

Appendix 1. Journal sources included in the calculation of the meta-analysis

Author	Year	Location	Parameter	Distance (km)	Speed (Km/h)	Time (hour)	Amount	Age (day)	temperature (°C)
Zhang <i>et al.</i> ,	(2014)	Tiongkok	pH, lightness, redness, yellowness, glucose, weight loss & corticosterone	45 & 180	60	0.75 & 3	400	42	24 – 32
Zhang <i>et al.</i> ,	(2021)	Tiongkok	pH, lightness, redness, yellowness, glucose, pH, lightness, redness, weight loss, yellowness & corticosterone	240	80	3	160	36	n/a
Zhang <i>et al.</i> ,	(2019b)	Tiongkok	weight loss, yellowness & corticosterone	40 & 240	80	3	320	42	30 - 34
Bianchi <i>et al.</i> ,	(2005)	Italy	weight loss and mortality	120 & 300	60	2 & 5	321	40	n/a
Aqil and Zulkifli,	(2009)	Malaysia	body temperature	80, 160 & 240	80	1, 2 & 3	432	42	34 - 36
Boussaada <i>et al.</i> ,	(2020)	Algeria	weight loss	60 & 240	60	1 & 4	256	42	n/a
Liu <i>et al.</i> ,	(2022)	Tiongkok	glucose & corticosterone	15, 30, 60, 240, & 360	60	0.5, 1, 2, 4 & 6	144	72	30 - 36
Filho <i>et al.</i> ,	(2007)	Brazil	weight loss	30, 50 & 60	60	n/a	300	42	25-30
Zhang <i>et al.</i> ,	(2009)	Tiongkok	pH, lightness, redness, yellowness, glucose, drip loss & corticosterone	180	60	0.75 & 3h	360	46	25 -29
Al-Abdullatif <i>et al.</i> ,	(2021)	Saudi Arabia	pH, lightness, redness, yellowness, & glucose,	240	60	4	336	32	17 -23
Lan <i>et al.</i> ,	(2021)	Tiongkok	pH, lightness, redness, yellowness, weight loss, corticosterone, drip loss	180	60	3	144	35	33 – 36
Voslarova <i>et al.</i> ,	(2007)	Poland	mortality	50, 100, 200, 300, 400, & 500	80	n/a	245	35	34 - 36
Di Martino <i>et al.</i> ,	(2017)	Italy	mortality	30, 45, & 60	80	n/a	275	42	n/a
Petracci <i>et al.</i> ,	(2006)	Italy	mortality	180 & 300	60	2 & 5	435	35	25
Sherlock <i>et al.</i> ,	(2012)	English	glucose	180	50	3.25	266	49	n/a
Dinesh & Karthiani,	(2019)	India	glucose	180	60	3	1000	35	25 - 26
He <i>et al.</i> ,	(2022)	Tiongkok	pH, lightness, redness, yellowness, glucose, weight loss, drip loss & corticosterone	180	60	3	192	42	24–27
Perai <i>et al.</i> ,	(2014)	Iran	glucose	180	60	3	300	49	32
Perai <i>et al.</i> ,	(2015)	Iran	glucose	180	60	3	240	42	30 - 33
Purwadi <i>et al.</i> ,	(2018)	Indonesia	glucose	60, 120 & 180	n/a	n/a	252	30	n/a
Putra <i>et al.</i> ,	(2019)	Indonesia	glucose and mortality	120	60	2	60	n/a	n/a
Zhang <i>et al.</i> ,	(2017)	Tiongkok	pH, lightness, redness, yellowness, & drip loss	150	50	3	60	42	26 – 30
Castellini <i>et al.</i> ,	(2016)	Italy	pH, lightness, redness, & yellowness,	180	45	4	200	42	32 - 20

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Gou <i>et al.</i> ,	(2021)	Tiongkok	pH, lightness, redness, yellowness, weight loss, & drip loss	40, 80 & 120	40	1, 2, & 3	180	72	29 - 32
Utomo <i>et al.</i> ,	(2019)	Indonesia	glucose	60, 120 & 180	n/a	n/a	252	n/a	28-37
Fu <i>et al.</i> ,	(2022)	Tiongkok	pH, lightness, redness, yellowness, weight loss, & drip loss	90, 135, 180 & 225	45	2, 3, 4 & 5	80	54	20
Wang <i>et al.</i> ,	(2017)	Tiongkok	pH, lightness, redness, yellowness,	240	80	3	160	42	27-35
Zhang <i>et al.</i> ,	(2020)	Tiongkok	pH, lightness, redness, yellowness,	240	80	3	360	46	n/a
Zheng <i>et al.</i> ,	(2020)	Tiongkok	pH	90 & 180	45	2 & 4	144	35	33
Harford <i>et al.</i> ,	(2014)	English	pH, lightness, redness, yellowness,	120	60	n/a	n/a	n/a	n/a
Hartati <i>et al.</i> ,	(2019)	Indonesia	Lose Weight	140	35	4	25	25	33 - 35
Wicaksono <i>et al.</i> ,	(2020)	Indonesia	body temperature and weight loss	180 & 240	60	3 & 4	2016	n/a	28 -34
Hussnain <i>et al.</i> ,	(2020)	Pakistan	glucose, weight loss,	80, 160, & 240	n/a	n/a	n/a	35	30-37
Al-obaidy <i>et al.</i> ,	(2020)	Iraq	body temperature, weight loss, glucose, and mortality	180 & 240	60	n/a	264	35	n/a
Muharlieni <i>et al.</i> ,	(2007)	Indonesia	weight loss	20, 30 & 40	50	n/a	150	35	n/a
Nurmawan <i>et al.</i> ,	(2017)	Indonesian	body temperature	60, 120 & 180	60	1, 2, & 3	252	32	n/a
Ranjbar <i>et al.</i> ,	(2014)	Iraq	pH, lightness, redness, yellowness, drip loss, & glucose,	180	60	3	240	45	21
Sowinska <i>et al.</i> ,	(2014)	Poland	pH, lightness, redness, yellowness,	100, 200 & 300	60	n/a	240	42	n/a
Langer <i>et al.</i> ,	(2010)	Brazil	pH, lightness, redness, yellowness,	70	n/a	n/a	n/a	47	25 - 33
Syamsuryadi & Faridah,		Indonesia	pH	20, 40, & 60	n/a	n/a	45	42	n/a
Sara <i>et al.</i> ,	(2019)	Indonesia	body temperature & weight loss	30 & 60	30	1 & 2	54	35	30
Doctor & Połtowicz	(2009)	Poland	pH, lightness, redness, yellowness, glucose, weight loss, body temperature, corticosterone & drip loss	120	60	2,5	366	42	n/a
Sarkar <i>et al.</i> ,	(2013)	India	glucose,	150	60	2,5	270	35	23 - 25
Savenjie <i>et al.</i> ,	(2002)	Dutch	pH, lightness, redness, yellowness, glucose	90	60	1.5	320	42	n/a
Mohamed <i>et al.</i> ,	(2014)	Egypt	glucose	180	60	3	n/a	49	22 - 24
Nurmeliarsari <i>et al.</i> ,	(2021)	Indonesia	body temperature & weight loss	180	60	3	60	35	34 - 36
Xing <i>et al.</i> ,	(2017)	Tiongkok	pH, lightness, drip loss	40, 80, & 120	45	n/a	126	42	40 - 42
Yue <i>et al.</i> ,	(2010)	Tiongkok	pH, lightness, redness, yellowness, drip loss, glucose & corticosterone	45 & 180	60	0.75 & 3	360	72	20 - 28
Yalcin & Gutle	(2012)	Turkey	pH, lightness, redness, yellowness, glucose,	60, 120, & 180	45	1.5, 2.5 & 4	308	35	20 - 32
Santosa	(2020)	Indonesia	body temperature	60 & 90	45	1,5 & 2	n/a	n/a	n/a

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Zhang <i>et al.</i> ,	(2019a)	Tiongkok	pH, lightness, redness, yellowness, weight loss,	180	60	3	180	42	24 - 26
Ramakhrsinan <i>et al.</i> ,	(2021)	India	pH, lightness, redness, yellowness, weight loss, drip loss	40, 80, & 120	40	1, 2 & 3	100	45	32
Dadgar <i>et al.</i> ,	(2010)	Canada	body temperature and weight loss	60 & 120	60	n/a	90	35	26-30
Jacobs <i>et al.</i> ,	(2010)	English	body temperature	240	60	n/a	300	42	30 - 36
Widyasari <i>et al.</i> ,	(2021)	Indonesia	pH & weight loss	40, 80 & 120	40	1, 2 & 3	324	28	32
Ondrasovicova <i>et al.</i> ,	(2008)	Slovakia	glucose & corticosterone	30 & 120	n/a	0.75 & 2	n/a	n/a	n/a
Vosmerova <i>et al.</i> ,	(2010)	Czech	glucose & corticosterone	10, 70 & 180	60	n/a	360	42	31
Zhang <i>et al.</i> ,	(2022)	Tiongkok	pH, lightness, redness, yellowness, corticosterone & glucose	240	80	3	n/a	36	27–32
Arif <i>et al.</i> ,	(2022)	Egypt	weight loss, drip loss, mortality & glucose	50, 100 & 150	50	1, 2 & 3	72	35	32
Pan <i>et al.</i> ,	(2018)	Tiongkok	pH, lightness, redness, yellowness, corticosterone, glucose, weight loss, & drip loss	180	60	3	144	42	25 -29
Vecerek <i>et al.</i> ,	(2006)	Czech	mortality	50, 100, 200, 300, 400 & 500	n/a	n/a	n/a	n/a	n/a
Abraham and Aziz	(2021)	Iraq	glucose	180	60	3	270	35	32 - 35