

**Supplement**

**Table S1 Summary of Studies Reviewed on the DASH Diet and Cardiometabolic Diseases and CKD<sup>1</sup>**

	<b>First Author, year (reference number)</b>	<b>Study Population</b>	<b>Intervention/Exposure</b>	<b>Health Outcome Assessed</b>	<b>Overall Finding (Benefit, Harm, Neutral Effect)</b>
<b>DASH Diet and CVD</b>					
Intervention studies	Kawamura, 2016 (40)	Japanese adults with elevated BP	Japanese-modified DASH diet	BP	Benefit
	Kim, 2013 (42)	Korean Americans with high BP	Korean-modified DASH diet education	BP	Benefit
	Lee, 2018 (43)	Korean adults with prehypertension or hypertension	Korean-modified DASH diet education	BP	Benefit
	Wong, 2015 (44)	Hong Kong patients with grade 1 hypertension	DASH diet education tailored to Chinese culture	BP and lipids	Neutral Effect
Prospective cohort Studies	Bai, 2017 (45)	Chinese adults free of chronic disease	DASH diet score	Risk of hypertension	Benefit
	Lin, 2013 (46)	Taiwanese adults	DASH diet score	Change in BP, risk of stroke	Benefit
	Neelakantan, 2018 (47)	Singapore Chinese adults free of CVD at baseline	DASH diet score	Risk of CVD mortality	Benefit
	Talaei, 2019 (48)	Singapore Chinese adults free of CVD at baseline	DASH diet score	Risk of coronary artery disease and stroke mortality	Benefit

Cross-sectional studies	--	--	--	--	--
<b>DASH Diet and Type 2 Diabetes and Other Metabolic Disturbances</b>					
Intervention studies	Jin, 2020 (50)	Korean adults with type 2 diabetes	DASH-style diet plan	HbA1C levels	Benefit
	Choi, 2014 (54)	Korean elderly women with abdominal obesity	DASH diet education with n-3 supplements	Metabolic syndrome	Benefit
Prospective cohort Studies	Chen, 2018 (49)	Singaporean Chinese adults free of chronic disease	DASH diet score	Incidence of type 2 diabetes	Benefit
	Kang, 2018 (52)	Korean postmenopausal women without diabetes	Korean-modified DASH diet score	Metabolic syndrome	Benefit
Cross-sectional studies	Murakami, 2019 (53)	Japanese adults	DASH diet score	Metabolic risk factors	Benefit
	Gao, 2020 (55)	Chinese adults	DASH diet score	Hyperuricemia	Benefit
<b>DASH Diet and DASH Diet Components and CKD Risk</b>					
Intervention studies	Jardine, 2019 (60)	Chinese villagers	Sodium reduction education	Albuminuria	Benefit

Prospective cohort Studies	Yoon, 2017 (59)	Korean adults with normal kidney function with and without hypertension	Sodium intake	Risk of CKD	Harm (in hypertensive only) (lower intake=benefit)
	Mun, 2019 (61)	Korean adults with mildly impaired kidney function with and without hypertension	Potassium intake	Risk of CKD and change in eGFR	Benefit (in hypertensive only)
	Jhee, 2019 (63)	Korean adults	Fruit and vegetable intake	Risk of CKD and proteinuria	Benefit
	Lew, 2017 (65)	Singaporean Chinese adults	Red meat	Risk of ESKD	Harm (lower intake=benefit)
Cross-sectional studies	Lee, 2017 (56)	Korean elderly adults	DASH diet score and Korean-modified DASH diet score	Risk of CKD	Benefit
	Kim, 2018 (62)	Korean adults free of chronic disease	Mineral intake (Na, K, P)	Risk of CKD	Na—Neutral K—Benefit P—Benefit
	Higashiyama, 2010 (64)	Japanese adults	Protein intake	GFR and risk of CKD	Benefit
<b>DASH Diet Components in CKD</b>					
Intervention studies	Yu, 2012 (67)	Chinese adults with immunoglobulin A nephropathy	Sodium restriction	BP and proteinuria	Harm (lower intake=benefit)
	Sakaguchi, 2018 (71)	Japanese patients with stages 3-4 CKD	Magnesium supplementation	Coronary artery calcification	Benefit

Prospective cohort Studies	Kim, 2019 (69)	Korean adults with CKD stages 1-5	Urinary potassium excretion	Decrease in eGFR or incident ESKD	Benefit (lower=harm)
	Koo, 2018 (70)	Korean adults with CKD stages 1-5	Urinary sodium/potassium ratio	Decrease in eGFR or incident ESKD	Harm (lower ratio=benefit)
	Toba, 2019 (72)	Japanese patients with pre-dialysis CKD	Fruits and vegetables and NEAP (calculated from protein and potassium)	Change in eGFR	Benefit (>NEAP = <fruit and veg=harm)
	Lu, 2017 (73)	Chinese patients with stages 3-4 CKD	Fiber intake	Change in eGFR and CVD events	Benefit
Cross-sectional studies	Koo, 2014 (66)	Korean adult outpatient hospital patients with and without CKD	Urinary sodium excretion	BP control	Harm (lower=benefit)
	Yu, 2012 (67)	Chinese non-dialysis hypertensive CKD patients	Urinary sodium excretion	BP control	Harm (lower=benefit)

<sup>1</sup>CVD, cardiovascular disease; BP, blood pressure; DASH, dietary approaches to stop hypertension; HbA1c, hemoglobin A1C; CKD, chronic kidney disease; ESKD, end-stage kidney disease; GFR, glomerular filtration rate; NEAP, net endogenous acid production.