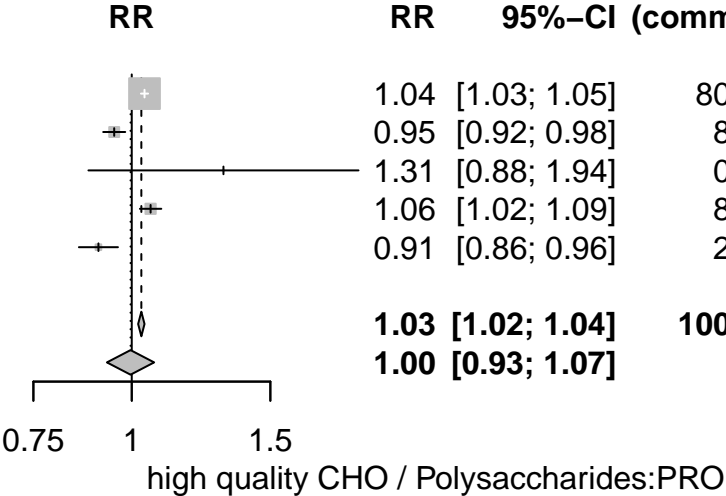
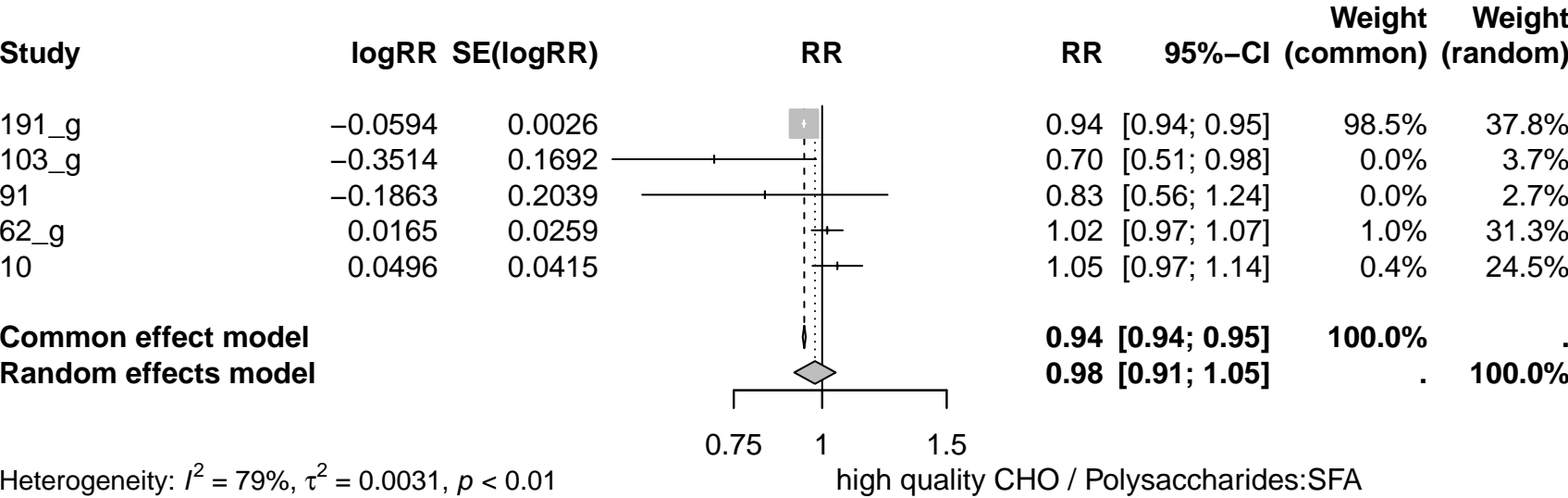


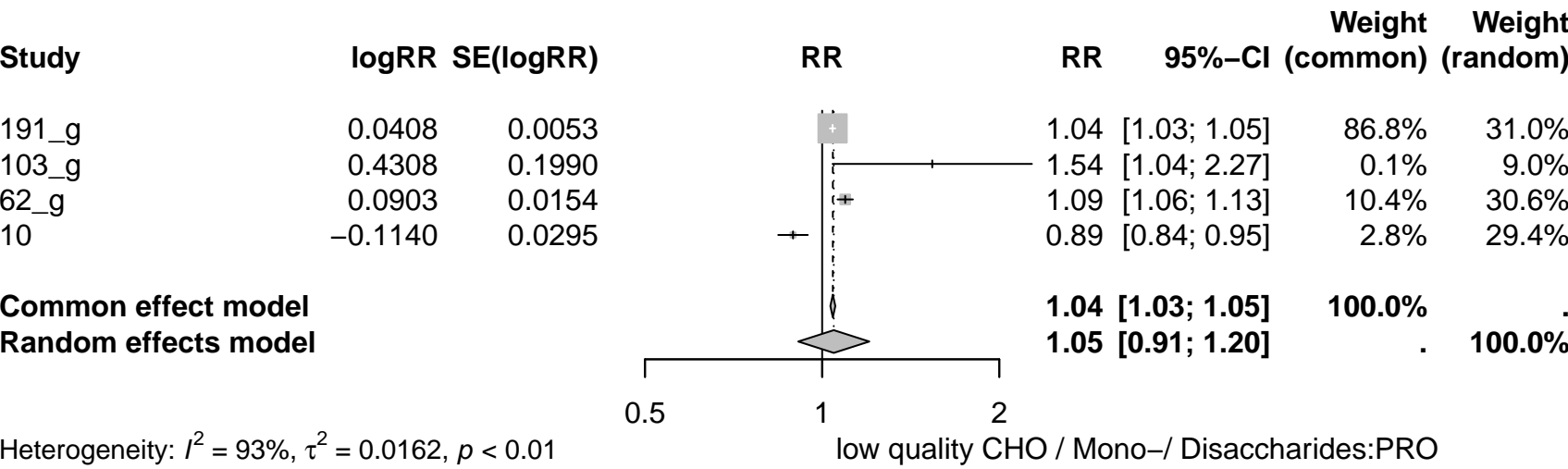
Heterogeneity: $I^2 = 79\%$, $\tau^2 = 0.0006$, $p < 0.01$ high quality CHO / Polysaccharides:low quality CHO / Mo

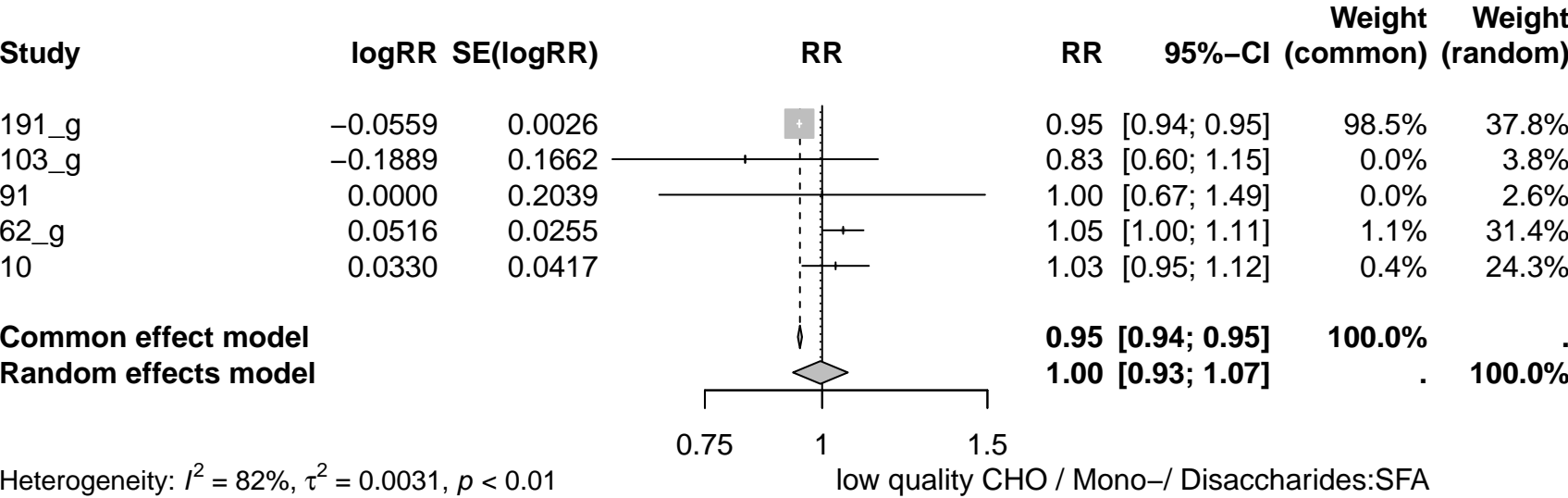
Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight (common)	Weight (random)
191_g	0.0374	0.0053		1.04	[1.03; 1.05]	80.1%	25.9%
190_g	−0.0513	0.0165		0.95	[0.92; 0.98]	8.4%	24.6%
103_g	0.2683	0.2016		1.31	[0.88; 1.94]	0.1%	2.7%
62_g	0.0552	0.0160		1.06	[1.02; 1.09]	8.9%	24.7%
10	−0.0974	0.0291		0.91	[0.86; 0.96]	2.7%	22.1%
Common effect model				1.03	[1.02; 1.04]	100.0%	.
Random effects model				1.00	[0.93; 1.07]	.	100.0%

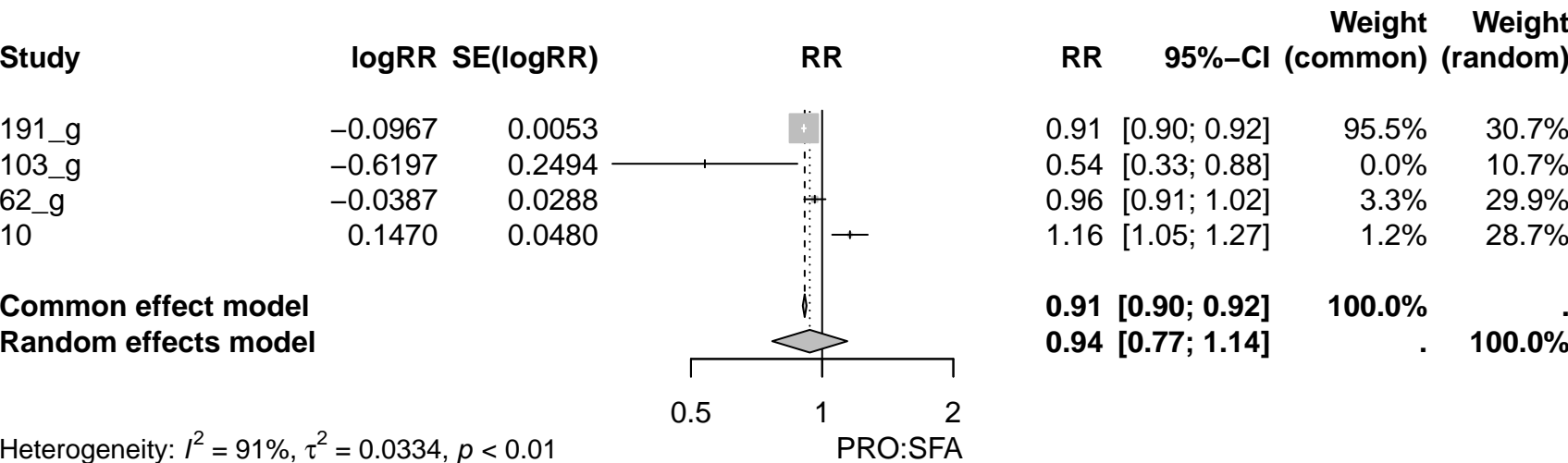
Heterogeneity: $I^2 = 92\%$, $\tau^2 = 0.0048$, $p < 0.01$









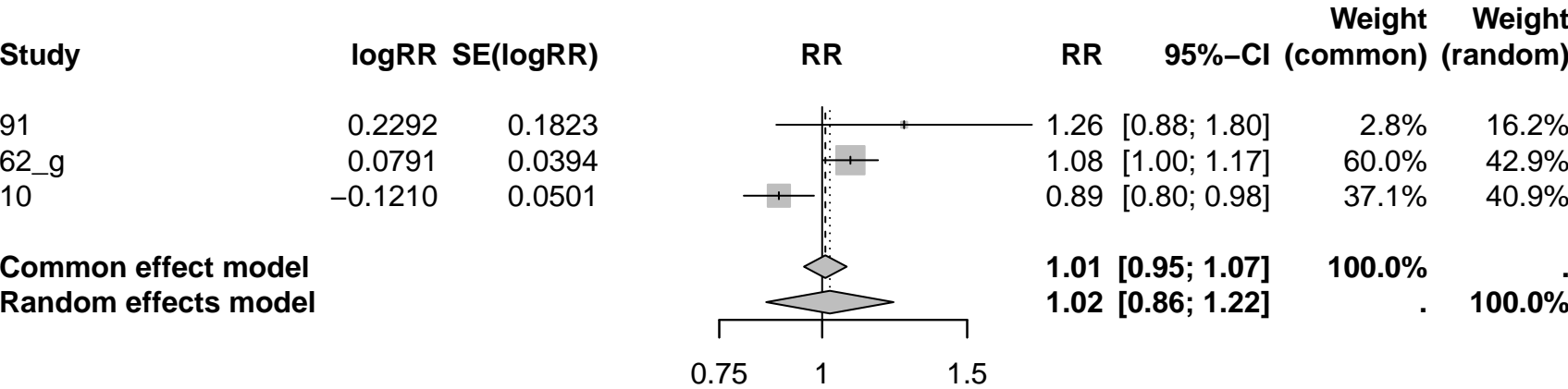


Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight (common)	Weight (random)
91	0.1284	0.1572		1.14	[0.84; 1.55]	2.6%	3.8%
62_g	0.0110	0.0287		1.01	[0.96; 1.07]	77.7%	70.8%
10	0.0820	0.0571		1.09	[0.97; 1.21]	19.7%	25.4%
Common effect model				1.03	[0.98; 1.08]	100.0%	.
Random effects model				1.03	[0.97; 1.10]	.	100.0%

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0.0005$, $p = 0.44$

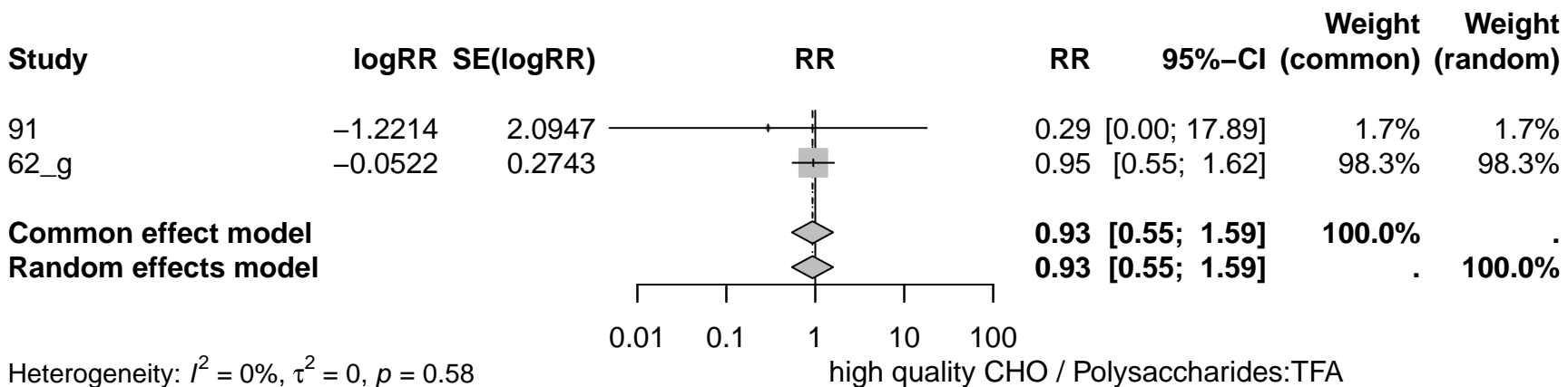
0.75 1 1.5

high quality CHO / Polysaccharides:MUFA

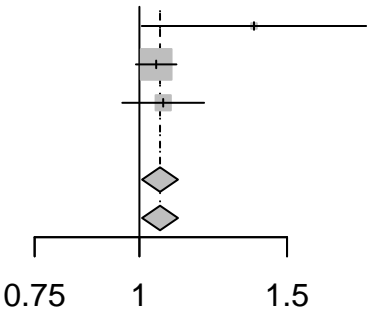


Heterogeneity: $I^2 = 82\%$, $\tau^2 = 0.0177$, $p < 0.01$

high quality CHO / Polysaccharides:PUFA



Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight (common)	Weight (random)
91	0.3147	0.1572		1.37	[1.01; 1.86]	2.6%	2.6%
62_g	0.0461	0.0284		1.05	[0.99; 1.11]	78.2%	78.2%
10	0.0654	0.0573		1.07	[0.95; 1.19]	19.2%	19.3%
Common effect model				1.06	[1.01; 1.11]	100.0%	.
Random effects model				1.06	[1.01; 1.11]	.	100.0%



Heterogeneity: $I^2 = 30\%$, $\tau^2 < 0.0001$, $p = 0.24$

low quality CHO / Mono–/ Disaccharides:MUFA

