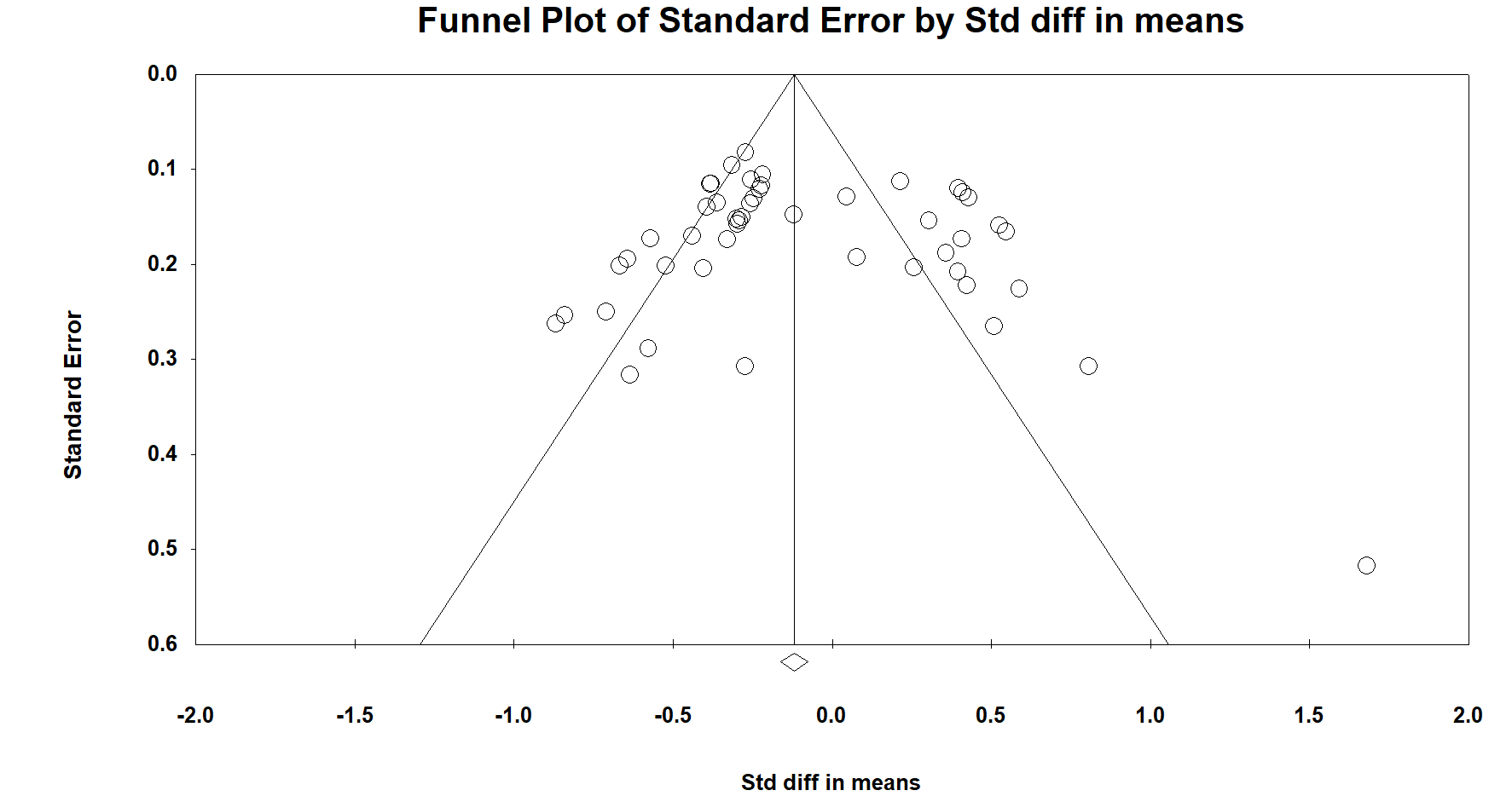
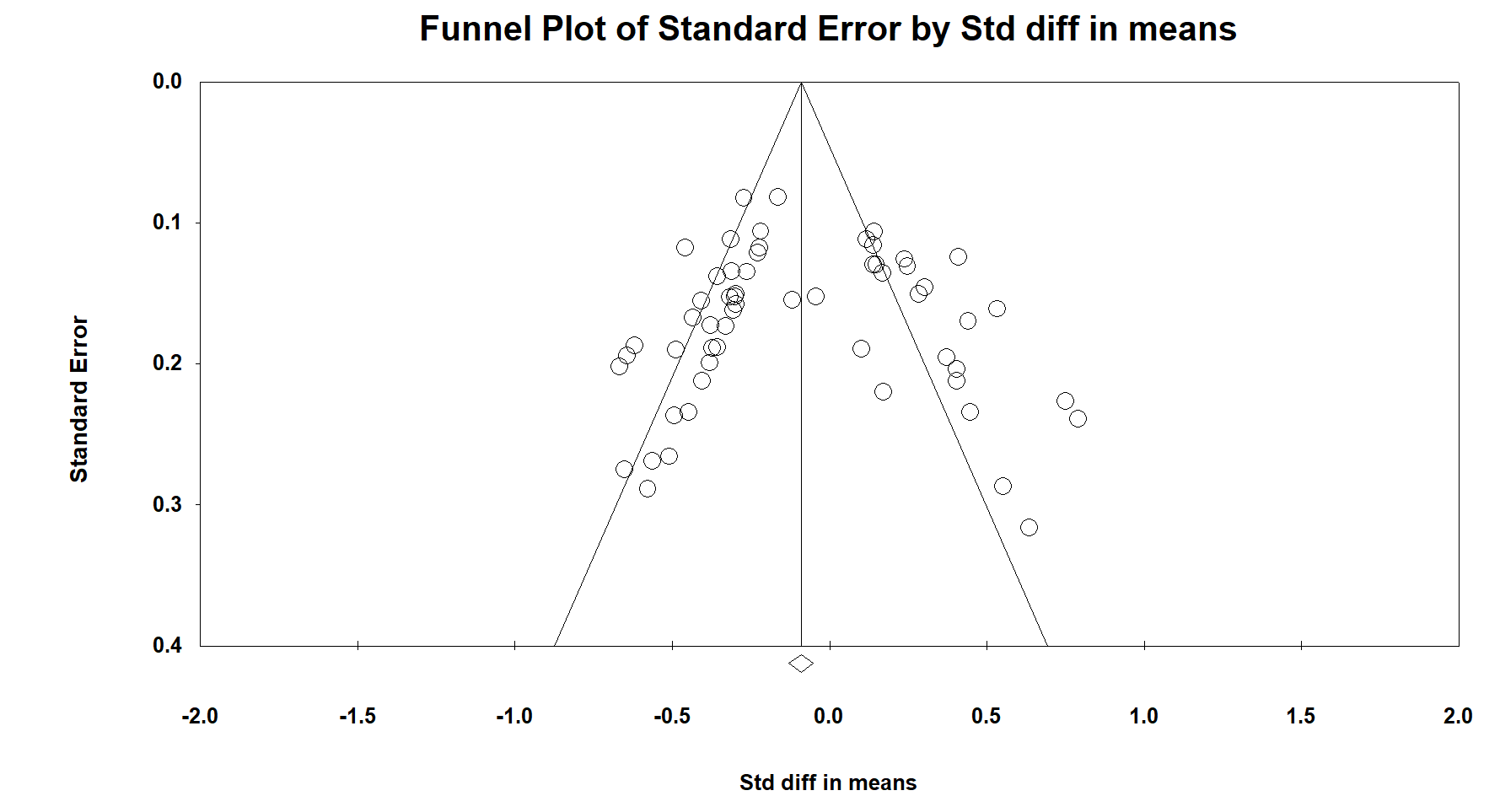


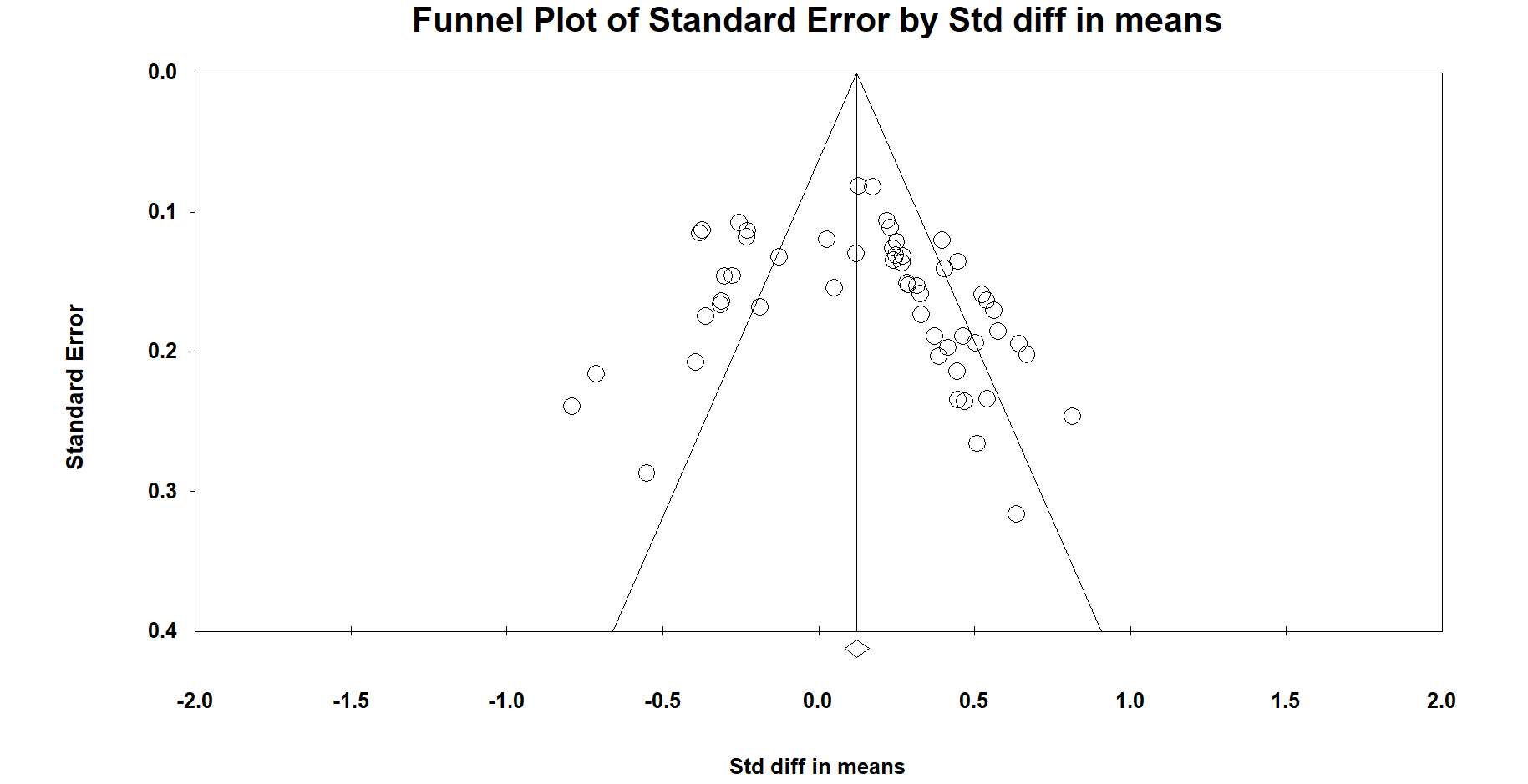
**Fig. S1.** Funnel plot for studies included in the meta-analysis of waist circumference.



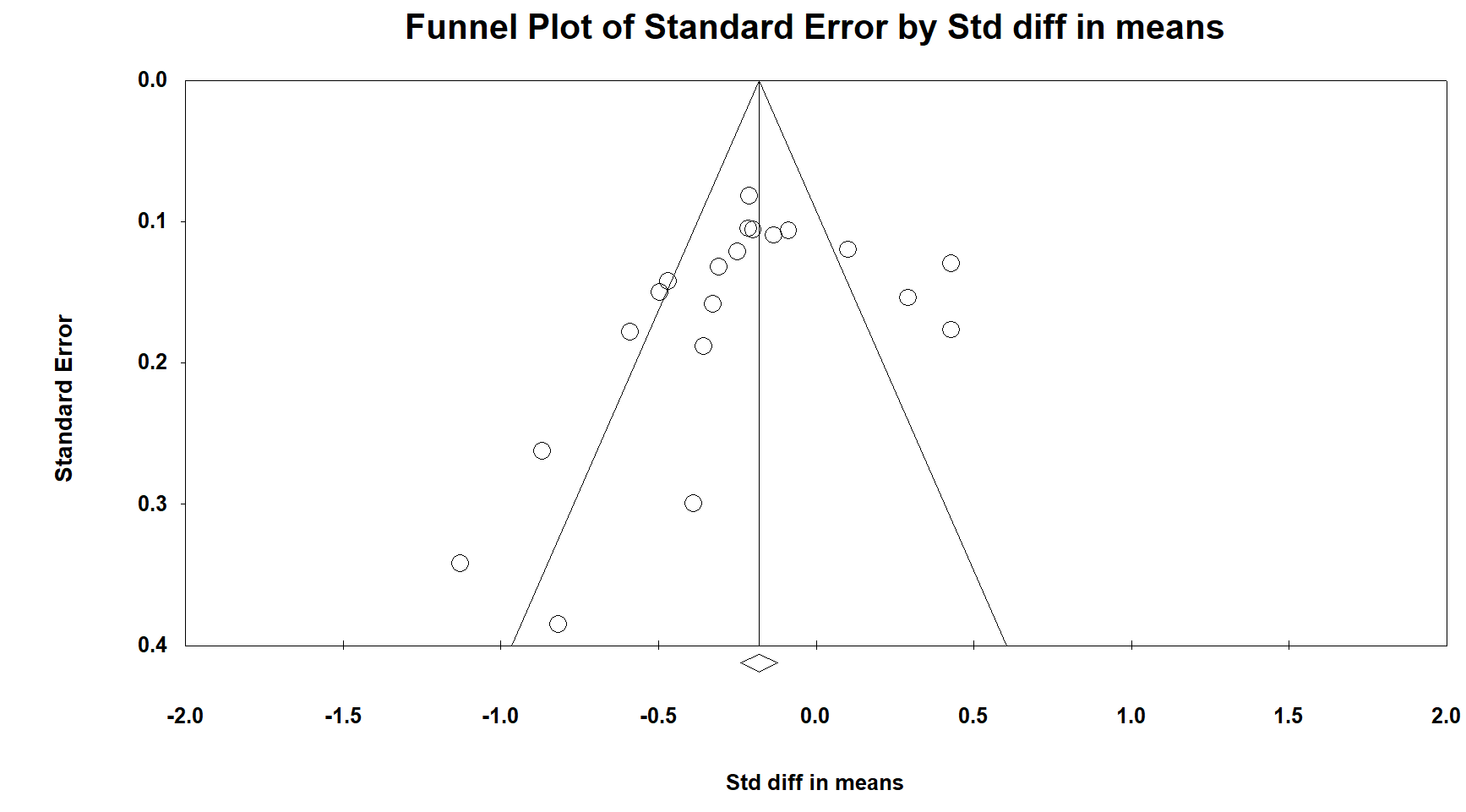
**Fig. S2.** Funnel plot for studies included in the meta-analysis of fasting glucose.



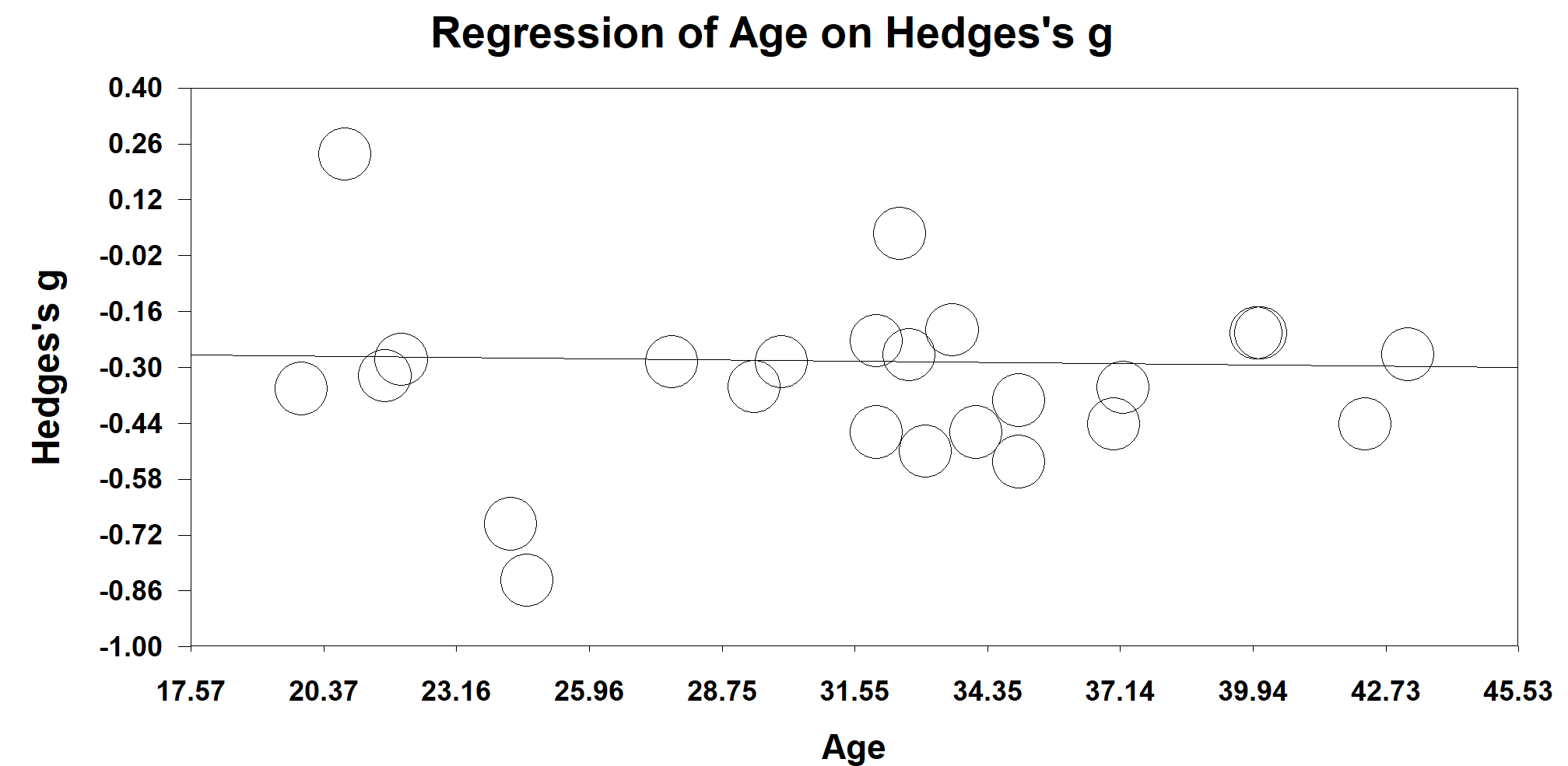
**Fig. S3.** Funnel plot for studies included in the meta-analysis of triglycerides.



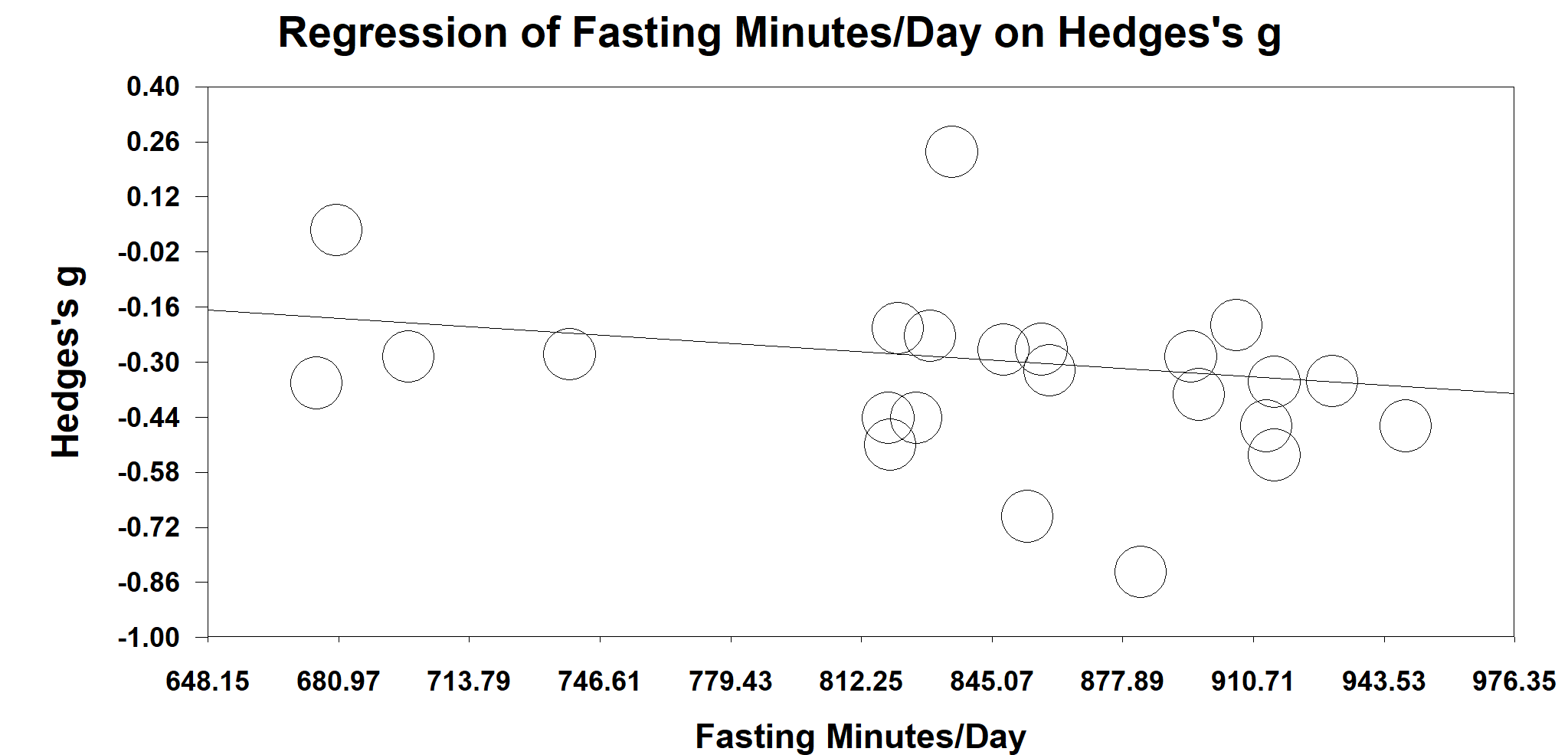
**Fig. S4.** Funnel plot for studies included in the meta-analysis of high-density lipoprotein cholesterol.



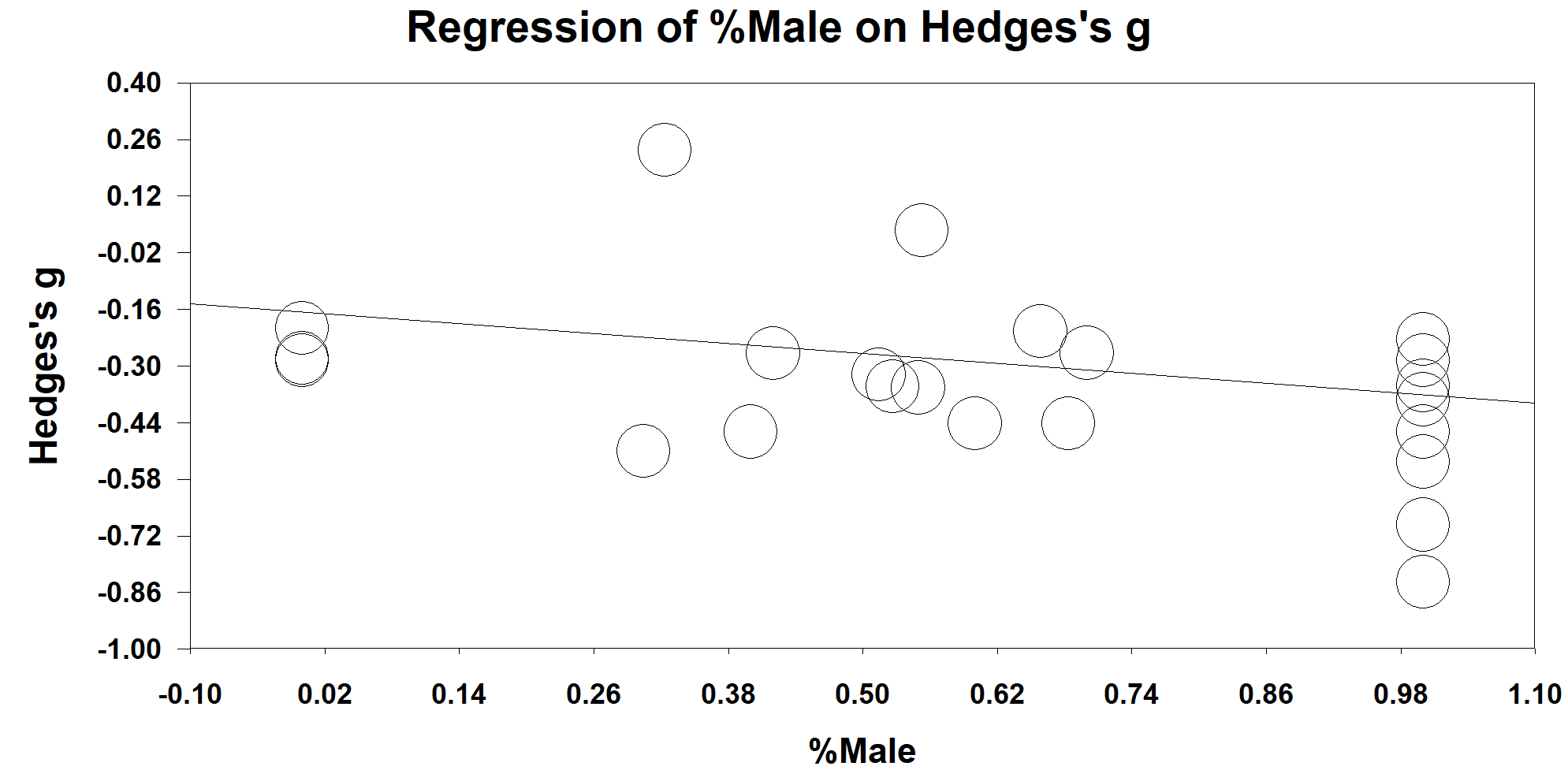
**Fig. S5.** Funnel plot for studies included in the meta-analysis of systolic blood pressure.



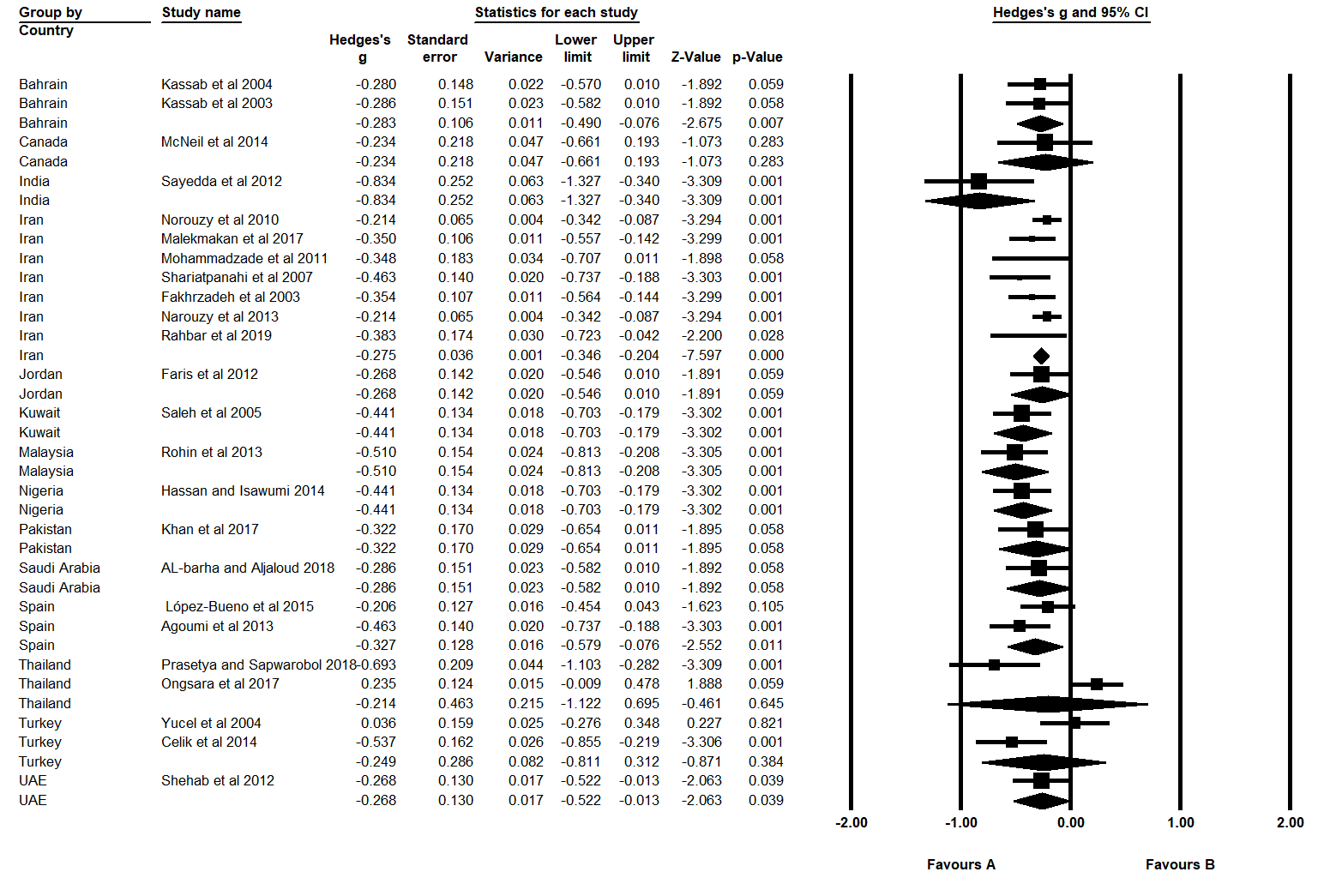
**Fig. S6.** Regression analysis for changes in waist circumference according to the age of fasting people and Hedges’s g values for the 24 studies (1557 subjects) included in the meta-analysis. The correlation was statistically nonsignificant (β= - 0.002, *P*-value=0.78).



**Fig. S7.** Regression analysis for changes in waist circumference according to fasting minutes/day of fasting subjects and Hedges’s g values for the 24 studies (1557 subjects) included in the meta-analysis. The correlation was statistically non-significant (β=-0.001, *P*-value=0.08).

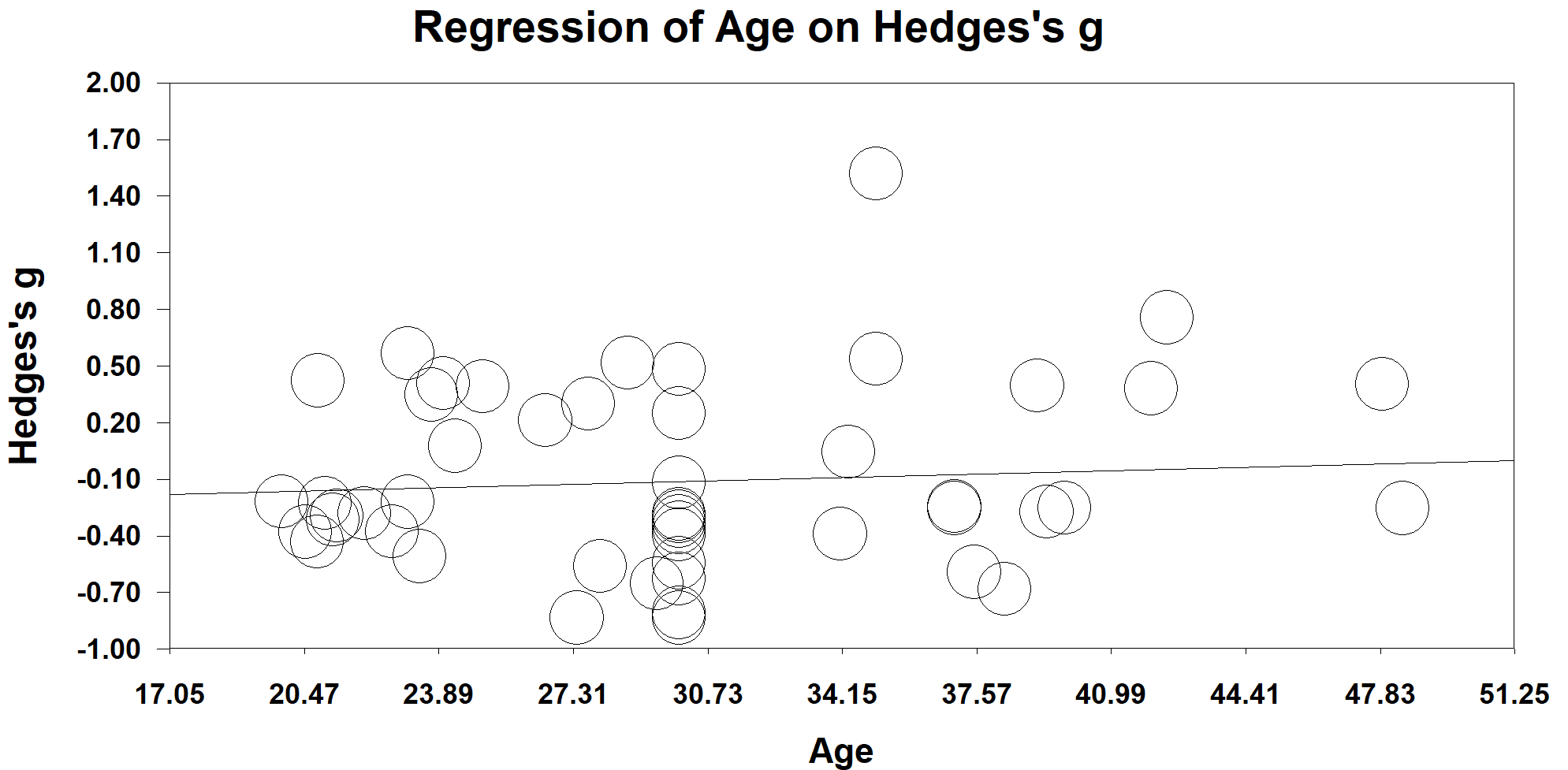
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**Fig. S8.** Regression analysis for changes in waist circumference according to the sex of fasting subjects and Hedges’s g values for the 24 studies (1557 subjects) included in the meta-analysis. The correlation was statistically significant (β= -0.20, *P-*vale=0.03).

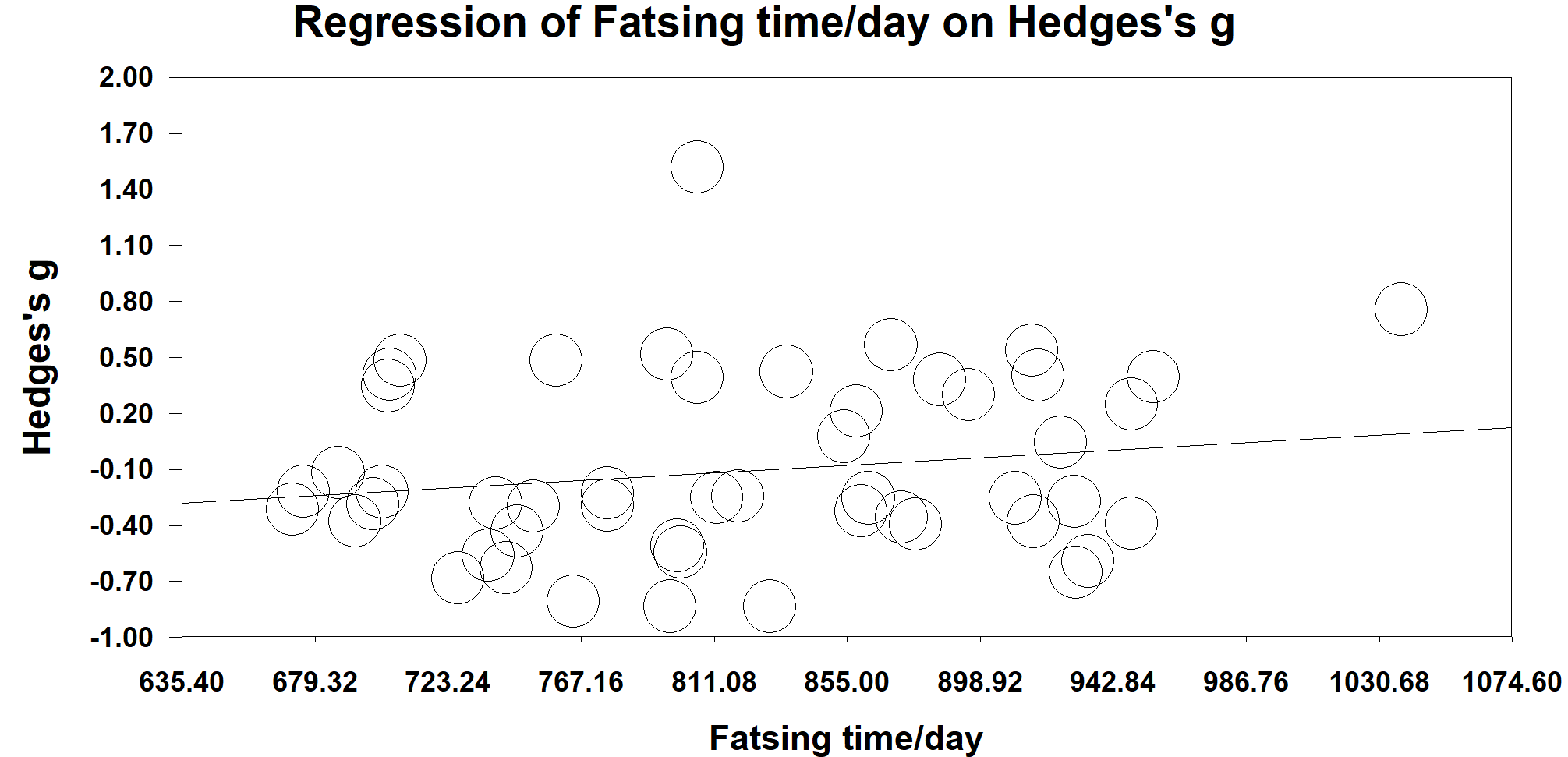
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**Fig. S9.** PooledHegdes’s g values for reductions in waist circumference for fourteen countries-studies included in the meta-analysis.

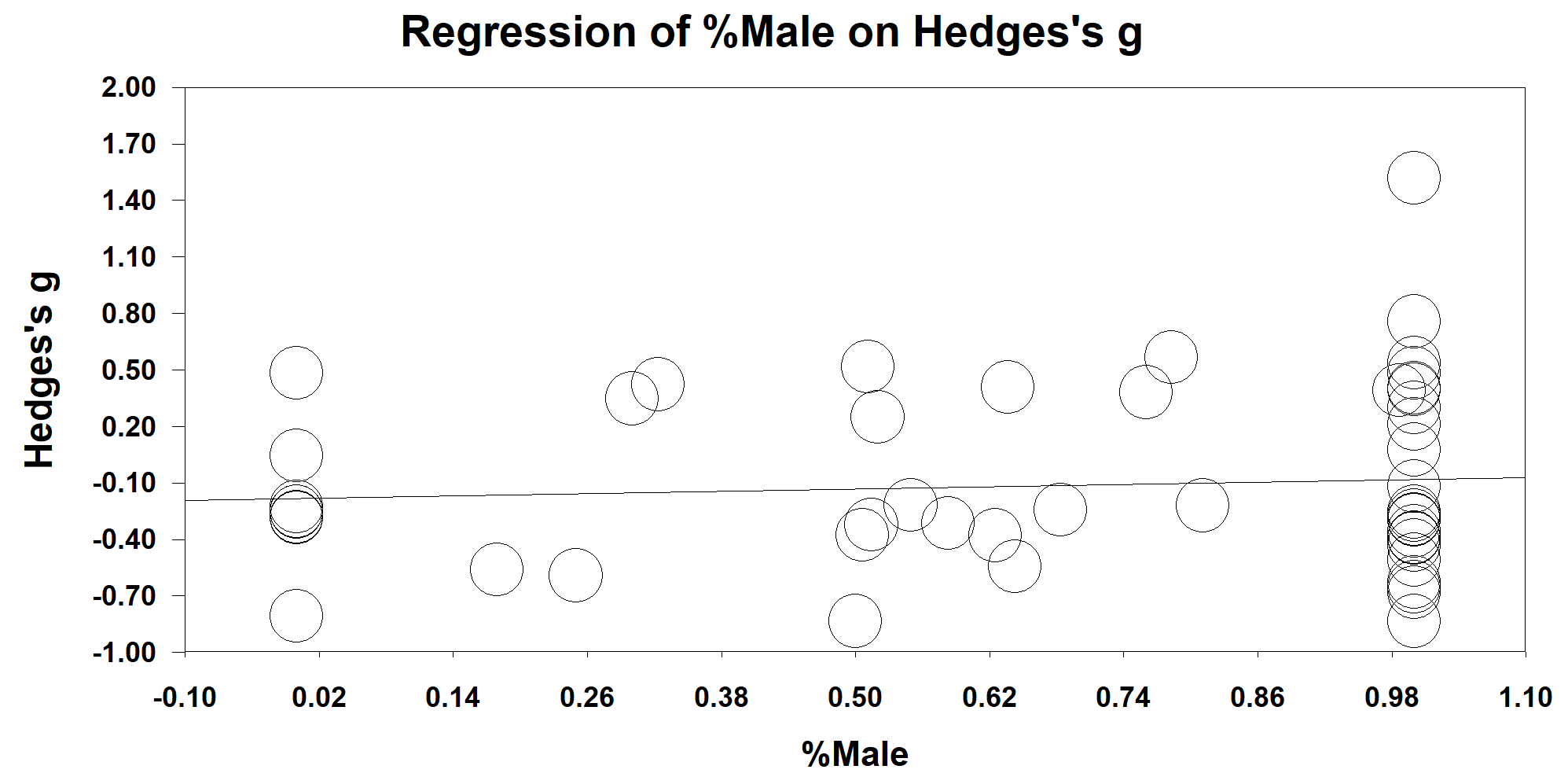
Hedge’s g value is considered small when value=0.2, Medium=0.5, Large=0.8.



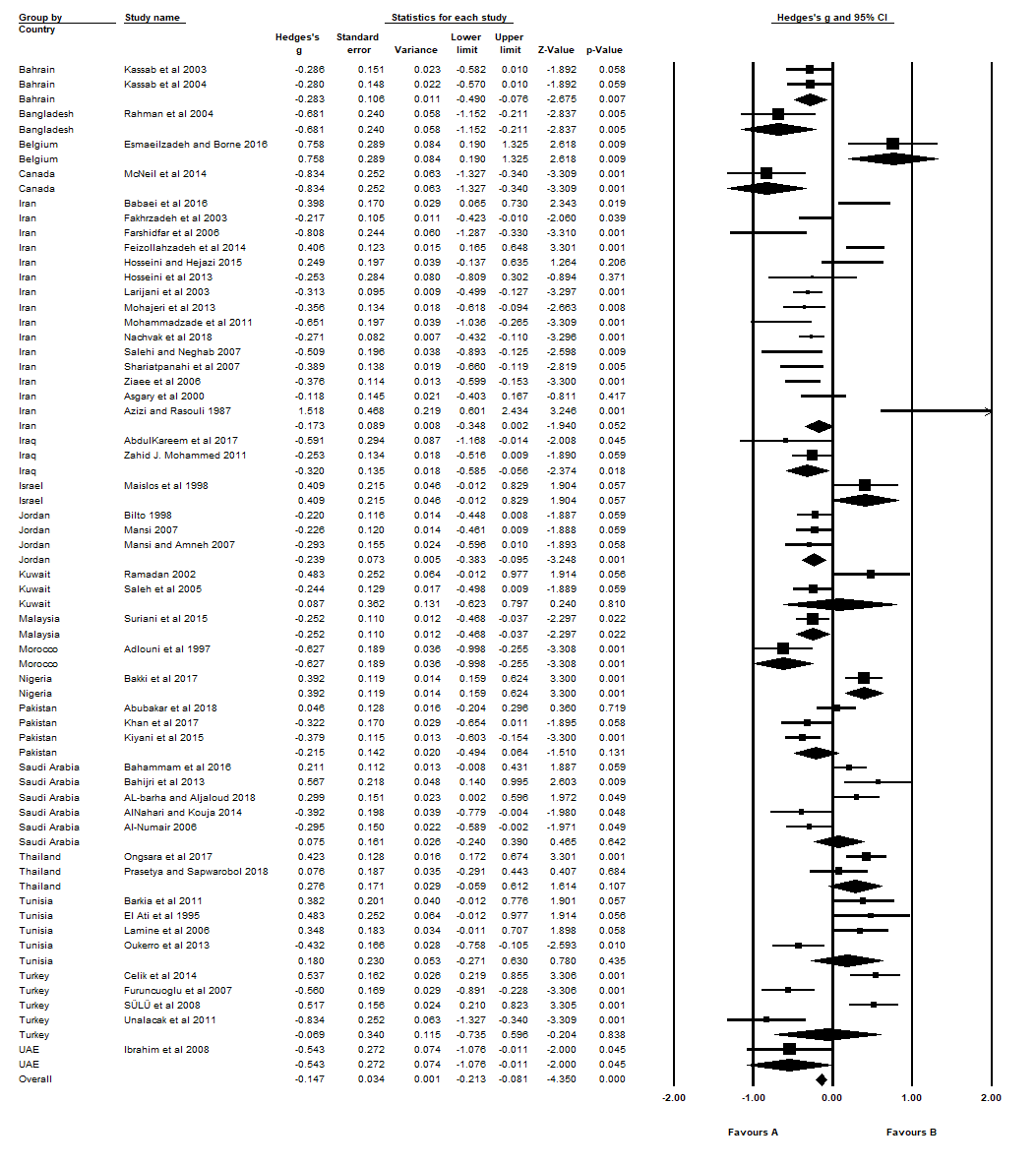
**Fig. S10.** Regression analysis for changes in fasting glucose according to the age of fasting subjects and Hedges’s g values for the 51 studies (2318 subjects) included in the meta-analysis. The correlation was statistically significant (β=0.005, P=0.05).



**Fig. S11.** Regression analysis for changes in fasting glucose according to fasting minutes/day of fasting subjects and Hedges’s g values for the 51 studies (2318 subjects) included in the meta-analysis. The correlation was statistically significant (β= - 0.001, P=0.001).

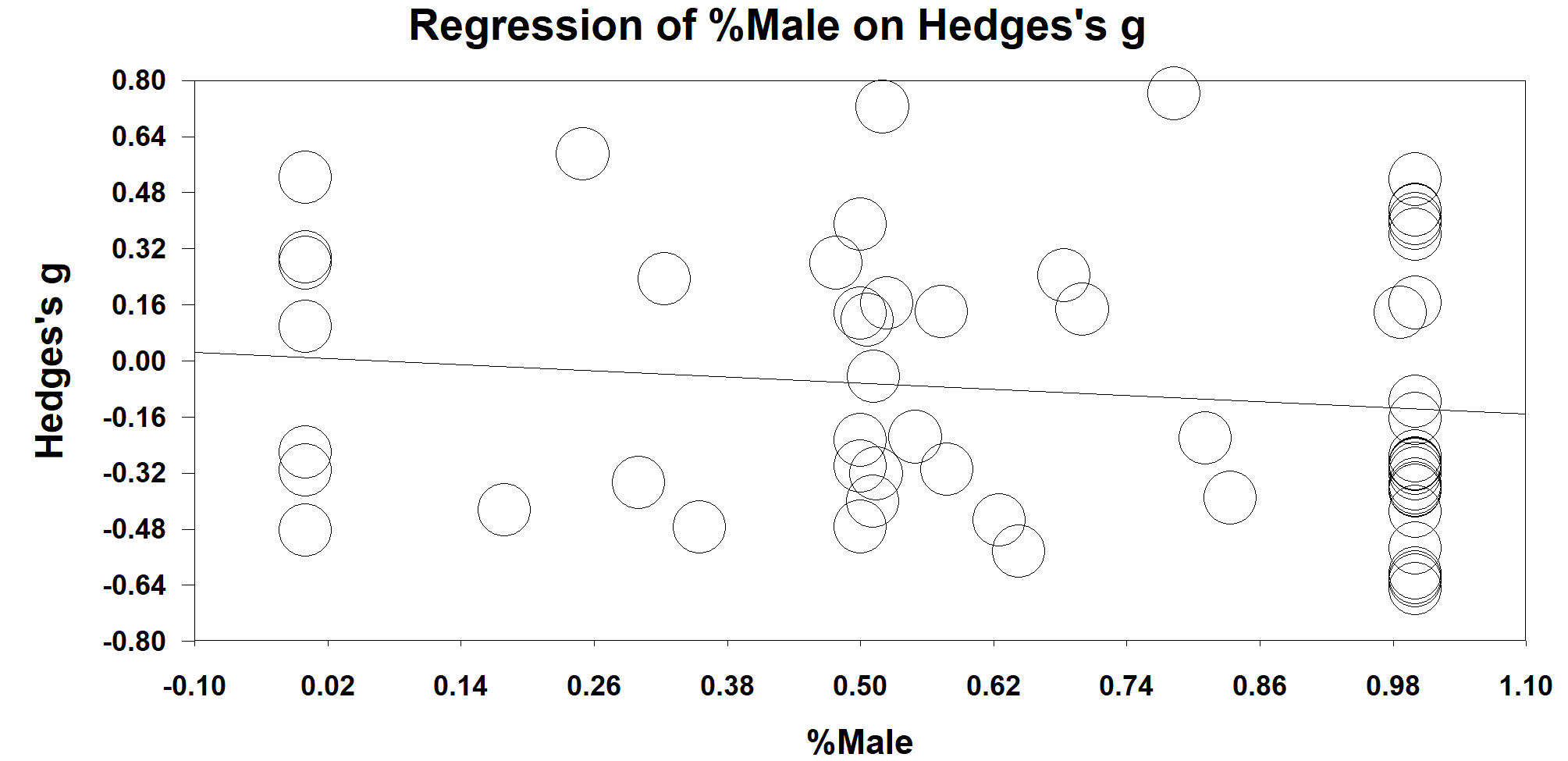


**Fig. S12.** Regression analysis for changes in fasting glucose according to the sex of fasting subjects and Hedges’s g values for the 51 studies (2318 subjects) included in the meta-analysis. The correlation was statistically non-significant.

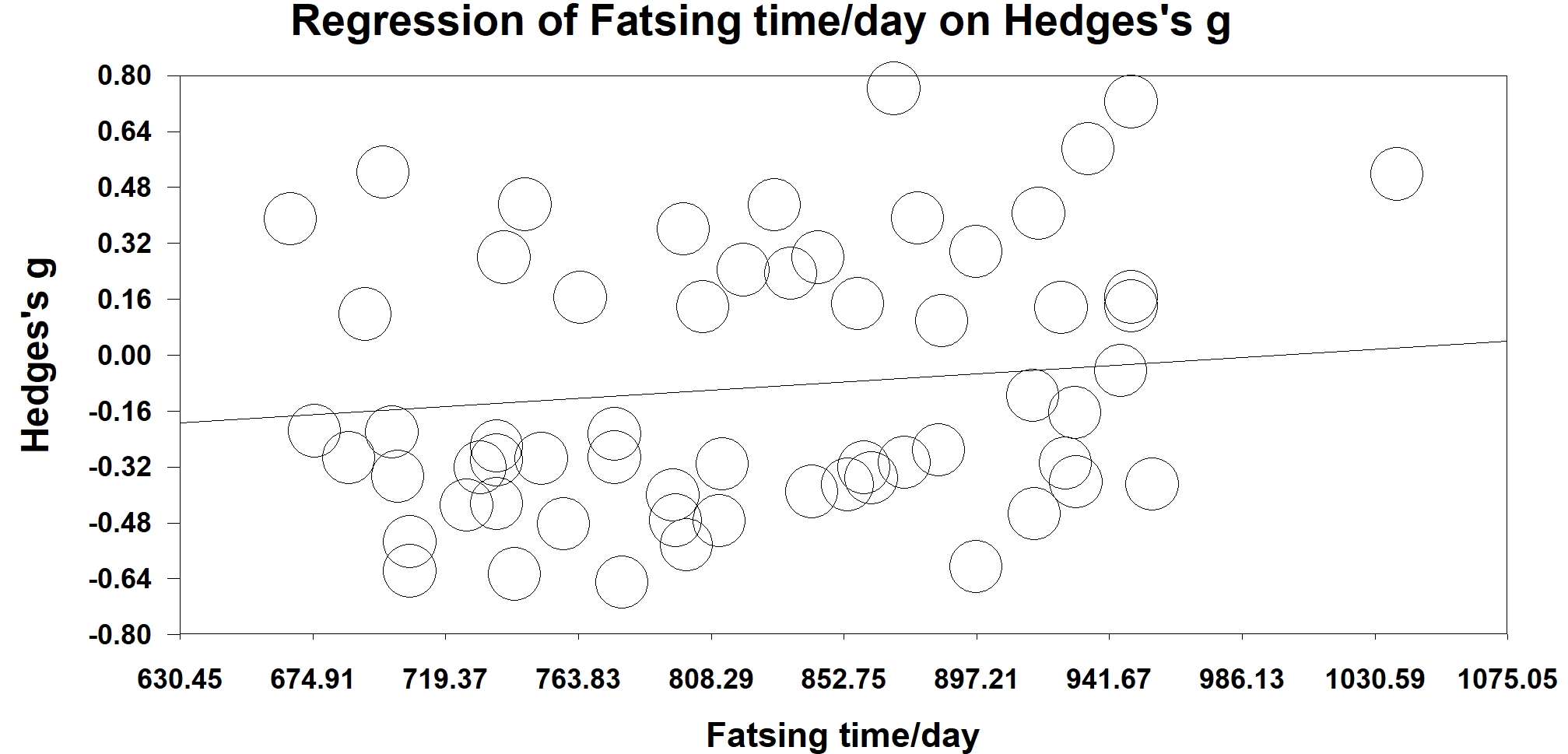


**Fig. S13.** PooledHedges’s g values for reductions in fasting glucose for nineteen countries included in the meta-analysis.

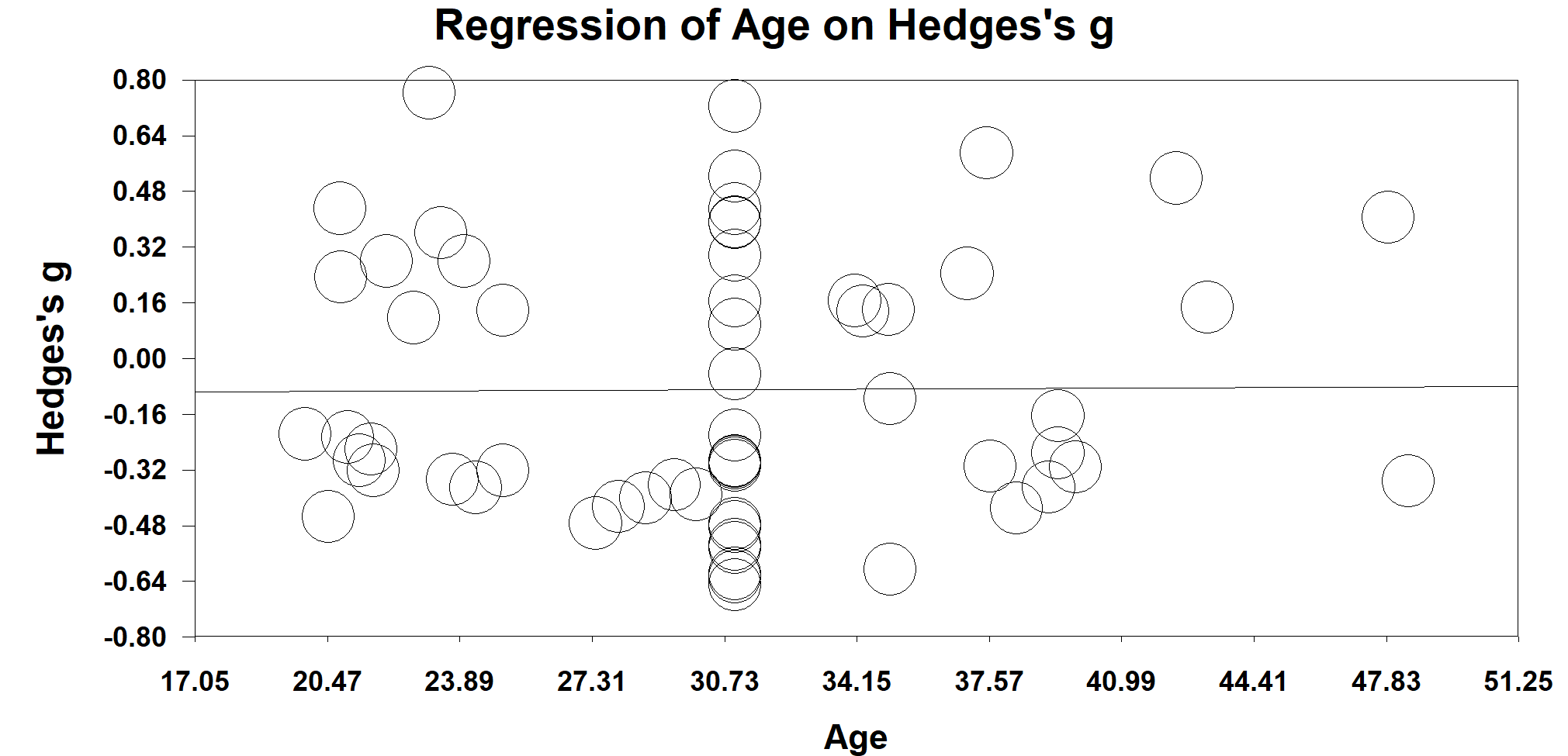
Hedge’s g value is considered small when value=0.2, Medium=0.5, Large=0.8.

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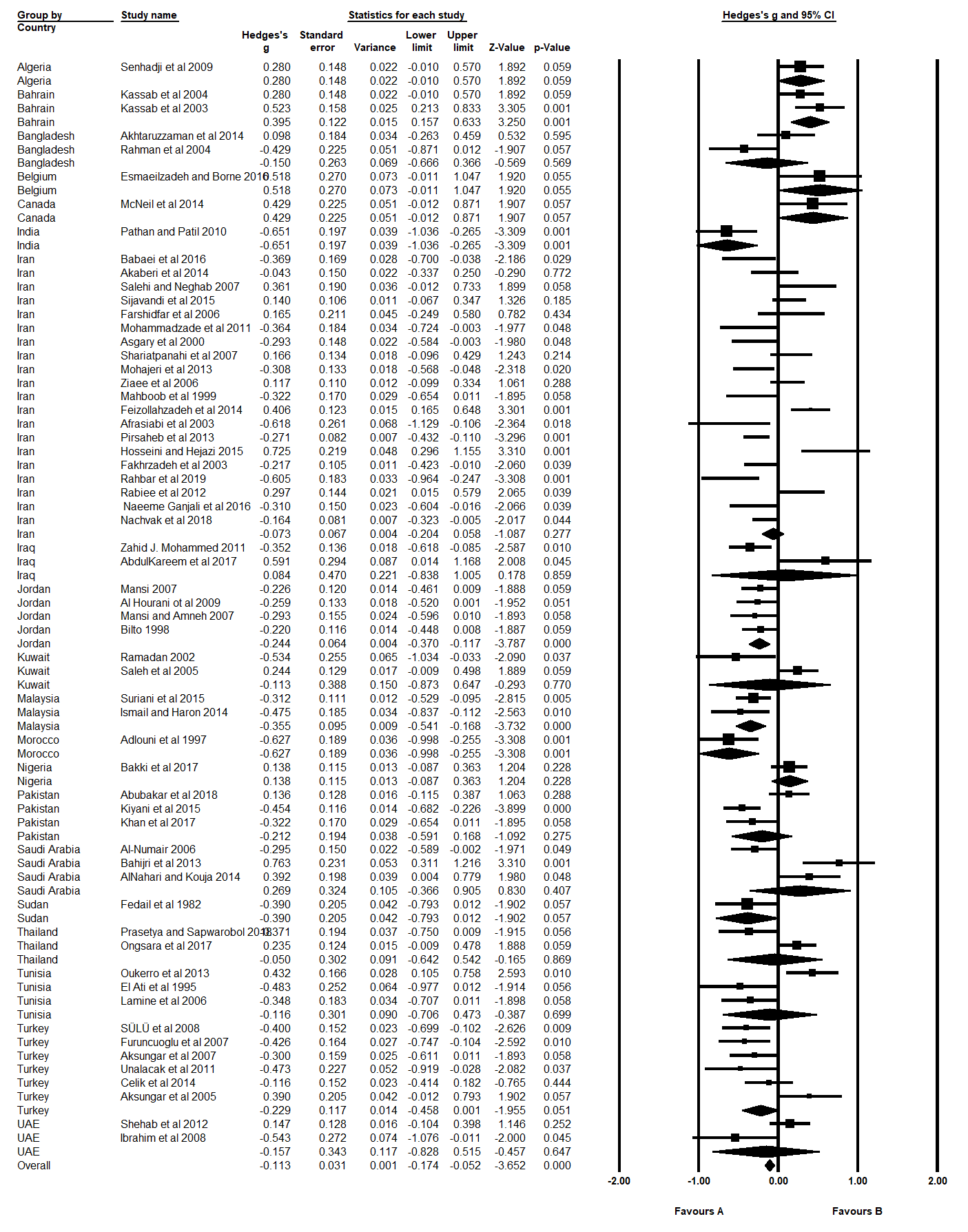
**Fig. S14.** Regression analysis for changes in triglycerides according to the sex of fasting subjects and Hedges’s g values for the 63 studies (2862 subjects) included in the meta-analysis. The correlation was statistically significant (β= - 0.14, P=0.01).



**Fig. S15.** Regression analysis for changes in triglycerides according to fasting minutes/day of fasting subjects and Hedges’s g values for the 63 studies (2862 subjects) included in the meta-analysis. The correlation was statistically significant (β= - 0.005, P=0.01).

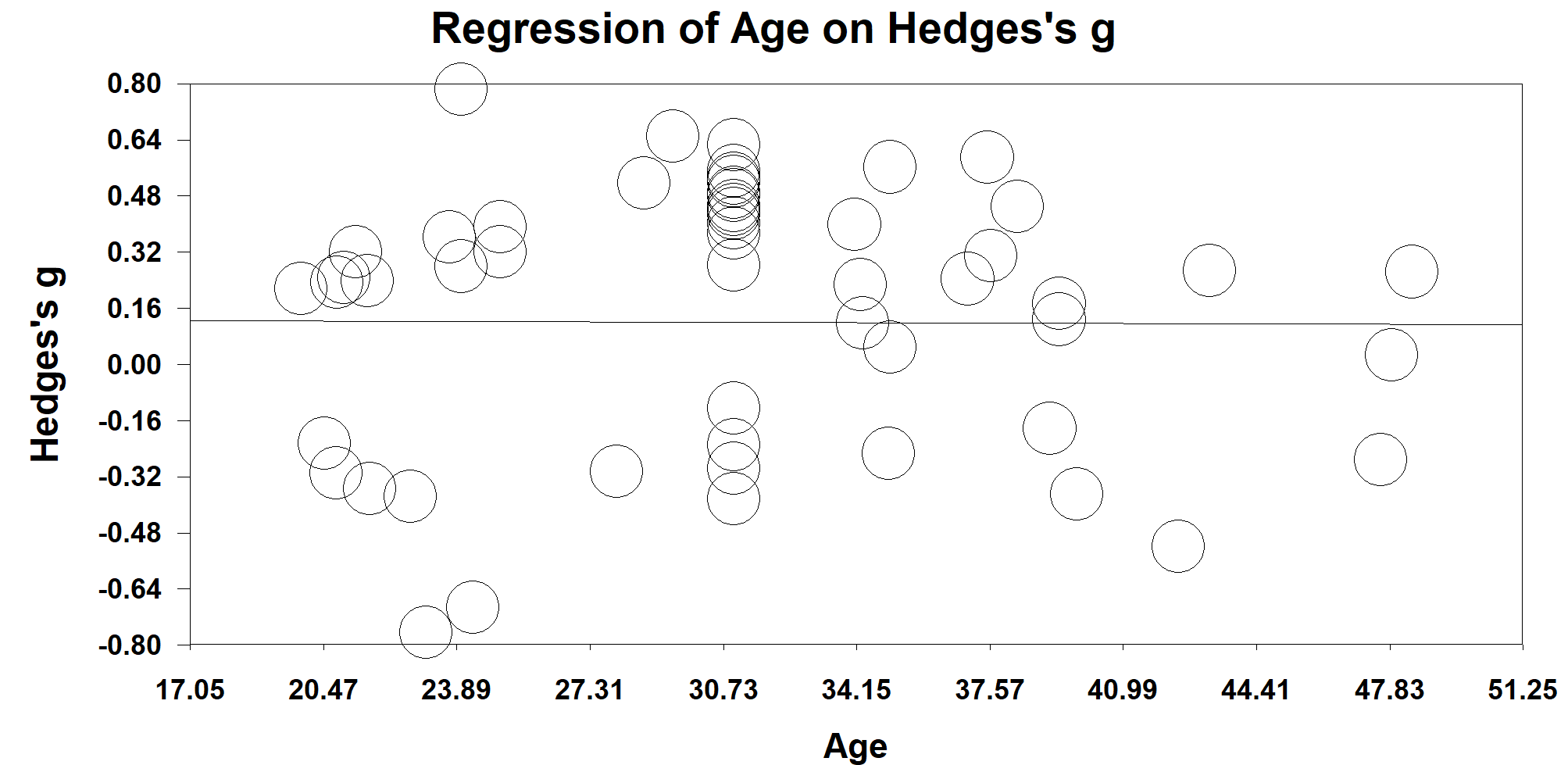
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**Fig. S16.** Regression analysis for changes in triglycerides according to the age of fasting subjects and Hedges’s g values for the 63 studies (2862 subjects) included in the meta-analysis. The correlation was statistically non-significant.

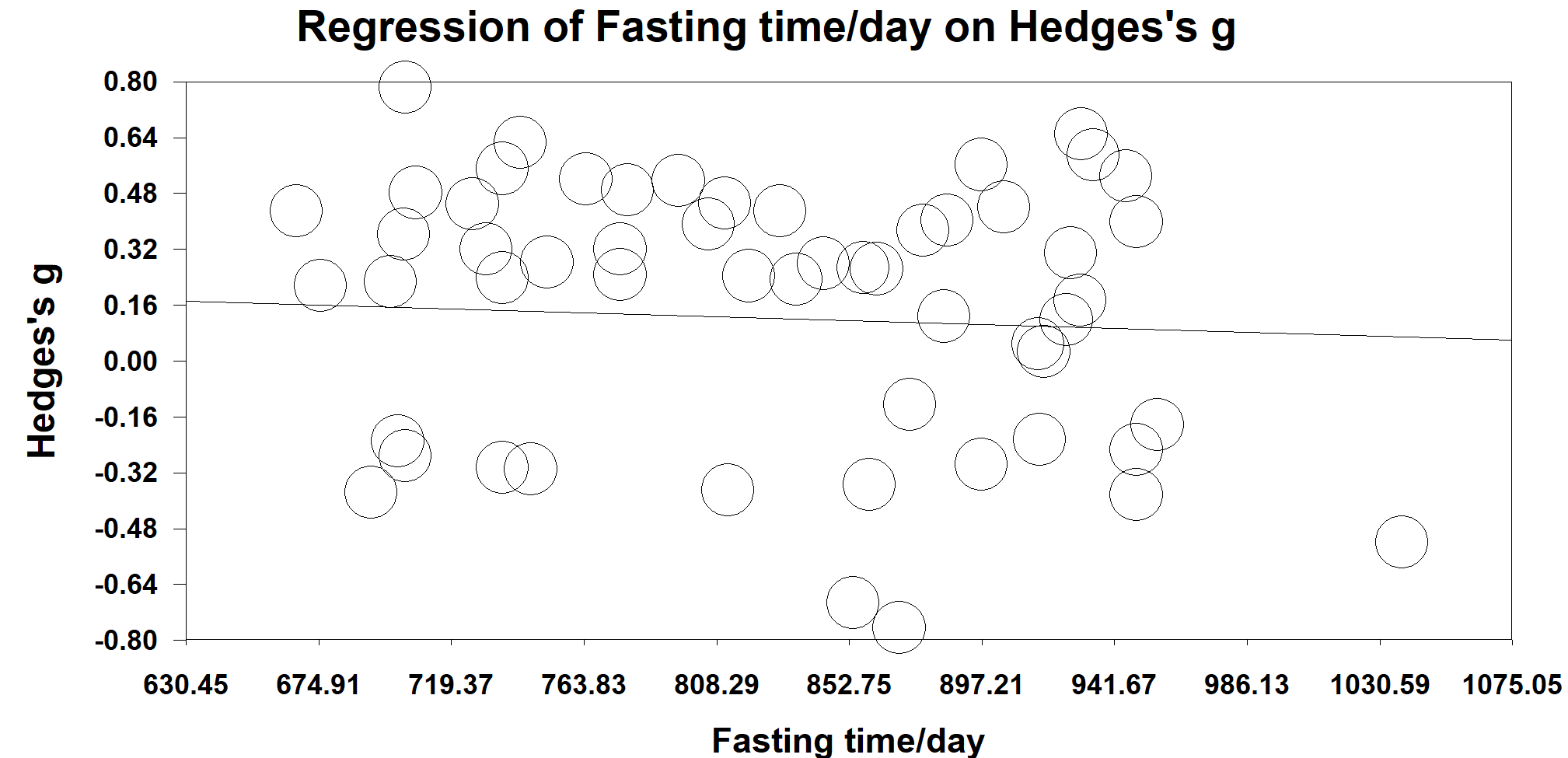


**Fig. S17.** PooledHedges’s g values for reductions in triglycerides for twenty-one countries included in the meta-analysis.

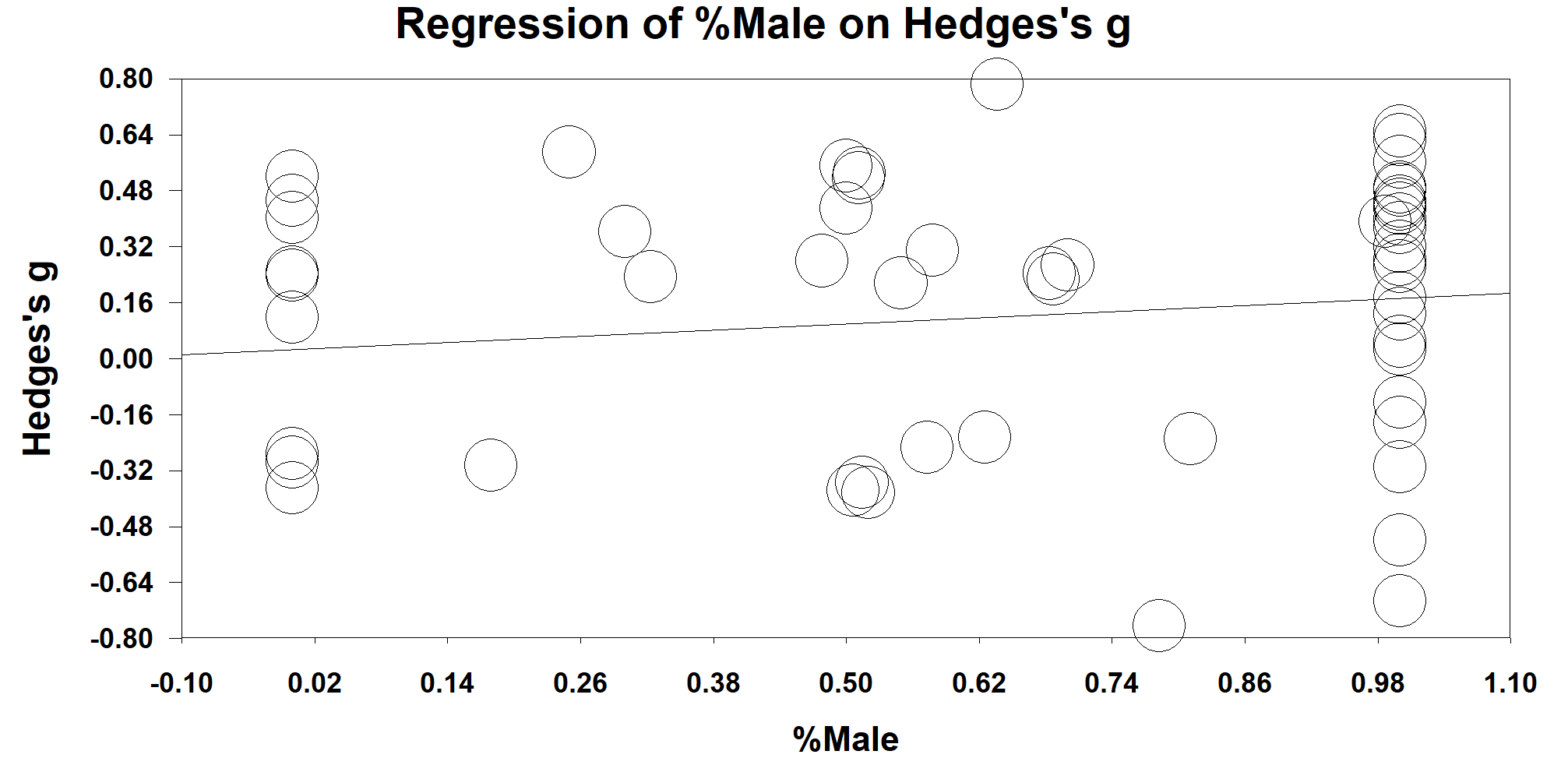
Hedge’s g value is considered small when value=0.2, Medium=0.5, Large=0.8.



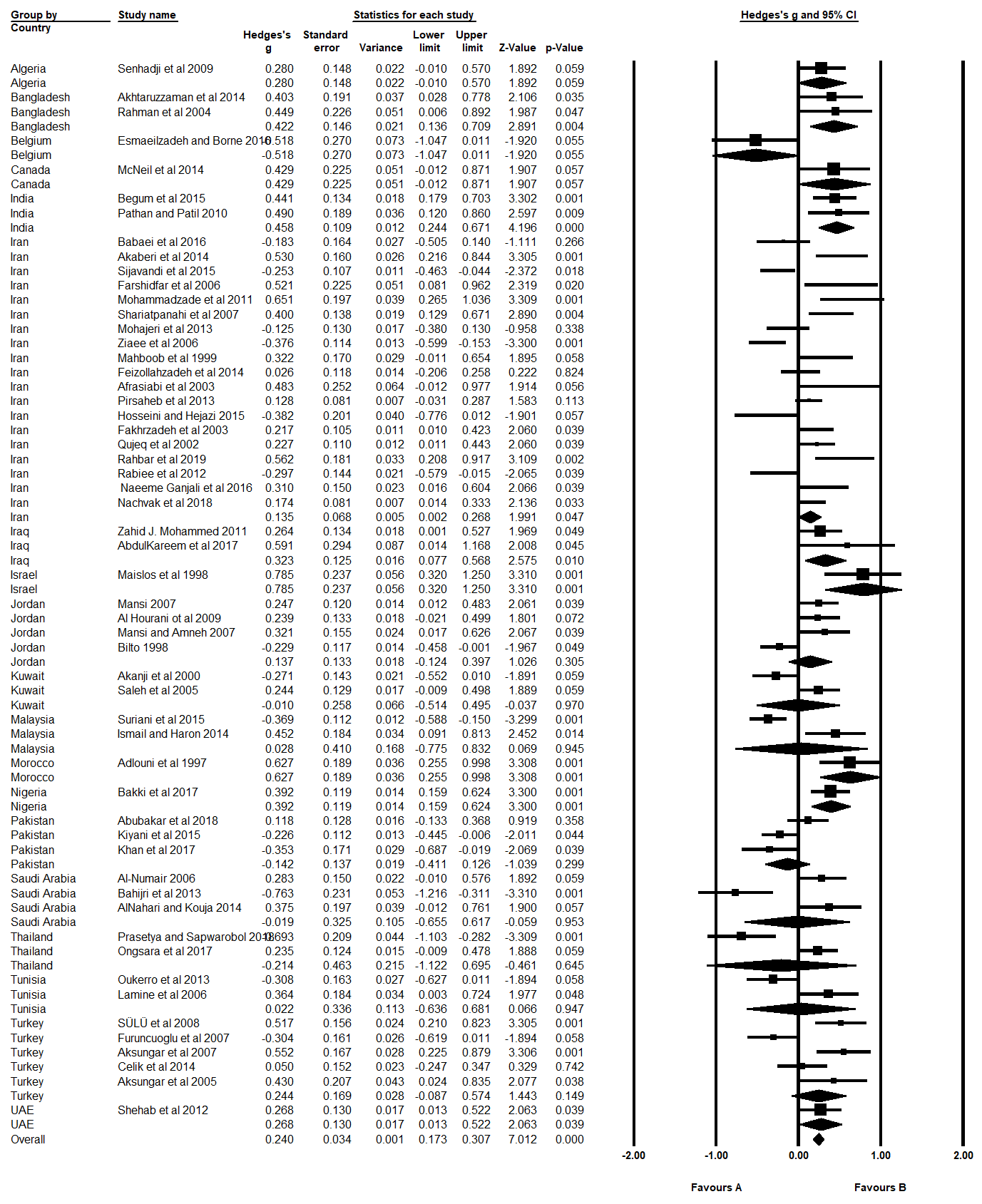
**Fig. S18.** Regression analysis for changes in high-density lipoprotein according to the age of fasting subjects and Hedges’s g values for the 57 studies (2771 subjects) included in the meta-analysis. The correlation was statistically non-significant.



**Fig. S19.** Regression analysis for changes in high-density lipoprotein according to fasting minutes/day of fasting subjects and Hedges’s g values for the 57 studies (2771 subjects) studies included in the meta-analysis. The correlation was statistically non-significant.

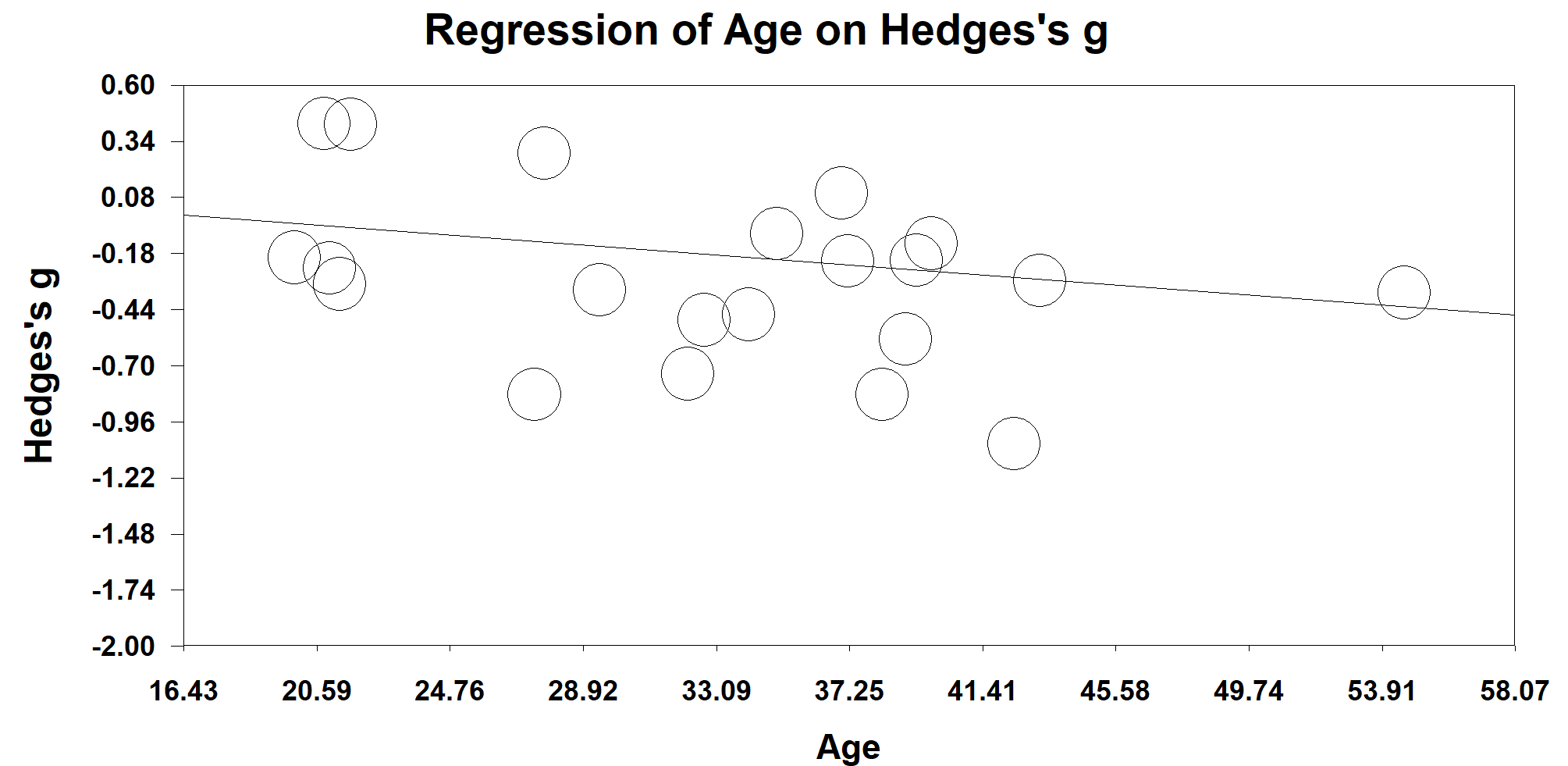


**Fig. S20.** Regression analysis for changes in high-density lipoprotein according to the sex of fasting subjects and Hedges’s g values for the 57 studies (2771 subjects) included in the meta-analysis. The correlation was statistically significant (β = 0.15, *P* = 0.005).

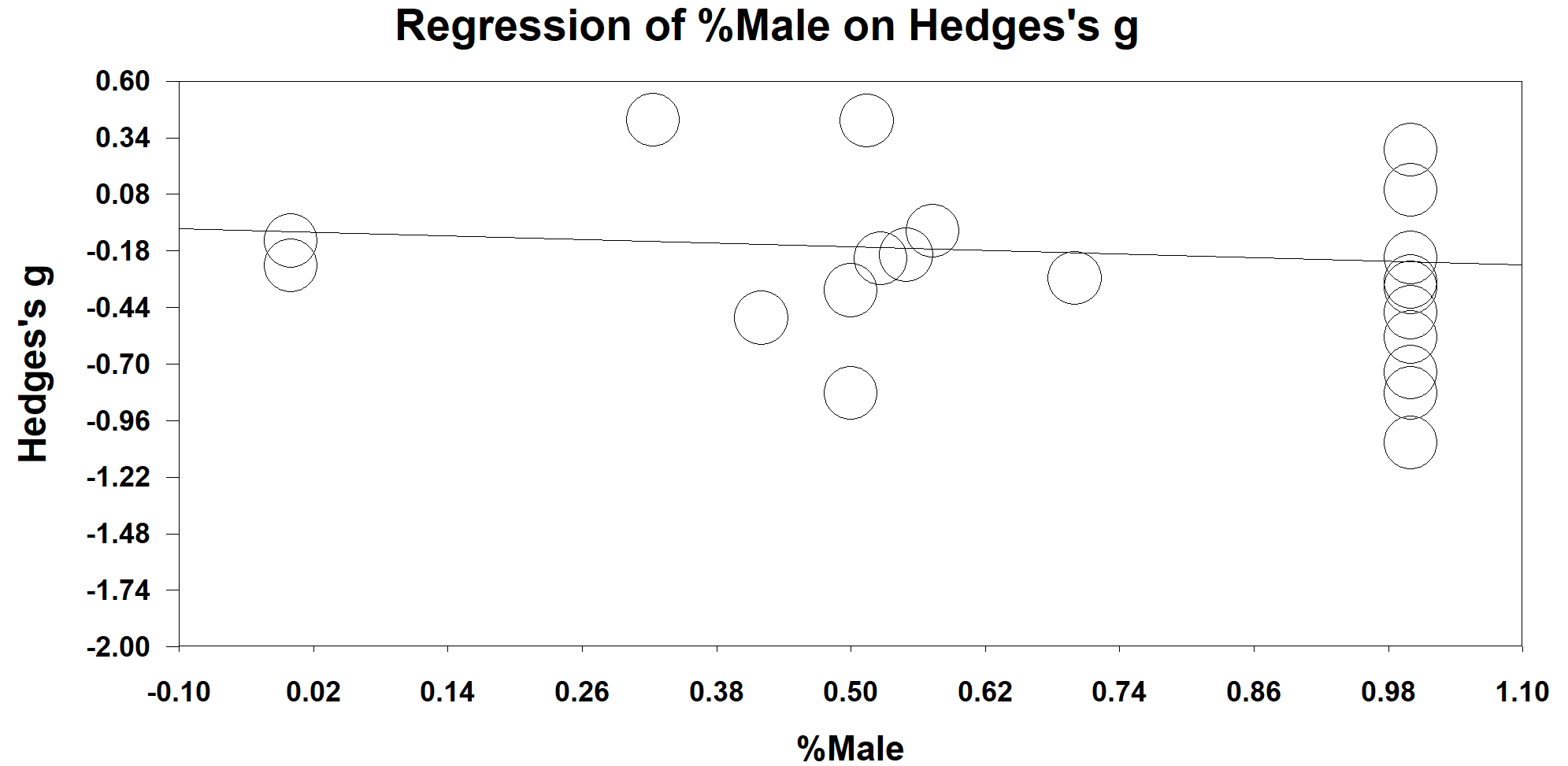


**Fig. S21.** PooledHedges’s g values for increment in high-density lipoprotein for nineteen countries included in the meta-analysis.

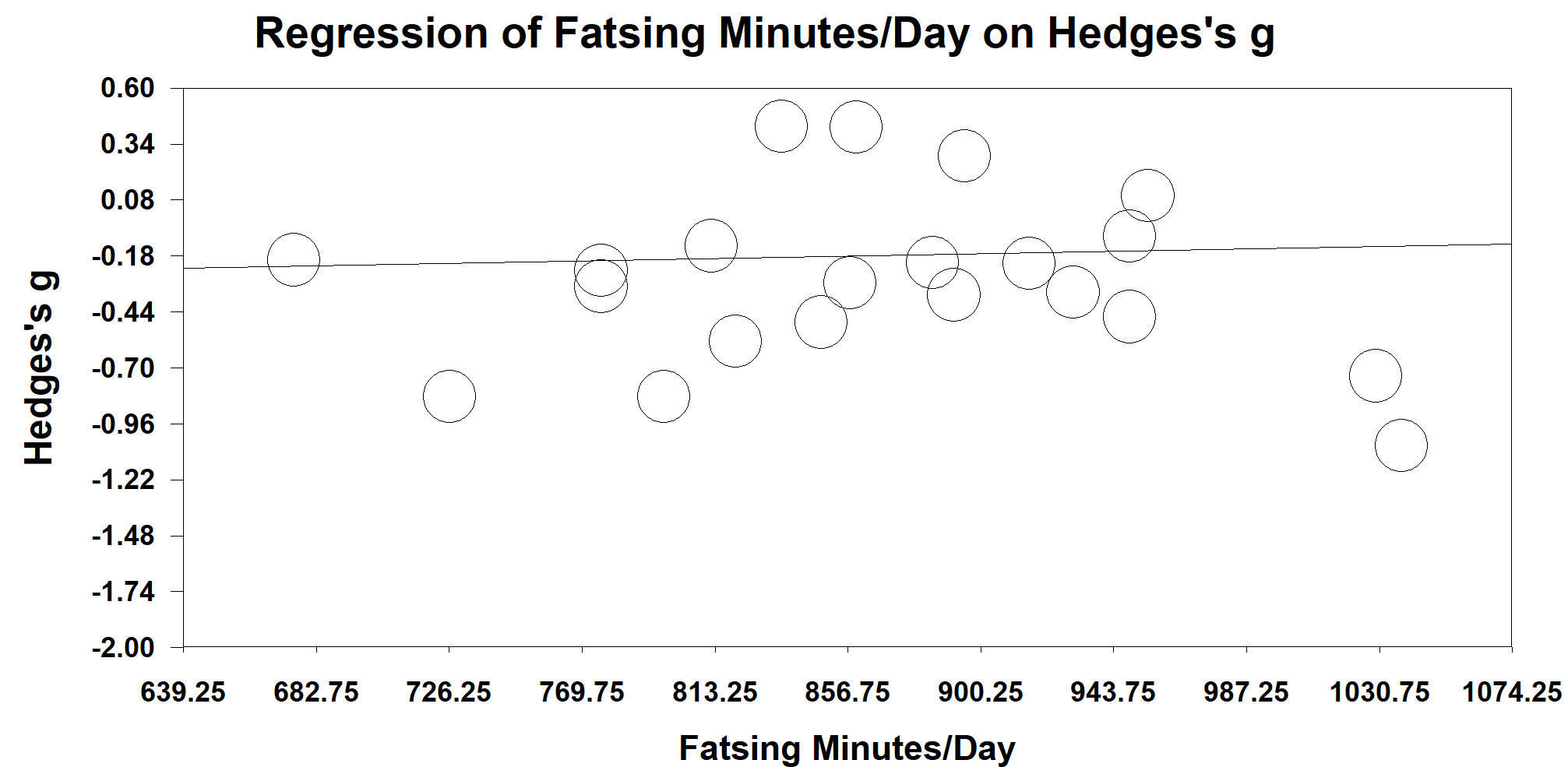
Hedge’s g value is considered small when value=0.2, Medium=0.5, Large=0.8.

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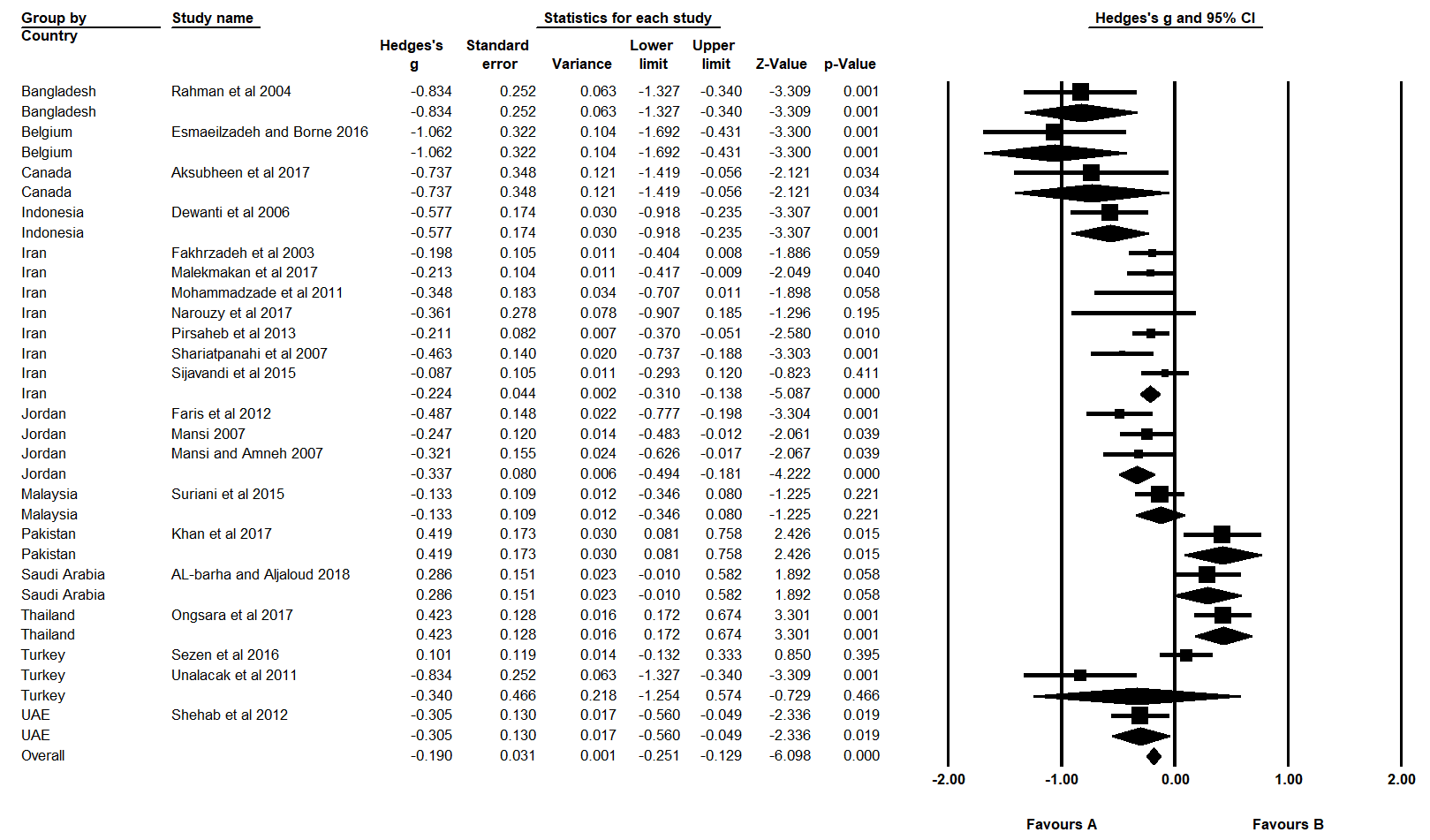
**Fig. S22.** Regression analysis for changes in systolic blood pressure according to the age of fasting subjects and Hedges’s g values for the 22 studies (including 1172 subjects) included in the meta-analysis. The correlation was statistically non-significant.



**Fig. S23.** Regression analysis for changes in systolic blood pressure according to the sex of fasting subjects and Hedges’s g values for the 22 studies (including 1172 subjects) included in the meta-analysis. The correlation was statistically non-significant.

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**Fig. S24.** Regression analysis for changes in systolic blood pressure according to fasting minutes/day of fasting subjects and Hedges’s g values for the 22 studies (including 1172 subjects) included in the meta-analysis. The correlation was statistically non-significant.

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**Fig. S25.** PooledHedges’s g values for reductions in systolic blood pressure between the thirteen countries included in the meta-analysis.

Hedge’s g value is considered small when value=0.2, Medium=0.5, Large=0.8.