

Table S4. GRADE Assessment for diet-based intervention

Outcome	№ of studies	№ of participants		Certainty assessment					Effect estimate	Grade
		Diet-based interventions	Placebo or standard care	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations		
<i>Fasting glucose (mmol/L)</i>	10	309	296	Serious ^a	Serious ^b	Not serious	Not serious	None	-0.17 [-0.35 , 0.01]	⊕⊕○○ Low
<i>Postprandial glucose (mmol/L)</i>	5	125	133	Not serious	Serious ^b	Not serious	Very serious ^c	None	-0.23 [-0.69 , 0.24]	⊕○○○ Very low
<i>HbA1c (%)</i>	4	167	158	Not serious	Serious ^b	Serious ^d	Serious ^c	None	-0.08 [-0.23 , 0.08]	⊕○○○ Very low
<i>HOMA-IR</i>	5	107	107	Not serious	Serious ^b	Not serious	Not serious	None	-1.15 [-2.12 , 0.17]	⊕⊕⊕○ Moderate

a. Problems with allocation concealment and blinding of participants/researchers/outcome assessors.

b. Due to high unexplained heterogeneity.

c. The 95% CI included benefits and harms.

d. Due to substantial differences in interventions.