

Table S1. Inclusion criteria for the meta-analysis (PICO)

PICO	Description
P opulation	Patients who were at high risk of type 2 diabetes. (Defined as IGT or IFG. In addition to IGT or IFG, patients with overweight or obesity were included).
I ntervention	Lifestyle modification (combined diet and exercise) [L], dietary intervention alone [D], exercise intervention [E], Orlistat [O], metformin (or flumamine) [M], acarbose and voglibose [A], pioglitazon and rosiglitazone [T], pitavastatin [PI], glipizide [G,SU], herbal medicines such as the Jiangtang bushen recipe or Tianqi [H]. Mediterranean diet was treated as dietary interventions but in the additional analysis it was also conducted as an independent intervention.
C omparison	Standard nutritional recommendations [S] or no treatment including placebo [P]
O utcome	Number of type 2 diabetes at 1-year follow-up