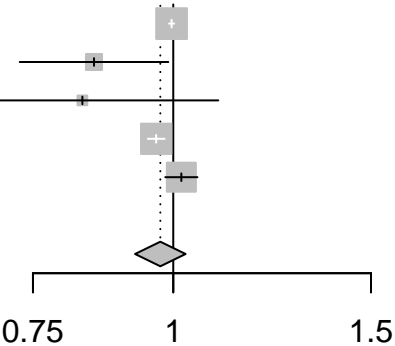


Study	logRR	SE(logRR)	RR	RR	95%-CI	Weight	RoB
191_g	-0.0035	0.0026		1.00	[0.99; 1.00]	30.9%	some concerns
103_g	-0.1625	0.0777		0.85	[0.73; 0.99]	8.4%	high
91	-0.1863	0.1422		0.83	[0.63; 1.10]	3.1%	high
62_g	-0.0351	0.0088		0.97	[0.95; 0.98]	30.0%	high
10	0.0166	0.0168		1.02	[0.98; 1.05]	27.6%	high

Random effects model



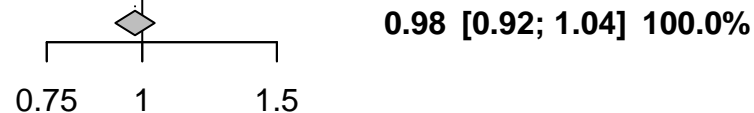
0.97 [0.92; 1.03] 100.0%

Heterogeneity:  $I^2 = 79\%$ ,  $\tau^2 = 0.0023$ ,  $p < 0.01$

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

Study	logRR	SE(logRR)	RR	RR	95%-CI	Weight	RoB
191_g	-0.0594	0.0026		0.94	[0.94; 0.95]	40.5%	some concerns
103_g	-0.3514	0.1692		0.70	[0.51; 0.98]	3.0%	high
91	-0.1863	0.2039		0.83	[0.56; 1.24]	2.1%	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]	23.1%	high

#### Random effects model



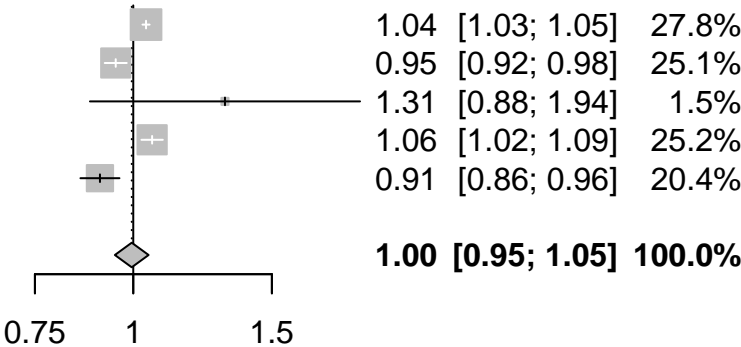
**0.98 [0.92; 1.04] 100.0%**

Heterogeneity:  $I^2 = 79\%$ ,  $\tau^2 = 0.0023$ ,  $p < 0.01$

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]	27.8%	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]	1.5%	high
62_g	0.0552	0.0160		1.06	[1.02; 1.09]	25.2%	high
10	−0.0974	0.0291		0.91	[0.86; 0.96]	20.4%	high

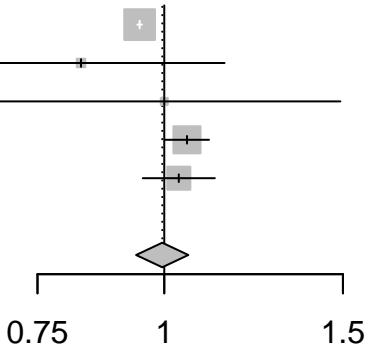
Random effects model



Heterogeneity:  $I^2 = 92\%$ ,  $\tau^2 = 0.0023$ ,  $p < 0.01$

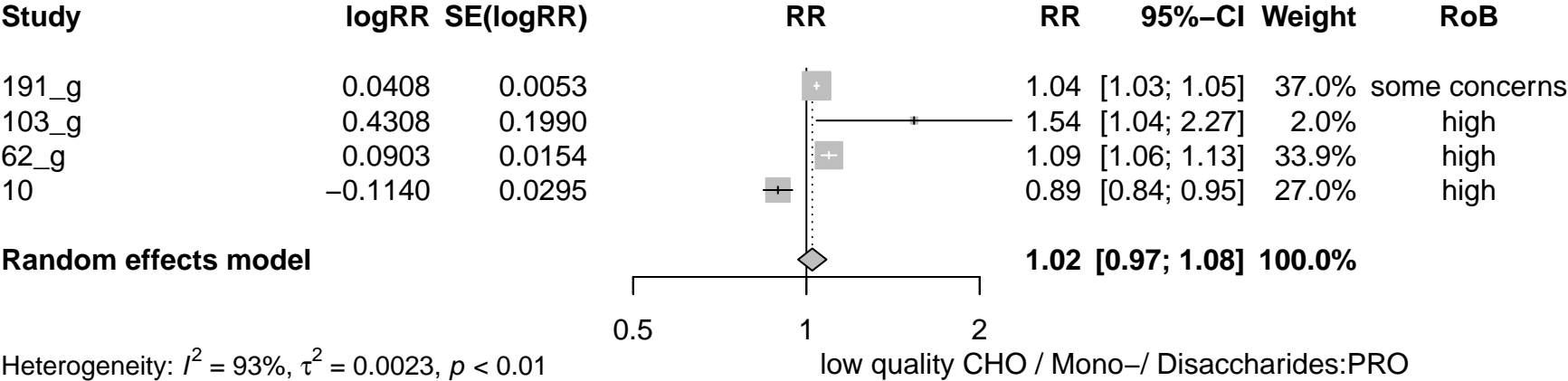
Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight	RoB
191_g	−0.0559	0.0026		0.95	[0.94; 0.95]	40.5%	some concerns
103_g	−0.1889	0.1662		0.83	[0.60; 1.15]	3.1%	high
91	0.0000	0.2039		1.00	[0.67; 1.49]	2.1%	high
62_g	0.0516	0.0255		1.05	[1.00; 1.11]	31.5%	high
10	0.0330	0.0417		1.03	[0.95; 1.12]	22.9%	high

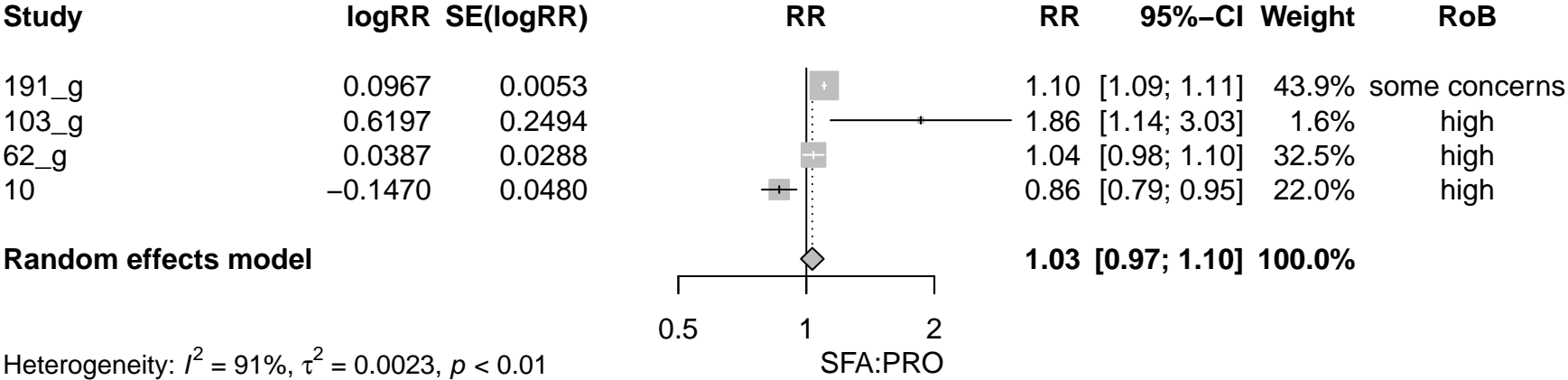
Random effects model



1.00 [0.94; 1.06] 100.0%

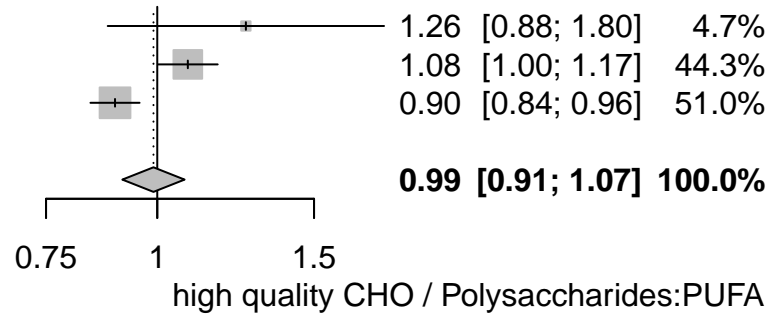
Heterogeneity:  $I^2 = 82\%$ ,  $\tau^2 = 0.0023$ ,  $p < 0.01$  low quality CHO / Mono–/ Disaccharides:SFA





Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight	RoB
91	0.2292	0.1823		1.26	[0.88; 1.80]	4.7%	high
62_g	0.0791	0.0394		1.08	[1.00; 1.17]	44.3%	high
10	-0.1093	0.0324		0.90	[0.84; 0.96]	51.0%	high

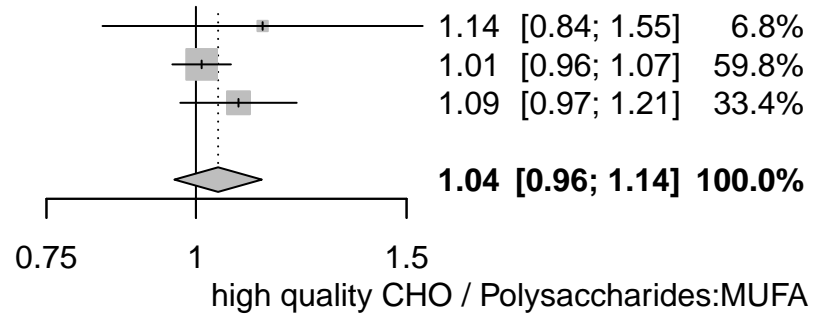
#### Random effects model



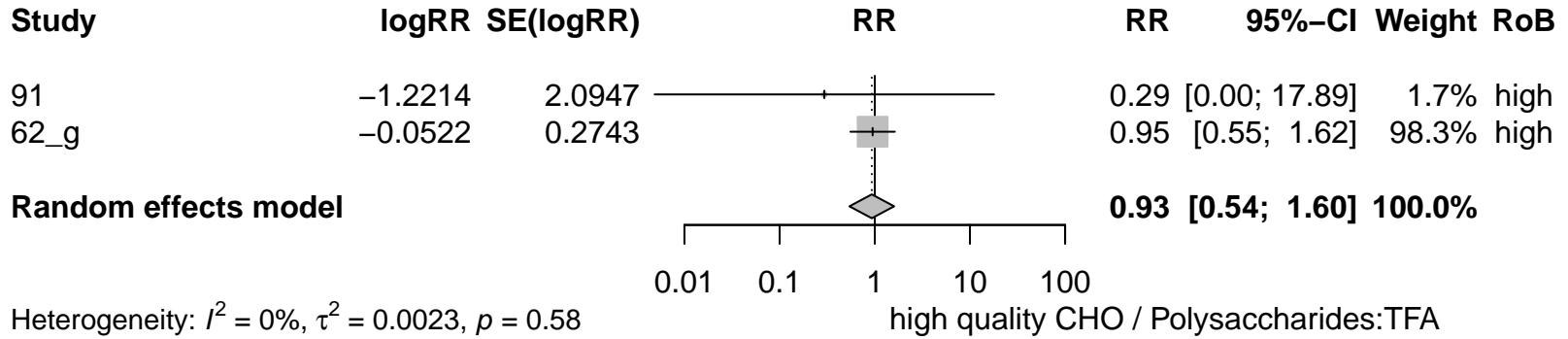
Heterogeneity:  $I^2 = 87\%$ ,  $\tau^2 = 0.0023$ ,  $p < 0.01$

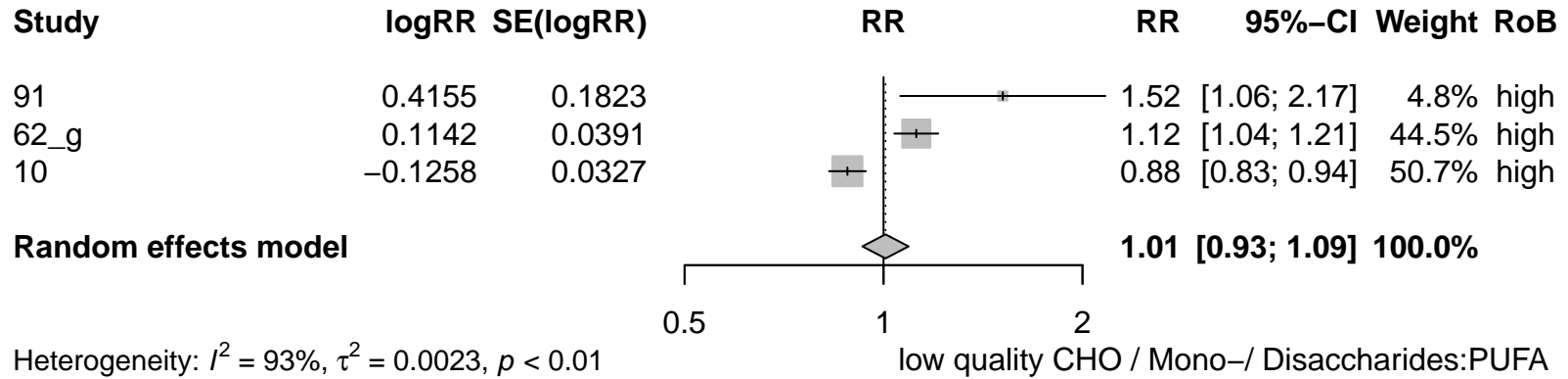
Study	logRR	SE(logRR)	RR	RR	95%-CI	Weight	RoB
91	0.1284	0.1572		1.14	[0.84; 1.55]	6.8%	high
62_g	0.0110	0.0287		1.01	[0.96; 1.07]	59.8%	high
10	0.0820	0.0571		1.09	[0.97; 1.21]	33.4%	high

#### Random effects model



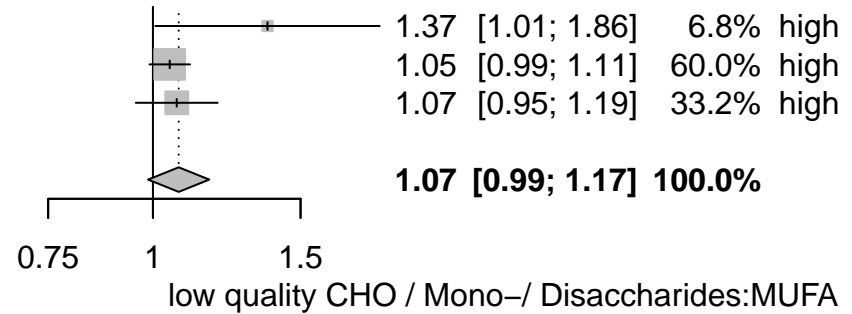






Study	logRR	SE(logRR)	RR	RR	95%-CI	Weight	RoB
91	0.3147	0.1572		1.37	[1.01; 1.86]	6.8%	high
62_g	0.0461	0.0284		1.05	[0.99; 1.11]	60.0%	high
10	0.0654	0.0573		1.07	[0.95; 1.19]	33.2%	high

#### Random effects model



Heterogeneity:  $I^2 = 30\%$ ,  $\tau^2 = 0.0023$ ,  $p = 0.24$

