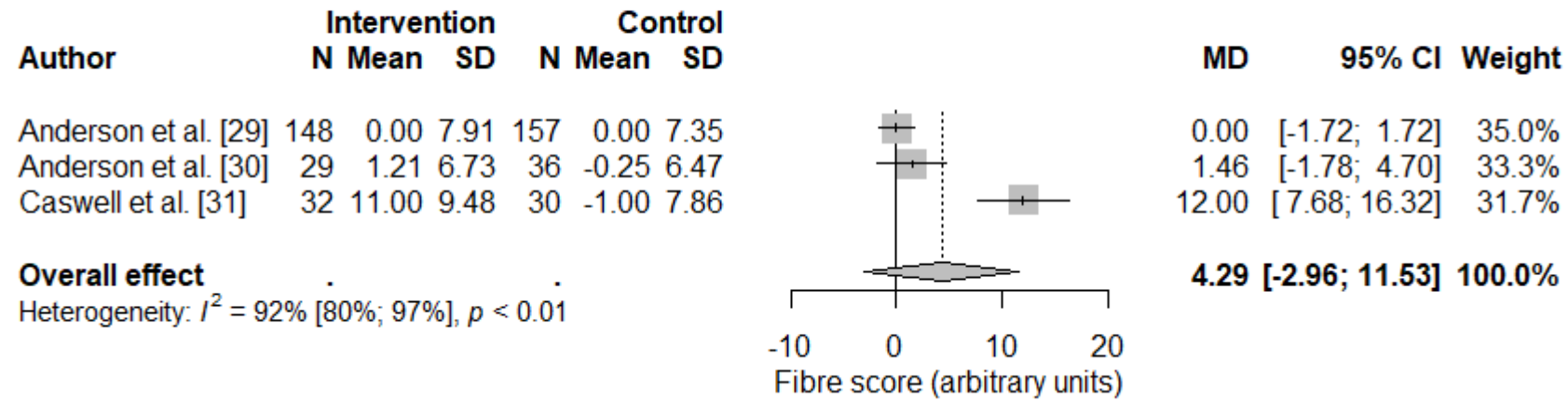




Electronic Supplementary Material 5. Forest plot of the results from random-effects meta-analyses on fibre intake. Data are presented as mean difference (MD) between intervention and control groups with corresponding 95% confidence interval (CI).