de Rougemont A，2007[745]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Liao FH，2007[746]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Rave K，2007[747]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Sahin M，2007[748]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Thomas TR，2007[749]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Ebbeling CB，2007[750]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk

Steck SE, 2007[751]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Rock CL, 2007[752]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Brunerova L, 2007[753]	Unclear risk	Unclear risk	High risk	Low risk	Unclear risk	Unclear risk	Low risk
Maki KC, 2007[754]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Gardner CD, 2007[755]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Lindqvist H, 2007[756]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Aubertin-Leheudre M, 2007[757]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Major GC, 2007[758]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Vincent HK, 2006[759]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Bougoulia M, 2006[760]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear	Unclear	Unclear

					risk	risk	risk
Wood RJ，2007[761]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Burke LE，2006[762]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Vincent HK，2006[763]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Low risk
McLaughlin T，2006[764]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Anderson JW，2006[765]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Fenkci S，2006[766]	Unclear risk	unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Kuo CS，2006[767]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Nestel P，2007[768]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Satoh N，2006[769]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear	Unclear	Low risk

					risk	risk	
Turker I, 2006[770]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk
Ahn CW, 2006[771]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk	Low risk
Hackman RM, 2006[772]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Krebs JD, 2006[773]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Wood RJ, 2006[774]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk	Low risk
Löfgren P, 2005[775]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Petersen M, 2006[776]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Wang TF, 2005[777]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk	Low risk
Robitaille J, 2005[778]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear	Low risk

						risk	
Noakes M，2005[779]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Poston WS，2005[780]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Ebbeling CB，2005[781]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Frank LL，2005[782]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Berne C，2005[783]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Gaullier JM，2005[784]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Unclear risk
Zemel MB，2005[785]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Patalay M，2005[786]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Unclear risk
Pieterse Z，2005[787]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear	Low risk

						risk	
Derosa G，2005[788]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Maeda H，2005[789]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Pereira MA，2004[790]	Low risk	Low risk	Low risk	Low risk	High risk	Unclear risk	Low risk
Aude YW，2004[791]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Brinkworth GD，2004[792]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Melanson KJ，2004[793]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Yesilbursa D，2005[794]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk
Seshadri P，2004[795]	Low risk	Low risk	High risk	Low risk	Unclear risk	Low risk	Low risk
Miyashita Y，2004[796]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear	Unclear

						risk	risk
Flechtner-Mors M, 2004[797]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Mhurchu CN, 2004[798]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Esposito K, 2004[799]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Carels RA, 2004[800]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Stern L, 2004[801]	Low risk	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Brinkworth GD, 2004[802]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Albert SG, 2004[803]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Unclear risk
Rachmani R, 2004[804]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Poston WS, 2003[805]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Bloch KV, 2003[806]	Low risk	Low risk	Low risk	Low risk	High risk	Unclear	Low risk

						risk	
Lovejoy JC，2003[807]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Ash S，2003[808]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Foster GD，2003[809]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Melanson K，2003[810]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk
Allison DB，2003[811]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Esposito K，2003[812]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Lantz H，2003[813]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
James AP，2003[814]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Hirose K，2002[815]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk

Sharman MJ，2024[816]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Bakris G，2002[817]	Unclear risk	Unclear risk	Unclear risk	Low risk	High risk	Unclear risk	Low risk
Hanefeld M，2002[818]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Dunstan DW，2002[819]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Larsen TM，2002[820]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Nieman DC，2002[821]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Anderson JW，2002[822]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Miles JM，2002[823]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Kelley DE，2002[824]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk

Heilbronn LK, 2002[825]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Janssen I, 2002[826]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Yip I, 2001[827]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Gokcel A, 2001[828]	Unclear risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Volpe SL, 2001[829]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Dumont M, 2001[830]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Boozer CN, 2001[831]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Birketvedt GS, 2000[832]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Richelsen B, 2000[833]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk

Halimi S, 2000[834]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Wadden TA, 2001[835]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Fujioka K, 2000[836]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Ditschuneit HH, 2002[837]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Fogelholm M, 2000[838]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Donnelly JE, 2000[839]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Low risk
Golay A, 2000[840]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Mori TA, 1999[841]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Vidgren HM, 1999[842]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Roger P, 1999[843]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear	Unclear	Unclear

					risk	risk	risk
Pittler MH, 1999[844]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Ditschuneit HH, 1999[845]	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Andersen RE, 1999[846]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Davidson MH, 1999[847]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Charles MA, 1998[848]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Riddle MC, 1998[849]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Marckmann P, 1998[850]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Sjöström L, 1998[851]	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Agurs-Collins TD, 1997[852]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear	Low risk

						risk	
Kraemer WJ，1997[853]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Rössner S，1997[854]	Unclear risk	Unclear risk	High risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Pontiroli AE，1996[855]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Golay A，1996[856]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk
Pascale RW，1995[857]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
DeFronzo RA，1995[858]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk
O'Kane M，1994[859]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Giugliano D，1993[860]	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk	Low risk
Puddey IB，1992[861]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear	Low risk

						risk	
Wolever TM，1992[862]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Golay A，1992[863]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk
Jalkanen L，1991[864]	Unclear risk	Unclear risk	Unclear risk	Low risk	Unclear risk	Unclear risk	Unclear risk
Nieman DC，1990[865]	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Low risk
Lalor BC，1990[866]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk	Low risk

Supplementary Table 2 Baseline characteristics of included trials

Ref.	Country	Treatment	No. of patients	Mean Age (years)	Female (%)	Mean Baseline BMI (kg/m^2)	All-cause mortality	Cardiovascular death	Non-fatal myocardial infarction	Non-fatal stroke
Lee M，2024[1]	korea	others	93	53.5	100	26.4	/	/	/	/
Peters JC，2024[2]	USA	others	20	35.8	70	30.9	/	/	/	/
Okuka N，2024[3]	Serbia	others	48	39.19	100		/	/	/	/
Pereira V，2024[4]	Portugal	diet	112	45	72.3	34	/	/	/	/
Salte OBK，2024[5]	Norway	surgery	60	48	73	54.9	/	/	/	/
Moravcová K，2024[6]	Czech Republic	others	100	43.3	71	43.3	/	/	/	/
Holmberg S，2024[7]	Sweden	diet	176	56.5	79.5	32.8	/	/	/	/
Eriksson JW，2024[8]	Sweden	surgery + diet	24	42	91.67	39.8	/	/	/	/
Gonzalez-Gil AM，2024[9]	USA	exercise + medicine	83	72.4	0	37.0	/	/	/	/

Keawtep P，2024[10]	Thailand	diet + exercise	92	52.84	100	29.06	/	/	/	/
Li S，2024[11]	China	exercise	54	36.82	55.56	29.95	/	/	/	/
Lee DC，2024[12]	USA	exercise	406	50	53	31.2	/	/	/	/
Sandby K，2024[13]	Denmark	diet	80	58	0	32.4	/	/	/	/
Heinonen S，2023[14]	Finland	surgery	119	46.8	70.59	44.2	/	/	/	/
da Silva CSO，2023[15]	Brazil	diet	24	38.29	100	29.08	/	/	/	/
Fallah F，2023[16]	Iran	medicine	45	38.2	100	32.9	/	/	/	/
Lauw S，2023[17]	China	others	55	42.4	74.55	28.8	/	/	/	/
Bamgboye M，2023[18]	USA	others	353	42.69	67	32.32	/	/	/	/
Möller F，2023[19]	Sweden	surgery	34	39.1	46.81	54.5	/	/	/	/
García-Cordero J，2023[20]	Spain	diet	29	45.2	41.38	30.1	/	/	/	/
Zhu R，2023[21]	Denmark	diet + exercise	2165	55	67.9	33.9	/	/	/	/
Hematinezhad Touli M，2022[22]	Iran	others	40		0	29.1	/	/	/	/

Nora CL，2023[23]	USA	others	29	27.6	48.28	30.6	/	/	/	/
Sun J，2023[24]	China	diet	298	34	69.21	30.3	/	/	/	/
Taha MM，2023[25]	Egypt	exercise	53	48.64	100	34.4	/	/	/	/
Perin L，2023[26]	Brasil	diet	85	35.9	89.41	32.7	/	/	/	/
Zhang N，2023[27]	China	diet + exercise	746	70.1	53.9	27.67	/	/	/	/
Elsayed MM，2023[28]	Egypt	others	76	67.83	50	34.55	/	/	/	/
Cabrera-Rode E，2023[29]	Cuba	others	160	43	86.88	33.1	/	/	/	/
Maaloul R，2023[30]	Tunisia	diet + exercise	20	31.8	0	33.1	/	/	/	/
Muñoz-Pérez DM，2023[31]	Colombia	diet	44	50.8	77.27	35.59	/	/	/	/
Saeidi A，2023[32]	Iran	others	68	27.6	0	33.6	/	/	/	/
Quist JS，2023[33]	Denmark	exercise	90	36	52	29.6	/	/	/	/
Delgado-Floody P，2022[34]	Chile	exercise	18	41.3	100	44.2	/	/	/	/
Ghorbani Y，2023[35]	Canada	others	28	46.4	78.57	44	/	/	/	/

Garvey WT，2022[36]	USA	medicine	304	47.3	77.63	38.5	0.70%	/	/	/
Kosiborod MN，2023[37]	USA	medicine	2764	46.22	75	38.2	/	/	/	/
Guo H，2022[38]	China	diet	69	39.2	72.5	29.3	/	/	/	/
Yoshino M，2022[39]	USA	lifestyle	18	51.8	94.44	37.3	/	/	/	/
Goralska J，2022[40]	Poland	others	62	47.5	24.35	33.6	/	/	/	/
Zhaohu H，2022[41]	China	medicine	309	51.8	38.51	29.9	/	/	/	/
Seyam MK，2022[42]	Arabia	diet + exercise	70	30.3	0	35.2	/	/	/	/
Osuna-Prieto FJ，2022[43]	Spain	exercise	24	40.2	0	31.6	/	/	/	/
Lange UG，2022[44]	Germany	diet	69	46.7	68.12	47.5	/	/	/	/
Mo SJ，2022[45]	Korea	others	59	37.49	22.03	26.84	/	/	/	/
Ataeinosrat A，2022[46]	Iran	exercise	44	27.5	0	35.7	/	/	/	/
Salminen P，2022[47]	Finland	surgery	240	48.5	69.58	45.9	/	/	/	/
Zhang X，2022[48]	USA	others	93	42	58.06	32.6	/	/	/	/
Senkus KE，2022[49]	USA	diet + exercise	163	70.2	62	33.6	/	/	/	/
Haji-Ghazi Tehrani L，	Iran	diet	48	32.1	100	33.3	/	/	/	/

2022[50]										
Murphy R，2022[51]	New Zealand	surgery	103	46	51.75	42.8	/	/	/	/
Lockard B，2022[52]	USA	diet	51	34.5	100	34.0	/	/	/	/
de Luis D，2022[53]	Spain	diet	319	47.2	74.7	37.9	/	/	/	/
Ilich JZ，2022[54]	USA	others	97	55.8	100	31	/	/	/	/
Ruggenenti P，2022[55]	Italy	diet	103	63.9	21.4	32.2	/	3.40%	/	3.40%
Sohn M，2022[56]	korea	others	81	46.7	60.49	27.2	/	/	/	/
Li S，2022[57]	China	diet	53	36.8	0	29.43	/	/	/	/
Lugones-Sánchez C，2022[58]	Spain	diet + exercise	650	48.3	68.46	33	/	/	/	/
Kim MJ，2022[59]	korea	diet	104	38.7	100	25.5	/	/	/	/
Sánchez E，2021[60]	Spain	diet	30	40.4	73.33	37.9	/	/	/	/
Eskandaros MS，2022[61]	Egypt	surgery	121	46.87	65.29	45.84	/	/	/	/
Mateos R，2022[62]	Spain	others	60	38.3	28.33	30.2	/	/	/	/
de Oliveira Fialho CG，2022[63]	Brazil	others	24	33.1	100	34.3	/	/	/	/

Grangeiro É D，2021[64]	Brazil	diet	40	29.05	100	30.33	/	/	/	/
Schiavo L，2022[65]	Italy	diet	70	42	37.14	48.8	/	/	/	/
Haidari F，2021[66]	Iran	diet	63	35.3	100	34.8	/	/	/	/
Kafyra M，2021[67]	Greece	diet	202	47	70.29	31.34	/	/	/	/
Lee YK，2021[68]	korea	exercise	24	56.8	100	25.7	/	/	/	/
de Sousa ART，2021[69]	Brazil	surgery	61	42.39	100	47.09	/	/	/	/
Rajaie H，2021[70]	Iran	others	81	38.97	100		/	/	/	/
Félix-Soriano E，2021[71]	Spain	exercise	71	58.51	100	30.62	/	/	/	/
Astbury NM，2021[72]	UK	diet	179	50.8	55	36.9	/	/	/	/
Muñoz-Perez DM，2021[73]	Colombia	diet	44	50.8	77.27	35.6	/	/	/	/
Vergara M，2021[74]	USA	diet	208	40	60		/	/	/	/
Cai L，2021[75]	China	diet + exercise	44	24.82	34.09	27.59	/	/	/	/
Umphonsathien M，2022[76]	Thailand	diet	40	49.6	72.5	30.1	/	/	/	/
Paul S，2021[77]	Australia	others	10	50	0	32.1	/	/	/	/

Jamka M，2021[78]	Poland	exercise	101	55	100	35.92	/	/	/	/
Trouwborst I，2021[79]	The Netherlands	diet	782	41.5	64.7	34.4	/	/	/	/
Siu PM，2021[80]	Hong Kong	exercise	543	61.9	77.9	25.6	/	/	/	/
Moholdt T，2021[81]	Australia	exercise	24	35.67	0	30.87	/	/	/	/
Leung GKW，2021[82]	Australia	diet	19	41	68.42	30.7	/	/	/	/
Cooney C，2021[83]	Ireland	diet	54	57.5	53.7	30.7	/	/	/	/
Azizi S，2021[84]	Iran	others	45	48.69	35.56	29.03	/	/	/	/
Biteli P，2021[85]	Brazil	exercise	70	60.6	100		/	/	/	/
Naing S，2020[86]	USA	medicine	18	53.5	50	36.47	/	/	/	/
de Melo CM，2021[87]	Brazil	diet	37	40.7	0	34.6	/	/	/	/
Han Y，2022[88]	korea	others	383	48.9	57.96	27.5	/	/	/	/
de Luis D，2021[89]	Spain	diet	269	50.2	74	37.3	/	/	/	/
Noer ER，2020[90]	Indonesia	diet	43	19.2	90.7	30	/	/	/	/
Höchsmann C，2021[91]	USA	lifestyle	803	49.4	84.4	37.2	/	/	/	/
Lopes AL，2021[92]	Brazil	diet +	12	25.6	0	32.34	/	/	/	/

		exercise								
Wheeler MJ，2020[93]	Australia	exercise	67	67	52.24	31.2	/	/	/	/
Hajizadeh-Sharafabad F，2021[94]	Iran	others	45	53.82	60	34.11	/	/	/	/
Zhang T，2020[95]	China	others	24	39.9	0	28.1	/	/	/	/
Wongpipit W，2021[96]	China	others	18	22	0	30	/	/	/	/
Rondanelli M，2020[97]	Italy	others	54	51.5	48.15	29.34	/	/	/	/
Glaysher MA，2021[98]	UK	others	140	52	45	36.2	/	/	/	/
Fechner E，2020[99]	The Netherlands	diet	40	61.4	52.5	29.4	/	/	/	/
Yousefi R，2021[100]	Iran	others	40	34.23	82.5	31.84	/	/	/	/
Park W，2020[101]	korea	exercise	20	68.8	0	26.1	/	/	/	/
Brennan AM，2020[102]	USA	exercise	61	68.6	63.93	36.3	/	/	/	/
Jung K，2020[103]	korea	exercise	32	47.5	100	25.9	/	/	/	/
Heiston EM，2021[104]	USA	diet + exercise	25	47	100	37.6	/	/	/	/
Sun J，2020[105]	China	exercise	300	21.71	0	30.85	/	/	/	/

Haidari F，2020[106]	Iran	diet	38	36.05	100	33.23	/	/	/	/
Haidari F，2020[107]	Iran	others	60	31.61	100	33.45	/	/	/	/
Vogel C，2020[108]	Brazil	others	29	37.21	0	32.59	/	/	/	/
Michalczyk MM，2020[109]	Poland	diet	91	42	100	32.86	/	/	/	/
Moszak M，2020[110]	Poland	others	81	49.1	62.96	39.6	/	/	/	/
Batista-Jorge GC，2020[111]	Brazil	others	22		0	35.69	/	/	/	/
Colleluori G，2020[112]	USA	others	23	51.7	0	40.6	/	/	/	/
Poon ET，2020[113]	Hong Kong	exercise	24	48.1	0	25.9	/	/	/	/
Basciani S，2020[114]	Italy	diet	48	56.2	60.42	35.9	/	/	/	/
Psota TL，2020[115]	USA	lifestyle	101	38.9	100	30.8	/	/	/	/
Ghanim H，2020[116]	USA	medicine	64	46	62.5	31.7	/	/	/	/
Santos A，2020[117]	Brazil	diet	149	39.63	85.23	45.77	/	/	/	/
Bakker N，2020[118]	The Netherlands	others	56	46.7	100	42	/	/	/	/
Kim J，2020[119]	korea	exercise	25	71.04	100		/	/	/	/

López-Gómez JJ，2020[120]	Spain	diet	112	61.02	72.3	39.56	/	/	/	/
Sadowska-Krępa E，2020[121]	Poland	diet + exercise	39	58.7	0	31.6	/	/	/	/
Hannon BA，2020[122]	USA	others	115	35.7	63	33.1	/	/	/	/
Michael DR，2020[123]	UK	others	220	45.91	60.45	29.06	/	/	/	/
Kuszewski JC，2020[124]	Australia	others	152	65.6	54.61	30.8	/	/	/	/
Meslier V，2020[125]	Italy	diet	82	43	52.44	31.1	/	/	/	/
Razmpoosh E，2020[126]	Iran	diet	65	36.5	100	31.5	/	/	/	/
Headland ML，2020[127]	Australia	diet	109	54.9	94	33	/	/	/	/
Bittel AJ，2020[128]	USA	exercise	10	50	0	33	/	/	/	/
Hadi A，2019[129]	Iran	others	59	35.55	33.9	30.87	/	/	/	/
Dellis D，2020[130]	Greece	diet	70	50	52.86	33.67	/	/	/	/
Porter Starr KN，2019[131]	USA	diet	80	60	90	37.3	/	/	/	/
Ratajczak M，2019[132]	Poland	exercise	39	50	100	35.5	/	/	/	/
Fatahi S，2019[133]	Iran	others	99	53.5	100	33.29	/	/	/	/

Peradze N，2019[134]	USA	medicine	20		0	35.3	/	/	/	/
Ghasemi E，2019[135]	Iran	exercise	30	22.37	100	27.5	/	/	/	/
Rakvaag E，2019[136]	Denmark	diet	65	64.5	52.31	29.36	/	/	/	/
Cao L,，2019[137]	China	exercise	28	64.2	100	27.1	/	/	/	/
Rosqvist F,，2019[138]	Sweden	others	60	42	38.33	28	/	/	/	/
Pavić E，2019[139]	Croatia	diet	124	47.6	74.19	41.6	/	/	/	/
Farr OM，2019[140]	USA	medicine	40	55	0	35.76	/	/	/	/
Kim CO，2019[141]	korea	others	78	35.5	60.26	25.81	/	/	/	/
Abbaspour N，2019[142]	USA	others	48	29.8	39.58	31.3	/	/	/	/
Lahelma M，2019[143]	Finland	exercise	53		47.17	28	/	/	/	/
Haywood CJ，2019[144]	Australia	diet	117	70.2	61.54	40.1	/	/	/	/
Angelino D，2019[145]	Italy	others	41	53	60.98	30.9	/	/	/	/
Apiñaniz A，2019[146]	Spain	others	110	38.5	71.82	32.7	/	/	/	/
Tuccinardi D，2019[147]	USA	others	10	50.7	40	36.8	/	/	/	/
Hernández-Lepe MA，2019[148]	Mexico	others	52	26	0	30.2	/	/	/	/
Aller R，2019[149]	Spain	diet	269	49.8	74.1	34.9	/	/	/	/

Smith-Ryan AE，2019[150]	USA	diet	42	35.3	50	32.8	/	/	/	/
Asano M，2019[151]	Japan	diet	60	46.3	48.33	26.4	/	/	/	/
Clayton ZS，2019[152]	USA	others	45	37.4	61.22	33.0	/	/	/	/
Bowen J，2019[153]	Australia	others	76	60.7	40.79	33.8	/	/	/	/
Yari Z，2022[154]	Iran	others	46	45	50	30.72	/	/	/	/
Novin ZS，2018[155]	Iran	others	42	34.19	100	31.05	/	/	/	/
Erickson ML，2019[156]	USA	lifestyle	16	66.1	68.75	35.9	/	/	/	/
Cho AR，2019[157]	korea	diet + exercise	31	36.7	48.39	27.3	/	/	/	/
Aller R，2019[158]	Spain	diet	362	49.1	72.15	36.4	/	/	/	/
Choi HR，2018[159]	korea	diet	37	26.7	35.14	29.2	/	/	/	/
Subih HS，2018[160]	Jordan	others	45		100	38.4	/	/	/	/
Headland ML，2019[161]	Australia	diet	332	49.3	83.1	33.5	/	/	/	/
Gorostegi-Anduaga I，2018[162]	Spain	diet + exercise	167	53.7	35.33		/	/	/	/
Yousefi R，2018[163]	Iran	others	38	39.98	81.58	32.83	/	/	/	/

Oh M，2018[164]	korea	diet + exercise	45	36.5	57.78	27.4	/	/	/	/
Varsamis P，2019[165]	Australia	others	28	23	53.57	31	/	/	/	/
Loves S，2018[166]	Netherlands	medicine	16		0	35.2	/	/	/	/
Camacho-Cardenosa A，2018[167]	Spain	exercise	59	40.89	100	28.98	/	/	/	/
Kakutani R，2018[168]	Japan	others	80	49.8	16.25	27.14	/	/	/	/
Oliveira-de-Lira L，2018[169]	Brazil	others	75	34.07	100		/	/	/	/
Allaire J,，2018[170]	Canada	others	138	52	70	29.4	/	/	/	/
Gram AS，2018[171]	Denmark	exercise	90	34.58	48.89	29.87	/	/	/	/
Azevedo FR，2018[172]	Brazil	surgery	20	51	0	31.9	/	/	/	/
Fatahi S，2018[173]	Iran	diet	75	36.9	100	32.4	/	/	/	/
Alcántara-Aragón V，2018[174]	Spain	others	183	44.5	83.6	34.75	/	/	/	/
Mundbjerg LH，2018[175]	Denmark	surgery	60	42.3	70	43	/	/	/	/
McKay DL，2018[176]	USA	others	26	59.7	19.23	29.2	/	/	/	/

Lee YJ，2018[177]	korea	diet	75	45.1	65.33	27.3	/	/	/	/
Padilla-Camberos E，2018[178]	Mexico	others	28	33.3	39.29	35.2	/	/	/	/
Ramos-Lopez O，2018[179]	Spain	diet	107	46.8	66.36	31.8	/	/	/	/
Mateo-Gallego R，2018[180]	Spain	diet	76	44	100	32.8	/	/	/	/
Shrivastava U，2017[181]	India	others	267	37.1	14.23	28.21	/	/	/	/
Wagmacker DS，2017[182]	Brazil	exercise	66	24	100	29	/	/	/	/
Ando Y，2017[183]	Japan	others	17	47	17.65	25.7	/	/	/	/
Rock CL，2017[184]	USA	others	100	52.7	58	32.4	/	/	/	/
Schiavon CA，2018[185]	Brazil	surgery	100	43.8	76	36.9	/	/	/	/
Blomquist C，2018[186]	Sweden	diet	56	60.5	100	32.5	/	/	/	/
Lima RPA，2017[187]	Brazil	others	40		100	30.5	/	/	/	/
Ferreira TDS，2017[188]	Brazil	others	16	34.31	100	34.2	/	/	/	/
O'Doherty AF，2017[189]	UK	others	11	31.5	0	29.9	/	/	/	/

Pedley CF，2018[190]	USA	lifestyle	301	58	57		/	/	/	/
Chung J，2017[191]	korea	exercise	36	48.95	100	25.08	/	/	/	/
Fedewa MV，2018[192]	USA	exercise	44	20.4	100	29.8	/	/	/	/
Kleist B，2017[193]	Germany	diet + exercise	82	39.4	56.1	31.9	/	/	/	/
Vella CA，2017[194]	USA	exercise	17	26.2	59	31.6	/	/	/	/
Gulati S，2017[195]	India	others	122		57.38	30.4	/	/	/	/
Rodriguez-Cristobal JJ，2017[196]	Spain	others	846	56.53	77.19	34.1	/	/	/	/
Vink RG，2017[197]	The Netherlands	diet	16	48.8	62.5	32.4	/	/	/	/
Vors C，2017[198]	France	others	8	31	0	33	/	/	/	/
Ribeiro C，2017[199]	Brazil	others	78	36	69.23	31.8	/	/	/	/
Ard JD，2017[200]	USA	lifestyle	409	46.5	100	38.6	/	/	/	/
Littlefield LA，2017[201]	USA	exercise	9	43	0	31.8	/	/	/	/
Houghton D，2017[202]	UK	exercise	27	54	0	31	/	/	/	/
Trepanowski JF，	USA	diet	100	44	14	35	/	/	/	/

2017[203]										
Fathi Y，2017[204]	Iran	others	133	35.58	100	29.04	/	/	/	/
Juliana N，2017[205]	Malaysia	others	31	49.8	100	30.2	/	/	/	/
Bonfante IL，2017[206]	Brazil	exercise	22	49.13	0	30.86	/	/	/	/
Heggen E，2017[207]	Norway	others	108	51	73.15	30.5	/	/	/	/
Williams EJ，2017[208]	Australia	others	56	59.7	57.14	35.8	/	/	/	/
Peterli R，2017[209]	Switzerland	surgery	128	43	72	44	/	/	/	/
Merra G，2017[210]	Italy	diet	54	44.6	70	31.31	/	/	/	/
Pal S，2017[211]	Australia	others	107	49.14	57.48	32.38	/	/	/	/
Bergeron N，2016[212]	USA	others	52	44.1	61.54	30.7	/	/	/	/
Wittmann K，2016[213]	Germany	others	75	77	100	24.1	/	/	/	/
Veum VL，2017[214]	Norway	diet	38		0	33.9	/	/	/	/
Coelho R，2017[215]	Brasil	others	15	31	100	31	/	/	/	/
Kirwan JP，2016[216]	USA	diet	33	39	81.82	33.1	/	/	/	/
Madjd A，2016[217]	Iran	exercise	75	29.5	100	32	/	/	/	/
Duncan S，2016[218]	Australia	others	313	54	43.77	32.8	/	/	/	/

Lee M，2016[219]	korea	others	63	30.59	37.5	27.87	/	/	/	/
Normandin E，2017[220]	USA	diet + exercise	126	69.5	56.35	30.6	/	/	/	/
de Luis D，2016[221]	Spain	diet	29	45.8	58.62	33.17	/	/	/	/
Madjd A，2017[222]	Iran	diet	81	34.79	100	33.02	/	/	/	/
Mosikanon K，2017[223]	Thailand	others	44	41.27	70.45	27.71	/	/	/	/
Nikseresht M，2016[224]	Iran	exercise	33	39.66	0		/	/	/	/
Raatz SK，2016[225]	USA	others	19	51.6	57.89	29.2	/	/	/	/
Ruggenenti P，2017[226]	Italy	diet	70	59.8	14.9	29.8	/	/	/	/
Risstad H，2016[227]	Norway	surgery	113	39.7	64.6	53.4	/	/	/	/
Tomeleri CM，2016[228]	Brazil	exercise	38	68.2	100	27.5	/	/	/	/
Cox AJ，2017[229]	Australia	others	115	35.5	66.96	26.3	/	/	/	/
Camolas J，2017[230]	Portugal	lifestyle	94	44.86	80.85	43.14	/	/	/	/
Valsesia A，2016[231]	Switzerland	diet	383	42	0	34.3	/	/	/	/
Weiss EP，2016[232]	USA	diet + exercise	52	57	75	27.7	/	/	/	/
Byun MS，2016[233]	korea	others	166		51.8	25.16	/	/	/	/

Mensinger JL，2016[234]	USA	others	80		100	38	/	/	/	/
Arzola-Paniagua MA，2016[235]	Mexico	medicine	84	38.7	83.33	35.1	/	/	/	/
Dempsey PC，2016[236]	Australia	exercise	24	62	41.67	62	/	/	/	/
Firouzjaei A，2016[237]	China	medicine	39	41.33	58.97	27.9	/	/	/	/
Dutour A，2016[238]	France	medicine	44	52	52	36.1	/	/	/	/
Tan S，2016[239]	China	exercise	26	50.3	100	28.2	/	/	/	/
Ma W，2016[240]	USA	diet	768	50.7	63.8	32.6	/	/	/	/
Rigamonti AE，2017[241]	Italy	surgery	10	38.8	60	46	/	/	/	/
Ji M，2016[242]	China	medicine	166	53.85	61.45	27.7	/	/	/	/
Daubenmier J，2016[243]	USA	others	194	47.5	82.47	35.5	/	/	/	/
Razny U，2015[244]	Poland	diet	48	47	79.17	34.75	/	/	/	/
Magkos F，2016[245]	USA	others	33	44	81.82	37.9	/	/	/	/
Hosseini B，2016[246]	Iran	others	42		0	31.8	/	/	/	/
Li J，2016[247]	USA	diet	34	53.5	67.65	30.9	/	/	/	/
Stroeve JH，2016[248]	Denmark	diet	558	42	64.16	32.7	/	/	/	/
Le T，2016[249]	USA	diet	245	50	100	33.5	/	/	/	/

Ohara T，2016[250]	Japan	others	74	49.1	50	26.4	/	/	/	/
Juraschek SP，2016[251]	USA	diet	163	52.6	52	32.3	/	/	/	/
Henson J，2016[252]	UK	exercise	22	66.6	100	32.9	/	/	/	/
Loftus HL，2015[253]	Australia	others	30	41.4	70.73	32.5	/	/	/	/
Besnier F，2015[254]	France	diet + exercise	136	30.1	100	33.1	/	/	/	/
Said M，2017[255]	Saudi Arabia	exercise	32	30.12	100	32.6	/	/	/	/
Fisher G，2015[256]	USA	exercise	28	20	0	29.5	/	/	/	/
Barbour JA,，2015[257]	Australia	others	61	65	52.46	31	/	/	/	/
Ribeiro AS，2016[258]	UK	others	28	23.1	100	29.5	/	/	/	/
Rozati M，2015[259]	USA	others	41	72	65.85	29	/	/	/	/
Yang J，2015[260]	China	surgery	64	40.9	65.63	32.1	/	/	/	/
Pi-Sunyer X，2015[261]	USA	medicine	3731	45.1	78.5	38.3	/	/	/	/
Osama AJ，2015[262]	Saudi Arabia	exercise	100	36.76	44	33	/	/	/	/
Chen IJ，2016[263]	Taiwan	others	77	44.5	100	30.5	/	/	/	/

Romero-Moraleda B，2015[264]	Spain	exercise	173	38.2	53.33	30.45	/	/	/	/
Rossi FE，2016[265]	Brazil	exercise	70	61	100	28.89	/	/	/	/
Song MY，2015[266]	korea	others	28	29.34	100	36.03	/	/	/	/
Soto-Molina H，2015[267]	Mexico	medicine	156	38.9	85.26	35.1	/	/	/	/
Mahdavi R，2015[268]	Iran	others	84	40.3	100	32.3	/	/	/	/
Bruun JM，2015[269]	Denmark	others	47	38.6	63.83	32.1	/	/	/	/
Gatterer H，2015[270]	Germany	others	27	51.3	68.75	37.1	/	/	/	/
Mateo-Gallego R，2017[271]	Spain	diet	91	44	100	37.7	/	/	/	/
Xu M，2015[272]	USA	diet	743	51.1	39	32.66	/	/	/	/
Cho IJ，2016[273]	korea	others	41	40	53.66	27.1	/	/	/	/
Robert SA，2015[274]	Malaysia	medicine	42	34	0	35.9	/	/	/	/
Ghafouri K，2015[275]	UK	exercise	10	35.9	0	30.4	/	/	/	/
Alencar MK，2015[276]	USA	others	10	52	100	39.1	/	/	/	/
Fuller NR，2015[277]	Australia	diet	140	59.8	55	34.6	/	/	/	/
McFarlin BK，2015[278]	USA	others	14	22	100	31	/	/	/	/

Macías-Cervantes MH，2015[279]	Mexico	diet + exercise	43	42.6	0	28.9	/	/	/	/
Risstad H，2015[280]	Norway	surgery	60	35.6	70	55	/	/	1.67%	/
Dodevska MS，2016[281]	Serbia	diet	50	57.66	62	32.07	/	/	/	/
Rezaeipour M，2014[282]	Ukraine	diet + exercise	30	58.8	0	30.65	/	/	/	/
Bajerska J，2015[283]	Poland	others	44	53	61.36	35	/	/	/	/
Yamauchi K，2014[284]	Japan	lifestyle	18	57.2	50	28	/	/	/	/
Moreira AP，2016[285]	Brazil	diet	65	27	0	29.9	/	/	/	/
Cases J，2015[286]	France	others	17	40.7	52.94	31.2	/	/	/	/
Worsley R，2015[287]	Australia	medicine	117	53.2	100	32.8	/	/	/	/
Hoddy KK，2014[288]	USA	others	59	45	84.75	34	/	/	/	/
Tay J，2014[289]	Australia	diet	115	58	42.61	34.6	/	/	/	/
Foraker RE，2014[290]	USA	diet	79	41.4	100	30.3	/	/	/	/
Choo J，2014[291]	korea	exercise	110	43.1	100	28.5	/	/	/	/
van Nielen M,，2014[292]	The Netherlands	others	15	61	100		/	/	/	/

Moreira Alves RD，2014[293]	Brazil	others	69	27.3	0	29.8	/	/	/	/
Bracale R，2014[294]	Italy	others	13	36.3	100	48	/	/	/	/
Telles S，2014[295]	India	exercise	68	33.2	51.47	36.4	/	/	/	/
Larsen RN，2014[296]	Australia	exercise	19	53.8	42	31.2	/	/	/	/
Guo Y，2014[297]	China	others	64	37	48.44	34.2	/	/	/	/
Saslow LR，2014[298]	USA	diet	34	59.7	73.53	36.8	/	/	/	/
Tapsell LC，2014[299]	Australia	diet	112	48.9	75.22	29.98	/	/	/	/
Lowndes J，2014[300]	USA	diet	65	39.12	47.69	28.58	/	/	/	/
Thorp AA，2014[301]	Australia	others	23	48.2	26.09	29.6	/	/	/	/
Wong AT，2014[302]	Australia	others	25	60	48	34	/	/	/	/
Calbet JA，2015[303]	Spain Sweden	diet + exercise	15	41	0	30.4	/	/	/	/
Mirzaei K，2014[304]	Iran	medicine	94	40.2	75.53	35.2	/	/	/	/
Mellberg C，2014[305]	Sweden	diet	70	59.9	100	32.7	/	/	/	/
Milsom VA，2014[306]	USA	others	112	48.01	89.29	31.44	/	/	/	/

Shirai K，2013[307]	Japan	diet	229	51.1	55.02	30.4	/	/	/	/
Rabinovitz HR，2014[308]	Israel	diet	59	60.7	64.41	32.4	/	/	/	/
Mielgo-Ayuso J，2014[309]	Spain	others	78		100	34	/	/	/	/
Hollander P，2013[310]	USA	medicine	424	53.9	54	36.6	/	/	/	/
Alves NE，2014[311]	Brazil	diet	22	35.04	100	28.72	/	/	/	/
Ruth MR，2013[312]	USA	diet	55	42.5	89	36.5	/	/	/	/
Tovar J，2014[313]	Sweden	diet	64	61.6	100	28.8	/	/	/	/
Croymans DM，2014[314]	USA	exercise	36	21	0	31.4	/	/	/	/
Vetter ML，2013[315]	USA	lifestyle	390	51.5	79.7	38.5	/	/	/	/
Vinkers CD，2014[316]	The Netherlands	others	143	55.69	40.56	29.59	/	/	/	/
Botero JP，2014[317]	Brazil	exercise	32	35	100	31.97	/	/	/	/
Hu X，2013[318]	china	others	39	23.2	68.75	25.9	/	/	/	/
Kim SH，2013[319]	USA	medicine	51	58	64.7	31.9	/	/	/	/
Bouchonville M，2014[320]	USA	exercise	107	70	62.62	37.2	/	/	/	/

Romero Moraleda B，2013[321]	Spain	exercise	96	36.2	50	33.64	/	/	/	/
Ikramuddin S，2013[322]	USA	surgery	120	49	60	34.6	/	/	/	/
Tey S，2013[323]	new Zealand	others	107	42.5	57	30.6	/	/	/	/
Nicklas JM，2013[324]	USA	diet	710	52	61		/	/	/	/
Stocks T，2013[325]	Denmark	diet	585	37.1	75.38	35.5	/	/	/	/
Wright OR，2013[326]	Australia	others	16	53.1	0	32.8	/	/	/	/
Kim SH，2014[327,328]	korea	lifestyle	35	48.4	45.71	28.2	/	/	/	/
Munro IA，2013[328]	Australia	others	33	40.58	66.67	32.54	/	/	/	/
Astell KJ，2013[329]	Australia	others	33	46.6	78.79	32.2	/	/	/	/
Tonstad S，2014[330]	USA	diet	173	48.4	73.99	36.5	/	/	/	/
Venojärvi M，2013[331]	Finland	exercise	115	54.5	0	29.6	/	/	/	/
Lamprecht M，2013[332]	Austria	others	42	41	100	34.5	/	/	/	/
Tang M，2013[333]	USA	diet	43	48	0	31.7	/	/	/	/
Reimer RA，2013[334]	Japan	others	56		55.36	27.0	/	/	/	/

Fuller NR，2013[335]	Australia	surgery	66	45.9	66.67	36.4	/	/	/	/
Jakubowicz D，2013[336]	Israel	diet	93	45.8	100	32.4	/	/	/	/
Beebe N，2013[337]	USA	diet + exercise	26	61.5	100	34.3	/	/	/	/
Unick JL，2013[338]	USA	lifestyle	2503		0	35.9	/	/	/	/
Mohler ER，2013[339]	USA	diet	121	45.7	65	35.8	/	/	/	/
Bhutani S，2013[340]	USA	diet + exercise	83	44	98.39	35	/	/	/	/
Webber KH，2013[341]	USA	others	50	46	86	35.1	/	/	/	/
Marinik EL，2013[342]	USA	medicine	16	49.5	50	33	/	/	/	/
Zhu W，2013[343]	China	others	43	20.2	90.7	25.9	/	/	/	/
García-Unciti M，2012[344]	Spain	diet + exercise	34	50	100	34.9	/	/	/	/
Vix M，2013[345]	France	surgery	100	35.18	82	46.25	/	/	/	/
Klempel MC，2012[346]	USA	diet	54	47	100	35	/	/	/	/
Venojärvi M，2013[347]	Finland	exercise	115	54	0	29.6	/	/	/	/
Ho SS，2012[348]	Australia	exercise	64	53	84.38	32.9	/	/	/	/

Fayh AP，2013[349]	Brazil	diet + exercise	48	31.9	66.7	34.8	/	/	/	/
Sengupta K，2012[350]	India	medicine	41	39.5	70.7	33.7	/	/	/	/
Itariu BK，2012[351]	Austria	others	55	38.5	83.64	46.6	/	/	/	/
Whyte LJ，2013[352]	UK	exercise	10	26.9	0	29.9	/	/	/	/
Melanson KJ，2012[353]	USA	diet	157	38.7	87.9	31.34	/	/	/	/
Ponce J，2012[354]	USA	surgery	30	40.8	86.7	35	/	/	/	/
Klempel MC，2013[355]	USA	diet	32	42.8	100	35.4	/	/	/	/
Zhang X，2012[356]	USA	diet	734	50.9	61.17	32.7	/	/	/	/
Ke B，2012[357]	China	diet + medicine	85	46.1	49.41	28.6	/	/	/	/
Abdi H，2012[358]	Iran	others	169	38	0	31.78	/	/	/	/
Foster GD，2012[359]	USA	diet	123	46.8	91.06	34	/	/	/	/
Ebbeling CB，2012[360]	USA	diet	21	30.3	38	34.4	/	/	/	/
Kelly AS，2012[361]	USA	medicine	50	58.5	76	35.6	/	/	/	/
Suliburska J，2012[362]	Poland	others	46	50.41	50	32.76	/	/	/	/
Alizadeh M，2012[363]	Iran	diet	68	35.3	100		/	/	/	/

Bjermo H，2012[364]	Sweden	others	61		0	30.8	/	/	/	/
Backhouse K，2012[365]	UK	medicine	30	57.8	100	33	/	/	/	/
Kim JW，2012[366]	korea	exercise	30	53.46	100	25.08	/	/	/	/
Greene NP，2012[367]	USA	exercise	18	45	44.44	31.9	/	/	/	/
Boesten JE，2012[368]	The Netherlands	medicine	222	59.2	39.64	32.2	/	/	/	/
Chen SC，2012[369]	Taiwan	others	63	32.8	66.7	27.81	/	/	/	/
Elisha B，2012[370]	Canada	diet + exercise	132	57.2	100	35	/	/	/	/
Maersk M，2012[371]	Denmark	others	47	39	63.83	32.1	/	/	/	/
Ross AB，2012[372]	UK	others	267	45.7	50.45	30.2	/	/	/	/
Andersson U，2012[373]	Sweden	others	31	57	70.97	35.3	/	/	/	/
Familiari P，2011[374]	Italy	surgery	67	41	70.15	41.5	/	/	/	/
Dillard TH，2013[375]	Canada	surgery	26		75	41.9	/	/	/	/
Lee JA，2012[376]	korea	exercise	16	54.5	100	25.16	/	/	/	/
Zunino SJ，2012[377]	USA	others	20	31	65	34.4	/	/	/	/

Timmers S，2011[378]	The Netherlands	others	11	31.59	0	31.59	/	/	/	/
Balducci S，2012[379]	Italy	exercise	73	60.6	45.2	31.3	/	/	/	/
Valente EA，2011[380]	USA	diet + exercise	27	66.6	59.26	31.7	/	/	/	/
Farina MG，2012[381]	Italy	surgery	50	35	78	41.8	/	/	/	/
Leichtle AB，2011[382]	Israel	diet	90	53	0	28.7	/	/	/	/
Petry NM，2011[383]	USA	surgery	56	45.7	87.5	34.1	/	/	/	/
Brown AL，2011[384]	UK	others	137	49.4	0	31.5	/	/	/	/
Kim EK，2011[385]	korea	others	22	38.6	68.18	27.7	/	/	/	/
Pfeuffer M，2011[386]	Germany	others	81		0	28.3	/	/	/	/
Lyon M，2011[387]	France	others	59	37.2	53.33	30.5	/	/	/	/
Dekkers JC，2011[388]	The Netherlands	lifestyle	276	44	30.8	29.7	/	/	/	/
Farnetti S，2011[389]	Italy	others	12	41	100	32.8	/	/	/	/
Venn BJ，2010[390]	UK	diet	108	42	86.11	35.4	/	/	/	/
Chen SC，2010[391]	Taiwan	exercise	104	58.3	46.73	33.4	/	/	/	/

Miyashita M，2010[392]	Japan	exercise	10	46	0	31.6	/	/	/	/
Morenga LT，2010[393]	New Zealand	diet	83	41.7	100	32.6	/	/	/	/
Pal S，2011[394]	Australia	diet	57	43	61.4	34.4	/	/	/	/
Greenway FL，2010[395]	USA	medicine	1742	44.2	85	36.2	/	/	/	/
Torres MR，2010[396]	Brazil	diet	50	40.4	90	32.2	/	/	/	/
Herrera MF，2010[397]	Mexico	surgery	22	38.3	81.82	44.7	/	/	/	/
Palacios C，2011[398]	USA	others	24	37.7	80	38.4	/	/	/	/
Ferré R，2012[399]	Spain	lifestyle	142	54.1	74.6	31.6	/	/	/	/
Pal S，2010[400]	Australia	others	20		100		/	/	/	/
Hermsdorff HH，2011[401]	Spain	diet	30	36	43.33	32.5	/	/	/	/
Plotnikoff RC，2010[402]	Canada	exercise	48	55	66.67	35	/	/	/	/
Papakonstantinou E，2010[403]	Greece	diet	17	46	70.59	34	/	/	/	/
Wycherley TP，2010[404]	Australia	diet + exercise	59	56.1	0	35.4	/	/	/	/

Jorde R，2010[405]	Norway	others	438	47.5	64.2	34.7	/	/	/	/
Hernandez TL，2010[406]	USA	diet	32	43.1	68.75	36.3	/	/	/	/
Ibáñez J，2010[407]	Spain	exercise	34	50	100	34.9	/	/	/	/
Gripeteg L，2010[408]	Sweden	diet	169	41.3	64.5	41.6	/	/	/	/
Tapsell L，2010[409]	Australia	diet	122	44.4	0	31	/	/	/	/
Armendáriz-Anguiano AL，2011[410]	Mexico	diet	54	35.4	67.2	31.6	/	/	/	/
Amare F，2024[411]	Ethiopia	exercise	20	49.15	0	27.67	/	/	/	/
Chen CY，2024[412]	Taiwan	others	53	59.8	100	26.7	/	/	/	/
Chandake S，2024[413]	India	others	48	43.5	70.8	30.96	/	/	/	/
Baba Y，2024[414]	Japan	others	40	47.75	80	26.78	/	/	/	/
Sooriyaarachchi P，2024[415]	Sri Lanka	others	50	36.1	78	31	/	/	/	/
Lee Y，2024[416]	korea	others	21	30.24	100	24.59	/	/	/	/
Elahikhah M，2024[417]	Iran	others	41	36.95	100	34.37	/	/	/	/
Dotimas LG，2024[418]	USA	others	39	26.5	43.59	27.3	/	/	/	/
Govindasamy K，	India	exercise	60		0	30.04	/	/	/	/

2024[419]										
Shin SM，2024[420]	korea	others	100	48.02	85	27.43	/	/	/	/
Mongkolsucharitkul P，2024[421]	Thailand	others	41	50	58.5	30	/	/	/	/
Laouani A，2024[422]	Tunisia	others	43	41.32	100	34.54	/	/	/	/
Khan G，2024[423]	Pakistan	others	60		40	31.43	/	/	/	/
Diao Z，2024[424]	Iran	diet	120	42.51	39.17	28.29	/	/	/	/
López-Yerena A，2023[425]	Spain	others	40	40.8	32.5	31.16	/	/	/	/
Aghabeiglooei Z，2023[426]	Iran	diet	60	35.2	100	31.34	/	/	/	/
Tricò D，2024[427]	Italy	diet	23	67.2	47.8	29.4	/	/	/	/
Lincoff AM，2023[428]	USA	medicine	17604	61.6	27.7	33.3	/	/	/	/
Zhang X，2023[429]	USA	lifestyle	40	50	90	36.1	/	/	/	/
Luo Y，2023[430]	China	diet	1348	55	52.3	24.2	/	/	/	/
Sordi AF，2023[431]	Brazil	others	35	47	24.24	31.4	/	/	/	/
Carter S，2023[432]	Australia	others	140	47.5	70	30.7	/	/	/	/

Clina JG，2023[433]	USA	diet	106	54.8	75.47	38.8	/	/	/	/
Niu Y，2023[434]	China	exercise	81	18.52	0	26.25	/	/	/	/
Grohmann T，2023[435]	UK	others	14	57.7	71.43	35.9	/	/	/	/
Sun L，2023[436]	China	medicine	39	47.17	66.67	26.48	/	/	/	/
Quaresma LS，2023[437]	Brazil	others	20		100	34.2	/	/	/	/
Aldubayan MA，2023[438]	Denmark	others	82	45	68	32	/	/	/	/
Cho E，2023[439]	korea	others	100	50	37	28.2	/	/	/	/
Castaldo G，2023[440]	Italy	others	60	37.77	80	46.59	/	/	/	/
Ghalichi F，2023[441]	Iran	others	44	52.39	22.73	36.71	/	/	/	/
Felipe LA，2023[442]	Brazil	surgery	32	42.44	100	46.32	/	/	/	/
Ragland TJ，2023[443]	USA	diet + exercise	25	48.6	100	37.6	/	/	/	/
Cai H，2023[444]	China	others	156	40.9	36.54	30	/	/	/	/
Turner-McGrievy GM，2023[445]	USA	diet	159	48.3	79		/	/	/	/
Belany P，2023[446]	USA	diet	37	33	51	30.6	/	/	/	/

Gayathri R，2023[447]	India	others	352	38	0	28.4	/	/	/	/
Cruvinel BAC，2023[448]	Brasil	others	30	49	60	32.78	/	/	/	/
Hassan RHA，2023[449]	Egypt	others	10	34.5	100		/	/	/	/
Carvalho APSd，2023[450]	Brazil	diet	87	43.18	100	36.6	/	/	/	/
Sohn M，2023[451]	korea	others	99	40.2	57.58	27.4	/	/	/	/
Rondanelli M，2022[452]	Italy	others	28	58.75	100	31.55	/	/	/	/
Rebello CJJ，2022[453]	USA	others	36	45	77.78	34.18	/	/	/	/
Xu R，2022[454]	China	diet	48	21.3	56.25	25.86	/	/	/	/
Reis PCdSG，2022[455]	Brazil	others	35	48.29	100	31.1	/	/	/	/
Colak D，2022[456]	Slovenia	surgery	26	50.7	73.08	47.8	/	/	/	/
Freer CL，2022[457]	Australia	exercise	29	67.3	44.83	31.9	/	/	/	/
Yin W，2022[458]	China	others	99	47.3	59.6	29.15	/	/	/	/
Coker MS，2022[459]	USA	others	29	68.3	58.62	32.3	/	/	/	/
Mohammadi-Sartang M，2023[460]	Iran	others	84	43.6	67.86	30.3	/	/	/	/
Jamshed H，2022[461]	USA	diet	90	43	80	39.6	/	/	/	/

Roach LA，2022[462]	Australia	others	124	53	55.65	30	/	/	/	/
Kleinloog JPD，2022[463]	The Netherlands	exercise	17	67	0	30.3	/	/	/	/
Pavão TP，2022[464]	Brazil	others	18	37.4	61.1	28.96	/	/	/	/
Castela I，2022[465]	Norway	diet	28	39.3	78.57	35.4	/	/	/	/
Chekima K，2022[466]	Malaysia	others	40	26.4	57.5	29.4	/	/	/	/
Cipryan L，2022[467]	Czechia	diet + exercise	91	43	70.33	30	/	/	/	/
Ali Sangouni A，2022[468]	Iran	others	71	50	43.67	27.38	/	/	/	/
Timmons JF，2023[469]	Ireland	exercise	18	25.7	0	27.7	/	/	/	/
Catley D，2022[470]	South Africa	others	494	67.7	88.66	34.54	/	/	/	/
Mendelson M，2022[471]	France	exercise	60	54	31.67	31.5	/	/	/	/
Ruban A，2022[472]	UK	surgery	170	51.8	46	36.3	/	/	/	/
Li Y，2022[473]	China	others	69	30.9	0	31.32	/	/	/	/
Vodouhè M，2022[474]	Canada	others	56		61	33	/	/	/	/
Dimitrov Ulian M，	Brazil	others	55	33	100	33.6	/	/	/	/

2022[475]										
Viveros-Watty PE，2022[476]	Mexico	others	45	21.54	68.89	31.79	/	/	/	/
Chair SY，2022[477]	China	diet	101	35.23	63.33	26.56	/	/	/	/
Karandish M，2022[478]	Iran	others	82	36.04	68.29	30.21	/	/	/	/
Lim SL，2022[479]	Singapore	others	148	53.1	39.86	29.8	/	/	/	/
Thomsen MN，2022[480]	Denmark	diet	67	66.7	47.76	33.4	/	/	/	/
Seeberg KA，2022[481]	Norway	surgery	100	46.5	65	42	/	/	/	/
Ruegsegger GN，2022[482]	USA	diet	12	35.9	0	32.4	/	/	/	/
Liu B，2021[483]	Australia	diet	76	51	100	32.1	/	/	/	/
Cao JJ，2021[484]	USA	others	102	40.6	75.49	34.6	/	/	/	/
Kang C，2021[485]	China	medicine	159	48.49	45.28	27.334	/	/	/	/
Che T，2021[486]	China	others	120	48.5	45.83	26.25	/	/	/	/
Miller L，2021[487]	USA	others	22	42.5	68.18	32.5	/	/	/	/
Batrakoulis A，2021[488]	Greece	exercise	35	36.4	100	29.1	/	/	/	/
Chang WL，2021[489]	Malaysia	others	49	29	65.3	25.25	/	/	/	/

Serna A，2022[490]	Spain	others	33	33.76	51.5	28.2	/	/	/	/
Delgado-Floody P，2021[491]	Chile	exercise	26	40.14	100	41.77	/	/	/	/
Falkenhain K，2021[492]	USA	others	155	41	71	34	/	/	/	/
Said MA，2021[493]	Saudi Arabia	exercise	57	21.74	0	36.21	/	/	/	/
Ahmadniay Motlagh H，2021[494]	Sweden	others	52	39.81	100	30.78	/	/	/	/
Te Morenga L，2021[495]	New Zealand	others	41	33.9	48.78	31.6	/	/	/	/
Shikishima Y，2021[496]	Japan	others	38	46.6	50	25.2	/	/	/	/
Liddle DM，2021[497]	Canada	others	44	45.4	68.18	33.4	/	/	/	/
Wang J，2021[498]	USA	others	95	47.7	74.74	30.9	/	/	/	/
Grytten E，2021[499]	Norway	others	39	56	41.03	29.2	/	/	/	/
Schroor MM，2021[500]	The Netherlands	diet	18	65	0	30.5	/	/	/	/
Bhoite R，2021[501]	India	others	100	51	49	28.7	/	/	/	/

van der Merwe M，2021[502]	USA	others	57	36.18	100	30.55	/	/	/	/
Waliłko E，2021[503]	Poland	diet	35	41.5	88.57	33.6	/	/	/	/
Ng SC，2022[504]	China	others	61	55.5	70.49	32.1	/	/	/	/
do Rosario VA，2021[505]	Australia	others	16	65.9	81.25	30.6	/	/	/	/
Amaro-Gahete FJ，2021[506]	Spain	exercise	12	42.5	0	32.3	/	/	/	/
Kim KW，2021[507]	korea	others	120	36.88	100	28.53	/	/	/	/
Jiang W，2021[508]	China	others	254	31.85	41.34	32.42	/	/	/	/
D'Amuri A，2021[509]	Italy	exercise	32	38.5	47	35.6	/	/	/	/
Yılmaz SK，2021[510]	Turkey	diet	60	33.2	100	32.5	/	/	/	/
Barnard ND，2022[511]	USA	diet	62	57.4	77.42	34	/	/	/	/
Netto Cândido TL，2021[512]	Brazil	diet	52	26.81	100	29.9	/	/	/	/
Abbott K，2020[513]	Australia	others	61	51.5	63.93	32.9	/	/	/	/
Kruschitz R，2020[514]	Austria	surgery	50	42	80	44	/	/	/	/
Kahleova H，2020[515]	USA	diet	223	54.4	87	33.4	/	/	/	/

Cheshmazar E，2020[516]	Iran	others	55	37.63	66.1	32.33	/	/	/	/
Bove KB，2020[517]	Denmark	others	56	63.7	100	30.1	/	/	/	/
de Ligt M，2020[518]	Netherlands	others	41	62	41.46	29	/	/	/	/
Bratlie M，2021[519]	Norway	others	63	45.5	55.38	32.3	/	/	/	/
Klomklorm A，2020[520]	Thailand	others	36	41.6	91.67	28.3	/	/	/	/
Li L，2020[521]	UK	others	15	28.7	66.67	28.3	/	/	/	/
Cienfuegos S，2020[522]	USA	others	58	46	91.38	37	/	/	/	/
Jamar G，2020[523]	Brazil	others	35	46.5	60	34.4	/	/	/	/
Goss AM，2020[524]	USA	diet	34	70.2	64.71	34.3	/	/	/	/
Jafari-Maskouni S，2020[525]	Iran	others	52	51.29	67.31	28.97	/	/	/	/
Takagi T，2020[526]	Japan	others	24	46.7	0	28.8	/	/	/	/
Remie CME，2020[527]	Netherlands	others	12	59	58.33	30.2	/	/	/	/
Joris PJ，2020[528]	The Netherlands	others	59	60	32.2	28.5	/	/	/	/
Smeets E，2021[529]	The Netherlands	diet	18	65	0	30.5	/	/	/	/

Campa F，2020[530]	Italy	exercise	39	56.5	100	37.1	/	/	/	/
Reimer RA，2020[531]	Canada	others	290	54.8	68.28	39.9	/	/	/	/
Rock CL，2020[532]	USA	others	100	55.6	62	32.8	/	/	/	/
Vors C，2020[533]	France	others	58	59	100	29.7	/	/	/	/
Lopez HL，2020[534]	USA	others	65	35.2	50.77	28.5	/	/	/	/
AlFaris NA，2020[535]	Saudi Arabia	diet	78		100	35.1	/	/	/	/
Chow LS，2020[536]	USA	others	20	45.5	85	34.1	/	/	/	/
Marco-Benedí V，2020[537]	Spain	diet	73	55.6	56.2	32.8	/	/	/	/
Lin X，2020[538]	Canada	others	26	45.5	65.38	34.1	/	/	/	/
Lorkowski SW，2020[539]	USA	surgery	90	49.43	67.78	36.33	/	/	/	/
Tsintzas K，2020[540]	UK	diet	8	46.4	0	32.3	/	/	/	/
Dolati S，2020[541]	Iran	others	40	38.43	100	27.47	/	/	/	/
Edinburgh RM，2020[542]	UK	exercise	30		0	30.9	/	/	/	/
Asgary S，2020[543]	Iran	others	40	32.58	55	29.65	/	/	/	/
Perissiou M，2020[544]	Australia	diet +	64	35.3	32.81	30.3	/	/	/	/

		exercise								
Kuo YC，2020[545]	Taiwan	exercise	28	37.6	75	30.75	/	/	/	/
Nishimura M，2020[546]	Japan	others	67	49.85	85.19	24.8	/	/	/	/
Gajewska D，2019[547]	Poland	others	150	60.7	50.67	32.8	/	/	/	/
Karimi-Nazari E，2019[548]	Iran	others	75	57.92	64	29.05	/	/	/	/
Tanaka Y，2020[549]	Japan	others	96	41.4	49	26.1	/	/	/	/
Mollentze WF，2019[550]	South Africa	diet	18	55.09	0	40.7	/	/	/	/
Chiang TL，2019[551]	Taiwan	exercise	32	19.72	0	30.38	/	/	/	/
Kraus WE，2019[552]	USA	diet	218	38	69.72	25.2	/	/	/	/
Malik VS，2019[553]	India	others	166	37.1	45	28.1	/	/	/	/
Aghasi M，2019[554]	Iran	others	83	53.6	53.01	29.08	/	/	/	/
Hirsh SP，2019[555]	USA	diet	22	41	68.18	27.3	/	/	/	/
Byrne CS，2019[556]	UK	others	23	60	57		/	/	/	/
Taylor PJ，2019[557]	Australia	others	20	60.55	50	34.22	/	/	/	/
Nunes PRP，2019[558]	Brazil	exercise	26	62.6	100	31	/	/	/	/
Ejtahed HS，2019[559]	Iran	medicine	36	36	100	34	/	/	/	/

Schroeder EC，2019[560]	USA	exercise	69	58	61	32.4	/	/	/	/
Rynarzewski J，2019[561]	Germany	others	12	68	75	33.5	/	/	/	/
Otten J，2019[562]	Sweden	diet + exercise	22	60	36.36	31	/	/	/	/
Aliashrafi S，2019[563]	Iran	others	44	35.04	77.4		/	/	/	/
Ballin M，2019[564]	Sweden	exercise	72	70.7	52	29.2	/	/	/	/
de Souza RGM，2018[565]	Brazil	others	46		100	32.92	/	/	/	/
Amozadeh H，2018[566]	Iran	others	39	28.11	100	33.36	/	/	/	/
Galvão Cândido F，2018[567]	Brazil	others	41	27	100	30.1	/	/	/	/
Zapata-Lamana R，2018[568]	Chile	exercise	52	23.3	100	33.8	/	/	/	/
Dollerup OL，2018[569]	Denmark	others	40	59	0	32.9	/	/	/	/
González-Sarrías A，2018[570]	Spain	others	49	45.7	34.69	30.4	/	/	/	/
Kim J，2018[571]	korea	others	90	38.4	70	28.4	/	/	/	/
Berk KA，2018[572]	The	others	158	53.7	55.7	36.3	/	/	/	/

	Netherlands									
Madjd A，2018[573]	UK	others	71	31.9	100	33.7	/	/	/	/
Khezri SS，2018[574]	Iran	others	39	43.7	82.05	32.1	/	/	/	/
Engel S，2018[575]	Denmark	others	60	38.4	66.67	31.8	/	/	/	/
Bendtsen LQ，2018[576]	Denmark	others	80	44	86.25	31.2	/	/	/	/
Jaacks LM，2018[577]	USA	diet	20	51.4	73.3		/	/	/	/
Kempf K，2018[578]	Germany	others	180	45	55	33.2	/	/	/	/
Mraovic T，2018[579]	Serbia	diet	97	32	100	30.14	/	/	/	/
Saito S，2017[580]	Japan	others	114	52	21.05	26.9	/	/	/	/
Aoe S，2017[581]	Japan	others	98		0	27.6	/	/	/	/
Gokulakrishnan K，2017[582]	India	lifestyle	150	44.5	39.4	28	/	/	/	/
Mousa A，2017[583]	Australia	others	54	31.9	35.19	30.9	/	/	/	/
Saslow LR，2017[584]	USA	diet + lifestyle	25	55.7	68		/	/	/	/
Schauer PR，2017[585]	USA	surgery +	134	49	66	37	/	/	/	0.70%

		medicine								
Paquette M，2017[586]	Canada	others	41	59	56.1	31	/	/	/	/
Taghizadeh M，2017[587]	Iran	others	50	33.7	100	32.4	/	/	/	/
Melchart D，2017[588]	Germany	others	166	50.6	74.1	31.7	/	/	/	/
Blædel T，2016[589]	Denmark	others	21	32.9	0	29.3	/	/	/	/
Alqurashi RM，2016[590]	UK	others	23	46	0	27.6	/	/	/	/
O'Neil PM，2016[591]	USA	others	563		71		/	/	/	/
Kim H，2016[592]	Japan	others	139	81.2	100	25.1	/	/	/	/
Tovar J，2016[593]	Sweden	diet	47		74.47	27.8	/	/	/	/
Madjd A，2016[594]	UK	others	80	33.61	100	32.16	/	/	/	/
Li X，2016[595]	China	others	298	59.5	47.99	26.76	/	/	/	/
Jamal SN，2016[596]	Malaysia	lifestyle	194	40.5	72.7	32.4	/	/	/	/
Wolf E，2016[597]	Germany	others	79	43	63.83	48.4	/	/	/	/
Kong Z，2016[598]	China	exercise	26	21	100	25.7	/	/	/	/
Most J，2016[599]	Netherlands	others	38	38	47.37	29.7	/	/	/	/
Welsh P，2016[600]	UK	others	151	52.5	44.37	30.5	/	/	/	/

Järvi A，2016[601]	Sweden	others	62		0	31.8	/	/	/	/
Weiland A，2016[602]	Germany	others	119	62.5	0	30.6	/	/	/	/
Dejgaard TF，2016[603]	Denmark	medicine	100	48	35	30.1	/	/	/	/
Higashikawa F，2016[604]	japan	others	62	53.6	62.9	27.1	/	/	/	/
Nelson K，2016[605]	Australia	others	10	46.6	40	30.8	/	/	/	/
Madjd A，2016[606]	Iran	others	89	31.99	100	32.09	/	/	/	/
Madjd A，2015[607]	Iran	others	71	31.9	100	33.7	/	/	/	/
Rebello CJ，2015[608]	USA	others	28	54.7	71.43	33.1	/	/	/	/
Perez A，2015[609]	USA	lifestyle + medicine	92	45.1	100	33.3	/	/	/	/
Tapsell LC，2015[610]	Australia	lifestyle	377	45	74	32	/	/	/	/
Tripkovic L，2015[611]	UK	others	10	39.8	0	30.2	/	/	/	/
Chambers ES，2015[612]	UK	others	49	54.4	61.22		/	/	/	/
Liu Y，2015[613]	France	others	52		64.52	31.4	/	/	/	/
Mingrone G，2015[614]	Italy	surgery	53		0	44.6	/	/	/	/
Davinelli S，2015[615]	Italy	others	42		30.95	28.7	/	/	/	/
Shlisky JD，2015[616]	USA	diet	104	33.7	100	29.2	/	/	/	/

Hu T，2015[617]	USA	diet	148	46.8	88.5		/	/	/	/
de Barros F，2015[618]	Brazil	surgery	50	36.72	92	47.43	/	/	/	/
Austel A，2015[619]	Germany	diet	212	52.51	82.08	30.09	/	/	/	/
Ding SA，2015[620]	USA	surgery	40	51	45	36.5	/	/	/	/
McEvoy CT，2015[621]	Ireland	others	92	56	64.13	31	/	/	/	/
Hosseinpour-Niazi S，2015[622]	Iran	others	62	58.1	77.42	27.8	/	/	/	/
Mirtaheri E，2015[623]	Iran	others	58	34.8	57.81	33.2	/	/	/	/
Stonehouse W，2015[624]	Australia	others	28	56.8	0	30	/	/	/	/
Nowotny B，2015[625]	Germany	others	37	54	54.05	34.7	/	/	/	/
Ivey KL，2015[626]	Australia	others	156	67	38.46	31	/	/	/	/
Taghizadeh M，2015[627]	Iran	others	78	36.5	76.92	31.3	/	/	/	/
Nickols-Richardson SM，2014[628]	USA	diet	60	35.9	100	31	/	/	/	/
Zare R，2014[629]	Iran	others	88	37.22	100	31.11	/	/	/	/
Sousa N，2014[630]	Portugal	exercise	48	69.1	0	27.1	/	/	/	/
Hernández-Cordero	Mexico	others	240	33.4	100	31.2	/	/	/	/

S，2014[631]										
Schwander F，2014[632]	Switzerland	diet	17	44.1	0	38.8	/	/	/	/
Halperin F，2014[633]	USA	surgery	38	51.7	60.52	36.3	/	/	/	/
Choi MS，2014[634]	korea	others	45	48.68	51.11	25.07	/	/	/	/
Bozzetto L，2014[635]	Italy	others	38	59	17.78	30	/	/	/	/
Lin PH，2014[636]	China	others	123	38.21	60.16	28.32	/	/	/	/
Geliebter A，2014[637]	USA	others	36	33.9	50	32.8	/	/	/	/
Rondanelli M，2014[638]	Italy	others	55	54.1	54.5	30.7	/	/	/	/
Liu X，2013[639]	China	diet	49	47.9	100	26.7	/	/	/	/
Kashyap SR，2013[640]	USA	surgery	54	48.4	59.3	36.1	/	/	/	/
Mishra S，2013[641]	USA	others	291	45.2	83.16	35	/	/	/	/
Liang Z，2013[642]	China	surgery	54	51.15	30.69	30.37	/	/	/	/
Munro IA，2013[643]	Australia	others	39	46.13	76.92	32.42	/	/	/	/
de Bock M，2013[644]	New Zealand	others	45	46.4	0	28	/	/	/	/
Cho SH，2013[645]	korea	others	53	42.44	84.91	27.55	/	/	/	/
Azadbakht L，2013[646]	Iran	diet	60	42.1	100	27	/	/	/	/

Salehpour A，2012[647]	Iran	others	85	37	100	29.8	/	/	/	/
Buchowski MS，2012[648]	USA	diet	40	30.3	100	32	/	/	/	/
Munro IA，2012[649]	Australia	others	32	41.3	81.25	32.8	/	/	/	/
Thies F，2012[650]	UK	others	225	51.1	60.44	26.6	/	/	/	/
Rizkalla SW，2012[651]	France	diet	13	45	38.46	31.86	/	/	/	/
Tovar J，2012[652]	Sweden	diet	44	63.3	81.82	28.5	/	/	/	/
Taniguchi-Fukatsu A，2012[653]	Japan	others	11	45.2	36.36	27.6	/	/	/	/
Krebs JD，2012[654]	New Zealand	diet	419	58	60	36.6	/	/	/	/
Gargari BP，2011[655]	Iran	others	48	58.2	0	28.6	/	/	/	/
Fidler MC，2011[656]	USA	medicine	3179	43.8	79.8	36.9	/	/	/	/
Khoo J，2011[657]	Australia	diet	31	59.7	0	35.3	/	/	/	/
Derosa G，2011[658]	Italy	medicine	246	52	50	33.1	/	/	/	/
Søvik TT，2011[659]	Sweden Norway	surgery	60	35.6	70	55	/	/	/	/
Shah M，2011[660]	USA	exercise	33	49.7	90.9	41.9	/	/	/	/

Tanaka T，2011[661]	Japan	others	117	54.2	49.57	30.4	/	/	/	/
Te Morenga LA，2011[662]	New Zealand	diet	83	41.9	100	33.9	/	/	/	/
Cho JK，2011[663]	korea	exercise	35	45.4	100	25.6	/	/	/	/
Kreider RB，2011[664]	USA	diet + exercise	90	41.4	100	33.5	/	/	/	/
Harvie MN，2011[665]	UK	diet	107	40.0	100	30.6	/	/	/	/
Njike VY，2011[666]	USA	others	116	52.2	84.48	30.3	/	/	/	/
Choquette S，2011[667]	Canada	others	79	58.7	100	29.9	/	/	/	/
Larsen RN，2011[668]	Australia	diet	99	59.2	48.48		/	/	/	/
Frank I，2011[669]	Switzerland	exercise	26	33	76.92	31.3	/	/	/	/
Llaneza P，2011[670]	Spain	others	87	56.7	100	35	/	/	/	/
DeFina LF，2011[671]	USA	others	128	46.3	68.75	32.6	/	/	/	/
Sieverdes JC，2011[672]	USA	others	164	46.8	80.5	33.3	/	/	/	/
Raben A，2011[673]	Denmark	others	23	35.4	82.61	28.2	/	/	/	/
Bladbjerg EM，2010[674]	Denmark	diet	131	28.2	58	31.5	/	/	/	/
Li S，2010[675]	China	others	120	31	0	24.5	/	/	/	/

Ilanne-Parikka P，2010[676]	Finland	exercise	486	55.4	66.7	31.2	/	/	/	/
Beck EJ，2010[677]	Australia	others	56	37.4	100	29.3	/	/	/	/
Hodgson JM，2010[678]	Australia	others	74	57.9	64.86	30.6	/	/	/	/
Michishita T，2010[679]	Japan	others	41	37.6	53.66	25.7	/	/	/	/
Blumenthal JA，2010[680]	USA	diet + exercise	144	52	67	33.1	/	/	/	/
Larson-Meyer DE，2010[681]	USA	diet + exercise	35	39	55.56	27.8	/	/	/	/
Elhayany A，2010[682]	Israel	diet	179	55	48	31.4	/	/	/	/
Sluijs I，2010[683]	Netherlands	others	346	58.4	51.7	27.9	/	/	/	/
Rizvi ZA，2024[684]	Pakistan	diet	90	48.8	37.78	29.38	/	/	/	/
Horváth J，2024[685]	Hungary	exercise	40	57.81	72.5	42.74	/	/	/	/
Nemati M，2024[686]	Iran	others	68	27	0	32.6	/	/	/	/
AlMalki SM，2024[687]	Saudi Arabia	others	93	30.3	69.89	30.8	/	/	/	/

Suder A，2024[688]	Poland	diet + exercise	44	34.7	0	32	/	/	/	/
Amiri P，2024[689]	Iran	others	50	39.12	50	33.56	/	/	/	/
Rodrigo-Carbó C，2024[690]	Spain	diet	117	57.3	47.86	35.6	/	/	/	/
Stockton MB，2024[691]	USA	diet	60	38.3	81.67	33.2	/	/	/	/
Wang Y，2024[692]	China	exercise	38	22	100	28.7	/	/	/	/
Ostadrahimi A，2024[693]	Iran	others	56	37.75	60.71	34.89	/	/	/	/
Turner-McGrievy GM，2024[694]	USA	diet	159	48.3	79	36.9	/	/	/	/
Delfan M，2024[695]	Iran	others	44		0	32	/	/	/	/
Pammer A，2024[696]	Austria	diet	41	63	43.9	34	/	/	/	/
Duan Y，2024[697]	China	exercise	36	42.7	0	31.1	/	/	/	/
Rolland C，2009[698]	UK	diet	72	41.3	84.72	43.82	/	/	/	/
Foster GD，2009[699]	USA	others	69	52.2	71.01	39	/	/	/	/
Tsai Ch H，2009[700]	Taiwan	diet	120	43.2	79.17	32.4	/	/	/	/
Fontbonne A，2009[701]	France	medicine	101	50.7	66.34	34.6	/	/	/	/

Shikany JM，2009[702]	USA	diet	24	34.5	0	27.8	/	/	/	/
Frisch S，2009[703]	Germany	others	200	47	69	33.7	/	/	/	/
Nieman DC，2009[704]	USA	others	76		63.16		/	/	/	/
Lin WY，2009[705]	Taiwan	diet	132	33.6	65.9	34.2	/	/	/	/
Arsenault BJ，2009[706]	Canada	exercise	349	57.3	100	32	/	/	/	/
Brochu M，2009[707]	Canada	exercise	128	57.7	100	32.4	/	/	/	/
Aasheim ET，2009[708]	Sweden Norway	surgery	60	35	70	55	/	/	/	/
Assunção ML，2009[709]	Brazil	others	40	29.8	100	31.1	/	/	/	/
Shah K，2009[710]	USA	diet + exercise	18	68.6	72.22		/	/	/	/
Davis NJ，2009[711]	USA	diet	105	54	78.1	36	/	/	/	/
Sacks FM，2009[712]	USA	diet	811	51	64	33	/	/	/	/
Digenio AG，2009[713]	USA	lifestyle	376	44	86.7	34.4	/	/	/	/
Kirk E，2009[714]	USA	diet	22	43.6	81.82	36.5	/	/	/	/
Hursel R，2009[715]	Netherlands	others	80	44	55	29.6	/	/	/	/
Andersson K，2009[716]	Sweden	lifestyle	126	49	79.37	37.4	/	/	/	/

Layman DK，2009[717]	USA	diet	130	45.4	55.38	32.6	/	/	/	/
Kim JY，2008[718]	korea	diet	47		100	27.42	/	/	/	/
Lasker DA，2008[719]	USA	diet	50	33.6	0	47	/	/	/	/
St-Onge MP，2008[720]	USA	others	31	37	90.3	29.7	/	/	/	/
Hibi M，2008[721]	Japan	others	14	40	42.86	27.7	/	/	/	/
Treyzon L，2008[722]	USA	diet	87	49.4	61	33.238	/	/	/	/
Volpe SL，2008[723]	USA	diet + exercise	90	44.2	51.11	30.5	/	/	/	/
Morgan LM，2009[724]	UK	others	293	40.3	73	31.7	/	/	/	/
Lindqvist HM，2009[725]	Sweden	others	35	47.8	0	28.3	/	/	/	/
Shai I，2008[726]	Israel	diet	322	52	14	31	/	/	/	/
Nakou E，2008[727]	Greece	medicine	54	44	79.63	40	/	/	/	/
Pierce GL，2008[728]	USA	others	40	46.5	40		/	/	/	/
Miyashita M，2008[729]	Japan	others	8	26.5	0	28.9	/	/	/	/
Arciero PJ，2008[730]	USA	others	24	47	62.5	32.2	/	/	/	/
Wycherley TP，2008[731]	Australia	exercise	29	52.4	44.8	34.2	/	/	/	/
Lockwood CM，2008[732]	USA	diet	38	32.7	50	27.6	/	/	/	/

Larson-Meyer DE，2008[733]	USA	diet + exercise	46	38	58.7	27.8	/	/	/	/
Schjerve IE，2008[734]	Norway	exercise	40	45.9	80	36	/	/	/	/
König D，2008[735]	Germany	diet	90	47	0	31.5	/	/	/	/
Borges RL，2007[736]	Brazil	others	24	47.4	100	35.7	/	/	/	/
Mutungi G，2008[737]	USA	diet	28		0		/	/	/	/
Jensen L，2008[738]	Denmark	diet	44		100	27.5	/	/	/	/
Salas-Salvadó J，2008[739]	Spain	others	166	47.9	78.3	31.2	/	/	/	/
Burton FL，2008[740]	UK	others	13	40	0	31.1	/	/	/	/
Karandish M，2009[741]	Iran	others	44	25	100	28.3	/	/	/	/
Burke LE，2007[742]	USA	diet	176	44.08	86.93	34.02	/	/	/	/
Bertéus Forslund H，2008[743]	Sweden	others	140	39.4	74.29	38.4	/	/	/	/
Meckling KA，2007[744]	Canada	diet + exercise	60	43	100	30	/	/	/	/
de Rougemont A，2007[745]	France	diet	38	38.4	50	27.3	/	/	/	/

Liao FH，2007[746]	China	diet	30	33.4	80	29.8	/	/	/	/
Rave K，2007[747]	Germany	diet	31	51	58.06	33.9	/	/	/	/
Sahin M，2007[748]	Turkey	medicine	16	53.5	68.75	35.7	/	/	/	/
Thomas TR，2007[749]	USA	others	22	32.6	54.55	26.6	/	/	/	/
Ebbeling CB，2007[750]	USA	diet	73	27.6	79		/	/	/	/
Steck SE，2007[751]	USA	others	48	35.1	73	32.7	/	/	/	/
Rock CL，2007[752]	USA	others	70	41.1	100	34	/	/	/	/
Brunerova L，2007[753]	Czech Republic	diet	58	53.1	0	33.7	/	/	/	/
Maki KC，2007[754]	USA	diet	86	49.7	67.4	31.9	/	/	/	/
Gardner CD，2007[755]	USA	diet	311	41	100	32	/	/	/	/
Lindqvist H，2007[756]	Sweden	others	13	50.5	0	32.6	/	/	/	/
Aubertin-Leheudre M，2007[757]	Canada	others	20	58	100	30	/	/	/	/
Major GC，2007[758]	Canada	others	63	42.6	100	31.2	/	/	/	/
Vincent HK，2006[759]	USA	others	23	24.5	0	33.3	/	/	/	/
Bougoulia M，2006[760]	Greece	medicine	71	36.7	100	37.9	/	/	/	/

Wood RJ，2007[761]	USA	diet	29		0	29.7	/	/	/	/
Burke LE，2006[762]	USA	others	182	44.1	87.4	34.08	/	/	/	/
Vincent HK，2006[763]	USA	exercise	29	68.1	0	29.7	/	/	/	/
McLaughlin T，2006[764]	USA	diet	57	51	57.89	32.7	/	/	/	/
Anderson JW，2006[765]	USA	medicine	292		0		/	/	/	/
Fenkci S，2006[766]	Turkey	exercise	51	43.2	100	35.27	/	/	/	/
Kuo CS，2006[767]	China	medicine	60		100		/	/	/	/
Nestel P，2007[768]	Australia	others	25	57	44	30.3	/	/	/	/
Satoh N，2006[769]	Japan	medicine	30	46.2	53.33	32.8	/	/	/	/
Turker I，2006[770]	Turkey	diet + medicine	27	45.9	100	36	/	/	/	/
Ahn CW，2006[771]	korea	medicine	24	53.7	50	28.2	/	/	/	/
Hackman RM，2006[772]	USA	others	61	36.9	100	32	/	/	/	/
Krebs JD，2006[773]	UK	diet	93	44.7	100	35	/	/	/	/
Wood RJ，2006[774]	USA	diet	29		0		/	/	/	/
Löfgren P，2005[775]	Sweden	diet	40	35.7	100	36.9	/	/	/	/

Petersen M，2006[776]	UK, The Netherlands, France, Spain, Czech Republic, Sweden and Denmark	diet	648	37	75.1	35.6	/	/	/	/
Wang TF，2005[777]	China	medicine	60		100	27.1	/	/	/	/
Robitaille J，2005[778]	Canada	others	34	38.3	100	29.1	/	/	/	/
Noakes M，2005[779]	Australia	diet	100	49	100	32	/	/	/	/
Poston WS，2005[780]	USA	others	100	40.6	87	31.5	/	/	/	/
Ebbeling CB，2005[781]	USA	diet	23	28.5	95.65		/	/	/	/
Frank LL，2005[782]	USA	exercise	173	60.7	100	30.4	/	/	/	/
Berne C，2005[783]	Sweden	medicine	220	59.1	45	32.8	/	/	/	/
Gaullier JM，2005[784]	Norway	others	134	46.3	82.1	28	/	/	/	/
Zemel MB，2005[785]	USA	others	34	40	79.4	32.6	/	/	/	/
Patalay M，2005[786]	USA	others	30		100	29.3	/	/	/	/

Pieterse Z，2005[787]	South Africa	diet	61	40.8	78.69	31.9	/	/	/	/
Derosa G，2005[788]	Italy	medicine	115	51	51.3	33.3	/	/	/	/
Maeda H，2005[789]	Japan	diet	76	58.6	63.16	28.8	/	/	/	/
Pereira MA，2004[790]	USA	diet	39	30.7	76.9	33.2	/	/	/	/
Aude YW，2004[791]	USA	diet	54	45	51.85	35.2	/	/	/	/
Brinkworth GD，2004[792]	Australia	diet	38	61.8	60.53	33.5	/	/	/	/
Melanson KJ，2004[793]	USA	exercise	90	42.6	85.56	31.5	/	/	/	/
Yesilbursa D，2005[794]	Turkey	medicine	36	49.7	80.56	36.1	/	/	/	/
Seshadri P，2004[795]	USA	diet	78	55	0	44	/	/	/	/
Miyashita Y，2004[796]	Japan	diet	22	52.4	27.27	27	/	/	/	/
Flechtner-Mors M，2004[797]	Germany	others	40	48.17	67.5	34.27	/	/	/	/
Mhurchu CN，2004[798]	New Zealand	others	250	48	82	35.5	/	/	/	/
Esposito K，2004[799]	Italy	lifestyle	110	43.3	0	36.6	/	/	/	/
Carels RA，2004[800]	USA	lifestyle	44	54.7	100	36.4	/	/	/	/

Stern L，2004[801]	USA	diet	87	54	82.5	42.9	/	/	/	/
Brinkworth GD，2004[802]	Australia	diet	43	50.2	77.59	34	/	/	/	/
Albert SG，2004[803]	USA	medicine	59	36.9	74.58	36.9	/	/	/	/
Rachmani R，2004[804]	Israel	medicine	56	52.9	0	31.1	/	/	/	/
Poston WS，2003[805]	USA	lifestyle + medicine	108	43	100	36.9	/	/	/	/
Bloch KV，2003[806]	Brazil	medicine	204	55.8	0	36	/	/	/	/
Lovejoy JC，2003[807]	USA	diet	45	36.7	0	30.8	/	/	/	/
Ash S，2003[808]	Australia	diet	51	54	0	31.7	/	/	/	/
Foster GD，2003[809]	USA	diet	63	44.1	68.25	39	/	/	/	/
Melanson K，2003[810]	USA	others	61	43.4	100	32.1	/	/	/	/
Allison DB，2003[811]	USA	others	100	50.2	80	34.3	/	/	/	/
Esposito K，2003[812]	Italy	lifestyle	120	34.6	100	34.9	/	/	/	/
Lantz H，2003[813]	Sweden	diet	117	41.7	74.25	39.5	/	/	/	/
James AP，2003[814]	Australia	others	22	52.2	0	35	/	/	/	/
Hirose K，2002[815]	Japan	others	35	55.2	100	26.9	/	/	/	/

Sharman MJ，2024[816]	USA	diet	15	33.2	0	34.3	/	/	/	/
Bakris G，2002[817]	USA	medicine	532	52.9	61.09	35.6	/	/	/	/
Hanefeld M，2002[818]	Germany	diet	369	56.2	50.9	34.1	/	/	/	/
Dunstan DW，2002[819]	Australia	exercise	29	67.3	44.8	32	/	/	/	/
Larsen TM，2002[820]	Netherlands	medicine	20	36	0	30.9	/	/	/	/
Nieman DC，2002[821]	USA	diet + exercise	91	45.6	100	33.1	/	/	/	/
Anderson JW，2002[822]	USA	medicine	327	43.4	85.02	36.3	/	/	/	/
Miles JM，2002[823]	USA canada	medicine	504	53.1	48	35.4	/	/	/	/
Kelley DE，2002[824]	USA	medicine	542	57.9	56	35.7	/	/	/	/
Heilbronn LK，2002[825]	Australia	diet	45	56.7	51.11	33.2	/	/	/	/
Janssen I，2002[826]	Canada	diet + exercise	38	37.4	100	33.6	/	/	/	/
Yip I，2001[827]	USA	diet	57	58.9	0	33	/	/	/	/
Gokcel A，2001[828]	Turkey	medicine	60	48.11	100	38.35	/	/	/	/
Volpe SL，2001[829]	Argentina	others	44	42.6	100	32.9	/	/	/	/

Dumont M，2001[830]	Canada	others	64	46	0	31	/	/	/	/
Boozer CN，2001[831]	USA	others	67	41.1	85.07	32.7	/	/	/	/
Birketvedt GS，2000[832]	Sweden Norway	others	53	39.9	100	27.5	/	/	/	/
Richelsen B，2000[833]	Denmark	medicine	18	34.9	100	42	/	/	/	/
Halimi S，2000[834]	France	medicine	129	55	44.19	29.9	/	/	/	/
Wadden TA，2001[835]	USA	medicine	43	47.2	100	37.3	/	/	/	/
Fujioka K，2000[836]	USA	diet	175	54.2	46.86	34	/	/	/	/
Ditschuneit HH，2002[837]	USA	others	73	45.2	79.45	33.6	/	/	/	/
Fogelholm M，2000[838]	Finland	exercise	74	40	100	34	/	/	/	/
Donnelly JE，2000[839]	USA	exercise	22	51.5	100	31.23	/	/	/	/
Golay A，2000[840]	Spain	diet	54	43.5	0	38.6	/	/	/	/
Mori TA，1999[841]	Australia	others	63	54.1	33.33	31.6	/	/	/	/
Vidgren HM，1999[842]	Finland	medicine	75	43.2	80	35.5	/	/	/	/
Roger P，1999[843]	France	medicine	127	55.5	55.9	33	/	/	/	/
Pittler MH，1999[844]	UK	others	30	44	80	26.6	/	/	/	/

Ditschuneit HH，1999[845]	Germany	diet	100	45.7	79	33.4	/	/	/	/
Andersen RE，1999[846]	USA	exercise	40	42.9	100	32.9	/	/	/	/
Davidson MH，1999[847]	USA	medicine	880	43.5	84.2	36.3	/	/	/	/
Charles MA，1998[848]	France	medicine	324	49.5	34	32.5	/	/	/	/
Riddle MC，1998[849]	USA	medicine	132	58	58.62	33	/	/	/	/
Marckmann P，1998[850]	Denmark	diet	36	44	0	35.5	/	/	/	/
Sjöström L，1998[851]	Sweden	medicine	683	44.8	82	36	/	/	/	/
Agurs-Collins TD，1997[852]	USA	exercise	64	61.7	77	34.4	/	/	/	/
Kraemer WJ，1997[853]	USA	exercise	31	35.4	100	28.6	/	/	/	/
Rössner S，1997[854]	Norway	diet	93	41	67.74	38.7	/	/	/	/
Pontiroli AE，1996[855]	Italy	medicine	30	56.8	66.67	33.3	/	/	/	/
Golay A，1996[856]	Switzerland	diet	43	43	79.07	40	/	/	/	/
Pascale RW，1995[857]	USA	diet	90	49.6	100	36.1	/	/	/	/
DeFronzo RA，1995[858]	USA	medicine	721	54	69.35	29.4	/	/	/	/
O'Kane M，1994[859]	UK	medicine	19	57.2	68.42	36.3	/	/	/	/

Giugliano D，1993[860]	Italy	medicine	50	60.4	62	32.9	/	/	/	/
Puddey IB，1992[861]	Australia	others	86	44.3	0	29.5	/	/	/	/
Wolever TM，1992[862]	Canada	diet	6	63	50	32.1	/	/	/	/
Golay A，1992[863]	Switzerland	others	14	62	0	29	/	/	/	/
Jalkanen L，1991[864]	Finland	others	44	49	0		/	/	/	/
Nieman DC，1990[865]	USA	diet + exercise	21	37.5	100	29.9	/	/	/	/
Lalor BC，1990[866]	UK	medicine	19	/	0	/	/	/	/	/

Supplementary Table 3 The comparisons of baseline blood lipid levels between subgroups

Subgroup	Z	P	Subgroup	Z	P	Subgroup	Z	P	Subgroup	Z	P
TG			**TC**			**HDL-C**			**LDL-C**		
Age<65 years old vs. Age≥65years old	-0.130	0.897	Age<65 years old vs Age≥65years old	-0.411	0.681	Age<65 years old vs Age≥65years old	-0.300	0.764	Age<65 years old vs Age≥65years old	-1.011	0.312
BMI<30 kg/m² vs. BMI≥30 kg/m²	-3.222	0.001*	BMI<30 kg/m² vs BMI≥30 kg/m²	-0.326	0.744	BMI<30 kg/m² vs BMI≥30 kg/m²	-1.008	0.313	BMI<30 kg/m² vs BMI≥30 kg/m²	-1.609	0.108
Male predominant vs. female predominant	-1.942	0.052	Male predominant vs female predominant	-1.812	0.070	Male predominant vs female predominant	-2.736	0.006*	Male predominant vs female predominant	-0.449	0.653
Hypertension vs. non-hypertension	-2.232	0.026*	Hypertension vs. non-hypertension	-0.690	0.490	Hypertension vs. non-hypertension	-0.027	0.978	Hypertension vs. non-hypertension	-1.014	0.31
FBG >110mg/dL vs. FBG ≤110mg/dL	-2.540	0.011*	FBG >110mg/dL vs. FBG ≤110mg/dL	-0.180	0.857	FBG >110mg/dL vs. FBG ≤110mg/dL	-2.583	0.100	FBG >110mg/dL vs. FBG ≤110mg/dL	-1.888	0.059
HbA1c ≥6.5% vs. HbA1c <6.5%	-4.667	<0.001*	HbA1c ≥6.5% vs. HbA1c <6.5%	-0.418	0.676	HbA1c ≥6.5% vs. HbA1c <6.5%	-1.691	0.091	HbA1c ≥6.5% vs. HbA1c <6.5%	-0.964	0.335

DM combined vs. DM uncombined	-5.907	<0.001*	DM combined vs. DM uncombined	-0.801	0.423	DM combined vs. DM uncombined	-1.425	0.154	DM combined vs. DM uncombined	-0.738	0.460
Monotherapy vs. combination therapy	-1.581	0.114	Monotherapy vs. combination therapy	-1.340	0.180	Monotherapy vs. combination therapy	-0.382	0.702	Monotherapy vs. combination therapy	-0.484	0.629
Diet intervention vs. non-diet intervention	-2.221	0.026*	Diet intervention vs. non-diet intervention	-0.405	0.685	Diet intervention vs. non-diet intervention	-1.232	0.218	Diet intervention vs. non-diet intervention	-0.245	0.807
Exercise intervention vs. non-exercise intervention	-2.028	0.043*	Exercise intervention vs. non-exercise intervention	-0.304	0.761	Exercise intervention vs. non-exercise intervention	-1.160	0.246	Exercise intervention vs. non-exercise intervention	-0.207	0.836
Lifestyle intervention vs. non-lifestyle intervention	-2.143	0.032*	Lifestyle intervention vs non-lifestyle intervention	-0.979	0.328	Lifestyle intervention vs. non-lifestyle intervention	-0.081	0.936	Lifestyle intervention vs. non-lifestyle intervention	-0.800	0.424
Medicine intervention vs.	-4.500	<0.001*	Medicine intervention vs.	-2.518	0.012*	Medicine intervention vs.	-1.568	0.117	Medicine intervention vs.	-2.614	0.009*

non-medicine intervention					non-medicine intervention					non-medicine intervention					non-medicine intervention				
Surgery intervention	vs.	-1.754	0.079		Surgery intervention	vs.	-0.378	0.706		Surgery intervention	vs.	-0.647	0.537		Surgery intervention	vs.	-0.860	0.390
non-surgery intervention					non-surgery intervention					non-surgery intervention					non-surgery intervention				

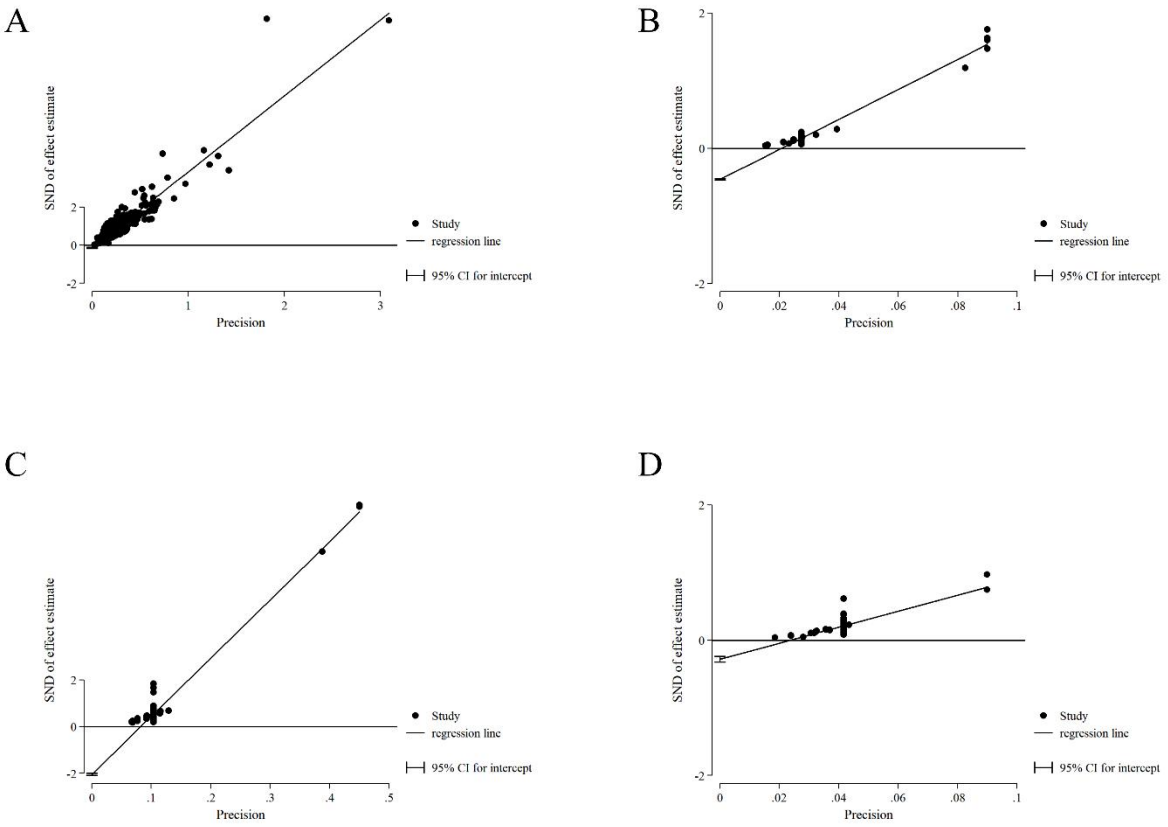
TG: triglycerides; TC: total cholesterol; HDL-C: high-density lipoprotein cholesterol; LDL-C: low-density lipoprotein cholesterol; DM: diabetes mellites; BMI: body mass index; FBG: fasting blood glucose, HbA1c: glycated hemoglobin A1c.*: $P<0.05$.

Supplementary Table 4 Subgroup analysis of longitudinal changes in lipid profile by therapeutic regimen in overweight and obese populations

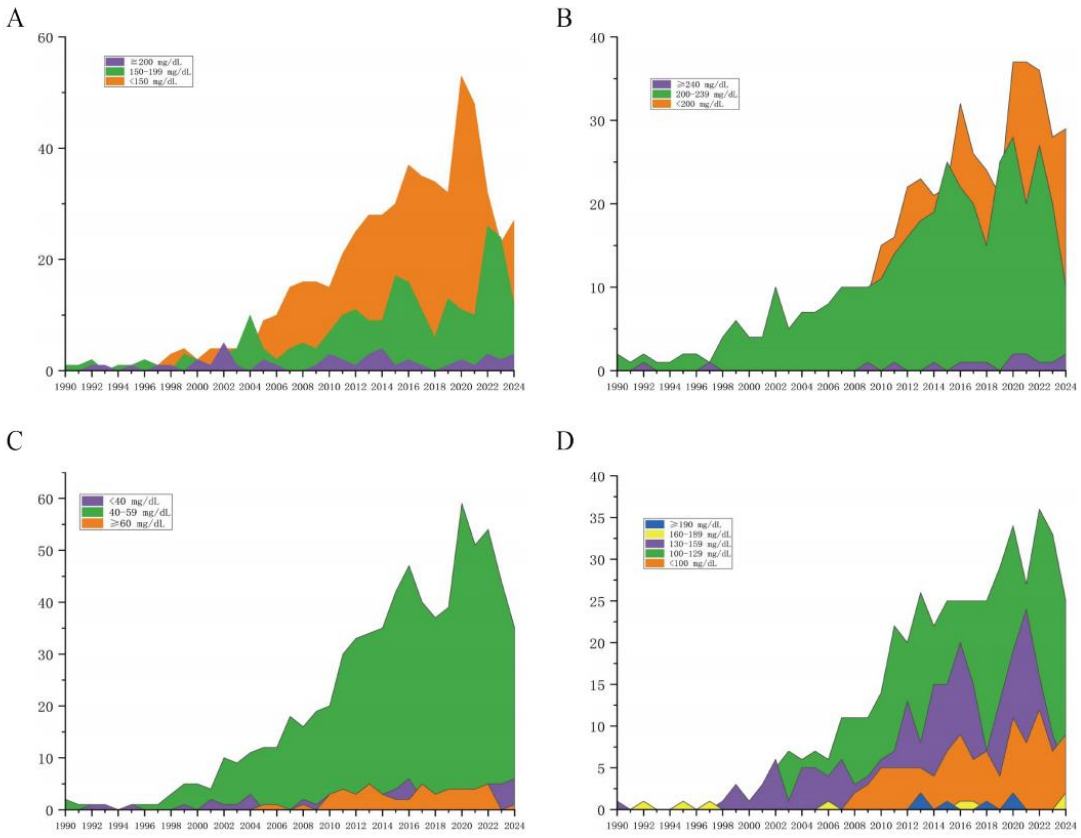
Item	Subgroup	Rs	P_{adj}	I^2	Z	P
ΔTG	Monotherapy	0.004	0.939	100.0%	-2.077	0.058
	Combination therapy	-0.238	0.169	100.0%		
	With diet	0.059	0.417	100.0%	-3.143	0.002*
	Without diet	-0.012	0.803	98.70%		
	With exercise	-0.159	0.094	98%	-1.774	0.076
	Without exercise	0.057	0.182	95%		
	With lifestyle	0.060	0.812	100%	-1.408	0.159
	Without lifestyle	0.019	0.630	99%		
	With medicine	0.168	0.213	99.90%	-1.162	0.245
	Without medicine	0.018	0.660	98.80%		
	With surgery	-0.006	0.976	98.10%	-6.301	<0.001*
	Without surgery	0.036	0.376	98.10%		
ΔTC	Monotherapy	-0.083	0.14	100.0%	-1.705	0.088
	Combination therapy	0.129	0.459	100.0%		
	With diet	0.059	0.428	98.70%	-2.756	0.006*
	Without diet	-0.074	0.120	-3.47%		
	With exercise	-0.120	0.214	95.80%	-1.044	0.296
	Without exercise	-0.002	0.958	98.80%		
	With lifestyle	0.159	0.543	99.30%	-1.349	0.132
	Without lifestyle	-0.024	0.549	98.60%		
	With medicine	-0.055	0.699	99.40%	-0.600	0.549
	Without medicine	-0.028	0.495	98.50%		
	With surgery	-0.183	0.343	97.70%	-5.322	<0.001*
	Without surgery	-0.008	0.851	98.70%		
ΔHDL-C	Monotherapy	-0.016	0.777	100.0%	-1.302	0.193
	Combination	0.208	0.205	100.0%		

	therapy					
	With diet	0.056	0.436	98.30%	-3.474	0.001*
	Without diet	0.027	0.562	98.90%		
	With exercise	0.104	0.264	98.50%	-1.651	0.099
	Without exercise	0.030	0.495	98.90%		
	With lifestyle	-0.228	0.379	99.00%	-1.508	0.132
	Without lifestyle	0.055	0.171	98.80%		
	With medicine	-0.217	0.118	99.60%	-0.177	0.860
	Without medicine	0.062	0.128	99.30%		
	With surgery	0.270	0.149	95.00%	-4.804	<0.001*
	Without surgery	0.058	0.148	99.00%		
	Monotherapy	-0.048	0.399	99.9%		
	Combination therapy	0.101	0.558	100.0%	-1.078	0.281
	With diet	0.040	0.596	98.30%	-1.233	0.218
	Without diet	-0.081	0.093	98.40%		
	With exercise	0.031	0.749	97%	-1.670	0.095
ΔLDL-C	Without exercise	-0.049	0.273	99%		
	With lifestyle	0.641	0.013	100%	-1.188	0.235
	Without lifestyle	-0.050	0.221	97%		
	With medicine	-0.026	0.858	98.50%	-0.744	0.457
	Without medicine	-0.049	0.250	100%		
	With surgery	-0.322	0.083	99%	-5.287	<0.001*
	Without surgery	-0.012	0.766	98%		

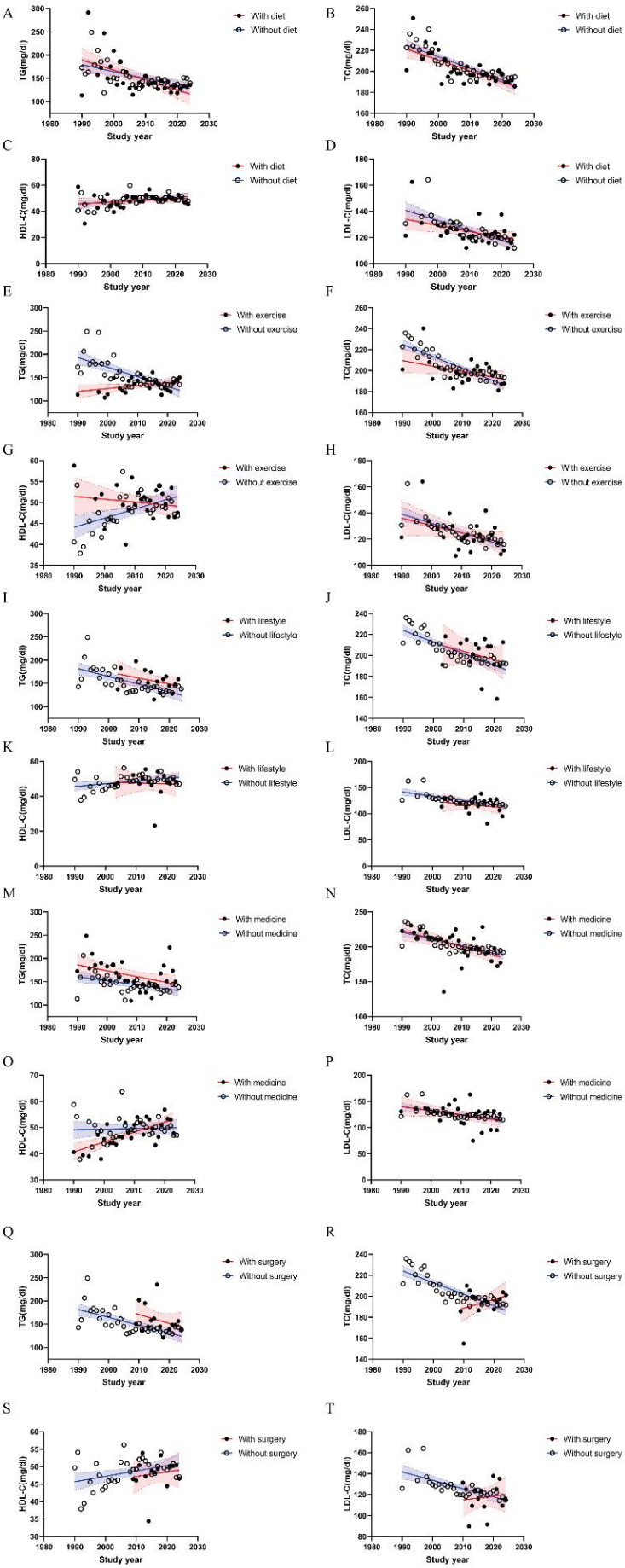
TG: triglycerides; TC: total cholesterol; HDL-C: high-density lipoprotein cholesterol; LDL-C: low-density lipoprotein cholesterol. *: $P<0.05$.



Supplementary Figure 1 The egger's test for publication bias. A: The egger's test of triglycerides; B: The egger's test of total cholesterol; C: The egger's test of high-density lipoprotein cholesterol; D: The egger's test of low-density lipoprotein cholesterol. TG: Triglycerides; TC: Total cholesterol; HDL-C: High-density lipoprotein cholesterol; LDL-C: Low-density lipoprotein cholesterol.



Supplementary Figure 2 Trial number of different baseline triglycerides, total cholesterol, high-density lipoprotein cholesterol, and low-density lipoprotein cholesterol categories for patients with overweight or obesity in randomized placebo-controlled trials from 1990 to 2024. A-D: Trial numbers of different baseline triglycerides (A), total cholesterol (B), high-density lipoprotein cholesterol (C), and low-density lipoprotein cholesterol (D) categories. TG: Triglycerides; TC: Total cholesterol; HDL-C: High-density lipoprotein cholesterol; LDL-C: Low-density lipoprotein cholesterol.


A
TG(mg/dl)
Study year
With diet
Without diet
B
TC(mg/dl)
Study year
With diet
Without diet
C
HDL-C(mg/dl)
Study year
With diet
Without diet
D
LDL-C(mg/dl)
Study year
With diet
Without diet
E
TG(mg/dl)
Study year
With exercise
Without exercise
F
TC(mg/dl)
Study year
With exercise
Without exercise
G
HDL-C(mg/dl)
Study year
With exercise
Without exercise
H
LDL-C(mg/dl)
Study year
With exercise
Without exercise
I
TG(mg/dl)
Study year
With lifestyle
Without lifestyle
J
TC(mg/dl)
Study year
With lifestyle
Without lifestyle
K
HDL-C(mg/dl)
Study year
With lifestyle
Without lifestyle
L
LDL-C(mg/dl)
Study year
With lifestyle
Without lifestyle
M
TG(mg/dl)
Study year
With medicine
Without medicine
N
TC(mg/dl)
Study year
With medicine
Without medicine
O
HDL-C(mg/dl)
Study year
With medicine
Without medicine
P
LDL-C(mg/dl)
Study year
With medicine
Without medicine
Q
TG(mg/dl)
Study year
With surgery
Without surgery
R
TC(mg/dl)
Study year
With surgery
Without surgery
S
HDL-C(mg/dl)
Study year
With surgery
Without surgery
T
LDL-C(mg/dl)
Study year
With surgery
Without surgery

Supplementary Figure 3 Subgroup analysis of trends in baseline triglycerides, total cholesterol, high-density lipoprotein cholesterol, and low-density lipoprotein cholesterol categorized by therapeutic regimen. A-D: Baseline triglycerides (TG; A), total cholesterol (TC; B), high-density lipoprotein cholesterol (HDL-C; C), and low-density lipoprotein cholesterol (LDL-C; D) trends categorized by intervention with and without diet; E-H: Baseline TG (E), TC (F), HDL-C (G), and LDL-C (H) trends categorized by intervention with and without exercise; I-L: Baseline TG (I), TC (J), HDL-C (K), and LDL-C (L) trends categorized by intervention with and without lifestyle; M-P: Baseline TG (M), TC (N), HDL-C (O), and LDL-C (P) trends categorized by intervention with and without medicine; Q-T: Baseline TG (Q), TC (R), HDL-C (S), and LDL-C (T) trends categorized by intervention with and without surgery. TG: triglycerides; TC: total cholesterol; HDL-C: high-density lipoprotein cholesterol; LDL-C: low-density lipoprotein cholesterol.

References:

1. Lee M, Bok MK, Son K, et al. Bifidobacterium lactis IDCC 4301 (B. lactis Fit™) supplementation effects on body fat, serum triglyceride, and adipokine ratio in obese women: a randomized clinical trial. Food Funct. 2024;15(16):8448-8458.

2. Peters JC, Breen JA, Pan Z, Nicklas J, Cornier MA. A Randomized, Crossover Trial Assessing Appetite, Energy Metabolism, Blood Biomarkers, and Ad Libitum Food Intake Responses to a Mid-Morning Pecan Snack vs. an Equicaloric High-Carbohydrate Snack in Healthy Volunteers with Overweight/Obesity. Nutrients. 2024;16(13)

3. Okuka N, Milinkovic N, Velickovic K, et al. Beneficial effects of a new probiotic formulation on adipocytokines, appetite-regulating hormones, and metabolic parameters in obese women. Food Funct. 2024;15(14):7658-7668.

4. Pereira V, Barreiros-Mota I, Cortez F, et al. A randomized controlled trial of a weight loss maintenance program in adults with obesity: the WLM3P study. Eur J Clin Nutr. 2024;78(8):694-702.

5. Salte OBK, Olbers T, Risstad H, et al. Ten-Year Outcomes Following Roux-en-Y Gastric Bypass vs Duodenal Switch for High Body Mass Index: A Randomized Clinical Trial. JAMA Netw Open. 2024;7(6):e2414340.

6. Moravcová K, Sovová M, Ožana J, et al. Comparing the Efficacy of Digital and In-Person Weight Loss Interventions for Patients with Obesity and Glycemic Disorders: Evidence from a Randomized Non-Inferiority Trial. Nutrients. 2024;16(10)

7. Holmberg S, Lendahls L, Alle K. "Dare to feel full"-A group treatment method for sustainable weight reduction in overweight and obese adults: A randomized controlled trial with 5-years follow-up. PLoS One. 2024;19(5):e0303021.

8. Eriksson JW, Pereira MJ, Kagios C, et al. Short-term effects of obesity surgery versus low-energy diet on body composition and tissue-specific glucose uptake: a randomised clinical study using whole-body integrated (18)F-FDG-PET/MRI. Diabetologia.

2024;67(7):1399-1412.
9. Gonzalez-Gil AM, Barnouin Y, Celli A, et al. Metabolic Effects of Testosterone Added to Intensive Lifestyle Intervention in Older Men With Obesity and Hypogonadism. J Clin Endocrinol Metab. 2025;110(3):e814-e826.
10. Keawtep P, Sungkarat S, Boripuntakul S, et al. Effects of combined dietary intervention and physical-cognitive exercise on cognitive function and cardiometabolic health of postmenopausal women with obesity: a randomized controlled trial. Int J Behav Nutr Phys Act. 2024;21(1):28.
11. Li S, Yuan S, Zhang J, Xu F, Zhu F. The effect of periodic resistance training on obese patients with type 2 diabetic nephropathy. Sci Rep. 2024;14(1):2761.
12. Lee DC, Brellenthin AG, Lanningham-Foster LM, Kohut ML, Li Y. Aerobic, resistance, or combined exercise training and cardiovascular risk profile in overweight or obese adults: the CardioRACE trial. Eur Heart J. 2024;45(13):1127-1142.
13. Sandby K, Magkos F, Chabanova E, et al. The effect of dairy products on liver fat and metabolic risk markers in males with abdominal obesity - a four-arm randomized controlled trial. Clin Nutr. 2024;43(2):534-542.
14. Heinonen S, Saarinen T, Meriläinen S, et al. Roux-en-Y versus one-anastomosis gastric bypass (RYSA study): weight loss, metabolic improvements, and nutrition at 1 year after surgery, a multicenter randomized controlled trial. Obesity (Silver Spring). 2023;31(12):2909-2923.
15. da Silva CSO, Monteiro M, Fechine C, et al. Highlights of three metabolites HDL and reduction in blood pressure values after dietary fiber supplementation in overweight and obese normotensive women: a metabolomic study. Metabolomics. 2023;19(12):95.
16. Fallah F, Mahdavi R. Ameliorating effects of L-carnitine and synbiotic co-supplementation on anthropometric measures and

cardiometabolic traits in women with obesity: a randomized controlled clinical trial. Front Endocrinol (Lausanne). 2023;14:1237882.
17. Lauw S, Kei N, Chan PL, et al. Effects of Synbiotic Supplementation on Metabolic Syndrome Traits and Gut Microbial Profile among Overweight and Obese Hong Kong Chinese Individuals: A Randomized Trial. Nutrients. 2023;15(19)
18. Bamgboye M, Adeyemi D, Agaba E, Yilme S, Adebamowo CA, Adebamowo SN. A Randomized Controlled Trial to Examine the Relationship Between Peer Mentoring for Physical Activity and Cardiometabolic Health. Glob Heart. 2023;18(1):53.
19. Möller F, Hedberg J, Skogar M, Sundbom M. Long-term Follow-up 15 Years After Duodenal Switch or Gastric Bypass for Super Obesity: a Randomized Controlled Trial. Obes Surg. 2023;33(10):2981-2990.
20. García-Cordero J, Mateos R, González-Rámila S, et al. Dietary Supplements Containing Oat Beta-Glucan and/or Green Coffee (Poly)phenols Showed Limited Effect in Modulating Cardiometabolic Risk Biomarkers in Overweight/Obese Patients without a Lifestyle Intervention. Nutrients. 2023;15(9)
21. Zhu R, Huttunen-Lenz M, Stratton G, et al. Associations of obesity phenotypes with weight change, cardiometabolic benefits, and type 2 diabetes incidence during a lifestyle intervention: results from the PREVIEW study. Int J Obes (Lond). 2023;47(9):833-840.
22. Hematinezhad Touli M, Elmieh A, Hosseinpour A. The Effect of Six-Week Aerobic Exercise Combined with ease max Incr2Green Tea Consumption on PON1 and VOand Apelin, Blood Pressure, and Blood Lipids Reduction in Young Obese Men. Arch Razi Inst. 2022;77(6):2115-2123.
23. Nora CL, Zhang L, Castro RJ, et al. Effects of mixed nut consumption on LDL cholesterol, lipoprotein(a), and other cardiometabolic risk factors in overweight and obese adults. Nutr Metab Cardiovasc Dis. 2023;33(8):1529-1538.

24. Sun J, Ruan Y, Xu N, et al. The effect of dietary carbohydrate and calorie restriction on weight and metabolic health in overweight/obese individuals: a multi-center randomized controlled trial. BMC Med. 2023;21(1):192.
25. Taha MM, Aneis YM, Hasanin ME, Felaya EE, Aldhahi MI, Abdeen HAA. Effect of high intensity interval training on arterial stiffness in obese hypertensive women: a randomized controlled trial. Eur Rev Med Pharmacol Sci. 2023;27(9):4069-4079.
26. Perin L, Camboim IG, Schneider CD, Lehnen AM. Weight loss associated with low-energy diets with different glycaemic loads does not improve arterial stiffness: a randomised clinical trial. Br J Nutr. 2023;130(11):1859-1870.
27. Zhang N, Zhou M, Li M, Ma G. Effects of Smartphone-Based Remote Interventions on Dietary Intake, Physical Activity, Weight Control, and Related Health Benefits Among the Older Population With Overweight and Obesity in China: Randomized Controlled Trial. J Med Internet Res. 2023;25:e41926.
28. Elsayed MM, Abdallah GA, Hassan SS, Nagy EN. Effect of exercise training with laser phototherapy on homeostasis balance resistant to hypercoagulability in seniors with obesity: a randomized trial. Sci Rep. 2023;13(1):3592.
29. Cabrera-Rode E, Cubas-Dueñas I, Acosta JR, et al. Efficacy and safety of Obex® in overweight and obese subjects: a randomised, double-blind, placebo-controlled clinical trial. BMC Complement Med Ther. 2023;23(1):58.
30. Maaloul R, Marzougui H, Ben Dhia I, et al. Effectiveness of Ramadan diurnal intermittent fasting and concurrent training in the management of obesity: is the combination worth the weight? Nutr Metab Cardiovasc Dis. 2023;33(3):659-666.
31. Muñoz-Pérez DM, González-Correa CH, Astudillo Muñoz EY, et al. Effect of 8-Week Consumption of a Dietary Pattern Based on Fruit, Avocado, Whole Grains, and Trout on Postprandial Inflammatory and Oxidative Stress Gene Expression in Obese People. Nutrients. 2023;15(2)

32. Saeidi A, Nouri-Habashi A, Razi O, et al. Astaxanthin Supplemented with High-Intensity Functional Training Decreases Adipokines Levels and Cardiovascular Risk Factors in Men with Obesity. Nutrients. 2023;15(2)

33. Quist JS, Klein AB, Færch K, et al. Effects of acute exercise and exercise training on plasma GDF15 concentrations and associations with appetite and cardiometabolic health in individuals with overweight or obesity - A secondary analysis of a randomized controlled trial. Appetite. 2023;182:106423.

34. Delgado-Floody P, Chirosa-Ríos L, Guzmán-Guzmán IP, et al. The Social Distance Impacts from COVID-19 Pandemic on the Development of Two Orders of a Concurrent Training Programme for Morbidly Obese Patients. Int J Environ Res Public Health. 2022;19(20)

35. Ghorbani Y, Schwenger KJP, Sharma D, et al. Effect of faecal microbial transplant via colonoscopy in patients with severe obesity and insulin resistance: A randomized double-blind, placebo-controlled Phase 2 trial. Diabetes Obes Metab. 2023;25(2):479-490.

36. Garvey WT, Batterham RL, Bhatta M, et al. Two-year effects of semaglutide in adults with overweight or obesity: the STEP 5 trial. Nat Med. 2022;28(10):2083-2091.

37. Kosiborod MN, Bhatta M, Davies M, et al. Semaglutide improves cardiometabolic risk factors in adults with overweight or obesity: STEP 1 and 4 exploratory analyses. Diabetes Obes Metab. 2023;25(2):468-478.

38. Guo H, Wang L, Huang X, Shen F, Lu Y, Zhang P. Effects of low-carbohydrate vs low-fat diets on weight loss and metabolic risk factors in obese/overweight individuals with impaired glucose regulation: A randomized controlled trial. Asia Pac J Clin Nutr. 2022;31(3):512-519.

39. Yoshino M, Yoshino J, Smith GI, et al. Worksite-based intensive lifestyle therapy has profound cardiometabolic benefits in people with obesity and type 2 diabetes. Cell Metab. 2022;34(10):1431-1441.e5.
40. Goralska J, Razny U, Calder PC, et al. Glucose-Dependent Insulinotropic Polypeptide Plasma Level Influences the Effect of n-3 PUFA Supplementation. Diagnostics (Basel). 2022;12(8)
41. Zhaohu H, Xiao H, Hailin S, Feng H. Efficacy and Safety of Dapagliflozin versus Liraglutide in Patients with Overweight or Obesity and Type 2 Diabetes Mellitus: A Randomised Controlled Clinical Trial in Tianjin, China. J Diabetes Res. 2022;2022:4126995.
42. Seyam MK, Alqahtani M, Sirajudeen MS, Muthusamy H, Kashoo FZ, Salah MM. Effect of circuit training with low-carbohydrate diet on body composition, cardiometabolic indices, and exercise capacity in adults with mild to moderate obesity in Saudi Arabia: A randomized control trial. Medicine (Baltimore). 2022;101(33):e30054.
43. Osuna-Prieto FJ, Acosta FM, Perez de Arrilucea Le Floc'h UA, et al. Dihydrocapsiate does not increase energy expenditure nor fat oxidation during aerobic exercise in men with overweight/obesity: a randomized, triple-blinded, placebo-controlled, crossover trial. J Int Soc Sports Nutr. 2022;19(1):417-436.
44. Lange UG, Moulla Y, Schütz T, et al. Effectiveness and Tolerability of a Two-Week Hypocaloric Protein-Rich Diet Prior to Obesity Surgery with Two Different Diet Interventions: a Prospective Randomized Trial. Obes Surg. 2022;32(9):2903-2913.
45. Mo SJ, Lee K, Hong HJ, et al. Effects of Lactobacillus curvatus HY7601 and Lactobacillus plantarum KY1032 on Overweight and the Gut Microbiota in Humans: Randomized, Double-Blinded, Placebo-Controlled Clinical Trial. Nutrients. 2022;14(12)
46. Ataeinosrat A, Saeidi A, Abednatanzi H, et al. Intensity Dependent Effects of Interval Resistance Training on Myokines and Cardiovascular Risk Factors in Males With Obesity. Front Endocrinol (Lausanne). 2022;13:895512.

47. Salminen P, Grönroos S, Helmiö M, et al. Effect of Laparoscopic Sleeve Gastrectomy vs Roux-en-Y Gastric Bypass on Weight Loss, Comorbidities, and Reflux at 10 Years in Adult Patients With Obesity: The SLEEVEPASS Randomized Clinical Trial. JAMA Surg. 2022;157(8):656-666.

48. Zhang X, Xiao D, Guzman G, Edirisinghe I, Burton-Freeman B. Avocado Consumption for 12 Weeks and Cardiometabolic Risk Factors: A Randomized Controlled Trial in Adults with Overweight or Obesity and Insulin Resistance. J Nutr. 2022;152(8):1851-1861.

49. Senkus KE, Crowe-White KM, Bolland AC, Locher JL, Ard JD. Changes in adiponectin:leptin ratio among older adults with obesity following a 12-month exercise and diet intervention. Nutr Diabetes. 2022;12(1):30.

50. Haji-Ghazi Tehrani L, Mousavi SN, Chiti H, Afshar D. Effect of Atkins versus a low-fat diet on gut microbiota, and cardiometabolic markers in obese women following an energy-restricted diet: Randomized, crossover trial. Nutr Metab Cardiovasc Dis. 2022;32(7):1734-1741.

51. Murphy R, Plank LD, Clarke MG, et al. Effect of Banded Roux-en-Y Gastric Bypass Versus Sleeve Gastrectomy on Diabetes Remission at 5 Years Among Patients With Obesity and Type 2 Diabetes: A Blinded Randomized Clinical Trial. Diabetes Care. 2022;45(7):1503-1511.

52. Lockard B, Mardock M, Oliver JM, et al. Comparison of Two Diet and Exercise Approaches on Weight Loss and Health Outcomes in Obese Women. Int J Environ Res Public Health. 2022;19(8)

53. de Luis D, Izaola O, Primo D, Aller R. A Randomized Trial with Two Hypocaloric Diets with Different Lipid Profiles and Effects on Serum Omentin-1 Levels in Obese Subjects. Dis Markers. 2022;2022:6777283.

54. Ilich JZ, Liu PY, Shin H, Kim Y, Chi Y. Cardiometabolic Indices after Weight Loss with Calcium or Dairy Foods: Secondary Analyses from a Randomized Trial with Overweight/Obese Postmenopausal Women. Nutrients. 2022;14(5)
55. Ruggenenti P, Cortinovis M, Trillini M, et al. Long-term kidney and systemic effects of calorie restriction in overweight or obese type 2 diabetic patients (C.Re.S.O. 2 randomized controlled trial). Diabetes Res Clin Pract. 2022;185:109804.
56. Sohn M, Na GY, Chu J, Joung H, Kim BK, Lim S. Efficacy and Safety of Lactobacillus plantarum K50 on Lipids in Koreans With Obesity: A Randomized, Double-Blind Controlled Clinical Trial. Front Endocrinol (Lausanne). 2021;12:790046.
57. Li S, Lin G, Chen J, et al. The effect of periodic ketogenic diet on newly diagnosed overweight or obese patients with type 2 diabetes. BMC Endocr Disord. 2022;22(1):34.
58. Lugones-Sánchez C, Recio-Rodríguez JI, Menéndez-Suárez M, et al. Effect of a Multicomponent mHealth Intervention on the Composition of Diet in a Population with Overweight and Obesity-Randomized Clinical Trial EVIDENT 3. Nutrients. 2022;14(2)
59. Kim MJ, Park S, Yang HJ, et al. Alleviation of Dyslipidemia via a Traditional Balanced Korean Diet Represented by a Low Glycemic and Low Cholesterol Diet in Obese Women in a Randomized Controlled Trial. Nutrients. 2022;14(2)
60. Sánchez E, Santos MD, Nuñez-Garcia M, et al. Randomized Clinical Trial to Evaluate the Morphological Changes in the Adventitial Vasa Vasorum Density and Biological Markers of Endothelial Dysfunction in Subjects with Moderate Obesity Undergoing a Very Low-Calorie Ketogenic Diet. Nutrients. 2021;14(1)
61. Eskandaros MS, Abbass A. Standard Biliopancreatic Limb (50 cm) Roux-en-Y Gastric Bypass Versus Long Biliopancreatic Limb (100 cm) Roux-en-Y Gastric Bypass in Patients with Body Mass Index 40-50 kg/m(2): a Randomized Prospective Study. Obes Surg. 2022;32(3):577-586.

62. Mateos R, García-Cordero J, Bravo-Clemente L, Sarriá B. Evaluation of novel nutraceuticals based on the combination of oat beta-glucans and a green coffee phenolic extract to combat obesity and its comorbidities. A randomized, dose-response, parallel trial. Food Funct. 2022;13(2):574-586.
63. de Oliveira Fialho CG, Moreira APB, Bressan J, de Cássia Gonçalves Alfenas R, Mattes R, Costa NMB. Effects of whole peanut within an energy-restricted diet on inflammatory and oxidative processes in obese women: a randomized controlled trial. J Sci Food Agric. 2022;102(8):3446-3455.
64. Grangeiro É D, Trigueiro MS, Siais LO, et al. Hypocaloric diet with lower meal frequency did not affect weight loss, body composition and insulin responsiveness, but improved lipid profile: a randomized clinical trial. Food Funct. 2021;12(24):12594-12605.
65. Schiavo L, Pierro R, Asteria C, et al. Low-Calorie Ketogenic Diet with Continuous Positive Airway Pressure to Alleviate Severe Obstructive Sleep Apnea Syndrome in Patients with Obesity Scheduled for Bariatric/Metabolic Surgery: a Pilot, Prospective, Randomized Multicenter Comparative Study. Obes Surg. 2022;32(3):634-642.
66. Haidari F, Shayesteh F, Mohammad-Shahi M, Jalali MT, Ahmadi-Angali K. Olive Leaf Extract Supplementation Combined with Calorie-Restricted Diet on Reducing Body Weight and Fat Mass in Obese Women: Result of a Randomized Control Trial. Clin Nutr Res. 2021;10(4):314-329.
67. Kafyra M, Kalafati IP, Katsareli EA, et al. The iMPROVE Study; Design, Dietary Patterns, and Development of a Lifestyle Index in Overweight and Obese Greek Adults. Nutrients. 2021;13(10)
68. Lee YK, Cho SY, Roh HT. Effects of 16 Weeks of Taekwondo Training on the Cerebral Blood Flow Velocity, Circulating

Neurotransmitters, and Subjective Well-Being of Obese Postmenopausal Women. Int J Environ Res Public Health. 2021;18(20)
69. de Sousa ART, Freitas Junior WR, Perez EA, et al. Surgery for Obesity and Weight-Related Diseases Changes the Inflammatory Profile in Women with Severe Obesity: a Randomized Controlled Clinical Trial. Obes Surg. 2021;31(12):5224-5236.
70. Rajaie H, Rabiee MR, Bellissimo N, Faghih S. Independent and Combined Effects of Calcium and Vitamin D Supplementation on Blood Lipids in Overweight or Obese Premenopausal Women: A Triple-Blind Randomized Controlled Clinical Trial. Int J Prev Med. 2021;12:52.
71. Félix-Soriano E, Martínez-Gayo A, Cobo MJ, et al. Effects of DHA-Rich n-3 Fatty Acid Supplementation and/or Resistance Training on Body Composition and Cardiometabolic Biomarkers in Overweight and Obese Post-Menopausal Women. Nutrients. 2021;13(7)
72. Astbury NM, Edwards RM, Ghebretinsea F, et al. Extended follow-up of a short total diet replacement programme: results of the Doctor Referral of Overweight People to Low Energy total diet replacement Treatment (DROPLET) randomised controlled trial at 3 years. Int J Obes (Lond). 2021;45(11):2432-2438.
73. Muñoz-Perez DM, Gonzalez-Correa CH, Astudillo-Muñoz EY, et al. Alternative Foods in Cardio-Healthy Dietary Models That Improve Postprandial Lipemia and Insulinemia in Obese People. Nutrients. 2021;13(7)
74. Vergara M, Hauser ME, Aronica L, et al. Associations of Changes in Blood Lipid Concentrations with Changes in Dietary Cholesterol Intake in the Context of a Healthy Low-Carbohydrate Weight Loss Diet: A Secondary Analysis of the DIETFITS Trial. Nutrients. 2021;13(6)
75. Cai L, Yin J, Ma X, et al. Low-carbohydrate diets lead to greater weight loss and better glucose homeostasis than exercise: a

randomized clinical trial. Front Med. 2021;15(3):460-471.
76. Umphonsathien M, Rattanasian P, Lokattachariya S, Suansawang W, Boonyasuppayakorn K, Khovidhunkit W. Effects of intermittent very-low calorie diet on glycemic control and cardiovascular risk factors in obese patients with type 2 diabetes mellitus: A randomized controlled trial. J Diabetes Investig. 2022;13(1):156-166.
77. Paul S, Smith AAT, Culham K, et al. Shark liver oil supplementation enriches endogenous plasmalogens and reduces markers of dyslipidemia and inflammation. J Lipid Res. 2021;62:100092.
78. Jamka M, Mądry E, Krzyżanowska-Jankowska P, et al. The effect of endurance and endurance-strength training on body composition and cardiometabolic markers in abdominally obese women: a randomised trial. Sci Rep. 2021;11(1):12339.
79. Trouwborst I, Goossens GH, Astrup A, Saris WHM, Blaak EE. Sexual Dimorphism in Body Weight Loss, Improvements in Cardiometabolic Risk Factors and Maintenance of Beneficial Effects 6 Months after a Low-Calorie Diet: Results from the Randomized Controlled DiOGenes Trial. Nutrients. 2021;13(5)
80. Siu PM, Yu AP, Chin EC, et al. Effects of Tai Chi or Conventional Exercise on Central Obesity in Middle-Aged and Older Adults : A Three-Group Randomized Controlled Trial. Ann Intern Med. 2021;174(8):1050-1057.
81. Moholdt T, Parr EB, Devlin BL, Debik J, Giskeødegård G, Hawley JA. The effect of morning vs evening exercise training on glycaemic control and serum metabolites in overweight/obese men: a randomised trial. Diabetologia. 2021;64(9):2061-2076.
82. Leung GKW, Davis R, Huggins CE, Ware RS, Bonham MP. Does rearranging meal times at night improve cardiovascular risk factors? An Australian pilot randomised trial in night shift workers. Nutr Metab Cardiovasc Dis. 2021;31(6):1890-1902.
83. Cooney C, Daly E, McDonagh M, Ryan L. Evaluation of Measured Resting Metabolic Rate for Dietary Prescription in Ageing

Adults with Overweight and Adiposity-Based Chronic Disease. Nutrients. 2021;13(4)
84. Azizi S, Mahdavi R, Mobasseri M, Aliasgharzadeh S, Abbaszadeh F, Ebrahimi-Mameghani M. The impact of L-citrulline supplementation on glucose homeostasis, lipid profile, and some inflammatory factors in overweight and obese patients with type 2 diabetes: A double-blind randomized placebo-controlled trial. Phytother Res. 2021;35(6):3157-3166.
85. Biteli P, Barbalho SM, Detregiachi CRP, Dos Santos Haber JF, Chagas EFB. Dyslipidemia influences the effect of physical exercise on inflammatory markers on obese women in post-menopause: A randomized clinical trial. Exp Gerontol. 2021;150:111355.
86. Naing S, Ramesh G, Garcha J, Poliyedath A, Khandelwal S, Mills PK. Is the stepping-down approach a better option than multiple daily injections in obese patients with poorly controlled Type 2 diabetes on advanced insulin therapy? Endocrinol Diabetes Metab. 2021;4(2):e00204.
87. de Melo CM, Dos Santos Quaresma MVL, Del Re MP, et al. One-month of a low-energy diet, with no additional effect of high-protein, reduces Obstructive Sleep Apnea severity and improve metabolic parameters in obese males. Clin Nutr ESPEN. 2021;42:82-89.
88. Han Y, Kim AR, Lee JH, Kim M. Adiponectin and 8-epi-PGF(2α) as intermediate influencing factors in weight reduction after legume consumption: a 12-week randomised controlled trial. Br J Nutr. 2022;127(2):257-265.
89. de Luis D, Primo Martín D, Izaola O. Adiponectin gene variant rs266729 interacts with different macronutrient distributions of two different hypocaloric diets during nine months. Nutr Hosp. 2021;38(2):274-280. La variante del gen de la adiponectina rs266729 interactúa con diferentes distribuciones de macronutrientes de dos dietas hipocalóricas durante nueve meses.
90. Noer ER, Dewi L, Huriyati E, et al. The Impact of Weight Loss Program in Metabolic Profile and Body Fat Improvement among

Indonesian Young Obese: A Randomized Clinical Trial. J Nutr Sci Vitaminol (Tokyo). 2020;66(Supplement):S308-s313.

91. Höchsmann C, Dorling JL, Martin CK, et al. Effects of a 2-Year Primary Care Lifestyle Intervention on Cardiometabolic Risk Factors: A Cluster-Randomized Trial. Circulation. 2021;143(12):1202-1214.

92. Lopes AL, Macedo RCO, Krüger RL, Friedman R, Carteri RB, Reischak-Oliveira Á. Fasted exercise does not improve postprandial lipemia responses to different meals in lean and obese subjects: A crossover, randomized clinical trial. Clin Nutr ESPEN. 2021;41:160-167.

93. Wheeler MJ, Green DJ, Cerin E, et al. Combined effects of continuous exercise and intermittent active interruptions to prolonged sitting on postprandial glucose, insulin, and triglycerides in adults with obesity: a randomized crossover trial. Int J Behav Nutr Phys Act. 2020;17(1):152.

94. Hajizadeh-Sharafabad F, Tarighat-Esfanjani A, Ghoreishi Z, Sarreshtedari M. Lutein supplementation combined with a low-calorie diet in middle-aged obese individuals: effects on anthropometric indices, body composition and metabolic parameters. Br J Nutr. 2021;126(7):1028-1039.

95. Zhang T, Li N, Chen SI, Hou Z, Saito A. Effects of green tea extract combined with brisk walking on lipid profiles and the liver function in overweight and obese men: A randomized, double-blinded, placebo-control trial. An Acad Bras Cienc. 2020;92(4):e20191594.

96. Wongpipit W, Zhang X, Miyashita M, Wong SH. Interrupting Prolonged Sitting Reduces Postprandial Glucose Concentration in Young Men With Central Obesity. J Clin Endocrinol Metab. 2021;106(2):e791-e802.

97. Rondanelli M, Riva A, Petrangolini G, et al. The Metabolic Effects of Cynara Supplementation in Overweight and Obese Class I

Subjects with Newly Detected Impaired Fasting Glycemia: A Double-Blind, Placebo-Controlled, Randomized Clinical Trial. Nutrients. 2020;12(11)

98. Glaysher MA, Ward J, Aldhwayan M, et al. The effect of a duodenal-jejunal bypass liner on lipid profile and blood concentrations of long chain polyunsaturated fatty acids. Clin Nutr. 2021;40(4):2343-2354.

99. Fechner E, Bilet L, Peters HPF, Schrauwen P, Mensink RP. A Whole-Diet Approach Affects Not Only Fasting but Also Postprandial Cardiometabolic Risk Markers in Overweight and Obese Adults: A Randomized Controlled Trial. J Nutr. 2020;150(11):2942-2949.

100. Yousefi R, Parandoosh M, Khorsandi H, et al. Grape seed extract supplementation along with a restricted-calorie diet improves cardiovascular risk factors in obese or overweight adult individuals: A randomized, placebo-controlled trial. Phytother Res. 2021;35(2):987-995.

101. Park W, Jung WS, Hong K, Kim YY, Kim SW, Park HY. Effects of Moderate Combined Resistance- and Aerobic-Exercise for 12 Weeks on Body Composition, Cardiometabolic Risk Factors, Blood Pressure, Arterial Stiffness, and Physical Functions, among Obese Older Men: A Pilot Study. Int J Environ Res Public Health. 2020;17(19)

102. Brennan AM, Standley RA, Yi F, Carnero EA, Sparks LM, Goodpaster BH. Individual Response Variation in the Effects of Weight Loss and Exercise on Insulin Sensitivity and Cardiometabolic Risk in Older Adults. Front Endocrinol (Lausanne). 2020;11:632.

103. Jung K, Kim J, Park HY, Jung WS, Lim K. Hypoxic Pilates Intervention for Obesity: A Randomized Controlled Trial. Int J Environ Res Public Health. 2020;17(19)

104. Heiston EM, Gilbertson NM, Eichner NZM, Malin SK. A Low-Calorie Diet with or without Exercise Reduces Postprandial Aortic Waveform in Females with Obesity. Med Sci Sports Exerc. 2021;53(4):796-803.

105. Sun J, Cheng W, Fan Z, Zhang X. Influence of high-intensity intermittent training on glycolipid metabolism in obese male college students. Ann Palliat Med. 2020;9(4):2013-2019.

106. Haidari F, Asadi M, Mohammadi-Asl J, Ahmadi-Angali K. Effect of weight-loss diet combined with taurine supplementation on body composition and some biochemical markers in obese women: a randomized clinical trial. Amino Acids. 2020;52(8):1115-1124.

107. Haidari F, Aghamohammadi V, Mohammadshahi M, Ahmadi-Angali K, Asghari-Jafarabadi M. Whey protein supplementation reducing fasting levels of anandamide and 2-AG without weight loss in pre-menopausal women with obesity on a weight-loss diet. Trials. 2020;21(1):657.

108. Vogel C, Crovesy L, Rosado EL, Soares-Mota M. Effect of coconut oil on weight loss and metabolic parameters in men with obesity: a randomized controlled clinical trial. Food Funct. 2020;11(7):6588-6594.

109. Michalczyk MM, Klonek G, Maszczyk A, Zajac A. The Effects of a Low Calorie Ketogenic Diet on Glycaemic Control Variables in Hyperinsulinemic Overweight/Obese Females. Nutrients. 2020;12(6)

110. Moszak M, Zawada A, Juchacz A, Grzymisławski M, Bogdański P. Comparison of the effect of rapeseed oil or amaranth seed oil supplementation on weight loss, body composition, and changes in the metabolic profile of obese patients following 3-week body mass reduction program: a randomized clinical trial. Lipids Health Dis. 2020;19(1):143.

111. Batista-Jorge GC, Barcala-Jorge AS, Silveira MF, et al. Oral resveratrol supplementation improves Metabolic Syndrome

features in obese patients submitted to a lifestyle-changing program. Life Sci. 2020;256:117962.

112. Colleluori G, Chen R, Turin CG, et al. Aromatase Inhibitors Plus Weight Loss Improves the Hormonal Profile of Obese Hypogonadal Men Without Causing Major Side Effects. Front Endocrinol (Lausanne). 2020;11:277.

113. Poon ET, Little JP, Sit CH, Wong SH. The effect of low-volume high-intensity interval training on cardiometabolic health and psychological responses in overweight/obese middle-aged men. J Sports Sci. 2020;38(17):1997-2004.

114. Basciani S, Camajani E, Contini S, et al. Very-Low-Calorie Ketogenic Diets With Whey, Vegetable, or Animal Protein in Patients With Obesity: A Randomized Pilot Study. J Clin Endocrinol Metab. 2020;105(9)

115. Psota TL, Tindall AM, Lohse B, Miller PE, Petersen KS, Kris-Etherton PM. The Weight Optimization Revamping Lifestyle using the Dietary Guidelines (WORLD) Study: Sustained Weight Loss Over 12 Months. Obesity (Silver Spring). 2020;28(7):1235-1244.

116. Ghanim H, Batra M, Green K, et al. Liraglutide treatment in overweight and obese patients with type 1 diabetes: A 26-week randomized controlled trial; mechanisms of weight loss. Diabetes Obes Metab. 2020;22(10):1742-1752.

117. Santos A, Rodrigues A, Rosa LPS, Noll M, Silveira EA. Traditional Brazilian Diet and Olive Oil Reduce Cardiometabolic Risk Factors in Severely Obese Individuals: A Randomized Trial. Nutrients. 2020;12(5)

118. Bakker N, Schoorl M, Demirkiran A, Cense HA, Houdijk APJ. Erythrocyte deformability and aggregation in morbidly obese women undergoing laparoscopic gastric bypass surgery and effects of oral omega-3 fatty acid supplementation. Clin Hemorheol Microcirc. 2020;75(3):303-311.

119. Kim J, Jee Y. EMS-effect of Exercises with Music on Fatness and Biomarkers of Obese Elderly Women. Medicina (Kaunas).

2020;56(4)

120. López-Gómez JJ, Izaola-Jauregui O, Primo-Martín D, et al. Effect of Two Meal Replacement strategies on Cardiovascular Risk Parameters in Advanced Age Patients with Obesity and Osteoarthritis. Nutrients. 2020;12(4)

121. Sadowska-Krępa E, Gdańska A, Rozpara M, Pilch W, Přidalová M, Bańkowski S. Effect of 12-Week Interventions Involving Nordic Walking Exercise and a Modified Diet on the Anthropometric Parameters and Blood Lipid Profiles in Overweight and Obese Ex-Coal Miners. Obes Facts. 2020;13(2):201-212.

122. Hannon BA, Edwards CG, Thompson SV, et al. Single Nucleotide Polymorphisms Related to Lipoprotein Metabolism Are Associated with Blood Lipid Changes following Regular Avocado Intake in a Randomized Control Trial among Adults with Overweight and Obesity. J Nutr. 2020;150(6):1379-1387.

123. Michael DR, Jack AA, Masetti G, et al. A randomised controlled study shows supplementation of overweight and obese adults with lactobacilli and bifidobacteria reduces bodyweight and improves well-being. Sci Rep. 2020;10(1):4183.

124. Kuszewski JC, Wong RHX, Wood LG, Howe PRC. Effects of fish oil and curcumin supplementation on cerebrovascular function in older adults: A randomized controlled trial. Nutr Metab Cardiovasc Dis. 2020;30(4):625-633.

125. Meslier V, Laiola M, Roager HM, et al. Mediterranean diet intervention in overweight and obese subjects lowers plasma cholesterol and causes changes in the gut microbiome and metabolome independently of energy intake. Gut. 2020;69(7):1258-1268.

126. Razmpoosh E, Zare S, Fallahzadeh H, Safi S, Nadjarzadeh A. Effect of a low energy diet, containing a high protein, probiotic condensed yogurt, on biochemical and anthropometric measurements among women with overweight/obesity: A randomised controlled trial. Clin Nutr ESPEN. 2020;35:194-200.

127. Headland ML, Clifton PM, Keogh JB. Impact of intermittent vs. continuous energy restriction on weight and cardiometabolic factors: a 12-month follow-up. Int J Obes (Lond). 2020;44(6):1236-1242.
128. Bittel AJ, Bittel DC, Mittendorfer B, et al. A single bout of resistance exercise improves postprandial lipid metabolism in overweight/obese men with prediabetes. Diabetologia. 2020;63(3):611-623.
129. Hadi A, Sepandi M, Marx W, Moradi S, Parastouei K. Clinical and psychological responses to synbiotic supplementation in obese or overweight adults: A randomized clinical trial. Complement Ther Med. 2019;47:102216.
130. Dellis D, Tsilingiris D, Eleftheriadou I, et al. Carbohydrate restriction in the morning increases weight loss effect of a hypocaloric Mediterranean type diet: a randomized, parallel group dietary intervention in overweight and obese subjects. Nutrition. 2020;71:110578.
131. Porter Starr KN, Connelly MA, Orenduff MC, et al. Impact on cardiometabolic risk of a weight loss intervention with higher protein from lean red meat: Combined results of 2 randomized controlled trials in obese middle-aged and older adults. J Clin Lipidol. 2019;13(6):920-931.
132. Ratajczak M, Skrypnik D, Bogdański P, et al. Effects of Endurance and Endurance-Strength Training on Endothelial Function in Women with Obesity: A Randomized Trial. Int J Environ Res Public Health. 2019;16(21)
133. Fatahi S, Haghighatdoost F, Larijani B, Azadbakht L. Effect of Weight Reduction Diets Containing Fish, Walnut or Fish plus Walnut on Cardiovascular Risk Factors in Overweight and Obese Women. Arch Iran Med. 2019;22(10):574-583.
134. Peradze N, Farr OM, Perakakis N, Lázaro I, Sala-Vila A, Mantzoros CS. Short-term treatment with high dose liraglutide improves lipid and lipoprotein profile and changes hormonal mediators of lipid metabolism in obese patients with no overt type 2

diabetes mellitus: a randomized, placebo-controlled, cross-over, double-blind clinical trial. Cardiovasc Diabetol. 2019;18(1):141.

135. Ghasemi E, Nayebifar S. Benefits of 10 weeks of high-intensity interval training and green tea supplementation on cardiovascular risk factors and VO(2max) in overweight women. J Res Med Sci. 2019;24:79.

136. Rakvaag E, Fuglsang-Nielsen R, Bach Knudsen KE, et al. Whey Protein Combined with Low Dietary Fiber Improves Lipid Profile in Subjects with Abdominal Obesity: A Randomized, Controlled Trial. Nutrients. 2019;11(9)

137. Cao L, Jiang Y, Li Q, Wang J, Tan S. Exercise Training at Maximal Fat Oxidation Intensity for Overweight or Obese Older Women: A Randomized Study. J Sports Sci Med. 2019;18(3):413-418.

138. Rosqvist F, Kullberg J, Ståhlman M, et al. Overeating Saturated Fat Promotes Fatty Liver and Ceramides Compared With Polyunsaturated Fat: A Randomized Trial. J Clin Endocrinol Metab. 2019;104(12):6207-6219.

139. Pavić E, Hadžiabdić MO, Mucalo I, et al. Effect of the Mediterranean diet in combination with exercise on metabolic syndrome parameters: 1-year randomized controlled trial. Int J Vitam Nutr Res. 2019;89(3-4):132-143.

140. Farr OM, Upadhyay J, Rutagengwa C, et al. Longer-term liraglutide administration at the highest dose approved for obesity increases reward-related orbitofrontal cortex activation in response to food cues: Implications for plateauing weight loss in response to anti-obesity therapies. Diabetes Obes Metab. 2019;21(11):2459-2464.

141. Kim CO, Kim YN, Lee DC. Effects of Gelidium elegans on Weight and Fat Mass Reduction and Obesity Biomarkers in Overweight or Obese Adults: A Randomized Double-Blinded Study. Nutrients. 2019;11(7)

142. Abbaspour N, Roberts T, Hooshmand S, Kern M, Hong MY. Mixed Nut Consumption May Improve Cardiovascular Disease Risk Factors in Overweight and Obese Adults. Nutrients. 2019;11(7)

143. Lahelma M, Sädevirta S, Lallukka-Brück S, et al. Effects of Weighted Hula-Hooping Compared to Walking on Abdominal Fat, Trunk Muscularity, and Metabolic Parameters in Overweight Subjects: A Randomized Controlled Study. Obes Facts. 2019;12(4):385-396.

144. Haywood CJ, Prendergast LA, Lim R, Lappas M, Lim WK, Proietto J. Obesity in older adults: Effect of degree of weight loss on cardiovascular markers and medications. Clin Obes. 2019;9(4):e12316.

145. Angelino D, Martina A, Rosi A, et al. Glucose- and Lipid-Related Biomarkers Are Affected in Healthy Obese or Hyperglycemic Adults Consuming a Whole-Grain Pasta Enriched in Prebiotics and Probiotics: A 12-Week Randomized Controlled Trial. J Nutr. 2019;149(10):1714-1723.

146. Apiñaniz A, Cobos-Campos R, Sáez de Lafuente-Moríñigo A, et al. Effectiveness of randomized controlled trial of a mobile app to promote healthy lifestyle in obese and overweight patients. Fam Pract. 2019;36(6):699-705.

147. Tuccinardi D, Farr OM, Upadhyay J, et al. Mechanisms underlying the cardiometabolic protective effect of walnut consumption in obese people: A cross-over, randomized, double-blind, controlled inpatient physiology study. Diabetes Obes Metab. 2019;21(9):2086-2095.

148. Hernández-Lepe MA, Wall-Medrano A, López-Díaz JA, Juárez-Oropeza MA, Hernández-Torres RP, Ramos-Jiménez A. Hypolipidemic Effect of Arthrospira (Spirulina) maxima Supplementation and a Systematic Physical Exercise Program in Overweight and Obese Men: A Double-Blind, Randomized, and Crossover Controlled Trial. Mar Drugs. 2019;17(5)

149. Aller R, Izaola O, Primo D, de Luis DA. The effect of single-nucleotide polymorphisms at the ADIPOQ gene locus rs1501299 on metabolic parameters after 9 mo of a high-protein/low-carbohydrate versus a standard hypocaloric diet. Nutrition.

2019;65:44-49.

150. Smith-Ryan AE, Hirsch KR, Blue MNM, Mock MG, Trexler ET. High-Fat Breakfast Meal Replacement in Overweight and Obesity: Implications on Body Composition, Metabolic Markers, and Satiety. Nutrients. 2019;11(4)

151. Asano M, Kushida M, Yamamoto K, Tomata Y, Tsuji I, Tsuduki T. Abdominal Fat in Individuals with Overweight Reduced by Consumption of a 1975 Japanese Diet: A Randomized Controlled Trial. Obesity (Silver Spring). 2019;27(6):899-907.

152. Clayton ZS, Fusco E, Schreiber L, et al. Snack selection influences glucose metabolism, antioxidant capacity and cholesterol in healthy overweight adults: A randomized parallel arm trial. Nutr Res. 2019;65:89-98.

153. Bowen J, Luscombe-Marsh ND, Stonehouse W, et al. Effects of almond consumption on metabolic function and liver fat in overweight and obese adults with elevated fasting blood glucose: A randomised controlled trial. Clin Nutr ESPEN. 2019;30:10-18.

154. Yari Z, Rahimlou M, Poustchi H, Hekmatdoost A. Flaxseed supplementation improves anthropometric measurements, metabolic, and inflammatory biomarkers in overweight and obese adults. Int J Vitam Nutr Res. 2022;92(3-4):161-168.

155. Novin ZS, Ghavamzadeh S, Mehdizadeh A. The Weight Loss Effects of Branched Chain Amino Acids and Vitamin B6: A Randomized Controlled Trial on Obese and Overweight Women. Int J Vitam Nutr Res. 2018;88(1-2):80-89.

156. Erickson ML, Malin SK, Wang Z, Brown JM, Hazen SL, Kirwan JP. Effects of Lifestyle Intervention on Plasma Trimethylamine N-Oxide in Obese Adults. Nutrients. 2019;11(1)

157. Cho AR, Moon JY, Kim S, et al. Effects of alternate day fasting and exercise on cholesterol metabolism in overweight or obese adults: A pilot randomized controlled trial. Metabolism. 2019;93:52-60.

158. Aller R, Primo D, Izaola O, de Luis DA. Common polymorphism in the cannabinoid receptor gene type 2 (CB2R) rs3123554

are associated with metabolic changes after two different hypocaloric diets with different dietary fatty profiles. Clin Nutr. 2019;38(6):2632-2638.

159. Choi HR, Kim J, Lim H, Park YK. Two-Week Exclusive Supplementation of Modified Ketogenic Nutrition Drink Reserves Lean Body Mass and Improves Blood Lipid Profile in Obese Adults: A Randomized Clinical Trial. Nutrients. 2018;10(12)

160. Subih HS, Zueter Z, Obeidat BM, et al. A high weekly dose of cholecalciferol and calcium supplement enhances weight loss and improves health biomarkers in obese women. Nutr Res. 2018;59:53-64.

161. Headland ML, Clifton PM, Keogh JB. Effect of intermittent compared to continuous energy restriction on weight loss and weight maintenance after 12 months in healthy overweight or obese adults. Int J Obes (Lond). 2019;43(10):2028-2036.

162. Gorostegi-Anduaga I, Maldonado-Martín S, MartinezAguirre-Betolaza A, et al. Effects on Cardiovascular Risk Scores and Vascular Age After Aerobic Exercise and Nutritional Intervention in Sedentary and Overweight/Obese Adults with Primary Hypertension: The EXERDIET-HTA Randomized Trial Study. High Blood Press Cardiovasc Prev. 2018;25(4):361-368.

163. Yousefi R, Mottaghi A, Saidpour A. Spirulina platensis effectively ameliorates anthropometric measurements and obesity-related metabolic disorders in obese or overweight healthy individuals: A randomized controlled trial. Complement Ther Med. 2018;40:106-112.

164. Oh M, Kim S, An KY, et al. Effects of alternate day calorie restriction and exercise on cardio-metabolic risk factors in overweight and obese adults: an exploratory randomized controlled study. BMC Public Health. 2018;18(1):1124.

165. Varsamis P, Formosa MF, Larsen RN, et al. Between-meal sucrose-sweetened beverage consumption impairs glycaemia and lipid metabolism during prolonged sitting: A randomized controlled trial. Clin Nutr. 2019;38(4):1536-1543.

166. Loves S, van Groningen L, Filius M, et al. High-Dose, Diazoxide-Mediated Insulin Suppression Boosts Weight Loss Induced by Lifestyle Intervention. J Clin Endocrinol Metab. 2018;103(11):4014-4022.

167. Camacho-Cardenosa A, Camacho-Cardenosa M, Brazo-Sayavera J, Burtscher M, Timón R, Olcina G. Effects of High-Intensity Interval Training Under Normobaric Hypoxia on Cardiometabolic Risk Markers in Overweight/Obese Women. High Alt Med Biol. 2018;19(4):356-366.

168. Kakutani R, Hokari S, Nishino A, et al. Effect of Oral Paprika Xanthophyll Intake on Abdominal Fat in Healthy Overweight Humans: A Randomized, Double-blind, Placebo-controlled Study. J Oleo Sci. 2018;67(9):1149-1162.

169. Oliveira-de-Lira L, Santos EMC, de Souza RF, et al. Supplementation-Dependent Effects of Vegetable Oils with Varying Fatty Acid Compositions on Anthropometric and Biochemical Parameters in Obese Women. Nutrients. 2018;10(7)

170. Allaire J, Vors C, Tremblay AJ, et al. High-Dose DHA Has More Profound Effects on LDL-Related Features Than High-Dose EPA: The ComparED Study. J Clin Endocrinol Metab. 2018;103(8):2909-2917.

171. Gram AS, Petersen MB, Quist JS, Rosenkilde M, Stallknecht B, Bladbjerg EM. Effects of 6 Months of Active Commuting and Leisure-Time Exercise on Fibrin Turnover in Sedentary Individuals with Overweight and Obesity: A Randomised Controlled Trial. J Obes. 2018;2018:7140754.

172. Azevedo FR, Santoro S, Correa-Giannella ML, et al. A Prospective Randomized Controlled Trial of the Metabolic Effects of Sleeve Gastrectomy with Transit Bipartition. Obes Surg. 2018;28(10):3012-3019.

173. Fatahi S, Daneshzad E, Kord-Varkaneh H, Bellissimo N, Brett NR, Azadbakht L. Impact of Diets Rich in Whole Grains and Fruits and Vegetables on Cardiovascular Risk Factors in Overweight and Obese Women: A Randomized Clinical Feeding Trial. J

Am Coll Nutr. 2018;37(7):568-577.

174. Alcántara-Aragón V, Rodrigo-Cano S, Lupianez-Barbero A, et al. Web Support for Weight-Loss Interventions: PREDIRCAM2 Clinical Trial Baseline Characteristics and Preliminary Results. Diabetes Technol Ther. 2018;20(5):380-385.

175. Mundbjerg LH, Stolberg CR, Cecere S, et al. Supervised Physical Training Improves Weight Loss After Roux-en-Y Gastric Bypass Surgery: A Randomized Controlled Trial. Obesity (Silver Spring). 2018;26(5):828-837.

176. McKay DL, Eliasziw M, Chen CYO, Blumberg JB. A Pecan-Rich Diet Improves Cardiometabolic Risk Factors in Overweight and Obese Adults: A Randomized Controlled Trial. Nutrients. 2018;10(3)

177. Lee YJ, Lee A, Yoo HJ, et al. Effect of weight loss on circulating fatty acid profiles in overweight subjects with high visceral fat area: a 12-week randomized controlled trial. Nutr J. 2018;17(1):28.

178. Padilla-Camberos E, Barragán-Álvarez CP, Diaz-Martinez NE, Rathod V, Flores-Fernández JM. Effects of Agave fructans (Agave tequilana Weber var. azul) on Body Fat and Serum Lipids in Obesity. Plant Foods Hum Nutr. 2018;73(1):34-39.

179. Ramos-Lopez O, Riezu-Boj JI, Milagro FI, Goni L, Cuervo M, Martinez JA. Differential lipid metabolism outcomes associated with ADRB2 gene polymorphisms in response to two dietary interventions in overweight/obese subjects. Nutr Metab Cardiovasc Dis. 2018;28(2):165-172.

180. Mateo-Gallego R, Lamiquiz-Moneo I, Perez-Calahorra S, et al. Different protein composition of low-calorie diet differently impacts adipokine profile irrespective of weight loss in overweight and obese women. Nutr Metab Cardiovasc Dis. 2018;28(2):133-142.

181. Shrivastava U, Fatma M, Mohan S, Singh P, Misra A. Randomized Control Trial for Reduction of Body Weight, Body Fat

Patterning, and Cardiometabolic Risk Factors in Overweight Worksite Employees in Delhi, India. J Diabetes Res. 2017;2017:7254174.

182. Wagmacker DS, Petto J, Fraga AS, et al. Metabolic Reponses to a physical exercise session in women with excess body mass: randomized clinical trial. Lipids Health Dis. 2017;16(1):249.

183. Ando Y, Saito S, Miura H, Osaki N, Katsuragi Y. Consumption of alpha-linolenic acid-enriched diacylglycerol induces increase in dietary fat oxidation compared with alpha-linolenic acid-enriched triacylglycerol: A randomized, double-blind trial. Nutr Res. 2017;48:85-92.

184. Rock CL, Flatt SW, Barkai HS, Pakiz B, Heath DD. Walnut consumption in a weight reduction intervention: effects on body weight, biological measures, blood pressure and satiety. Nutr J. 2017;16(1):76.

185. Schiavon CA, Bersch-Ferreira AC, Santucci EV, et al. Effects of Bariatric Surgery in Obese Patients With Hypertension: The GATEWAY Randomized Trial (Gastric Bypass to Treat Obese Patients With Steady Hypertension). Circulation. 2018;137(11):1132-1142.

186. Blomquist C, Chorell E, Ryberg M, et al. Decreased lipogenesis-promoting factors in adipose tissue in postmenopausal women with overweight on a Paleolithic-type diet. Eur J Nutr. 2018;57(8):2877-2886.

187. Lima RPA, do Nascimento RAF, Luna RCP, et al. Effect of a diet containing folate and hazelnut oil capsule on the methylation level of the ADRB3 gene, lipid profile and oxidative stress in overweight or obese women. Clin Epigenetics. 2017;9:110.

188. Ferreira TDS, Antunes VP, Leal PM, Sanjuliani AF, Klein M. The influence of dietary and supplemental calcium on postprandial effects of a high-fat meal on lipaemia, glycaemia, C-reactive protein and adiponectin in obese women. Br J Nutr.

2017;118(8):607-615.

189. O'Doherty AF, Jones HS, Sathyapalan T, Ingle L, Carroll S. The Effects of Acute Interval Exercise and Strawberry Intake on Postprandial Lipemia. Med Sci Sports Exerc. 2017;49(11):2315-2323.

190. Pedley CF, Case LD, Blackwell CS, Katula JA, Vitolins MZ. The 24-month metabolic benefits of the healthy living partnerships to prevent diabetes: A community-based translational study. Diabetes Metab Syndr. 2018;12(3):215-220.

191. Chung J, Kim K, Hong J, Kong HJ. Effects of prolonged exercise versus multiple short exercise sessions on risk for metabolic syndrome and the atherogenic index in middle-aged obese women: a randomised controlled trial. BMC Womens Health. 2017;17(1):65.

192. Fedewa MV, Hathaway ED, Higgins S, Forehand RL, Schmidt MD, Evans EM. Moderate, but not vigorous, intensity exercise training reduces C-reactive protein. Acta Cardiol. 2018;73(3):283-290.

193. Kleist B, Wahrburg U, Stehle P, et al. Moderate Walking Enhances the Effects of an Energy-Restricted Diet on Fat Mass Loss and Serum Insulin in Overweight and Obese Adults in a 12-Week Randomized Controlled Trial. J Nutr. 2017;147(10):1875-1884.

194. Vella CA, Taylor K, Drummer D. High-intensity interval and moderate-intensity continuous training elicit similar enjoyment and adherence levels in overweight and obese adults. Eur J Sport Sci. 2017;17(9):1203-1211.

195. Gulati S, Misra A, Tiwari R, Sharma M, Pandey RM, Yadav CP. Effect of high-protein meal replacement on weight and cardiometabolic profile in overweight/obese Asian Indians in North India. Br J Nutr. 2017;117(11):1531-1540.

196. Rodriguez-Cristobal JJ, Alonso-Villaverde C, Panisello JM, et al. Effectiveness of a motivational intervention on overweight/obese patients in the primary healthcare: a cluster randomized trial. BMC Fam Pract. 2017;18(1):74.

197. Vink RG, Roumans NJ, van der Kolk BW, et al. Adipose Tissue Meal-Derived Fatty Acid Uptake Before and After Diet-Induced Weight Loss in Adults with Overweight and Obesity. Obesity (Silver Spring). 2017;25(8):1391-1399.

198. Vors C, Drai J, Pineau G, et al. Emulsifying dietary fat modulates postprandial endotoxemia associated with chylomicronemia in obese men: a pilot randomized crossover study. Lipids Health Dis. 2017;16(1):97.

199. Ribeiro C, Dourado G, Cesar T. Orange juice allied to a reduced-calorie diet results in weight loss and ameliorates obesity-related biomarkers: A randomized controlled trial. Nutrition. 2017;38:13-19.

200. Ard JD, Carson TL, Shikany JM, et al. Weight loss and improved metabolic outcomes amongst rural African American women in the Deep South: six-month outcomes from a community-based randomized trial. J Intern Med. 2017;282(1):102-113.

201. Littlefield LA, Papadakis Z, Rogers KM, Moncada-Jiménez J, Taylor JK, Grandjean PW. The effect of exercise intensity and excess postexercise oxygen consumption on postprandial blood lipids in physically inactive men. Appl Physiol Nutr Metab. 2017;42(9):986-993.

202. Houghton D, Hallsworth K, Thoma C, et al. Effects of Exercise on Liver Fat and Metabolism in Alcohol Drinkers. Clin Gastroenterol Hepatol. 2017;15(10):1596-1603.e3.

203. Trepanowski JF, Kroeger CM, Barnosky A, et al. Effect of Alternate-Day Fasting on Weight Loss, Weight Maintenance, and Cardioprotection Among Metabolically Healthy Obese Adults: A Randomized Clinical Trial. JAMA Intern Med. 2017;177(7):930-938.

204. Fathi Y, Ghodrati N, Zibaeenezhad MJ, Faghih S. Kefir drink causes a significant yet similar improvement in serum lipid profile, compared with low-fat milk, in a dairy-rich diet in overweight or obese premenopausal women: A randomized controlled

trial. J Clin Lipidol. 2017;11(1):136-146.

205. Juliana N, Shahar S, Sahar MA, Ghazali AR, Manaf ZA, Noah RM. 'Her shape' intervention programme for obese women with high breast adiposity. Asia Pac J Clin Nutr. 2017;26(2):278-286.

206. Bonfante IL, Chacon-Mikahil MP, Brunelli DT, et al. Combined training, FNDC5/irisin levels and metabolic markers in obese men: A randomised controlled trial. Eur J Sport Sci. 2017;17(5):629-637.

207. Heggen E, Svendsen M, Tonstad S. Smoking cessation improves cardiometabolic risk in overweight and obese subjects treated with varenicline and dietary counseling. Nutr Metab Cardiovasc Dis. 2017;27(4):335-341.

208. Williams EJ, Baines KJ, Berthon BS, Wood LG. Effects of an Encapsulated Fruit and Vegetable Juice Concentrate on Obesity-Induced Systemic Inflammation: A Randomised Controlled Trial. Nutrients. 2017;9(2)

209. Peterli R, Wölnerhanssen BK, Vetter D, et al. Laparoscopic Sleeve Gastrectomy Versus Roux-Y-Gastric Bypass for Morbid Obesity-3-Year Outcomes of the Prospective Randomized Swiss Multicenter Bypass Or Sleeve Study (SM-BOSS). Ann Surg. 2017;265(3):466-473.

210. Merra G, Gratteri S, De Lorenzo A, et al. Effects of very-low-calorie diet on body composition, metabolic state, and genes expression: a randomized double-blind placebo-controlled trial. Eur Rev Med Pharmacol Sci. 2017;21(2):329-345.

211. Pal S, Ho S, Gahler RJ, Wood S. Effect on Insulin, Glucose and Lipids in Overweight/Obese Australian Adults of 12 Months Consumption of Two Different Fibre Supplements in a Randomised Trial. Nutrients. 2017;9(2)

212. Bergeron N, Williams PT, Lamendella R, et al. Diets high in resistant starch increase plasma levels of trimethylamine-N-oxide, a gut microbiome metabolite associated with CVD risk. Br J Nutr. 2016;116(12):2020-2029.

213. Wittmann K, Sieber C, von Stengel S, et al. Impact of whole body electromyostimulation on cardiometabolic risk factors in older women with sarcopenic obesity: the randomized controlled FORMOsA-sarcopenic obesity study. Clin Interv Aging. 2016;11:1697-1706.

214. Veum VL, Laupsa-Borge J, Eng Ø, et al. Visceral adiposity and metabolic syndrome after very high-fat and low-fat isocaloric diets: a randomized controlled trial. Am J Clin Nutr. 2017;105(1):85-99.

215. Coelho R, Hermsdorff HHM, Gomide RS, Alves RDM, Bressan J. Orange juice with a high-fat meal prolongs postprandial lipemia in apparently healthy overweight/obese women. Arch Endocrinol Metab. 2017;61(3):263-268.

216. Kirwan JP, Malin SK, Scelsi AR, et al. A Whole-Grain Diet Reduces Cardiovascular Risk Factors in Overweight and Obese Adults: A Randomized Controlled Trial. J Nutr. 2016;146(11):2244-2251.

217. Madjd A, Taylor MA, Shafiei Neek L, et al. Effect of weekly physical activity frequency on weight loss in healthy overweight and obese women attending a weight loss program: a randomized controlled trial. Am J Clin Nutr. 2016;104(5):1202-1208.

218. Duncan S, Goodyear-Smith F, McPhee J, Zinn C, Grøntved A, Schofield G. Family-centered brief intervention for reducing obesity and cardiovascular disease risk: A randomized controlled trial. Obesity (Silver Spring). 2016;24(11):2311-2318.

219. Lee M, Sorn SR, Park Y, Park HK. Anthocyanin Rich-Black Soybean Testa Improved Visceral Fat and Plasma Lipid Profiles in Overweight/Obese Korean Adults: A Randomized Controlled Trial. J Med Food. 2016;19(11):995-1003.

220. Normandin E, Chmelo E, Lyles MF, Marsh AP, Nicklas BJ. Effect of Resistance Training and Caloric Restriction on the Metabolic Syndrome. Med Sci Sports Exerc. 2017;49(3):413-419.

221. de Luis D, Domingo JC, Izaola O, Casanueva FF, Bellido D, Sajoux I. Effect of DHA supplementation in a very low-calorie ketogenic diet in the treatment of obesity: a randomized clinical trial. Endocrine. 2016;54(1):111-122.

222. Madjd A, Taylor MA, Delavari A, Malekzadeh R, Macdonald IA, Farshchi HR. Beneficial effects of replacing diet beverages with water on type 2 diabetic obese women following a hypo-energetic diet: A randomized, 24-week clinical trial. Diabetes Obes Metab. 2017;19(1):125-132.

223. Mosikanon K, Arthan D, Kettawan A, Tungtrongchitr R, Prangthip P. Yeast β-Glucan Modulates Inflammation and Waist Circumference in Overweight and Obese Subjects. J Diet Suppl. 2017;14(2):173-185.

224. Nikseresht M, Hafezi Ahmadi MR, Hedayati M. Detraining-induced alterations in adipokines and cardiometabolic risk factors after nonlinear periodized resistance and aerobic interval training in obese men. Appl Physiol Nutr Metab. 2016;41(10):1018-1025.

225. Raatz SK, Johnson LK, Rosenberger TA, Picklo MJ. Twice weekly intake of farmed Atlantic salmon (Salmo salar) positively influences lipoprotein concentration and particle size in overweight men and women. Nutr Res. 2016;36(9):899-906.

226. Ruggenenti P, Abbate M, Ruggiero B, et al. Renal and Systemic Effects of Calorie Restriction in Patients With Type 2 Diabetes With Abdominal Obesity: A Randomized Controlled Trial. Diabetes. 2017;66(1):75-86.

227. Risstad H, Svanevik M, Kristinsson JA, et al. Standard vs Distal Roux-en-Y Gastric Bypass in Patients With Body Mass Index 50 to 60: A Double-blind, Randomized Clinical Trial. JAMA Surg. 2016;151(12):1146-1155.

228. Tomeleri CM, Ribeiro AS, Souza MF, et al. Resistance training improves inflammatory level, lipid and glycemic profiles in obese older women: A randomized controlled trial. Exp Gerontol. 2016;84:80-87.

229. Cox AJ, Watts AM, Zhang P, Williams LT, Cripps AW, West NP. Effects of short-term supplementation with bovine lactoferrin and/or immunoglobulins on body mass and metabolic measures: a randomised controlled trial. Int J Food Sci Nutr. 2017;68(2):219-226.

230. Camolas J, Santos O, Moreira P, do Carmo I. INDIVIDUO: Results from a patient-centered lifestyle intervention for obesity surgery candidates. Obes Res Clin Pract. 2017;11(4):475-488.

231. Valsesia A, Saris WH, Astrup A, Hager J, Masoodi M. Distinct lipid profiles predict improved glycemic control in obese, nondiabetic patients after a low-caloric diet intervention: the Diet, Obesity and Genes randomized trial. Am J Clin Nutr. 2016;104(3):566-75.

232. Weiss EP, Albert SG, Reeds DN, et al. Effects of matched weight loss from calorie restriction, exercise, or both on cardiovascular disease risk factors: a randomized intervention trial. Am J Clin Nutr. 2016;104(3):576-86.

233. Byun MS, Yu OK, Cha YS, Park TS. Korean traditional Chungkookjang improves body composition, lipid profiles and atherogenic indices in overweight/obese subjects: a double-blind, randomized, crossover, placebo-controlled clinical trial. Eur J Clin Nutr. 2016;70(10):1116-1122.

234. Mensinger JL, Calogero RM, Stranges S, Tylka TL. A weight-neutral versus weight-loss approach for health promotion in women with high BMI: A randomized-controlled trial. Appetite. 2016;105:364-74.

235. Arzola-Paniagua MA, García-Salgado López ER, Calvo-Vargas CG, Guevara-Cruz M. Efficacy of an orlistat-resveratrol combination for weight loss in subjects with obesity: A randomized controlled trial. Obesity (Silver Spring). 2016;24(7):1454-63.

236. Dempsey PC, Larsen RN, Sethi P, et al. Benefits for Type 2 Diabetes of Interrupting Prolonged Sitting With Brief Bouts of

Light Walking or Simple Resistance Activities. Diabetes Care. 2016;39(6):964-72.

237. Firouzjaei A, Li GC, Wang N, Liu WX, Zhu BM. Comparative evaluation of the therapeutic effect of metformin monotherapy with metformin and acupuncture combined therapy on weight loss and insulin sensitivity in diabetic patients. Nutr Diabetes. 2016;6(5):e209.

238. Dutour A, Abdesselam I, Ancel P, et al. Exenatide decreases liver fat content and epicardial adipose tissue in patients with obesity and type 2 diabetes: a prospective randomized clinical trial using magnetic resonance imaging and spectroscopy. Diabetes Obes Metab. 2016;18(9):882-91.

239. Tan S, Wang J, Cao L, Guo Z, Wang Y. Positive effect of exercise training at maximal fat oxidation intensity on body composition and lipid metabolism in overweight middle-aged women. Clin Physiol Funct Imaging. 2016;36(3):225-30.

240. Ma W, Huang T, Zheng Y, et al. Weight-Loss Diets, Adiponectin, and Changes in Cardiometabolic Risk in the 2-Year POUNDS Lost Trial. J Clin Endocrinol Metab. 2016;101(6):2415-22.

241. Rigamonti AE, Bini S, Rocco MC, et al. Post-prandial anorexigenic gut peptide, appetite and glucometabolic responses at different eating rates in obese patients undergoing laparoscopic sleeve gastrectomy. Endocrine. 2017;55(1):113-123.

242. Ji M, Xia L, Cao J, Zou D. Sitagliptin/Metformin Versus Insulin Glargine Combined With Metformin in Obese Subjects With Newly Diagnosed Type 2 Diabetes. Medicine (Baltimore). 2016;95(11):e2961.

243. Daubenmier J, Moran PJ, Kristeller J, et al. Effects of a mindfulness-based weight loss intervention in adults with obesity: A randomized clinical trial. Obesity (Silver Spring). 2016;24(4):794-804.

244. Razny U, Kiec-Wilk B, Polus A, et al. Effect of caloric restriction with or without n-3 polyunsaturated fatty acids on insulin

sensitivity in obese subjects: A randomized placebo controlled trial. BBA Clin. 2015;4:7-13.

245. Magkos F, Fraterrigo G, Yoshino J, et al. Effects of Moderate and Subsequent Progressive Weight Loss on Metabolic Function and Adipose Tissue Biology in Humans with Obesity. Cell Metab. 2016;23(4):591-601.

246. Hosseini B, Saedisomeolia A, Wood LG, Yaseri M, Tavasoli S. Effects of pomegranate extract supplementation on inflammation in overweight and obese individuals: A randomized controlled clinical trial. Complement Ther Clin Pract. 2016;22:44-50.

247. Li J, Armstrong CL, Campbell WW. Effects of Dietary Protein Source and Quantity during Weight Loss on Appetite, Energy Expenditure, and Cardio-Metabolic Responses. Nutrients. 2016;8(2):63.

248. Stroeve JH, Saccenti E, Bouwman J, et al. Weight loss predictability by plasma metabolic signatures in adults with obesity and morbid obesity of the DiOGenes study. Obesity (Silver Spring). 2016;24(2):379-88.

249. Le T, Flatt SW, Natarajan L, et al. Effects of Diet Composition and Insulin Resistance Status on Plasma Lipid Levels in a Weight Loss Intervention in Women. J Am Heart Assoc. 2016;5(1)

250. Ohara T, Muroyama K, Yamamoto Y, Murosaki S. Oral intake of a combination of glucosyl hesperidin and caffeine elicits an anti-obesity effect in healthy, moderately obese subjects: a randomized double-blind placebo-controlled trial. Nutr J. 2016;15:6.

251. Juraschek SP, McAdams-Demarco M, Gelber AC, et al. Effects of Lowering Glycemic Index of Dietary Carbohydrate on Plasma Uric Acid Levels: The OmniCarb Randomized Clinical Trial. Arthritis Rheumatol. 2016;68(5):1281-9.

252. Henson J, Davies MJ, Bodicoat DH, et al. Breaking Up Prolonged Sitting With Standing or Walking Attenuates the Postprandial Metabolic Response in Postmenopausal Women: A Randomized Acute Study. Diabetes Care. 2016;39(1):130-8.

253. Loftus HL, Astell KJ, Mathai ML, Su XQ. Coleus forskohlii Extract Supplementation in Conjunction with a Hypocaloric Diet Reduces the Risk Factors of Metabolic Syndrome in Overweight and Obese Subjects: A Randomized Controlled Trial. Nutrients. 2015;7(11):9508-22.

254. Besnier F, Lenclume V, Gérardin P, et al. Individualized Exercise Training at Maximal Fat Oxidation Combined with Fruit and Vegetable-Rich Diet in Overweight or Obese Women: The LIPOXmax-Réunion Randomized Controlled Trial. PLoS One. 2015;10(11):e0139246.

255. Said M, Lamya N, Olfa N, Hamda M. Effects of high-impact aerobics vs. low-impact aerobics and strength training in overweight and obese women. J Sports Med Phys Fitness. 2017;57(3):278-288.

256. Fisher G, Brown AW, Bohan Brown MM, et al. High Intensity Interval- vs Moderate Intensity- Training for Improving Cardiometabolic Health in Overweight or Obese Males: A Randomized Controlled Trial. PLoS One. 2015;10(10):e0138853.

257. Barbour JA, Howe PR, Buckley JD, Bryan J, Coates AM. Effect of 12 Weeks High Oleic Peanut Consumption on Cardio-Metabolic Risk Factors and Body Composition. Nutrients. 2015;7(9):7381-98.

258. Ribeiro AS, Pina FL, Dodero SR, et al. Effect of Conjugated Linoleic Acid Associated With Aerobic Exercise on Body Fat and Lipid Profile in Obese Women: A Randomized, Double-Blinded, and Placebo-Controlled Trial. Int J Sport Nutr Exerc Metab. 2016;26(2):135-44.

259. Rozati M, Barnett J, Wu D, et al. Cardio-metabolic and immunological impacts of extra virgin olive oil consumption in overweight and obese older adults: a randomized controlled trial. Nutr Metab (Lond). 2015;12:28.

260. Yang J, Wang C, Cao G, et al. Long-term effects of laparoscopic sleeve gastrectomy versus roux-en-Y gastric bypass for the

treatment of Chinese type 2 diabetes mellitus patients with body mass index 28-35 kg/m(2). BMC Surg. 2015;15:88.

261. Pi-Sunyer X, Astrup A, Fujioka K, et al. A Randomized, Controlled Trial of 3.0 mg of Liraglutide in Weight Management. N Engl J Med. 2015;373(1):11-22.

262. Osama AJ, Shehab Ael K. Psychological wellbeing and biochemical modulation in response to weight loss in obese type 2 diabetes patients. Afr Health Sci. 2015;15(2):503-12.

263. Chen IJ, Liu CY, Chiu JP, Hsu CH. Therapeutic effect of high-dose green tea extract on weight reduction: A randomized, double-blind, placebo-controlled clinical trial. Clin Nutr. 2016;35(3):592-9.

264. Romero-Moraleda B, Peinado Lozano AB, Morencos Martínez E, López-Plaza B, Gómez Candela C, Calderón Montero FJ. Lipid profile response to weight loss program in overweight and obese patient is related with gender and age. Nutr Hosp. 2015;31(6):2455-64.

265. Rossi FE, Fortaleza AC, Neves LM, et al. Combined Training (Aerobic Plus Strength) Potentiates a Reduction in Body Fat but Demonstrates No Difference on the Lipid Profile in Postmenopausal Women When Compared With Aerobic Training With a Similar Training Load. J Strength Cond Res. 2016;30(1):226-34.

266. Song MY, Wang JH, Eom T, Kim H. Schisandra chinensis fruit modulates the gut microbiota composition in association with metabolic markers in obese women: a randomized, double-blind placebo-controlled study. Nutr Res. 2015;35(8):655-63.

267. Soto-Molina H, Pizarro-Castellanos M, Rosado-Pérez J, et al. Six-month efficacy and safety of amfepramone in obese Mexican patients: a double-blinded, randomized, controlled trial. Int J Clin Pharmacol Ther. 2015;53(7):541-9.

268. Mahdavi R, Namazi N, Alizadeh M, Farajnia S. Effects of Nigella sativa oil with a low-calorie diet on cardiometabolic risk

factors in obese women: a randomized controlled clinical trial. Food Funct. 2015;6(6):2041-8.

269. Bruun JM, Maersk M, Belza A, Astrup A, Richelsen B. Consumption of sucrose-sweetened soft drinks increases plasma levels of uric acid in overweight and obese subjects: a 6-month randomised controlled trial. Eur J Clin Nutr. 2015;69(8):949-53.

270. Gatterer H, Haacke S, Burtscher M, et al. Normobaric Intermittent Hypoxia over 8 Months Does Not Reduce Body Weight and Metabolic Risk Factors--a Randomized, Single Blind, Placebo-Controlled Study in Normobaric Hypoxia and Normobaric Sham Hypoxia. Obes Facts. 2015;8(3):200-9.

271. Mateo-Gallego R, Marco-Benedí V, Perez-Calahorra S, et al. Energy-restricted, high-protein diets more effectively impact cardiometabolic profile in overweight and obese women than lower-protein diets. Clin Nutr. 2017;36(2):371-379.

272. Xu M, Ng SS, Bray GA, et al. Dietary Fat Intake Modifies the Effect of a Common Variant in the LIPC Gene on Changes in Serum Lipid Concentrations during a Long-Term Weight-Loss Intervention Trial. J Nutr. 2015;145(6):1289-94.

273. Cho IJ, Choung SY, Hwang YC, Ahn KJ, Chung HY, Jeong IK. Aster spathulifolius Maxim extract reduces body weight and fat mass in obese humans. Nutr Res. 2016;36(7):671-8.

274. Robert SA, Rohana AG, Shah SA, Chinna K, Wan Mohamud WN, Kamaruddin NA. Improvement in binge eating in non-diabetic obese individuals after 3 months of treatment with liraglutide - A pilot study. Obes Res Clin Pract. 2015;9(3):301-4.

275. Ghafouri K, Cooney J, Bedford DK, Wilson J, Caslake MJ, Gill JM. Moderate Exercise Increases Affinity of Large Very Low-Density Lipoproteins for Hydrolysis by Lipoprotein Lipase. J Clin Endocrinol Metab. 2015;100(6):2205-13.

276. Alencar MK, Beam JR, McCormick JJ, et al. Increased meal frequency attenuates fat-free mass losses and some markers of health status with a portion-controlled weight loss diet. Nutr Res. 2015;35(5):375-83.

277. Fuller NR, Caterson ID, Sainsbury A, et al. The effect of a high-egg diet on cardiovascular risk factors in people with type 2 diabetes: the Diabetes and Egg (DIABEGG) study-a 3-mo randomized controlled trial. Am J Clin Nutr. 2015;101(4):705-13.
278. McFarlin BK, Venable AS, Henning AL, et al. Natural cocoa consumption: Potential to reduce atherogenic factors? J Nutr Biochem. 2015;26(6):626-32.
279. Macías-Cervantes MH, Rodríguez-Soto JM, Uribarri J, Díaz-Cisneros FJ, Cai W, Garay-Sevilla ME. Effect of an advanced glycation end product-restricted diet and exercise on metabolic parameters in adult overweight men. Nutrition. 2015;31(3):446-51.
280. Risstad H, Søvik TT, Engström M, et al. Five-year outcomes after laparoscopic gastric bypass and laparoscopic duodenal switch in patients with body mass index of 50 to 60: a randomized clinical trial. JAMA Surg. 2015;150(4):352-61.
281. Dodevska MS, Sobajic SS, Djordjevic PB, Dimitrijevic-Sreckovic VS, Spasojevic-Kalimanovska VV, Djordjevic BI. Effects of total fibre or resistant starch-rich diets within lifestyle intervention in obese prediabetic adults. Eur J Nutr. 2016;55(1):127-37.
282. Rezaeipour M, Apanasenko GL, Nychyporuk VI. Investigating the effects of negative-calorie diet compared with low-calorie diet under exercise conditions on weight loss and lipid profile in overweight/obese middle-aged and older men. Turk J Med Sci. 2014;44(5):792-8.
283. Bajerska J, Mildner-Szkudlarz S, Walkowiak J. Effects of rye bread enriched with green tea extract on weight maintenance and the characteristics of metabolic syndrome following weight loss: a pilot study. J Med Food. 2015;18(6):698-705.
284. Yamauchi K, Katayama T, Yamauchi T, et al. Efficacy of a 3-month lifestyle intervention program using a Japanese-style healthy plate on body weight in overweight and obese diabetic Japanese subjects: a randomized controlled trial. Nutr J. 2014;13:108.
285. Moreira AP, Teixeira TF, Alves RD, et al. Effect of a high-fat meal containing conventional or high-oleic peanuts on

post-prandial lipopolysaccharide concentrations in overweight/obese men. J Hum Nutr Diet. 2016;29(1):95-104.

286. Cases J, Romain C, Dallas C, Gerbi A, Cloarec M. Regular consumption of Fiit-ns, a polyphenol extract from fruit and vegetables frequently consumed within the Mediterranean diet, improves metabolic ageing of obese volunteers: a randomized, double-blind, parallel trial. Int J Food Sci Nutr. 2015;66(1):120-5.

287. Worsley R, Jane F, Robinson PJ, Bell RJ, Davis SR. Metformin for overweight women at midlife: a double-blind, randomized, controlled trial. Climacteric. 2015;18(2):270-7.

288. Hoddy KK, Kroeger CM, Trepanowski JF, Barnosky A, Bhutani S, Varady KA. Meal timing during alternate day fasting: Impact on body weight and cardiovascular disease risk in obese adults. Obesity (Silver Spring). 2014;22(12):2524-31.

289. Tay J, Luscombe-Marsh ND, Thompson CH, et al. A very low-carbohydrate, low-saturated fat diet for type 2 diabetes management: a randomized trial. Diabetes Care. 2014;37(11):2909-18.

290. Foraker RE, Pennell M, Sprangers P, Vitolins MZ, DeGraffinreid C, Paskett ED. Effect of a low-fat or low-carbohydrate weight-loss diet on markers of cardiovascular risk among premenopausal women: a randomized trial. J Womens Health (Larchmt). 2014;23(8):675-80.

291. Choo J, Lee J, Cho JH, Burke LE, Sekikawa A, Jae SY. Effects of weight management by exercise modes on markers of subclinical atherosclerosis and cardiometabolic profile among women with abdominal obesity: a randomized controlled trial. BMC Cardiovasc Disord. 2014;14:82.

292. van Nielen M, Feskens EJ, Rietman A, Siebelink E, Mensink M. Partly replacing meat protein with soy protein alters insulin resistance and blood lipids in postmenopausal women with abdominal obesity. J Nutr. 2014;144(9):1423-9.

293. Moreira Alves RD, Boroni Moreira AP, Macedo VS, et al. High-oleic peanuts: new perspective to attenuate glucose homeostasis disruption and inflammation related obesity. Obesity (Silver Spring). 2014;22(9):1981-8.

294. Bracale R, Petroni ML, Davinelli S, et al. Muscle uncoupling protein 3 expression is unchanged by chronic ephedrine/caffeine treatment: results of a double blind, randomised clinical trial in morbidly obese females. PLoS One. 2014;9(6):e98244.

295. Telles S, Sharma SK, Yadav A, Singh N, Balkrishna A. A comparative controlled trial comparing the effects of yoga and walking for overweight and obese adults. Med Sci Monit. 2014;20:894-904.

296. Larsen RN, Kingwell BA, Sethi P, Cerin E, Owen N, Dunstan DW. Breaking up prolonged sitting reduces resting blood pressure in overweight/obese adults. Nutr Metab Cardiovasc Dis. 2014;24(9):976-82.

297. Guo Y, Xing M, Sun W, Yuan X, Dai H, Ding H. Plasma nesfatin-1 level in obese patients after acupuncture: a randomised controlled trial. Acupunct Med. 2014;32(4):313-7.

298. Saslow LR, Kim S, Daubenmier JJ, et al. A randomized pilot trial of a moderate carbohydrate diet compared to a very low carbohydrate diet in overweight or obese individuals with type 2 diabetes mellitus or prediabetes. PLoS One. 2014;9(4):e91027.

299. Tapsell LC, Batterham MJ, Thorne RL, O'Shea JE, Grafenauer SJ, Probst YC. Weight loss effects from vegetable intake: a 12-month randomised controlled trial. Eur J Clin Nutr. 2014;68(7):778-85.

300. Lowndes J, Sinnett S, Pardo S, et al. The effect of normally consumed amounts of sucrose or high fructose corn syrup on lipid profiles, body composition and related parameters in overweight/obese subjects. Nutrients. 2014;6(3):1128-44.

301. Thorp AA, Kingwell BA, Sethi P, Hammond L, Owen N, Dunstan DW. Alternating bouts of sitting and standing attenuate

postprandial glucose responses. Med Sci Sports Exerc. 2014;46(11):2053-61.

302. Wong AT, Chan DC, Barrett PH, Adams LA, Watts GF. Effect of ω-3 fatty acid ethyl esters on apolipoprotein B-48 kinetics in obese subjects on a weight-loss diet: a new tracer kinetic study in the postprandial state. J Clin Endocrinol Metab. 2014;99(8):E1427-35.

303. Calbet JA, Ponce-González JG, Pérez-Suárez I, de la Calle Herrero J, Holmberg HC. A time-efficient reduction of fat mass in 4 days with exercise and caloric restriction. Scand J Med Sci Sports. 2015;25(2):223-33.

304. Mirzaei K, Hossein-Nezhad A, Keshavarz SA, et al. Insulin resistance via modification of PGC1α function identifying a possible preventive role of vitamin D analogues in chronic inflammatory state of obesity. A double blind clinical trial study. Minerva Med. 2014;105(1):63-78.

305. Mellberg C, Sandberg S, Ryberg M, et al. Long-term effects of a Palaeolithic-type diet in obese postmenopausal women: a 2-year randomized trial. Eur J Clin Nutr. 2014;68(3):350-7.

306. Milsom VA, Malcolm RJ, Johnson GC, et al. Changes in cardiovascular risk factors with participation in a 12-week weight loss trial using a commercial format. Eat Behav. 2014;15(1):68-71.

307. Shirai K, Saiki A, Oikawa S, et al. The effects of partial use of formula diet on weight reduction and metabolic variables in obese type 2 diabetic patients--multicenter trial. Obes Res Clin Pract. 2013;7(1):e43-54.

308. Rabinovitz HR, Boaz M, Ganz T, et al. Big breakfast rich in protein and fat improves glycemic control in type 2 diabetics. Obesity (Silver Spring). 2014;22(5):E46-54.

309. Mielgo-Ayuso J, Barrenechea L, Alcorta P, Larrarte E, Margareto J, Labayen I. Effects of dietary supplementation with

epigallocatechin-3-gallate on weight loss, energy homeostasis, cardiometabolic risk factors and liver function in obese women: randomised, double-blind, placebo-controlled clinical trial. Br J Nutr. 2014;111(7):1263-71.

310. Hollander P, Gupta AK, Plodkowski R, et al. Effects of naltrexone sustained-release/bupropion sustained-release combination therapy on body weight and glycemic parameters in overweight and obese patients with type 2 diabetes. Diabetes Care. 2013;36(12):4022-9.

311. Alves NE, Enes BN, Martino HS, Alfenas Rde C, Ribeiro SM. Meal replacement based on Human Ration modulates metabolic risk factors during body weight loss: a randomized controlled trial. Eur J Nutr. 2014;53(3):939-50.

312. Ruth MR, Port AM, Shah M, et al. Consuming a hypocaloric high fat low carbohydrate diet for 12 weeks lowers C-reactive protein, and raises serum adiponectin and high density lipoprotein-cholesterol in obese subjects. Metabolism. 2013;62(12):1779-87.

313. Tovar J, Nilsson A, Johansson M, Björck I. Combining functional features of whole-grain barley and legumes for dietary reduction of cardiometabolic risk: a randomised cross-over intervention in mature women. Br J Nutr. 2014;111(4):706-14.

314. Croymans DM, Krell SL, Oh CS, et al. Effects of resistance training on central blood pressure in obese young men. J Hum Hypertens. 2014;28(3):157-64.

315. Vetter ML, Wadden TA, Chittams J, et al. Effect of lifestyle intervention on cardiometabolic risk factors: results of the POWER-UP trial. Int J Obes (Lond). 2013;37 Suppl 1(0 1):S19-24.

316. Vinkers CD, Adriaanse MA, Kroese FM, de Ridder DT. Efficacy of a self-management intervention for weight control in overweight and obese adults: a randomized controlled trial. J Behav Med. 2014;37(4):781-92.

317. Botero JP, Prado WL, Guerra RL, et al. Does aerobic exercise intensity affect health-related parameters in overweight

women? Clin Physiol Funct Imaging. 2014;34(2):138-42.

318. Hu X, Gao J, Zhang Q, et al. Soy fiber improves weight loss and lipid profile in overweight and obese adults: a randomized controlled trial. Mol Nutr Food Res. 2013;57(12):2147-54.

319. Kim SH, Abbasi F, Lamendola C, et al. Benefits of liraglutide treatment in overweight and obese older individuals with prediabetes. Diabetes Care. 2013;36(10):3276-82.

320. Bouchonville M, Armamento-Villareal R, Shah K, et al. Weight loss, exercise or both and cardiometabolic risk factors in obese older adults: results of a randomized controlled trial. Int J Obes (Lond). 2014;38(3):423-31.

321. Romero Moraleda B, Morencos E, Peinado AB, Bermejo L, Gómez Candela C, Benito PJ. Can the exercise mode determine lipid profile improvements in obese patients? Nutr Hosp. 2013;28(3):607-17.

322. Ikramuddin S, Korner J, Lee WJ, et al. Roux-en-Y gastric bypass vs intensive medical management for the control of type 2 diabetes, hypertension, and hyperlipidemia: the Diabetes Surgery Study randomized clinical trial. Jama. 2013;309(21):2240-9.

323. Tey SL, Gray AR, Chisholm AW, Delahunty CM, Brown RC. The dose of hazelnuts influences acceptance and diet quality but not inflammatory markers and body composition in overweight and obese individuals. J Nutr. 2013;143(8):1254-62.

324. Nicklas JM, Sacks FM, Smith SR, et al. Effect of dietary composition of weight loss diets on high-sensitivity c-reactive protein: the Randomized POUNDS LOST trial. Obesity (Silver Spring). 2013;21(4):681-9.

325. Stocks T, Taylor MA, Angquist L, et al. Change in proportional protein intake in a 10-week energy-restricted low- or high-fat diet, in relation to changes in body size and metabolic factors. Obes Facts. 2013;6(3):217-27.

326. Wright OR, Netzel GA, Sakzewski AR. A randomized, double-blind, placebo-controlled trial of the effect of dried purple

carrot on body mass, lipids, blood pressure, body composition, and inflammatory markers in overweight and obese adults: the QUENCH trial. Can J Physiol Pharmacol. 2013;91(6):480-8.

327. Kim SH, Lee SH, Ahn KY, et al. Effect of lifestyle modification on serum chemerin concentration and its association with insulin sensitivity in overweight and obese adults with type 2 diabetes. Clin Endocrinol (Oxf). 2014;80(6):825-33.

328. Munro IA, Garg ML. Dietary supplementation with long chain omega-3 polyunsaturated fatty acids and weight loss in obese adults. Obes Res Clin Pract. 2013;7(3):e173-81.

329. Astell KJ, Mathai ML, McAinch AJ, Stathis CG, Su XQ. A pilot study investigating the effect of Caralluma fimbriata extract on the risk factors of metabolic syndrome in overweight and obese subjects: a randomised controlled clinical trial. Complement Ther Med. 2013;21(3):180-9.

330. Tonstad S, Malik N, Haddad E. A high-fibre bean-rich diet versus a low-carbohydrate diet for obesity. J Hum Nutr Diet. 2014;27 Suppl 2:109-16.

331. Venojärvi M, Korkmaz A, Wasenius N, et al. 12 weeks' aerobic and resistance training without dietary intervention did not influence oxidative stress but aerobic training decreased atherogenic index in middle-aged men with impaired glucose regulation. Food Chem Toxicol. 2013;61:127-35.

332. Lamprecht M, Obermayer G, Steinbauer K, et al. Supplementation with a juice powder concentrate and exercise decrease oxidation and inflammation, and improve the microcirculation in obese women: randomised controlled trial data. Br J Nutr. 2013;110(9):1685-95.

333. Tang M, Armstrong CL, Leidy HJ, Campbell WW. Normal vs. high-protein weight loss diets in men: effects on body

composition and indices of metabolic syndrome. Obesity (Silver Spring). 2013;21(3):E204-10.

334. Reimer RA, Yamaguchi H, Eller LK, et al. Changes in visceral adiposity and serum cholesterol with a novel viscous polysaccharide in Japanese adults with abdominal obesity. Obesity (Silver Spring). 2013;21(9):E379-87.

335. Fuller NR, Pearson S, Lau NS, et al. An intragastric balloon in the treatment of obese individuals with metabolic syndrome: a randomized controlled study. Obesity (Silver Spring). 2013;21(8):1561-70.

336. Jakubowicz D, Barnea M, Wainstein J, Froy O. High caloric intake at breakfast vs. dinner differentially influences weight loss of overweight and obese women. Obesity (Silver Spring). 2013;21(12):2504-12.

337. Beebe N, Magnanti S, Katkowski L, et al. Effects of the addition of t'ai chi to a dietary weight loss program on lipoprotein atherogenicity in obese older women. J Altern Complement Med. 2013;19(9):759-66.

338. Unick JL, Beavers D, Bond DS, et al. The long-term effectiveness of a lifestyle intervention in severely obese individuals. Am J Med. 2013;126(3):236-42, 242.e1-2.

339. Mohler ER, 3rd, Sibley AA, Stein R, et al. Endothelial function and weight loss: comparison of low-carbohydrate and low-fat diets. Obesity (Silver Spring). 2013;21(3):504-9.

340. Bhutani S, Klempel MC, Kroeger CM, Trepanowski JF, Varady KA. Alternate day fasting and endurance exercise combine to reduce body weight and favorably alter plasma lipids in obese humans. Obesity (Silver Spring). 2013;21(7):1370-9.

341. Webber KH, Rose SA. A pilot Internet-based behavioral weight loss intervention with or without commercially available portion-controlled foods. Obesity (Silver Spring). 2013;21(9):E354-9.

342. Marinik EL, Frisard MI, Hulver MW, et al. Angiotensin II receptor blockade and insulin sensitivity in overweight and obese

adults with elevated blood pressure. Ther Adv Cardiovasc Dis. 2013;7(1):11-20.

343. Zhu W, Cai D, Wang Y, et al. Calcium plus vitamin D3 supplementation facilitated fat loss in overweight and obese college students with very-low calcium consumption: a randomized controlled trial. Nutr J. 2013;12:8.

344. García-Unciti M, Izquierdo M, Idoate F, et al. Weight-loss diet alone or combined with progressive resistance training induces changes in association between the cardiometabolic risk profile and abdominal fat depots. Ann Nutr Metab. 2012;61(4):296-304.

345. Vix M, Diana M, Liu KH, et al. Evolution of glycolipid profile after sleeve gastrectomy vs. Roux-en-Y gastric bypass: results of a prospective randomized clinical trial. Obes Surg. 2013;23(5):613-21.

346. Klempel MC, Kroeger CM, Bhutani S, Trepanowski JF, Varady KA. Intermittent fasting combined with calorie restriction is effective for weight loss and cardio-protection in obese women. Nutr J. 2012;11:98.

347. Venojärvi M, Wasenius N, Manderoos S, et al. Nordic walking decreased circulating chemerin and leptin concentrations in middle-aged men with impaired glucose regulation. Ann Med. 2013;45(2):162-70.

348. Ho SS, Dhaliwal SS, Hills AP, Pal S. The effect of 12 weeks of aerobic, resistance or combination exercise training on cardiovascular risk factors in the overweight and obese in a randomized trial. BMC Public Health. 2012;12:704.

349. Fayh AP, Lopes AL, da Silva AM, Reischak-Oliveira A, Friedman R. Effects of 5 % weight loss through diet or diet plus exercise on cardiovascular parameters of obese: a randomized clinical trial. Eur J Nutr. 2013;52(5):1443-50.

350. Sengupta K, Mishra AT, Rao MK, Sarma KV, Krishnaraju AV, Trimurtulu G. Efficacy and tolerability of a novel herbal formulation for weight management in obese subjects: a randomized double blind placebo controlled clinical study. Lipids Health

Dis. 2012;11:122.

351. Itariu BK, Zeyda M, Hochbrugger EE, et al. Long-chain n-3 PUFAs reduce adipose tissue and systemic inflammation in severely obese nondiabetic patients: a randomized controlled trial. Am J Clin Nutr. 2012;96(5):1137-49.

352. Whyte LJ, Ferguson C, Wilson J, Scott RA, Gill JM. Effects of single bout of very high-intensity exercise on metabolic health biomarkers in overweight/obese sedentary men. Metabolism. 2013;62(2):212-9.

353. Melanson KJ, Summers A, Nguyen V, et al. Body composition, dietary composition, and components of metabolic syndrome in overweight and obese adults after a 12-week trial on dietary treatments focused on portion control, energy density, or glycemic index. Nutr J. 2012;11:57.

354. Ponce J, Quebbemann BB, Patterson EJ. Prospective, randomized, multicenter study evaluating safety and efficacy of intragastric dual-balloon in obesity. Surg Obes Relat Dis. 2013;9(2):290-5.

355. Klempel MC, Kroeger CM, Varady KA. Alternate day fasting (ADF) with a high-fat diet produces similar weight loss and cardio-protection as ADF with a low-fat diet. Metabolism. 2013;62(1):137-43.

356. Zhang X, Qi Q, Bray GA, Hu FB, Sacks FM, Qi L. APOA5 genotype modulates 2-y changes in lipid profile in response to weight-loss diet intervention: the Pounds Lost Trial. Am J Clin Nutr. 2012;96(4):917-22.

357. Ke B, Shi L, Jun-jie Z, Chen DS, Meng J, Qin J. Protective effects of modified linggui zhugan decoction combined with short-term very low calorie diets on cardiovascular risk factors in obese patients with impaired glucose tolerance. J Tradit Chin Med. 2012;32(2):193-8.

358. Abdi H, Abbasi-Parizad P, Zhao B, et al. Effects of auricular acupuncture on anthropometric, lipid profile, inflammatory,

and immunologic markers: a randomized controlled trial study. J Altern Complement Med. 2012;18(7):668-77.

359. Foster GD, Shantz KL, Vander Veur SS, et al. A randomized trial of the effects of an almond-enriched, hypocaloric diet in the treatment of obesity. Am J Clin Nutr. 2012;96(2):249-54.

360. Ebbeling CB, Swain JF, Feldman HA, et al. Effects of dietary composition on energy expenditure during weight-loss maintenance. Jama. 2012;307(24):2627-34.

361. Kelly AS, Bergenstal RM, Gonzalez-Campoy JM, Katz H, Bank AJ. Effects of exenatide vs. metformin on endothelial function in obese patients with pre-diabetes: a randomized trial. Cardiovasc Diabetol. 2012;11:64.

362. Sulibursk a J, Bogdanski P, Szulinska M, Stepien M, Pupek-Musialik D, Jablecka A. Effects of green tea supplementation on elements, total antioxidants, lipids, and glucose values in the serum of obese patients. Biol Trace Elem Res. 2012;149(3):315-22.

363. Alizadeh M, Safaeiyan A, Ostadrahimi A, et al. Effect of L-arginine and selenium added to a hypocaloric diet enriched with legumes on cardiovascular disease risk factors in women with central obesity: a randomized, double-blind, placebo-controlled trial. Ann Nutr Metab. 2012;60(2):157-68.

364. Bjermo H, Iggman D, Kullberg J, et al. Effects of n-6 PUFAs compared with SFAs on liver fat, lipoproteins, and inflammation in abdominal obesity: a randomized controlled trial. Am J Clin Nutr. 2012;95(5):1003-12.

365. Backhouse K, Sarac I, Shojaee-Moradie F, et al. Fatty acid flux and oxidation are increased by rimonabant in obese women. Metabolism. 2012;61(9):1220-3.

366. Kim JW, Kim DY. Effects of aerobic exercise training on serum sex hormone binding globulin, body fat index, and metabolic syndrome factors in obese postmenopausal women. Metab Syndr Relat Disord. 2012;10(6):452-7.

367. Greene NP, Martin SE, Crouse SF. Acute exercise and training alter blood lipid and lipoprotein profiles differently in overweight and obese men and women. Obesity (Silver Spring). 2012;20(8):1618-27.

368. Boesten JE, Kaper J, Stoffers HE, Kroon AA, van Schayck OC. Rimonabant improves obesity but not the overall cardiovascular risk and quality of life; results from CARDIO-REDUSE (CArdiometabolic Risk reDuctIOn by Rimonabant: the Effectiveness in Daily practice and its USE). Fam Pract. 2012;29(5):521-7.

369. Chen SC, Lin YH, Huang HP, Hsu WL, Houng JY, Huang CK. Effect of conjugated linoleic acid supplementation on weight loss and body fat composition in a Chinese population. Nutrition. 2012;28(5):559-65.

370. Elisha B, Rabasa-Lhoret R, Messier V, Abdulnour J, Karelis AD. Relationship between the body adiposity index and cardiometabolic risk factors in obese postmenopausal women. Eur J Nutr. 2013;52(1):145-51.

371. Maersk M, Belza A, Stødkilde-Jørgensen H, et al. Sucrose-sweetened beverages increase fat storage in the liver, muscle, and visceral fat depot: a 6-mo randomized intervention study. Am J Clin Nutr. 2012;95(2):283-9.

372. Ross AB, Bourgeois A, Macharia HN, et al. Plasma alkylresorcinols as a biomarker of whole-grain food consumption in a large population: results from the WHOLEheart Intervention Study. Am J Clin Nutr. 2012;95(1):204-11.

373. Andersson U, Berger K, Högberg A, Landin-Olsson M, Holm C. Effects of rose hip intake on risk markers of type 2 diabetes and cardiovascular disease: a randomized, double-blind, cross-over investigation in obese persons. Eur J Clin Nutr. 2012;66(5):585-90.

374. Familiari P, Costamagna G, Bléro D, et al. Transoral gastroplasty for morbid obesity: a multicenter trial with a 1-year outcome. Gastrointest Endosc. 2011;74(6):1248-58.

375. Dillard TH, Purnell JQ, Smith MD, et al. Omentectomy added to Roux-en-Y gastric bypass surgery: a randomized, controlled trial. Surg Obes Relat Dis. 2013;9(2):269-75.

376. Lee JA, Kim JW, Kim DY. Effects of yoga exercise on serum adiponectin and metabolic syndrome factors in obese postmenopausal women. Menopause. 2012;19(3):296-301.

377. Zunino SJ, Parelman MA, Freytag TL, et al. Effects of dietary strawberry powder on blood lipids and inflammatory markers in obese human subjects. Br J Nutr. 2012;108(5):900-9.

378. Timmers S, Konings E, Bilet L, et al. Calorie restriction-like effects of 30 days of resveratrol supplementation on energy metabolism and metabolic profile in obese humans. Cell Metab. 2011;14(5):612-22.

379. Balducci S, Zanuso S, Cardelli P, et al. Supervised exercise training counterbalances the adverse effects of insulin therapy in overweight/obese subjects with type 2 diabetes. Diabetes Care. 2012;35(1):39-41.

380. Valente EA, Sheehy ME, Avila JJ, Gutierres JA, Delmonico MJ, Lofgren IE. The effect of the addition of resistance training to a dietary education intervention on apolipoproteins and diet quality in overweight and obese older adults. Clin Interv Aging. 2011;6:235-41.

381. Farina MG, Baratta R, Nigro A, et al. Intragastric balloon in association with lifestyle and/or pharmacotherapy in the long-term management of obesity. Obes Surg. 2012;22(4):565-71.

382. Leichtle AB, Helmschrodt C, Ceglarek U, et al. Effects of a 2-y dietary weight-loss intervention on cholesterol metabolism in moderately obese men. Am J Clin Nutr. 2011;94(5):1189-95.

383. Petry NM, Barry D, Pescatello L, White WB. A low-cost reinforcement procedure improves short-term weight loss

outcomes. Am J Med. 2011;124(11):1082-5.

384. Brown AL, Lane J, Holyoak C, Nicol B, Mayes AE, Dadd T. Health effects of green tea catechins in overweight and obese men: a randomised controlled cross-over trial. Br J Nutr. 2011;106(12):1880-9.

385. Kim EK, An SY, Lee MS, et al. Fermented kimchi reduces body weight and improves metabolic parameters in overweight and obese patients. Nutr Res. 2011;31(6):436-43.

386. Pfeuffer M, Fielitz K, Laue C, et al. CLA does not impair endothelial function and decreases body weight as compared with safflower oil in overweight and obese male subjects. J Am Coll Nutr. 2011;30(1):19-28.

387. Lyon M, Wood S, Pelletier X, Donazzolo Y, Gahler R, Bellisle F. Effects of a 3-month supplementation with a novel soluble highly viscous polysaccharide on anthropometry and blood lipids in nondieting overweight or obese adults. J Hum Nutr Diet. 2011;24(4):351-9.

388. Dekkers JC, van Wier MF, Ariëns GA, et al. Comparative effectiveness of lifestyle interventions on cardiovascular risk factors among a Dutch overweight working population: a randomized controlled trial. BMC Public Health. 2011;11(1):49.

389. Farnetti S, Malandrino N, Luciani D, Gasbarrini G, Capristo E. Food fried in extra-virgin olive oil improves postprandial insulin response in obese, insulin-resistant women. J Med Food. 2011;14(3):316-21.

390. Venn BJ, Perry T, Green TJ, et al. The effect of increasing consumption of pulses and wholegrains in obese people: a randomized controlled trial. J Am Coll Nutr. 2010;29(4):365-72.

391. Chen SC, Ueng KC, Lee SH, Sun KT, Lee MC. Effect of t'ai chi exercise on biochemical profiles and oxidative stress indicators in obese patients with type 2 diabetes. J Altern Complement Med. 2010;16(11):1153-9.

392. Miyashita M, Sasai H, Tanaka K. Post-prandial capillary triacylglycerol responses to moderate exercise in centrally obese middle-aged men. J Sports Sci. 2010;28(12):1269-75.

393. Morenga LT, Williams S, Brown R, Mann J. Effect of a relatively high-protein, high-fiber diet on body composition and metabolic risk factors in overweight women. Eur J Clin Nutr. 2010;64(11):1323-31.

394. Pal S, Khossousi A, Binns C, Dhaliwal S, Ellis V. The effect of a fibre supplement compared to a healthy diet on body composition, lipids, glucose, insulin and other metabolic syndrome risk factors in overweight and obese individuals. Br J Nutr. 2011;105(1):90-100.

395. Greenway FL, Fujioka K, Plodkowski RA, et al. Effect of naltrexone plus bupropion on weight loss in overweight and obese adults (COR-I): a multicentre, randomised, double-blind, placebo-controlled, phase 3 trial. Lancet. 2010;376(9741):595-605.

396. Torres MR, Francischetti EA, Genelhu V, Sanjuliani AF. Effect of a high-calcium energy-reduced diet on abdominal obesity and cardiometabolic risk factors in obese Brazilian subjects. Int J Clin Pract. 2010;64(8):1076-83.

397. Herrera MF, Pantoja JP, Velázquez-Fernández D, et al. Potential additional effect of omentectomy on metabolic syndrome, acute-phase reactants, and inflammatory mediators in grade III obese patients undergoing laparoscopic Roux-en-Y gastric bypass: a randomized trial. Diabetes Care. 2010;33(7):1413-8.

398. Palacios C, Bertrán JJ, Ríos RE, Soltero S. No effects of low and high consumption of dairy products and calcium supplements on body composition and serum lipids in Puerto Rican obese adults. Nutrition. 2011;27(5):520-5.

399. Ferré R, Plana N, Merino J, et al. Effects of therapeutic lifestyle changes on peripheral artery tonometry in patients with abdominal obesity. Nutr Metab Cardiovasc Dis. 2012;22(2):95-102.

400. Pal S, Ellis V, Ho S. Acute effects of whey protein isolate on cardiovascular risk factors in overweight, post-menopausal women. Atherosclerosis. 2010;212(1):339-44.

401. Hermsdorff HH, Zulet M, Abete I, Martínez JA. A legume-based hypocaloric diet reduces proinflammatory status and improves metabolic features in overweight/obese subjects. Eur J Nutr. 2011;50(1):61-9.

402. Plotnikoff RC, Eves N, Jung M, Sigal RJ, Padwal R, Karunamuni N. Multicomponent, home-based resistance training for obese adults with type 2 diabetes: a randomized controlled trial. Int J Obes (Lond). 2010;34(12):1733-41.

403. Papakonstantinou E, Triantafillidou D, Panagiotakos DB, et al. A high-protein low-fat diet is more effective in improving blood pressure and triglycerides in calorie-restricted obese individuals with newly diagnosed type 2 diabetes. Eur J Clin Nutr. 2010;64(6):595-602.

404. Wycherley TP, Noakes M, Clifton PM, Cleanthous X, Keogh JB, Brinkworth GD. A high-protein diet with resistance exercise training improves weight loss and body composition in overweight and obese patients with type 2 diabetes. Diabetes Care. 2010;33(5):969-76.

405. Jorde R, Sneve M, Torjesen P, Figenschau Y. No improvement in cardiovascular risk factors in overweight and obese subjects after supplementation with vitamin D3 for 1 year. J Intern Med. 2010;267(5):462-72.

406. Hernandez TL, Sutherland JP, Wolfe P, et al. Lack of suppression of circulating free fatty acids and hypercholesterolemia during weight loss on a high-fat, low-carbohydrate diet. Am J Clin Nutr. 2010;91(3):578-85.

407. Ibáñez J, Izquierdo M, Martínez-Labari C, et al. Resistance training improves cardiovascular risk factors in obese women despite a significative decrease in serum adiponectin levels. Obesity (Silver Spring). 2010;18(3):535-41.

408. Gripeteg L, Torgerson J, Karlsson J, Lindroos AK. Prolonged refeeding improves weight maintenance after weight loss with very-low-energy diets. Br J Nutr. 2010;103(1):141-8.
409. Tapsell L, Batterham M, Huang XF, et al. Short term effects of energy restriction and dietary fat sub-type on weight loss and disease risk factors. Nutr Metab Cardiovasc Dis. 2010;20(5):317-25.
410. Armendáriz-Anguiano AL, Jiménez-Cruz A, Bacardí-Gascón M, Hurtado-Ayala L. Effect of a low glycemic load on body composition and Homeostasis Model Assessment (HOMA) in overweight and obese subjects. Nutr Hosp. 2011;26(1):170-5.
411. Amare F, Alemu Y, Enichalew M, Demilie Y, Adamu S. Effects of aerobic, resistance, and combined exercise training on body fat and glucolipid metabolism in inactive middle-aged adults with overweight or obesity: a randomized trial. BMC Sports Sci Med Rehabil. 2024;16(1):189.
412. Chen CY, Chien YW. Fresh Tomato (Lycopersicon esculentum Mill.) in the Diet Improves the Features of the Metabolic Syndrome: A Randomized Study in Postmenopausal Women. Biology (Basel). 2024;13(8)
413. Chandake S, Tubaki BR, Gonugade V, Sharma O. Efficacy of tryushnadya churna in metabolic syndrome with obesity - A randomized double blind controlled clinical trial. J Ayurveda Integr Med. 2024;15(4):100973.
414. Baba Y, Azuma N, Saito Y, Takahashi K, Matsui R, Takara T. Effect of Intake of Bifidobacteria and Dietary Fiber on Resting Energy Expenditure: A Randomized, Placebo-Controlled, Double-Blind, Parallel-Group Comparison Study. Nutrients. 2024;16(14)
415. Sooriyaarachchi P, Jayawardena R, Pavey T, King NA. A low-calorie meal replacement improves body composition and metabolic parameters in shift workers with overweight and obesity: a randomized, controlled, parallel group trial. Nutr Metab (Lond). 2024;21(1):32.

416. Lee Y, Kim N, Go S, Kim J, Park J. Sugary snack restriction enhances body composition improvement in overweight women engaging in non-face-to-face walking during COVID-19. Front Public Health. 2024;12:1396598.
417. Elahikhah M, Haidari F, Khalesi S, Shahbazian H, Mohammadshahi M, Aghamohammadi V. Milk protein concentrate supplementation improved appetite, metabolic parameters, adipocytokines, and body composition in dieting women with obesity: a randomized controlled trial. BMC Nutr. 2024;10(1):80.
418. Dotimas LG, Ojo B, Kaur A, et al. Wheat germ supplementation has modest effects on gut health markers but improves glucose homeostasis markers in adults classified as overweight: A randomized controlled pilot study. Nutr Res. 2024;127:13-26.
419. Govindasamy K, Gogoi H, Jebabli N, et al. The effects of kettlebell training versus resistance training using the own body mass on physical fitness and physiological adaptations in obese adults: a randomized controlled trial. BMC Sports Sci Med Rehabil. 2024;16(1):106.
420. Shin SM, Park JS, Kim SB, Cho YH, Seo H, Lee HS. A 12-Week, Single-Centre, Randomised, Double-Blind, Placebo-Controlled, Parallel-Design Clinical Trial for the Evaluation of the Efficacy and Safety of Lactiplantibacillus plantarum SKO-001 in Reducing Body Fat. Nutrients. 2024;16(8)
421. Mongkolsucharitkul P, Pinsawas B, Surawit A, et al. Diabetes-Specific Complete Smoothie Formulas Improve Postprandial Glycemic Response in Obese Type 2 Diabetic Individuals: A Randomized Crossover Trial. Nutrients. 2024;16(3)
422. Laouani A, Nasrallah H, Sassi A, et al. Antiobesity and Hypolipidemic Potential of Nitraria retusa Extract in Overweight/Obese Women: A Randomized, Double-Blind, Placebo-Controlled Pilot Study. Nutrients. 2024;16(2)
423. Khan G, Hussain MI, Gull Khan J, et al. Effect of Salvia hispanica (Chia seeds) and Foeniculum vulgare (Fennel seeds)

against weight-loss and lipid profile in obese human subjects. Pak J Pharm Sci. 2024;37(1(Special)):231-234.

424. Diao Z, Molludi J, Latef Fateh H, Moradi S. Comparison of the low-calorie DASH diet and a low-calorie diet on serum TMAO concentrations and gut microbiota composition of adults with overweight/obesity: a randomized control trial. Int J Food Sci Nutr. 2024;75(2):207-220.

425. López-Yerena A, Padro T, de Santisteban Villaplana V, et al. Vascular and Platelet Effects of Tomato Soffritto Intake in Overweight and Obese Subjects. Nutrients. 2023;15(24)

426. Aghabeiglooei Z, Namazi N, Karimi M, Soleymani S, Ayati MH, Rezaeizadeh H. Effects of Komouni Formulation (Herbal Product of Persian Medicine) With a Low-Calorie Diet on Cardiometabolic Risk Factors in Overweight and Obese Women: A Triple-Blinded Randomized Clinical Trial. Iran J Pharm Res. 2023;22(1):e136114.

427. Tricò D, Masoni MC, Baldi S, et al. Early time-restricted carbohydrate consumption vs conventional dieting in type 2 diabetes: a randomised controlled trial. Diabetologia. 2024;67(2):263-274.

428. Lincoff AM, Brown-Frandsen K, Colhoun HM, et al. Semaglutide and Cardiovascular Outcomes in Obesity without Diabetes. N Engl J Med. 2023;389(24):2221-2232.

429. Zhang X, DeScenza VR, Chaplow ZL, et al. Effect of a Telephone-Based Lifestyle Intervention on Weight, Body Composition, and Metabolic Biomarkers in Rural Ohio: Results from a Randomized Pilot Study. Nutrients. 2023;15(18)

430. Luo Y, Sun L, Wu Q, et al. Diet-Related Lipidomic Signatures and Changed Type 2 Diabetes Risk in a Randomized Controlled Feeding Study With Mediterranean Diet and Traditional Chinese or Transitional Diets. Diabetes Care. 2023;46(9):1691-1699.

431. Sordi AF, Lemos MM, de Souza Marques DC, et al. Effects of a multi-professional intervention on body composition, physical fitness and biochemical markers in overweight COVID-19 survivors: a clinical trial. Front Physiol. 2023;14:1219252.
432. Carter S, Hill AM, Mead LC, et al. Almonds vs. carbohydrate snacks in an energy-restricted diet: Weight and cardiometabolic outcomes from a randomized trial. Obesity (Silver Spring). 2023;31(10):2467-2481.
433. Clina JG, Sayer RD, Pan Z, et al. High- and normal-protein diets improve body composition and glucose control in adults with type 2 diabetes: a randomized trial. Obesity (Silver Spring). 2023;31(8):2021-2030.
434. Niu Y, Buranarugsa R, Kuhirunyaratn P. Comparing the Effects of Bafa Wubu Tai Chi and Traditional He-Style Tai Chi Exercises on Physical Health Risk Factors in Overweight Male College Students: A Randomized Controlled Trial. Int J Environ Res Public Health. 2023;20(14)
435. Grohmann T, Walker AW, Russell WR, et al. A grape seed and bilberry extract reduces blood pressure in individuals at risk of developing type 2 diabetes: the PRECISE study, a double-blind placebo-controlled cross-over intervention study. Front Nutr. 2023;10:1139880.
436. Sun L, Yuan Y, Li Y, Rao X. Effect of liraglutide on atherosclerosis in patients with impaired glucose tolerance: A double‐blind, randomized controlled clinical trial. Exp Ther Med. 2023;25(6):249.
437. Quaresma LS, de Oliveira Siais L, Grangeiro É D, Rosado EL. Chia Flour (Salvia hispanica L.) Intake Does Not Affect Weight Loss and Lipid Profile but Improve Systolic Blood Pressure Control in Obesity. J Am Nutr Assoc. 2023;42(4):403-410.
438. Aldubayan MA, Mao X, Laursen MF, et al. Supplementation with inulin-type fructans affects gut microbiota and attenuates some of the cardiometabolic benefits of a plant-based diet in individuals with overweight or obesity. Front Nutr. 2023;10:1108088.

439. Cho E, Kim JY, Cho B, et al. Efficacy of fermented grain using Bacillus coagulans in reducing visceral fat among people with obesity: a randomized controlled trial. Front Nutr. 2023;10:1148512.

440. Castaldo G, Schiavo L, Pagano I, et al. Clinical Impact of Enteral Protein Nutritional Therapy on Patients with Obesity Scheduled for Bariatric Surgery: A Focus on Safety, Efficacy, and Pathophysiological Changes. Nutrients. 2023;15(6)

441. Ghalichi F, Saghafi-Asl M, Kafil B, et al. Insulin Receptor Substrates Regulation and Clinical Responses Following Vanadium-Enriched Yeast Supplementation in Obese Type 2 Diabetic Patients: a Randomized, Double-Blind, Placebo-Controlled Clinical Trial. Biol Trace Elem Res. 2023;201(11):5169-5182.

442. Felipe LA, Bachi ALL, Oliveira MC, et al. Effects of Roux-en-Y gastric bypass on the metabolic profile and systemic inflammatory status of women with metabolic syndrome: randomized controlled clinical trial. Diabetol Metab Syndr. 2023;15(1):19.

443. Ragland TJ, Malin SK. Plasma LEAP-2 Following a Low-Calorie Diet with or without Interval Exercise in Women with Obesity. Nutrients. 2023;15(3)

444. Cai H, Chen Q, Duan Y, Zhao Y, Zhang X. Short-term effect of polyethylene glycol loxenatide on weight loss in overweight or obese patients with type 2 diabetes: An open-label, parallel-arm, randomized, metformin-controlled trial. Front Endocrinol (Lausanne). 2023;14:1106868.

445. Turner-McGrievy GM, Wilcox S, Frongillo EA, et al. Effect of a Plant-Based vs Omnivorous Soul Food Diet on Weight and Lipid Levels Among African American Adults: A Randomized Clinical Trial. JAMA Netw Open. 2023;6(1):e2250626.

446. Belany P, Kackley ML, Zhao S, et al. Effects of Hypocaloric Low-Fat, Ketogenic, and Ketogenic and Ketone Supplement Diets on Aldosterone and Renin. J Clin Endocrinol Metab. 2023;108(7):1727-1739.

447. Gayathri R, Abirami K, Kalpana N, et al. Effect of almond consumption on insulin sensitivity and serum lipids among Asian Indian adults with overweight and obesity- A randomized controlled trial. Front Nutr. 2022;9:1055923.

448. Cruvinel BAC, Alves AGP, Schincaglia RM, Silva MS. Baru nuts reduce abdominal adiposity in type 2 diabetic adults: a randomized, placebo-controlled crossover trial. Article. Revista De Nutricao-Brazilian Journal of Nutrition. 2023;36e220103.

449. Hassan RHA, Bahe SMAE, Mohamed AIZ, et al. The effect of high-dose vitamin D supplementation and an exercise program to lose weight on some biochemical variables of overweight women. Article. Pedagogy of Physical Culture and Sports. 2023;27(5):353-360.

450. Carvalho APSd, Aranha LN, Soares LA, et al. Effect of Hypoenergetic Diet Combined With Pumpkin Seed Flour Consumption on Obese Women. research-article. International Journal of Cardiovascular Sciences. 2023;36:e20220134-e20220134.

451. Sohn M, Jung H, Lee WS, Kim TH, Lim S. Effect of Lactobacillus plantarum LMT1-48 on Body Fat in Overweight Subjects: A Randomized, Double- Blind, Placebo-Controlled Trial. Article. Diabetes & Metabolism Journal. 2023;47(1):92-103.

452. Rondanelli M, Gasparri C, Perna S, et al. A 60-Day Green Tea Extract Supplementation Counteracts the Dysfunction of Adipose Tissue in Overweight Post-Menopausal and Class I Obese Women. Article. Nutrients. 2022;14(24)5209.

453. Rebello CJJ, Beyl RAA, Greenway FLL, Atteberry KCC, Hoddy KKK, Kirwan JPP. Low-Energy Dense Potato- and Bean-Based Diets Reduce Body Weight and Insulin Resistance: A Randomized, Feeding, Equivalence Trial. Article. Journal of Medicinal Food. 2022;25(12):1155-1163.

454. Xu R, Cao Y-X, Chen Y-T, Jia Y-Q. Differential effects of intermittent energy restriction vs. continuous energy restriction

combined high-intensity interval training on overweight/obese adults: A randomized controlled trial. Article. Frontiers in Nutrition. 2022;9979618.

455. Reis PCdSG, Alves AGP, Guillo LA, Neto MAdS, Trindade NR, Silva MS. Curcumin supplementation reduces blood glucose and serum lipids of Brazilian women with high waist circumference: a randomized clinical trial. Article. Archives of Endocrinology Metabolism. 2022;66(6):800-807.

456. Colak D, Kucic AC, Pintar T, Gaspersic R. Periodontal Therapy in Bariatric Surgery Patients with Periodontitis: Randomized Control Clinical Trial. Article. Journal of Clinical Medicine. 2022;11(22)6837.

457. Freer CL, George ES, Tan S-Y, Abbott G, Dunstan DW, Daly RM. Effect of progressive resistance training with weight loss compared with weight loss alone on the fatty liver index in older adults with type 2 diabetes: secondary analysis of a 12-month randomized controlled trial. Article. Bmj Open Diabetes Research & Care. 2022;10(5)e002950.

458. Yin W, Liu Y, Hu H, Sun J, Liu Y, Wang Z. Telemedicine management of type 2 diabetes mellitus in obese and overweight young and middle-aged patients during COVID-19 outbreak: A single-center, prospective, randomized control study. Article. Plos One. 2022;17(9)e0275251.

459. Coker MS, Barati Z, Murphy CJ, et al. Essential amino acid enriched meal replacement improves body composition and physical function in obese older adults: A randomized controlled trial. Article. Clinical Nutrition Espen. 2022;51:104-111.

460. Mohammadi-Sartang M, Babajafari S, Kohansal A, Rostami H, Pourmahmoudi A, Sohrabi Z. Effects of daily functional acorn cake consumption on insulin resistance in individuals with obesity or overweight and the metabolic syndrome: a placebo-controlled randomised clinical trial. Article. British Journal of Nutrition. 2023;129(7):1142-1150. Pii s0007114522002288.

461. Jamshed H, Steger FL, Bryan DR, et al. Effectiveness of Early Time-Restricted Eating for Weight Loss, Fat Loss, and Cardiometabolic Health in Adults With Obesity A Randomized Clinical Trial. Article. Jama Internal Medicine. 2022;182(9):953-962.

462. Roach LA, Meyer BJ, Fitton JH, Winberg P. Improved Plasma Lipids, Anti-Inflammatory Activity, and Microbiome Shifts in Overweight Participants: Two Clinical Studies on Oral Supplementation with Algal Sulfated Polysaccharide. Article. Marine Drugs. 2022;20(8)500.

463. Kleinloog JPD, Mensink RP, Roodt JO, Thijssen DHJ, Hesselink MKC, Joris PJ. Aerobic exercise training improves not only brachial artery flow-mediated vasodilatation but also carotid artery reactivity: A randomized controlled, cross-over trial in older men. Physiol Rep. 2022;10(16):e15395.

464. Pavão TP, Chemello D, Ferigollo A, et al. Acute effect of coffee on arterial stiffness and endothelial function in overweight and obese individuals: A randomized clinical trial. Clin Nutr ESPEN. 2022;50:33-40.

465. Castela I, Rodrigues C, Ismael S, et al. Intermittent energy restriction ameliorates adipose tissue-associated inflammation in adults with obesity: A randomised controlled trial. Clin Nutr. 2022;41(8):1660-1666.

466. Chekima K, Noor MI, Ooi YBH, Yan SW, Jaweed M, Chekima B. Utilising a Real-Time Continuous Glucose Monitor as Part of a Low Glycaemic Index and Load Diet and Determining Its Effect on Improving Dietary Intake, Body Composition and Metabolic Parameters of Overweight and Obese Young Adults: A Randomised Controlled Trial. Foods. 2022;11(12)

467. Cipryan L, Litschmannova M, Maffetone PB, et al. Very Low-Carbohydrate High-Fat Diet Improves Risk Markers for Cardiometabolic Health More Than Exercise in Men and Women With Overfat Constitution: Secondary Analysis of a Randomized Controlled Clinical Trial. Front Nutr. 2022;9:867690.

468. Ali Sangouni A, Abdollahi S, Mozaffari-Khosravi H. Effect of resveratrol supplementation on hepatic steatosis and cardiovascular indices in overweight subjects with type 2 diabetes: a double-blind, randomized controlled trial. BMC Cardiovasc Disord. 2022;22(1):212.

469. Timmons JF, Beatty A, Stout C, Ivory A, Carroll C, Egan B. Increased Lean Body Mass After Bodyweight-Based High Intensity Interval Training in Overweight and Obese Men. Res Q Exerc Sport. 2023;94(2):418-426.

470. Catley D, Puoane T, Tsolekile L, et al. Evaluation of an adapted version of the Diabetes Prevention Program for low- and middle-income countries: A cluster randomized trial to evaluate "Lifestyle Africa" in South Africa. PLoS Med. 2022;19(4):e1003964.

471. Mendelson M, Chacaroun S, Baillieul S, et al. Effects of high intensity interval training on sustained reduction in cardiometabolic risk associated with overweight/obesity. A randomized trial. J Exerc Sci Fit. 2022;20(2):172-181.

472. Ruban A, Miras AD, Glaysher MA, et al. Duodenal-Jejunal Bypass Liner for the management of Type 2 Diabetes Mellitus and Obesity: A Multicenter Randomized Controlled Trial. Ann Surg. 2022;275(3):440-447.

473. Li Y, Kang Y, Du Y, et al. Effects of Konjaku Flour on the Gut Microbiota of Obese Patients. Front Cell Infect Microbiol. 2022;12:771748.

474. Vodouhè M, Marois J, Guay V, et al. Marginal Impact of Brown Seaweed Ascophyllum nodosum and Fucus vesiculosus Extract on Metabolic and Inflammatory Response in Overweight and Obese Prediabetic Subjects. Mar Drugs. 2022;20(3)

475. Dimitrov Ulian M, Pinto AJ, de Morais Sato P, et al. Health at Every Size®-Based Interventions May Improve Cardiometabolic Risk and Quality of Life Even in the Absence of Weight Loss: An Ancillary, Exploratory Analysis of the Health and Wellness in Obesity Study. Front Nutr. 2022;9:598920.

476. Viveros-Watty PE, López-Franco O, Zepeda RC, et al. Effects on cardiometabolic risk factors after reduction of artificially sweetened beverage consumption in overweight subjects. A randomised controlled trial. Endocrinol Diabetes Nutr (Engl Ed). 2022;69(3):168-177.

477. Chair SY, Cai H, Cao X, Qin Y, Cheng HY, Ng MT. Intermittent Fasting in Weight Loss and Cardiometabolic Risk Reduction: A Randomized Controlled Trial. J Nurs Res. 2022;30(1):e185.

478. Karandish M, Mozaffari-Khosravi H, Mohammadi SM, Cheraghian B, Azhdari M. Curcumin and zinc co-supplementation along with a loss-weight diet can improve lipid profiles in subjects with prediabetes: a multi-arm, parallel-group, randomized, double-blind placebo-controlled phase 2 clinical trial. Diabetol Metab Syndr. 2022;14(1):22.

479. Lim SL, Ong KW, Johal J, et al. A Smartphone App-Based Lifestyle Change Program for Prediabetes (D'LITE Study) in a Multiethnic Asian Population: A Randomized Controlled Trial. Front Nutr. 2021;8:780567.

480. Thomsen MN, Skytte MJ, Samkani A, et al. Dietary carbohydrate restriction augments weight loss-induced improvements in glycaemic control and liver fat in individuals with type 2 diabetes: a randomised controlled trial. Diabetologia. 2022;65(3):506-517.

481. Seeberg KA, Borgeraas H, Hofsø D, et al. Gastric Bypass Versus Sleeve Gastrectomy in Type 2 Diabetes: Effects on Hepatic Steatosis and Fibrosis : A Randomized Controlled Trial. Ann Intern Med. 2022;175(1):74-83.

482. Ruegsegger GN, Rappaport CI, Hill JJ, Jochum KA, Challeen ES, Roth MC. A meal enriched in saturated fat acutely impairs cognitive performance in obese men. Physiol Behav. 2022;244:113664.

483. Liu B, Hutchison AT, Thompson CH, Lange K, Wittert GA, Heilbronn LK. Effects of Intermittent Fasting or Calorie

Restriction on Markers of Lipid Metabolism in Human Skeletal Muscle. J Clin Endocrinol Metab. 2021;106(3):e1389-e1399.

484. Cao JJ, Roemmich JN, Sheng X, Jahns L. Increasing Vegetable Intake Decreases Urinary Acidity and Bone Resorption Marker in Overweight and Obese Adults: An 8-Week Randomized Controlled Trial. J Nutr. 2021;151(11):3413-3420.

485. Kang C, Qiao Q, Tong Q, et al. Effects of exenatide on urinary albumin in overweight/obese patients with T2DM: a randomized clinical trial. Sci Rep. 2021;11(1):20062.

486. Che T, Yan C, Tian D, Zhang X, Liu X, Wu Z. Time-restricted feeding improves blood glucose and insulin sensitivity in overweight patients with type 2 diabetes: a randomised controlled trial. Nutr Metab (Lond). 2021;18(1):88.

487. Miller L, Thompson K, Pavlenco C, et al. The Effect of Daily Methylsulfonylmethane (MSM) Consumption on High-Density Lipoprotein Cholesterol in Healthy Overweight and Obese Adults: A Randomized Controlled Trial. Nutrients. 2021;13(10)

488. Batrakoulis A, Jamurtas AZ, Draganidis D, et al. Hybrid Neuromuscular Training Improves Cardiometabolic Health and Alters Redox Status in Inactive Overweight and Obese Women: A Randomized Controlled Trial. Antioxidants (Basel). 2021;10(10)

489. Chang WL, Azlan A, Noor SM, Ismail IZ, Loh SP. Short-Term Intake of Yellowstripe Scad versus Salmon Did Not Induce Similar Effects on Lipid Profile and Inflammatory Markers among Healthy Overweight Adults despite Their Comparable EPA+DHA Content. Nutrients. 2021;13(10)

490. Serna A, Marhuenda J, Arcusa R, et al. Effectiveness of a polyphenolic extract (Lippia citriodora and Hibiscus sabdariffa) on appetite regulation in overweight and obese grade I population: an 8-week randomized, double-blind, cross-over, placebo-controlled trial. Eur J Nutr. 2022;61(2):825-841.

491. Delgado-Floody P, Soriano-Maldonado A, Rodríguez-Pérez MA, et al. The Effects of Two Different Concurrent Training

Configurations on Markers of Metabolic Syndrome and Fitness in Women With Severe/Morbid Obesity: A Randomised Controlled Trial. Front Physiol. 2021;12:694798.

492. Falkenhain K, Locke SR, Lowe DA, et al. Keyto app and device versus WW app on weight loss and metabolic risk in adults with overweight or obesity: A randomized trial. Obesity (Silver Spring). 2021;29(10):1606-1614.

493. Said MA, Abdelmoneim MA, Alibrahim MS, Kotb AAH. Aerobic training, resistance training, or their combination as a means to fight against excess weight and metabolic syndrome in obese students - which is the most effective modality? A randomized controlled trial. Appl Physiol Nutr Metab. 2021;46(8):952-963.

494. Ahmadniay Motlagh H, Aalipanah E, Mazidi M, Faghih S. Effect of flaxseed consumption on central obesity, serum lipids, and adiponectin level in overweight or obese women: A randomised controlled clinical trial. Int J Clin Pract. 2021;75(10):e14592.

495. Te Morenga L, Mallard SR, Ormerod FB. No Effect of Added Sugars in Soft Drink Compared With Sugars in Fruit on Cardiometabolic Risk Factors: Results From a 4-Week, Randomized Controlled Trial. Front Nutr. 2021;8:636275.

496. Shikishima Y, Tsutsumi R, Kawakami A, Miura H, Nii Y, Sakaue H. Sudachi peel extract powder including the polymethoxylated flavone sudachitin improves visceral fat content in individuals at risk for developing diabetes. Food Sci Nutr. 2021;9(8):4076-4084.

497. Liddle DM, Lin X, Cox LC, et al. Daily apple consumption reduces plasma and peripheral blood mononuclear cell-secreted inflammatory biomarkers in adults with overweight and obesity: a 6-week randomized, controlled, parallel-arm trial. Am J Clin Nutr. 2021;114(2):752-763.

498. Wang J, Wang S, Henning SM, et al. Mixed Tree Nut Snacks Compared to Refined Carbohydrate Snacks Resulted in

Weight Loss and Increased Satiety during Both Weight Loss and Weight Maintenance: A 24-Week Randomized Controlled Trial. Nutrients. 2021;13(5)

499. Grytten E, Laupsa-Borge J, Bohov P, et al. Changes in lipoprotein particle subclasses, standard lipids, and apolipoproteins after supplementation with n-3 or n-6 PUFAs in abdominal obesity: A randomized double-blind crossover study. Clin Nutr. 2021;40(5):2556-2575.

500. Schroor MM, Plat J, Konings M, Smeets E, Mensink RP. Effect of dietary macronutrients on intestinal cholesterol absorption and endogenous cholesterol synthesis: a randomized crossover trial. Nutr Metab Cardiovasc Dis. 2021;31(5):1579-1585.

501. Bhoite R, Chandrasekaran A, Pratti VL, et al. Effect of a High-Protein High-Fibre Nutritional Supplement on Lipid Profile in Overweight/Obese Adults with Type 2 Diabetes Mellitus: A 24-Week Randomized Controlled Trial. J Nutr Metab. 2021;2021:6634225.

502. van der Merwe M, Moore D, Hill JL, et al. The Impact of a Dried Fruit and VegeSupplementary Table upplement and Fiber Rich Shake on Gut and Health Parameters in Female Healthcare Workers: A Placebo-Controlled, Double-Blind, Randomized Clinical Trial. Microorganisms. 2021;9(4)

503. Waliłko E, Napierała M, Bryśkiewicz M, Fronczyk A, Majkowska L. High-Protein or Low Glycemic Index Diet-Which Energy-Restricted Diet Is Better to Start a Weight Loss Program? Nutrients. 2021;13(4)

504. Ng SC, Xu Z, Mak JWY, et al. Microbiota engraftment after faecal microbiota transplantation in obese subjects with type 2 diabetes: a 24-week, double-blind, randomised controlled trial. Gut. 2022;71(4):716-723.

505. do Rosario VA, Chang C, Spencer J, et al. Anthocyanins attenuate vascular and inflammatory responses to a high fat high

energy meal challenge in overweight older adults: A cross-over, randomized, double-blind clinical trial. Clin Nutr. 2021;40(3):879-889.

506. Amaro-Gahete FJ, Ponce-González JG, Corral-Pérez J, Velázquez-Díaz D, Lavie CJ, Jiménez-Pavón D. Effect of a 12-Week Concurrent Training Intervention on Cardiometabolic Health in Obese Men: A Pilot Study. Front Physiol. 2021;12:630831.

507. Kim KW, Shin WC, Choi MS, et al. Effects of acupuncture on anthropometric and serum metabolic parameters in premenopausal overweight and obese women: a randomized, patient- and assessor-blind, sham-controlled clinical trial. Acupunct Med. 2021;39(1):30-40.

508. Jiang W, Huang S, Ma S, et al. Effectiveness of companion-intensive multi-aspect weight management in Chinese adults with obesity: a 6-month multicenter randomized clinical trial. Nutr Metab (Lond). 2021;18(1):17.

509. D'Amuri A, Sanz JM, Capatti E, et al. Effectiveness of high-intensity interval training for weight loss in adults with obesity: a randomised controlled non-inferiority trial. BMJ Open Sport Exerc Med. 2021;7(3):e001021.

510. Yılmaz SK, Eskici G, Mertoğlu C, Ayaz A. Effect of different protein diets on weight loss, inflammatory markers, and cardiometabolic risk factors in obese women. J Res Med Sci. 2021;26:28.

511. Barnard ND, Alwarith J, Rembert E, et al. A Mediterranean Diet and Low-Fat Vegan Diet to Improve Body Weight and Cardiometabolic Risk Factors: A Randomized, Cross-over Trial. J Am Nutr Assoc. 2022;41(2):127-139.

512. Netto Cândido TL, da Silva LE, Cândido FG, et al. Effect of the ingestion of vegetable oils associated with energy-restricted normofat diet on intestinal microbiota and permeability in overweight women. Food Res Int. 2021;139:109951.

513. Abbott K, Burrows TL, Acharya S, Thota RN, Garg ML. Dietary supplementation with docosahexaenoic acid rich fish oil

increases circulating levels of testosterone in overweight and obese men. Prostaglandins Leukot Essent Fatty Acids. 2020;163:102204.

514. Kruschitz R, Wakolbinger M, Schindler K, et al. Effect of one-anastomosis gastric bypass on cardiovascular risk factors in patients with vitamin D deficiency and morbid obesity: A secondary analysis. Nutr Metab Cardiovasc Dis. 2020;30(12):2379-2388.

515. Kahleova H, Petersen KF, Shulman GI, et al. Effect of a Low-Fat Vegan Diet on Body Weight, Insulin Sensitivity, Postprandial Metabolism, and Intramyocellular and Hepatocellular Lipid Levels in Overweight Adults: A Randomized Clinical Trial. JAMA Netw Open. 2020;3(11):e2025454.

516. Cheshmazar E, Hosseini AF, Yazdani B, Razmpoosh E, Zarrati M. Effects of Vitamin D Supplementation on Omentin-1 and Spexin Levels, Inflammatory Parameters, Lipid Profile, and Anthropometric Indices in Obese and Overweight Adults with Vitamin D Deficiency under Low-Calorie Diet: A Randomized Placebo Controlled Trial. Evid Based Complement Alternat Med. 2020;2020:3826237.

517. Bove KB, Nilsson M, Pedersen LR, et al. Comprehensive treatment of microvascular angina in overweight women - a randomized controlled pilot trial. PLoS One. 2020;15(11):e0240722.

518. de Ligt M, Bergman M, Fuentes RM, et al. No effect of resveratrol supplementation after 6 months on insulin sensitivity in overweight adults: a randomized trial. Am J Clin Nutr. 2020;112(4):1029-1038.

519. Bratlie M, Hagen IV, Helland A, et al. Effects of high intake of cod or salmon on gut microbiota profile, faecal output and serum concentrations of lipids and bile acids in overweight adults: a randomised clinical trial. Eur J Nutr. 2021;60(4):2231-2248.

520. Klomklorm A, Ruangthai R, Vaithanomsat P, Sukatta U, Phoemsapthawee J. Concurrent training and Eri silkworm pupae

ingestion improve resting and exercise fat oxidation and energy expenditure in obese adults. J Exerc Rehabil. 2020;16(5):467-479.

521. Li L, Lyall GK, Martinez-Blazquez JA, et al. Blood Orange Juice Consumption Increases Flow-Mediated Dilation in Adults with Overweight and Obesity: A Randomized Controlled Trial. J Nutr. 2020;150(9):2287-2294.

522. Cienfuegos S, Gabel K, Kalam F, et al. Effects of 4- and 6-h Time-Restricted Feeding on Weight and Cardiometabolic Health: A Randomized Controlled Trial in Adults with Obesity. Cell Metab. 2020;32(3):366-378.e3.

523. Jamar G, Santamarina AB, Flygare AC, et al. Effects of the juçara fruit supplementation on metabolic parameters in individuals with obesity: a double-blind randomized controlled trial. J Nutr Biochem. 2020;83:108430.

524. Goss AM, Gower B, Soleymani T, et al. Effects of weight loss during a very low carbohydrate diet on specific adipose tissue depots and insulin sensitivity in older adults with obesity: a randomized clinical trial. Nutr Metab (Lond). 2020;17:64.

525. Jafari-Maskouni S, Shahraki M, Daneshi-Maskooni M, Dashipour A, Shamsi-Goushki A, Mortazavi Z. Metabolic and clinical responses to Bunium Persicum (black caraway) supplementation in overweight and obese patients with type 2 diabetes: a double-blind, randomized placebo-controlled clinical trial. Nutr Metab (Lond). 2020;17:74.

526. Takagi T, Hayashi R, Nakai Y, et al. Dietary Intake of Carotenoid-Rich Vegetables Reduces Visceral Adiposity in Obese Japanese men-A Randomized, Double-Blind Trial. Nutrients. 2020;12(8)

527. Remie CME, Roumans KHM, Moonen MPB, et al. Nicotinamide riboside supplementation alters body composition and skeletal muscle acetylcarnitine concentrations in healthy obese humans. Am J Clin Nutr. 2020;112(2):413-426.

528. Joris PJ, Draijer R, Fuchs D, Mensink RP. Effect of α-linolenic acid on vascular function and metabolic risk markers during the fasting and postprandial phase: A randomized placebo-controlled trial in untreated (pre-)hypertensive individuals. Clin Nutr.

2020;39(8):2413-2419.

529. Smeets E, Mensink RP, Joris PJ. Dietary macronutrients do not differently affect postprandial vascular endothelial function in apparently healthy overweight and slightly obese men. Eur J Nutr. 2021;60(3):1443-1451.

530. Campa F, Maietta Latessa P, Greco G, et al. Effects of Different Resistance Training Frequencies on Body Composition, Cardiometabolic Risk Factors, and Handgrip Strength in Overweight and Obese Women: A Randomized Controlled Trial. J Funct Morphol Kinesiol. 2020;5(3)

531. Reimer RA, Wharton S, Green TJ, et al. Effect of a functional fibre supplement on glycemic control when added to a year-long medically supervised weight management program in adults with type 2 diabetes. Eur J Nutr. 2021;60(3):1237-1251.

532. Rock CL, Zunshine E, Nguyen HT, et al. Effects of Pistachio Consumption in a Behavioral Weight Loss Intervention on Weight Change, Cardiometabolic Factors, and Dietary Intake. Nutrients. 2020;12(7)

533. Vors C, Joumard-Cubizolles L, Lecomte M, et al. Milk polar lipids reduce lipid cardiovascular risk factors in overweight postmenopausal women: towards a gut sphingomyelin-cholesterol interplay. Gut. 2020;69(3):487-501.

534. Lopez HL, Cesareo KR, Raub B, et al. Effects of Hemp Extract on Markers of Wellness, Stress Resilience, Recovery and Clinical Biomarkers of Safety in Overweight, But Otherwise Healthy Subjects. J Diet Suppl. 2020;17(5):561-586.

535. AlFaris NA, Ba-Jaber AS. Effects of a low-energy diet with and without oat bran and olive oil supplements on body mass index, blood pressure, and serum lipids in diabetic women: A randomized controlled trial. Food Sci Nutr. 2020;8(7):3602-3609.

536. Chow LS, Manoogian ENC, Alvear A, et al. Time-Restricted Eating Effects on Body Composition and Metabolic Measures in Humans who are Overweight: A Feasibility Study. Obesity (Silver Spring). 2020;28(5):860-869.

537. Marco-Benedí V, Pérez-Calahorra S, Bea AM, et al. High-protein energy-restricted diets induce greater improvement in glucose homeostasis but not in adipokines comparing to standard-protein diets in early-onset diabetic adults with overweight or obesity. Clin Nutr. 2020;39(5):1354-1363.

538. Lin X, Liddle DM, Neizer HR, Robinson LE, Wright AJ. Acute whole apple consumption did not influence postprandial lipaemia: a randomised crossover trial. Br J Nutr. 2020;123(7):807-817.

539. Lorkowski SW, Brubaker G, Rotroff DM, et al. Bariatric Surgery Improves HDL Function Examined by ApoA1 Exchange Rate and Cholesterol Efflux Capacity in Patients with Obesity and Type 2 Diabetes. Biomolecules. 2020;10(4)

540. Tsintzas K, Jones R, Pabla P, et al. Effect of acute and short-term dietary fat ingestion on postprandial skeletal muscle protein synthesis rates in middle-aged, overweight, and obese men. Am J Physiol Endocrinol Metab. 2020;318(3):E417-e429.

541. Dolati S, Namiranian K, Amerian R, Mansouri S, Arshadi S, Azarbayjani MA. The Effect of Curcumin Supplementation and Aerobic Training on Anthropometric Indices, Serum Lipid Profiles, C-Reactive Protein and Insulin Resistance in Overweight Women: A Randomized, Double-Blind, Placebo-Controlled Trial. J Obes Metab Syndr. 2020;29(1):47-57.

542. Edinburgh RM, Bradley HE, Abdullah NF, et al. Lipid Metabolism Links Nutrient-Exercise Timing to Insulin Sensitivity in Men Classified as Overweight or Obese. J Clin Endocrinol Metab. 2020;105(3):660-76.

543. Asgary S, Soltani R, Barzegar N, Sarrafzadegan N. Evaluation on the Effects of Tamarindus Indica L. Fruit on Body Weight and Several Cardiometabolic Risk Factors in Obese and Overweight Adult Patients: A Randomized Controlled Clinical Trial. Int J Prev Med. 2020;11:24.

544. Perissiou M, Borkoles E, Kobayashi K, Polman R. The Effect of an 8 Week Prescribed Exercise and Low-Carbohydrate Diet

on Cardiorespiratory Fitness, Body Composition and Cardiometabolic Risk Factors in Obese Individuals: A Randomised Controlled Trial. Nutrients. 2020;12(2)

545. Kuo YC, Chang HL, Cheng CF, Mündel T, Liao YH. Six-week inspiratory resistance training ameliorates endurance performance but does not affect obesity-related metabolic biomarkers in obese adults: A randomized controlled trial. Respir Physiol Neurobiol. 2020;273:103285.

546. Nishimura M, Muro T, Kobori M, Nishihira J. Effect of Daily Ingestion of Quercetin-Rich Onion Powder for 12 Weeks on Visceral Fat: A Randomised, Double-Blind, Placebo-Controlled, Parallel-Group Study. Nutrients. 2019;12(1)

547. Gajewska D, Kucharska A, Kozak M, Wunderlich S, Niegowska J. Effectiveness of Individual Nutrition Education Compared to Group Education, in Improving Anthropometric and Biochemical Indices among Hypertensive Adults with Excessive Body Weight: A Randomized Controlled Trial. Nutrients. 2019;11(12)

548. Karimi-Nazari E, Nadjarzadeh A, Masoumi R, et al. Effect of saffron (Crocus sativus L.) on lipid profile, glycemic indices and antioxidant status among overweight/obese prediabetic individuals: A double-blinded, randomized controlled trial. Clin Nutr ESPEN. 2019;34:130-136.

549. Tanaka Y, Hirose Y, Yamamoto Y, Yoshikai Y, Murosaki S. Daily intake of heat-killed Lactobacillus plantarum L-137 improves inflammation and lipid metabolism in overweight healthy adults: a randomized-controlled trial. Eur J Nutr. 2020;59(6):2641-2649.

550. Mollentze WF, Joubert G, Prins A, van der Linde S, Marx GM, Tsie KG. The safety and efficacy of a low-energy diet to induce weight loss, improve metabolic health, and induce diabetes remission in insulin-treated obese men with type 2 diabetes: a

pilot RCT. International Journal of Diabetes in Developing Countries. 2019;39(4):618-625.

551. Chiang TL, Chen C, Hsu CH, Lin YC, Wu HJ. Is the goal of 12,000 steps per day sufficient for improving body composition and metabolic syndrome? The necessity of combining exercise intensity: a randomized controlled trial. BMC Public Health. 2019;19(1):1215.

552. Kraus WE, Bhapkar M, Huffman KM, et al. 2 years of calorie restriction and cardiometabolic risk (CALERIE): exploratory outcomes of a multicentre, phase 2, randomised controlled trial. Lancet Diabetes Endocrinol. 2019;7(9):673-683.

553. Malik VS, Sudha V, Wedick NM, et al. Substituting brown rice for white rice on diabetes risk factors in India: a randomised controlled trial. Br J Nutr. 2019;121(12):1389-1397.

554. Aghasi M, Koohdani F, Qorbani M, et al. Beneficial effects of green cardamom on serum SIRT1, glycemic indices and triglyceride levels in patients with type 2 diabetes mellitus: a randomized double-blind placebo controlled clinical trial. J Sci Food Agric. 2019;99(8):3933-3940.

555. Hirsh SP, Pons M, Joyal SV, Swick AG. Avoiding holiday seasonal weight gain with nutrient-supported intermittent energy restriction: a pilot study. J Nutr Sci. 2019;8:e11.

556. Byrne CS, Chambers ES, Preston T, et al. Effects of Inulin Propionate Ester Incorporated into Palatable Food Products on Appetite and Resting Energy Expenditure: A Randomised Crossover Study. Nutrients. 2019;11(4)

557. Taylor PJ, Thompson CH, Luscombe-Marsh ND, Wycherley TP, Wittert G, Brinkworth GD. Efficacy of Real-Time Continuous Glucose Monitoring to Improve Effects of a Prescriptive Lifestyle Intervention in Type 2 Diabetes: A Pilot Study. Diabetes Ther. 2019;10(2):509-522.

558. Nunes PRP, Martins FM, Souza AP, et al. Effect of high-intensity interval training on body composition and inflammatory markers in obese postmenopausal women: a randomized controlled trial. Menopause. 2019;26(3):256-264.

559. Ejtahed HS, Tito RY, Siadat SD, et al. Metformin induces weight loss associated with gut microbiota alteration in non-diabetic obese women: a randomized double-blind clinical trial. Eur J Endocrinol. 2019;180(3):165-176.

560. Schroeder EC, Franke WD, Sharp RL, Lee DC. Comparative effectiveness of aerobic, resistance, and combined training on cardiovascular disease risk factors: A randomized controlled trial. PLoS One. 2019;14(1):e0210292.

561. Rynarzewski J, Dicks L, Zimmermann BF, et al. Impact of a Usual Serving Size of Flavanol-Rich Cocoa Powder Ingested with a Diabetic-Suitable Meal on Postprandial Cardiometabolic Parameters in Type 2 Diabetics-A Randomized, Placebo-Controlled, Double-Blind Crossover Study. Nutrients. 2019;11(2)

562. Otten J, Andersson J, Ståhl J, et al. Exercise Training Adds Cardiometabolic Benefits of a Paleolithic Diet in Type 2 Diabetes Mellitus. J Am Heart Assoc. 2019;8(2):e010634.

563. Aliashrafi S, Arefhosseini SR, Lotfi-Dizaji L, Ebrahimi-Mameghani M. Effect of vitamin D supplementation in combination with weight loss diet on lipid profile and sirtuin 1 in obese subjects with vitamin D deficiency: a double blind randomized clinical trial. Health Promot Perspect. 2019;9(4):263-269.

564. Ballin M, Lundberg E, Sörlén N, Nordström P, Hult A, Nordström A. Effects of interval training on quality of life and cardiometabolic risk markers in older adults: a randomized controlled trial. Clin Interv Aging. 2019;14:1589-1599.

565. de Souza RGM, Gomes AC, de Castro IA, Mota JF. A baru almond-enriched diet reduces abdominal adiposity and improves high-density lipoprotein concentrations: a randomized, placebo-controlled trial. Nutrition. 2018;55-56:154-160.

566. Amozadeh H, Shabani R, Nazari M. The Effect of Aerobic Training and Green Tea Supplementation on Cardio Metabolic Risk Factors in Overweight and Obese Females: A Randomized Trial. Int J Endocrinol Metab. 2018;16(4):e60738.

567. Galvão Cândido F, Xavier Valente F, da Silva LE, Gonçalves Leão Coelho O, Gouveia Peluzio MDC, Gonçalves Alfenas RC. Consumption of extra virgin olive oil improves body composition and blood pressure in women with excess body fat: a randomized, double-blinded, placebo-controlled clinical trial. Eur J Nutr. 2018;57(7):2445-2455.

568. Zapata-Lamana R, Henríquez-Olguín C, Burgos C, et al. Effects of Polarized Training on Cardiometabolic Risk Factors in Young Overweight and Obese Women: A Randomized-Controlled Trial. Front Physiol. 2018;9:1287.

569. Dollerup OL, Christensen B, Svart M, et al. A randomized placebo-controlled clinical trial of nicotinamide riboside in obese men: safety, insulin-sensitivity, and lipid-mobilizing effects. Am J Clin Nutr. 2018;108(2):343-353.

570. González-Sarrías A, Romo-Vaquero M, García-Villalba R, Cortés-Martín A, Selma MV, Espín JC. The Endotoxemia Marker Lipopolysaccharide-Binding Protein is Reduced in Overweight-Obese Subjects Consuming Pomegranate Extract by Modulating the Gut Microbiota: A Randomized Clinical Trial. Mol Nutr Food Res. 2018;62(11):e1800160.

571. Kim J, Yun JM, Kim MK, Kwon O, Cho B. Lactobacillus gasseri BNR17 Supplementation Reduces the Visceral Fat Accumulation and Waist Circumference in Obese Adults: A Randomized, Double-Blind, Placebo-Controlled Trial. J Med Food. 2018;21(5):454-461.

572. Berk KA, Buijks HIM, Verhoeven AJM, et al. Group cognitive behavioural therapy and weight regain after diet in type 2 diabetes: results from the randomised controlled POWER trial. Diabetologia. 2018;61(4):790-799.

573. Madjd A, Taylor MA, Delavari A, Malekzadeh R, Macdonald IA, Farshchi HR. Effects of replacing diet beverages with

water on weight loss and weight maintenance: 18-month follow-up, randomized clinical trial. Int J Obes (Lond). 2018;42(4):835-840.

574. Khezri SS, Saidpour A, Hosseinzadeh N, Amiri Z. Beneficial effects of Apple Cider Vinegar on weight management, Visceral Adiposity Index and lipid profile in overweight or obese subjects receiving restricted calorie diet: A randomized clinical trial. Article. Journal of Functional Foods. 2018;43:95-102.

575. Engel S, Tholstrup T, Bruun JM, Astrup A, Richelsen B, Raben A. Effect of high milk and sugar-sweetened and non-caloric soft drink intake on insulin sensitivity after 6 months in overweight and obese adults: a randomized controlled trial. Eur J Clin Nutr. 2018;72(3):358-366.

576. Bendtsen LQ, Blædel T, Holm JB, et al. High intake of dairy during energy restriction does not affect energy balance or the intestinal microflora compared with low dairy intake in overweight individuals in a randomized controlled trial. Appl Physiol Nutr Metab. 2018;43(1):1-10.

577. Jaacks LM, Sher S, Staercke C, et al. Pilot randomized controlled trial of a Mediterranean diet or diet supplemented with fish oil, walnuts, and grape juice in overweight or obese US adults. BMC Nutr. 2018;4:26.

578. Kempf K, Röhling M, Stichert M, et al. Telemedical Coaching Improves Long-Term Weight Loss in Overweight Persons: A Randomized Controlled Trial. Int J Telemed Appl. 2018;2018:7530602.

579. Mraovic T, Radakovic S, Medic DR, et al. The effects of different caloric restriction diets on anthropometric and cardiometabolic risk factors in overweight and obese females. Article. Vojnosanitetski Pregled. 2018;75(1):30-38.

580. Saito S, Mori A, Osaki N, Katsuragi Y. Diacylglycerol Enhances the Effects of Alpha-Linolenic Acid Against Visceral Fat: A Double-Blind Randomized Controlled Trial. Obesity (Silver Spring). 2017;25(10):1667-1675.

581. Aoe S, Ichinose Y, Kohyama N, et al. Effects of high β-glucan barley on visceral fat obesity in Japanese individuals: A randomized, double-blind study. Nutrition. 2017;42:1-6.

582. Gokulakrishnan K, Ranjani H, Weber MB, et al. Effect of lifestyle improvement program on the biomarkers of adiposity, inflammation and gut hormones in overweight/obese Asian Indians with prediabetes. Acta Diabetol. 2017;54(9):843-852.

583. Mousa A, Naderpoor N, de Courten MP, et al. Vitamin D supplementation has no effect on insulin sensitivity or secretion in vitamin D-deficient, overweight or obese adults: a randomized placebo-controlled trial. Am J Clin Nutr. 2017;105(6):1372-1381.

584. Saslow LR, Mason AE, Kim S, et al. An Online Intervention Comparing a Very Low-Carbohydrate Ketogenic Diet and Lifestyle Recommendations Versus a Plate Method Diet in Overweight Individuals With Type 2 Diabetes: A Randomized Controlled Trial. J Med Internet Res. 2017;19(2):e36.

585. Schauer PR, Bhatt DL, Kirwan JP, et al. Bariatric Surgery versus Intensive Medical Therapy for Diabetes - 5-Year Outcomes. N Engl J Med. 2017;376(7):641-651.

586. Paquette M, Medina Larqué AS, Weisnagel SJ, et al. Strawberry and cranberry polyphenols improve insulin sensitivity in insulin-resistant, non-diabetic adults: a parallel, double-blind, controlled and randomised clinical trial. Br J Nutr. 2017;117(4):519-531.

587. Taghizadeh M, Farzin N, Taheri S, et al. The Effect of Dietary Supplements Containing Green Tea, Capsaicin and Ginger Extracts on Weight Loss and Metabolic Profiles in Overweight Women: A Randomized Double-Blind Placebo-Controlled Clinical Trial. Ann Nutr Metab. 2017;70(4):277-285.

588. Melchart D, Löw P, Wühr E, Kehl V, Weidenhammer W. Effects of a tailored lifestyle self-management intervention

(TALENT) study on weight reduction: a randomized controlled trial. Diabetes Metab Syndr Obes. 2017;10:235-245.

589. Blædel T, Holm JB, Sundekilde UK, et al. A randomised, controlled, crossover study of the effect of diet on angiopoietin-like protein 4 (ANGPTL4) through modification of the gut microbiome. J Nutr Sci. 2016;5:e45.

590. Alqurashi RM, Galante LA, Rowland IR, Spencer JP, Commane DM. Consumption of a flavonoid-rich açai meal is associated with acute improvements in vascular function and a reduction in total oxidative status in healthy overweight men. Am J Clin Nutr. 2016;104(5):1227-1235.

591. O'Neil PM, Miller-Kovach K, Tuerk PW, et al. Randomized controlled trial of a nationally available weight control program tailored for adults with type 2 diabetes. Obesity (Silver Spring). 2016;24(11):2269-2277.

592. Kim H, Kim M, Kojima N, et al. Exercise and Nutritional Supplementation on Community-Dwelling Elderly Japanese Women With Sarcopenic Obesity: A Randomized Controlled Trial. J Am Med Dir Assoc. 2016;17(11):1011-1019.

593. Tovar J, Johansson M, Björck I. A multifunctional diet improves cardiometabolic-related biomarkers independently of weight changes: an 8-week randomized controlled intervention in healthy overweight and obese subjects. Eur J Nutr. 2016;55(7):2295-306.

594. Madjd A, Taylor MA, Delavari A, Malekzadeh R, Macdonald IA, Farshchi HR. Beneficial effect of high energy intake at lunch rather than dinner on weight loss in healthy obese women in a weight-loss program: a randomized clinical trial. Am J Clin Nutr. 2016;104(4):982-989.

595. Li X, Cai X, Ma X, et al. Short- and Long-Term Effects of Wholegrain Oat Intake on Weight Management and Glucolipid Metabolism in Overweight Type-2 Diabetics: A Randomized Control Trial. Nutrients. 2016;8(9)

596. Jamal SN, Moy FM, Azmi Mohamed MN, Mukhtar F. Effectiveness of a Group Support Lifestyle Modification (GSLiM) Programme among Obese Adults in Workplace: A Randomised Controlled Trial. PLoS One. 2016;11(8):e0160343.

597. Wolf E, Utech M, Stehle P, et al. Oral High-Dose Vitamin D Dissolved in Oil Raised Serum 25-Hydroxy-Vitamin D to Physiological Levels in Obese Patients After Sleeve Gastrectomy-A Double-Blind, Randomized, and Placebo-Controlled Trial. Obes Surg. 2016;26(8):1821-9.

598. Kong Z, Fan X, Sun S, Song L, Shi Q, Nie J. Comparison of High-Intensity Interval Training and Moderate-to-Vigorous Continuous Training for Cardiometabolic Health and Exercise Enjoyment in Obese Young Women: A Randomized Controlled Trial. PLoS One. 2016;11(7):e0158589.

599. Most J, Timmers S, Warnke I, et al. Combined epigallocatechin-3-gallate and resveratrol supplementation for 12 wk increases mitochondrial capacity and fat oxidation, but not insulin sensitivity, in obese humans: a randomized controlled trial. Am J Clin Nutr. 2016;104(1):215-27.

600. Welsh P, Cezard G, Gill JM, et al. Associations between weight change and biomarkers of cardiometabolic risk in South Asians: secondary analyses of the PODOSA trial. Int J Obes (Lond). 2016;40(6):1005-11.

601. Järvi A, Karlström B, Vessby B, Becker W. Increased intake of fruits and vegetables in overweight subjects: effects on body weight, body composition, metabolic risk factors and dietary intake. Br J Nutr. 2016;115(10):1760-8.

602. Weiland A, Bub A, Barth SW, Schrezenmeir J, Pfeuffer M. Effects of dietary milk- and soya-phospholipids on lipid-parameters and other risk indicators for cardiovascular diseases in overweight or obese men - two double-blind, randomised, controlled, clinical trials. Journal of nutritional science. 2016;5:e21-e21.

603. Dejgaard TF, Frandsen CS, Hansen TS, et al. Efficacy and safety of liraglutide for overweight adult patients with type 1 diabetes and insufficient glycaemic control (Lira-1): a randomised, double-blind, placebo-controlled trial. Lancet Diabetes Endocrinol. 2016;4(3):221-232.

604. Higashikawa F, Noda M, Awaya T, et al. Antiobesity effect of Pediococcus pentosaceus LP28 on overweight subjects: a randomized, double-blind, placebo-controlled clinical trial. Eur J Clin Nutr. 2016;70(5):582-7.

605. Nelson K, Mathai ML, Ashton JF, et al. Effects of malted and non-malted whole-grain wheat on metabolic and inflammatory biomarkers in overweight/obese adults: a randomised crossover pilot study. Food Chem. 2016;194:495-502.

606. Madjd A, Taylor MA, Mousavi N, et al. Comparison of the effect of daily consumption of probiotic compared with low-fat conventional yogurt on weight loss in healthy obese women following an energy-restricted diet: a randomized controlled trial. Am J Clin Nutr. 2016;103(2):323-9.

607. Madjd A, Taylor MA, Delavari A, Malekzadeh R, Macdonald IA, Farshchi HR. Effects on weight loss in adults of replacing diet beverages with water during a hypoenergetic diet: a randomized, 24-wk clinical trial. Am J Clin Nutr. 2015;102(6):1305-12.

608. Rebello CJ, Burton J, Heiman M, Greenway FL. Gastrointestinal microbiome modulator improves glucose tolerance in overweight and obese subjects: A randomized controlled pilot trial. J Diabetes Complications. 2015;29(8):1272-6.

609. Perez A, Alos VA, Scanlan A, et al. The rationale, design, and baseline characteristics of PREVENT-DM: A community-based comparative effectiveness trial of lifestyle intervention and metformin among Latinas with prediabetes. Contemp Clin Trials. 2015;45(Pt B):320-327.

610. Tapsell LC, Lonergan M, Martin A, Batterham MJ, Neale EP. Interdisciplinary lifestyle intervention for weight management

in a community population (HealthTrack study): Study design and baseline sample characteristics. Contemp Clin Trials. 2015;45(Pt B):394-403.

611. Tripkovic L, Muirhead NC, Hart KH, Frost GS, Lodge JK. The effects of a diet rich in inulin or wheat fibre on markers of cardiovascular disease in overweight male subjects. J Hum Nutr Diet. 2015;28(5):476-85.

612. Chambers ES, Viardot A, Psichas A, et al. Effects of targeted delivery of propionate to the human colon on appetite regulation, body weight maintenance and adiposity in overweight adults. Gut. 2015;64(11):1744-54.

613. Liu Y, Cotillard A, Vatier C, et al. A Dietary Supplement Containing Cinnamon, Chromium and Carnosine Decreases Fasting Plasma Glucose and Increases Lean Mass in Overweight or Obese Pre-Diabetic Subjects: A Randomized, Placebo-Controlled Trial. PLoS One. 2015;10(9):e0138646.

614. Mingrone G, Panunzi S, De Gaetano A, et al. Bariatric-metabolic surgery versus conventional medical treatment in obese patients with type 2 diabetes: 5 year follow-up of an open-label, single-centre, randomised controlled trial. Lancet. 2015;386(9997):964-73.

615. Davinelli S, Bertoglio JC, Zarrelli A, Pina R, Scapagnini G. A Randomized Clinical Trial Evaluating the Efficacy of an Anthocyanin-Maqui Berry Extract (Delphinol®) on Oxidative Stress Biomarkers. J Am Coll Nutr. 2015;34 Suppl 1:28-33.

616. Shlisky JD, Durward CM, Zack MK, Gugger CK, Campbell JK, Nickols-Richardson SM. An energy-reduced dietary pattern, including moderate protein and increased nonfat dairy intake combined with walking promotes beneficial body composition and metabolic changes in women with excess adiposity: a randomized comparative trial. Food Sci Nutr. 2015;3(5):376-93.

617. Hu T, Yao L, Reynolds K, et al. The Effects of a Low-Carbohydrate Diet vs. a Low-Fat Diet on Novel Cardiovascular Risk

Factors: A Randomized Controlled Trial. Nutrients. 2015;7(9):7978-94.

618. de Barros F, Setúbal S, Martinho JM, Monteiro AB. Early Endocrine and Metabolic Changes After Bariatric Surgery in Grade III Morbidly Obese Patients: A Randomized Clinical Trial Comparing Sleeve Gastrectomy and Gastric Bypass. Metab Syndr Relat Disord. 2015;13(6):264-71.

619. Austel A, Ranke C, Wagner N, Görge J, Ellrott T. Weight loss with a modified Mediterranean-type diet using fat modification: a randomized controlled trial. Eur J Clin Nutr. 2015;69(8):878-84.

620. Ding SA, Simonson DC, Wewalka M, et al. Adjustable Gastric Band Surgery or Medical Management in Patients With Type 2 Diabetes: A Randomized Clinical Trial. J Clin Endocrinol Metab. 2015;100(7):2546-56.

621. McEvoy CT, Wallace IR, Hamill LL, et al. Increasing Fruit and Vegetable Intake Has No Dose-Response Effect on Conventional Cardiovascular Risk Factors in Overweight Adults at High Risk of Developing Cardiovascular Disease. J Nutr. 2015;145(7):1464-71.

622. Hosseinpour-Niazi S, Mirmiran P, Hedayati M, Azizi F. Substitution of red meat with legumes in the therapeutic lifestyle change diet based on dietary advice improves cardiometabolic risk factors in overweight type 2 diabetes patients: a cross-over randomized clinical trial. Eur J Clin Nutr. 2015;69(5):592-7.

623. Mirtaheri E, Namazi N, Alizadeh M, Sargheini N, Karimi S. Effects of dried licorice extract with low-calorie diet on lipid profile and atherogenic indices in overweight and obese subjects: A randomized controlled clinical trial. Article. European Journal of Integrative Medicine. 2015;7(3):287-293.

624. Stonehouse W, Brinkworth GD, Noakes M. Palmolein and olive oil consumed within a high protein test meal have similar

effects on postprandial endothelial function in overweight and obese men: A randomized controlled trial. Atherosclerosis. 2015;239(1):178-85.

625. Nowotny B, Zahiragic L, Bierwagen A, et al. Low-energy diets differing in fibre, red meat and coffee intake equally improve insulin sensitivity in type 2 diabetes: a randomised feasibility trial. Diabetologia. 2015;58(2):255-64.

626. Ivey KL, Hodgson JM, Kerr DA, Thompson PL, Stojceski B, Prince RL. The effect of yoghurt and its probiotics on blood pressure and serum lipid profile; a randomised controlled trial. Nutr Metab Cardiovasc Dis. 2015;25(1):46-51.

627. Taghizadeh M, Memarzadeh MR, Asemi Z, Esmaillzadeh A. Effect of the cumin cyminum L. Intake on Weight Loss, Metabolic Profiles and Biomarkers of Oxidative Stress in Overweight Subjects: A Randomized Double-Blind Placebo-Controlled Clinical Trial. Ann Nutr Metab. 2015;66(2-3):117-124.

628. Nickols-Richardson SM, Piehowski KE, Metzgar CJ, Miller DL, Preston AG. Changes in body weight, blood pressure and selected metabolic biomarkers with an energy-restricted diet including twice daily sweet snacks and once daily sugar-free beverage. Nutr Res Pract. 2014;8(6):695-704.

629. Zare R, Heshmati F, Fallahzadeh H, Nadjarzadeh A. Effect of cumin powder on body composition and lipid profile in overweight and obese women. Complement Ther Clin Pract. 2014;20(4):297-301.

630. Sousa N, Mendes R, Abrantes C, Sampaio J, Oliveira J. A randomized study on lipids response to different exercise programs in overweight older men. Int J Sports Med. 2014;35(13):1106-11.

631. Hernández-Cordero S, Barquera S, Rodríguez-Ramírez S, et al. Substituting water for sugar-sweetened beverages reduces circulating triglycerides and the prevalence of metabolic syndrome in obese but not in overweight Mexican women in a

randomized controlled trial. J Nutr. 2014;144(11):1742-52.

632. Schwander F, Kopf-Bolanz KA, Buri C, et al. A dose-response strategy reveals differences between normal-weight and obese men in their metabolic and inflammatory responses to a high-fat meal. J Nutr. 2014;144(10):1517-23.

633. Halperin F, Ding SA, Simonson DC, et al. Roux-en-Y gastric bypass surgery or lifestyle with intensive medical management in patients with type 2 diabetes: feasibility and 1-year results of a randomized clinical trial. JAMA Surg. 2014;149(7):716-26.

634. Choi MS, Ryu R, Seo YR, et al. The beneficial effect of soybean (Glycine max (L.) Merr.) leaf extracts in adults with prediabetes: a randomized placebo controlled trial. Food Funct. 2014;5(7):1621-30.

635. Bozzetto L, Annuzzi G, Costabile G, et al. A CHO/fibre diet reduces and a MUFA diet increases postprandial lipaemia in type 2 diabetes: no supplementary effects of low-volume physical training. Acta Diabetol. 2014;51(3):385-93.

636. Lin PH, Wang Y, Levine E, et al. A text messaging-assisted randomized lifestyle weight loss clinical trial among overweight adults in Beijing. Obesity (Silver Spring). 2014;22(5):E29-37.

637. Geliebter A, Astbury NM, Aviram-Friedman R, Yahav E, Hashim S. Skipping breakfast leads to weight loss but also elevated cholesterol compared with consuming daily breakfasts of oat porridge or frosted cornflakes in overweight individuals: a randomised controlled trial. J Nutr Sci. 2014;3:e56.

638. Rondanelli M, Opizzi A, Faliva M, et al. Metabolic management in overweight subjects with naive impaired fasting glycaemia by means of a highly standardized extract from Cynara scolymus: a double-blind, placebo-controlled, randomized clinical trial. Phytother Res. 2014;28(1):33-41.

639. Liu X, Zhang G, Ye X, et al. Effects of a low-carbohydrate diet on weight loss and cardiometabolic profile in Chinese

women: a randomised controlled feeding trial. Br J Nutr. 2013;110(8):1444-53.

640. Kashyap SR, Bhatt DL, Wolski K, et al. Metabolic effects of bariatric surgery in patients with moderate obesity and type 2 diabetes: analysis of a randomized control trial comparing surgery with intensive medical treatment. Diabetes Care. 2013;36(8):2175-82.

641. Mishra S, Xu J, Agarwal U, Gonzales J, Levin S, Barnard ND. A multicenter randomized controlled trial of a plant-based nutrition program to reduce body weight and cardiovascular risk in the corporate setting: the GEICO study. Eur J Clin Nutr. 2013;67(7):718-24.

642. Liang Z, Wu Q, Chen B, Yu P, Zhao H, Ouyang X. Effect of laparoscopic Roux-en-Y gastric bypass surgery on type 2 diabetes mellitus with hypertension: a randomized controlled trial. Diabetes Res Clin Pract. 2013;101(1):50-6.

643. Munro IA, Garg ML. Prior supplementation with long chain omega-3 polyunsaturated fatty acids promotes weight loss in obese adults: a double-blinded randomised controlled trial. Food Funct. 2013;4(4):650-8.

644. de Bock M, Derraik JG, Brennan CM, et al. Olive (Olea europaea L.) leaf polyphenols improve insulin sensitivity in middle-aged overweight men: a randomized, placebo-controlled, crossover trial. PLoS One. 2013;8(3):e57622.

645. Cho SH, Yoon Y, Yang Y. The Evaluation of the Body Weight Lowering Effects of Herbal Extract THI on Exercising Healthy Overweight Humans: A Randomized Double-Blind, Placebo-Controlled Trial. Evid Based Complement Alternat Med. 2013;2013:758273.

646. Azadbakht L, Izadi V, Surkan PJ, Esmaillzadeh A. Effect of a High Protein Weight Loss Diet on Weight, High-Sensitivity C-Reactive Protein, and Cardiovascular Risk among Overweight and Obese Women: A Parallel Clinical Trial. Int J Endocrinol.

2013;2013:971724.

647. Salehpour A, Shidfar F, Hosseinpanah F, et al. Vitamin D3 and the risk of CVD in overweight and obese women: a randomised controlled trial. Br J Nutr. 2012;108(10):1866-73.

648. Buchowski MS, Hongu N, Acra S, Wang L, Warolin J, Roberts LJ, 2nd. Effect of modest caloric restriction on oxidative stress in women, a randomized trial. PLoS One. 2012;7(10):e47079.

649. Munro IA, Garg ML. Dietary supplementation with n-3 PUFA does not promote weight loss when combined with a very-low-energy diet. Br J Nutr. 2012;108(8):1466-74.

650. Thies F, Masson LF, Rudd A, et al. Effect of a tomato-rich diet on markers of cardiovascular disease risk in moderately overweight, disease-free, middle-aged adults: a randomized controlled trial. Am J Clin Nutr. 2012;95(5):1013-22.

651. Rizkalla SW, Prifti E, Cotillard A, et al. Differential effects of macronutrient content in 2 energy-restricted diets on cardiovascular risk factors and adipose tissue cell size in moderately obese individuals: a randomized controlled trial. Am J Clin Nutr. 2012;95(1):49-63.

652. Tovar J, Nilsson A, Johansson M, et al. A diet based on multiple functional concepts improves cardiometabolic risk parameters in healthy subjects. Nutr Metab (Lond). 2012;9:29.

653. Taniguchi-Fukatsu A, Yamanaka-Okumura H, Naniwa-Kuroki Y, et al. Natto and viscous vegetables in a Japanese-style breakfast improved insulin sensitivity, lipid metabolism and oxidative stress in overweight subjects with impaired glucose tolerance. Br J Nutr. 2012;107(8):1184-91.

654. Krebs JD, Elley CR, Parry-Strong A, et al. The Diabetes Excess Weight Loss (DEWL) Trial: a randomised controlled trial of

high-protein versus high-carbohydrate diets over 2 years in type 2 diabetes. Diabetologia. 2012;55(4):905-14.

655. Gargari BP, Aghamohammadi V, Aliasgharzadeh A. Effect of folic acid supplementation on biochemical indices in overweight and obese men with type 2 diabetes. Diabetes Res Clin Pract. 2011;94(1):33-8.

656. Fidler MC, Sanchez M, Raether B, et al. A one-year randomized trial of lorcaserin for weight loss in obese and overweight adults: the BLOSSOM trial. J Clin Endocrinol Metab. 2011;96(10):3067-77.

657. Khoo J, Piantadosi C, Duncan R, et al. Comparing effects of a low-energy diet and a high-protein low-fat diet on sexual and endothelial function, urinary tract symptoms, and inflammation in obese diabetic men. J Sex Med. 2011;8(10):2868-75.

658. Derosa G, Maffioli P, Ferrari I, et al. Variation of inflammatory parameters after sibutramine treatment compared to placebo in type 2 diabetic patients. J Clin Pharm Ther. 2011;36(5):592-601.

659. Søvik TT, Aasheim ET, Taha O, et al. Weight loss, cardiovascular risk factors, and quality of life after gastric bypass and duodenal switch: a randomized trial. Ann Intern Med. 2011;155(5):281-91.

660. Shah M, Snell PG, Rao S, et al. High-volume exercise program in obese bariatric surgery patients: a randomized, controlled trial. Obesity (Silver Spring). 2011;19(9):1826-34.

661. Tanaka T, Morita A, Kato M, et al. Congener-specific polychlorinated biphenyls and the prevalence of diabetes in the Saku Control Obesity Program (SCOP). Endocr J. 2011;58(7):589-96.

662. Te Morenga LA, Levers MT, Williams SM, Brown RC, Mann J. Comparison of high protein and high fiber weight-loss diets in women with risk factors for the metabolic syndrome: a randomized trial. Nutr J. 2011;10:40.

663. Cho JK, Lee SH, Lee JY, Kang HS. Randomized controlled trial of training intensity in adiposity. Int J Sports Med.

2011;32(6):468-75.

664. Kreider RB, Serra M, Beavers KM, et al. A structured diet and exercise program promotes favorable changes in weight loss, body composition, and weight maintenance. J Am Diet Assoc. 2011;111(6):828-43.

665. Harvie MN, Pegington M, Mattson MP, et al. The effects of intermittent or continuous energy restriction on weight loss and metabolic disease risk markers: a randomized trial in young overweight women. Int J Obes (Lond). 2011;35(5):714-27.

666. Njike VY, Faridi Z, Shuval K, et al. Effects of sugar-sweetened and sugar-free cocoa on endothelial function in overweight adults. Int J Cardiol. 2011;149(1):83-8.

667. Choquette S, Riesco É, Cormier É, Dion T, Aubertin-Leheudre M, Dionne IJ. Effects of soya isoflavones and exercise on body composition and clinical risk factors of cardiovascular diseases in overweight postmenopausal women: a 6-month double-blind controlled trial. Br J Nutr. 2011;105(8):1199-209.

668. Larsen RN, Mann NJ, Maclean E, Shaw JE. The effect of high-protein, low-carbohydrate diets in the treatment of type 2 diabetes: a 12 month randomised controlled trial. Diabetologia. 2011;54(4):731-40.

669. Frank I, Briggs R, Spengler CM. Respiratory muscles, exercise performance, and health in overweight and obese subjects. Med Sci Sports Exerc. 2011;43(4):714-27.

670. Llaneza P, González C, Fernandez-Iñarrea J, et al. Soy isoflavones, diet and physical exercise modify serum cytokines in healthy obese postmenopausal women. Phytomedicine. 2011;18(4):245-50.

671. DeFina LF, Marcoux LG, Devers SM, Cleaver JP, Willis BL. Effects of omega-3 supplementation in combination with diet and exercise on weight loss and body composition. Am J Clin Nutr. 2011;93(2):455-62.

672. Sieverdes JC, Sui X, Hand GA, et al. Cardiometabolic results from an armband-based weight loss trial. Diabetes Metab Syndr Obes. 2011;4:187-94.

673. Raben A, Møller BK, Flint A, et al. Increased postprandial glycaemia, insulinemia, and lipidemia after 10 weeks' sucrose-rich diet compared to an artificially sweetened diet: a randomised controlled trial. Food Nutr Res. 2011;55

674. Bladbjerg EM, Larsen TM, Due A, Jespersen J, Stender S, Astrup A. Long-term effects on haemostatic variables of three ad libitum diets differing in type and amount of fat and carbohydrate: a 6-month randomised study in obese individuals. Br J Nutr. 2010;104(12):1824-30.

675. Li S, Guerin-Deremaux L, Pochat M, Wils D, Reifer C, Miller LE. NUTRIOSE dietary fiber supplementation improves insulin resistance and determinants of metabolic syndrome in overweight men: a double-blind, randomized, placebo-controlled study. Appl Physiol Nutr Metab. 2010;35(6):773-82.

676. Ilanne-Parikka P, Laaksonen DE, Eriksson JG, et al. Leisure-time physical activity and the metabolic syndrome in the Finnish diabetes prevention study. Diabetes Care. 2010;33(7):1610-7.

677. Beck EJ, Tapsell LC, Batterham MJ, Tosh SM, Huang XF. Oat beta-glucan supplementation does not enhance the effectiveness of an energy-restricted diet in overweight women. Br J Nutr. 2010;103(8):1212-22.

678. Hodgson JM, Lee YP, Puddey IB, et al. Effects of increasing dietary protein and fibre intake with lupin on body weight and composition and blood lipids in overweight men and women. Int J Obes (Lond). 2010;34(6):1086-94.

679. Michishita T, Kobayashi S, Katsuya T, Ogihara T, Kawabuchi K. Evaluation of the antiobesity effects of an amino acid mixture and conjugated linoleic acid on exercising healthy overweight humans: a randomized, double-blind, placebo-controlled

trial. J Int Med Res. 2010;38(3):844-59.

680. Blumenthal JA, Babyak MA, Sherwood A, et al. Effects of the dietary approaches to stop hypertension diet alone and in combination with exercise and caloric restriction on insulin sensitivity and lipids. Hypertension. 2010;55(5):1199-205.

681. Larson-Meyer DE, Redman L, Heilbronn LK, Martin CK, Ravussin E. Caloric restriction with or without exercise: the fitness versus fatness debate. Med Sci Sports Exerc. 2010;42(1):152-9.

682. Elhayany A, Lustman A, Abel R, Attal-Singer J, Vinker S. A low carbohydrate Mediterranean diet improves cardiovascular risk factors and diabetes control among overweight patients with type 2 diabetes mellitus: a 1-year prospective randomized intervention study. Diabetes Obes Metab. 2010;12(3):204-9.

683. Sluijs I, Plantinga Y, de Roos B, Mennen LI, Bots ML. Dietary supplementation with cis-9,trans-11 conjugated linoleic acid and aortic stiffness in overweight and obese adults. Am J Clin Nutr. 2010;91(1):175-83.

684. Rizvi ZA, Saleem J, Zeb I, et al. Effects of intermittent fasting on body composition, clinical health markers and memory status in the adult population: a single-blind randomised controlled trial. Nutr J. 2024;23(1):147.

685. Horváth J, Seres I, Paragh G, Fülöp P, Jenei Z. Effect of Low- and Moderate-Intensity Aerobic Training on Body Composition Cardiorespiratory Functions, Biochemical Risk Factors and Adipokines in Morbid Obesity. Nutrients. 2024;16(23)

686. Nemati M, Bozorgtabar N, Hoteit M, et al. Antioxidant supplementation boosts the advantages of CrossFit workouts on oxidative and muscle damage markers in obese males. Nutr Metab (Lond). 2024;21(1):91.

687. AlMalki SM, Alfawaz HA, Binmoammar TA, et al. Effects of probiotics on selected anthropometrics and biochemical measures in overweight or obese Saudi subjects: a double-blind, placebo-controlled, randomised clinical trial. Public Health Nutr.

2024;27(1):e225.

688. Suder A, Makiel K, Targosz A, Kosowski P, Malina RM. Positive Effects of Aerobic-Resistance Exercise and an Ad Libitum High-Protein, Low-Glycemic Index Diet on Irisin, Omentin, and Dyslipidemia in Men with Abdominal Obesity: A Randomized Controlled Trial. Nutrients. 2024;16(20)

689. Amiri P, Hosseini SA, Saghafi-Asl M, Roshanravan N, Tootoonchian M. Expression of PGC-1α, PPAR-α and UCP1 genes, metabolic and anthropometric factors in response to sodium butyrate supplementation in patients with obesity: a triple-blind, randomized placebo-controlled clinical trial. Eur J Clin Nutr. 2024;

690. Rodrigo-Carbó C, Madinaveitia-Nisarre L, Pérez-Calahorra S, et al. Low-calorie, high-protein diets, regardless of protein source, improve glucose metabolism and cardiometabolic profiles in subjects with prediabetes or type 2 diabetes and overweight or obesity. Diabetes Obes Metab. 2025;27(1):268-279.

691. Stockton MB, Pence J, Davis A, Bloomer RJ. Impact of an Active Nutrition Program on Weight Loss and Metabolic Health in Overweight and Obese Adults: A Randomized Controlled Trial. Cureus. 2024;16(10):e72545.

692. Wang Y, Yang X, Deng J, et al. Combined high-intensity interval and resistance training improves cardiorespiratory fitness more than high-intensity interval training in young women with overweight/obesity: a randomized controlled trial. Front Endocrinol (Lausanne). 2024;15:1450944.

693. Ostadrahimi A, Khajebishak Y, Moradi F, Payahoo L. The effect of Oleoylethanolamide supplementation on lipid profile, fasting blood sugar and dietary habits in obese people: a randomized double-blind placebo-control trial. BMC Endocr Disord. 2024;24(1):210.

694. Turner-McGrievy GM, Wilcox S, Frongillo EA, et al. Impact of diet adherence on weight and lipids among African American participants randomized to vegan or omnivorous diets. Obes Sci Pract. 2024;10(5):e70009.

695. Delfan M, Radkia F, Juybari RA, et al. Unveiling the Effects of Interval Resistance Training and Chlorella Vulgaris Supplementation on Meteorin-like Protein and Oxidative Stress in Obese Men. Curr Dev Nutr. 2024;8(9):104428.

696. Pammer A, Obermayer A, Stadler JT, et al. Effects of dietary interventions and intermittent fasting on HDL function in obese individuals with T2DM: a randomized controlled trial. Cardiovasc Diabetol. 2024;23(1):339.

697. Duan Y, Lu G. A Randomized Controlled Trial to Determine the Impact of Resistance Training versus Aerobic Training on the Management of FGF-21 and Related Physiological Variables in Obese Men with Type 2 Diabetes Mellitus. J Sports Sci Med. 2024;23(1):495-503.

698. Rolland C, Hession M, Murray S, Wise A, Broom I. Randomized clinical trial of standard dietary treatment versus a low-carbohydrate/high-protein diet or the LighterLife Programme in the management of obesity*. J Diabetes. 2009;1(3):207-17.

699. Foster GD, Borradaile KE, Vander Veur SS, et al. The effects of a commercially available weight loss program among obese patients with type 2 diabetes: a randomized study. Postgrad Med. 2009;121(5):113-8.

700. Tsai Ch H, Chiu WC, Yang NC, Ouyang CM, Yen YH. A novel green tea meal replacement formula for weight loss among obese individuals: a randomized controlled clinical trial. Int J Food Sci Nutr. 2009;60 Suppl 6:151-9.

701. Fontbonne A, Diouf I, Baccara-Dinet M, Eschwege E, Charles MA. Effects of 1-year treatment with metformin on metabolic and cardiovascular risk factors in non-diabetic upper-body obese subjects with mild glucose anomalies: a post-hoc analysis of the BIGPRO1 trial. Diabetes Metab. 2009;35(5):385-91.

702. Shikany JM, Phadke RP, Redden DT, Gower BA. Effects of low- and high-glycemic index/glycemic load diets on coronary heart disease risk factors in overweight/obese men. Metabolism. 2009;58(12):1793-801.

703. Frisch S, Zittermann A, Berthold HK, et al. A randomized controlled trial on the efficacy of carbohydrate-reduced or fat-reduced diets in patients attending a telemedically guided weight loss program. Cardiovasc Diabetol. 2009;8:36.

704. Nieman DC, Cayea EJ, Austin MD, Henson DA, McAnulty SR, Jin F. Chia seed does not promote weight loss or alter disease risk factors in overweight adults. Nutr Res. 2009;29(6):414-8.

705. Lin WY, Wu CH, Chu NF, Chang CJ. Efficacy and safety of very-low-calorie diet in Taiwanese: a multicenter randomized, controlled trial. Nutrition. 2009;25(11-12):1129-36.

706. Arsenault BJ, Côté M, Cartier A, et al. Effect of exercise training on cardiometabolic risk markers among sedentary, but metabolically healthy overweight or obese post-menopausal women with elevated blood pressure. Atherosclerosis. 2009;207(2):530-3.

707. Brochu M, Malita MF, Messier V, et al. Resistance training does not contribute to improving the metabolic profile after a 6-month weight loss program in overweight and obese postmenopausal women. J Clin Endocrinol Metab. 2009;94(9):3226-33.

708. Aasheim ET, Björkman S, Søvik TT, et al. Vitamin status after bariatric surgery: a randomized study of gastric bypass and duodenal switch. Am J Clin Nutr. 2009;90(1):15-22.

709. Assunção ML, Ferreira HS, dos Santos AF, Cabral CR, Jr., Florêncio TM. Effects of dietary coconut oil on the biochemical and anthropometric profiles of women presenting abdominal obesity. Lipids. 2009;44(7):593-601.

710. Shah K, Stufflebam A, Hilton TN, Sinacore DR, Klein S, Villareal DT. Diet and exercise interventions reduce intrahepatic fat

content and improve insulin sensitivity in obese older adults. Obesity (Silver Spring). 2009;17(12):2162-8.

711. Davis NJ, Tomuta N, Schechter C, et al. Comparative study of the effects of a 1-year dietary intervention of a low-carbohydrate diet versus a low-fat diet on weight and glycemic control in type 2 diabetes. Diabetes Care. 2009;32(7):1147-52.

712. Sacks FM, Bray GA, Carey VJ, et al. Comparison of weight-loss diets with different compositions of fat, protein, and carbohydrates. N Engl J Med. 2009;360(9):859-73.

713. Digenio AG, Mancuso JP, Gerber RA, Dvorak RV. Comparison of methods for delivering a lifestyle modification program for obese patients: a randomized trial. Ann Intern Med. 2009;150(4):255-62.

714. Kirk E, Reeds DN, Finck BN, Mayurranjan SM, Patterson BW, Klein S. Dietary fat and carbohydrates differentially alter insulin sensitivity during caloric restriction. Gastroenterology. 2009;136(5):1552-60.

715. Hursel R, Westerterp-Plantenga MS. Green tea catechin plus caffeine supplementation to a high-protein diet has no additional effect on body weight maintenance after weight loss. Am J Clin Nutr. 2009;89(3):822-30.

716. Andersson K, Karlström B, Fredén S, Petersson H, Ohrvall M, Zethelius B. A two-year clinical lifestyle intervention program for weight loss in obesity. Food Nutr Res. 2008;52

717. Layman DK, Evans EM, Erickson D, et al. A moderate-protein diet produces sustained weight loss and long-term changes in body composition and blood lipids in obese adults. J Nutr. 2009;139(3):514-21.

718. Kim JY, Kim JH, Lee DH, Kim SH, Lee SS. Meal replacement with mixed rice is more effective than white rice in weight control, while improving antioxidant enzyme activity in obese women. Nutr Res. 2008;28(2):66-71.

719. Lasker DA, Evans EM, Layman DK. Moderate carbohydrate, moderate protein weight loss diet reduces cardiovascular

disease risk compared to high carbohydrate, low protein diet in obese adults: A randomized clinical trial. Nutr Metab (Lond). 2008;5:30.

720. St-Onge MP, Bosarge A, Goree LL, Darnell B. Medium chain triglyceride oil consumption as part of a weight loss diet does not lead to an adverse metabolic profile when compared to olive oil. J Am Coll Nutr. 2008;27(5):547-52.

721. Hibi M, Takase H, Yasunaga K, et al. Greater fat oxidation with diacylglycerol oil consumption for 14 days compared with triacylglycerol oil consumption in overweight men and women. Int J Obes (Lond). 2008;32(12):1841-7.

722. Treyzon L, Chen S, Hong K, et al. A controlled trial of protein enrichment of meal replacements for weight reduction with retention of lean body mass. Nutr J. 2008;7:23.

723. Volpe SL, Kobusingye H, Bailur S, Stanek E. Effect of diet and exercise on body composition, energy intake and leptin levels in overweight women and men. J Am Coll Nutr. 2008;27(2):195-208.

724. Morgan LM, Griffin BA, Millward DJ, et al. Comparison of the effects of four commercially available weight-loss programmes on lipid-based cardiovascular risk factors. Public Health Nutr. 2009;12(6):799-807.

725. Lindqvist HM, Langkilde AM, Undeland I, Sandberg AS. Herring (Clupea harengus) intake influences lipoproteins but not inflammatory and oxidation markers in overweight men. Br J Nutr. 2009;101(3):383-90.

726. Shai I, Schwarzfuchs D, Henkin Y, et al. Weight loss with a low-carbohydrate, Mediterranean, or low-fat diet. N Engl J Med. 2008;359(3):229-41.

727. Nakou E, Filippatos TD, Liberopoulos EN, et al. Effects of sibutramine plus verapamil sustained release/trandolapril combination on blood pressure and metabolic variables in obese hypertensive patients. Expert Opin Pharmacother.

2008;9(10):1629-39.

728. Pierce GL, Beske SD, Lawson BR, et al. Weight loss alone improves conduit and resistance artery endothelial function in young and older overweight/obese adults. Hypertension. 2008;52(1):72-9.

729. Miyashita M. Effects of continuous versus accumulated activity patterns on postprandial triacylglycerol concentrations in obese men. Int J Obes (Lond). 2008;32(8):1271-8.

730. Arciero PJ, Gentile CL, Pressman R, et al. Moderate protein intake improves total and regional body composition and insulin sensitivity in overweight adults. Metabolism. 2008;57(6):757-65.

731. Wycherley TP, Brinkworth GD, Noakes M, Buckley JD, Clifton PM. Effect of caloric restriction with and without exercise training on oxidative stress and endothelial function in obese subjects with type 2 diabetes. Diabetes Obes Metab. 2008;10(11):1062-73.

732. Lockwood CM, Moon JR, Tobkin SE, et al. Minimal nutrition intervention with high-protein/low-carbohydrate and low-fat, nutrient-dense food supplement improves body composition and exercise benefits in overweight adults: A randomized controlled trial. Nutr Metab (Lond). 2008;5:11.

733. Larson-Meyer DE, Newcomer BR, Heilbronn LK, et al. Effect of 6-month calorie restriction and exercise on serum and liver lipids and markers of liver function. Obesity (Silver Spring). 2008;16(6):1355-62.

734. Schjerve IE, Tyldum GA, Tjønna AE, et al. Both aerobic endurance and strength training programmes improve cardiovascular health in obese adults. Clin Sci (Lond). 2008;115(9):283-93.

735. König D, Deibert P, Frey I, Landmann U, Berg A. Effect of meal replacement on metabolic risk factors in overweight and

obese subjects. Ann Nutr Metab. 2008;52(1):74-8.

736. Borges RL, Ribeiro-Filho FF, Carvalho KM, Zanella MT. Impact of weight loss on adipocytokines, C-reactive protein and insulin sensitivity in hypertensive women with central obesity. Arq Bras Cardiol. 2007;89(6):409-14.

737. Mutungi G, Ratliff J, Puglisi M, et al. Dietary cholesterol from eggs increases plasma HDL cholesterol in overweight men consuming a carbohydrate-restricted diet. J Nutr. 2008;138(2):272-6.

738. Jensen L, Sloth B, Krog-Mikkelsen I, et al. A low-glycemic-index diet reduces plasma plasminogen activator inhibitor-1 activity, but not tissue inhibitor of proteinases-1 or plasminogen activator inhibitor-1 protein, in overweight women. Am J Clin Nutr. 2008;87(1):97-105.

739. Salas-Salvadó J, Farrés X, Luque X, et al. Effect of two doses of a mixture of soluble fibres on body weight and metabolic variables in overweight or obese patients: a randomised trial. Br J Nutr. 2008;99(6):1380-7.

740. Burton FL, Malkova D, Caslake MJ, Gill JM. Energy replacement attenuates the effects of prior moderate exercise on postprandial metabolism in overweight/obese men. Int J Obes (Lond). 2008;32(3):481-9.

741. Karandish M, Shockravi S, Jalali MT, Haghighizadeh MH. Effect of calcium supplementation on lipid profile in overweight or obese Iranian women: a double-blind randomized clinical trial. Eur J Clin Nutr. 2009;63(2):268-72.

742. Burke LE, Hudson AG, Warziski MT, et al. Effects of a vegetarian diet and treatment preference on biochemical and dietary variables in overweight and obese adults: a randomized clinical trial. Am J Clin Nutr. 2007;86(3):588-96.

743. Bertéus Forslund H, Klingström S, Hagberg H, Löndahl M, Torgerson JS, Lindroos AK. Should snacks be recommended in obesity treatment? A 1-year randomized clinical trial. Eur J Clin Nutr. 2008;62(11):1308-17.

744. Meckling KA, Sherfey R. A randomized trial of a hypocaloric high-protein diet, with and without exercise, on weight loss, fitness, and markers of the Metabolic Syndrome in overweight and obese women. Appl Physiol Nutr Metab. 2007;32(4):743-52.

745. de Rougemont A, Normand S, Nazare JA, et al. Beneficial effects of a 5-week low-glycaemic index regimen on weight control and cardiovascular risk factors in overweight non-diabetic subjects. Br J Nutr. 2007;98(6):1288-98.

746. Liao FH, Shieh MJ, Yang SC, Lin SH, Chien YW. Effectiveness of a soy-based compared with a traditional low-calorie diet on weight loss and lipid levels in overweight adults. Nutrition. 2007;23(7-8):551-6.

747. Rave K, Roggen K, Dellweg S, Heise T, tom Dieck H. Improvement of insulin resistance after diet with a whole-grain based dietary product: results of a randomized, controlled cross-over study in obese subjects with elevated fasting blood glucose. Br J Nutr. 2007;98(5):929-36.

748. Sahin M, Tanaci N, Yucel M, Tutuncu NB, Guvener N. The effect of single-dose orlistat on postprandial serum glucose, insulin and glucagon-like peptide-1 levels in nondiabetic obese patients. Clin Endocrinol (Oxf). 2007;67(3):346-50.

749. Thomas TR, Liu Y, Linden MA, Rector RS. Interaction of exercise training and n-3 fatty acid supplementation on postprandial lipemia. Appl Physiol Nutr Metab. 2007;32(3):473-80.

750. Ebbeling CB, Leidig MM, Feldman HA, Lovesky MM, Ludwig DS. Effects of a low-glycemic load vs low-fat diet in obese young adults: a randomized trial. Jama. 2007;297(19):2092-102.

751. Steck SE, Chalecki AM, Miller P, et al. Conjugated linoleic acid supplementation for twelve weeks increases lean body mass in obese humans. J Nutr. 2007;137(5):1188-93.

752. Rock CL, Pakiz B, Flatt SW, Quintana EL. Randomized trial of a multifaceted commercial weight loss program. Obesity

(Silver Spring). 2007;15(4):939-49.

753. Brunerova L, Smejkalova V, Potockova J, Andel M. A comparison of the influence of a high-fat diet enriched in monounsaturated fatty acids and conventional diet on weight loss and metabolic parameters in obese non-diabetic and Type 2 diabetic patients. Diabet Med. 2007;24(5):533-40.

754. Maki KC, Rains TM, Kaden VN, Raneri KR, Davidson MH. Effects of a reduced-glycemic-load diet on body weight, body composition, and cardiovascular disease risk markers in overweight and obese adults. Am J Clin Nutr. 2007;85(3):724-34.

755. Gardner CD, Kiazand A, Alhassan S, et al. Comparison of the Atkins, Zone, Ornish, and LEARN diets for change in weight and related risk factors among overweight premenopausal women: the A TO Z Weight Loss Study: a randomized trial. Jama. 2007;297(9):969-77.

756. Lindqvist H, Langkilde AM, Undeland I, Rådendal T, Sandberg AS. Herring (Clupea harengus) supplemented diet influences risk factors for CVD in overweight subjects. Eur J Clin Nutr. 2007;61(9):1106-13.

757. Aubertin-Leheudre M, Lord C, Khalil A, Dionne IJ. Effect of 6 months of exercise and isoflavone supplementation on clinical cardiovascular risk factors in obese postmenopausal women: a randomized, double-blind study. Menopause. 2007;14(4):624-9.

758. Major GC, Alarie F, Doré J, Phouttama S, Tremblay A. Supplementation with calcium + vitamin D enhances the beneficial effect of weight loss on plasma lipid and lipoprotein concentrations. Am J Clin Nutr. 2007;85(1):54-9.

759. Vincent HK, Bourguignon CM, Vincent KR, Weltman AL, Bryant M, Taylor AG. Antioxidant supplementation lowers exercise-induced oxidative stress in young overweight adults. Obesity (Silver Spring). 2006;14(12):2224-35.

760. Bougoulia M, Triantos A, Koliakos G. Effect of weight loss with or without orlistat treatment on adipocytokines, inflammation, and oxidative markers in obese women. Hormones (Athens). 2006;5(4):259-69.

761. Wood RJ, Fernandez ML, Sharman MJ, et al. Effects of a carbohydrate-restricted diet with and without supplemental soluble fiber on plasma low-density lipoprotein cholesterol and other clinical markers of cardiovascular risk. Metabolism. 2007;56(1):58-67.

762. Burke LE, Styn MA, Steenkiste AR, Music E, Warziski M, Choo J. A randomized clinical trial testing treatment preference and two dietary options in behavioral weight management: preliminary results of the impact of diet at 6 months--PREFER study. Obesity (Silver Spring). 2006;14(11):2007-17.

763. Vincent HK, Bourguignon C, Vincent KR. Resistance training lowers exercise-induced oxidative stress and homocysteine levels in overweight and obese older adults. Obesity (Silver Spring). 2006;14(11):1921-30.

764. McLaughlin T, Carter S, Lamendola C, et al. Effects of moderate variations in macronutrient composition on weight loss and reduction in cardiovascular disease risk in obese, insulin-resistant adults. Am J Clin Nutr. 2006;84(4):813-21.

765. Anderson JW, Schwartz SM, Hauptman J, et al. Low-dose orlistat effects on body weight of mildly to moderately overweight individuals: a 16 week, double-blind, placebo-controlled trial. Ann Pharmacother. 2006;40(10):1717-23.

766. Fenkci S, Sarsan A, Rota S, Ardic F. Effects of resistance or aerobic exercises on metabolic parameters in obese women who are not on a diet. Adv Ther. 2006;23(3):404-13.

767. Kuo CS, Pei D, Yao CY, Hsieh MC, Kuo SW. Effect of orlistat in overweight poorly controlled Chinese female type 2 diabetic patients: a randomised, double-blind, placebo-controlled study. Int J Clin Pract. 2006;60(8):906-10.

768. Nestel P, Fujii A, Zhang L. An isoflavone metabolite reduces arterial stiffness and blood pressure in overweight men and postmenopausal women. Atherosclerosis. 2007;192(1):184-9.

769. Satoh N, Shimatsu A, Yamada K, et al. An alpha-glucosidase inhibitor, voglibose, reduces oxidative stress markers and soluble intercellular adhesion molecule 1 in obese type 2 diabetic patients. Metabolism. 2006;55(6):786-93.

770. Turker I, Guvener Demirag N, Tanaci N, Uslu Tutar N, Kirbas I. Effects of orlistat plus diet on postprandial lipemia and brachial artery reactivity in normolipidemic, obese women with normal glucose tolerance: A prospective, randomized, controlled Study. Curr Ther Res Clin Exp. 2006;67(3):159-73.

771. Ahn CW, Kim CS, Nam JH, et al. Effects of growth hormone on insulin resistance and atherosclerotic risk factors in obese type 2 diabetic patients with poor glycaemic control. Clin Endocrinol (Oxf). 2006;64(4):444-9.

772. Hackman RM, Havel PJ, Schwartz HJ, et al. Multinutrient supplement containing ephedra and caffeine causes weight loss and improves metabolic risk factors in obese women: a randomized controlled trial. Int J Obes (Lond). 2006;30(10):1545-56.

773. Krebs JD, Browning LM, McLean NK, et al. Additive benefits of long-chain n-3 polyunsaturated fatty acids and weight-loss in the management of cardiovascular disease risk in overweight hyperinsulinaemic women. Int J Obes (Lond). 2006;30(10):1535-44.

774. Wood RJ, Volek JS, Liu Y, Shachter NS, Contois JH, Fernandez ML. Carbohydrate restriction alters lipoprotein metabolism by modifying VLDL, LDL, and HDL subfraction distribution and size in overweight men. J Nutr. 2006;136(2):384-9.

775. Löfgren P, Andersson I, Wahrenberg H, Hoffstedt J. No difference in lipolysis or glucose transport of subcutaneous fat cells between moderate-fat and low-fat hypocaloric diets in obese women. Horm Metab Res. 2005;37(12):734-40.

776. Petersen M, Taylor MA, Saris WH, et al. Randomized, multi-center trial of two hypo-energetic diets in obese subjects: high-

versus low-fat content. Int J Obes (Lond). 2006;30(3):552-60.

777. Wang TF, Pei D, Li JC, et al. Effects of sibutramine in overweight, poorly controlled Chinese female type 2 diabetic patients: a randomised, double-blind, placebo-controlled study. Int J Clin Pract. 2005;59(7):746-50.

778. Robitaille J, Fontaine-Bisson B, Couture P, Tchernof A, Vohl MC. Effect of an oat bran-rich supplement on the metabolic profile of overweight premenopausal women. Ann Nutr Metab. 2005;49(3):141-8.

779. Noakes M, Keogh JB, Foster PR, Clifton PM. Effect of an energy-restricted, high-protein, low-fat diet relative to a conventional high-carbohydrate, low-fat diet on weight loss, body composition, nutritional status, and markers of cardiovascular health in obese women. Am J Clin Nutr. 2005;81(6):1298-306.

780. Poston WS, Haddock CK, Pinkston MM, et al. Weight loss with meal replacement and meal replacement plus snacks: a randomized trial. Int J Obes (Lond). 2005;29(9):1107-14.

781. Ebbeling CB, Leidig MM, Sinclair KB, Seger-Shippee LG, Feldman HA, Ludwig DS. Effects of an ad libitum low-glycemic load diet on cardiovascular disease risk factors in obese young adults. Am J Clin Nutr. 2005;81(5):976-82.

782. Frank LL, Sorensen BE, Yasui Y, et al. Effects of exercise on metabolic risk variables in overweight postmenopausal women: a randomized clinical trial. Obes Res. 2005;13(3):615-25.

783. Berne C. A randomized study of orlistat in combination with a weight management programme in obese patients with Type 2 diabetes treated with metformin. Diabet Med. 2005;22(5):612-8.

784. Gaullier JM, Halse J, Høye K, et al. Supplementation with conjugated linoleic acid for 24 months is well tolerated by and reduces body fat mass in healthy, overweight humans. J Nutr. 2005;135(4):778-84.

785. Zemel MB, Richards J, Mathis S, Milstead A, Gebhardt L, Silva E. Dairy augmentation of total and central fat loss in obese subjects. Int J Obes (Lond). 2005;29(4):391-7.

786. Patalay M, Lofgren IE, Freake HC, Koo SI, Fernandez ML. The lowering of plasma lipids following a weight reduction program is related to increased expression of the LDL receptor and lipoprotein lipase. J Nutr. 2005;135(4):735-9.

787. Pieterse Z, Jerling JC, Oosthuizen W, et al. Substitution of high monounsaturated fatty acid avocado for mixed dietary fats during an energy-restricted diet: effects on weight loss, serum lipids, fibrinogen, and vascular function. Nutrition. 2005;21(1):67-75.

788. Derosa G, Cicero AF, Murdolo G, et al. Efficacy and safety comparative evaluation of orlistat and sibutramine treatment in hypertensive obese patients. Diabetes Obes Metab. 2005;7(1):47-55.

789. Maeda H, Yamamoto R, Hirao K, Tochikubo O. Effects of agar (kanten) diet on obese patients with impaired glucose tolerance and type 2 diabetes. Diabetes Obes Metab. 2005;7(1):40-6.

790. Pereira MA, Swain J, Goldfine AB, Rifai N, Ludwig DS. Effects of a low-glycemic load diet on resting energy expenditure and heart disease risk factors during weight loss. Jama. 2004;292(20):2482-90.

791. Aude YW, Agatston AS, Lopez-Jimenez F, et al. The national cholesterol education program diet vs a diet lower in carbohydrates and higher in protein and monounsaturated fat: a randomized trial. Arch Intern Med. 2004;164(19):2141-6.

792. Brinkworth GD, Noakes M, Parker B, Foster P, Clifton PM. Long-term effects of advice to consume a high-protein, low-fat diet, rather than a conventional weight-loss diet, in obese adults with type 2 diabetes: one-year follow-up of a randomised trial. Diabetologia. 2004;47(10):1677-86.

793. Melanson KJ, Dell'Olio J, Carpenter MR, Angelopoulos TJ. Changes in multiple health outcomes at 12 and 24 weeks

resulting from 12 weeks of exercise counseling with or without dietary counseling in obese adults. Nutrition. 2004;20(10):849-56.

794. Yesilbursa D, Serdar Z, Serdar A, Sarac M, Coskun S, Jale C. Lipid peroxides in obese patients and effects of weight loss with orlistat on lipid peroxides levels. Int J Obes (Lond). 2005;29(1):142-5.

795. Seshadri P, Iqbal N, Stern L, et al. A randomized study comparing the effects of a low-carbohydrate diet and a conventional diet on lipoprotein subfractions and C-reactive protein levels in patients with severe obesity. Am J Med. 2004;117(6):398-405.

796. Miyashita Y, Koide N, Ohtsuka M, et al. Beneficial effect of low carbohydrate in low calorie diets on visceral fat reduction in type 2 diabetic patients with obesity. Diabetes Res Clin Pract. 2004;65(3):235-41.

797. Flechtner-Mors M, Biesalski HK, Jenkinson CP, Adler G, Ditschuneit HH. Effects of moderate consumption of white wine on weight loss in overweight and obese subjects. Int J Obes Relat Metab Disord. 2004;28(11):1420-6.

798. Mhurchu CN, Poppitt SD, McGill AT, et al. The effect of the dietary supplement, Chitosan, on body weight: a randomised controlled trial in 250 overweight and obese adults. Int J Obes Relat Metab Disord. 2004;28(9):1149-56.

799. Esposito K, Giugliano F, Di Palo C, et al. Effect of lifestyle changes on erectile dysfunction in obese men: a randomized controlled trial. Jama. 2004;291(24):2978-84.

800. Carels RA, Darby LA, Cacciapaglia HM, Douglass OM. Reducing cardiovascular risk factors in postmenopausal women through a lifestyle change intervention. J Womens Health (Larchmt). 2004;13(4):412-26.

801. Stern L, Iqbal N, Seshadri P, et al. The effects of low-carbohydrate versus conventional weight loss diets in severely obese adults: one-year follow-up of a randomized trial. Ann Intern Med. 2004;140(10):778-85.

802. Brinkworth GD, Noakes M, Keogh JB, Luscombe ND, Wittert GA, Clifton PM. Long-term effects of a high-protein,

low-carbohydrate diet on weight control and cardiovascular risk markers in obese hyperinsulinemic subjects. Int J Obes Relat Metab Disord. 2004;28(5):661-70.

803. Albert SG, Mooradian AD. Low-dose recombinant human growth hormone as adjuvant therapy to lifestyle modifications in the management of obesity. J Clin Endocrinol Metab. 2004;89(2):695-701.

804. Rachmani R, Bar-Dayan Y, Ronen Z, Levi Z, Slavachevsky I, Ravid M. The effect of acarbose on insulin resistance in obese hypertensive subjects with normal glucose tolerance: a randomized controlled study. Diabetes Obes Metab. 2004;6(1):63-8.

805. Poston WS, Reeves RS, Haddock CK, et al. Weight loss in obese Mexican Americans treated for 1-year with orlistat and lifestyle modification. Int J Obes Relat Metab Disord. 2003;27(12):1486-93.

806. Bloch KV, Salles GF, Muxfeldt ES, Da Rocha Nogueira A. Orlistat in hypertensive overweight/obese patients: results of a randomized clinical trial. J Hypertens. 2003;21(11):2159-65.

807. Lovejoy JC, Bray GA, Lefevre M, et al. Consumption of a controlled low-fat diet containing olestra for 9 months improves health risk factors in conjunction with weight loss in obese men: the Ole' Study. Int J Obes Relat Metab Disord. 2003;27(10):1242-9.

808. Ash S, Reeves MM, Yeo S, Morrison G, Carey D, Capra S. Effect of intensive dietetic interventions on weight and glycaemic control in overweight men with Type II diabetes: a randomised trial. Int J Obes Relat Metab Disord. 2003;27(7):797-802.

809. Foster GD, Wyatt HR, Hill JO, et al. A randomized trial of a low-carbohydrate diet for obesity. N Engl J Med. 2003;348(21):2082-90.

810. Melanson K, Gootman J, Myrdal A, Kline G, Rippe JM. Weight loss and total lipid profile changes in overweight women consuming beef or chicken as the primary protein source. Nutrition. 2003;19(5):409-14.

811. Allison DB, Gadbury G, Schwartz LG, et al. A novel soy-based meal replacement formula for weight loss among obese individuals: a randomized controlled clinical trial. Eur J Clin Nutr. 2003;57(4):514-22.

812. Esposito K, Pontillo A, Di Palo C, et al. Effect of weight loss and lifestyle changes on vascular inflammatory markers in obese women: a randomized trial. Jama. 2003;289(14):1799-804.

813. Lantz H, Peltonen M, Agren L, Torgerson JS. Intermittent versus on-demand use of a very low calorie diet: a randomized 2-year clinical trial. J Intern Med. 2003;253(4):463-71.

814. James AP, Watts GF, Barrett PH, et al. Effect of weight loss on postprandial lipemia and low-density lipoprotein receptor binding in overweight men. Metabolism. 2003;52(2):136-41.

815. Hirose K, Tajima K, Miura S. A Model Obesity Control Program Focusing on a Healthy Diet and Gentle Exercise in Aichi Cancer Center Hospital. Asian Pac J Cancer Prev. 2002;3(2):149-154.

816. Sharman MJ, Gómez AL, Kraemer WJ, Volek JS. Very low-carbohydrate and low-fat diets affect fasting lipids and postprandial lipemia differently in overweight men. J Nutr. 2004;134(4):880-5.

817. Bakris G, Calhoun D, Egan B, Hellmann C, Dolker M, Kingma I. Orlistat improves blood pressure control in obese subjects with treated but inadequately controlled hypertension. J Hypertens. 2002;20(11):2257-67.

818. Hanefeld M, Sachse G. The effects of orlistat on body weight and glycaemic control in overweight patients with type 2 diabetes: a randomized, placebo-controlled trial. Diabetes Obes Metab. 2002;4(6):415-23.

819. Dunstan DW, Daly RM, Owen N, et al. High-intensity resistance training improves glycemic control in older patients with type 2 diabetes. Diabetes Care. 2002;25(10):1729-36.

820. Larsen TM, Toubro S, van Baak MA, et al. Effect of a 28-d treatment with L-796568, a novel beta(3)-adrenergic receptor agonist, on energy expenditure and body composition in obese men. Am J Clin Nutr. 2002;76(4):780-8.

821. Nieman DC, Brock DW, Butterworth D, Utter AC, Nieman CC. Reducing diet and/or exercise training decreases the lipid and lipoprotein risk factors of moderately obese women. J Am Coll Nutr. 2002;21(4):344-50.

822. Anderson JW, Greenway FL, Fujioka K, Gadde KM, McKenney J, O'Neil PM. Bupropion SR enhances weight loss: a 48-week double-blind, placebo- controlled trial. Obes Res. 2002;10(7):633-41.

823. Miles JM, Leiter L, Hollander P, et al. Effect of orlistat in overweight and obese patients with type 2 diabetes treated with metformin. Diabetes Care. 2002;25(7):1123-8.

824. Kelley DE, Bray GA, Pi-Sunyer FX, et al. Clinical efficacy of orlistat therapy in overweight and obese patients with insulin-treated type 2 diabetes: A 1-year randomized controlled trial. Diabetes Care. 2002;25(6):1033-41.

825. Heilbronn LK, Noakes M, Clifton PM. The effect of high- and low-glycemic index energy restricted diets on plasma lipid and glucose profiles in type 2 diabetic subjects with varying glycemic control. J Am Coll Nutr. 2002;21(2):120-7.

826. Janssen I, Fortier A, Hudson R, Ross R. Effects of an energy-restrictive diet with or without exercise on abdominal fat, intermuscular fat, and metabolic risk factors in obese women. Diabetes Care. 2002;25(3):431-8.

827. Yip I, Go VL, DeShields S, et al. Liquid meal replacements and glycemic control in obese type 2 diabetes patients. Obes Res. 2001;9 Suppl 4:341s-347s.

828. Gokcel A, Karakose H, Ertorer EM, Tanaci N, Tutuncu NB, Guvener N. Effects of sibutramine in obese female subjects with type 2 diabetes and poor blood glucose control. Diabetes Care. 2001;24(11):1957-60.

829. Volpe SL, Huang HW, Larpadisorn K, Lesser, II. Effect of chromium supplementation and exercise on body composition, resting metabolic rate and selected biochemical parameters in moderately obese women following an exercise program. J Am Coll Nutr. 2001;20(4):293-306.

830. Dumont M, Mauriège P, Bergeron J, Després JP, Prud'homme D. Effect of a six month gemfibrozil treatment and dietary recommendations on the metabolic risk profile of visceral obese men. Int J Obes Relat Metab Disord. 2001;25(8):1136-43.

831. Boozer CN, Nasser JA, Heymsfield SB, Wang V, Chen G, Solomon JL. An herbal supplement containing Ma Huang-Guarana for weight loss: a randomized, double-blind trial. Int J Obes Relat Metab Disord. 2001;25(3):316-24.

832. Birketvedt GS, Aaseth J, Florholmen JR, Ryttig K. Long-term effect of fibre supplement and reduced energy intake on body weight and blood lipids in overweight subjects. Acta Medica (Hradec Kralove). 2000;43(4):129-32.

833. Richelsen B, Pedersen SB, Kristensen K, et al. Regulation of lipoprotein lipase and hormone-sensitive lipase activity and gene expression in adipose and muscle tissue by growth hormone treatment during weight loss in obese patients. Metabolism. 2000;49(7):906-11.

834. Halimi S, Le Berre MA, Grangé V. Efficacy and safety of acarbose add-on therapy in the treatment of overweight patients with Type 2 diabetes inadequately controlled with metformin: a double-blind, placebo-controlled study. Diabetes Res Clin Pract. 2000;50(1):49-56.

835. Wadden TA, Berkowitz RI, Sarwer DB, Prus-Wisniewski R, Steinberg C. Benefits of lifestyle modification in the pharmacologic treatment of obesity: a randomized trial. Arch Intern Med. 2001;161(2):218-27.

836. Fujioka K, Seaton TB, Rowe E, et al. Weight loss with sibutramine improves glycaemic control and other metabolic

parameters in obese patients with type 2 diabetes mellitus. Diabetes Obes Metab. 2000;2(3):175-87.

837. Ditschuneit HH, Frier HI, Flechtner-Mors M. Lipoprotein responses to weight loss and weight maintenance in high-risk obese subjects. Eur J Clin Nutr. 2002;56(3):264-70.

838. Fogelholm M, Kukkonen-Harjula K, Nenonen A, Pasanen M. Effects of walking training on weight maintenance after a very-low-energy diet in premenopausal obese women: a randomized controlled trial. Arch Intern Med. 2000;160(14):2177-84.

839. Donnelly JE, Jacobsen DJ, Heelan KS, Seip R, Smith S. The effects of 18 months of intermittent vs. continuous exercise on aerobic capacity, body weight and composition, and metabolic fitness in previously sedentary, moderately obese females. Int J Obes Relat Metab Disord. 2000;24(5):566-72.

840. Golay A, Allaz AF, Ybarra J, et al. Similar weight loss with low-energy food combining or balanced diets. Int J Obes Relat Metab Disord. 2000;24(4):492-6.

841. Mori TA, Bao DQ, Burke V, Puddey IB, Watts GF, Beilin LJ. Dietary fish as a major component of a weight-loss diet: effect on serum lipids, glucose, and insulin metabolism in overweight hypertensive subjects. Am J Clin Nutr. 1999;70(5):817-25.

842. Vidgren HM, Agren JJ, Valve RS, Karhunen LJ, Rissanen AM, Uusitupa MI. The effect of orlistat on the fatty acid composition of serum lipid fractions in obese subjects. Clin Pharmacol Ther. 1999;66(3):315-22.

843. Roger P, Auclair J, Drain P. Addition of benfluorex to biguanide improves glycemic control in obese non-insulin-dependent diabetes: a double-blind study versus placebo. J Diabetes Complications. 1999;13(2):62-7.

844. Pittler MH, Abbot NC, Harkness EF, Ernst E. Randomized, double-blind trial of chitosan for body weight reduction. Eur J Clin Nutr. 1999;53(5):379-81.

845. Ditschuneit HH, Flechtner-Mors M, Johnson TD, Adler G. Metabolic and weight-loss effects of a long-term dietary intervention in obese patients. Am J Clin Nutr. 1999;69(2):198-204.

846. Andersen RE, Wadden TA, Bartlett SJ, Zemel B, Verde TJ, Franckowiak SC. Effects of lifestyle activity vs structured aerobic exercise in obese women: a randomized trial. Jama. 1999;281(4):335-40.

847. Davidson MH, Hauptman J, DiGirolamo M, et al. Weight control and risk factor reduction in obese subjects treated for 2 years with orlistat: a randomized controlled trial. Jama. 1999;281(3):235-42.

848. Charles MA, Morange P, Eschwège E, André P, Vague P, Juhan-Vague I. Effect of weight change and metformin on fibrinolysis and the von Willebrand factor in obese nondiabetic subjects: the BIGPRO1 Study. Biguanides and the Prevention of the Risk of Obesity. Diabetes Care. 1998;21(11):1967-72.

849. Riddle MC, Schneider J. Beginning insulin treatment of obese patients with evening 70/30 insulin plus glimepiride versus insulin alone. Glimepiride Combination Group. Diabetes Care. 1998;21(7):1052-7.

850. Marckmann P, Toubro S, Astrup A. Sustained improvement in blood lipids, coagulation, and fibrinolysis after major weight loss in obese subjects. Eur J Clin Nutr. 1998;52(5):329-33.

851. Sjöström L, Rissanen A, Andersen T, et al. Randomised placebo-controlled trial of orlistat for weight loss and prevention of weight regain in obese patients. European Multicentre Orlistat Study Group. Lancet. 1998;352(9123):167-72.

852. Agurs-Collins TD, Kumanyika SK, Ten Have TR, Adams-Campbell LL. A randomized controlled trial of weight reduction and exercise for diabetes management in older African-American subjects. Diabetes Care. 1997;20(10):1503-11.

853. Kraemer WJ, Volek JS, Clark KL, et al. Physiological adaptations to a weight-loss dietary regimen and exercise programs in

women. J Appl Physiol (1985). 1997;83(1):270-9.

854. Rössner S, Flaten H. VLCD versus LCD in long-term treatment of obesity. Int J Obes Relat Metab Disord. 1997;21(1):22-6.

855. Pontiroli AE, Pacchioni M, Piatti PM, Cassisa C, Camisasca R, Pozza G. Benfluorex in obese noninsulin dependent diabetes mellitus patients poorly controlled by insulin: a double blind study versus placebo. J Clin Endocrinol Metab. 1996;81(10):3727-32.

856. Golay A, Allaz AF, Morel Y, de Tonnac N, Tankova S, Reaven G. Similar weight loss with low- or high-carbohydrate diets. Am J Clin Nutr. 1996;63(2):174-8.

857. Pascale RW, Wing RR, Butler BA, Mullen M, Bononi P. Effects of a behavioral weight loss program stressing calorie restriction versus calorie plus fat restriction in obese individuals with NIDDM or a family history of diabetes. Diabetes Care. 1995;18(9):1241-8.

858. DeFronzo RA, Goodman AM. Efficacy of metformin in patients with non-insulin-dependent diabetes mellitus. The Multicenter Metformin Study Group. N Engl J Med. 1995;333(9):541-9.

859. O'Kane M, Wiles PG, Wales JK. Fluoxetine in the treatment of obese type 2 diabetic patients. Diabet Med. 1994;11(1):105-10.

860. Giugliano D, Quatraro A, Consoli G, et al. Metformin for obese, insulin-treated diabetic patients: improvement in glycaemic control and reduction of metabolic risk factors. Eur J Clin Pharmacol. 1993;44(2):107-12.

861. Puddey IB, Parker M, Beilin LJ, Vandongen R, Masarei JR. Effects of alcohol and caloric restrictions on blood pressure and serum lipids in overweight men. Hypertension. 1992;20(4):533-41.

862. Wolever TM, Jenkins DJ, Vuksan V, Jenkins AL, Wong GS, Josse RG. Beneficial effect of low-glycemic index diet in overweight NIDDM subjects. Diabetes Care. 1992;15(4):562-4.

863. Golay A, Koellreutter B, Bloise D, Assal JP, Würsch P. The effect of muesli or cornflakes at breakfast on carbohydrate metabolism in type 2 diabetic patients. Diabetes Res Clin Pract. 1992;15(2):135-41.

864. Jalkanen L. The effect of a weight reduction program on cardiovascular risk factors among overweight hypertensives in primary health care. Scand J Soc Med. 1991;19(1):66-71.

865. Nieman DC, Haig JL, Fairchild KS, De Guia ED, Dizon GP, Register UD. Reducing-diet and exercise-training effects on serum lipids and lipoproteins in mildly obese women. Am J Clin Nutr. 1990;52(4):640-5.

866. Lalor BC, Bhatnagar D, Winocour PH, et al. Placebo-controlled trial of the effects of guar gum and metformin on fasting blood glucose and serum lipids in obese, type 2 diabetic patients. Diabet Med. 1990;7(3):242-5.