Figure 11. Weight gain main difference.

Study or Subgroup	Experimental			Control			Weight	Mean Difference IV, Fixed, 95% CI
	Mean	SD	Total	Mean	SD	Total		
Andersson 1994	64.4	10	1821	64.4	10.6	937	83.9%	0.00 [−0.82, 0.82]
Bilgehan 2015	65.89	15.39	50	66.95	12.73	50	1.8%	−1.06 [−6.60, 4.48]
Dal'Ava 2012	67.1	10.6	38	66.5	11.9	38	2.2%	0.60 [−4.47, 5.67]
Nilsson 1982	60.35	9.8	164	60.2	9.9	156	12.1%	0.15 [−2.01, 2.31]
Total (95% CI)			2073			1181	100.0%	0.01 [−0.74, 0.76]

Heterogeneity: Chi^2 = 0.21, df = 3 (P = 0.98); I^2 = 0%
Test for overall effect: Z = 0.03 (P = 0.98)