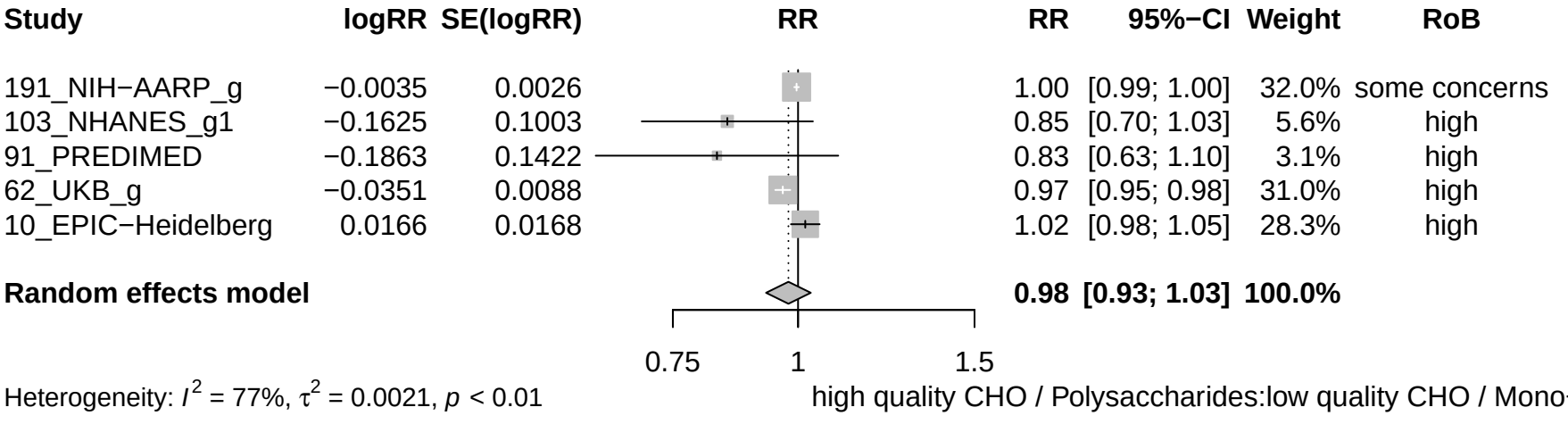
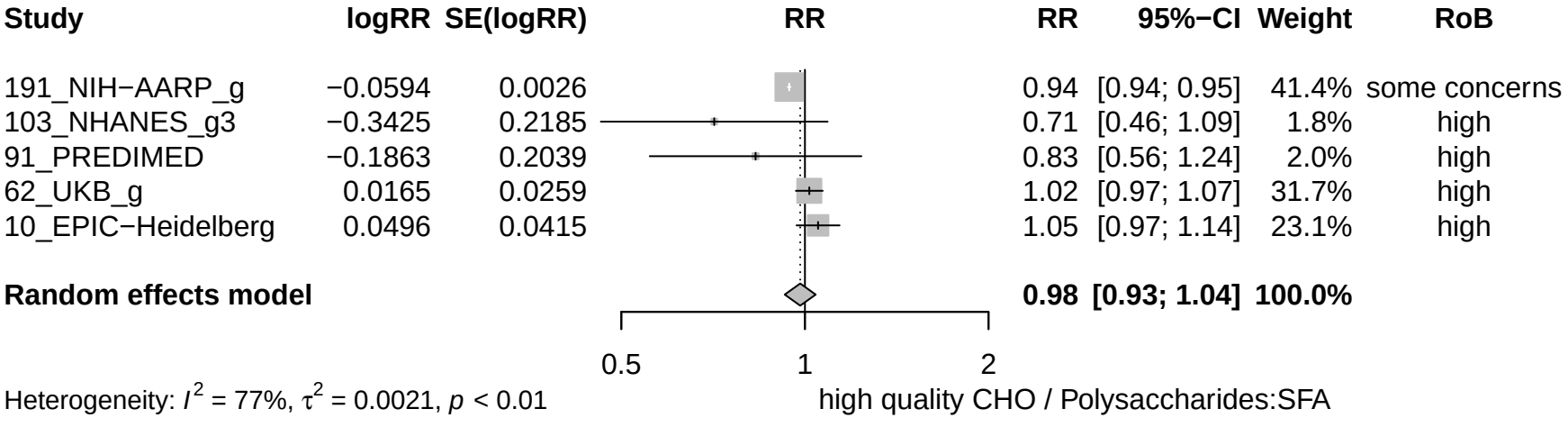
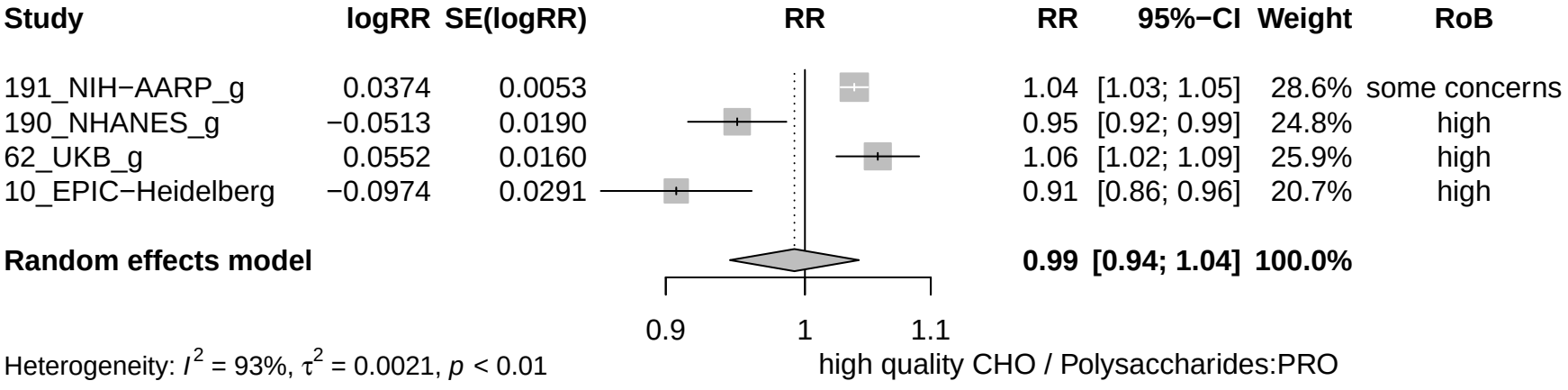
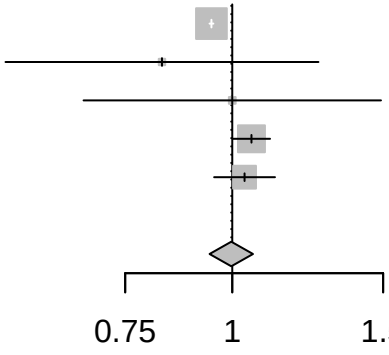

Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
191_NIH−AARP_g −0.0035 0.0026 1.00 [0.99; 1.00] 32.0% some concerns
103_NHANES_g1 −0.1625 0.1003 0.85 [0.70; 1.03] 5.6% high
91_PREDIMED −0.1863 0.1422 0.83 [0.63; 1.10] 3.1% high
62_UKB_g −0.0351 0.0088 0.97 [0.95; 0.98] 31.0% high
10_EPIC−Heidelberg 0.0166 0.0168 1.02 [0.98; 1.05] 28.3% high
Random effects model 0.98 [0.93; 1.03] 100.0%
0.75
1
1.5
Heterogeneity: I^2 = 77%, τ^2 = 0.0021, p < 0.01
high quality CHO / Polysaccharides:low quality CHO / Mono−/ Dis


Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
191_NIH−AARP_g −0.0594 0.0026 0.94 [0.94; 0.95] 41.4% some concerns
103_NHANES_g3 −0.3425 0.2185 0.71 [0.46; 1.09] 1.8% high
91_PREDIMED −0.1863 0.2039 0.83 [0.56; 1.24] 2.0% high
62_UKB_g 0.0165 0.0259 1.02 [0.97; 1.07] 31.7% high
10_EPIC−Heidelberg 0.0496 0.0415 1.05 [0.97; 1.14] 23.1% high
Random effects model 0.98 [0.93; 1.04] 100.0%
0.5
1
2
Heterogeneity: I^2 = 77%, τ^2 = 0.0021, p < 0.01
high quality CHO / Polysaccharides:SFA


Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
191_NIH−AARP_g
0.0374
0.0053
1.04
[1.03; 1.05]
28.6%
some concerns
190_NHANES_g
−0.0513
0.0190
0.95
[0.92; 0.99]
24.8%
high
62_UKB_g
0.0552
0.0160
1.06
[1.02; 1.09]
25.9%
high
10_EPIC−Heidelberg
−0.0974
0.0291
0.91
[0.86; 0.96]
20.7%
high
Random effects model
0.99
[0.94; 1.04]
100.0%
0.9
1
1.1
Heterogeneity: I^2 = 93%, τ^2 = 0.0021, p < 0.01
high quality CHO / Polysaccharides:PRO

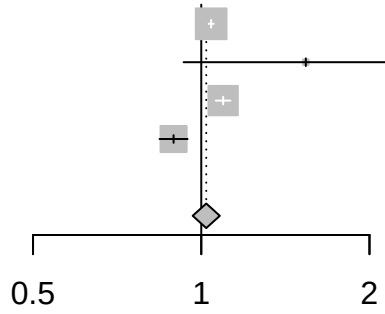
Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
191_NIH−AARP_g	−0.0559	0.0026		0.95	[0.94; 0.95]	41.4%	some concerns
103_NHANES_g	−0.1889	0.2145		0.83	[0.54; 1.26]	1.8%	high
91_PREDIMED	0.0000	0.2039		1.00	[0.67; 1.49]	2.0%	high
62_UKB_g	0.0516	0.0255		1.05	[1.00; 1.11]	31.8%	high
10_EPIC−Heidelberg	0.0330	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%, τ^2 = 0.0021, p < 0.01

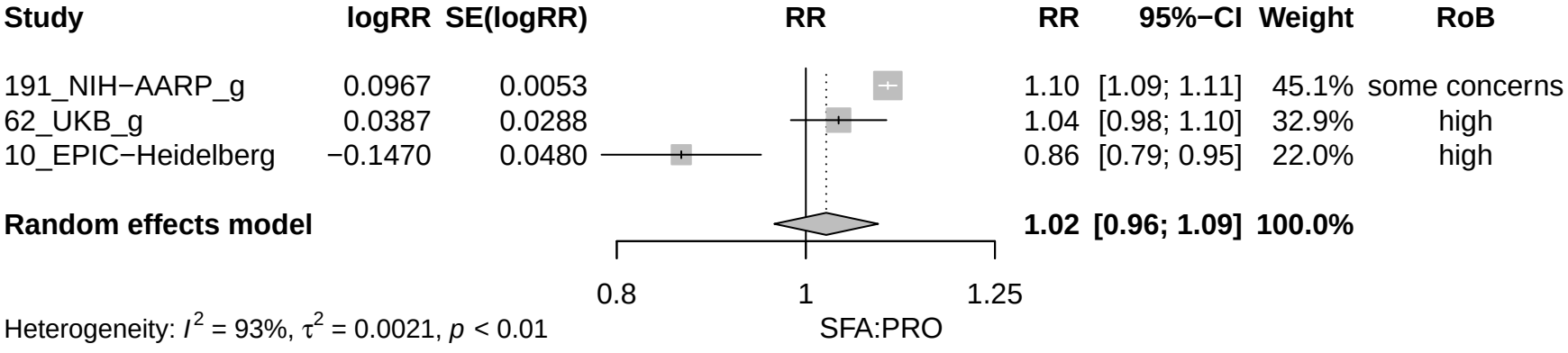
low quality CHO / Mono−/ Disaccharides:SFA

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
191_NIH−AARP_g	0.0408	0.0053		1.04	[1.03; 1.05]	37.5%	some concerns
103_NHANES_g2	0.4308	0.2569		1.54	[0.93; 2.55]	1.2%	high
62_UKB_g	0.0903	0.0154		1.09	[1.06; 1.13]	34.2%	high
10_EPIC−Heidelberg	−0.1140	0.0295		0.89	[0.84; 0.95]	27.0%	high
Random effects model				**1.02**	**[0.97; 1.08]**	**100.0%**	

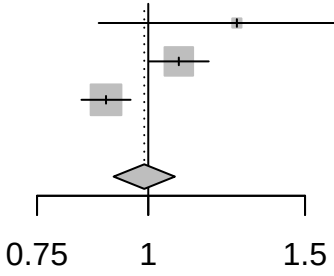


Heterogeneity: I^2 = 93%, τ^2 = 0.0021, p < 0.01

low quality CHO / Mono−/ Disaccharides:PRO


Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
191_NIH−AARP_g
0.0967
0.0053
1.10
[1.09; 1.11]
45.1%
some concerns
62_UKB_g
0.0387
0.0288
1.04
[0.98; 1.10]
32.9%
high
10_EPIC−Heidelberg
−0.1470
0.0480
0.86
[0.79; 0.95]
22.0%
high
Random effects model
1.02
[0.96; 1.09]
100.0%
0.8
1
1.25
Heterogeneity: I^2 = 93%, τ^2 = 0.0021, p < 0.01
SFA:PRO

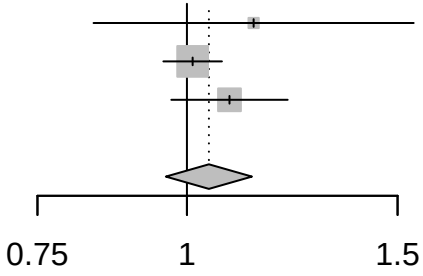
Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
91_PREDIMED	0.2292	0.1823		1.26	[0.88; 1.80]	4.6%	high
62_UKB_g	0.0791	0.0394		1.08	[1.00; 1.17]	44.2%	high
10_EPIC−Heidelberg	−0.1093	0.0324		0.90	[0.84; 0.96]	51.2%	high
Random effects model				**0.99**	**[0.91; 1.07]**	**100.0%**	



Heterogeneity: I^2 = 87%, τ^2 = 0.0021, p < 0.01

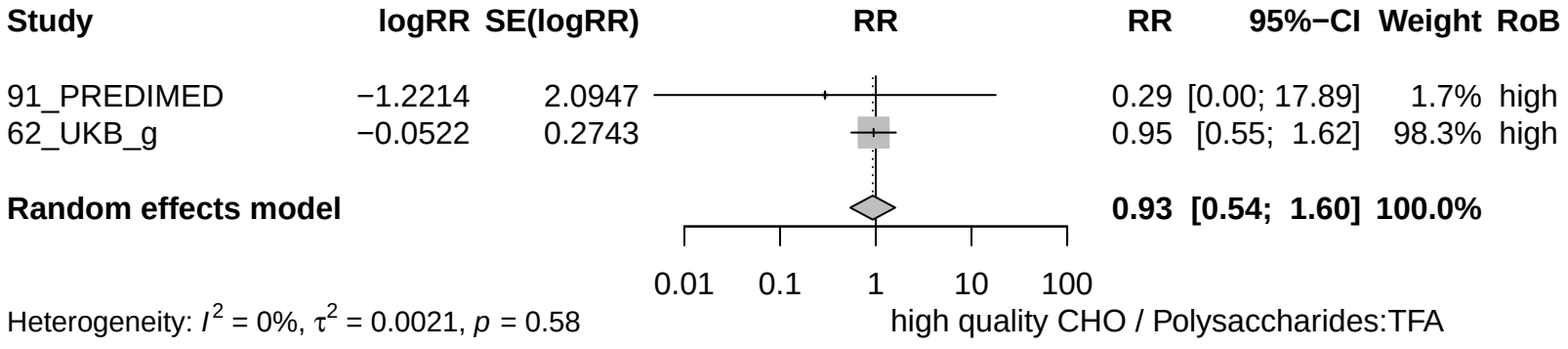
high quality CHO / Polysaccharides:PUFA

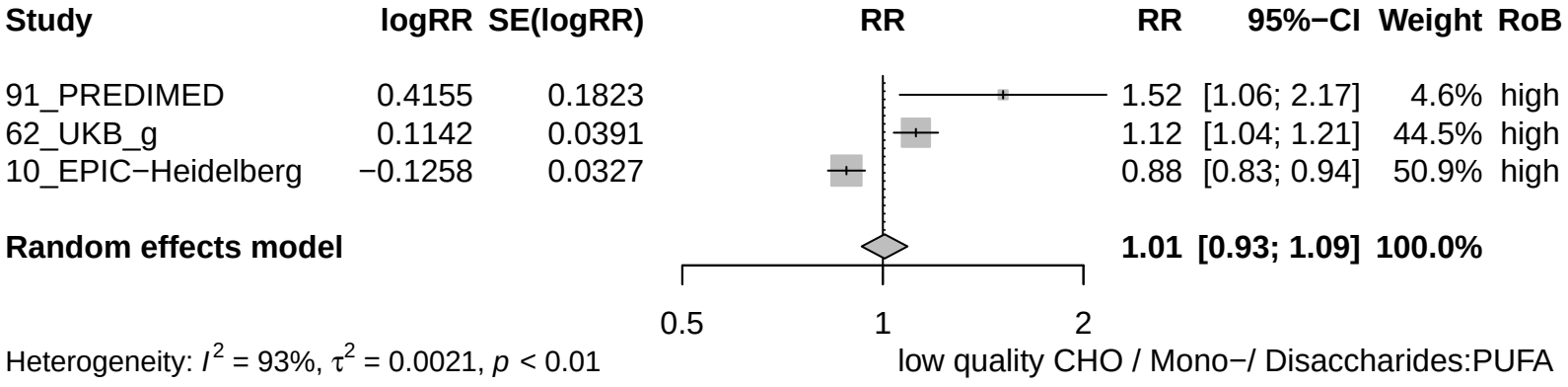
Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
91_PREDIMED	0.1284	0.1572		1.14	[0.84; 1.55]	6.7%	high
62_UKB_g	0.0110	0.0287		1.01	[0.96; 1.07]	60.3%	high
10_EPIC−Heidelberg	0.0820	0.0571		1.09	[0.97; 1.21]	33.1%	high
Random effects model				**1.04**	**[0.96; 1.13]**	**100.0%**	



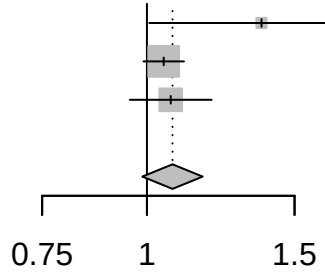
Heterogeneity: I^2 = 0%, τ^2 = 0.0021, p = 0.44

high quality CHO / Polysaccharides:MUFA


Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
91_PREDIMED −1.2214 2.0947 0.29 [0.00; 17.89] 1.7% high
62_UKB_g −0.0522 0.2743 0.95 [0.55; 1.62] 98.3% high
Random effects model 0.93 [0.54; 1.60] 100.0%
0.01
0.1
1
10
100
Heterogeneity: I^2 = 0%, τ^2 = 0.0021, p = 0.58
high quality CHO / Polysaccharides:TFA

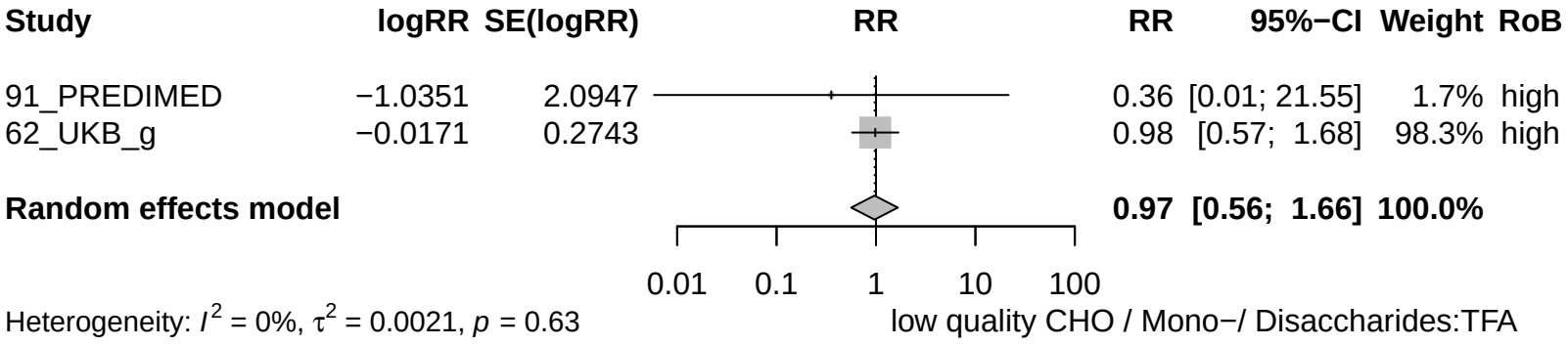

Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
91_PREDIMED
0.4155
0.1823
1.52
[1.06; 2.17]
4.6%
high
62_UKB_g
0.1142
0.0391
1.12
[1.04; 1.21]
44.5%
high
10_EPIC−Heidelberg
−0.1258
0.0327
0.88
[0.83; 0.94]
50.9%
high
Random effects model
1.01
[0.93; 1.09]
100.0%
0.5
1
2
Heterogeneity: I^2 = 93%, τ^2 = 0.0021, p < 0.01
low quality CHO / Mono−/ Disaccharides:PUFA

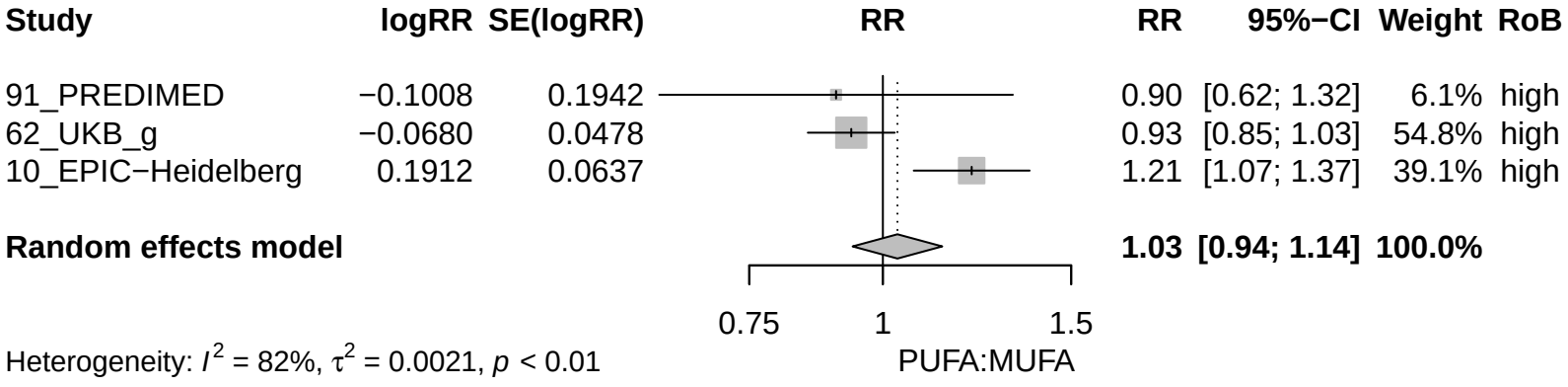
Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
91_PREDIMED	0.3147	0.1572		1.37	[1.01; 1.86]	6.6%	high
62_UKB_g	0.0461	0.0284		1.05	[0.99; 1.11]	60.5%	high
10_EPIC−Heidelberg	0.0654	0.0573		1.07	[0.95; 1.19]	32.9%	high
Random effects model				**1.07**	**[0.99; 1.17]**	**100.0%**	

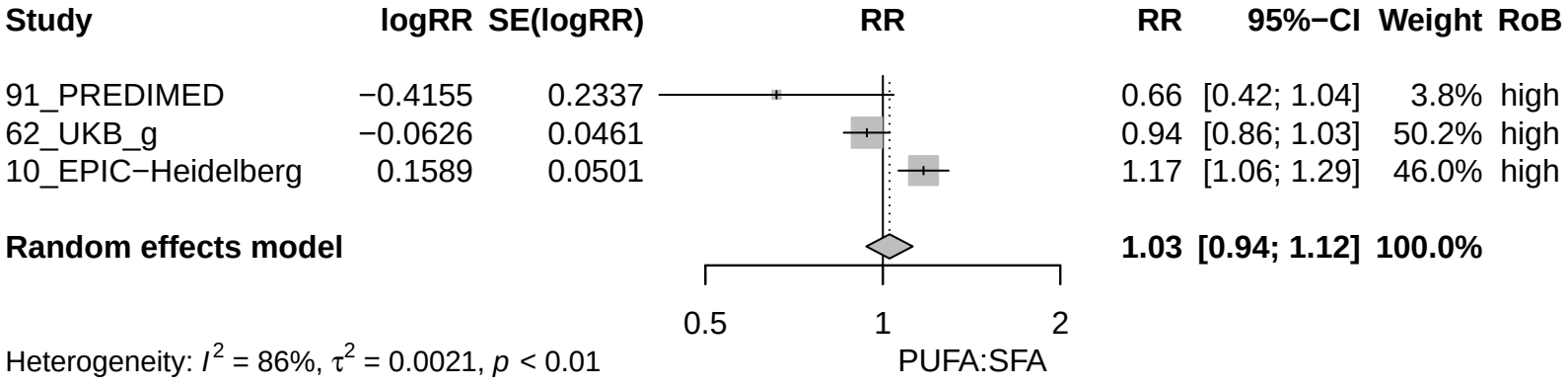


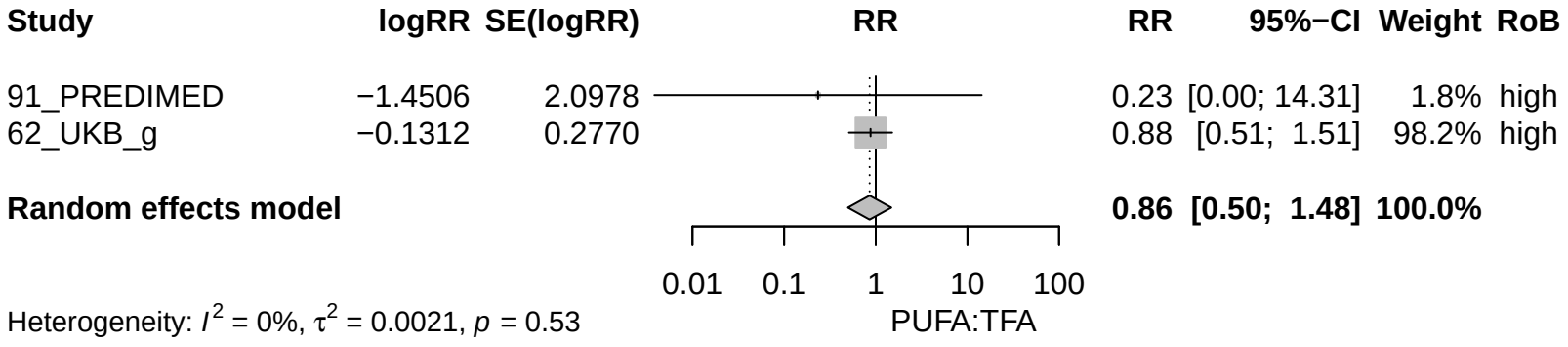
Heterogeneity: I^2 = 30%, τ^2 = 0.0021, p = 0.24

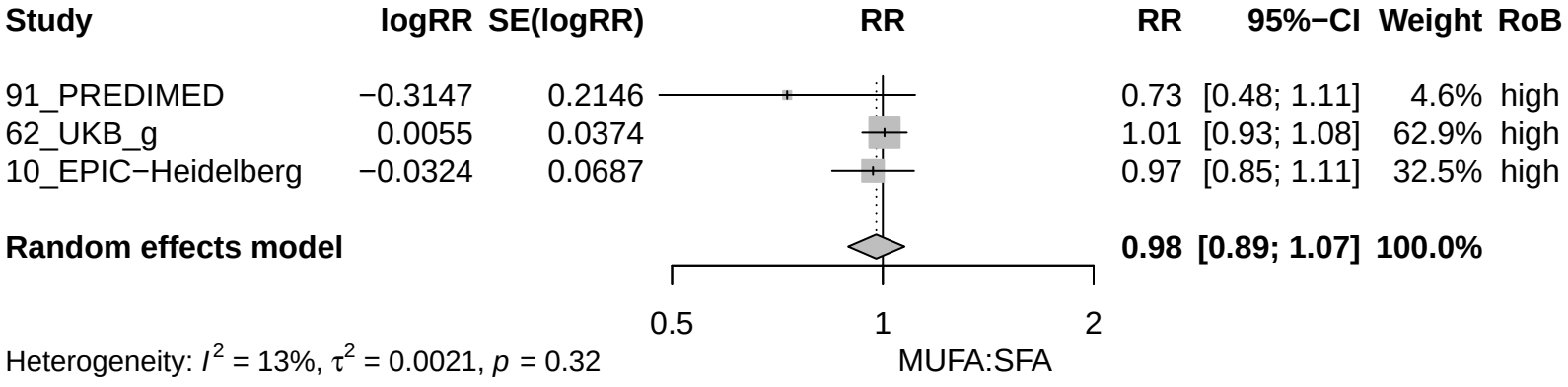
low quality CHO / Mono−/ Disaccharides:MUFA

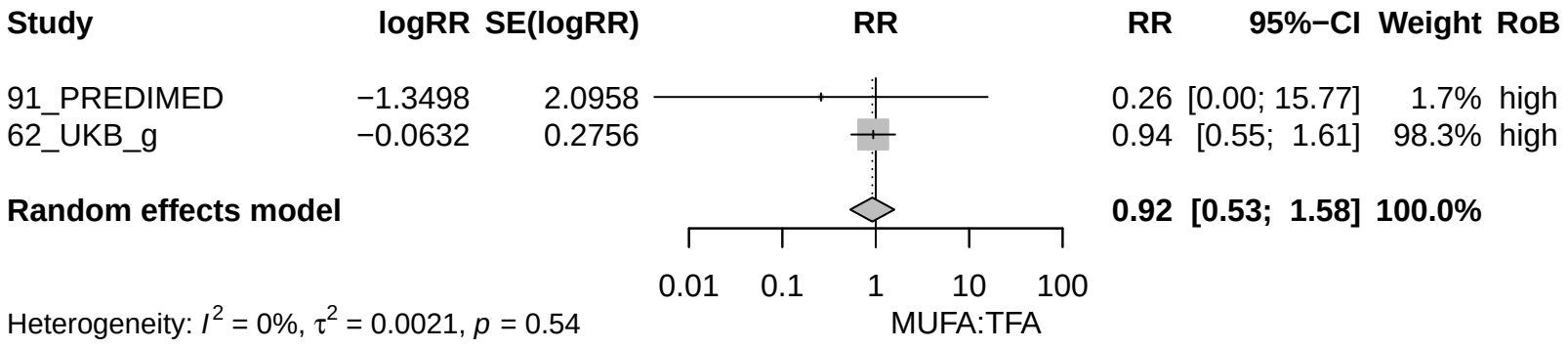

Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
91_PREDIMED −1.0351 2.0947 0.36 [0.01; 21.55] 1.7% high
62_UKB_g −0.0171 0.2743 0.98 [0.57; 1.68] 98.3% high
Random effects model 0.97 [0.56; 1.66] 100.0%
0.01
0.1
1
10
100
Heterogeneity: I^2 = 0%, τ^2 = 0.0021, p = 0.63
low quality CHO / Mono−/ Disaccharides:TFA

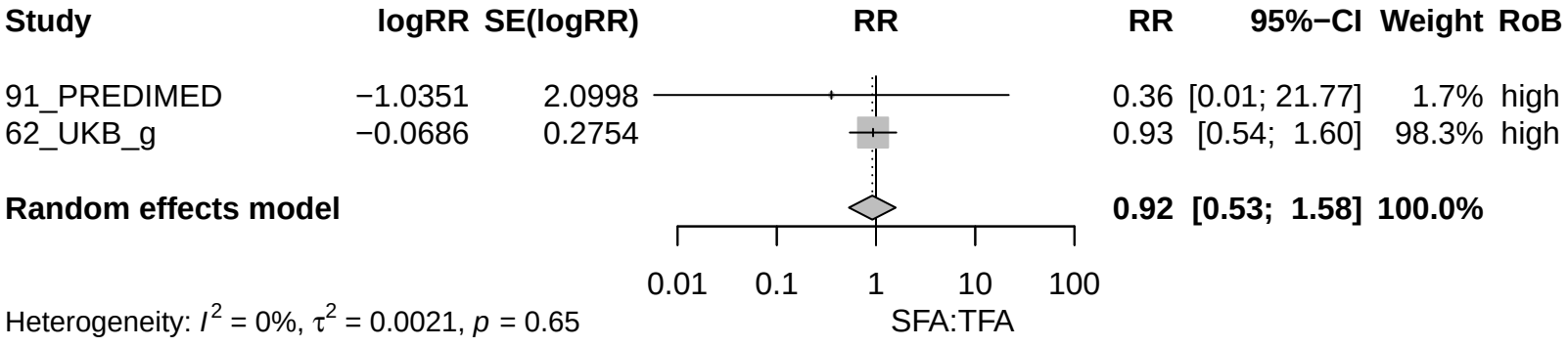

Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
91_PREDIMED −0.1008 0.1942 0.90 [0.62; 1.32] 6.1% high
62_UKB_g −0.0680 0.0478 0.93 [0.85; 1.03] 54.8% high
10_EPIC−Heidelberg 0.1912 0.0637 1.21 [1.07; 1.37] 39.1% high
Random effects model 1.03 [0.94; 1.14] 100.0%
0.75
1
1.5
Heterogeneity: I^2 = 82%, τ^2 = 0.0021, p < 0.01
PUFA:MUFA

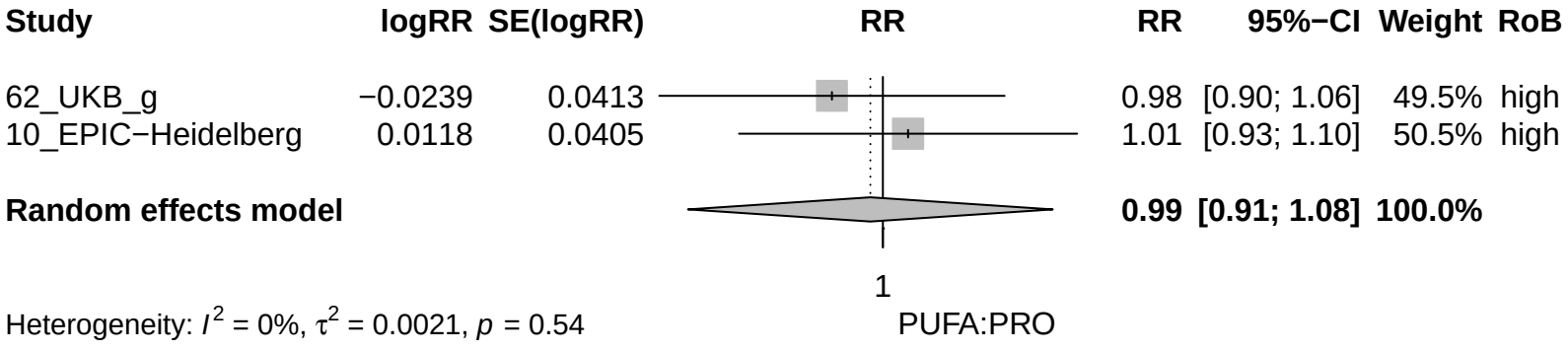

Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
91_PREDIMED −0.4155 0.2337 0.66 [0.42; 1.04] 3.8% high
62_UKB_g −0.0626 0.0461 0.94 [0.86; 1.03] 50.2% high
10_EPIC−Heidelberg 0.1589 0.0501 1.17 [1.06; 1.29] 46.0% high
Random effects model 1.03 [0.94; 1.12] 100.0%
0.5
1
2
PUFA:SFA
Heterogeneity: I^2 = 86%, τ^2 = 0.0021, p < 0.01

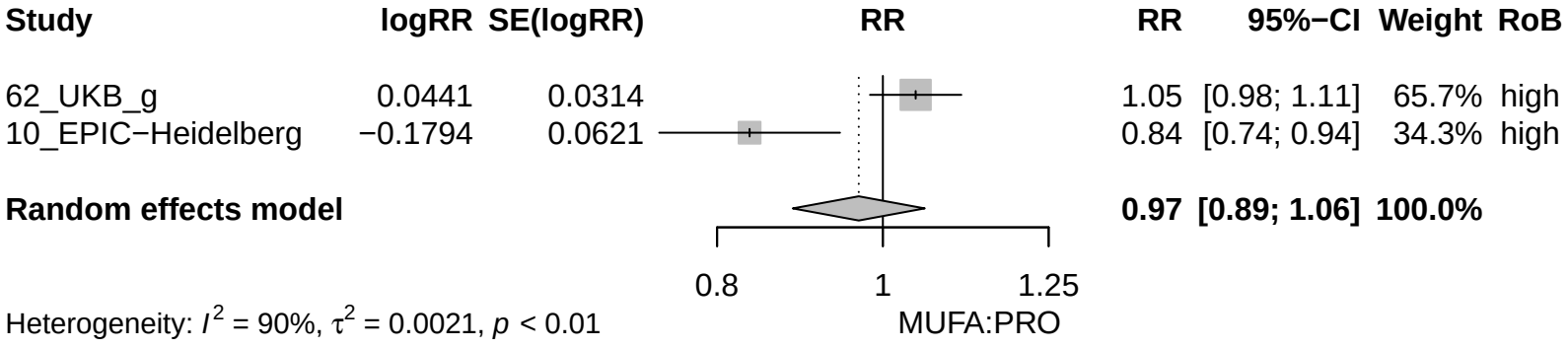

Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
91_PREDIMED −1.4506 2.0978 0.23 [0.00; 14.31] 1.8% high
62_UKB_g −0.1312 0.2770 0.88 [0.51; 1.51] 98.2% high
Random effects model 0.86 [0.50; 1.48] 100.0%
0.01
0.1
1
10
100
PUFA:TFA
Heterogeneity: I^2 = 0%, τ^2 = 0.0021, p = 0.53

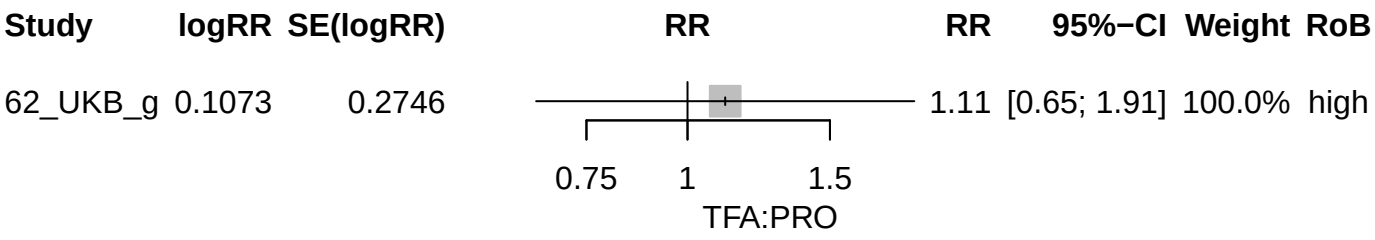

Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
91_PREDIMED −0.3147 0.2146 0.73 [0.48; 1.11] 4.6% high
62_UKB_g 0.0055 0.0374 1.01 [0.93; 1.08] 62.9% high
10_EPIC−Heidelberg −0.0324 0.0687 0.97 [0.85; 1.11] 32.5% high
Random effects model 0.98 [0.89; 1.07] 100.0%
0.5
1
2
Heterogeneity: I^2 = 13%, τ^2 = 0.0021, p = 0.32
MUFA:SFA


Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
91_PREDIMED −1.3498 2.0958 0.26 [0.00; 15.77] 1.7% high
62_UKB_g −0.0632 0.2756 0.94 [0.55; 1.61] 98.3% high
Random effects model 0.92 [0.53; 1.58] 100.0%
0.01
0.1
1
10
100
MUFA:TFA
Heterogeneity: I^2 = 0%, τ^2 = 0.0021, p = 0.54


Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
91_PREDIMED −1.0351 2.0998 0.36 [0.01; 21.77] 1.7% high
62_UKB_g −0.0686 0.2754 0.93 [0.54; 1.60] 98.3% high
Random effects model 0.92 [0.53; 1.58] 100.0%
0.01
0.1
1
10
100
Heterogeneity: I^2 = 0%, τ^2 = 0.0021, p = 0.65
SFA:TFA


Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
62_UKB_g
−0.0239
0.0413
0.98
[0.90; 1.06]
49.5%
high
10_EPIC−Heidelberg
0.0118
0.0405
1.01
[0.93; 1.10]
50.5%
high
Random effects model
0.99
[0.91; 1.08]
100.0%
1
Heterogeneity: I^2 = 0%, τ^2 = 0.0021, p = 0.54
PUFA:PRO


Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
62_UKB_g
0.0441
0.0314
1.05
[0.98; 1.11]
65.7%
high
10_EPIC−Heidelberg
−0.1794
0.0621
0.84
[0.74; 0.94]
34.3%
high
Random effects model
0.97
[0.89; 1.06]
100.0%
0.8
1
1.25
Heterogeneity: I^2 = 90%, τ^2 = 0.0021, p < 0.01
MUFA:PRO


Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
62_UKB_g
0.1073
0.2746
1.11
[0.65; 1.91]
100.0%
high
0.75
1
1.5
TFA:PRO