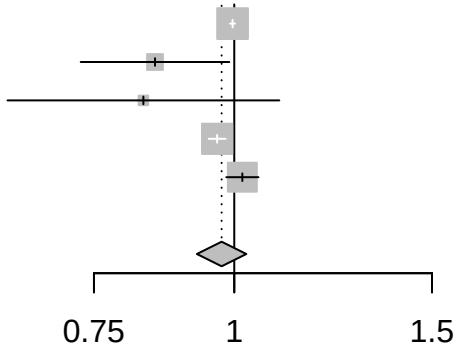
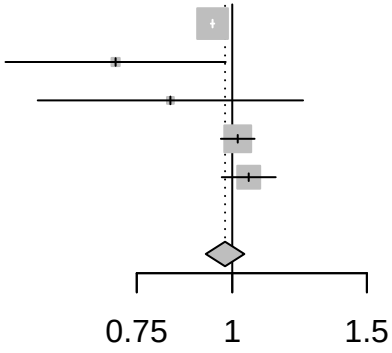
Study	logRR	SE(logRR)	RR	95%−CI	Weight	RoB
191_g	−0.0035	0.0026	1.00	[0.99; 1.00]	31.1%	some concerns
103_g	−0.1625	0.0777	0.85	[0.73; 0.99]	8.2%	high
91	−0.1863	0.1422	0.83	[0.63; 1.10]	3.0%	high
62_g	−0.0351	0.0088	0.97	[0.95; 0.98]	30.1%	high
10	0.0166	0.0168	1.02	[0.98; 1.05]	27.6%	high
Random effects model			**0.97**	**[0.93; 1.03]**	**100.0%**	



Heterogeneity: I^2 = 79%, τ^2 = 0.0021, p < 0.01

high quality CHO / Polysaccharides:low quality CHO / Mono−/ Dis

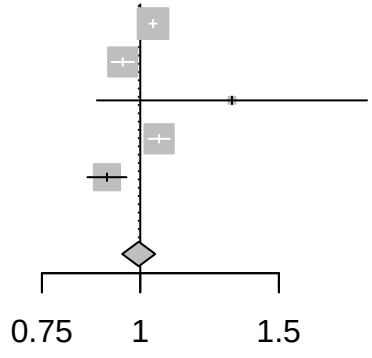
Study	logRR	SE(logRR)	RR	95%−CI	Weight	RoB
191_g	−0.0594	0.0026	0.94	[0.94; 0.95]	41.0%	some concerns
103_g	−0.3514	0.1692	0.70	[0.51; 0.98]	2.9%	high
91	−0.1863	0.2039	0.83	[0.56; 1.24]	2.0%	high
62_g	0.0165	0.0259	1.02	[0.97; 1.07]	31.3%	high
10	0.0496	0.0415	1.05	[0.97; 1.14]	22.8%	high
Random effects model			**0.98**	**[0.92; 1.04]**	**100.0%**	



Heterogeneity: I^2 = 79%, τ^2 = 0.0021, p < 0.01

high quality CHO / Polysaccharides:SFA

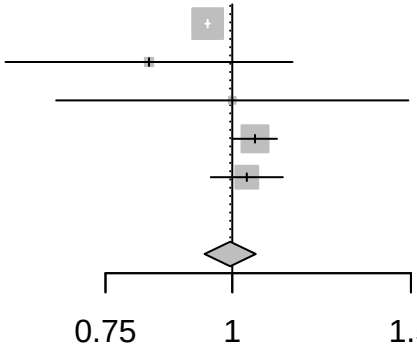
Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
191_g	0.0374	0.0053		1.04	[1.03; 1.05]	27.9%	some concerns
190_g	−0.0513	0.0165		0.95	[0.92; 0.98]	25.1%	high
103_g	0.2683	0.2016		1.31	[0.88; 1.94]	1.4%	high
62_g	0.0552	0.0160		1.06	[1.02; 1.09]	25.3%	high
10	−0.0974	0.0291		0.91	[0.86; 0.96]	20.3%	high
Random effects model				**1.00**	**[0.95; 1.04]**	**100.0%**	



Heterogeneity: I^2 = 92%, τ^2 = 0.0021, p < 0.01

high quality CHO / Polysaccharides:PRO

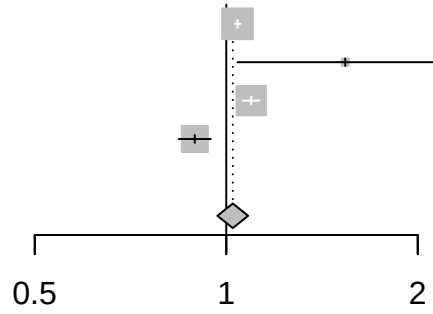
Study	logRR	SE(logRR)	RR	95%−CI	Weight	RoB
191_g	−0.0559	0.0026	0.95	[0.94; 0.95]	40.9%	some concerns
103_g	−0.1889	0.1662	0.83	[0.60; 1.15]	3.0%	high
91	0.0000	0.2039	1.00	[0.67; 1.49]	2.0%	high
62_g	0.0516	0.0255	1.05	[1.00; 1.11]	31.5%	high
10	0.0330	0.0417	1.03	[0.95; 1.12]	22.6%	high
Random effects model			**1.00**	**[0.94; 1.05]**	**100.0%**	



Heterogeneity: I^2 = 82%, τ^2 = 0.0021, p < 0.01

low quality CHO / Mono−/ Disaccharides:SFA

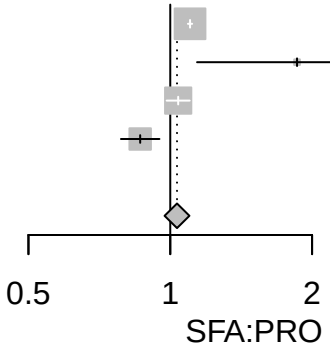
Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
191_g	0.0408	0.0053		1.04	[1.03; 1.05]	37.2%	some concerns
103_g	0.4308	0.1990		1.54	[1.04; 2.27]	1.9%	high
62_g	0.0903	0.0154		1.09	[1.06; 1.13]	34.0%	high
10	−0.1140	0.0295		0.89	[0.84; 0.95]	26.8%	high
Random effects model				**1.02**	**[0.97; 1.08]**	**100.0%**	



Heterogeneity: I^2 = 93%, τ^2 = 0.0021, p < 0.01

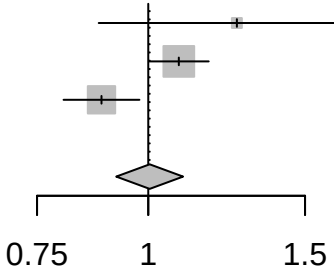
low quality CHO / Mono−/ Disaccharides:PRO

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
191_g	0.0967	0.0053		1.10	[1.09; 1.11]	44.4%	some concerns
103_g	0.6197	0.2494		1.86	[1.14; 3.03]	1.5%	high
62_g	0.0387	0.0288		1.04	[0.98; 1.10]	32.4%	high
10	−0.1470	0.0480		0.86	[0.79; 0.95]	21.7%	high
Random effects model				**1.03**	**[0.97; 1.10]**	**100.0%**	



Heterogeneity: I^2 = 91%, τ^2 = 0.0021, p < 0.01

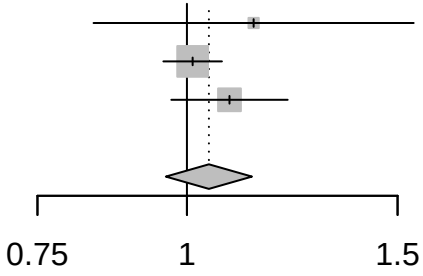
Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
91	0.2292	0.1823		1.26	[0.88; 1.80]	5.5%	high
62_g	0.0791	0.0394		1.08	[1.00; 1.17]	52.7%	high
10	−0.1210	0.0501		0.89	[0.80; 0.98]	41.8%	high
Random effects model				**1.00**	**[0.92; 1.09]**	**100.0%**	



Heterogeneity: I^2 = 82%, τ^2 = 0.0021, p < 0.01

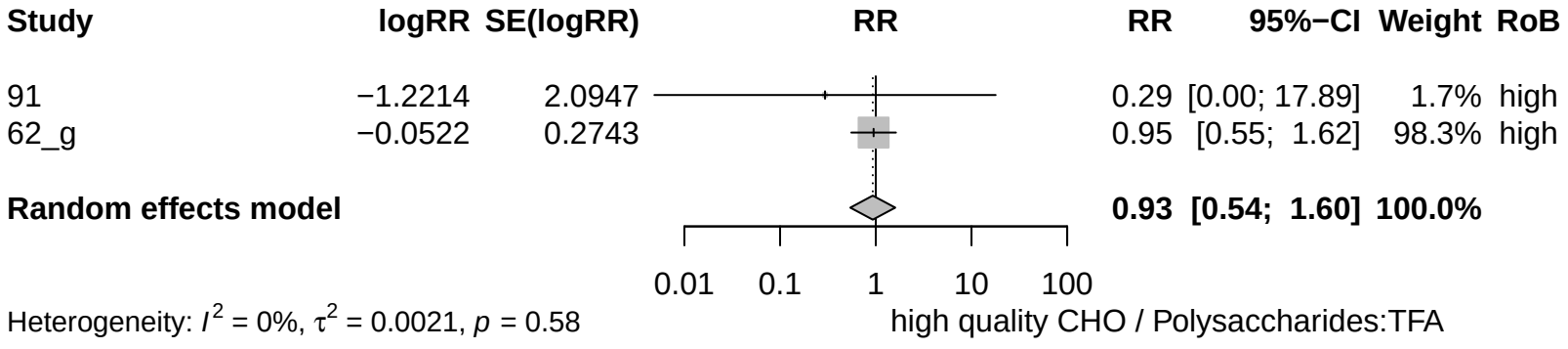
high quality CHO / Polysaccharides:PUFA

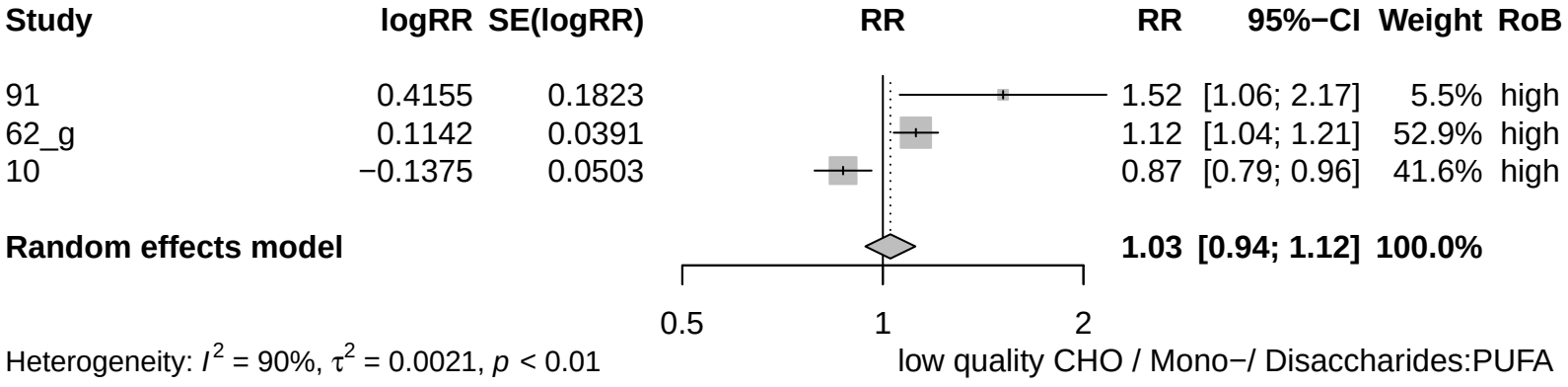
Study	logRR	SE(logRR)	RR	95%−CI	Weight	RoB
91	0.1284	0.1572	1.14	[0.84; 1.55]	6.7%	high
62_g	0.0110	0.0287	1.01	[0.96; 1.07]	60.3%	high
10	0.0820	0.0571	1.09	[0.97; 1.21]	33.1%	high
Random effects model			**1.04**	**[0.96; 1.13]**	**100.0%**	



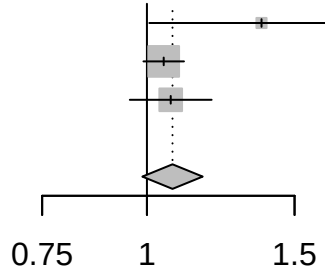
Heterogeneity: I^2 = 0%, τ^2 = 0.0021, p = 0.44

high quality CHO / Polysaccharides:MUFA


Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
91
−1.2214
2.0947
0.29
[0.00; 17.89]
1.7%
high
62_g
−0.0522
0.2743
0.95
[0.55; 1.62]
98.3%
high
Random effects model
0.93
[0.54; 1.60]
100.0%
0.01
0.1
1
10
100
Heterogeneity: I^2 = 0%, τ^2 = 0.0021, p = 0.58
high quality CHO / Polysaccharides:TFA

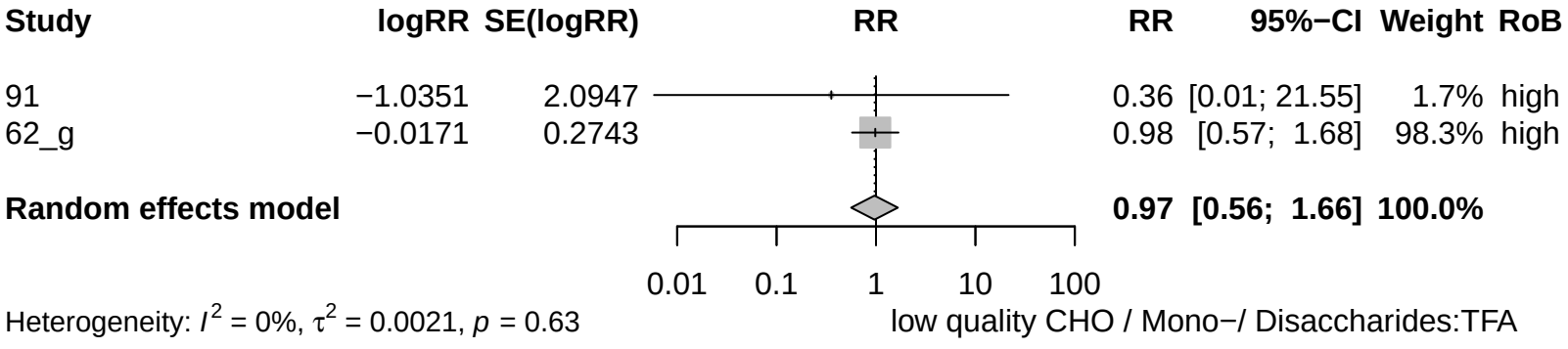

Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
91
0.4155
0.1823
1.52
[1.06; 2.17]
5.5%
high
62_g
0.1142
0.0391
1.12
[1.04; 1.21]
52.9%
high
10
−0.1375
0.0503
0.87
[0.79; 0.96]
41.6%
high
Random effects model
1.03
[0.94; 1.12]
100.0%
0.5
1
2
Heterogeneity: I^2 = 90%, τ^2 = 0.0021, p < 0.01
low quality CHO / Mono−/ Disaccharides:PUFA

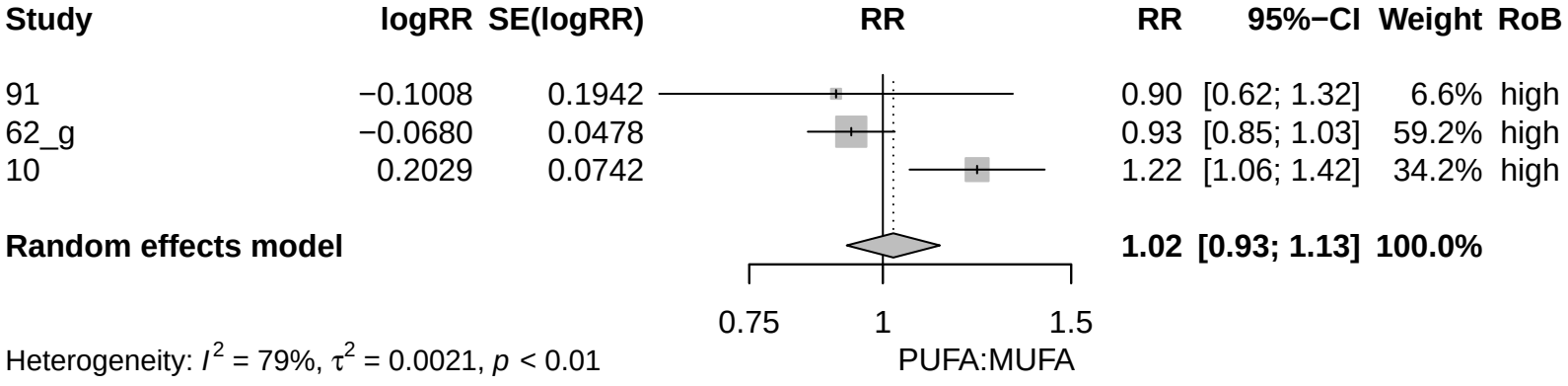
Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
91	0.3147	0.1572		1.37	[1.01; 1.86]	6.6%	high
62_g	0.0461	0.0284		1.05	[0.99; 1.11]	60.5%	high
10	0.0654	0.0573		1.07	[0.95; 1.19]	32.9%	high
Random effects model				**1.07**	**[0.99; 1.17]**	**100.0%**	

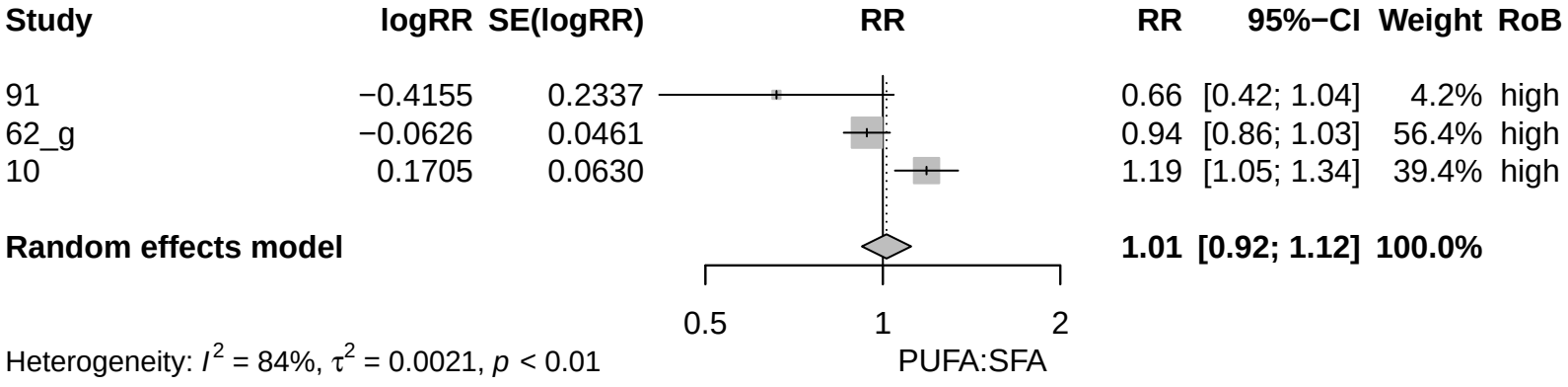


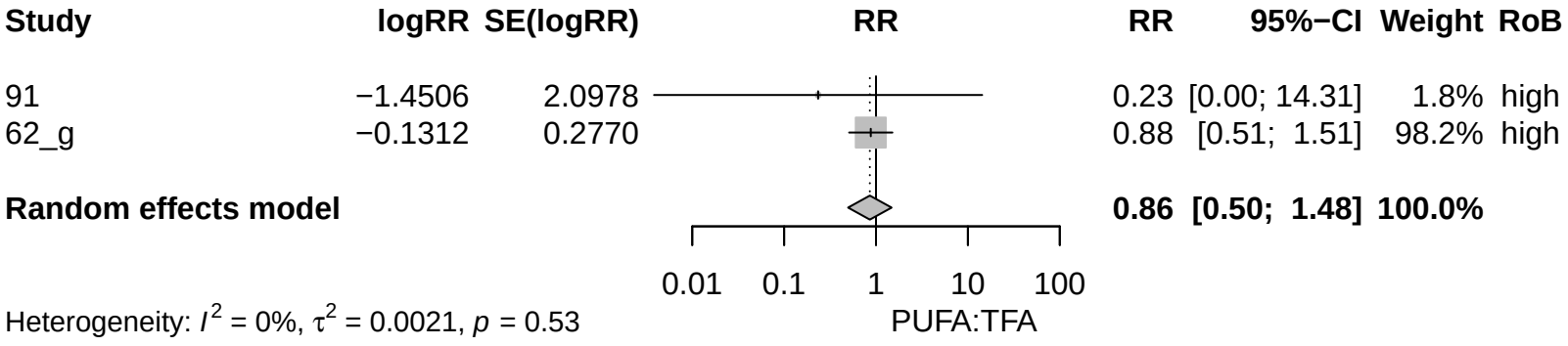
Heterogeneity: I^2 = 30%, τ^2 = 0.0021, p = 0.24

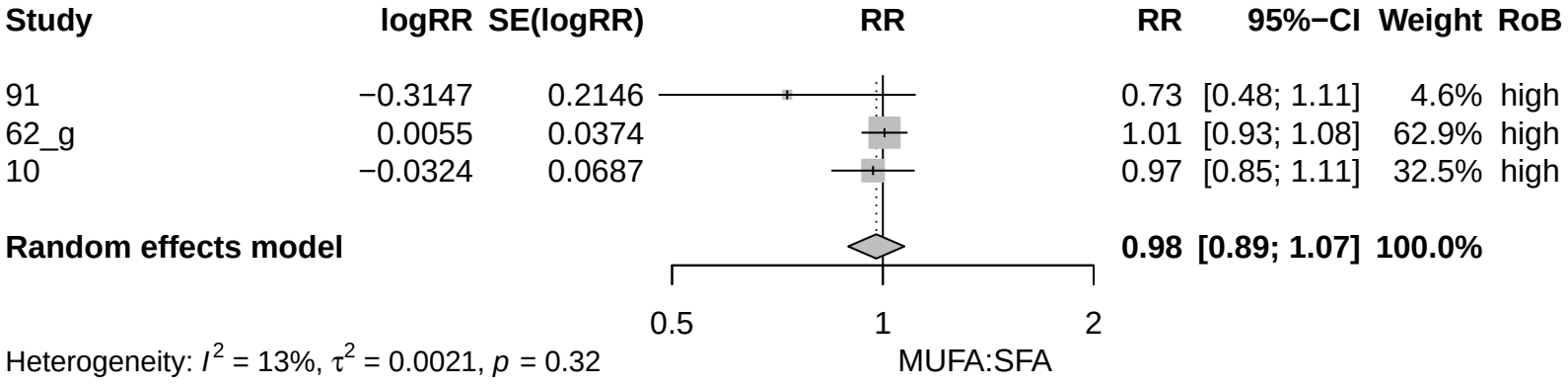
low quality CHO / Mono−/ Disaccharides:MUFA

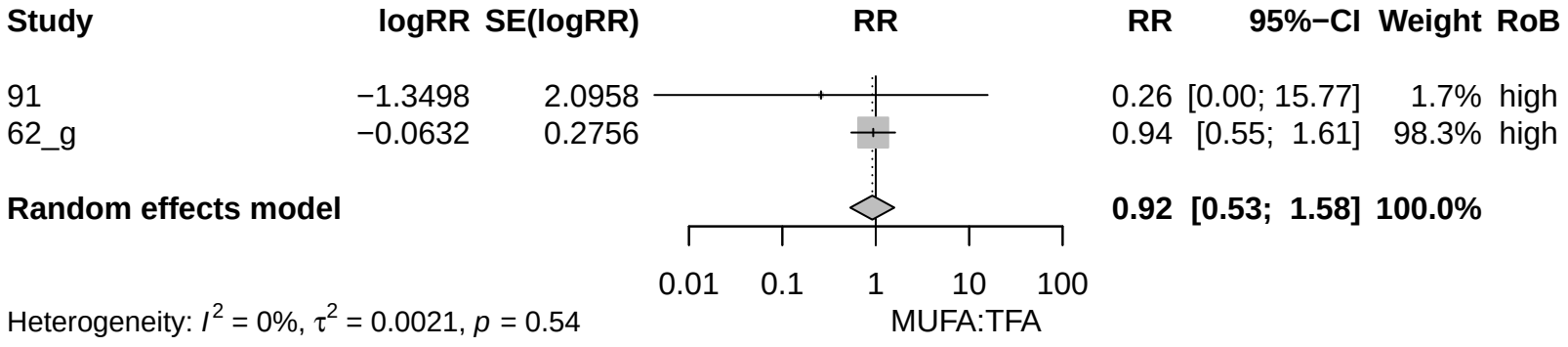

Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
91
−1.0351
2.0947
0.36 [0.01; 21.55]
1.7%
high
62_g
−0.0171
0.2743
0.98 [0.57; 1.68]
98.3%
high
Random effects model
0.97 [0.56; 1.66]
100.0%
0.01
0.1
1
10
100
Heterogeneity: I^2 = 0%, τ^2 = 0.0021, p = 0.63
low quality CHO / Mono−/ Disaccharides:TFA

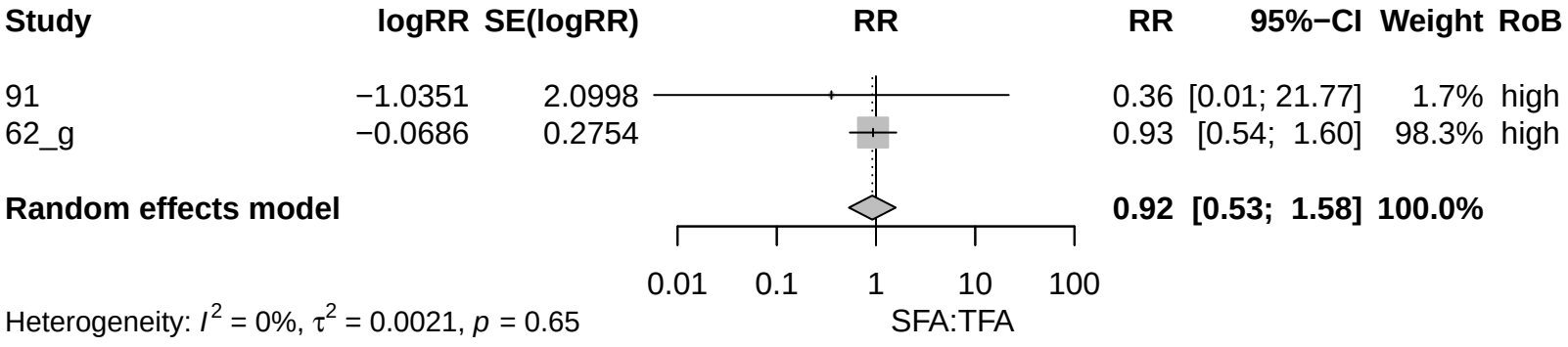

Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
91
−0.1008
0.1942
0.90
[0.62; 1.32]
6.6%
high
62_g
−0.0680
0.0478
0.93
[0.85; 1.03]
59.2%
high
10
0.2029
0.0742
1.22
[1.06; 1.42]
34.2%
high
Random effects model
1.02
[0.93; 1.13]
100.0%
0.75
1
1.5
Heterogeneity: I^2 = 79%, τ^2 = 0.0021, p < 0.01
PUFA:MUFA

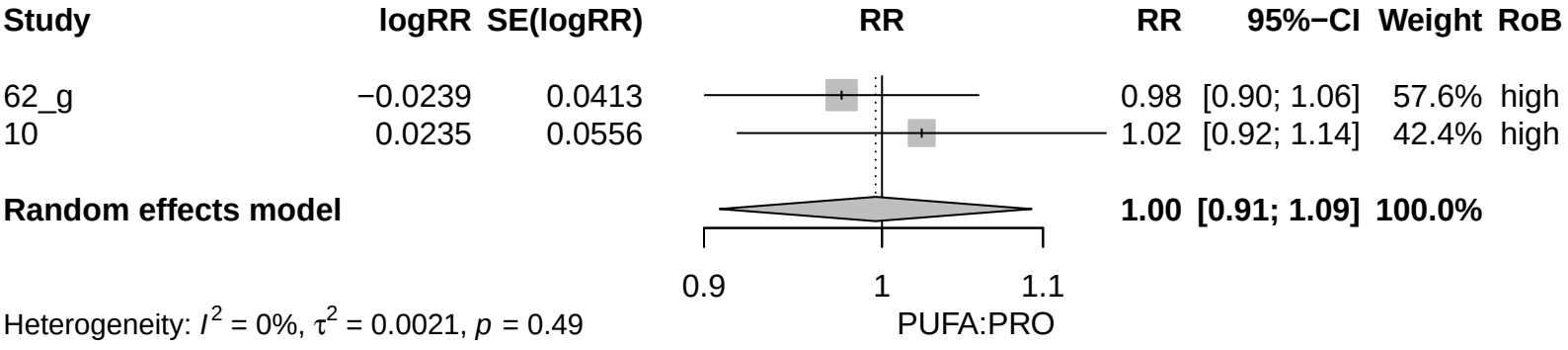

Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
91
−0.4155
0.2337
0.66
[0.42; 1.04]
4.2%
high
62_g
−0.0626
0.0461
0.94
[0.86; 1.03]
56.4%
high
10
0.1705
0.0630
1.19
[1.05; 1.34]
39.4%
high
Random effects model
1.01
[0.92; 1.12]
100.0%
0.5
1
2
Heterogeneity: I^2 = 84%, τ^2 = 0.0021, p < 0.01
PUFA:SFA


Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
91
−1.4506
2.0978
0.23
[0.00; 14.31]
1.8%
high
62_g
−0.1312
0.2770
0.88
[0.51; 1.51]
98.2%
high
Random effects model
0.86
[0.50; 1.48]
100.0%
0.01
0.1
1
10
100
PUFA:TFA
Heterogeneity: I^2 = 0%, τ^2 = 0.0021, p = 0.53

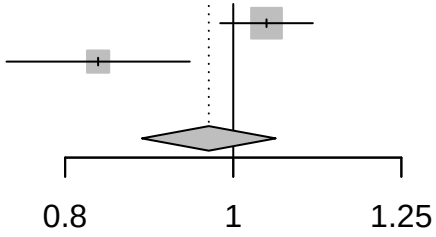

Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
91
−0.3147
0.2146
0.73
[0.48; 1.11]
4.6%
high
62_g
0.0055
0.0374
1.01
[0.93; 1.08]
62.9%
high
10
−0.0324
0.0687
0.97
[0.85; 1.11]
32.5%
high
Random effects model
0.98
[0.89; 1.07]
100.0%
0.5
1
2
Heterogeneity: I^2 = 13%, τ^2 = 0.0021, p = 0.32
MUFA:SFA


Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
91
−1.3498
2.0958
0.26
[0.00; 15.77]
1.7%
high
62_g
−0.0632
0.2756
0.94
[0.55; 1.61]
98.3%
high
Random effects model
0.92
[0.53; 1.58]
100.0%
0.01
0.1
1
10
100
MUFA:TFA
Heterogeneity: I^2 = 0%, τ^2 = 0.0021, p = 0.54

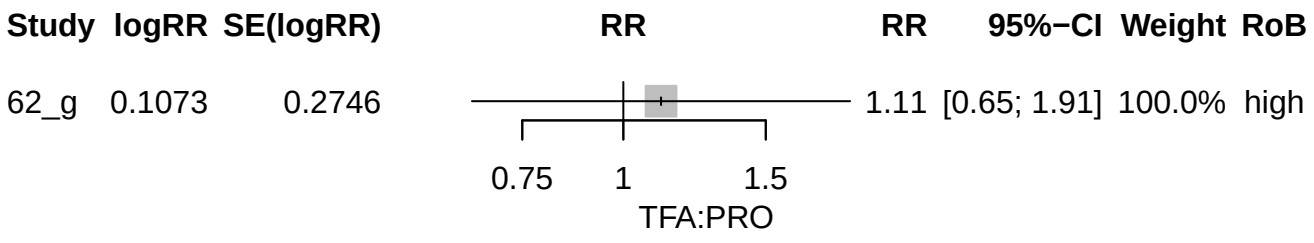

Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
91
−1.0351
2.0998
0.36 [0.01; 21.77]
1.7%
high
62_g
−0.0686
0.2754
0.93 [0.54; 1.60]
98.3%
high
Random effects model
0.92 [0.53; 1.58]
100.0%
0.01
0.1
1
10
100
SFA:TFA
Heterogeneity: I^2 = 0%, τ^2 = 0.0021, p = 0.65


Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
62_g
−0.0239
0.0413
0.98
[0.90; 1.06]
57.6%
high
10
0.0235
0.0556
1.02
[0.92; 1.14]
42.4%
high
Random effects model
1.00
[0.91; 1.09]
100.0%
0.9
1
1.1
Heterogeneity: I^2 = 0%, τ^2 = 0.0021, p = 0.49
PUFA:PRO

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
62_g	0.0441	0.0314		1.05	[0.98; 1.11]	65.7%	high
10	−0.1794	0.0621		0.84	[0.74; 0.94]	34.3%	high
Random effects model				**0.97**	**[0.89; 1.06]**	**100.0%**	



Heterogeneity: I^2 = 90%, τ^2 = 0.0021, p < 0.01


Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
62_g
0.1073
0.2746
1.11
[0.65; 1.91]
100.0%
high
0.75
1
1.5
TFA:PRO