

continued: Table 135 - Characteristics of RCTs on markers of type 2 diabetes

Authors, Study Name	Subject inclusion criteria	Characteristics of participants	Trial Design (washout duration)	Length of Intervention	Intervention Style	Total n	Intervention Group Names	Intervention Description	Diet/Supplement nutritional characteristics	Actual diet consumed reported?	Funding source
(Weickert <i>et al.</i> , 2011)	24-70yrs, BMI >25, wt stable, WC >80cm females, >94cm men, and 1 more feature of MS according to International Diabetes Federation Criteria	Country: Germany % Male 38.7% Age: not reported separately BMI: 31	Parallel	18 week (6 wk intense period)	Isoenergetic diet plans based and supplements to aid achievement of dietary targets	111	1. Control  2. HCF – high cereal fibre  3. HP high protein  4. Mix (results not extracted)	Supplements and emphasised food groups  1. basic low fibre supplement 2x/d (28g CHO, 8g Protein, 3g fat, 1g cereal fibre)  2. 15g insoluble cereal fibre supplement 2x/d (25g CHO, 8g protein, 3g fat, 15g cereal fibre)  cereal fibre and whole meal carbohydrate foods emphasised  3.29g whey and pea isolates 2x/d. (25g CHO, 29g protein, 3g fat, 1g cereal fibre)  legumes and low fat dairy foods emphasised  4. 8g cereal fibre and 19g whey and pea isolates supplement 2x/d (24g CHO, 19g protein, 3g fat, 8g cereal fibre)	Prescribed iso-energetic diets.  1. protein 15% energy, CHO 55% energy, fat 30% energy, <15g/1000kcal cereal fibre  2. protein 15% energy, CHO 55% energy, fat 30% energy, >20g/1000kcal cereal fibre  3. protein 25-30% energy, CHO 40-45% energy, fat 30% energy, <15g/1000kcal cereal fibre  4. protein 20-25% energy, CHO 45-50% energy, fat 30% energy, 15-20g/1000kcal cereal fibre	no	German Ministry of Education and Science, German institute of Human Nutrition, Charité University Medicine Berlin