Table S2. Studies characteristics.

Study Description			Number of Patients with Liver Diseases			interventions		Sample Characteristics					
No.	Overall study characteristic (first author, year, country)	Type of the study	MD	LFD	Total participants	MD	LFD	Study Duration (weeks)	Population	BMI Overall (kg/m2) Mean ± SD	Age (Years) Mean ± SD Median (Range)	Outcomes	Male (%)
1	Ryan, M. C. et al., 2013, Australia [1]	RCT	6	6	12	40% energy from fat (MUFA and x3PUFA), 40% from carbohydrate, and 20% from protein.	30% energy from fat, 50% from carbohydrate, and 20% from protein.	6	Adults	32.0 ± 4.2	55 ± 14	ALT, Weight, WC, BMI, TG, IHL, HOMA-IR, GGT, HDL-C	50
2	Ristic-Medic, D. et al., 2020, Serbia [2]	RCT	12	12	24	Above 30% from lipid, 50% of the total caloric value from carbohydrate, and 15% from protein.	Less than 25% from lipid, 60% of the total caloric value from carbohydrate (low glycemic index), and 15% from protein.	12	Adults with Overweight or moderately obese	30.43 ± 1.81	34.42 ± 4.66	ALT, Weight, WC, BMI, TG, HOMA-IR, GGT, HDL-C, LDL-C, TC	100

3	George, E. S. et al.,2022, Australia [3]	RCT	19	23	42	"44% of energy from fat (>50% monounsaturated fatty acids), 33% from carbohydrates, 15%–20% from protein."	30% of total energy from fat, 50% from carbohydrate and 20% from protein.	12	Adults with or without diabetes	32.15 ± 7.32	52.35 ± 12.71	ALT, TG, Weight, WC, BMI, IHL, HOMA-IR, GGT, LSM, HDL-C, LDL-C	42.5
4	Properzi, C. et al., 2018, Australia [4]	RCT	24	25	49	35-40% from fat (with <10% of energy as saturated fat), 40% from carbohydrate, and 20% of energy as protein.	30% from fat (with <10% of energy as saturated fat), 50% from carbohydrate, and 20% from protein.	12	Adults	30.85 ± 6.94	52 ± 16.15	ALT, TG, Weight, WC, BMI, HOMA-IR, LSM, HDL-C, LDL-C, TC	51

Table S1. ALT, Alanine aminotransferase; BMI, Body mass index; GGT, Gamma-glutamyl transferase; HDL-C, High-density lipoprotein-cholesterol; HOMA-IR, Homeostatic model assessment for insulin resistance; IHL, Intrahepatic lipid; LDL-C, Low-density lipoprotein-cholesterol; LFD, Low-fat diet; LSM, Liver stiffness measure; MD, Mediterranean diet; TC, Total cholesterol; TG, Triglyceride; WC, Waist circumference.

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