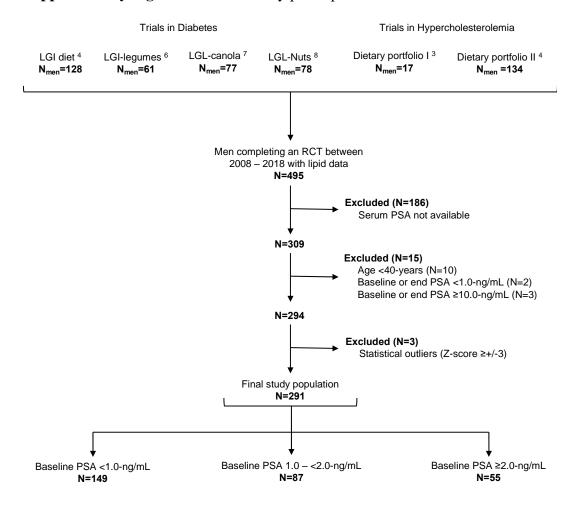*Jayalath VH, et al. The effect of lowering cholesterol through diet on serum prostate-specific antigen levels: A secondary analysis of clinical trials*

APPENDIX

Supplementary Figure 1. Flow of study participants.

Trials in Diabetes | Trials in Hypercholesterolemia

LGI diet [4] N_{men}=128 | LGI-legumes [6] N_{men}=61 | LGL-canola [7] N_{men}=77 | LGL-Nuts [8] N_{men}=78 | Dietary portfolio I [3] N_{men}=17 | Dietary portfolio II [4] N_{men}=134

Men completing an RCT between 2008 – 2018 with lipid data
N=495

Excluded (N=186)
Serum PSA not available

N=309

Excluded (N=15)
Age <40-years (N=10)
Baseline or end PSA <1.0-ng/mL (N=2)
Baseline or end PSA ≥10.0-ng/mL (N=3)

N=294

Excluded (N=3)
Statistical outliers (Z-score ≥+/-3)

Final study population
N=291

Baseline PSA <1.0-ng/mL
N=149

Baseline PSA 1.0 – <2.0-ng/mL
N=87

Baseline PSA ≥2.0-ng/mL
N=55

Supplementary Table 1. Summary of dietary interventions men received during respective randomized controlled trials.

Trial	Years [*]	Disease status [a]	Duration (weeks)	Randomization	N Included [+]	Dietary Intervention [°]
Low GI	2004-2007	T2DM	24	High fibre	38	*High-cereal fibre diet* (whole wheat and whole grain breakfast cereals, breads, brown rice, low-fat dairy, fruits and vegetables).
				Low GI	43	*Low–GI diet* (low-GI breads and breakfast cereals, large flake oatmeal, oat bran, wheat bran and psyllium fiber, legumes, barley, pasta, parboiled rice, and temperate-climate fruit).
Low GI Legume	2010-2011	T2DM	12	High fibre	26	*High-cereal fibre diet.*
				Low GI legume	24	1- cup/d (190-g/d, or 2-svg/d) of cooked beans, chickpeas or lentils in the context of a *low-GI diet.*
Low GL Canola	2011-2012	T2DM	12	High fibre	32	500-kcal/d of whole-wheat bread in the context of a *high-cereal fibre diet*.
				Low GL Canola	27	500 kcal/d (31-g/d) of canola oil–enriched whole-wheat bread in the context of a *low-GI diet*.
Low GL Tree Nut	2007-2008	T2DM	12	High fibre protein	17	Macronutrient-matched protein muffin supplementing 24% of total kcal intake, in the setting of a *high-cereal fibre diet.*
				Half low GL nut	18	Tree-nuts (raw almonds, pistachios, walnuts, pecans, hazelnuts, peanuts, cashews and macadamias) supplementing 12% of total kcal intake, in the setting of a *high-cereal fibre diet.*
				Full low GL nut	24	Tree-nuts supplementing 24% of total kcal intake, in the setting of a h*igh-cereal fibre diet.*
Dietary Portfolio	2007-2009	DLD	8	Dietary portfolio	6	*Ovo-vegetarian dietary portfolio* (2-3-g plant sterols (plant margarine); 10-g/1000-kcal of viscous fibre (oats, barley, psyllium, eggplant and okra); 20-g/1000-kcal of soy protein (soy milk, tofu and soy meat analogues); and 22-g/1000-kcal daily).
				Dietary portfolio + MUFA	8	13% of daily calories from monounsaturated fatty acids (sunflower oil, avocados) in the context of an *ovo-vegetarian dietary portfolio*.
Dietary Portfolio	2007-2009	DLD	24	High fibre	4	Avoidance of dietary portfolio components, in the context of *high-cereal fibre diet*.
				Dietary portfolio (routine follow-up)	14	*Ovo-vegetarian dietary portfolio* (dietary advice provided at 2 visits).
				Dietary portfolio (close follow-up)	10	*Ovo-vegetarian dietary portfolio* (dietary advice provided at 7 visits).

[*]Recruitment and trial conduction years. [a]Disease status was defined as per study recruitment protocol. [+]Number of men included in the current study, after applying exclusion criteria. Note: All diets and interventions were recommended on a background diet conforming to National Cholesterol Education Program-Adult Treatment Panel III and American Diabetes Association recommendations. Interventions are presented as published in original report. DLD: dyslipidemia/hypercholesterolemia; GI: glycemic index; GL: glycemic load; MUFA: monounsaturated fatty acid T2DM: type 2 diabetes mellitus.

Supplementary Table 2. Subgroup analyses for cholesterol reduction and serum PSA (n=291).

Variable	N	Estimate (% and 95%CI)	P-estimate	P-interaction
Baseline PSA				
<2.0-ng/mL	236	0.85 (-0.58 to 2.3)	0.24	<0.01*
≥2.0-ng/mL	55	-5.4 (-2.2 to -8.6)	<0.01	
Baseline BMI				
<30	192	-2.3 (-0.48 to -4.1)	0.01	0.66
≥30	99	-1.2 (-3.1 to 0.76)	0.23	
Statin Use				
No	112	-1.9 (-0.35 to -3.4)	0.02	0.95
Yes	179	-2.2 (0.55 to -5.0)	0.12	
Age				
<60-years	159	-1.2 (0.49 to -3.0	0.16	0.12
≥60-years	132	-2.7 (-0.62 to -4.7)	0.01	
Duration				
<24-months	186	-2.2 (-0.66 to -3.7)	<0.01	0.92
≥24-months	105	-1.3 (1.2 to -3.8)	0.31	
Disease status				
T2DM	249	-1.5 (-0.15 to -3.0)	0.03	0.43
DLD	42	-4.9 (-0.87 to -8.9)	0.02	

BMI: body mass index; DLD: dyslipidemia; PSA: prostate-specific antigen; T2DM: type 2 diabetes mellitus.