Supplementary Table 4. Main and sensitivity analysis results.
Sensitivity analyses were conducted for outcomes that were evaluated in at least 2 strata.

		LDL-C (mmol/L)	TC (mmol/L)	HDL-C (mmol/L)	Non-HDL-C (mmol/L)	TC:HDL-C	LDL-C:HDL-C	TG (mmol/L)	ApoA (mg/dL)[a]	ApoB (mg/dL)	ApoB:ApoA[b]	Lp(a) (mg/dL)
All Strata		*n* = 46	*n* = 48	*n* = 45	*n* = 10	*n* = 18	*n* = 11	*n* = 48	*n* = 15	*n* = 15	*n* = 10	*n* = 9
		-0.132	-0.160	-0.002	-0.204	-0.154	-0.112	-0.037	-0.714	-4.552	-0.027	0.563
		(-0.190, -0.075)	(-0.218, -0.101)	(-0.020, 0.016)	(-0.281, -0.127)	(-0.246, -0.063)	(-0.199, -0.026)	(-0.079, 0.005)	(-2.830, 1.402)	(-6.460, -2.645)	(-0.046, -0.008)	(-0.366, 1.492)
		***p* < 0.001**	***p* < 0.001**	*p* = 0.815	***p* < 0.001**	***p* = 0.001**	***p* = 0.011**	*p* = 0.085	*p* = 0.508	***p* < 0.001**	***p* = 0.006**	*p* = 0.235
Almond Dose	**<45 g/d**	*n* = 17	*n* = 17	*n* = 16	*n* = 4	*n* = 7	*n* = 3	*n* = 17	*n* = 8	*n* = 8	*n* = 5	*n* = 5
		-0.143	-0.149	-0.016	-0.223	-0.239	-0.174	-0.040	-0.573	-4.392	-0.039	0.685
		(-0.228, -0.058)	(-0.230, -0.067)	(-0.055, 0.023)	(-0.341, -0.105)	(-0.364, -0.114)	(-0.338, -0.011)	(-0.102, 0.022)	(-3.114, 1.968)	(-6.746, -2.037)	(-0.070, -0.008)	(-0.303, 1.673)
		***p* = 0.001**	***p* < 0.001**	*p* = 0.420	***p* < 0.001**	***p* < 0.001**	***p* = 0.036**	*p* = 0.210	*p* = 0.659	***p* < 0.001**	***p* = 0.014**	*p* = 0.174
	≥45 g/d	*n* = 29	*n* = 31	*n* = 29	*n* = 6	*n* = 11	*n* = 8	*n* = 31	*n* = 7	*n* = 7	*n* = 5	*n* = 4
		-0.128	-0.172	0.005	-0.189	-0.123	-0.088	-0.038	-1.035	-5.418	-0.020	-0.368
		(-0.194, -0.061)	(-0.251, -0.093)	(-0.017, 0.028)	(-0.291, -0.088)	(-0.239, -0.006)	(-0.190, 0.014)	(-0.094, 0.018)	(-4.857, 2.787)	(-9.769, -1.066)	(-0.044, 0.005)	(-3.093, 2.358)
		***p* < 0.001**	***p* < 0.001**	*p* = 0.655	***p* < 0.001**	***p* = 0.039**	*p* = 0.092	*p* = 0.181	*p* = 0.596	***p* = 0.015**	*p* = 0.115	*p* = 0.792
Baseline Lipid Level	**Not Optimal**	*n* = 15	*n* = 15	*n* = 15	*n* = 4	*n* = 8	*n* = 7	*n* = 15	*n* = 9	*n* = 9	*n* = 8	*n* = 8
		-0.229	-0.290	-0.028	-0.210	-0.291	-0.195	-0.076	-0.029	-5.776	-0.035	0.646
		(-0.358, -0.100)	(-0.409, -0.172)	(-0.060, 0.004)	(-0.320, -0.100)	(-0.497, -0.084)	(-0.330, -0.061)	(-0.210, 0.058)	(-2.992, 2.935)	(-8.510, -3.041)	(-0.061, -0.010)	(-0.332, 1.624)
		***p* < 0.001**	***p* < 0.001**	*p* = 0.083	***p* < 0.001**	***p* = 0.006**	***p* = 0.004**	*p* = 0.266	*p* = 0.985	***p* < 0.001**	***p* = 0.007**	*p* = 0.196
	Optimal	*n* = 31	*n* = 33	*n* = 30	*n* = 6	*n* = 10	*n* = 4	*n* = 33	*n* = 6	*n* = 6	*n* = 2	N/A
		-0.094	-0.109	0.013	-0.197	-0.084	-0.054	-0.034	-1.428	-3.149	-0.016	
		(-0.139, -0.048)	(-0.161, -0.056)	(-0.012, 0.037)	(-0.305, -0.090)	(-0.171, 0.003)	(-0.167, 0.060)	(-0.071, 0.003)	(-4.450, 1.595)	(-5.946, -0.353)	(-0.046, 0.013)	
		***p* < 0.001**	***p* < 0.001**	*p* = 0.307	***p* < 0.001**	*p* = 0.057	*p* = 0.354	*p* = 0.075	*p* = 0.355	***p* = 0.027**	*p* = 0.272	

Supplementary Table 4. Main and sensitivity analysis results.
Sensitivity analyses were conducted for outcomes that were evaluated in at least 2 strata.

		LDL-C (mmol/L)	TC (mmol/L)	HDL-C (mmol/L)	Non-HDL-C (mmol/L)	TC:HDL-C	LDL-C:HDL-C	TG (mmol/L)	ApoA (mg/dL)[a]	ApoB (mg/dL)	ApoB:ApoA[b]	Lp(a) (mg/dL)
Study Design	**Cross-over**	*n* = 18 -0.179 (-0.243, -0.115) ***p* < 0.001**	*n* = 18 -0.167 (-0.240, -0.095) ***p* < 0.001**	*n* = 18 -0.025 (-0.052, 0.003) *p* = 0.077	*n* = 5 -0.200 (-0.304, -0.095) ***p* < 0.001**	*n* = 10 -0.150 (-0.265, -0.034) ***p* = 0.011**	*n* = 11 -0.112 (-0.199, -0.026) ***p* = 0.011**	*n* = 18 0.001 (-0.056, 0.057) *p* = 0.983	*n* = 12 -0.473 (-2.926, 1.980) *p* = 0.706	*n* = 12 -4.757 (-6.916, -2.598) ***p* < 0.001**	*n* = 10 -0.027 (-0.046, -0.008) ***p* = 0.006**	*n* = 8 0.646 (-0.332, 1.624) *p* = 0.196
	Parallel	*n* = 28 -0.090 (-0.156, -0.024) ***p* = 0.007**	*n* = 30 -0.165 (-0.256, -0.073) ***p* < 0.001**	*n* = 27 0.009 (-0.015, 0.033) *p* = 0.457	*n* = 5 -0.208 (-0.322, -0.094) ***p* < 0.001**	*n* = 8 -0.164 (-0.313, -0.015) ***p* = 0.031**	N/A	*n* = 30 -0.067 (-0.127, -0.007) ***p* = 0.028**	*n* = 3 -1.417 (-5.601, 2.767) *p* = 0.507	*n* = 3 -2.914 (-8.706, 2.878) *p* = 0.324	N/A	√/A[Error! Bookmark not defined.]
Study Duration	**<12 wk**	*n* = 28 -0.156 (-0.222, -0.090) ***p* < 0.001**	*n* = 30 -0.144 (-0.211, -0.078) ***p* < 0.001**	*n* = 28 -0.004 (-0.033, 0.026) *p* = 0.816	*n* = 7 -0.208 (-0.298, -0.117) ***p* < 0.001**	*n* = 12 -0.110 (-0.198, -0.022) ***p* = 0.015**	*n* = 10 -0.118 (-0.209, -0.026) ***p* = 0.012**	*n* = 30 -0.022 (-0.066, 0.023) *p* = 0.338	*n* = 11 -0.540 (-3.112, 2.032) *p* = 0.681	*n* = 11 -5.111 (-7.162, -3.060) ***p* < 0.001**	*n* = 9 -0.029 (-0.049, -0.009) ***p* = 0.004**	*n* = 9 0.563 (-0.366, 1.492) *p* = 0.235
	≥12 wk	*n* = 18 -0.083 (-0.153, -0.013) ***p* = 0.020**	*n* = 18 -0.186 (-0.294, -0.077) ***p* = 0.001**	*n* = 17 0.001 (-0.023, 0.025) *p* = 0.956	*n* = 3 -0.193 (-0.341, -0.045) ***p* = 0.011**	*n* = 6 -0.242 (-0.456, -0.027) ***p* = 0.027**	√/A[Error! Bookmark not defined.]	*n* = 18 -0.062 (-0.151, 0.027) *p* = 0.174	*n* = 4 -1.079 (-4.801, 2.642) *p* = 0.570	*n* = 4 -2.145 (-6.586, 2.296) *p* = 0.344	N/A[Error! Bookmark not defined.]	N/A
Lipid-Lowering Medication Use	**None**	*n* = 34 -0.137 (-0.206, -0.068) ***p* < 0.001**	*n* = 36 -0.173 (-0.246, -0.100) ***p* < 0.001**	*n* = 34 -0.011 (-0.029, 0.008) *p* = 0.265	*n* = 7 -0.203 (-0.288, -0.119) ***p* < 0.001**	*n* = 11 -0.172 (-0.321, -0.024) ***p* = 0.023**	*n* = 8 -0.113 (-0.208, -0.018) ***p* = 0.019**	*n* = 36 -0.027 (-0.078, 0.024) *p* = 0.294	*n* = 10 -1.399 (-3.867, 1.069) *p* = 0.267	*n* = 10 -4.965 (-7.844, -2.086) ***p* = 0.001**	*n* = 7 -0.028 (-0.050, -0.007) ***p* = 0.008**	*n* = 6 0.683 (-0.308, 1.675) *p* = 0.177
	Some or All	*n* = 12 -0.132 (-0.219, -0.045) ***p* = 0.003**	*n* = 12 -0.137 (-0.234, -0.039) ***p* = 0.006**	*n* = 11 0.030 (-0.014, 0.074) *p* = 0.184	*n* = 3 -0.203 (-0.398, -0.008) ***p* = 0.042**	*n* = 7 -0.144 (-0.260, -0.029) ***p* = 0.014**	*n* = 3 -0.108 (-0.320, 0.104) *p* = 0.316	*n* = 12 -0.073 (-0.155, 0.009) *p* = 0.079	*n* = 5 1.187 (-2.926, 5.300) *p* = 0.572	*n* = 5 -3.846 (-7.203, -0.489) ***p* = 0.025**	*n* = 3 -0.021 (-0.067, 0.026) *p* = 0.385	*n* = 3 -0.303 (-2.963, 2.358) *p* = 0.823

Supplementary Table 4. Main and sensitivity analysis results.
Sensitivity analyses were conducted for outcomes that were evaluated in at least 2 strata.

		LDL-C (mmol/L)	TC (mmol/L)	HDL-C (mmol/L)	Non-HDL-C (mmol/L)	TC:HDL-C	LDL-C:HDL-C	TG (mmol/L)	ApoA (mg/dL)[a]	ApoB (mg/dL)	ApoB:ApoA[b]	Lp(a) (mg/dL)
Study Quality	**Lower**	*n* = 10	*n* = 10	*n* = 10	*n* = 5	*n* = 7	*n* = 2	*n* = 10	*n* = 5	*n* = 5	*n* = 4	*n* = 4
		-0.101	-0.228	-0.008	-0.167	-0.270	-0.182	-0.118	-0.455	-4.393	-0.044	0.443
		(-0.209, 0.008)	(-0.395, -0.061)	(-0.014, -0.002)	(-0.283, -0.051)	(-0.464, -0.075)	(-0.543, 0.180)	(-0.275, 0.040)	(-4.235, 3.326)	(-7.713, -1.073)	(-0.088, 0.001)	(-0.818, 1.705)
		p = 0.068	***p* = 0.007**	***p* = 0.009**	***p* = 0.005**	***p* = 0.007**	*p* = 0.325	*p* = 0.143	*p* = 0.814	***p* = 0.010**	*p* = 0.054	*p* = 0.491
	Higher	*n* = 36	*n* = 38	*n* = 35	*n* = 5	*n* = 11	*n* = 9	*n* = 38	*n* = 10	*n* = 10	*n* = 6	*n* = 5
		-0.138	-0.140	0.001	-0.232	-0.088	-0.108	-0.026	-0.833	-4.611	-0.023	0.705
		(-0.190, -0.086)	(-0.197, -0.082)	(-0.025, 0.026)	(-0.335, -0.130)	(-0.171, -0.006)	(-0.197, -0.019)	(-0.063, 0.012)	(-3.386, 1.721)	(-7.589, -1.633)	(-0.045, -0.002)	(-0.669, 2.078)
		***p* < 0.001**	***p* < 0.001**	*p* = 0.952	***p* < 0.001**	***p* = 0.036**	***p* = 0.018**	*p* = 0.179	*p* = 0.523	***p* = 0.002**	***p* = 0.032**	*p* = 0.315
Meals or Snacks Provided	**No**	*n* = 37	*n* = 37	*n* = 36	*n* = 7	*n* = 13	*n* = 4	*n* = 37	*n* = 8	*n* = 8	*n* = 3	*n* = 4
		-0.124	-0.165	-0.001	-0.202	-0.162	-0.122	-0.042	-1.654	-4.186	-0.024	-0.347
		(-0.187, -0.060)	(-0.239, -0.091)	(-0.022, 0.020)	(-0.298, -0.107)	(-0.272, -0.053)	(-0.262, 0.018)	(-0.091, 0.007)	(-4.735, 1.428)	(-6.737, -1.636)	(-0.052, 0.005)	(-2.972, 2.279)
		***p* < 0.001**	***p* < 0.001**	*p* = 0.918	***p* < 0.001**	***p* = 0.004**	*p* = 0.088	*p* = 0.095	*p* = 0.293	***p* = 0.001**	*p* = 0.106	*p* = 0.796
	Yes	*n* = 9	*n* = 11	*n* = 9	*n* = 3	*n* = 5	*n* = 7	*n* = 11	*n* = 7	*n* = 7	*n* = 7	*n* = 5
		-0.164	-0.152	-0.005	-0.206	-0.140	-0.107	-0.011	0.124	-5.412	-0.030	0.693
		(-0.243, -0.084)	(-0.251, -0.054)	(-0.050, 0.039)	(-0.336, -0.076)	(-0.345, 0.065)	(-0.217, 0.004)	(-0.123, 0.101)	(-2.787, 3.035)	(-9.915, -0.908)	(-0.056, -0.004)	(-0.300, 1.686)
		***p* < 0.001**	***p* = 0.003**	*p* = 0.811	***p* = 0.002**	*p* = 0.180	*p* = 0.058	*p* = 0.848	*p* = 0.933	***p* = 0.019**	***p* = 0.024**	*p* = 0.171

ApoA = apolipoprotein A; ApoA1 = apolipoprotein A1; ApoB = apolipoprotein B; HDL-C = high-density lipoprotein cholesterol; LDL-C = low-density lipoprotein cholesterol; Lp(a) = lipoprotein A; *n* = number; N/A = not applicable; TC = total cholesterol; TG = triglycerides.

[a] For the studies that reported the results for ApoA1, the results for this outcome were combined with ApoA in the meta-analysis.

[b] For the studies that reported the results for the ratios of ApoB:ApoA1, the results for this outcome were combined with ApoB:ApoA in the meta-analysis.