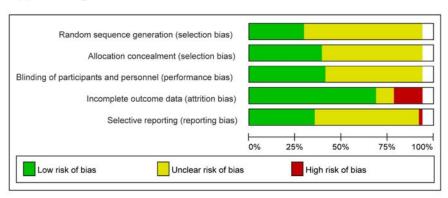
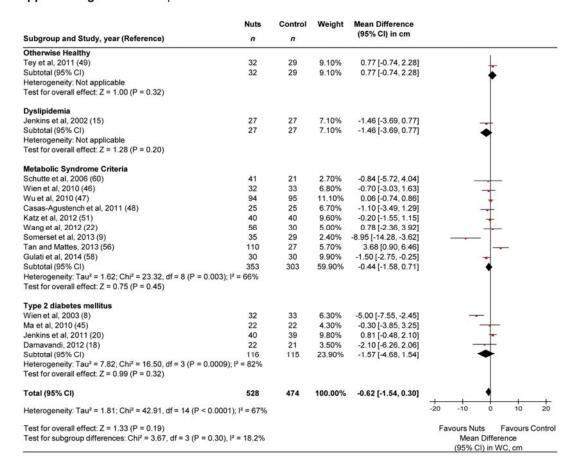
Appendix Figure 1. Cochrane risk of bias.



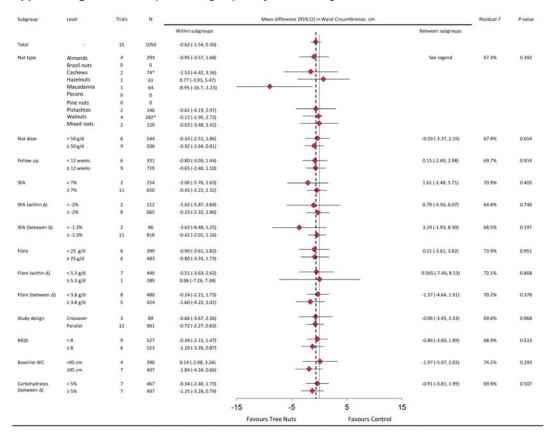
Review authors' judgements about each risk of bias item presented as percentages across all included studies.

Appendix Figure 2. Forest plot of the RCTs of the effect of Tree Nuts on Waist Circumference



Pooled effect estimates are shown as diamonds, one each for trials conducted in otherwise healthy, dyslipidemia, metabolic syndrome criteria, diabetes and their combination (total). Paired analyses were applied to all crossover trials (3). Data are expressed as mean differences (MD) with 95% CI, using generic inverse-variance random-effects models. Interstudy heterogeneity was tested by using the Cochrane's Q statistic (I^2) at a significance level of P < 0.10 and quantified by I^2 , levels $\leq 50\%$ represent moderate heterogeneity, $\geq 50\%$ represent substantial heterogeneity and $\geq 75\%$, considerable heterogeneity. WC = waist circumference, cm = centimeters.

Appendix Figure 3. Forest plot of subgroup analyses for categorical variables for Waist Circumference



Point estimates for each subgroup level are the pooled effect estimates and are represented by diamonds. The dashed line represents the pooled effect estimate for the overall analysis. The residual I^2 value indicates the interstudy heterogeneity unexplained by the subgrouping. Pairwise between-subgroup mean differences (95% CIs) for nut type are not shown due to lack of statistical significance between groups. SFA = Saturated Fatty Acids, SFA (within Δ) = change within the tree nut diet for SFA, SFA (between Δ) = difference between the tree nut and control diets for SFA, Fibre (within Δ) = change within the tree nut diet for fibre, Fibre (between Δ) = difference between the tree nut and control diets for fibre, MQS = Heyland Methodological Quality Score, WC = waist circumference, Carbohydrates (between Δ)= difference between the tree nut and control diets for carbohydrates.

^{*} Both nut types were studied within the same trial, for the sole purposes of number of participants, the control group was divided in half.

[†] Statistically significant pairwise subgroup effect modification by meta-regression analysis (P < 0.05)

Mean difference (95% CI) in Triglycerides, mmol/L 1947 -0.06 (-0.09, -0.03) 14 612 -0.02 (-0.05, 0.02) 0.11 (0.01, 0.21) 119 -0.10 (-0.18, -0.01) 42 -0.16 (-0.29, -0.02) Pine nuts -0.16 (-0.24, -0.08) Mixed nuts -0.02 (-0.08, 0.03) -0.06 (-0.13, 0.01) 35.5% 0.082 Nut dos < 50 g/d 896 1051 ≥ 50 g/d -0.08 (-0.13, -0.04) 31 13 1114 -0.07 (-0.11, -0.04 0.088 0.07 (-0.01, 0.15) 31.7% ≥ 12 weeks 833 -0.01 (-0.07, 0.06) -0.07 (-0.15, 0.001) 0.513 0.03 (-0.06, 0.12) 22.5% 361 1165 ≥ 7% -0.05 (-0.09, -0.002) 0.156 0.09 (-0.04, 0.23) 32.4% 9 ≥ -2% 727 -0.02 (-0.10, 0.06) 16 22 0.01 (-0.07, 0.09) 22.4% 0.734 SFA (between 2-1.3% 1019 -0.05 (-0.10, 0.001) 13 20 -0.05 (-0.12, 0.03) -0.01 (-0.10.0.09) 27.2% 0.952 Fibre (within Δ) < 5.3 g/d 10 7 673 -0.01 (-0.10, 0.08) -0.09 (-0.22, 0.05) 48.4% 0.185 192 < 3.8 g/d 984 424 -0.04 (-0.09, 0.01) -0.05 (-0.13, 0.04) 25.0% 0.268 ≥ 3.8 g/d 12 -0.08 (-0.15, -0.02) -0.08 (-0.12, -0.05) 0.06 (-0.002, 0.11) * 16.1% 0.058 MQS 33 10 1330 -0.05 (-0.09, -0.01) -0.01 (-0.09, 0.07) 37.3% 0.748 0.06 (-0.14, 0.01) 23 12 959 576 -0.07 (-0.13, -0.03) 0.00 (-0.06, 0.06) 10.4% 0.984 -0.06 (-0.12, -0.01) 0.01 (-0.07, 0.09) 0.791 23% ≥ 5% -0.05 (-0.10, 0.00) -0.1 0.3 -0.3 0.1

Appendix Figure 4. Forest plot of subgroup analyses for categorical variables for Triglycerides.

Point estimates within each subgroup level are the pooled effect estimates and are represented by diamonds. The dashed line represents the pooled effect estimate for the overall analysis. The residual $\rm I^2$ value indicates the interstudy heterogeneity unexplained by the subgrouping. Significant pairwise between-subgroup mean differences (95% CIs) for nut types as follows: almonds vs. walnuts -0.07 mmol/L (-0.11, -0.04 mmol/L)†, almonds vs. pistachio -0.14 mmol/L (-0.23, -0.05 mmol/L)†, almonds vs. pecan -0.14 mmol/L (-0.27, -0.001 mmol/L)†, almonds vs. hazelnuts 0.13 mmol/L (0.02, 0.23 mmol/L)†, walnuts vs. hazelnuts -0.20 mmol/L (-0.30, -0.10 mmol/L)†, macadamia vs. hazelnuts -0.20 mmol/L (-0.33, -0.07 mmol/L)†, pistachio vs. hazelnuts -0.27 mmol/L (-0.40, -0.14 mmol/L)†, pecan vs. hazelnut -026 mmol/L (-0.43, -0.10 mmol/L)†, all others non-significant (P > 0.05). SFA = Saturated Fatty Acids, SFA (within Δ) = change within the tree nut diet for SFA, SFA (between Δ) = difference between the tree nut and control diets for SFA, Fibre (within Δ) = change within the tree nut diet for fibre, Fibre (between Δ) = difference between the tree nut and control diets for fibre, Carbohydrates (between Δ) = difference between the tree nut and control diets for carbohydrates.

^{*} Both nut types were studied within the same trial, for the sole purposes of number of participants, the control group was divided in half.

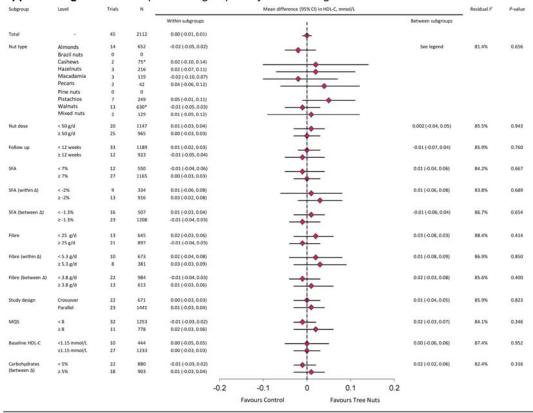
[†] Statistically significant pairwise subgroup effect modification by meta-regression analysis (P < 0.05)

Appendix Figure 5. Forest plot of the RCTs investigating the effect of Tree Nuts on HDL-C.

Subgroup and Study, year (Reference)	Nuts	Control	Weight	Mean Difference	
20	n	n		(95% CI) in mmol/L	
Otherwise Healthy					
Sabate et al, 1993 (30)	18	18	2.20%	-0.06 [-0.12, -0.00]	
Curb et al, 2000 (10)	30	30	3.10%	-0.01 [-0.05, 0.03]	_
Morgan and Clayshulte, 2000 (32)	10	9	4.40%	0.01 [0.00, 0.02]	l
Rajaram et al, 2001 (14)	23	23	4.10%	0.06 [0.04, 0.08]	ſ_
lwamoto et al, 2002 (34)	40	40	3.10%	-0.02 [-0.06, 0.02]	
Sabate et al, 2003 (36)	25	25	2.20%	0.01 [-0.05, 0.07]	T .
Kocyigit et al, 2006 (16)	22	22	1.60%	0.19 [0.11, 0.27]	100
Kurlandsky and Stoke, 2006 (39) - Almonds	12	12	3.10%	0.04 [0.00, 0.08]	
Kurlandsky and Stoke, 2006 (39) – Almonds + dark chocolate	12	11	2.20%	-0.07 [-0.13, -0.01]	
Rajaram et al. 2009 (43)	25	25	2.20%	-0.01 [-0.07, 0.05]	
Torabian et al, 2010 (12)	87	87	4.50%		
Tey et al, 2011 (49)	32	29	1.60%	-0.01 [-0.01, -0.01]	1
	40	40		0.04 [-0.04, 0.12]	1
Wu et al, 2014 (59)			1.20%	0.03 [-0.07, 0.13]	
Subtotal (95% CI)	376	371	35.70%	0.01 [-0.01, 0.03]	•
Heterogeneity: Tau ² = 0.00; Chi ² = 103.30, df = 12 (P < 0.00001); I ² =	88%				
Test for overall effect: Z = 1.07 (P = 0.28)					
Dyslipidemia					
Chisholm et al, 1998 (13)	16	16	4.10%	0.03 [0.01, 0.05]	-
Spiller et al, 1998 (31)	18	12	4.40%	-0.04 [-0.05, -0.03]	
Zambon et al, 2000 (33)	49	49	2.20%	0.05 [-0.01, 0.11]	-
Jenkins et al. 2002 (15)	27	27	2.20%	0.08 [0.02, 0.14]	
Tamizifar et al. 2005 (38)	30	30	3.10%	-0.13 [-0.17, -0.09]	A STATE OF THE PARTY OF THE PAR
Sheridan et al. 2007 (17)	15	15	3.10%	0.06 [0.02, 0.10]	-
Gebauer et al. 2008 (41)	28	28	0.50%	0.03 [-0.13, 0.19]	T.
Griel et al, 2008 (42)	25	25	3.10%	-0.05 [-0.09, -0.01]	
Subtotal (95% CI)	208	202	22.90%	-0.00 [-0.04, 0.04]	_
Heterogeneity: Tau² = 0.00; Chi² = 105.37, df = 7 (P < 0.00001); l² = 9		202	22.5070	-0.00 [-0.04, 0.04]	•
Fest for overall effect: Z = 0.04 (P = 0.97)	0.10				
Metabolic Syndrome Criteria					
Mukuddem-Petersen et al, 2007 (40)	42	22	2.20%	-0.08 [-0.14, -0.02]	
i et al, 2010 (11)	27	25	0.90%	0.09 [-0.03, 0.21]	
Vien et al, 2010 (46)	32	33	0.90%	0.03 [-0.09, 0.15]	
Nu et al, 2010 (47)	94	95	1.20%	0.03 [-0.07, 0.13]	
Casas-Agustench et al, 2011 (48)	25	25	0.90%	0.00 [-0.12, 0.12]	
Foster et al, 2012 (50)	61	62	0.90%	0.06 [-0.06, 0.18]	
Katz et al. 2012 (51)	40	40	1.60%	0.01 [-0.07, 0.09]	
Anderson et al, 2013 (52)	11	11	0.30%	-0.20 [-0.44, 0.04]	_
Berryman et al, 2013 (53)	53	53	3.10%	0.05 [0.01, 0.09]	
Somerset et al, 2013 (9)	35	29	0.50%	0.04 [-0.12, 0.20]	-
Tan and Mattes, 2013 (56)	23	25	1.20%		
Fey et al. 2013 (57)	70	37	2.20%	-0.11 [-0.21, -0.01]	
				-0.09 [-0.15, -0.03]	
Gulati et al. 2014 (58)	30	30	2.20%	0.00 [-0.05, 0.06]	+
Subtotal (95% CI)	543	487	18.20%	-0.01 [-0.05, 0.03]	•
Heterogeneity: $Tau^2 = 0.00$; $Chi^2 = 33.96$, $df = 12$ ($P = 0.0007$); $I^2 = 65$ Test for overall effect: $Z = 0.41$ ($P = 0.68$)	76				
Dune 2 dishetes mellitus					
Type 2 diabetes mellitus ovejoy et al, 2002 (35) – High fat	30	30	3.10%	-0.04 [-0.08, -0.00]	
					-
ovejoy et al, 2002 (35) – High fat	30	30	3.10%	-0.03 [-0.07, 0.01]	-+
Nien et al, 2003 (8)	32	33	1.20%	-0.18 [-0.28, -0.08]	
Tapsell et al. 2004 (37)	17	20	0.30%	-0.03 [-0.25, 0.19]	
Tapsell et al, 2009 (44)	18	17	4.10%	0.00 [-0.02, 0.02]	+
Ma et al, 2010 (45)	22	22	1.20%	-0.07 [-0.17, 0.03]	
lenkins et al, 2011 (20)	40	39	3.10%	0.02 [-0.02, 0.06]	
i et al, 2011 (21)	20	20	1.20%	0.01 [-0.09, 0.11]	
Damavandi, 2012 (18)	22	21	0.70%	0.22 [0.08, 0.36]	
Damavandi et al, 2013 (54)	23	25	1.20%	0.14 [0.04, 0.24]	
Sauder et al, 2013 (55)	28	28	4.10%	0.02 [0.00, 0.04]	
Subtotal (95% CI)	282	285	23.20%	-0.00 [-0.03, 0.03]	r
Festival (37.4 $^{\circ}$) (27.4 Table 10.0); Chi ² = 43.80, df = 10 (P < 0.00001); I ² = 7 (Fest for overall effect: Z = 0.10 (P = 0.92)		****		0.00[-0.00, 0.00]	1
Total (95% CI)	1409	1345	100.00%	0.00 [-0.01, 0.01]	
Heterogeneity: Tau ² = 0.00; Chi ² = 304.77, df = 44 (P < 0.00001); I ² =	86%	12-515-6			
Test for overall effect: Z = 0.08 (P = 0.93)	.0.000				-0.2-0.1 0 0.1 0.2
					Favours Nuts Favours Contro
Fest for subgroup differences: Chi ² = 1.72, df = 3 (P = 0.63), I ² = 0%					Favours Nuts Favours Contri Mean Difference

Pooled effect estimates are shown as diamonds, one each for trials conducted in otherwise healthy, dyslipidemia, metabolic syndrome criteria, diabetes and their combination (total). Paired analyses were applied to all crossover trials (21) and one substudy. Data are expressed as mean differences (MD) with 95% CI, using generic inverse-variance random-effects models. Interstudy heterogeneity was tested by using the Cochrane's Q statistic (I^2) at a significance level of P < 0.10 and quantified by I^2 , levels $\leq 50\%$ represent moderate heterogeneity, $\geq 50\%$ represent substantial heterogeneity and $\geq 75\%$, considerable heterogeneity. HDL-C = High-Density Lipoprotein Cholesterol, mmol/L = millimoles per liter.

Appendix Figure 6. Forest plot of subgroup analyses for categorical variables for HDL-C.



Point estimates for each subgroup level are the pooled effect estimates and are represented by diamonds. The dashed line represents the pooled effect estimate for the overall analysis. The residual I^2 value indicates the interstudy heterogeneity unexplained by the subgrouping. Pairwise between-subgroup mean differences (95% CIs) for nut type are not shown due to lack of statistical significance between groups. SFA = Saturated Fatty Acids, SFA (within Δ) = change within the tree nut diet for SFA, SFA (between Δ) = difference between the tree nut and control diets for SFA, Fibre (within Δ) = change within the tree nut diet for fibre, Fibre (between Δ) = difference between the tree nut and control diets for fibre, MQS = Heyland Methodological Quality Score, HDL-C = high-density lipoprotein cholesterol, Carbohydrates (between Δ)= difference between the tree nut and control diets for carbohydrates.

^{*} Both nut types were studied within the same trial, for the sole purposes of number of participants, the control group was divided in half.

Appendix Figure 7A. Forest plot of the RCTs investigating the effect of Tree Nuts on Systolic Blood Pressure.

Subgroup and Study, year (Reference)	Nuts n	Control	Weight	Mean Difference (95% CI) in mmHg	
Otherwise Healthy					17
Sabate et al. 1993 (30)	18	18	6.60%	2.00 [-0.94, 4.94]	-
lwamoto et al, 2002 (34)	40	40	4.70%	2.50 [-2.48, 7.48]	
Subtotal (95% CI)	58	58	11.40%	2.13 [-0.40, 4.66]	
Heterogeneity: Tau ² = 0.00; Chi ² = 0.03, df = 1 (P = 0.87); I ²		00	11.4070	2.10 [0.40, 4.00]	
Test for overall effect: Z = 1.65 (P = 0.10)	- 070				
Dyslipidemia					
Jenkins et al, 2002 (15)	27	27	3.90%	-1.90 [-7.92, 4.12]	· · · · ·
Sheridan et al, 2007 (17)	15	15	3.00%	2.70 [-4.79, 10.19]	
West et al, 2012 (62)	28	28	5.30%	-0.40 [-4.71, 3.91]	
Subtotal (95% CI)	70	70	12.20%	-0.26 [-3.43, 2.91]	•
Heterogeneity: $Tau^2 = 0.00$; $Chi^2 = 0.89$, $df = 2$ ($P = 0.64$); I^2 Test for overall effect: $Z = 0.16$ ($P = 0.87$)	= 0%				
Metabolic Syndrome Criteria					
Mukuddem-Petersen et al, 2007 (40)	42	22	6.30%	-1.86 [-5.17, 1.45]	-+
Wien et al, 2010 (46)	32	33	3.80%	-0.90 [-7.00, 5.20]	
Nu et al, 2010 (47)	94	95	6.10%	-1.22 [-4.71, 2.27]	
Casas-Agustench et al, 2011 (48)	25	25	3.30%	4.20 [-2.68, 11.08]	1
Foster et al, 2012 (50)	61	62	4.20%	0.40 [-5.26, 6.06]	
Katz et al, 2012 (51)	40	40	4.90%	-3.50 [-8.24, 1.24]	
Wang et al, 2012 (22)	56	30	6.80%	-2.54 [-5.36, 0.28]	
Somerset et al, 2013 (9)	35	29	2.30%	3.60 [-5.61, 12.81]	
Tan and Mattes, 2013 (56)	110	27	6.70%	6.27 [3.37, 9.17]	
Tey et al, 2013 (57)	70	37	6.10%	-0.59 [-4.04, 2.86]	-
Subtotal (95% CI)	565	400	50.50%	0.11 [-2.22, 2.43]	•
Heterogeneity: Tau ² = 8.55; Chi ² = 27.04, df = 9 (P = 0.001) Test for overall effect: Z = 0.09 (P = 0.93)	; I ² = 67%			10 2 A A A A \$ 00000 00 \$ 0000000 \$	
Type 2 diabetes mellitus					
Wien et al, 2003 (8)	32	33	4.00%	-11.00 [-16.88, -5.12]	
Ma et al, 2010 (45)	22	22	3.80%	8.90 [2.77, 15.03]	
Jenkins et al, 2011 (20)	40	39	6.50%	-0.68 [-3.78, 2.42]	
Li et al, 2011 (21)	20	20	5.50%	-1.50 [-5.58, 2.58]	
Sauder et al, 2013 (55)	28	28	6.20%	0.20 [-3.21, 3.61]	
Subtotal (95% CI)	142	142	26.00%	-0.83 [-5.25, 3.58]	•
Heterogeneity: Tau² = 20.04; Chi² = 21.61, df = 4 (P = 0.000		142	20.0076	-0.03 [-3.23, 3.30]	T
Test for overall effect: Z = 0.37 (P = 0.71)	12), 1 - 0170				
Total (95% CI)	835	670	100.00%	0.07 [-1.54, 1.68]	· , • , , ,
Heterogeneity: Tau ² = 7.92; Chi ² = 52.90, df = 19 (P < 0.000)1); I ² = 64%				-20 -10 0 10 20
Test for overall effect: $Z = 0.09 (P = 0.93)$ Test for subgroup differences: $Chi^2 = 2.26$, $df = 3 (P = 0.52)$, I ² = 0%				Favours Nuts Favours Contro Mean Difference (95% CI) in SBP, mmHg

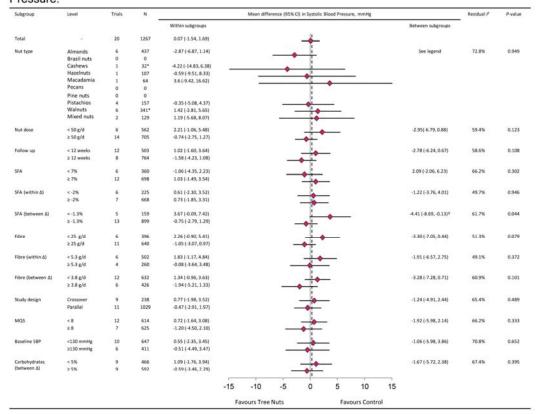
Pooled effect estimates are shown as diamonds, one each for trials conducted in otherwise healthy, dyslipidemia, metabolic syndrome criteria, type 2 diabetes mellitus and their combination (total). Paired analyses were applied to all crossover trials (9). Pooled effects are mean differences (MD) with 95% CI, using generic inverse-variance random-effects models. Interstudy heterogeneity was tested by using the Cochrane's Q statistic (Chi^2) at a significance level of P < 0.10 and quantified by the I^2 statistic. SBP = Systolic Blood Pressure, mmHg = millimeters of mercury.

Appendix Figure 7B. Forest plot of the RCTs investigating the effect of Tree Nuts on Diastolic Blood Pressure.

Subgroup and Study, year (Reference)	Nuts n	Control n	Weight	Mean Difference (95% CI) in mmHg	
Otherwise Healthy					Ĩ
Sabate et al, 1993 (30)	18	18	21.90%	0.00 [-0.04, 0.04]	1
wamoto et al, 2002 (34)	40	40	3.30%	1.50 [-1.62, 4.62]	
Subtotal (95% CI)	58	58	25.20%	0.00 [-0.04, 0.04]	
Heterogeneity: Tau ² = 0.00; Chi ² = 0.89, df = 1 (P = 0.35);	331		20.2070	0.00 [0.0 1, 0.0 1]	
Fest for overall effect: Z = 0.01 (P = 0.99)	, ,,,				
Dyslipidemia					
Jenkins et al, 2002 (15)	27	27	3.20%	-0.37 [-3.53, 2.79]	
Sheridan et al, 2007 (17)	15	15	1.30%	2.40 [-2.72, 7.52]	
West et al, 2012 (62)	28	28	6.80%	0.20 [-1.74, 2.14]	
Subtotal (95% CI)	70	70	11.30%	0.27 [-1.31, 1.84]	•
Heterogeneity: $Tau^2 = 0.00$; $Chi^2 = 0.83$, $df = 2$ (P = 0.66);	$I^2 = 0\%$				
Test for overall effect: Z = 0.33 (P = 0.74)					
Metabolic Syndrome Criteria					
Mukuddem-Petersen et al, 2007 (40)	42	22	4.10%	-0.17 [-2.89, 2.55]	8 -164
Wien et al, 2010 (46)	32	33	1.90%	1.00 [-3.23, 5.23]	
Wu et al, 2010 (47)	94	95	6.40%	-0.23 [-2.25, 1.79]	-
Casas-Agustench et al, 2011 (48)	25	25	2.00%	1.60 [-2.54, 5.74]	-
Foster et al, 2012 (50)	61	62	3.50%	2.00 [-0.98, 4.98]	-
Katz et al, 2012 (51)	40	40	0.90%	-2.80 [-8.99, 3.39]	-
Wang et al, 2012 (22)	56	30	0.30%	-0.69 [-11.82, 10.44]	
Somerset et al, 2013 (9)	35	29	1.90%	-2.83 [-7.04, 1.38]	
Tan and Mattes, 2013 (56)	110	27	5.60%	3.79 [1.56, 6.02]	
Tey et al, 2013 (57)	70	37	7.20%	0.07 [-1.79, 1.93]	
Subtotal (95% CI)	565	400	33.80%	0.64 [-0.60, 1.89]	•
Heterogeneity: $Tau^2 = 1.28$; $Chi^2 = 13.91$, $df = 9$ (P = 0.13) Test for overall effect: $Z = 1.02$ (P = 0.31)); I ² = 35%			•	
Type 2 diabetes mellitus	05		0.700/		
Vien et al, 2003 (8)	32	33	6.70%	-1.00 [-2.96, 0.96]	-
Ma et al, 2010 (45)	22	22	3.20%	4.10 [0.92, 7.28]	-
Jenkins et al, 2011 (20)	40	39	7.20%	-1.01 [-2.87, 0.85]	
Li et al, 2011 (21)	20	20	3.60%	-2.20 [-5.14, 0.74]	
Sauder et al, 2013 (55)	28	28	9.10%	0.00 [-1.55, 1.55]	±
Subtotal (95% CI)	142	142	29.70%	-0.21 [-1.76, 1.33]	•
Heterogeneity: $Tau^2 = 1.81$; $Chi^2 = 10.17$, $df = 4$ ($P = 0.04$) Test for overall effect: $Z = 0.27$ ($P = 0.79$)); I ² = 61%				
Total (95% CI)	835	670	100.00%	0.23 [-0.38, 0.83]	•
Heterogeneity: Tau ² = 0.44; Chi ² = 28.69, df = 19 (P = 0.0)	7): l² = 34%				-10 -5 0 5 10
Test for overall effect: Z = 0.73 (P = 0.47)	Favours Nuts Favours Contro				
Test for subgroup differences: Chi ² = 1.22, df = 3 (P = 0.75), I ² = 0%					Mean Difference (95% CI) in DBP, mmHg

Pooled effect estimates are shown as diamonds, one each for trials conducted in otherwise healthy, dyslipidemia, metabolic syndrome criteria, type 2 diabetes mellitus and their combination (total). Paired analyses were applied to all crossover trials (9). Pooled effects are mean differences (MD) with 95% CI, using generic inverse-variance random-effects models. Interstudy heterogeneity was tested by using the Cochrane's Q statistic (Chi^2) at a significance level of P < 0.10 and quantified by the I^2 statistic. DBP = Diastolic Blood Pressure, mmHg = millimeters of mercury.

Appendix Figure 8A. Forest plot of subgroup analyses for categorical variables for Systolic Blood Pressure.

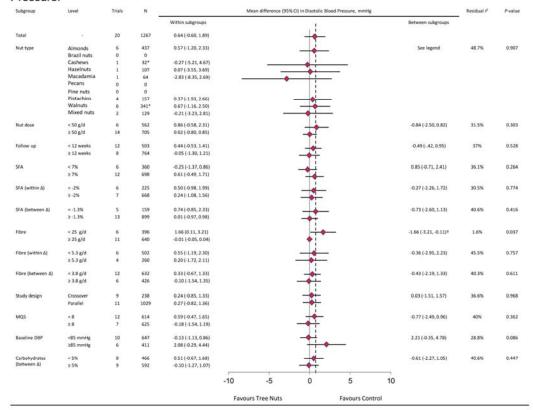


Point estimates for each subgroup level are the pooled effect estimates and are represented by diamonds. The dashed line represents the pooled effect estimate for the overall analysis. The residual I^2 value indicates the interstudy heterogeneity unexplained by the subgrouping. Pairwise between-subgroup mean differences (95% CIs) for nut type are not shown due to lack of statistical significance between groups. SFA = Saturated Fatty Acids, SFA (within Δ) = change within the tree nut diet for SFA, SFA (between Δ) = difference between the tree nut and control diets for SFA, Fibre (within Δ) = change within the tree nut diet for fibre, Fibre (between Δ) = difference between the tree nut and control diets for fibre, MQS = Heyland Methodological Quality Score, SBP = systolic blood pressure, Carbohydrates (between Δ)= difference between the tree nut and control diets for carbohydrates.

^{*} Both nut types were studied within the same trial, for the sole purposes of number of participants, the control group was divided in half.

[†] Statistically significant pairwise subgroup effect modification by meta-regression analysis (P < 0.05).

Appendix Figure 8B. Forest plot of subgroup analyses for categorical variables for Diastolic Blood Pressure.

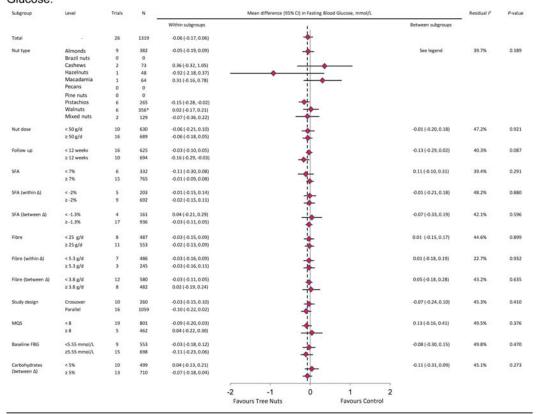


Point estimates for each subgroup level are the pooled effect estimates and are represented by diamonds. The dashed line represents the pooled effect estimate for the overall analysis. The residual I^2 value indicates the interstudy heterogeneity unexplained by the subgrouping. Pairwise between-subgroup mean differences (95% CIs) for nut type are not shown due to lack of statistical significance between groups. SFA = Saturated Fatty Acids, SFA (within Δ) = change within the tree nut diet for SFA, SFA (between Δ) = difference between the tree nut and control diets for SFA, Fibre (within Δ) = change within the tree nut diet for fibre, Fibre (between Δ) = difference between the tree nut and control diets for fibre, MQS = Heyland Methodological Quality Score, DBP = diastolic blood pressure, Carbohydrates (between Δ)= difference between the tree nut and control diets for carbohydrates.

^{*} Both nut types were studied within the same trial, for the sole purposes of number of participants, the control group was divided in half.

[†] Statistically significant pairwise subgroup effect modification by meta-regression analysis (P < 0.05).

Appendix Figure 9. Forest plot of subgroup analyses for categorical variables for Fasting Blood Glucose.



Point estimates for each subgroup level are the pooled effect estimates and are represented by diamonds. The dashed line represents the pooled effect estimate for the overall analysis. The residual I^2 value indicates the interstudy heterogeneity unexplained by the subgrouping. Pairwise between-subgroup mean differences (95% CIs) for nut are not shown due to lack of statistical significance. SFA = Saturated Fatty Acids, SFA (within Δ) = change within the tree nut diet for SFA, SFA (between Δ) = difference between the tree nut and control diets for SFA, Fibre (within Δ) = change within the tree nut diet for fibre, Fibre (between Δ) = difference between the tree nut and control diets for fibre, MQS = Heyland Methodological Quality Score, FG = fasting glucose, Carbohydrates (between Δ)= difference between the tree nut and control diets for carbohydrates.

^{*} Both nut types were studied within the same trial, for the sole purposes of number of participants, the control group was divided in half.

Appendix Figure 10. Funnel plots for evidence of publication bias.

