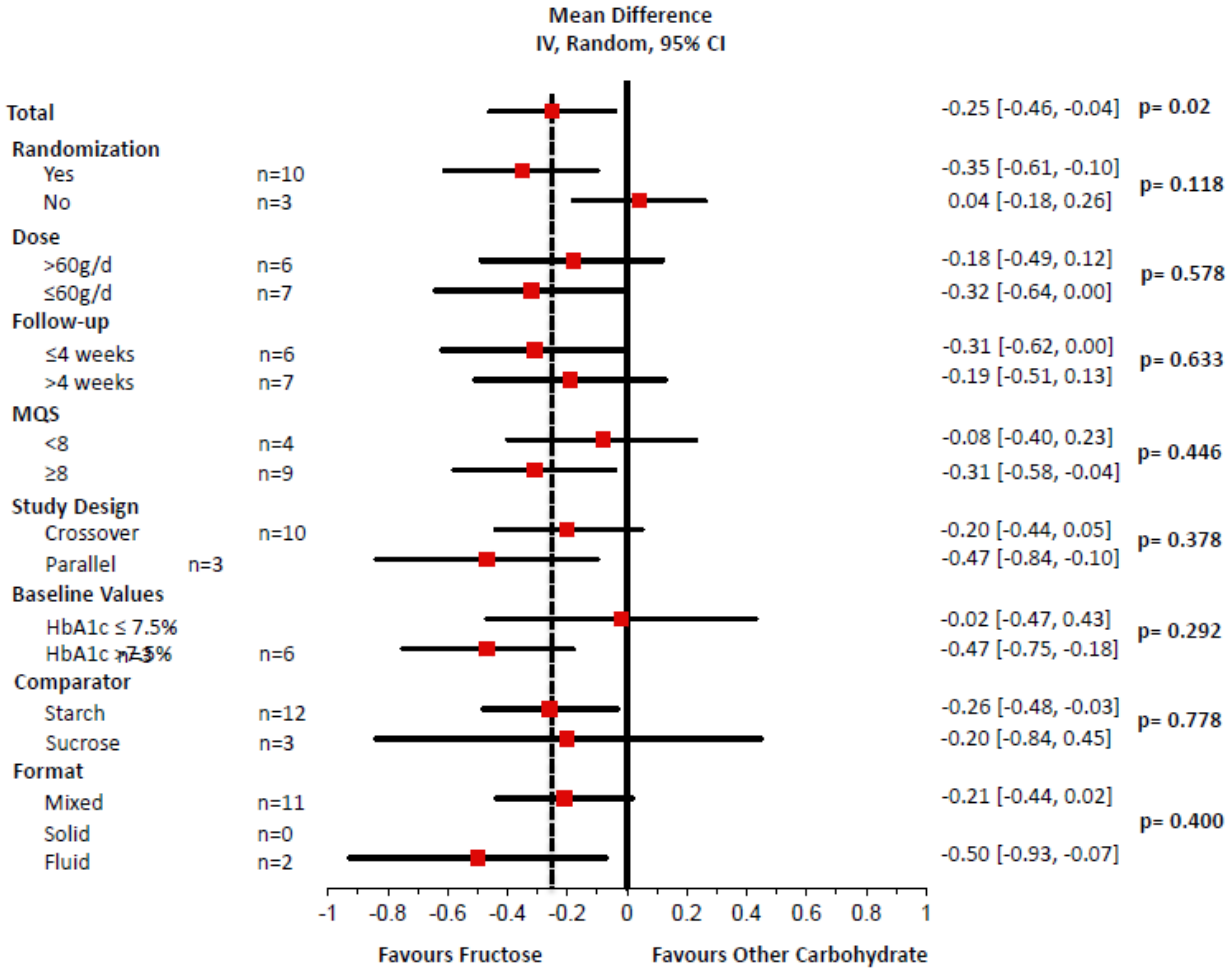
SUPPLEMENTARY DATA

Supplementary Figure 1. Glycated Blood Proteins.

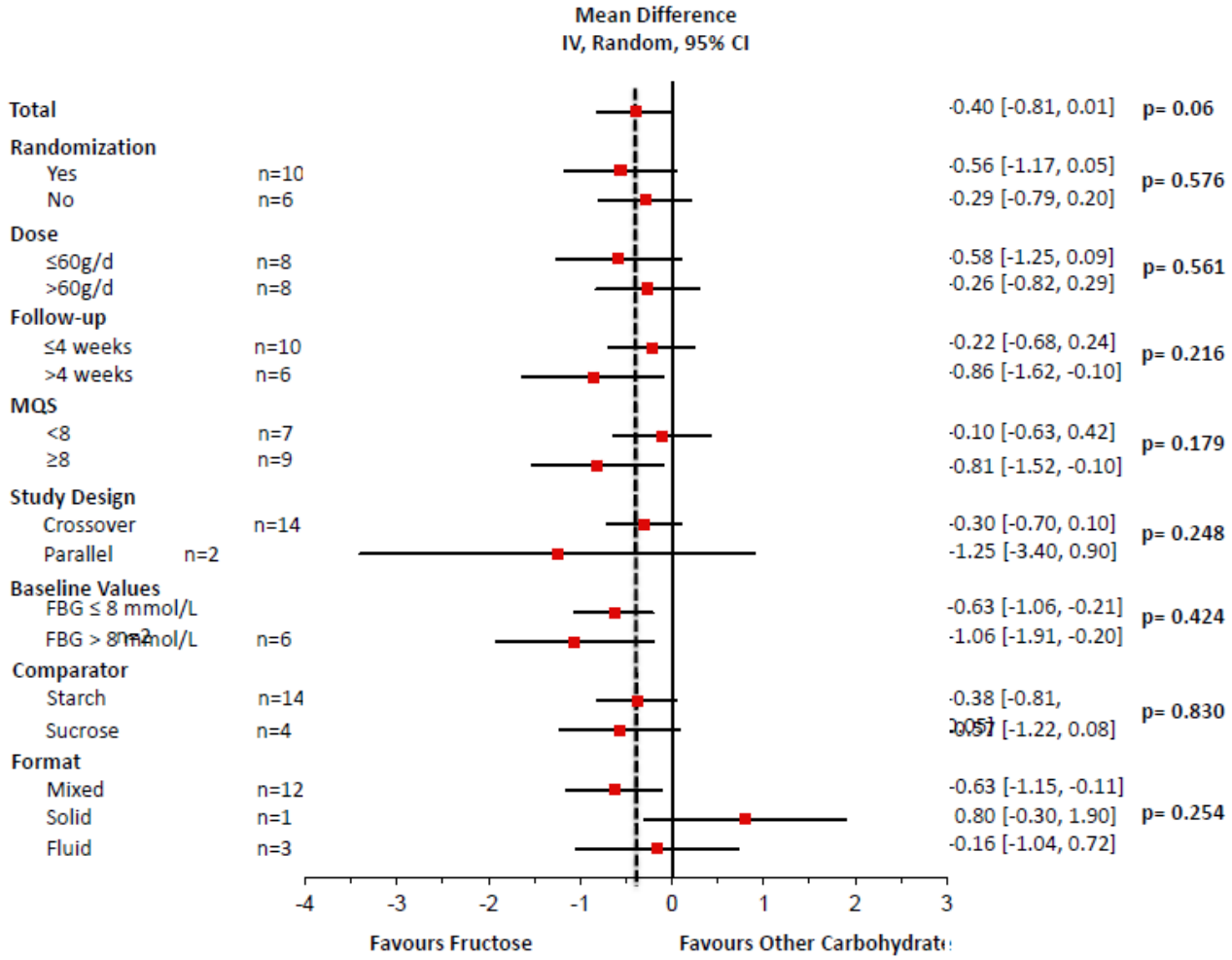
Forest plot of subgroup analyses investigating the effect of isocaloric exchange of fructose for carbohydrate on glycated blood proteins (HbA1c and glycated albumin) in individuals with diabetes. Subgroups include randomization (yes or no), dose (>60-g/d or ≤60-g/d), follow-up (≥4 weeks or ≤4 weeks), MQS (≥8 or <8), study design (crossover or parallel), baseline values (HbA1c >7.5% or ≤7.5%), choice of comparator (sucrose or starch), and fructose format (mixed, solid, fluid). Due to differences in assays used in measuring glycated albumin, only HbA1c baseline values were used in the *a priori* subgroup analysis. Data are standardized mean differences (SMD) with 95% CI. The number of trials in each subgroup are reported as "n". Differences between subgroups were tested using meta-regression and the significance level was reported as a p-value, where $p<0.05$ is considered significant. Subgroup analyses were not stratified to improve the power to detect significant differences. Due to differences in the assays used to calculate glycated albumin, only studies that reported baseline HbA1c values were included in the baseline *a priori* subgroup.



SUPPLEMENTARY DATA

Supplementary Figure 2. Fasting Glucose.

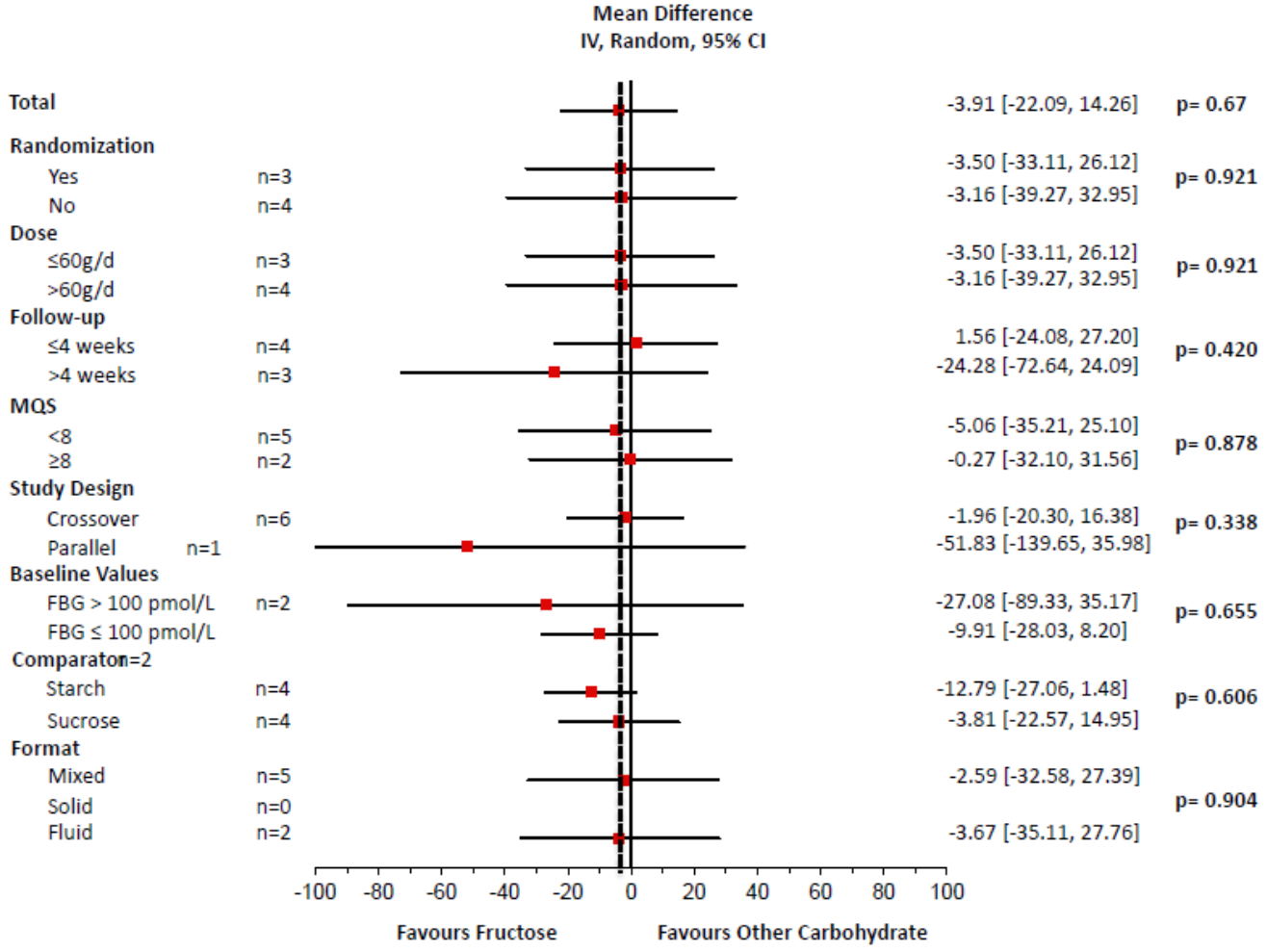
Forest plot of subgroup analyses investigating the effect of isocaloric exchange of fructose for carbohydrate on fasting glucose in individuals with diabetes. Subgroups include randomization (yes or no), dose (>60-g/d or ≤60-g/d), follow-up (≥4 weeks or ≤4 weeks), MQS (≥8 or <8), study design (crossover or parallel), baseline values (>8 mmol/L or ≤8 mmol/L), choice of comparator (sucrose or starch), and fructose format (mixed, solid, fluid). Data are mean differences (MD) with 95% CI. The number of trials in each subgroup are reported as "n". Differences between subgroups were tested using meta-regression and the significance level was reported as a p-value, where p<0.05 is considered significant.



SUPPLEMENTARY DATA

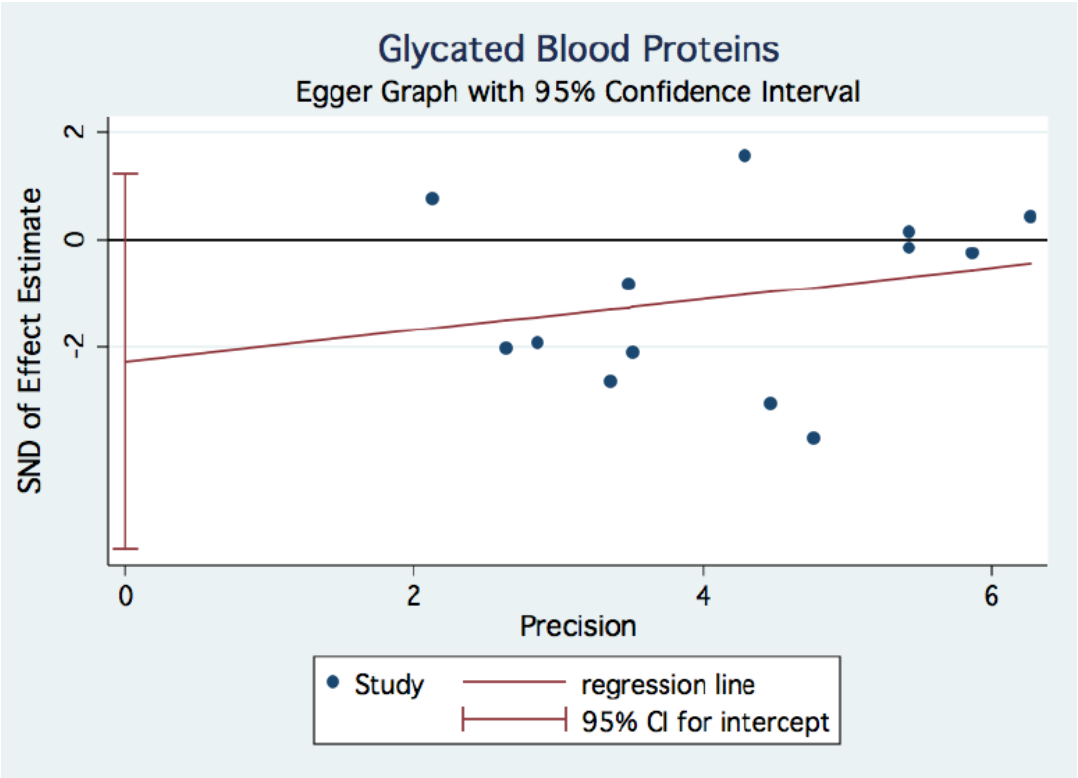
Supplementary Figure 3. Fasting Insulin.

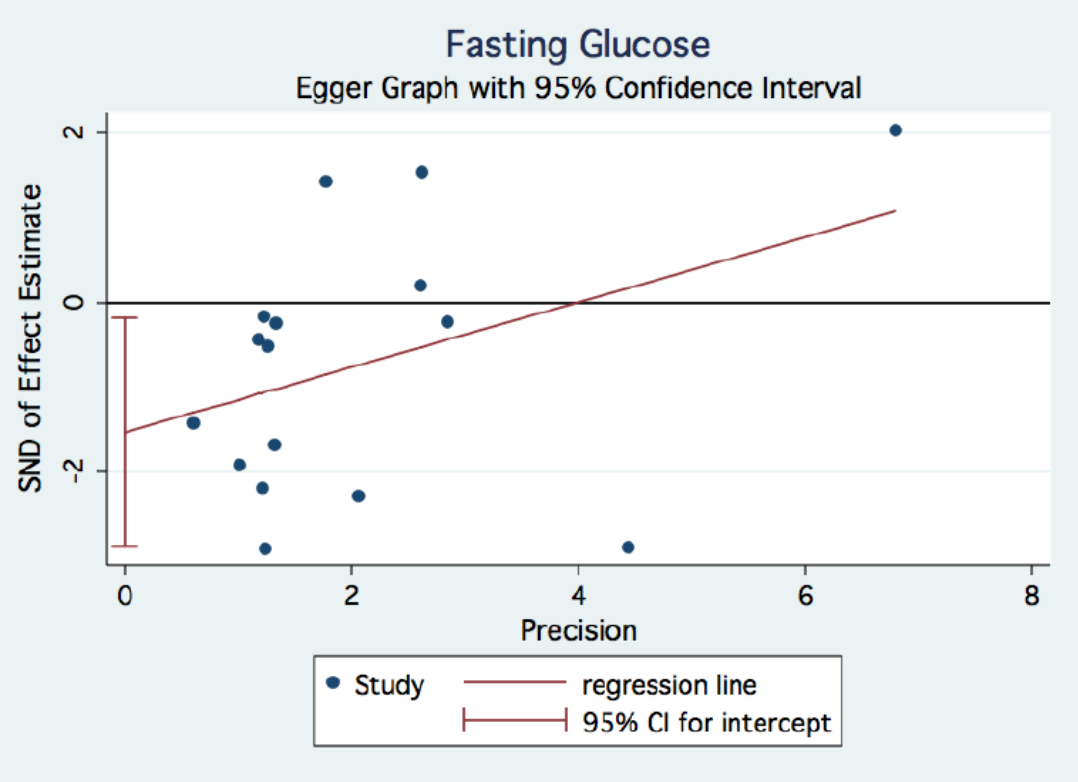
Forest plot of subgroup analyses investigating the effect of isocaloric exchange of fructose for carbohydrate on fasting insulin in individuals with diabetes. Subgroups include randomization (yes or no), dose (>60-g/d or ≤60-g/d), follow-up (≥4 weeks or ≤4 weeks), MQS (≥8 or <8), study design (crossover or parallel), baseline values (>100 pmol/L or ≤100 pmol/L), choice of comparator (sucrose or starch), and fructose format (mixed, solid, fluid). Data are mean differences (MD) with 95% CI. The number of trials in each subgroup are reported as "n". Differences between subgroups were tested using meta-regression and the significance level was reported as a p-value, where $p<0.05$ is considered significant.



SUPPLEMENTARY DATA

Supplementary Figure 4. Egger graphs of experimental trials included in the meta-analysis for glycated blood proteins (HbA1c and glycated albumin) (A), fasting glucose (B), and fasting insulin (C) endpoints.





SUPPLEMENTARY DATA