**Conversion of values for performing the meta-regression**

* HDL, LDL, and total cholesterol were converted from mg/dL to mmol/L according to the formula:

and triglycerides were converted from mg/dL to mmol/L according to the formula:

* HbA1c was converted from percentage to mmol/mol according to the formula:
* Fasting glucose was converted from mg/dL to mmol/L according to the formula:
* Fasting insulin was converted from uIU/mL to pmol/L according to the formula: