CONSORT diagram

Abstracts excluded (n=2703):

Reviews, editorials, commentaries, or case reports (n=46)

Research not related to diabetes (n=706)

Research not related to rice (n=1273)

Animal studies and human in vitro or in vivo studies (n=265)

Irrelevant exposures and outcomes (n=36)

Study included (n=4)

Data points (n=7)

Literature search in Embase by 6 January 2012 (n=2453)

Literature search in Medline by 6 January 2012 (n=825)

Studies excluded (n=32):

Rice not separated from other carbohydrate sources (n=5)

Reviews, letters, or cross sectional studies (n=16)

No diabetes or no rice data (n=10)

Loss to follow-up rate >20% (n=1)

Articles retrieved and reviewed (n=36)

Publications for screening (n=2739)

Duplicate records removed (n=593)

Forest plot

0.5 1 2 3