Table S2 Study Inclusion and Exclusion Criteria.

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| **Inclusion Criteria** | |
| #1 | Must be a randomized controlled clinical trial with either a parallel or cross-over design |
| #2 | Must have a treatment period of at 3 weeks ([1](#_ENREF_1), [2](#_ENREF_2)) |
| #3 | Hypercholesterolemic or normocholesterolemic children and adults, overweight and obese individuals or individuals with diabetes were all acceptable |
| #4 | Only β-glucan sources from oats were accepted |
| #5 | The amount of oat product or oat β-glucan must be reported or measured, or computable. oat bran and whole oats were estimated at 6.9% and 5.0% ([3](#_ENREF_3), [4](#_ENREF_4)) β-glucan, respectively and oat soluble fibre was estimated at 92.5% β-glucan ([5](#_ENREF_5)). |
| #6 | Must be appropriately controlled. |
| #7 | Must measure one of LDL-C, non-HDL-C, apoB or TC and HDL-c. These lipid measures can be either primary or secondary outcomes. |
| #8 | Enough information must be provided to calculate the magnitude of effect, i.e. end of treatment measures and/or change from baseline measures |
| **Exclusion Criteria** | |
| #1 | If the soluble fibre was not oat β-glucan or a combination supplement where oat β-glucan couldn’t be isolated |
| #2 | If the study was insufficiently controlled, i.e. the control was another soluble fibre |
| #3 | If the outcome measures did not include LDL-C, non-HDL-C, or apoB |
| #4 | If the treatment period was less than 3 weeks |
| #5 | If the study provided insufficient information to calculate a magnitude of effect |
| #6 | Secondary information such as reviews, editorials, commentaries, were excluded |
| Abbreviations: apoB, apolipoprotein B; HDL-C, high-density lipoprotein cholesterol; LDL-C, low-density lipoprotein cholesterol; non-HDL-C, non-high-density lipoprotein cholesterol; TC, total cholesterol | |

**References**

1. United State Food and Drug Adminsitration. Guidance for Industry: Evidence-based review system for the scientific evaluation of health claims - final. 2009.

2. Kris-Etherton PM, Dietschy J. Design criteria for studies examining individual fatty acid effects on cardiovascular disease risk factors: human and animal studies. The American journal of clinical nutrition. 1997;65(5 Suppl):1590s-6s.

3. Chen WJ, Anderson JW. Soluble and insoluble plant fiber in selected cereals and vegetables. The American journal of clinical nutrition. 1981;34(6):1077-82.

4. Anderson JW, Bridges SR. Dietary fiber content of selected foods. The American journal of clinical nutrition. 1988;47(3):440-7.

5. Whitehead A, Beck EJ, Tosh S, Wolever TM. Cholesterol-lowering effects of oat beta-glucan: a meta-analysis of randomized controlled trials. The American journal of clinical nutrition. 2014;100(6):1413-21.