

Online Supplemental material 5

Table: P-values of significant (p<0.05) between-group differences for each study

Parameter	Lipid							Glucose					Anthropometric							Blood pressure			Others				
	TC	TG	LDL-C	HDL-C	ApoB	ApoA1	hsCRP	FBG	HbA1c	HOMA-IR	FBI	2hPPG	2hPPI	BFP	BFM	BW	WC	WHR	VFA	DBP	SBP	n BP	CRP	ALT	AST	GM	
LACTOFERMENTED FOODS <i>Lactobacillus</i> spp.																											
Fermented kimchi (Kim 2011) [1]	<0.05							<0.05						<0.05						<0.05	<0.05						
Fermented kimchi (An 2012) [2]	No significant differences found between groups.																										
Fermented kimchi (An 2013) [3]	No significant differences found between groups.																										
Fermented kimchi (Lee 2013) [4]																				<0.05			<0.05				
Fermented red ginseng (Oh 2014) [5]												0.01	0.04														
Fermented kimchi (Han 2015) [6]	No significant differences found between groups.																										
Lactofermented Annurca apple (Tenore 2019) [7]				<0.05																						<0.05	
Ash kardeh (Salehi 2022) [8]	0.03	0.00		0.05				0.00												<0.00							
JANGS <i>Bacillus</i> & <i>Aspergillus</i> spp.																											
Chungkookjang (Bae 2011) [9]	0.03																										
Red ginseng chungkookjang (Shin 2011) [10]								<0.05																			
Doenjang (Cha 2012) [11]														0.01	<0.00	<0.00				0.04							
Kochujang (Cha 2013) [12]		0.1																		0.04							
Chungkookjang (Byun 2016) [13]														0.05			0	0.01									
Kochujang (Han 2022) [14]	No between-group analysis performed.																										
SHIOKOJI/ MISO/ KOCHUJANG/ AMAZAKE/ TOUCHI <i>Aspergillus oryzae</i>																											
Touchi-extract houji tea (Fujita 2001) [15]								<0.05	<0.01																		
<i>A. oryzae</i> -fermented kochujang (Lim 2015) [16]	<0.05																										
Shiokoji (Nakamura 2020) [17]	No significant differences found between groups.																										
Miso (Kondo 2019) [18]																	<0.05					<0.05					
Brown rice amazake (Akamine 2022) [19]																										<0.05	
TEMPEH <i>Rhizopus</i> spp.																											
Tempeh drink (Wirawanti 2017) [20]			0.01																								
Tempeh gembus (Afifah 2020) [21]			0.04																								
Tempeh (Nadia 2020) [22]		0		0.00			0.03	0.00			0.00																
OTHERS																											
Brown rice lees (Kim 2011) [23]	<0.05		<0.05						<0.05								<0.05							<0.05	<0.05		
Fermented papaya preparation (Somanah 2012) [24]																							0.02				
Fermented soy powder (Jung 2021) [25]	0.00		0.03	0.00		0.04																					
Fermented garlic chocolates (Mohammadi 2022) [26]	No significant differences found between groups.																										

TC: total cholesterol; TG: triglycerides; LDL-C: low density lipoprotein cholesterol; HDL-C: high density lipoprotein cholesterol; ApoB: apolipoprotein B; ApoA1: apolipoprotein A1; hsCRP: high sensitivity C-reactive protein; FBG: fasting blood glucose HbA1c: haemoglobin A1c; HOMA-IR: homeostatic model assessment of insulin resistance; FBI: fasting blood insulin; 2hPPG: 2-hour postprandial glucose; 2hPPI: 2-hour postprandial insulin; BFP: body fat percentage; BFM: body fat mass; BW: body weight; WC: waist circumference; WHR: waist-hip ratio; VFA: visceral fat area; DBP: diastolic blood pressure; SBP: systolic blood pressure; nBP: nighttime blood pressure; CRP: C-reactive protein; ALT: alanine transaminase; AST: aspartate aminotransferase; GGT: gamma-glutamyl transferase; GM: gut microbiota composition.

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