Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight (common)	Weight (random)
196_c	−0.0765	0.0137		0.93	[0.90; 0.95]	85.8%	85.8%
115_c	−0.0421	0.0974		0.96	[0.79; 1.16]	1.7%	1.7%
53_hpfs	−0.1335	0.0562		0.87	[0.78; 0.98]	5.1%	5.1%
53_nhs	−0.1105	0.0465		0.90	[0.82; 0.98]	7.4%	7.4%
Common effect model				**0.92**	**[0.90; 0.95]**	**100.0%**	**.**
Random effects model				**0.92**	**[0.90; 0.95]**	**.**	**100.0%**

0.8   1   1.25

CHO:MUFA−A

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0$, $p = 0.67$

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight (common)	Weight (random)
196_c	0.0613	0.0142		1.06	[1.03; 1.09]	78.4%	40.1%
115_c	0.2248	0.0901		1.25	[1.05; 1.49]	1.9%	9.6%
53_hpfs	0.1278	0.0465		1.14	[1.04; 1.24]	7.3%	22.4%
53_nhs	0.1508	0.0357		1.16	[1.08; 1.25]	12.4%	28.0%
Common effect model				**1.08**	**[1.06; 1.11]**	**100.0%**	**.**
Random effects model				**1.12**	**[1.06; 1.20]**	**.**	**100.0%**

0.8   1   1.25

CHO:MUFA−P

Heterogeneity: $I^2 = 68\%$, $\tau^2 = 0.0023$, $p = 0.03$

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight (common)	Weight (random)
196_c	−0.1012	0.0206		0.90	[0.87; 0.94]	77.9%	43.2%
115_c	0.0623	0.0791		1.06	[0.91; 1.24]	5.3%	15.8%
53_hpfs	−0.0829	0.0779		0.92	[0.79; 1.07]	5.4%	16.1%
53_nhs	0.0000	0.0536		1.00	[0.90; 1.11]	11.5%	25.0%
Common effect model				**0.92**	**[0.89; 0.96]**	**100.0%**	**.**
Random effects model				**0.95**	**[0.89; 1.03]**	**.**	**100.0%**

0.8   1   1.25

CHO:SFA

Heterogeneity: $I^2 = 54\%$, $\tau^2 = 0.0029$, $p = 0.09$

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight (common)	Weight (random)
196_c	0.1378	0.0142		1.15	[1.12; 1.18]	84.2%	37.3%
115_c	0.2669	0.0791		1.31	[1.12; 1.52]	2.7%	15.3%
53_hpfs	0.2614	0.0562		1.30	[1.16; 1.45]	5.3%	21.9%
53_nhs	0.2614	0.0465		1.30	[1.19; 1.42]	7.8%	25.5%
Common effect model				**1.17**	**[1.14; 1.20]**	**100.0%**	**.**
Random effects model				**1.24**	**[1.15; 1.34]**	**.**	**100.0%**

0.75 1 1.5

MUFA−A:MUFA−P
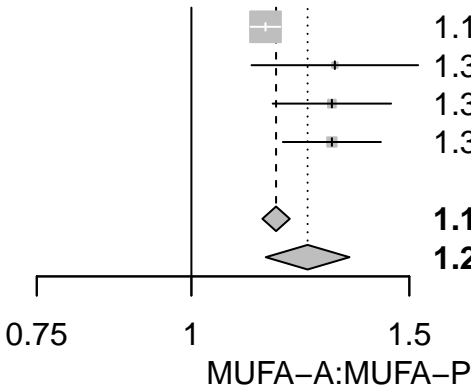
Heterogeneity: $I^2 = 75\%$, $\tau^2 = 0.0040$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight (common)	Weight (random)
196_c	−0.0247	0.0206		0.98	[0.94; 1.02]	78.8%	41.2%
115_c	0.1044	0.0663		1.11	[0.97; 1.26]	7.6%	20.7%
53_hpfs	0.0506	0.0840		1.05	[0.89; 1.24]	4.7%	15.6%
53_nhs	0.1105	0.0614		1.12	[0.99; 1.26]	8.9%	22.5%
Common effect model				**1.00**	**[0.97; 1.04]**	**100.0%**	**.**
Random effects model				**1.05**	**[0.96; 1.13]**	**.**	**100.0%**

0.8   1   1.25

MUFA−A:SFA

Heterogeneity: $I^2 = 60\%$, $\tau^2 = 0.0036$, $p = 0.06$

Study	logRR	SE(logRR)	RR	RR	95%-CI	Weight (common)	Weight (random)
196_c	−0.1625	0.0209		0.85	[0.82; 0.89]	73.1%	73.1%
115_c	−0.1625	0.0550		0.85	[0.76; 0.95]	10.6%	10.6%
53_hpfs	−0.2107	0.0779		0.81	[0.70; 0.94]	5.3%	5.3%
53_nhs	−0.1508	0.0536		0.86	[0.77; 0.96]	11.1%	11.1%
Common effect model				**0.85**	**[0.82; 0.88]**	**100.0%**	**.**
Random effects model				**0.85**	**[0.82; 0.88]**	**.**	**100.0%**

0.8 1 1.25

MUFA−P:SFA

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0$, $p = 0.93$

Study	logRR	SE(logRR)	RR	RR	95%-CI	Weight (common)	Weight (random)
53_hpfs	−0.0536	0.1362		0.95	[0.73; 1.24]	34.8%	34.8%
53_nhs	−0.1405	0.0994		0.87	[0.72; 1.06]	65.2%	65.2%
Common effect model				**0.90**	**[0.77; 1.05]**	**100.0%**	**.**
Random effects model				**0.90**	**[0.77; 1.05]**	**.**	**100.0%**

0.8 1 1.25

CHO:TFA

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0$, $p = 0.61$

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight (common)	Weight (random)
53_hpfs	0.0799	0.1398		1.08	[0.82; 1.42]	35.5%	35.5%
53_nhs	−0.0300	0.1038		0.97	[0.79; 1.19]	64.5%	64.5%
Common effect model				**1.01**	**[0.86; 1.19]**	**100.0%**	**.**
Random effects model				**1.01**	**[0.86; 1.19]**	**.**	**100.0%**

0.8 1 1.25

MUFA−A:TFA

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

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight (common)	Weight (random)
53_hpfs	−0.1814	0.1362		0.83	[0.64; 1.09]	34.8%	34.8%
53_nhs	−0.2913	0.0994		0.75	[0.61; 0.91]	65.2%	65.2%
Common effect model				**0.78**	**[0.66; 0.91]**	**100.0%**	**.**
Random effects model				**0.78**	**[0.66; 0.91]**	**.**	**100.0%**

0.75　1　1.5

MUFA−P:TFA

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0$, $p = 0.51$

Study	logRR	SE(logRR)	RR	RR	95%-CI	Weight (common)	Weight (random)
53_hpfs	0.0293	0.1499		1.03	[0.77; 1.38]	33.8%	33.8%
53_nhs	−0.1405	0.1072		0.87	[0.70; 1.07]	66.2%	66.2%
Common effect model				**0.92**	**[0.78; 1.09]**	**100.0%**	**.**
Random effects model				**0.92**	**[0.78; 1.09]**	**.**	**100.0%**

0.8 1 1.25

SFA:TFA

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0$, $p = 0.36$