Table S8. Subgroup analyses for effects of anthocyanins and main anthocyanin in the test foods on HbA1c

Subgroup	Anthocyanins	n	MD [95% CI]	I^2	P		
					heterogeneity [a]	Within-group [b]	Intra-group [c]
1. Main anthocyanin to total anthocyanin content							
≥ 50%	Delphinidin-based	2	-0.13 [-0.31, 0.04]	0	0.87	0.14	
	Subtotal	**3**	**-0.13 [-0.31, 0.05]**	**0**	**0.85**	**0.15**	**0.58**
2. Anthocyanin dosage							
≥ 160 mg	Delphinidin-based	2	-0.13 [-0.31, 0.04]	0	0.87	0.14	
	Subtotal	**4**	**-0.14 [-0.30, 0.03]**	**0**	**0.94**	**0.11**	**0.83**
3. Types of anthocyanin source							
Purified anthocyanins	Delphinidin-based	2	-0.13 [-0.31, 0.04]	0	0.87	0.14	
	Subtotal	**2**	**-0.13 [-0.31, 0.04]**	**0**	**0.87**	**0.14**	**-**
4. Target population							
Prediabetes and/or type 2 diabetes	Delphinidin-based	2	-0.13 [-0.31, 0.04]	0	0.87	0.14	
	Subtotal	**3**	**-0.14 [-0.31, 0.03]**	**0**	**0.96**	**0.10**	**0.81**
5. Baseline HbA1c							
> 7.0%	**Subtotal**	**2**	**-0.17 [-0.68, 0.34]**	**0**	**0.56**	**0.50**	**0.56**
≤ 7.0%	Delphinidin-based	2	-0.13 [-0.31, 0.04]	0	0.87	0.14	
	Subtotal	**2**	**-0.13 [-0.31, 0.04]**	**0**	**0.87**	**0.14**	**-**
6. Baseline BMI							
≥ 25.0 kg/m^2	**Subtotal**	**2**	**-0.17 [-0.68, 0.34]**	**0**	**0.56**	**0.50**	**0.56**
< 25.0 kg/m^2	Delphinidin-based	2	-0.13 [-0.31, 0.04]	0	0.87	0.14	
	Subtotal	**2**	**-0.13 [-0.31, 0.04]**	**0**	**0.87**	**0.14**	**-**

The probabilities are based on the Cochran's Q-test (a), test for overall effect of each anthocyanin group (b), and test for subgroup differences (c). If there was the data about subgroup numbers being one or less, analysis limited to that subgroup was omitted. BMI, body mass index; CI, confidence interval; MD, mean difference; n, sample size; HbA1c, hemoglobin A1c.