### A

| Study or Subgroup      | HFD Mean | HFD SD | HFD Total | Control Mean | Control SD | Control Total | Weight | Std. Mean Difference IV, Random, 95% CI |
|------------------------|----------|--------|-----------|--------------|------------|---------------|--------|-----------------------------------------|
| Gonçalves, 2018        | 70.13    | 44.27  | 10        | 45.45        | 46.24      | 12            | 52.8%  | 0.52 [-0.33, 1.38]                      |
| Harphoush, 2019        | 33.12    | 2.77   | 6         | 49.51        | 2.11       | 6             | 47.2%  | -6.14 [-9.35, -2.94]                   |

Total (95% CI) 16 18 100.0% -2.62 [-9.15, 3.90]

Heterogeneity: Tau² = 20.80; Chi² = 15.51, df = 1 (P < 0.0001); I² = 94%
Test for overall effect: Z = 0.79 (P = 0.43)

### B

| Study or Subgroup      | HFD Mean | HFD SD | HFD Total | Control Mean | Control SD | Control Total | Weight | Std. Mean Difference IV, Fixed, 95% CI |
|------------------------|----------|--------|-----------|--------------|------------|---------------|--------|----------------------------------------|
| Gonçalves, 2018        | 2.91     | 2.65   | 10        | 3.95         | 2.63       | 12            | 94.6%  | -0.38 [-1.23, 0.47]                    |
| Harphoush, 2019        | 2.82     | 0.98   | 6         | 9.68         | 0.85       | 6             | 5.4%   | -6.90 [-10.46, -3.35]                 |

Total (95% CI) 16 18 100.0% -0.73 [-1.56, 0.09]

Heterogeneity: Chi² = 12.24, df = 1 (P = 0.0005); I² = 92%
Test for overall effect: Z = 1.74 (P = 0.08)