**Low carbohydrate versus isoenergetic balanced diets for reducing weight and cardiovascular risk:**

**a systematic review and meta-analysis**

**Support Information S2: Forest plots of meta-analyses in overweight and obese adults without type 2 diabetes mellitus**



Figure S2A: Forest plot of low carbohydrate versus balanced diets in overweight and obese adults for body mass index (kg/m2) at three to six months



Figure S2B: Forest plot of low carbohydrate versus balanced diets in overweight and obese adults for body mass index (kg/m2) at one year



Figure S2C: Forest plot of low carbohydrate versus balanced diets in overweight and obese adults for diastolic blood pressure (mmHg) at three to six months



Figure S2D: Forest plot of low carbohydrate versus balanced diets in overweight and obese adults for diastolic blood pressure (mmHg) at one to two years



Figure S2E: Forest plot of low carbohydrate versus balanced diets in overweight and obese adults for systolic blood pressure (mmHg) at three to six months



Figure S2F: Forest plot of low carbohydrate versus balanced diets in overweight and obese adults for systolic blood pressure (mmHg) at one to two years

Figure S2G: Forest plot of low carbohydrate versus balanced diets in overweight and obese adults for serum LDL cholesterol (mmol/L) at three to six months



Figure S2H: Forest plot of low carbohydrate versus balanced diets in overweight and obese adults for serum LDL cholesterol (mmol/L) at one to two years

Figure S2I: Forest plot of low carbohydrate versus balanced diets in overweight and obese adults for serum HDL cholesterol (mmol/L) at three to six months

Figure S2J: Forest plot of low carbohydrate versus balanced diets in overweight and obese adults for HDL cholesterol (mmol/L) at one to two years



Figure S2K: Forest plot of low carbohydrate versus balanced diets in overweight and obese adults for serum total cholesterol (mmol/L) at three to six months



Figure S2L: Forest plot of low carbohydrate versus balanced diets in overweight and obese adults for serum total cholesterol (mmol/L) at one to two years



Figure S2M: Forest plot of low carbohydrate versus balanced diets in overweight and obese adults for serum triglycerides (mmol/L) at three to six months



Figure S2N: Forest plot of low carbohydrate versus balanced diets in overweight and obese adults for serum triglycerides (mmol/L) at one to two years



Figure S2O: Forest plot of low carbohydrate versus balanced diets in overweight and obese adults for fasting blood glucose (mmol/L) at three to six months



Figure S2P: Forest plot of low carbohydrate versus balanced diets in overweight and obese adults for fasting blood glucose (mmol/L) at one to two years