Study	logRR S	E(logRR)	RR	RR	95%-CI	Weight	RoB
191_g 103_g 91 62_g 10	-0.0035 -0.1625 -0.1863 -0.0351 0.0166	0.0026 0.0777 0.1422 - 0.0088 0.0168		0.85 0.83 0.97	[0.99; 1.00] [0.73; 0.99] [0.63; 1.10] [0.95; 0.98] [0.98; 1.05]	8.4% 3.1% 30.0%	some concerns high high high high
Random effects	model		0.75 1	0.97	[0.92; 1.03]	100.0%	

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

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

Study	logRR S	E(logRR)	RR		RR	95%-CI	Weight	RoB
191_g 103_g 91 62_g	-0.0594 -0.3514 -0.1863 0.0165	0.0026 0.1692 — 0.2039 - 0.0259	-	-	0.70 [0.83 [0.94; 0.95] 0.51; 0.98] 0.56; 1.24] 0.97; 1.07]	3.0% 2.1%	some concerns high high high
10	0.0496	0.0415	-		-	0.97; 1.14]		high
Random effects mod	lel				0.98 [0	0.92; 1.04]	100.0%	
			0.75 1	1.5				

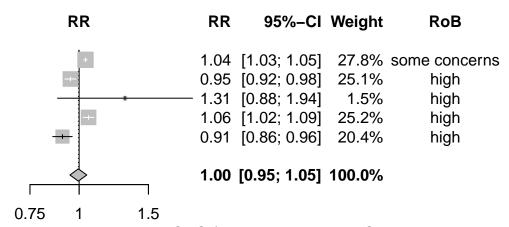
high quality CHO / Polysaccharides:SFA

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

Study	logRR	SE(logRR)
191_g	0.0374	0.0053
190_g	-0.0513	0.0165
103_g	0.2683	0.2016
62_g	0.0552	0.0160
10	-0.0974	0.0291

Random effects model

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



high quality CHO / Polysaccharides:PRO

Study	logRR SE	E(logRR)		RR		RR	95%-CI	Weight	RoB
191_g 103_g 91 62_g 10	-0.0559 -0.1889 0.0000 0.0516 0.0330	0.0026 0.1662 — 0.2039 0.0255 0.0417		-		0.83 1.00 1.05	[0.94; 0.95] [0.60; 1.15] [0.67; 1.49] [1.00; 1.11] [0.95; 1.12]	3.1% 2.1% 31.5%	some concerns high high high high
Random effects mo	del		0.75	1	1.5	1.00	[0.94; 1.06]	100.0%	

low quality CHO / Mono-/ Disaccharides:SFA

Heterogeneity: $I^2 = 82\%$, $\tau^2 = 0.0023$, p < 0.01

Study	logRR S	E(logRR)	RR	RR	95%-CI	Weight	КоВ
191_g 103_g 62_g 10	0.0408 0.4308 0.0903 -0.1140	0.0053 0.1990 0.0154 0.0295	+	— 1.54 [1.09 [1.03; 1.05] 1.04; 2.27] 1.06; 1.13] 0.84; 0.95]	2.0% 33.9%	some concerns high high high
Random effects	s model	_	\rightarrow	1.02 [0	0.97; 1.08]	100.0%	

low quality CHO / Mono-/ Disaccharides:PRO

0.5

Heterogeneity: $I^2 = 93\%$, $\tau^2 = 0.0023$, p < 0.01

Study	logRR S	E(logRR)	RR	RR	95%-CI	Weight	RoB
191_g 103_g 62_g 10	0.0967 0.6197 0.0387 –0.1470	0.0053 0.2494 0.0288 0.0480	=	— 1.86 [1.04 [1.14; 3.03] 0.98; 1.10]	1.6% 32.5%	some concerns high high high
Random effects	s model		<u> </u>	1.03 [0	0.97; 1.10]	100.0%	

SFA:PRO

0.5

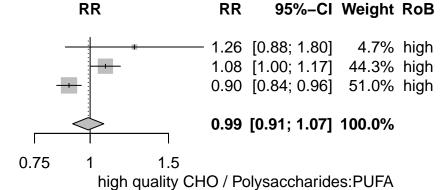
Random effects model

Heterogeneity: $I^2 = 91\%$, $\tau^2 = 0.0023$, p < 0.01

Study	logRR SE(logRR)				
91	0.2292	0.1823			
62_g	0.0791	0.0394			
10	-0.1093	0.0324			

Random effects model

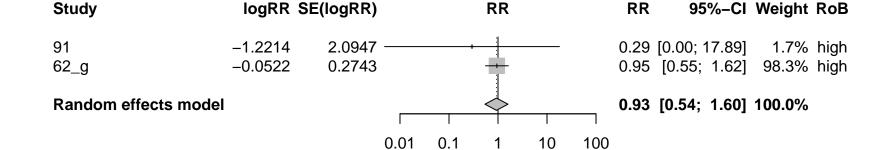
Heterogeneity: $I^2 = 87\%$, $\tau^2 = 0.0023$, p < 0.01



Study	logRR S	E(logRR)		RR	RR	95%-CI	Weight RoB
91 62_g	0.1284 0.0110	0.1572 0.0287				[0.84; 1.55]	6.8% high 59.8% high
02 <u>_</u> g 10	0.0820	0.0571					33.4% high
Random effects	s model				1.04	[0.96; 1.14]	100.0%
			0.75	1	1.5		

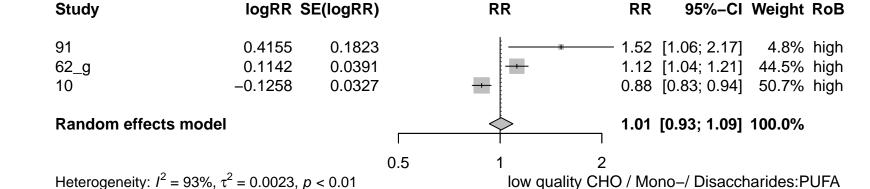
Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0.0023$, p = 0.44

high quality CHO / Polysaccharides:MUFA



high quality CHO / Polysaccharides:TFA

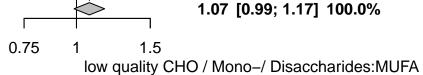
Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0.0023$, p = 0.58

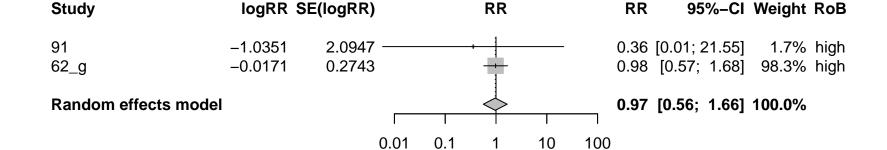


Study	logRR SE(logRR)	RR	RR	95%-CI Weigh	t RoB
91 62_g 10	0.31470.15720.04610.02840.06540.0573		1.05	[1.01; 1.86] 6.8% [0.99; 1.11] 60.0% [0.95; 1.19] 33.2%	

Random effects model

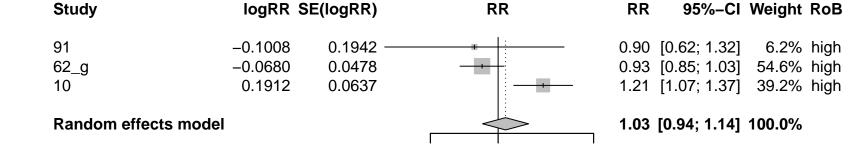
Heterogeneity: $I^2 = 30\%$, $\tau^2 = 0.0023$, p = 0.24





low quality CHO / Mono-/ Disaccharides:TFA

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0.0023$, p = 0.63

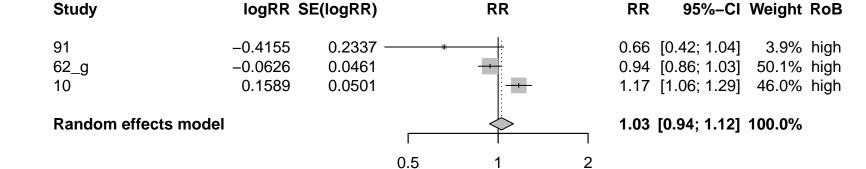


0.75

Heterogeneity: $I^2 = 82\%$, $\tau^2 = 0.0023$, p < 0.01

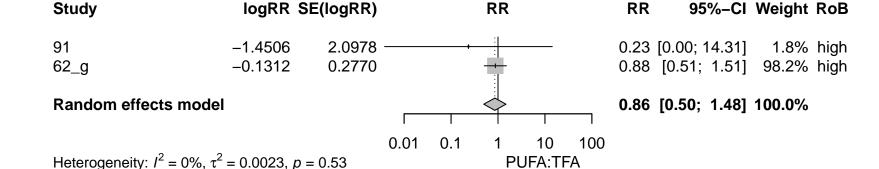
1.5

PUFA:MUFA

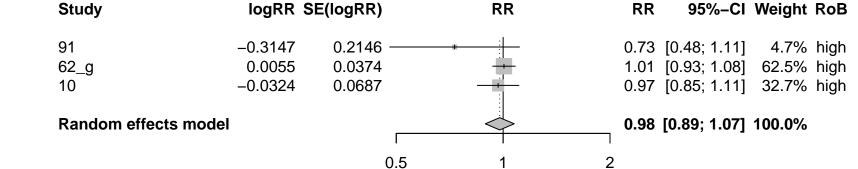


PUFA:SFA

Heterogeneity: $I^2 = 86\%$, $\tau^2 = 0.0023$, p < 0.01

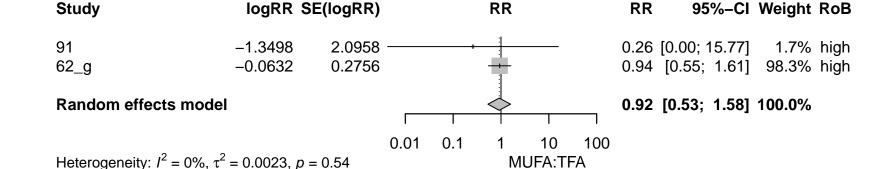


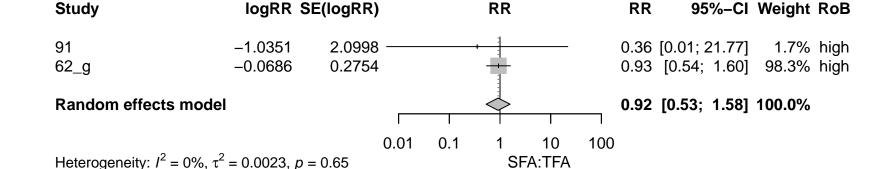
PUFA:TFA

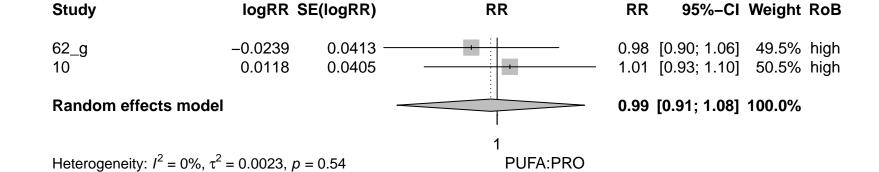


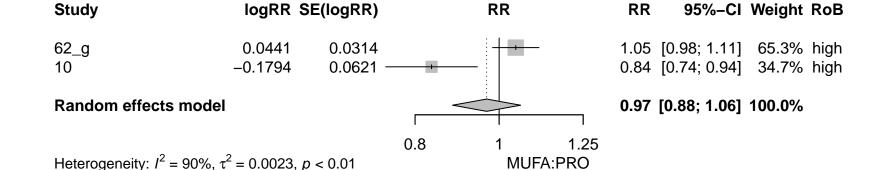
MUFA:SFA

Heterogeneity: $I^2 = 13\%$, $\tau^2 = 0.0023$, p = 0.32



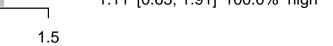








95%-CI Weight RoB



RR

RR

TFA:PRO

0.75

Study logRR SE(logRR)

0.2746

62_g 0.1073