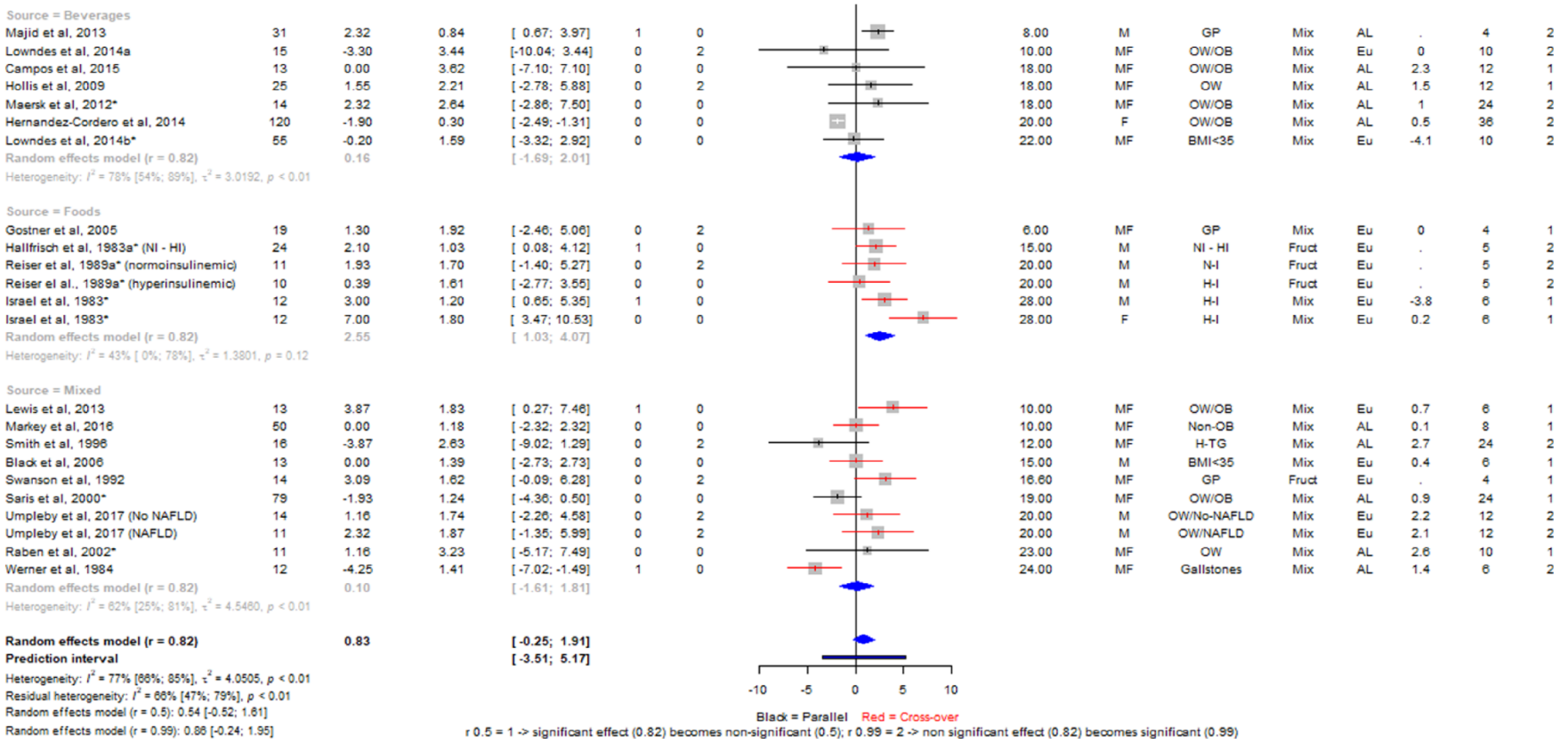
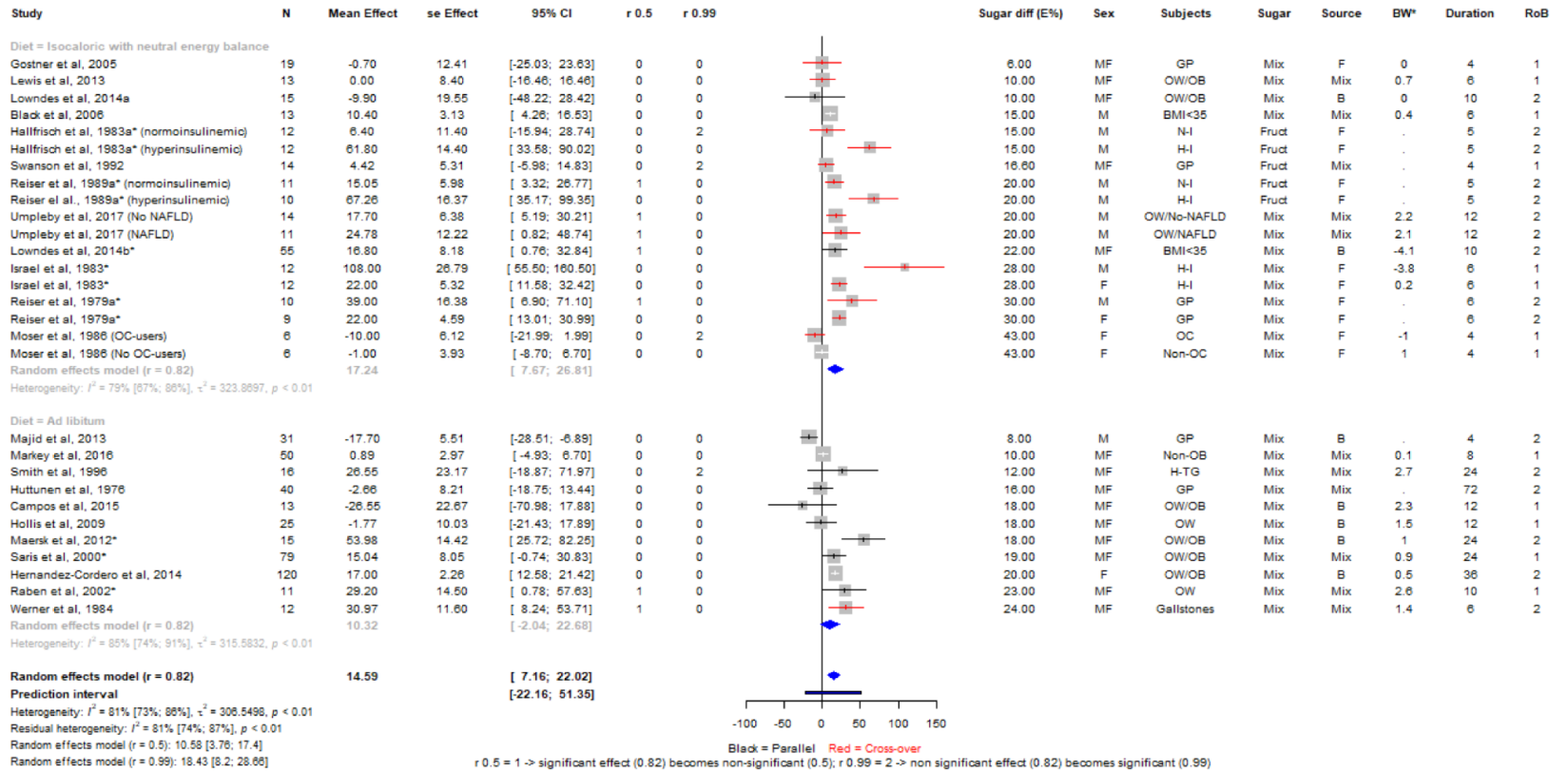


Figure G.6c2: Stratified by sugars source

Figure G.6d: Effect of high vs low sugar intake on fasting triglycerides (mg/dL)



Footnote to Figure G6. * differences in BW change between high and low sugar intake; B = beverages; BMI = body mass index; BW = body weight; CI = confidence interval; E% = energy percentage; F under Sex = females; F under Source = food; Fruct = fructose; GP = general practitioner; H-I = hyperinsulinemia; H-TG = hyper-triglyceridemic; M = males; MF = males and females; Mix under Sugar = sugar mixtures; Mix under Source = foods and beverages; N = average sample size per arm; N-I = normo-insulinemia; NAFLD = non-alcoholic fatty liver disease; OB = obese; OC = oral contraceptives; OW = overweight; r05 and r099 = change in the significance of the effect (0 = no change; 1 = change) when assuming a correlation coefficient of respectively 0.50 and 0.99 (instead of 0.82) when computing the SE of the effect measurement; RoB = risk of bias (tier). Study duration is expressed in weeks.

Figure G.6d1: Stratified by type of diet

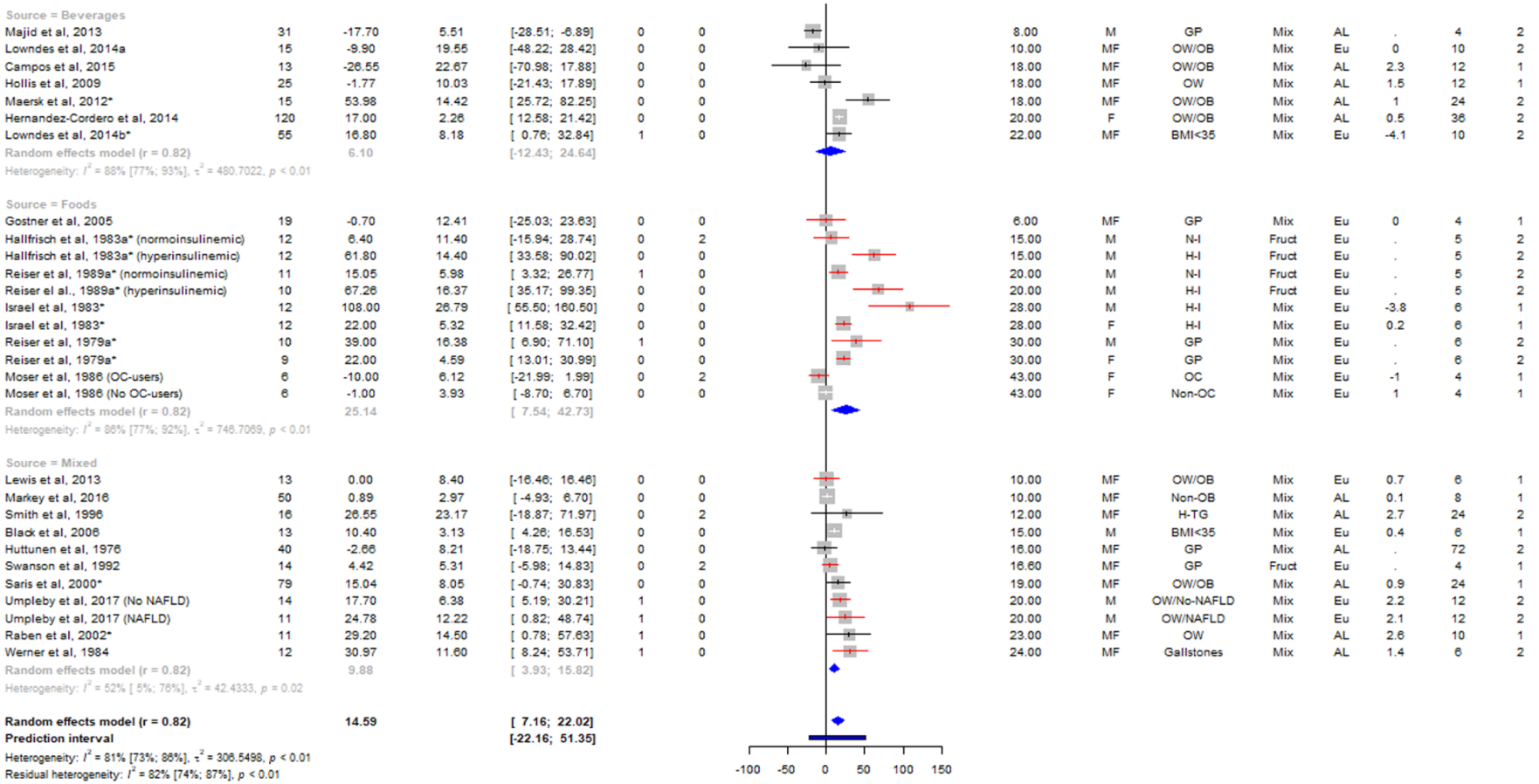


Figure G.6d2: Stratified by sugars source

Figure G.7: Randomised controlled trials: effect of fructose vs. glucose on blood lipids

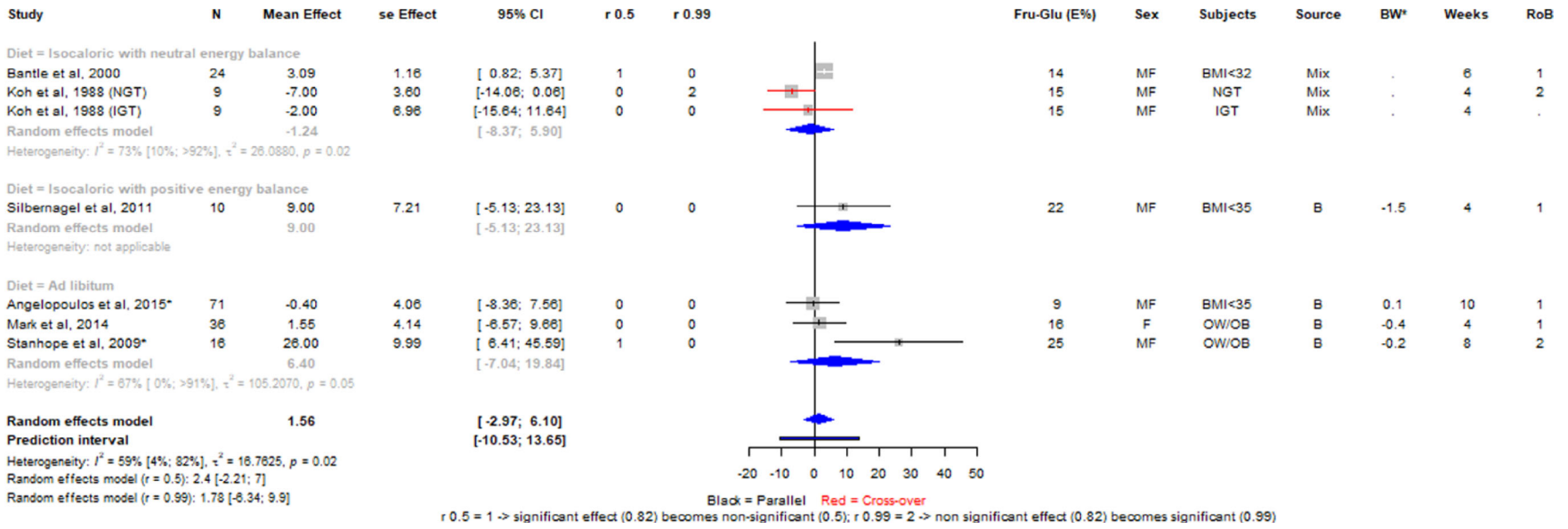


Figure G.7a: Effect of fructose vs glucose on total cholesterol (mg/dL)

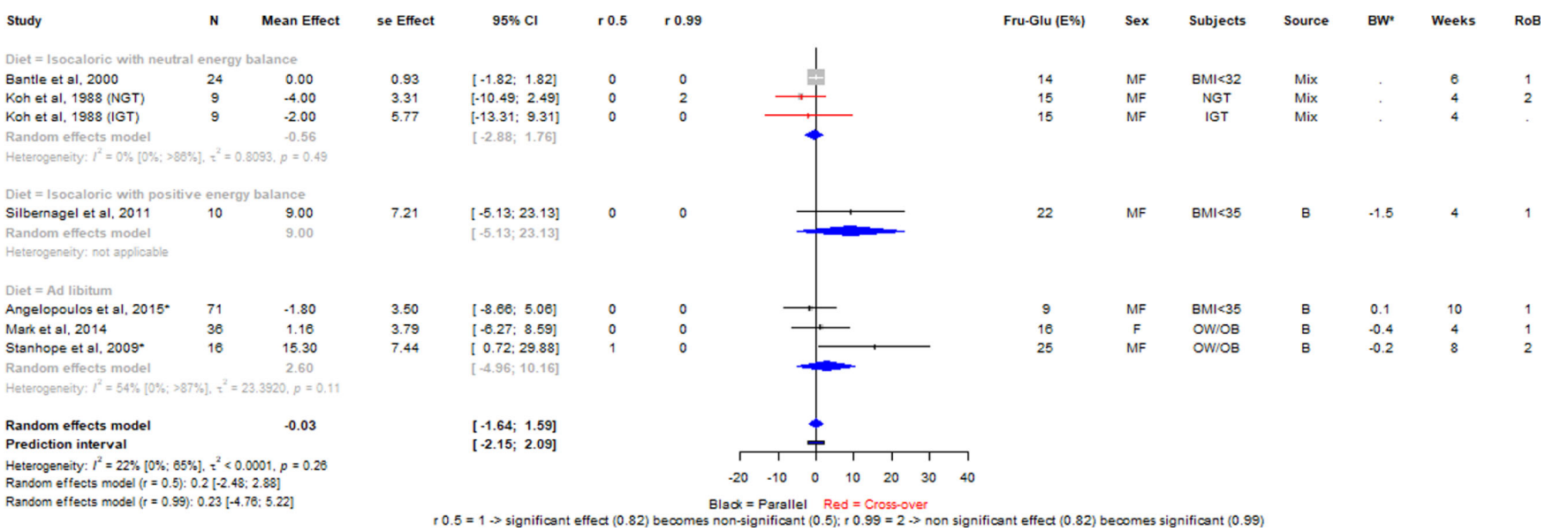


Figure G.7b: Effect of fructose vs glucose on LDL-cholesterol (mg/dL)

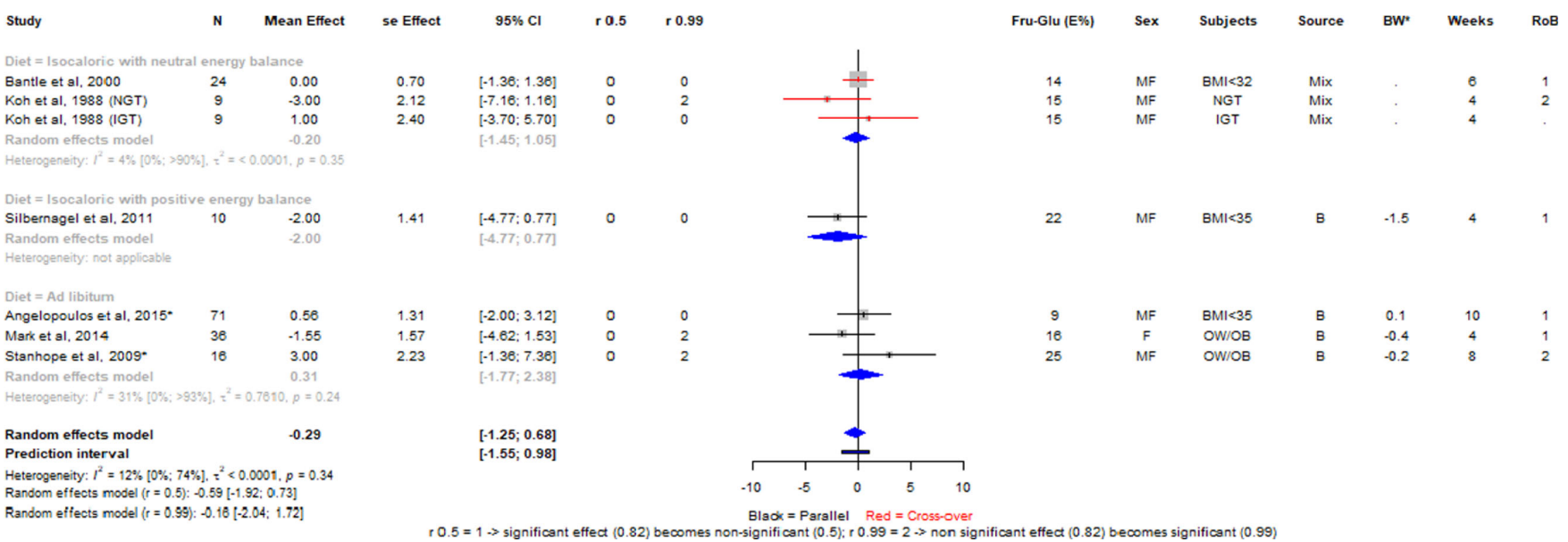
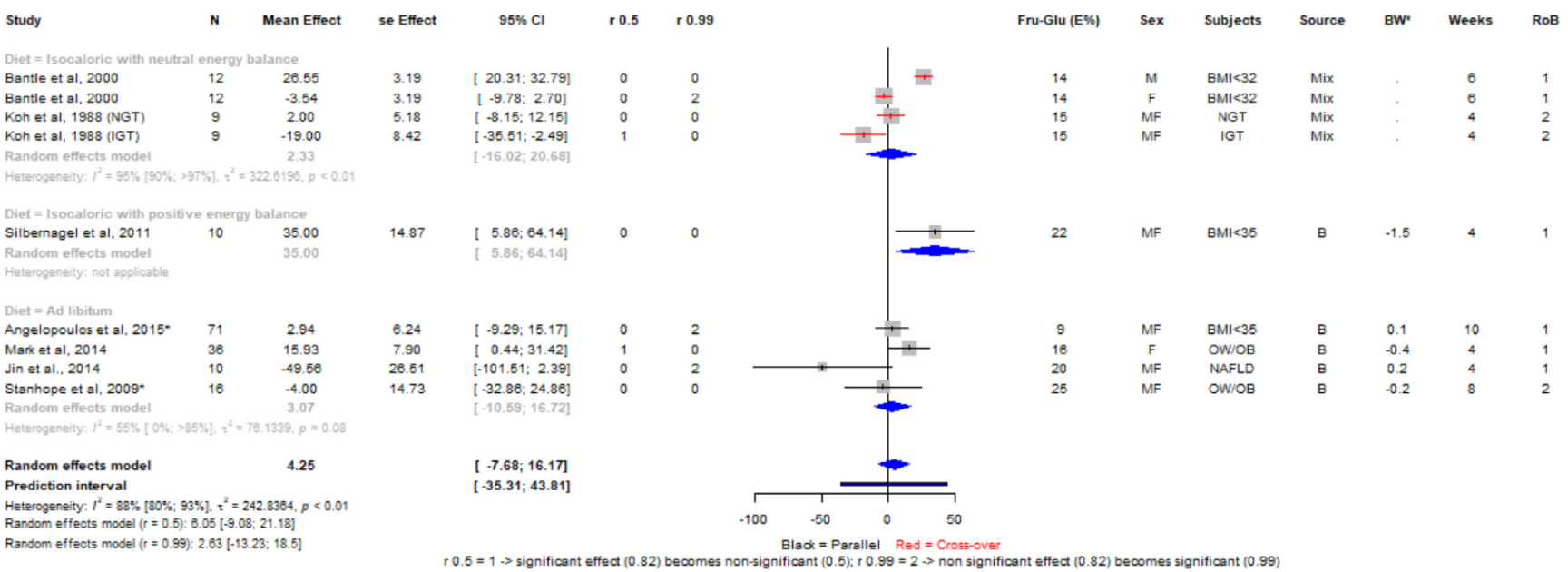


Figure G.7c: Effect of fructose vs glucose on HDL-cholesterol (mg/dL)



Footnote to Figure G7. * differences in BW change between high and low sugar intake; B = beverages; BMI = body mass index; BW = body weight; CI = confidence interval; E% = energy percentage; F under Sex = females; F under Source = food; Fru = fructose; Glu = glucose; HDL = high-density lipoprotein; IGT = impaired glucose tolerance; LDL = low-density lipoprotein; M = males; MF = males and females; Mix = foods and beverages; N = average sample size per arm; NAFLD = non-alcoholic fatty liver disease; NGT = normal glucose concentration; OB = obese; OW = overweight; r05 and r099 = change in the significance of the effect (0 = no change; 1 = change) when assuming a correlation coefficient of respectively 0.50 and 0.99 (instead of 0.82) when computing the SE of the effect measurement; RoB = risk of bias (tier). Study duration is expressed in weeks.

Figure G.7d: Effect of fructose vs glucose on fasting triglycerides (mg/dL)

Figure G.8: Randomised controlled trials: effect of high vs. low sugar intake on blood pressure

Figure G.8a: Effect of high vs low sugar intake on systolic blood pressure (mmHg)

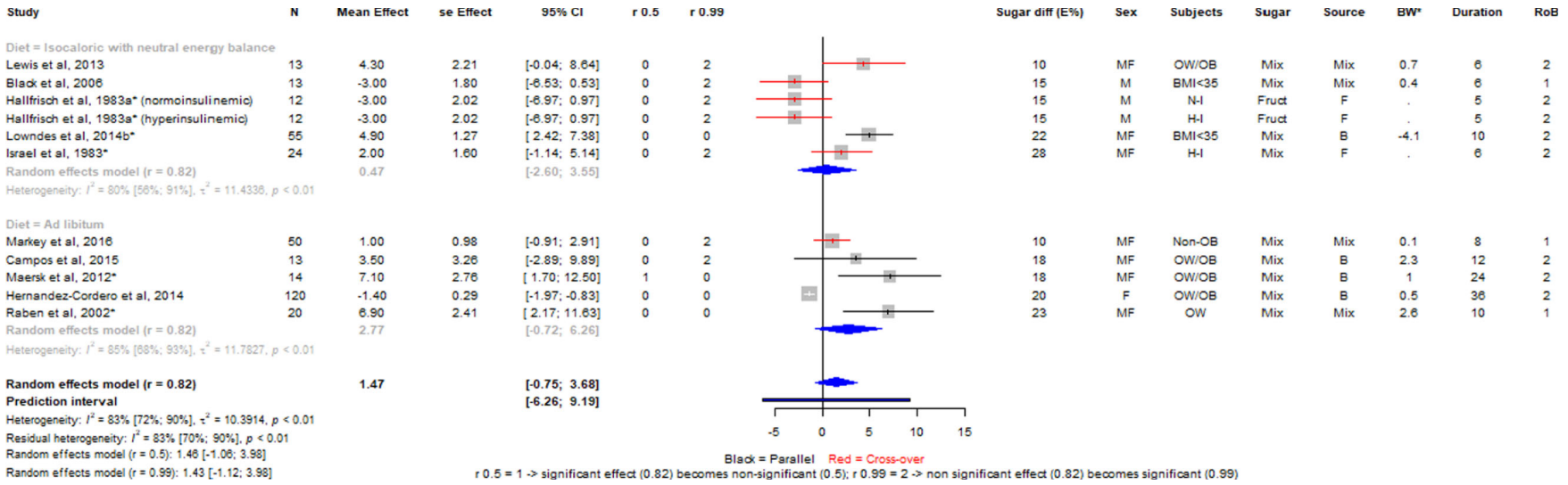


Figure G.8a1: Stratified by type of diet

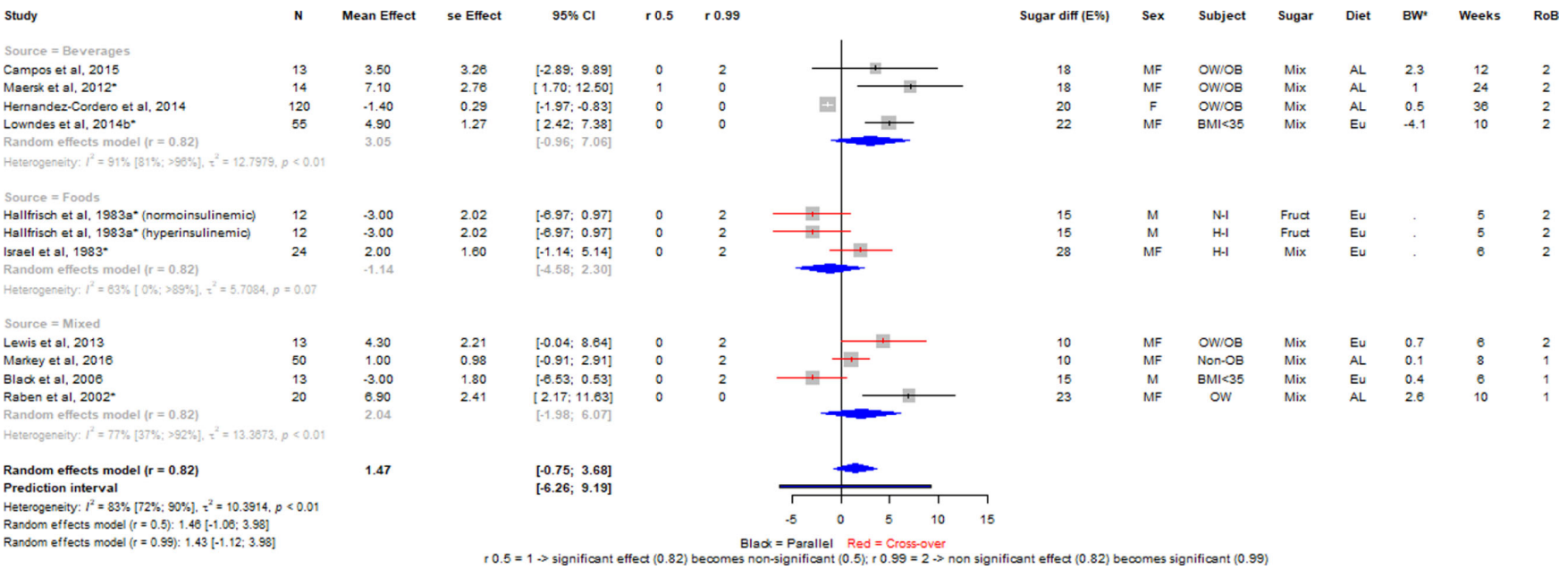


Figure G.8a2: Stratified by sugars source

Figure G.8b: Effect of high vs low sugar intake on diastolic blood pressure (mmHg)

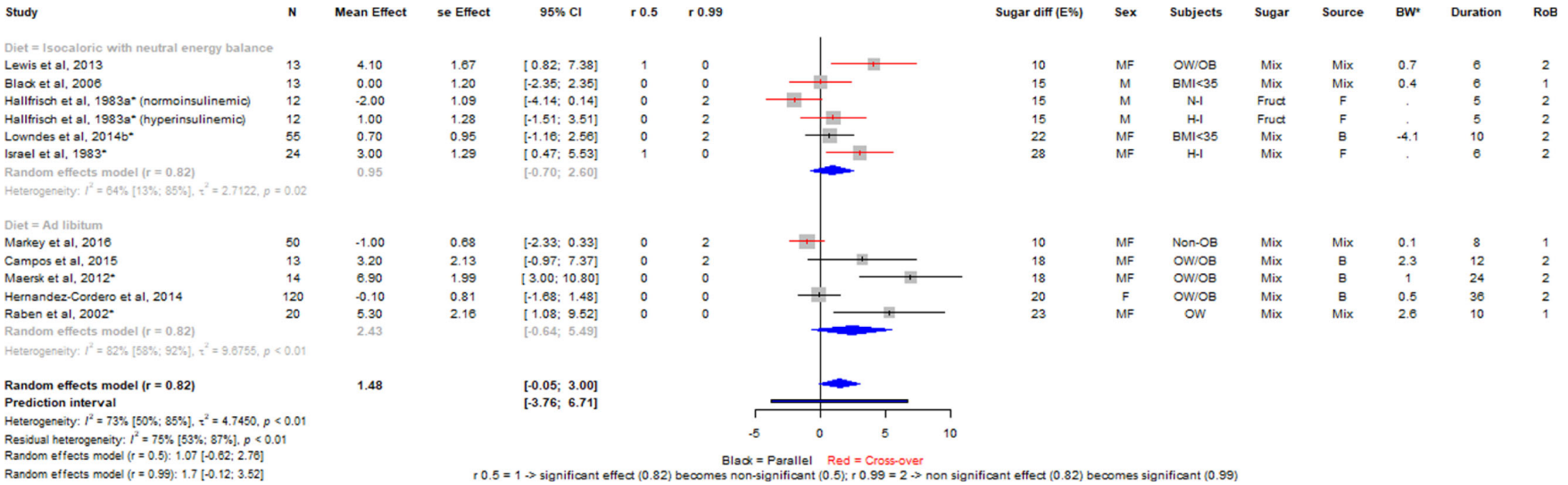
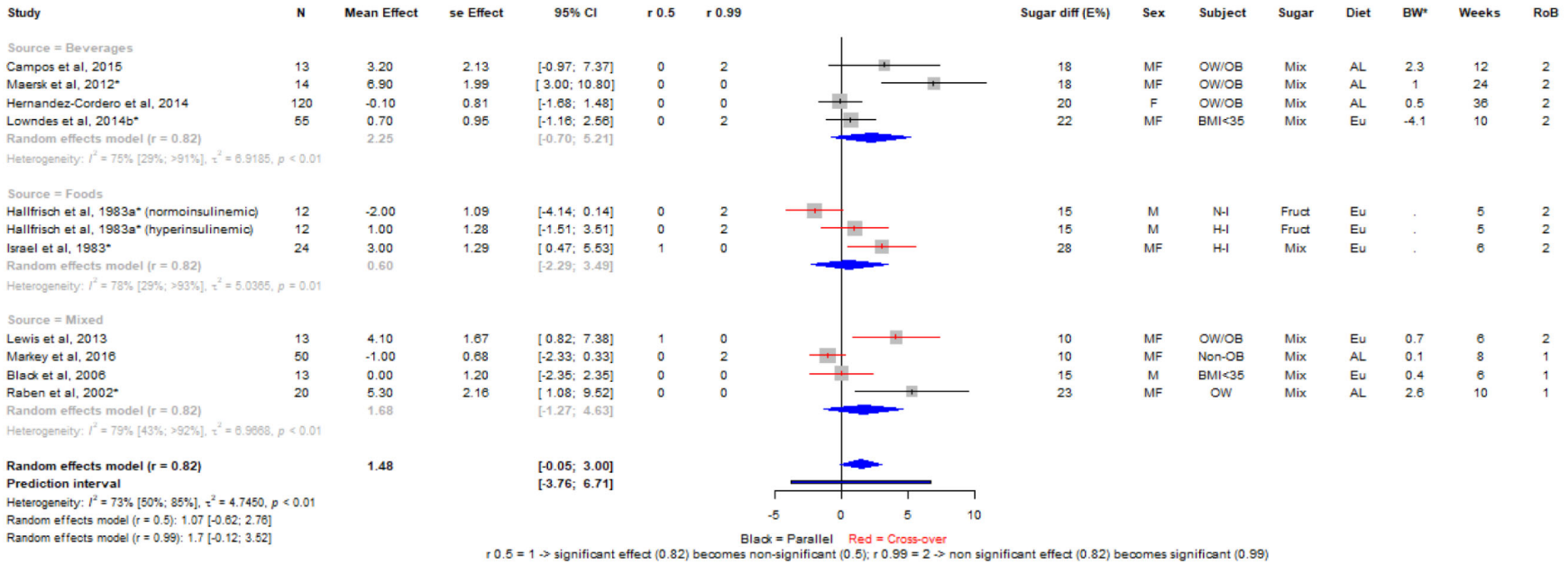


Figure G.8b1: Stratified by type of diet



Footnote to Figure G8. * differences in BW change between high and low sugar intake; B = beverages; BMI = body mass index; BW = body weight; CI = confidence interval; E% = energy percentage; F = females; F under Source = food; Fruct = fructose; H-I = hyperinsulinemia; M = males; MF = males and females; Mix under Sugar = sugar mixtures; Mix under Source = foods and beverages; N = average sample size per arm; N-I = normo-insulinemia; OB = obese; OW = overweight; r05 and r099 = change in the significance of the effect (0 = no change; 1 = change) when assuming a correlation coefficient of respectively 0.50 and 0.99 (instead of 0.82) when computing the SE of the effect measurement; RoB = risk of bias (tier). Study duration is expressed in weeks.

Figure G.8b2: Stratified by sugars source

Figure G.9: Randomised controlled trials: effect of fructose vs. glucose on blood pressure

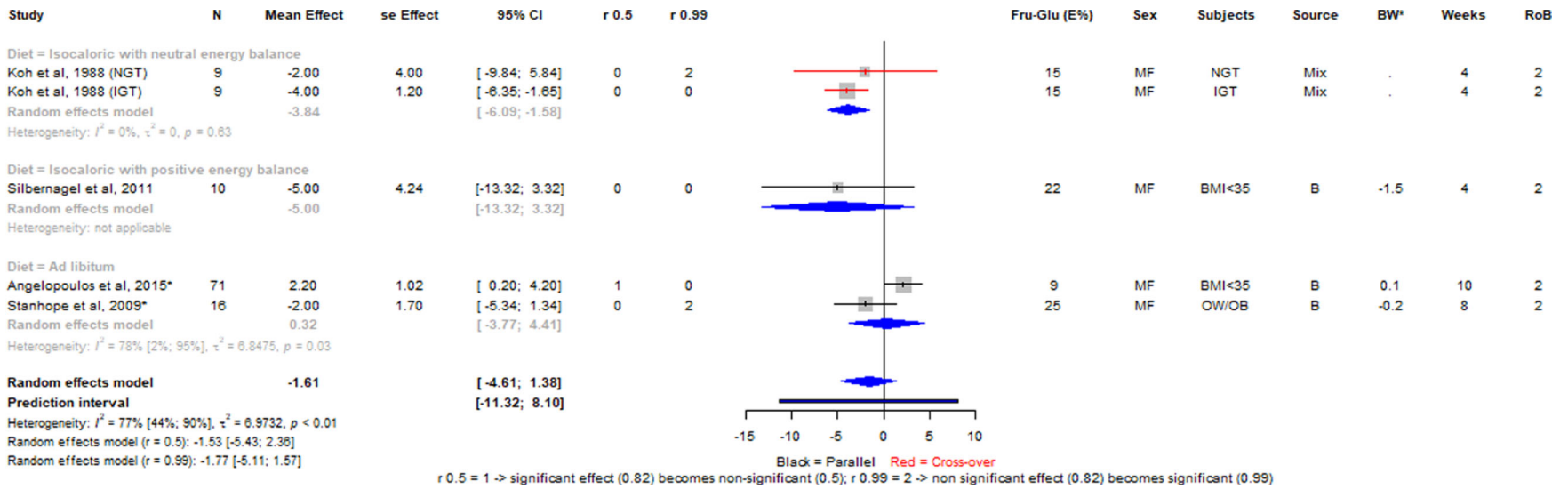
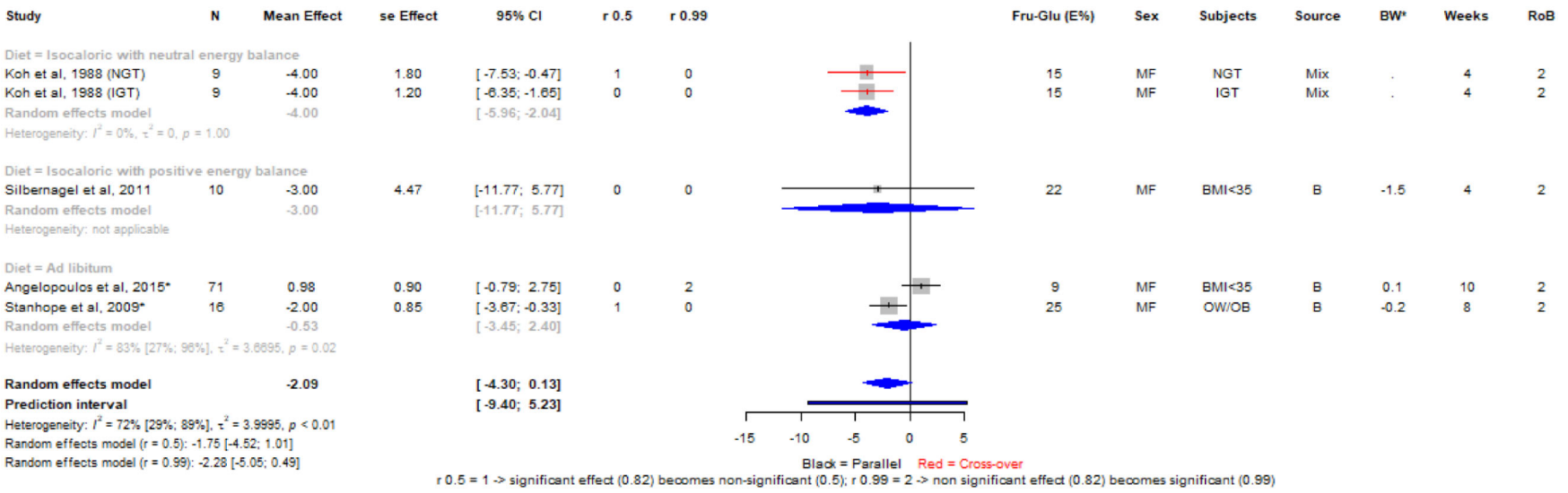


Figure G.9a: Effect of fructose vs glucose on systolic blood pressure (mmHg)



Footnote to Figure G9. * differences in BW change between high and low sugar intake; B = beverages; BMI = body mass index; BW = body weight; CI = confidence interval; E% = energy percentage; Fru = fructose; Glu = glucose; IGT = impaired glucose tolerance; MF = males and females; Mix = foods and beverages; N = average sample size per arm; NGT = normal glucose concentration; OB = obese; OW = overweight; r05 and r099 = change in the significance of the effect (0 = no change; 1 = change) when assuming a correlation coefficient of respectively 0.50 and 0.99 (instead of 0.82) when computing the SE of the effect measurement; RoB = risk of bias (tier). Study duration is expressed in weeks.

Figure G.9b: Effect of fructose vs glucose on diastolic blood pressure (mmHg)

Figure G.10: Randomised controlled trials: effect of high vs. low sugar intake on uric acid (mg/dL)

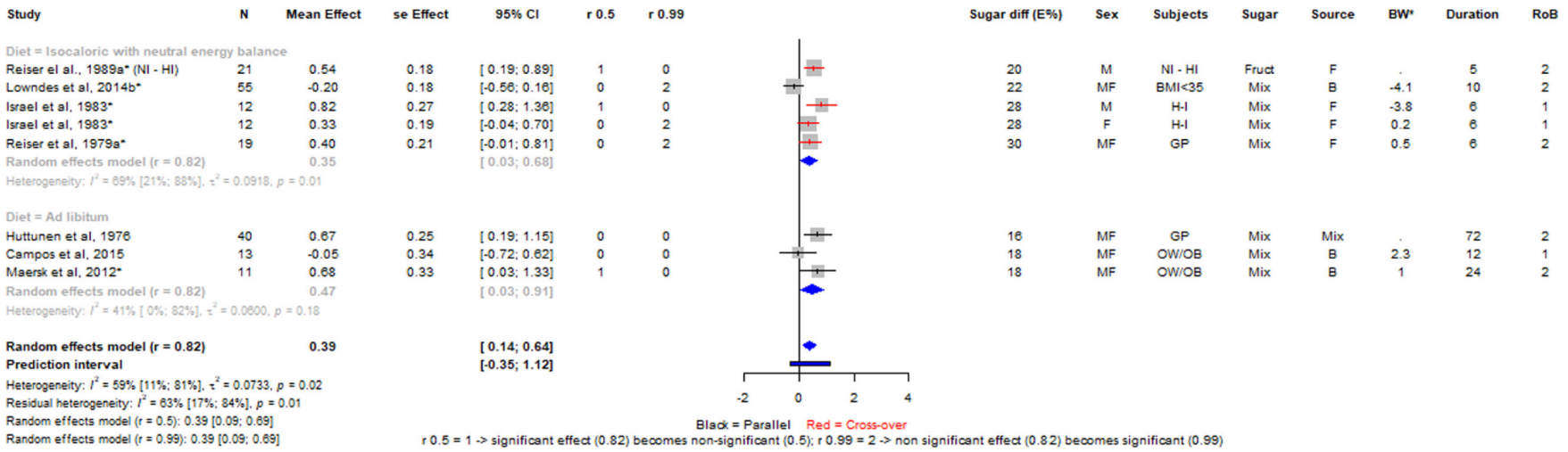
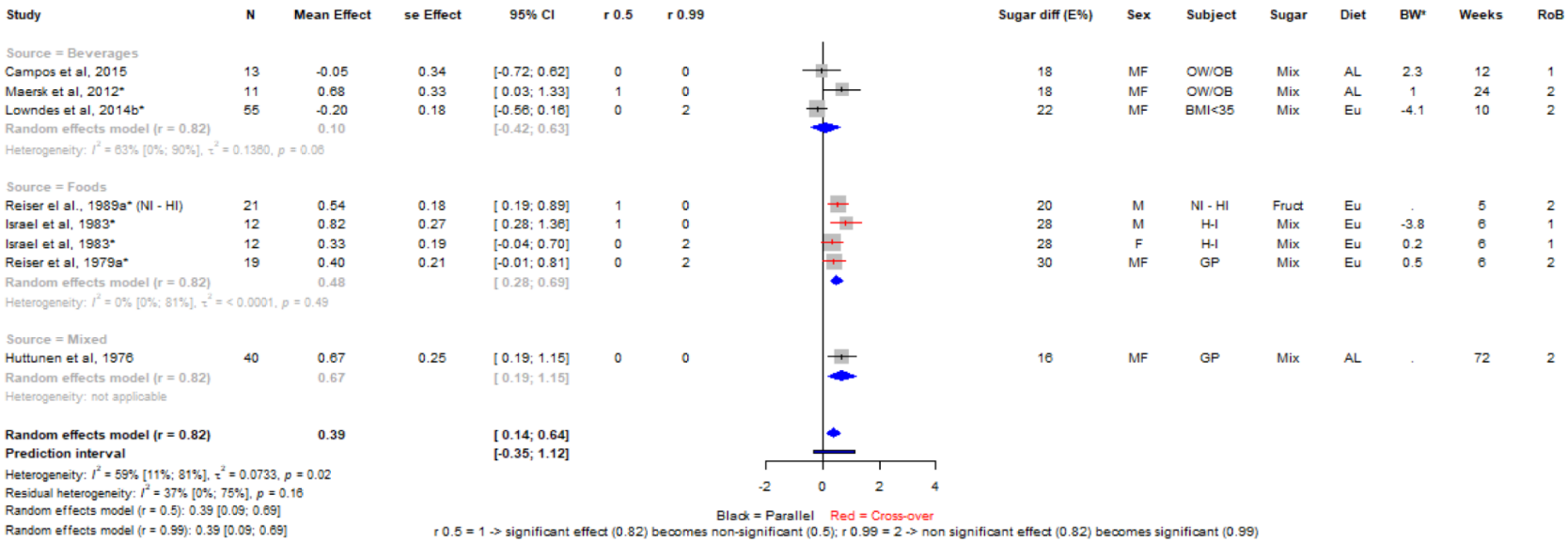
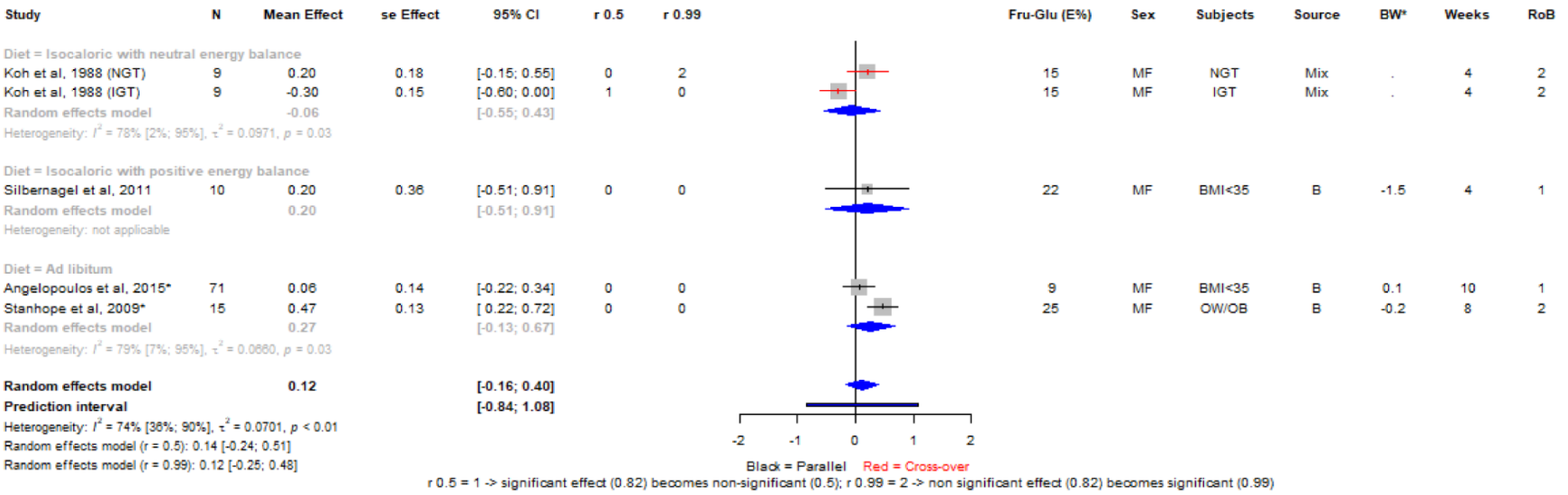


Figure G.10a: Stratified by type of diet



Footnote to Figure G10 a and b * differences in BW change between high and low sugar intake; B = beverages; BMI = body mass index; BW = body weight; CI = confidence interval; E% = energy percentage; F = females; F under Source = foods; Fruc = fructose; GP = general practitioner; HI = hyperinsulinemia; M = males; MF = males and females; Mix = sugar mixtures; N = average sample size per arm; NI = normo-insulinemia; OB = obese; OW = overweight; r05 and r099 = change in the significance of the effect (0 = no change; 1 = change) when assuming a correlation coefficient of respectively 0.50 and 0.99 (instead of 0.82) when computing the SE of the effect measurement; RoB = risk of bias (tier). Study duration is expressed in weeks.

Figure G.10b: Stratified by sugars source



Footnote to Figure G11 * differences in BW change between high and low sugar intake; B = beverages; BMI = body mass index; BW = body weight; CI = confidence interval; E% = energy percentage; Fru = fructose; Glu = glucose; IGT = impaired glucose tolerance; MF = males and females; Mix = foods and beverages; N = average sample size per arm; NGT = normal glucose concentration; OB = obese; OW = overweight; r05 and r099 = change in the significance of the effect (0 = no change; 1 = change) when assuming a correlation coefficient of respectively 0.50 and 0.99 (instead of 0.82) when computing the SE of the effect measurement; RoB = risk of bias (tier). Study duration is expressed in weeks.

Figure G.11: Randomised controlled trials: effect of fructose vs. glucose on uric acid (mg/dL)