Study or Subgroup	Soy Protein Mean	Soy Protein SD	Soy Protein Total	Comparator Mean	Comparator SD	Comparator Total	Weight	Mean Difference IV, Random, 95% CI	Year
4.1.1 Soy protein BMI <25									
Tormala 2009	0.06	0.28	40	-0.1	0.2	40	18.9%	0.16 [0.05, 0.27]	2009
Ma 2011	-0.68	0.54	45	0.32	0.29	45	18.6%	-1.00 [-1.18, -0.82]	2011
Subtotal (95% CI)			**85**			**85**	**37.6%**	**-0.42 [-1.55, 0.72]**	
Heterogeneity: Tau² = 0.67; Chi² = 118.99, df = 1 (P < 0.00001); I² = 99%									
Test for overall effect: Z = 0.72 (P = 0.47)									
4.1.2 Soy protein BMI≥25									
Teede 2004	0.42	0.2	30	0.48	0.2	20	18.9%	-0.06 [-0.17, 0.05]	2004
Fanti 2006	-8.5	11.02	15	-3.1	11.65	10	0.3%	-5.40 [-14.52, 3.72]	2006
Hanson 2006	0.5	0.7	14	0.2	0.4	14	16.9%	0.30 [-0.12, 0.72]	2006
Greany 2008	0.35	2.57	34	-0.29	1.67	34	10.8%	0.64 [-0.39, 1.67]	2008
Christie 2010	0.4	16.32	17	4.9	19.82	16	0.2%	-4.50 [-16.93, 7.93]	2010
Napora 2011	2.1	1.14	17	-0.18	0.39	16	15.4%	2.28 [1.71, 2.85]	2011
Subtotal (95% CI)			**127**			**110**	**62.4%**	**0.67 [-0.29, 1.64]**	
Heterogeneity: Tau² = 0.90; Chi² = 65.98, df = 5 (P < 0.00001); I² = 92%									
Test for overall effect: Z = 1.36 (P = 0.17)									
Total (95% CI)			**212**			**195**	**100.0%**	**0.28 [-0.23, 0.79]**	
Heterogeneity: Tau² = 0.36; Chi² = 192.26, df = 7 (P < 0.00001); I² = 96%									
Test for overall effect: Z = 1.07 (P = 0.29)									
Test for subgroup differences: Chi² = 2.05, df = 1 (P = 0.15), I² = 51.3%									