**Supplemental Table A1.** Search syntax of the study in 3 different databases

|  |  |
| --- | --- |
| **PubMed** | (“dietary acid load”[tiab] OR “potential renal acid load”[tiab] OR “net endogenous acid production”[tiab] OR “Net Acid Excretion”[tiab] OR “Endogenous Acid Production”[tiab] OR “Gastrointestinal (GI) alkali absorption”[tiab] OR “Pro:K”[tiab]) AND (Insulin[MeSH] OR insulin OR “serum insulin” OR “Blood Glucose” OR “blood glucose”[MeSH] OR “Abdominal Obesity” OR “Obesity, Abdominal”[MeSH] OR “Central Obesity” OR “Visceral Obesity” OR "Waist Circumference" OR "Waist Circumference"[MeSH] OR “body mass index” OR “Body Mass Index”[MeSH] OR "Hb A1c" OR “Hemoglobin A, Glycosylated”[MeSH] OR Triglycerides OR Triglycerides[MeSH] OR diabetes OR “Diabetes Mellitus, Type 2”[MeSH] OR “High Blood Pressure” OR Hypertension OR “Hypertension”[MeSH] OR "LDL Cholesterol" OR "Cholesterol, LDL"[MeSH] OR “Cholesterol, LDL" OR “Body Weight”[MeSH] OR “Body Weight” OR "Cholesterol, HDL"[MeSH] OR “Cholesterol, HDL") |
| **SCOPUS** | (TITLE-ABS(“dietary acid load”) OR TITLE-ABS(“potential renal acid load”) OR TITLE-ABS(“net endogenous acid production”) OR TITLE-ABS(“Net Acid Excretion”) OR TITLE-ABS(“Endogenous Acid Production”) OR TITLE-ABS(“Gastrointestinal (GI) alkali absorption”) OR TITLE-ABS(“Pro:K”)) AND (ALL(insulin) OR ALL(“serum insulin”) OR ALL(“Blood Glucose”) OR ALL(“Abdominal Obesity”) OR ALL(“Central Obesity”) OR ALL(“Visceral Obesity”) OR ALL("Waist Circumference") OR ALL(“body mass index”) OR ALL("Hb A1c") OR ALL(Triglycerides) OR ALL(diabetes) OR ALL(“High Blood Pressure”) OR ALL(Hypertension) OR ALL("LDL Cholesterol") OR ALL(“Cholesterol, LDL") OR ALL(“Body Weight”) OR ALL(“Cholesterol, HDL")) |
| **Web of Science** | (TS=(“dietary acid load”) OR TS=(“potential renal acid load”) OR TS=(“net endogenous acid production”) OR TS=(“Net Acid Excretion”) OR TS=(“Endogenous Acid Production”) OR TS=(“Gastrointestinal (GI) alkali absorption”) OR TS=(“Pro:K”)) AND (TS=(insulin) OR TS=(“serum insulin”) OR TS=(“Blood Glucose”) OR TS=(“Abdominal Obesity”) OR TS=(“Central Obesity”) OR TS=(“Visceral Obesity”) OR TS=("Waist Circumference") OR TS=(“body mass index”) OR TS=("Hb A1c") OR TS=(Triglycerides) OR TS=(diabetes) OR TS=(“High Blood Pressure”) OR TS=(Hypertension) OR TS=("LDL Cholesterol") OR TS=(“Cholesterol, LDL") OR TS=(“Body Weight”) OR TS=(“Cholesterol, HDL")) |

**Supplemental Table S2.** Subgroup analysis based on fixed effects models for the association of dietary acid load and BMI in cohort studies

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Cohort studies | Number of effect sizes | I2 (%) | Q test | ES (95%CI) | P | P between |
| **Overall** | 17 | 99.8 | <0.0001 | 0.68 (0.65, 71) | <0.0001 |  |
| **Age** |  |  |  |  |  |  |
| < 17 | 2 | 0 | 0.883 | 0.11 (-0.29, 0.51) | 0.590 | 0.005 |
| > 17 | 15 | 99.9 | <0.0001 | 0.69 (0.66,0.72) | <0.0001 |
| **Gender** |  |  |  |  |  |  |
| Female | 5 | 99.3 | <0.0001 | 0.38 (0.34, 0.43) | <0.0001 | <0.0001 |
| Male | 4 | 100 | <0.0001 | 1.72 (1.66, 1.77) | <0.0001 |
| Both | 8 | 81.8 | <0.0001 | 0.11 (0.05, 0.16) | <0.0001 |
| **Type of DAL** |  |  |  |  |  |  |
| NEAP | 4 | 97.7 | <0.0001 | 1.44 (1.33, 1.55) | <0.0001 | <0.0001 |
| NAE | 3 | 97.1 | <0.0001 | 5.36 (5.26, 5.46) | <0.0001 |
| PRAL | 10 | 86.5 | <0.0001 | 0.12 (0.09, 0.15) | <0.0001 |
| **Dietary assessments** |  |  |  |  |  |  |
| DHQ | 1 | - | - | 0.10 (0.03, 0.17) | 0.005 | <0.0001 |
| FFQ | 10 | 98.6 | <0.0001 | 0.25 (0.22, 0.29) | <0.0001 |
| 3 or 7day record | 2 | 76.1 | 0.041 | 0.08 (-0.35, 0.51) | 0.710 |
| 24h urinary collection | 4 | 97.9 | <0.0001 | 5.33 (5.23, 5.43) | <0.0001 |
| **Health status** |  |  |  |  |  | <0.0001 |
| Healthy individuals | 15 | 99.9 | <0.0001 | 0.68 (0.65, 0.71) | <0.0001 |
| HTN patients | 1 | - | - | -0.80 (-2.21, 0.61) | 0.267 |
| Diabetic patients | 1 | - | - | 3.80 (2.43, 5.17) | <0.0001 |

All the included studies were high quality, therefore subgroup analysis did not perform on the basis of quality score.

-HTN: hypertension

**Supplemental Table S3.** Subgroup analysis based on fixed effects models for the association of dietary acid load and BMI in cross-sectional studies

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Cross-sectional studies | Number of effect sizes | I2 (%) | Q test | ES (95%CI) | P | P between |
| **Overall** | 16 | 95.5 | <0.0001 | 0.27 (0.25, 0.29) | <0.0001 |  |
| **Gender** |  |  |  |  |  |  |
| Female | 3 | 95.6 | <0.0001 | -0.66 (-0.79, -0.53) | <0.0001 | <0.0001 |
| Male | 3 | 73.3 | 0.024 | -0.13 (-0.37, 0.10) | 0.275 |
| Both | 10 | 85.3 | <0.0001 | 0.29 (0.27, 0.31) | <0.0001 |
| **Type of DAL** |  |  |  |  |  |  |
| NEAP | 4 | 96.5 | <0.0001 | -0.56 (-0.69, -0.44) | <0.0001 | <0.0001 |
| NAE | 2 | 91.8 | <0.0001 | 0.56 (0.27, 0.85) | <0.0001 |
| PRAL | 10 | 83.8 | <0.0001 | 0.29 (0.27, 0.31) | <0.0001 |
| **Dietary assessments** |  |  |  |  |  |  |
| DHQ | 4 | 0 | 0.496 | 0.00 (-0.22, 0.22) | 0.998 | <0.0001 |
| FFQ | 6 | 98.2 | <0.0001 | 0.28 (0.26, 0.30) | <0.0001 |
| 24h recall | 3 | 86.7 | 0.001 | 0.05 (-0.06, 0.16) | 0.395 |
| 3 or 7day record | 2 | 0 | 0.647 | 0.02 (-0.54. 0.58) | 0.946 |
| 24h urinary collection | 1 | - | - | -2.30 (-3.88, -0.72) | 0.004 |
| **Study quality** |  |  |  |  |  | <0.0001 |
| < 6 | 4 | 86.3 | <0.0001 | -0.80 (-0.94, -0.66) | <0.0001 |  |
| ≥ 6 | 12 | 86.6 | <0.0001 | 0.29 (0.27, 0.31) | <0.0001 |  |
| **Health status** |  |  |  |  |  | 0.097 |
| Healthy individuals | 11 | 96.8 | <0.0001 | 0.27 (0.25, 0.29) | <0.0001 |
| HTN patients | 3 | 73.5 | 0.023 | -0.24 (-0.77, 0.29) | 0.376 |
| Diabetic patients | 2 | 0 | 0.347 | 0.00 (-0.51, 0.51) | 0.997 |

All included studies were conducted in individuals with >17 y, therefore we did not perform subgroup analysis based on age.

-HTN: hypertension

**Supplemental Table S4.** Subgroup analysis based on fixed effects models for the association of dietary acid load and WC in cross-sectional studies

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Cross-sectional studies | Number of effect sizes | I2 (%) | Q test | ES (95%CI) | P | P between |
| **Overall** | 4 | 96.3 | <0.0001 | 1.78 (1.73, 1.82) | <0.0001 |  |
| **Gender** |  |  |  |  |  |  |
| Female | 1 | - | - | 0.5 (-0.33, 1.33) | <0.0001 | 0.003 |
| Male | - | - | - | - | - |
| Both | 3 | 97.2 | <0.0001 | 1.78 (1.73, 1.82) | <0.0001 |
| **Dietary assessments** |  |  |  |  |  |  |
| DHQ | 1 | - | - | 0.50 (-0.33, 1.33) | 0.238 | <0.0001 |
| FFQ | 2 | 91.1 | 0.001 | 1.80 (1.75, 1.85) | <0.0001 |
| 24h recall | 1 | - | - | 0.20 (-0.20, 0.60) | 0.327 |
| **Study quality** |  |  |  |  |  |  |
| < 6 | 1 | - | - | 0.50 (-0.33, 1.33) | 0.238 | 0.003 |
| ≥ 6 | 3 | 97.2 | <0.0001 | 1.78 (1.73, 1.82) | <0.0001 |
| **Health status** |  |  |  |  |  | 0.001 |
| Healthy individuals | 3 | 97.1 | <0.0001 | 1.78 (1.73, 1.82) | <0.0001 |
| HTN patients | - | - | - | - | - |
| Diabetic patients | 1 | - | - | -2.0 (-4.22, 0.22) | 0.077 |

All studies which reported the WC were cross-sectional in age over 17, therefore subgroup analysis based on age did not perform. Also all studies calculated dietary acid load with PRAL method.

-HTN: hypertension

**Supplemental Table S5.** Subgroup analysis based on fixed effects models for the association of dietary acid load and SBP in cross-sectional studies

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Cross-sectional studies | Number of effect sizes | I2 (%) | Q test | ES (95%CI) | P | P between |
| **Overall** | 9 | 95.3 | <0.0001 | 0.75 (0.69, 0.81) | <0.0001 |  |
| **Age** |  |  |  |  |  |  |
| < 17 | 1 | - | - | 4.28 (3.71, 4.84) | <0.0001 | <0.0001 |
| > 17 | 8 | 58.1 | 0.019 | 0.71 (0.65,0.77) | <0.0001 |
| **Gender** |  |  |  |  |  |  |
| Female | 1 | - | - | 2.10 (0.43, 3.76) | 0.013 | 0.184 |
| Male | 1 | - | - | 2.00 (-0.68, 4.68) | 0.144 |
| Both | 7 | 96.4 | <0.0001 | 0.75 (0.69, 0.80) | <0.0001 |
| **Type of DAL** |  |  |  |  |  |  |
| NEAP | 1 | - | - | 2.0 (-8.91, 12.91) | 0.719 | 0.875 |
| NAE | 1 | - | - | 0.00 (-3.16, 3.16) | 1.000 |
| PRAL | 7 | 95.5 | <0.0001 | 0.75 (0.69, 0.81) | <0.0001 |
| **Dietary assessments** |  |  |  |  |  |  |
| DHQ | 2 | 66.8 | 0.083 | 1.61 (0.04, 3.17) | 0.044 | <0.0001 |
| FFQ | 2 | 69.8 | 0.069 | 0.70 (0.64, 0.76) | <0.0001 |
| 24h recall | 1 | - | - | 1.80 (1.04, 2.56) | <0.0001 |
| 3 or 7day record | 3 | 28.9 | 0.245 | 4.18 (3.63, 4.73) | <0.0001 |
| 24h urinary collection | 1 | - | - | 0.00 (-3.16, 3.15) | 1.000 |
| **Study quality** |  |  |  |  |  |  |
| < 6 | 3 | 33.7 | 0.221 | 1.62 (0.07, 3.17) | 0.041 | 0.272 |
| ≥ 6 | 6 | 97 | <0.0001 | 0.75 (0.69, 0.81) | <0.0001 |
| **Health status** |  |  |  |  |  | 0.471 |
| Healthy individuals | 4 | 98.2 | <0.0001 | 0.75 (0.69, 0.81) | <0.0001 |
| HTN patients | 3 | 0 | 0.632 | 1.19 (-0.82, 3.20) | 0.246 |
| Diabetic patients | 2 | 71 | 0.064 | 1.80 (0.01, 3.59) | 0.049 |

-HTN: hypertension

**Supplemental Table S6.** Subgroup analysis based on fixed effects models for the association of dietary acid load and DBP in cross-sectional studies

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Cross-sectional studies | Number of effect sizes | I2 (%) | Q test | ES (95%CI) | P | P between |
| **Overall** |  | 80.8 | <0.0001 |  | <0.0001 |  |
| **Gender** |  |  |  |  |  |  |
| Female | 1 | - | - | 1.60 (0.77, 2.43) | <0.0001 | 0.001 |
| Male | 1 | - | - | 1 (-0.45, 2.45) | 0.178 |
| Both | 4 | 75.4 | 0.007 | 0.11 (0.06, 0.15) | <0.0001 |
| **Type of DAL** |  |  |  |  |  |  |
| NEAP | 1 | - | - | 1.60 (-5.42, 8.62) | 0.655 | 0.912 |
| NAE | 1 | - | - | 0.00 (-1.98, 1.98) | 1.000 |
| PRAL | 4 | 88.4 | <0.0001 | 0.11 (0.07, 0.16) | <0.0001 |
| **Dietary assessments** |  |  |  |  |  |  |
| DHQ | 1 | - | - | 1.60 (0.77, 2.43) | <0.0001 | <0.0001 |
| FFQ | 1 | - | - | 0.10 (0.06, 0.14) | <0.0001 |
| 24h recall | 1 | - | - | 0.90 (0.45, 1.35) | <0.0001 |
| 3 or 7day record | 2 | 0 | 0.870 | 1.02 (-0.40, 2.45) | 0.158 |
| 24h urinary collection | 1 | - | - | 0.00 (-1.98, 1.98) | 1 |
| **Study quality** |  |  |  |  |  |  |
| < 6 | 2 | 0 | 1.000 | 1.60 (0.77, 2.42) | <0.0001 | <0.0001 |
| ≥ 6 | 4 | 77.8 | 0.004 | 0.11 (0.06, 0.15) | <0.0001 |
| **Health status** |  |  |  |  |  | 0.339 |
| Healthy individuals | 3 | 91.8 | <0.0001 | 0.11 (0.07, 0.16) | <0.0001 |
| HTN patients | 3 | 0 | 0.704 | 0.68 (-0.48, 1.83) | 0.252 |
| Diabetic patients | - | - | - | - | - |

All studies that reported DBP were conducted in over 17 year old individuals, therefore subgroup analysis did not performed for age.

-HTN: hypertension

**Supplemental Table S7.** Subgroup analysis based on fixed effects models for the association of dietary acid load and TC in cross-sectional studies

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Cross-sectional studies | Number of effect sizes | I2 (%) | Q test | ES (95%CI) | P | P between |
| **Overall** | 4 | 86.1 | <0.0001 | 0.48 (-0.93, 1.91) | 0.500 |  |
| **Gender** |  |  |  |  |  |  |
| Female | 1 | - | - | 5.90 (0.08, 11.72) | 0.047 | 0.060 |
| Male | - | - | - | - | - |
| Both | 3 | 88.9 | <0.0001 | 0.15 (-1.32, 1.61) | 0.846 |
| **Type of DAL** |  |  |  |  |  |  |
| NEAP | - | - | - | - | - | <0.0001 |
| NAE | 1 | - | - | -15.5 (-23.2, -7.7) | <0.0001 |
| PRAL | 3 | 57.8 | 0.094 | 1.05 (-0.40, 2.49) | 0.157 |
| **Study quality** |  |  |  |  |  |  |
| < 6 | 1 | - | - | 5.90 (0.08, 11.72) | 0.047 | 0.045 |
| ≥ 6 | 3 | 88.9 | <0.0001 | 0.15 (-1.32, 1.61) | 0.846 |
| **Health status** |  |  |  |  |  | <0.0001 |
| Healthy individuals | 2 | 58.9 | 0.119 | 1.43 (-0.10, 2.96) | 0.067 |
| HTN patients | 1 | - | - | -15.4 (-23.2, -7.72) | <0.0001 |
| Diabetic patients | 1 | - | - | -2.20 (-6.63, 2.23) | 0.331 |

All studies were conducted in individuals more than 17 year old. Subgroup analysis based on dietary assessment did not perform.

-HTN: hypertension

**Supplemental Table S8.** Subgroup analysis based on fixed effects models for the association of dietary acid load and LDL in cross-sectional studies

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Cross-sectional studies | Number of effect sizes | I2 (%) | Q test | ES (95%CI) | P | P between |
| **Overall** | 4 | 68.5 | 0.023 | 0.31 (-0.98, 1.60) | 0.635 |  |
| **Gender** |  |  |  |  |  |  |
| Female | 1 | - | - | 6.0 (1.01, 10.99) | 0.018 | 0.021 |
| Male | - | - | - | - | - |
| Both | 3 | 51.8 | 0.126 | -0.10 (-1.43, 1.24) | 0.889 |
| **Dietary assessments** |  |  |  |  |  |  |
| DHQ | 2 | 0 | 0.749 | 6.38 (1.99, 10.78) | 0.004 | 0.009 |
| FFQ | 1 | - | - | -2.80 (-7.23, 1.63) | 0.216 |
| 24h recall | 1 | - | - | 0.00 (-1.41, 1.41) | 1.000 |
| 3 or 7day record | - | - | - | - | - |
| 24h urinary collection | - | - | - | - | - |
| **Study quality** |  |  |  |  |  |  |
| < 6 | 2 | 0 | 0.749 | 6.38 (1.99, 10.78) | 0.004 | 0.005 |
| ≥ 6 | 2 | 28.1 | 0.238 | -0.26 (-1.61, 1.09) | 0.707 |
| **Health status** |  |  |  |  |  | 0.545 |
| Healthy individuals | 2 | 80.6 | 0.023 | 0.45 (-0.91, 1.81) | 0.520 |
| HTN patients | - | - | - | - | - |
| Diabetic patients | 2 | 75 | 0.046 | -0.86 (-04.8, 3.15) | 0.674 |

All studies were conducted on more than 17 year old individuals. Also all studies assessed the DAL by PRAL method.

-HTN: hypertension

**Supplemental Table S9.** Subgroup analysis based on fixed effects models for the association of dietary acid load and TG in cross-sectional studies

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Cross-sectional studies | Number of effect sizes | I2 (%) | Q test | ES (95%CI) | P | P between |
| **Overall** | 6 | 82.9 | <0.0001 | -0.89 (-1.27, -0.52) | <0.0001 |  |
| **Gender** |  |  |  |  |  |  |
| Female | 1 | - | - | 1.9 (-3.36, 7.16) | 0.479 | 0.297 |
| Male | - | - | - | - | - |
| Both | 5 | 85.8 | <0.0001 | -0.91 (-1.28, -0.53) | <0.0001 |
| **Type of DAL** |  |  |  |  |  |  |
| NEAP | - | - | - | - | - | 1.000 |
| NAE | 1 | - | - | -0.9 (-12.96, 11.1) | 0.885 |
| PRAL | 5 | 86.4 | <0.0001 | -0.89 (-1.27, -0.52) | <0.0001 |
| **Dietary assessments** |  |  |  |  |  |  |
| DHQ | 2 | 83.5 | 0.014 | 3.2 (-1.96, 8.36) | 0.224 | 0.015 |
| FFQ | 2 | 92.2 | <0.0001 | -0.95 (-1.3, -0.58) | <0.0001 |
| 24h recall | 1 | - | - | 5.9 (1.18, 10.62) | 0.014 |
| 3 or 7day record | - | - | - | - | - |
| 24h urinary collection | 1 | - | - | -0.89 (-12.96, 11.1) | 0.885 |
| **Study quality** |  |  |  |  |  |  |
| < 6 | 2 | 83.5 | 0.014 | 3.20 (-1.95, 8.36) | 0.224 | 0.119 |
| ≥ 6 | 4 | 85.6 | <0.0001 | -0.92 (-1.29,-0.54) | <0.0001 |
| **Health status** |  |  |  |  |  | <0.0001 |
| Healthy individuals | 3 | 78.5 | 0.010 | -0.94 (-1.32, -0.57) | <0.0001 |
| HTN patients | 1 | - | - | -0.89 (-12.96, 11.1) | 0.885 |
| Diabetic patients | 2 | 69.6 | 0.070 | 11.86 (5.74, 17.99) | <0.0001 |

All studies were conducted on more than 17 year old individuals.

-HTN: hypertension

**Supplemental Table S10.** Subgroup analysis based on fixed effects models for the association of dietary acid load and FBS in cross-sectional studies

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Cross-sectional studies | Number of effect sizes | I2 (%) | Q test | ES (95%CI) | P | P between |
| **Overall** | 6 | 98.5 | <0.0001 | 4.49 (4.10, 4.88) | <0.0001 |  |
| **Gender** |  |  |  |  |  |  |
| Female | 1 | - | - | -0.3 (-1.45, 0.85) | 0.609 | <0.0001 |
| Male | - | - | - | - | - |
| Both | 5 | 98.4 | <0.0001 | 5.12 (4.70, 5.54) | <0.0001 |
| **Type of DAL** |  |  |  |  |  |  |
| NEAP | 1 | - | - | 0.1 (-6.08, 6.28) | 0.975 | 0.163 |
| NAE | - | - | - | - | - |
| PRAL | 5 | 98.8 | <0.0001 | 4.51 (4.12, 4.90) | <0.0001 |
| **Dietary assessments** |  |  |  |  |  |  |
| DHQ | 2 | 0 | 0.451 | -0.02 (-0.91, 0.87) | 0.962 | <0.0001 |
| FFQ | 2 | 98.4 | <0.0001 | 6.67 (6.20, 7.14) | <0.0001 |
| 24h recall | 1 | - | - | -0.8 (-1.95, 0.35) | 0.172 |
| 3 or 7day record | 1 | - | - | 0.10 (-6.08, 6.28) | 0.975 |
| 24h urinary collection | - | - | - | - | - |
| **Study quality** |  |  |  |  |  |  |
| < 6 | 2 | 0 | 0.901 | -0.29 (-1.41, 0.84) | 0.619 | <0.0001 |
| ≥ 6 | 4 | 98.8 | <0.0001 | 5.14 (4.73, 5.56) | <0.0001 |
| **Health status** |  |  |  |  |  | <0.0001 |
| Healthy individuals | 1 | - | - | -4.30 (-7.07, -1.53) | <0.0001 |
| HTN patients | 1 | - | - | 0.10 (-6.08, 6.28) | 0.975 |
| Diabetic patients | 4 | 98.9 | <0.0001 | 4.69 (4.29, 5.08) | 0.002 |

All studies were conducted in more than 17 year old individuals.

-HTN: hypertension

**Supplemental Table S11.** Subgroup analysis based on fixed effects models for the association of dietary acid load and HbA1c in cross-sectional studies

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Cross-sectional studies | Number of effect sizes | I2 (%) | Q test | ES (95%CI) | P | P between |
| **Overall** | 5 | 57.7 | 0.051 | 0.01 (0.01, 0.01) | <0.0001 |  |
| **Gender** |  |  |  |  |  |  |
| Female | 1 | - | - | 0.01 (0.01, 0.01) | <0.0001 | 0.801 |
| Male | - | - | - | - | - |
| Both | 4 | 68 | 0.025 | 0.02 (-0.03, 0.07) | 0.519 |
| **Type of DAL** |  |  |  |  |  |  |
| NEAP | - | - | - | - | - | 0.885 |
| NAE | 1 | - | - | 0.00 (-0.14, 0.14) | 1.000 |
| PRAL | 4 | 68.2 | 0.024 | 0.01 (0.01, 0.01) | <0.0001 |
| **DAL assessments** |  |  |  |  |  |  |
| DHQ | 3 | 0 | 0.710 | 0.01 (0.006, 0.01) | <0.0001 | 0.012 |
| FFQ | 1 | - | - | 2.1 (0.715, 3.48) | 0.003 |
| 24h recall | - | - | - | - | - |
| 3 or 7day record | - | - | - | - | - |
| 24h urinary collection | 1 | - | - | 0.01 (0.006, 0.01) | 1.000 |
| **Study quality** |  |  |  |  |  |  |
| < 6 | 2 | 0 | 0.456 | 0.01 (0.006, 0.01) | <0.0001 | 0.699 |
| ≥ 6 | 3 | 77.1 | 0.013 | 0.02 (-0.03, 0.07) | 0.439 |
| **Health status** |  |  |  |  |  | 0.982 |
| Healthy individuals | 2 | 0 | 0.720 | 0.01 (0.01, 0.01) | <0.0001 |
| HTN patients | 1 | - | - | 0.00 (-0.14, 0.14) | 1.000 |
| Diabetic patients | 2 | 89.2 | 0.002 | -0.01 (-0.29, 0.2) | 0.955 |

All studies that reported HbA1c were performed in over than 17 year old individuals in cross-sectional nature.

-HTN: hypertension