**S3 Table.The main indicators observed in each study**

|  |  |  |
| --- | --- | --- |
| Author | Year | Main outcome mesurse |
| Gary  | 2010 | [triglyceride 、LDL、HDL、weight、systolic blood pressure、diastolic blood pressure](file:///D%3A%5C%5CProgram%20Files%20%28x86%29%5C%5CYoudao%5C%5CDict%5C%5C8.0.0.0%5C%5Cresultui%5C%5Chtml%5C%5Cindex.html%22%20%5Cl%20%22javascript%3A%3B%22%20%5Co%20%22file%3A///D%3AProgram%20Files%20%28x86%29YoudaoDict8.0.0.0resultuihtmlindex.html#javascript:;)  |
| Morgan | 2008 | [triglyceride 、LDL、HDL、weight、fasting plasma glucose](file:///D%3A%5C%5CProgram%20Files%20%28x86%29%5C%5CYoudao%5C%5CDict%5C%5C8.0.0.0%5C%5Cresultui%5C%5Chtml%5C%5Cindex.html%22%20%5Cl%20%22javascript%3A%3B%22%20%5Co%20%22file%3A///D%3AProgram%20Files%20%28x86%29YoudaoDict8.0.0.0resultuihtmlindex.html#javascript:;)  |
| Lydia | 2014 | [triglyceride 、LDL、HDL、weight、systolic blood pressure](file:///D%3A%5C%5CProgram%20Files%20%28x86%29%5C%5CYoudao%5C%5CDict%5C%5C8.0.0.0%5C%5Cresultui%5C%5Chtml%5C%5Cindex.html%22%20%5Cl%20%22javascript%3A%3B%22%20%5Co%20%22file%3A///D%3AProgram%20Files%20%28x86%29YoudaoDict8.0.0.0resultuihtmlindex.html#javascript:;) |
| Lean | 1996 | TC、triglyceride 、LDL、HDL、weight、systolic blood pressure、diastolic blood pressure  |
| Frank | 2009 | TC、triglyceride 、LDL、HDL、fasting plasma glucose systolic blood pressure、diastolic blood pressure  |
| Elhayany | 2010 | TC、triglyceride 、LDL、HDL、weight、fasting plasma glucose  |
| Jeannie | 2015 | TC、triglyceride 、LDL、HDL、fasting plasma glucose  |
| Gary | 2003 | TC、triglyceride 、LDL、HDL、weightsystolic blood pressure、diastolic blood pressure  |
| Bonnie | 2003 | TC、triglyceride 、LDL、HDL、fasting plasma glucose systolic blood pressure、diastolic blood pressure  |
| Jeannie | 2017 | TC、triglyceride 、LDL、HDL、weight、fasting plasma glucose systolic blood pressure、diastolic blood pressure  |
| Xin Liu | 2013 | TC、triglyceride 、LDL、HDL、weight、fasting plasma glucose 、systolic blood pressure、diastolic blood pressure  |
| Lim | 2010 | TC、triglyceride 、LDL、HDL、weight、fasting plasma glucose systolic blood pressure、diastolic blood pressure  |