Common effect i	model			0 00 10 00 1 001	100 0%	
10	0.0166	0.0168	 	1.02 [0.98; 1.05]	2.2%	25.7%
62_g	-0.0351	0.0088	#:	0.97 [0.95; 0.98]	8.0%	33.0%
91	-0.1863	0.1422 -	+ :1	0.83 [0.63; 1.10]	0.0%	1.1%
103_g	-0.1625	0.0777		0.85 [0.73; 0.99]	0.1%	3.6%
191_g	-0.0035	0.0026		1.00 [0.99; 1.00]	89.7%	36.6%

RR

high quality CHO / Polysaccharides:low quality CHO / Mo

1.5

Weight

95%-CI (common) (random)

Weight

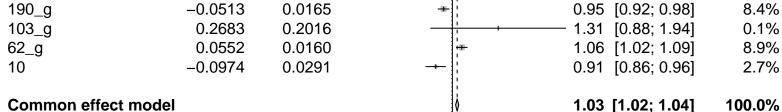
0.99 [0.99; 1.00] Random effects model 0.98 [0.95; 1.01] 100.0%

0.75

Heterogeneity: $I^2 = 79\%$, $\tau^2 = 0.0006$, p < 0.01

logRR SE(logRR)

Study



RR

logRR SE(logRR)

0.0053

0.0374

Study

191_g

Random effects model

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

2.7%

high quality CHO / Polysaccharides:PRO

1.5

RR

1.04 [1.03; 1.05]

1.00 [0.93; 1.07]

Weight

80.1%

95%-CI (common) (random)

Weight

25.9%

24.6%

2.7%

24.7%

22.1%

191_g	-0.0594	0.0026	•	0.94 [0.94; 0.95]	98.5%
103_g	-0.3514	0.1692 -		0.70 [0.51; 0.98]	0.0%
91	-0.1863	0.2039	+ 1:	0.83 [0.56; 1.24]	0.0%
62_g	0.0165	0.0259	\ \ \ \	1.02 [0.97; 1.07]	1.0%
10	0.0496	0.0415	¦ } 	1.05 [0.97; 1.14]	0.4%
			昔		

RR

Common effect model Random effects model 0.98 [0.91; 1.05]

logRR SE(logRR)

Heterogeneity: $I^2 = 79\%$, $\tau^2 = 0.0031$, p < 0.01

Study

0.94 [0.94; 0.95] 100.0%

1.5

RR

high quality CHO / Polysaccharides:SFA

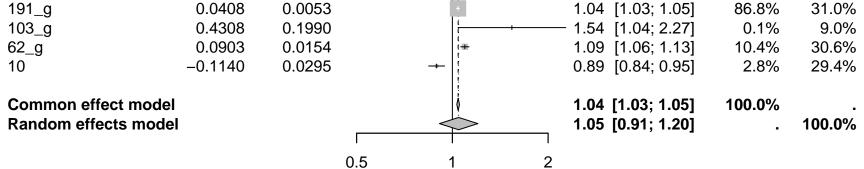
Weight

95%-CI (common) (random)

Weight

37.8% 3.7%

2.7% 31.3% 24.5%



RR

low quality CHO / Mono-/ Disaccharides:PRO

logRR SE(logRR)

Heterogeneity: $I^2 = 93\%$, $\tau^2 = 0.0162$, p < 0.01

Study

Weight

95%-CI (common) (random)

Common effect model			\	0.95 [0.94; 0.95]	100.0%	
10	0.0330	0.0417		1.03 [0.95; 1.12]	0.4%	24.3%
62_g	0.0516	0.0255	; 	1.05 [1.00; 1.11]	1.1%	31.4%
91	0.0000	0.2039		1.00 [0.67; 1.49]	0.0%	2.6%
103_g	-0.1889	0.1662 -		0.83 [0.60; 1.15]	0.0%	3.8%

RR

RR

1.5

0.95 [0.94; 0.95]

1.00 [0.93; 1.07]

low quality CHO / Mono-/ Disaccharides:SFA

logRR SE(logRR)

0.0026

-0.0559

Study

191_g

Random effects model

Heterogeneity: $I^2 = 82\%$, $\tau^2 = 0.0031$, p < 0.01

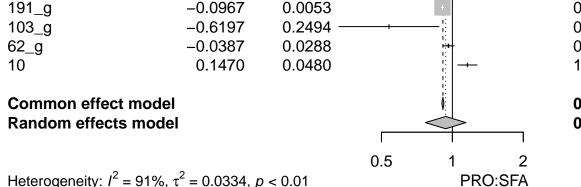
Weight

98.5%

95%-CI (common) (random)

Weight

37.8% 3.8% 2.6%



logRR SE(logRR)

-0.0967

Study

0.91 [0.90; 0.92] 0.54 [0.33; 0.88]

RR

RR

0.96 [0.91; 1.02] 1.16 [1.05; 1.27]

1.2% 100.0%

Weight

95.5%

0.0%

3.3%

95%-CI (common) (random)

Weight

30.7%

10.7%

29.9%

28.7%

100.0%

0.91 [0.90; 0.92]

0.94 [0.77; 1.14]

10 0.0820 0.0571	1.03 [0.98; 1.08]	100.0%
91 0.1284 0.1572 — + 62_g 0.0110 0.0287 —	1.14 [0.84; 1.55] 1.01 [0.96; 1.07] 1.09 [0.97; 1.21]	2.6% 77.7% 19.7%

RR

RR

high quality CHO / Polysaccharides: MUFA

1.5

Weight

95%-CI (common) (random)

Weight

3.8% 70.8% 25.4%

100.0%

Random effects model

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

Study

logRR SE(logRR)



RR

logRR SE(logRR)

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

Study

37.1%

RR

high quality CHO / Polysaccharides: PUFA

1.5

Weight

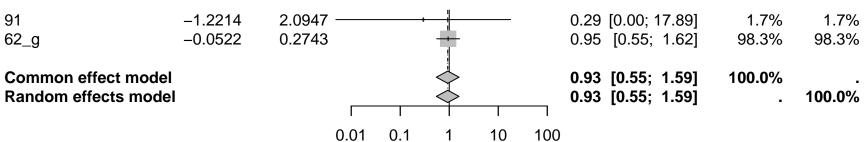
95%-CI (common) (random)

Weight

16.2%

42.9%

40.9%



RR

high quality CHO / Polysaccharides:TFA

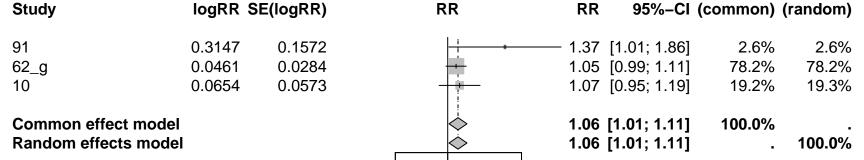
logRR SE(logRR)

Study

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0$, p = 0.58

Weight

95%-CI (common) (random)

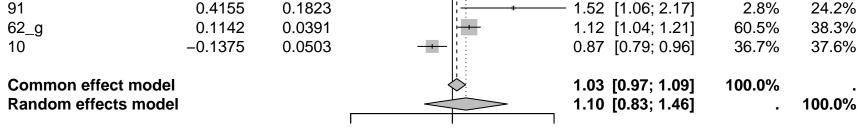


low quality CHO / Mono-/ Disaccharides: MUFA

0.75

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

Weight



RR

RR

low quality CHO / Mono-/ Disaccharides:PUFA

2

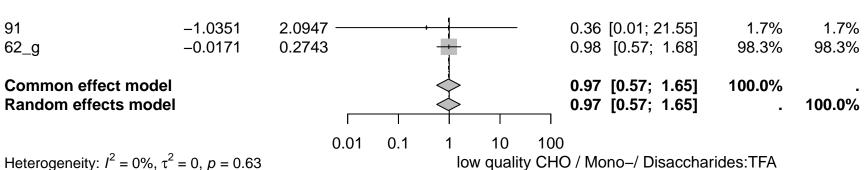
logRR SE(logRR)

Heterogeneity: $I^2 = 90\%$, $\tau^2 = 0.0530$, p < 0.01

Study

Weight

95%-CI (common) (random)



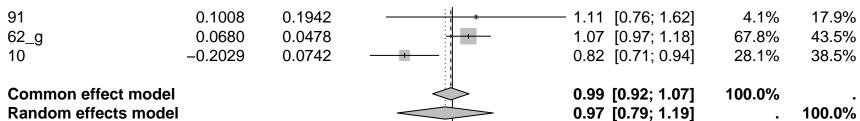
RR

logRR SE(logRR)

Study

Weight

95%-CI (common) (random)



RR

RR

1.5

MUFA:PUFA

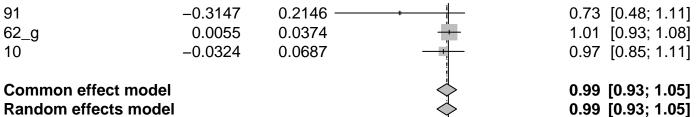
logRR SE(logRR)

Heterogeneity: $I^2 = 79\%$, $\tau^2 = 0.0225$, p < 0.01

Study

Weight

95%-CI (common) (random)



RR

logRR SE(logRR)

Heterogeneity: $I^2 = 13\%$, $\tau^2 < 0.0001$, p = 0.32

Study

1.01 [0.93; 1.08] 0.97 [0.85; 1.11]

RR

2

MUFA:SFA

75.4% 22.3%

100.0%

2.3%

Weight

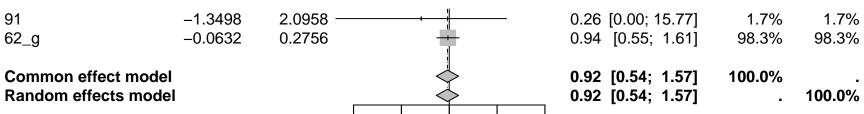
95%-CI (common) (random)

Weight

2.3%

75.4%

22.3%



0.01

RR

10

MUFA:TFA

100

RR

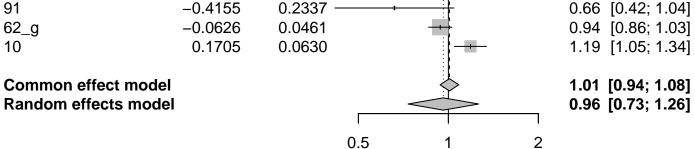
logRR SE(logRR)

Study

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0$, p = 0.54

Weight

95%-CI (common) (random)



PUFA:SFA

logRR SE(logRR)

Heterogeneity: $I^2 = 84\%$, $\tau^2 = 0.0448$, p < 0.01

Study

0.66 [0.42; 1.04] 0.94 [0.86; 1.03] 1.19 [1.05; 1.34] 1.01 [0.94; 1.08]

RR

Weight

2.5%

63.5%

34.0%

100.0%

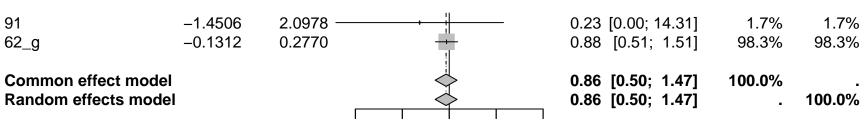
95%-CI (common) (random)

Weight

19.4%

41.1%

39.5%



0.1

RR

10

PUFA:TFA

100

RR

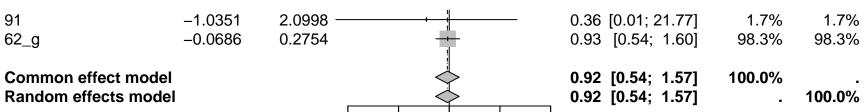
logRR SE(logRR)

Study

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0$, p = 0.53

Weight

95%-CI (common) (random)



0.1

RR

10

SFA:TFA

100

RR

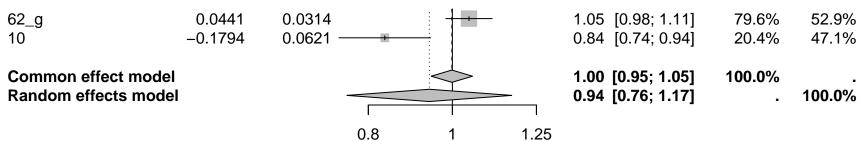
logRR SE(logRR)

Study

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0$, p = 0.65

Weight

95%-CI (common) (random)



MUFA:PRO

RR

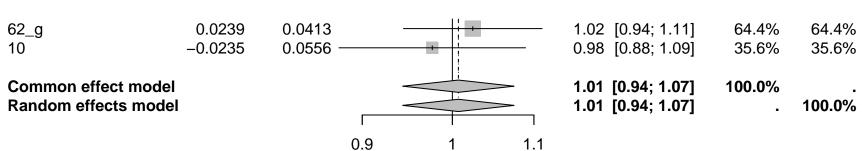
logRR SE(logRR)

Heterogeneity: $I^2 = 90\%$, $\tau^2 = 0.0226$, p < 0.01

Study

Weight

95%-CI (common) (random)



PRO:PUFA

RR

logRR SE(logRR)

Study

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0$, p = 0.49

Weight

95%-CI (common) (random)

