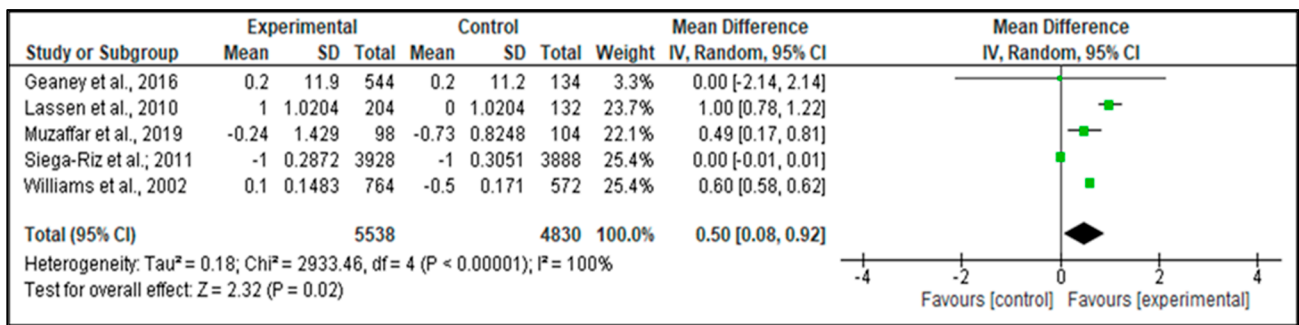
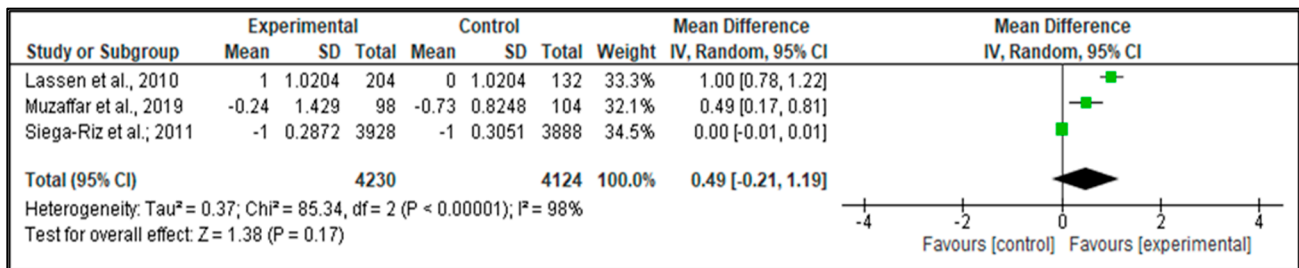


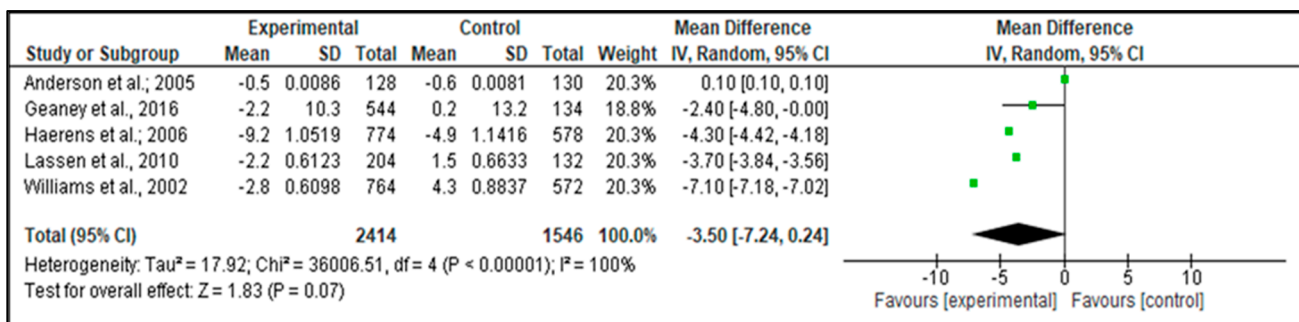
Figure S1: Forest plots of the included intervention meta-analysis.



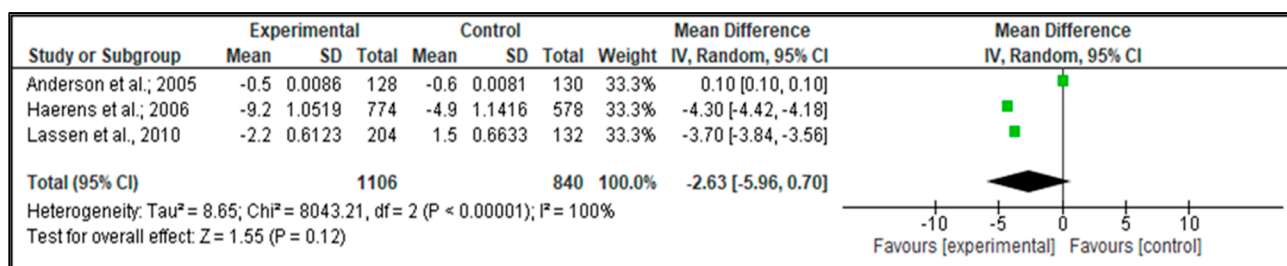
Forest plot of the effectiveness of increasing the dietary intake of fiber (g/day) according to the included intervention studies (RCTs and non-RCTs).



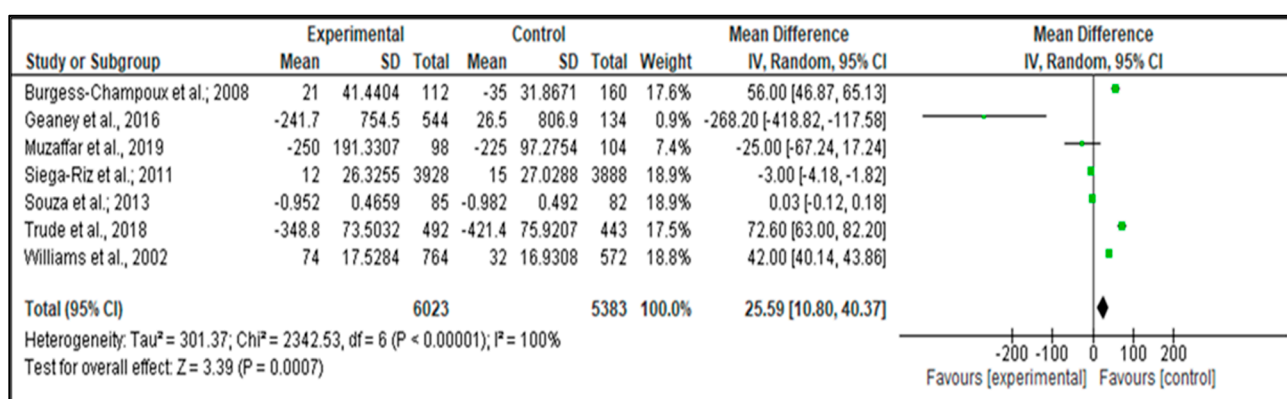
Forest plot of the effectiveness of increasing the dietary intake of fiber (g/day) according to the included intervention studies (RCTs only).



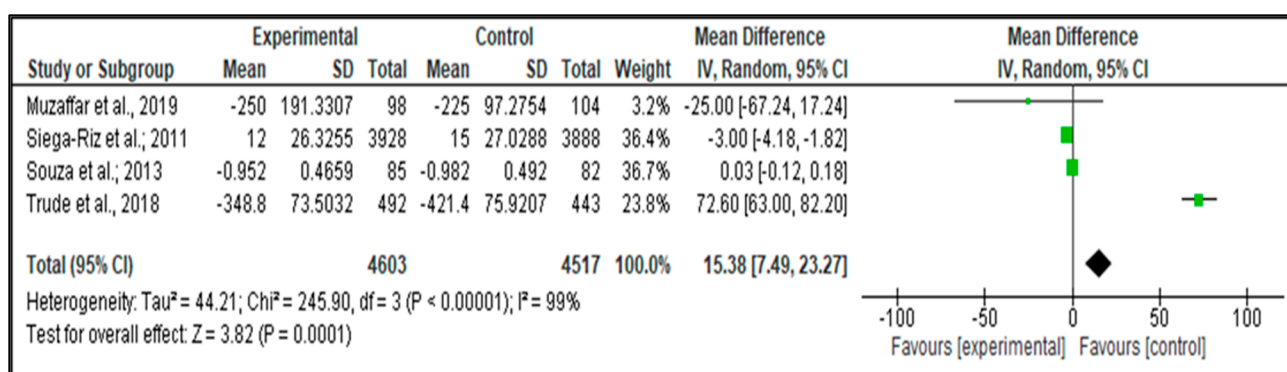
Forest plot of the effectiveness of decreasing the percentage of energy derived from fat (%E/day) according to the included intervention studies (RCTs and non-RCTs).



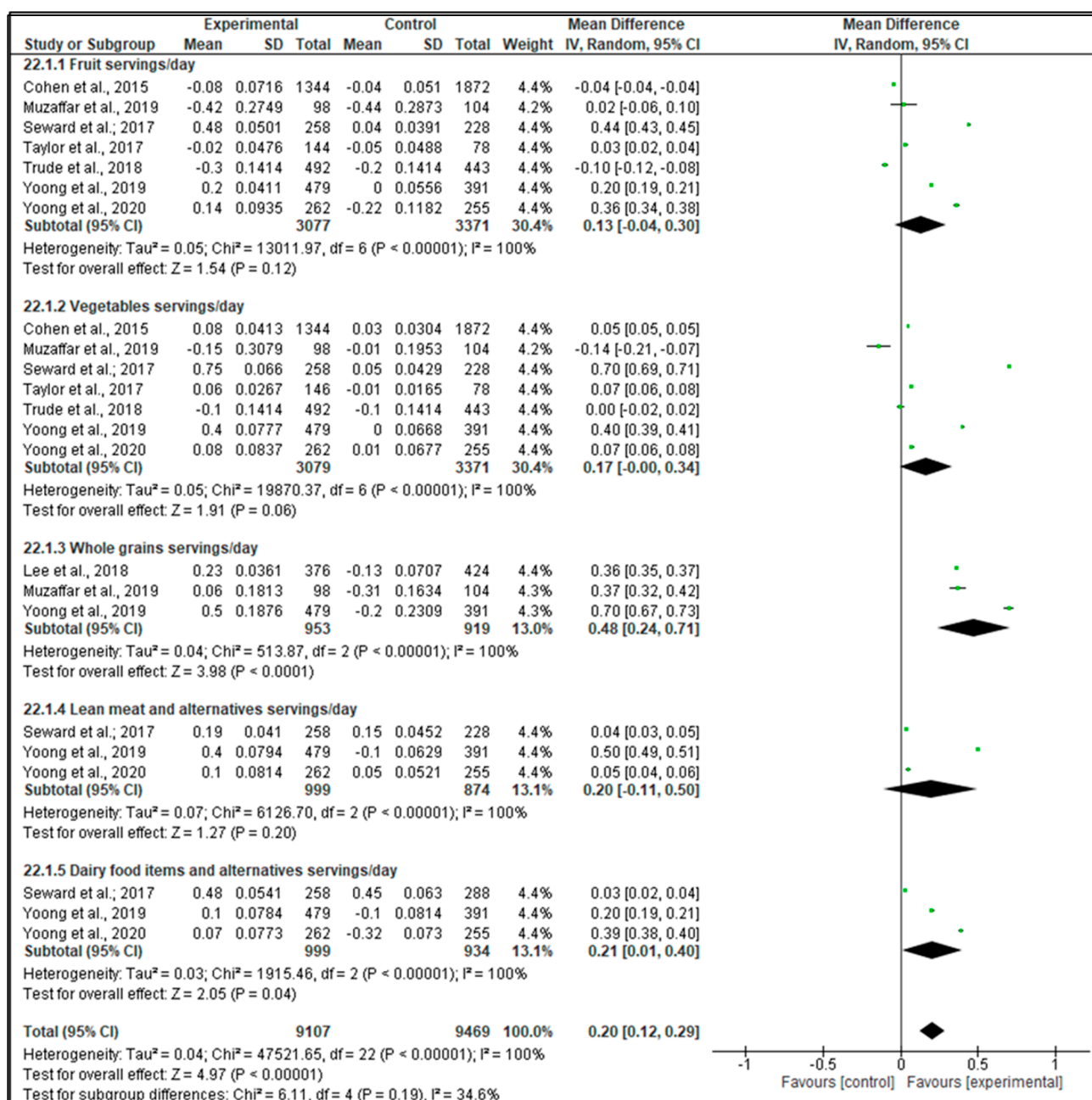
Forest plot of the effectiveness of decreasing the percentage of energy derived from fat (%E/day) according to the included intervention studies (RCTs only).



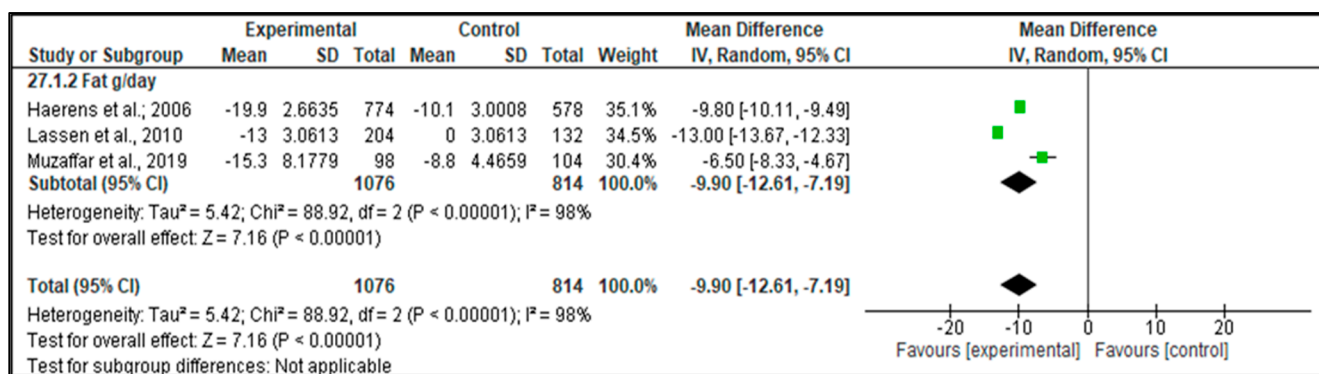
Forest plot of the effectiveness of decreasing the total daily caloric intake (kcal/day) according to the included intervention studies (RCTs and non-RCTs).



Forest plot of the effectiveness of decreasing the total daily caloric intake (kcal/day) according to the included intervention studies (RCTs only).



Forest plot of the effectiveness of increasing the dietary intake of healthy food items (servings/day), according to the included intervention studies (RCTs only).



Forest plot of the effectiveness of decreasing the dietary intake of saturated fat, fat, and added sugar nutrients (g/day), according to the included intervention studies (RCTs only).