Online supplementary material

Search History

PUBMED (4/21/2012)
#5 Search (#3) AND #4  1106

#4 Search (#1) AND #2  6035


#1 Search "dairy products"[Mesh] OR "dairy"[tiab] OR "milk"[tiab] OR "calcium"[tiab] OR "cheese"[tiab] OR "yogurt"[tiab]  382392

EMBASE 04/21/2012

#5 #3 AND #4  1,526

#4 #1 AND #2  8,655

#3 'intervention studies'/exp OR 'randomized':ab OR 'randomised':ab OR 'randomly':ab OR 'random':ab OR 'controlled trial':ab OR 'interventions':ab OR 'placebo':ab OR 'assignment':ab AND [embase]/lim  786,772

#2 'weight loss'/exp OR 'weight lose':ab OR 'weight reduce':ab OR 'weight reducing':ab OR 'weight gain':ab OR 'weight change':ab OR 'weight maintain':ab OR 'weight maintenance':ab OR 'weight decrease':ab OR 'fat loss':ab OR 'fat mass':ab OR 'adiposity':ab OR 'obesity':ab OR 'body composition':ab OR 'bmi':ab OR 'body mass index':ab AND [embase]/lim  277,153

#1 'dairy products'/exp OR 'milk':ab OR 'calcium':ab OR 'cheese':ab OR 'yogurt':ab AND [embase]/lim  275,542
**Supplemental Figure 1.** Net change (95% CI) by study duration (short-term: <1y; long-term: ≥1y) and energy restriction in body weight (A) and fat (B) associated with dairy interventions expressed as the change (kg) during the intervention with dairy products minus the change during the control regimes. WMD, weighted mean difference. The horizontal lines denote the 95% CIs; solid diamonds represent the point estimate of each study. The hollow diamond represents the pooled estimate of the intervention effect.

**Supplemental Figure 2.** Funnel plot for RCTs of dairy and weight change (A) and fat change (B) to illustrate the presence of publication bias. Studies are plotted with the estimated MDs (mean difference) along the horizontal axis and the SE of the MDs along the vertical access.