Supplementary Material

Table S1. Authors, year of publication, country, and main findings of the documents analyzed in this study, in ascending chronological order.

N	Authors, year	Country	Main findings		
			Concepts or diet classification	Macronutrient composition of diets	Diet composition
1	Reaven GM, 1986	USA		x	
2	Parillo et al., 1992	Italy		x	x
3	Garg et al., 1994	USA		x	
4	Eades MR, Eades MD, 1996	USA		x	
5	Atkins RC, 2002	USA		x	x
6	Vernon MC, Eberstein JA, 2004	USA		x	
7	Baldwin EJ, 2004	UK		x	
8	Sheard et al., 2004	USA		x	
9	IOM, 2005	Switzerland		x	
10	Yancy et al., 2005	USA		x	
11	Halton et al., 2006	USA		x	
12	Last AR, Wilson SA, 2006	USA	x	x	
13	Nielsen JV; Joensson E, 2006	Sweden		x	
14	Chandler MJ, Hildebrandt LA, 2007	USA			x
15	ADA, 2007	USA		x	
16	Worth J, Soran H, 2007	UK		x	
17	Halton et al., 2008	USA		x	
18	Accurso et al., 2008	USA	x	x	
19	Kirk et al., 2008	USA		x	
20	Volek et al., 2008	USA	x		
21	Westman et al., 2008	USA		x	
22	Wylie-Rosett J, Davis NJ, 2009	USA	x		x
23	Feinman RD, 2011	USA	x	x	
24	Frigolet ME, Ramos Barragán VE, Tamez González M, 2011	Mexico		x	
25	Dyson et al., 2011	UK		x	
26	Hite et al., 2011	USA		x	
27	Hussain et al., 2012	Kuwait	x	x	x
28	He et al., 2012	China		x	
29	Wheeler et al., 2012	USA	x		
30	Ajala O, English P, Pinkney J 2013	USA		x	
31	Noakes et al., 2013	South Africa		x	
32	Fernemark et al., 2013	Sweden		x	
33	Paoli et al., 2013	USA		x	
34	Haimoto et al., 2014	Japan		x	
35	Saslow et al., 2014	USA		x	
36	Czyzewsa-Majchrzak L, 2014	Poland		x	
37	Guldbrand et al., 2014	Sweden		x	
38	Dyson P, 2014	UK		x	x

39	Feinman et al., 2015	USA	x	x	
40	Hernandez et al., 2015	Mexico		x	
41	Dyson P, 2015	UK		x	
42	Van WYK, Davies RE, Davies JS, 2015	UK		x	
43	RACGP, 2016	Australia		x	
44	Fields et al., 2016	USA		x	x
45	Mc Ardle PD et al., 2016	UK		x	
46	Sato J et al., 2016	Japan		x	
47	Diabetes UK, 2017	UK		x	
48	Meng et al., 2017	China		x	
49	Snorgaard et al., 2017	Denmark		x	
50	Noakes TD, Windt J, 2017	Canada		x	x
51	Yamada S, 2017	Japan	x	x	
52	Dyson et al., 2018	UK		x	
53	Davies et al., 2018	USA, UK		x	
54	Huntriss R, Campbell M, Bedwell C, 2018	UK		x	
55	Liu K et al., 2018	China		x	x
56	Sainsbury et al., 2018	Australia		x	x
57	Sievenpiper et al., 2018	Canada		x	
58	Van Zuuren et al., 2018	Netherlands	x		
59	Diabetes Australia, 2018	Australia		x	
60	Tay J et al., 2018	Australia		x	
61	Shafique M et al., 2018	UK		x	x
62	Evert et al., 2019	USA		x	
63	Huntriss R, Boocock R, McArdle P, 2019	UK		x	
64	Korsmo-Haugen et al., 2019	Norway		x	
65	Kirkpatrick CF et al. 2019	USA		x	
66	McArdle et al., 2019	UK		x	
67	SBD, 2020	Brazil		x	
68	Dyson P, 2020	UK		x	
69	Diabetes Canada, 2020	Canada		x	
70	Tay J et al., 2020	Australia		x	x
71	Churuangsuk C, Lean M, Combet E, 2020	UK		x	
72	Kelly T, Unwin D, Finucane F, 2020	Ireland		x	
73	Westman EC, Yancy JR, 2020	USA	x	x	x
74	Foley PJT, Gunson JTS, Baumann SL, 2020	UK		x	x
75	Chen CY et al., 2020	Taiwan		x	
76	Merril JD et al., 2020	USA		x	
77	Wheatley et al., 2021	UK	x	x	
78	Singh et al., 2021	UK		x	
79	Wong et al., 2021	Canada		x	x
80	Dashti HM, Mathew TC, Ai-Zaid NS, 2021	Kuwait		x	x
81	Diabetes UK, 2021	UK		x	
82	Skytee MJ et al., 2021	Denmark		x	

83	Wong K et al., 2021	Canada	x	
84	Davies et al., 2022	USA, UK	x	
85	Dening et al., 2022	Australia	x	x
86	Goldnberg JZ et al., 2022	USA	x	
87	Jayedi et al., 2022	Iran	x	
88	Neudorf H et al., 2022	Canada	x	x
89	Ramos et al., 2022	Brazil	x	
90	Sun et al., 2022	Global	x	
91	Siverhus K, 2022	USA	x	
92	Scoot E et al., 2022	UK	x	
93	Kumar NK et al., 2022	USA	x	x
94	Li S et al., 2022	China	x	x
95	Gram-Kampmann EM et al., 2022	Denmark	x	
96	ADA, 2024	USA	x	

Legend: Official documents; ADA, American Diabetes Association (ADA); USA, United States of America; UK, United Kingdom; SBD, Brazilian Diabetes Society.

Table S2. Classification and carbohydrate percentages of carbohydrate-restricted diets recommended for individuals with diabetes by guidelines of different countries.

Country	**Organization, document**	**Classification**	**Carbohydrate content relative to total energy value (%)**	**Total carbohydrate intake (g/day)**
Australia	Diabetes Australia (2018)[6]: Position statement on low-carbohydrate diets for individuals with diabetes mellitus	High-carbohydrate diet	<45%	>225
		Moderate-carbohydrate diet	26%–45%	130–225
		Low-carbohydrate diet	<26%	<130
Brazil	Brazilian Diabetes Society (2023)[2]: Guidelines	Usual diet	45%–65%	Individualized
		Moderate restriction, low-carbohydrate diet	26%–45%	<130
		Intense restriction, very-low-carbohydrate diet	<26%	Individualized
		Extreme restriction, very-low-carbohydrate ketogenic diet	<10%	20–50
Canada	Diabetes Canada (2020)[4]: Position statement on low-carbohydrate diets for adults with diabetes: A quick review	Low-carbohydrate diet	<45%	50–130
		Very-low-carbohydrate diet	-	<50
USA	American Diabetes Association[7]	Low-carbohydrate diet	<26%[1]	<130[7]
			26%–45%[5]	-
		Very-low-carbohydrate diet	<26%[5]	20–50[5]
United Kingdom	Diabetes UK (2021)[3]:	High-carbohydrate diet	>45%	>230

Diets with low carbohydrate content for adults with T2DM	Moderate-carbohydrate diet	26%–45%	130−230
	Low-carbohydrate diet	<26%	<130
	Very-low-carbohydrate ketogenic diet	≤10%	20–50

Source: [1]Davies et al. (2022), [2]Ramos (2022); [3]Diabetes UK (2021); [4]Diabetes Canada (2020); [5]Evert et al. (2019), [6]Diabetes Australia (2018), [7]ADA (2007).