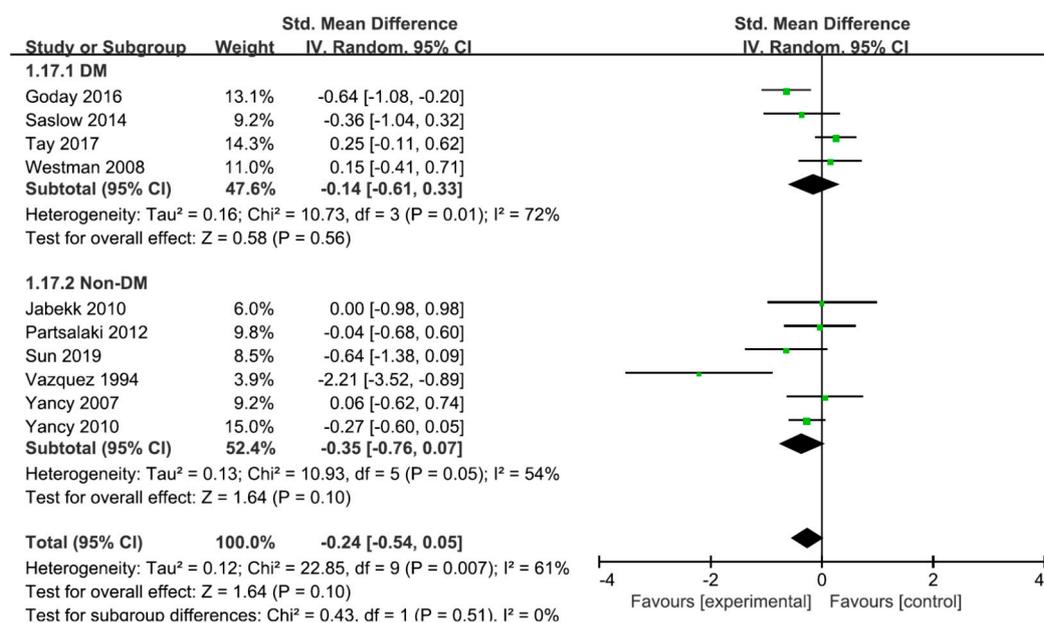
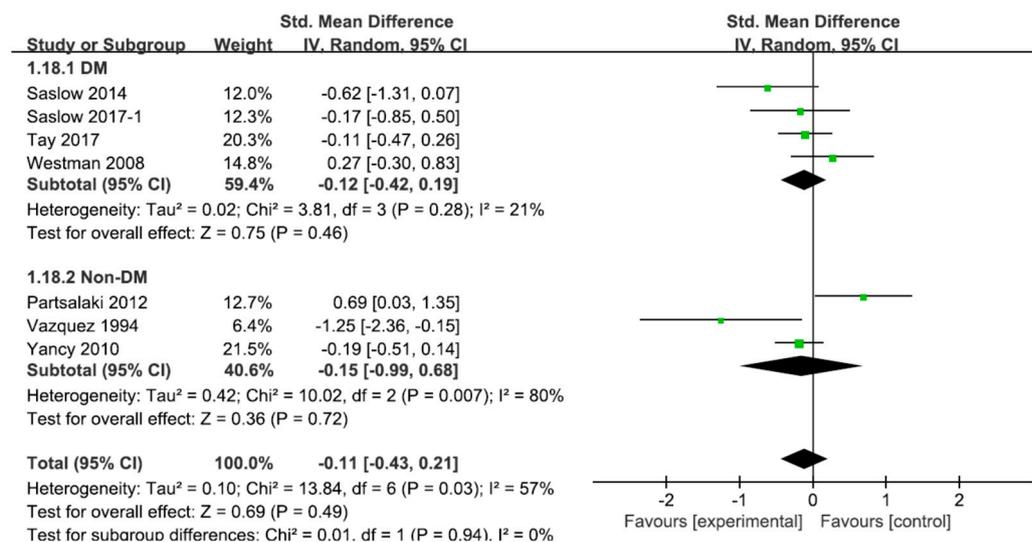


## Supplementary material

## (a) Fasting glucose

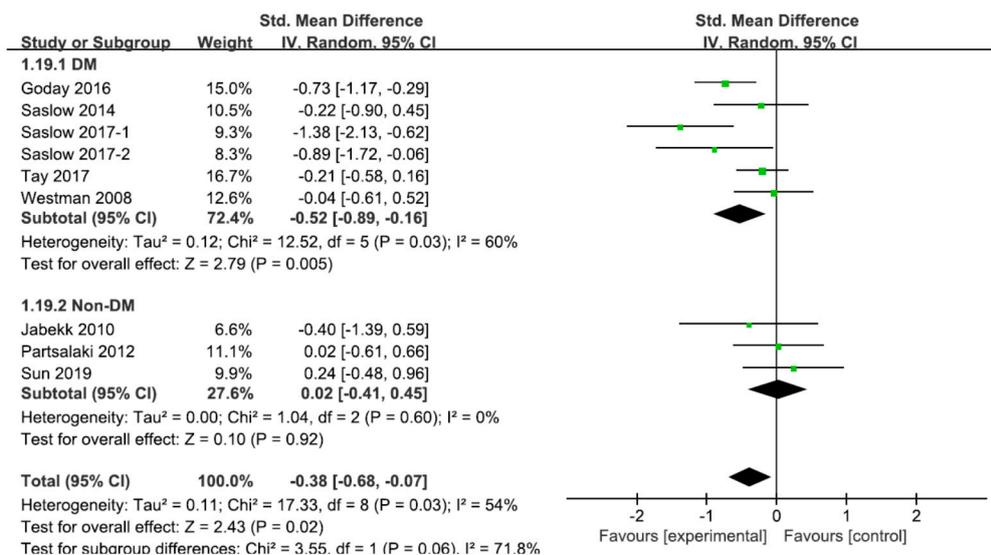


## (b) Fasting insulin



**Figure S1.** Forest plot for association between glycemic control and ketogenic diet in patients with overweight or obesity and with or without T2DM: (a) Changes in fasting glucose; (b) Changes in fasting insulin.

Abbreviations: CI, confidence interval; DM, diabetes mellitus; Non-DM, non-diabetes mellitus; T2DM, type 2 diabetes mellitus.



**Figure S2.** Forest plots for association between triglyceride control and ketogenic diet in patients with overweight or obesity and with or without T2DM.

Abbreviations: CI, confidence interval; DM, diabetes mellitus; Non-DM, non-diabetes mellitus; T2DM, type 2 diabetes mellitus.