

Author	Intervention group	Completers / Allocated	Baseline	Follow up	within group Δ from baseline	p-value within group Δ from baseline	p-value difference between groups	Difference between groups in Δ to control	p-value difference compared to control	outcome/ Assessment method	Result/ Outcome details	Result specific follow up	Weight change	Outcome Assessment Bias
Weickert et al., 2005	wheat fiber	14/16	NR	49.3 (SD 2.5)	P=0.086					insulin response	fiber x time interaction Tmax Day 1	2 days		
	oat fiber	14/16	NR	46.1 (SD 2.9)	p=0.026									
	control	14/16	NR	57.9 (SD 5.9)										
	wheat fiber	14/16		2,850 (SD 331)			31% reduction	p=0.007	Glucose	Capillary glucose AUC 180 min Day 2	2 days			
	oat fiber	14/16		2,830 (SD 277)			32% reduction	p=0.011						
	control	14/16		4,140 (SD 401)										
Weickert et al., 2006	oat fiber	17/18	6.07 (SE 0.27)	6.56 (SE 0.32)			8% improvment	P=0.043	Glucose	whole-body glucose disposal M value (mg/min/kg)	3 days			
	control	17/18												
	oat fiber	17/18	3.61 (SE 0.20)	3.21 (SE 0.22)			12% improvment	P=0.043	mean Insulin action	M value/l ratio (mg /min/kg per mU/l)	3 days			
	control	17/18												
	oat fiber	13/17		6.85 (SE 0.34)			13% improvment	P=0.003	intake of fiber enriched bread for 72 h	whole-body glucose disposal M value (mg/min/kg)	3 days			
	control	13/17		6.06 (SE 0.32)										
	oat fiber	13/17	3.61 (SE 0.20)	3.21 (SE 0.22)			16% improvment	P=0.02	mean Insulin action	M value/l ratio (mg /min/kg per mU/l)	3 days			
	control	13/17												
Weickert et al., 2011	control	22/28	4.38 (SD 1.68)		+ 1 %	NS				Euglycaemic hyperinsulinemic clamp	M-Value Insulin mediated glucose uptake (mg/kg/min)	6 weeks	No sig difference between groups	
	high cereal fiber (HCf)	22/28	4.42 (SD 1.65)		+16 %	P <0.05	diff from HP P < 0.05							
	high protein (HP)	22/28	4.21 (SD 1.70)		-9 %	P <0.05								
	Mix fiber/protein	22/28	4.49 (SD 1.79)		+11%	NS	diff from HP P < 0.05							
	control	22/28	4.38 (SD 1.68)		-1 %	NS				Euglycaemic hyperinsulinemic clamp	M-Value Insulin mediated glucose uptake (mg/kg/min)	18 weeks	No sig difference between groups	
	high cereal fiber	22/28	4.42 (SD 1.65)		+16 %	P <0.05								
	high protein	22/28	4.21 (SD 1.70)		no change	NS								
	Mix fiber/protein	22/28	4.49 (SD 1.79)		-3 %	NS								
	control	22/28	1.62 (SD 0.14)		+ 3 %	NS				Fasting	endogenous glucose production (EGP) (mg/kg/min)	6 weeks	No sig difference between groups	
	high cereal fiber	22/28	1.61 (SD 0.16)		+ 3%	NS								
	high protein	22/28	1.59 (SD 0.18)		+ 6 %	P <0.05								
	Mix fiber/protein	22/28	1.56 (SD 0.18)		- 3 %	NS	P < 0.05							
	control	22/28	1.62 (SD 0.14)		+ 4%	NS				Fasting	endogenous glucose production (EGP) (mg/kg/min)	18 weeks	No sig difference between groups	
	high cereal fiber	22/28	1.61 (SD 0.16)		+ 3 %	NS								
	high protein	22/28	1.59 (SD 0.18)		+ 10 %	P <0.05								
	Mix fiber/protein	22/28	1.56 (SD 0.18)		+ 4 %	NS								
	control	22/28	87.9 (SD 8.4)		-3 %	P= 0.045				Fasting	Glucose mg/dl	6 weeks	No sig difference between groups	
	high cereal fiber	22/28	83.6 (SD 7.3)		-4 %	P= 0.045								
	high protein	22/28	84.9 (SD 6.9)		+ 2 %	P= 0.045								
	Mix fiber/protein	22/28	85.5 (SD 6.5)		-1 %	P= 0.045								