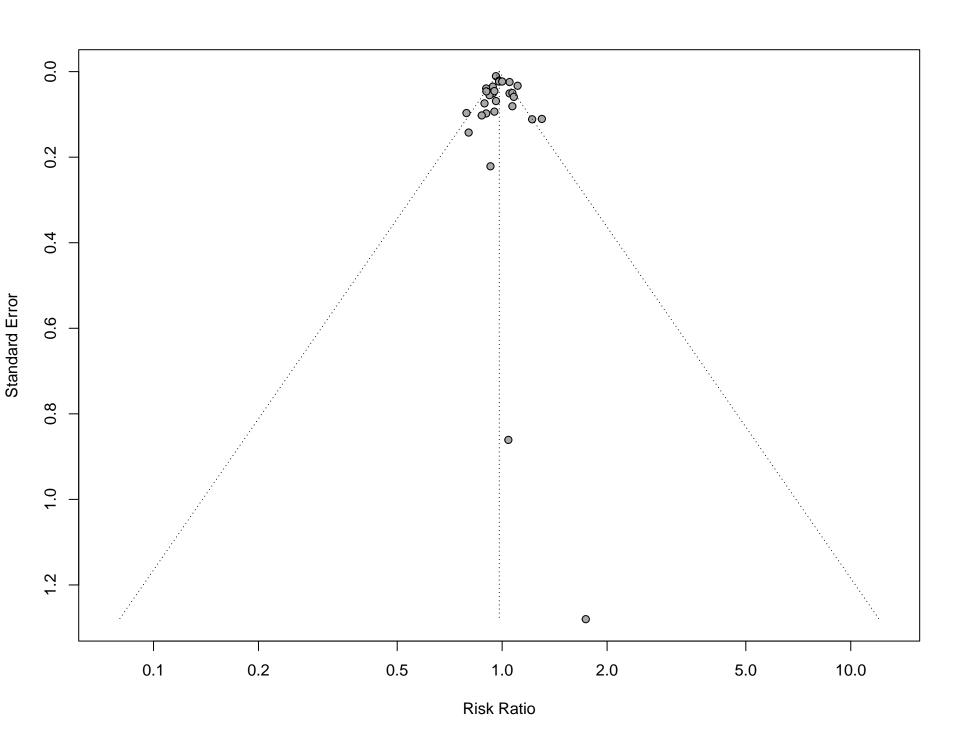
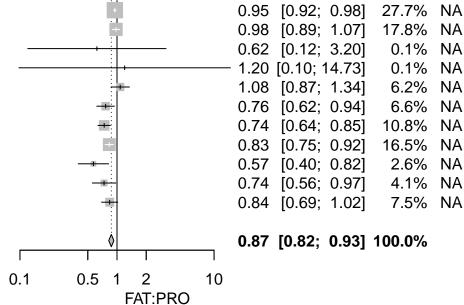
| Study | logRR | SE(logRR) | | RR | | RR | 95%-CI | Weight | RoB |
|--|---------|-----------|-------|--------------|-------------|--------|---------------|--------|-----|
| 62_a | -0.0408 | 0.0106 | | + | | 0.96 | [0.94; 0.98] | 7.3% | NA |
| 212_a | -0.0619 | 0.0351 | | + | | | [0.88; 1.01] | 5.5% | NA |
| 152_yfs | 0.0410 | 0.8609 | _ | | | 1.04 | [0.19; 5.63] | 0.0% | NA |
| 152_nqplus | 0.5525 | 1.2800 | | + | | - 1.74 | [0.14; 21.35] | 0.0% | NA |
| 152_lifelines | 0.1981 | 0.1115 | | = | | | [0.98; 1.52] | | NA |
| 148_a | 0.1021 | 0.0331 | | + | | | [1.04; 1.18] | | NA |
| 136_a | -0.0202 | 0.0208 | | + | | 0.98 | [0.94; 1.02] | 6.7% | NA |
| 118 | -0.0607 | 0.0505 | | + | | 0.94 | [0.85; 1.04] | 4.2% | NA |
| 116_wghs_a | 0.0488 | 0.0243 | | + | | 1.05 | [1.00; 1.10] | 6.4% | NA |
| 116_rsl_a | 0.0488 | 0.0509 | | + | | 1.05 | [0.95; 1.16] | 4.2% | NA |
| 116_mesa_a | -0.0513 | 0.0936 | | + | | | [0.79; 1.14] | 2.1% | NA |
| 116_mdc_a | -0.0834 | 0.0551 | | + | | | [0.83; 1.02] | 3.9% | NA |
| 116_inter_a | 0.0677 | 0.0500 | | + | | | [0.97; 1.18] | 4.3% | NA |
| 116_hpfs_a | -0.0513 | 0.0455 | | + | | 0.95 | [0.87; 1.04] | 4.6% | NA |
| 116_health_a | 0.2624 | 0.1106 | | - | | 1.30 | [1.05; 1.61] | 1.6% | NA |
| 116_finrisk_a | -0.2357 | 0.0968 | | - | | 0.79 | [0.65; 0.96] | 2.0% | NA |
| 116_fhs_a | -0.0408 | 0.0688 | | | | 0.96 | [0.84; 1.10] | 3.1% | NA |
| 116_epic_a | -0.0202 | 0.0233 | | + | | 0.98 | [0.94; 1.03] | 6.5% | NA |
| 116_dch_a | 0.0677 | 0.0810 | | * | | 1.07 | [0.91; 1.25] | 2.5% | NA |
| 116_chs_a | -0.1165 | 0.0742 | | = | | | [0.77; 1.03] | 2.8% | NA |
| 116_bhs_a | -0.1054 | 0.0977 | | = | | 0.90 | [0.74; 1.09] | 1.9% | NA |
| 116_aric_a | -0.1054 | 0.0393 | | + | | 0.90 | [0.83; 0.97] | 5.1% | NA |
| 94 | -0.1044 | 0.0461 | | + | | 0.90 | [0.82; 0.99] | 4.6% | NA |
| 52_a | 0.0770 | 0.0590 | | | | 1.08 | [0.96; 1.21] | 3.7% | NA |
| 37 | 0.0000 | 0.0231 | | + | | 1.00 | [0.96; 1.05] | 6.5% | NA |
| 23_RSIII_a | -0.0772 | 0.2213 | | | | 0.93 | [0.60; 1.43] | 0.5% | NA |
| 23_RSII_a | -0.2213 | 0.1424 | | | | 0.80 | [0.61; 1.06] | 1.0% | NA |
| 23_RSI_a | -0.1347 | 0.1024 | | - | | 0.87 | [0.71; 1.07] | 1.8% | NA |
| Random effects mode | el | | | 1 1 | | 0.98 | [0.95; 1.01] | 100.0% | |
| | | | 0.1 | 0.5 1 2 | 10 | | | | |
| Heterogeneity: $I^2 = 61\%$, $\tau^2 = 0.0033$, $p < 0.01$ | | | FAT:0 | CHO | | | | | |



| Study | logRR S | E(logRR) |
|---------------|---------|----------|
| 62_a | -0.0508 | 0.0152 |
| 212_a | -0.0227 | 0.0465 |
| 152_yfs | -0.4766 | 0.8369 |
| 152_nqplus | 0.1814 | 1.2800 |
| 152_lifelines | 0.0761 | 0.1115 |
| 150_a | -0.2700 | 0.1066 |
| 148_a | -0.3042 | 0.0751 |
| 37 | -0.1823 | 0.0508 |
| 23_RSIII_a | -0.5596 | 0.1840 |
| 23_RSII_a | -0.3075 | 0.1424 |
| 23_RSI_a | -0.1740 | 0.0982 |

Random effects model

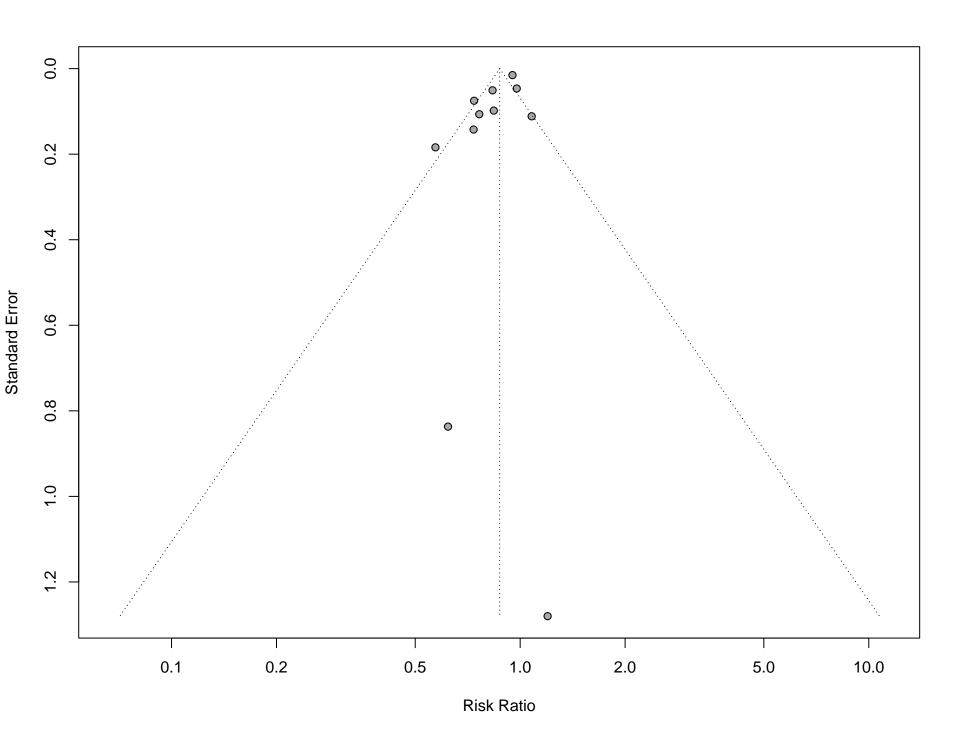
Heterogeneity: $I^2 = 70\%$, $\tau^2 = 0.0033$, p < 0.01



RR

95%-CI Weight RoB

RR



| Study | logRR S | E(logRR) | RR | RR | 95%-CI | Weight | RoB |
|---|--|--|--|--|---|--|--|
| Study 62_a 216_a 212_a 195 172_a 167 152_yfs 152_nqplus 152_lifelines 148_a 114_hpfs_a 114_nhsll_a | -0.0100 -0.1398 0.0392 -0.0060 0.0503 -0.1591 -0.5175 -0.3711 -0.1220 -0.4063 -0.1215 -0.0266 | 0.0152 0.0708 0.0367 0.1028 0.1412 0.0462 0.8609 1.2078 0.1096 0.0751 0.0419 0.0366 | ************************************** | 0.99 0.87 1.04 0.99 1.05 0.85 0.60 0.69 0.89 0.67 0.89 | 95%-CI [0.96; 1.02] [0.76; 1.00] [0.97; 1.12] [0.81; 1.22] [0.80; 1.39] [0.78; 0.93] [0.11; 3.22] [0.06; 7.36] [0.71; 1.10] [0.57; 0.77] [0.82; 0.96] [0.91; 1.05] | 13.9% 5.9% 10.5% 3.5% 2.1% 9.0% 0.1% | NA NA NA NA NA NA NA NA NA NA NA NA |
| 114_nhs_a 37 23_RSIII_a 23_RSII_a 23_RSI_a | -0.0579 -0.1823 -0.4824 -0.0862 -0.0392 | 0.0328 0.0508 0.2213 0.1406 0.1024 | + + + + - - - - - - - - - - | 0.83 0.62 0.92 0.96 | [0.89; 1.01] [0.75; 0.92] [0.40; 0.95] [0.70; 1.21] [0.79; 1.18] | 11.2% 8.3% 0.9% 2.1% 3.5% | NA NA NA NA |
| Random effects mode Heterogeneity: $I^2 = 72\%$ | | < 0.01 | 0.1 0.5 1 2 10 CHO:PRO | 0.91 | [0.88; 0.95] | 100.0% | |

