

high quality CHO / Polysaccharides low quality CHO / Mono-/ Disaccharides PUFA MUFA SFA TFA PRO 0.99 [0.95; 10.97;	Treatment	Comparison: other vs 'PRO' (Random Effects Model)	RR	95%-C
0.75 1 1.5	low quality CHO / Mono-/ Disaccharides PUFA MUFA SFA TFA	**************************************	1.02 1.00 0.97 1.03 - 1.09	[0.97; 1.08 [0.92; 1.09 [0.89; 1.05 [0.97; 1.09