

**Supplementary Table S5** Results from reviews on glycaemic control and weight among different dietary patterns: Plant-based versus control diets difference in HbA1c, fasting blood glucose (FBG), fasting blood insulin (FBI) and body weight

Review dietary characteristics			Outcomes				
First author, year	No. of studies	Intervention diet	Control diets	HbA1c	FBG	FBI or non-FBI Change	Weight
		% CHO range (% Protein: % Fat)	[% CHO: % Protein % Fat]	Change (%) MD with 95% CI	Change (mmol/L) MD with 95% CI	(mU/L) MD with 95% CI	Change (Kg) MD with 95% CI Pooled data
<b>Systematic review with meta-analysis A</b>							
Viguioliouk, 2015 d	9 in HbA1c analysis (of 13) 7 T2D & 2 T1D	Plant-based protein diet (soy, almond, pulses or mixed). 40-70% energy from CHO (9-30% protein, 20-40% fat)	Animal-based protein diet (casein, milk, cheese, red meat or mixed) 40-70% energy from CHO (9-30% protein, 20-40% fat)	Significantly favours in 7 studies. T2D: -0.2%, (-0.26, -0.03). P=0.009. 2 studies T1D: MD -0.6% (95% CI -1.43, -0.15) P=0.1 Total: -0.2%, (95% CI -0.26, -0.05) P=0.005	Significantly favours. Total: -0.5 mmol/L (-0.92, -0.13) P=0.009	Significantly favours. T2D -1.5 mU/L (-2.49, -0.41) P=0.006	NR
Viguioliouk, 2019 d	9 RCTs including T2D & T1D	Vegetarian protein, LF vegan, vegetarian, or vegan diets. 49-78% energy from CHO (12-17% Protein, 11-34% fat)	Animal protein diets as LF diet, ADA, EASD, KDA or portion control or usual diets. 47-65% energy from CHO (16-22% protein, 19-37% fat)	Significantly favours vegetarian diets in 8 trials. MD -0.3% (-0.45, -0.12), SMD -1.2% (-1.89, -0.50) P=0.0006	Significantly favours in 6 trials. MD -0.6 mmol/L, (-0.99, -0.13), SMD -1.0mmol/L (-1.84, -0.24) P=0.01	NR but 1 study favours. -1.1 mU/L (-4.02, 1.74), P=0.44	Significantly favours in 6 trials. -2.2kg (-2.95, -1.34) P<0.00001
Yokoyama, 2014	6 studies T2D	LF vegan, vegan, or lacto-ovo low-protein	Omnivorous, ADA, standard diabetes diet, or LF diet	Significantly favours vegetarian diets. -0.4% (-0.62 to -0.15), P=0.001	No difference, NS. -0.4% (-1.04 to 0.32) P=0.3	NR	NR
<b>Systematic reviews with no meta-analysis B</b>							
Toumpanakis, 2018	8 T2D studies in analysis (of 13)	LF plant-based, vegan or LF vegan	Omnivorous, KDA, EASD, IADD or LF diets.	Favours, NS. plant-based diets, 8 studies reduced HbA1c. -0.4% (analysis in 2 studies MD -0.9% P=0.002)	NR	NR	NR

Johannesen, 2020	3 T2D (in analysis of 9 studies)	LF plant-based, vegan, LF, Low calorie lacto-ovo vegetarian, LF vegan or LGI vegan	Omnivorous, KDA, Low calorie, M diet, ADA or AHA	No difference, NS. Only 1 study including T2D flavours a difference in HbA1c. P=NR	No difference, NS. P=NR	NR	NR
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*Note. A = Systematic reviews with meta-analysis – HbA1c and wt. reduction are based on meta-analysis outcomes. B = Systematic reviews (without meta-analysis) – HbA1c and wt. reduction are based on statistical analysis of individual reviews. d = includes type 1 diabetes (T1D). # = subgroup data. ^ = 12mo data. Abbreviations: ADA; American Diabetes Association; AHA = American Heart Association; CHO = carbohydrate; EASD = European Association for the study of diabetes guidelines; HE = healthy eating; HC = high carbohydrate; HPD = high protein diet; IADD = Italian Association of Doctors of Diabetology guidelines; KDA = Korean Diabetes Association; LC = low-carbohydrate; LF = Low fat; LGI = low glycaemic Index; MD = mean difference; M = Mediterranean; NR = not reported; NS = not significant; T2D = type 2 diabetes; TE = total energy; WMD = weighted mean difference; wt. = weight.*