Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
191_NIH−AARP_d2	−0.1812	0.0141		0.83	[0.81; 0.86]	55.9%	some concerns
103_NHANES_d1	−0.7701	0.4919		0.46	[0.18; 1.21]	0.6%	high
62_UKB_d	−0.0663	0.0536		0.94	[0.84; 1.04]	26.7%	high
10_EPIC−Heidelberg	0.1185	0.0769		1.13	[0.97; 1.31]	16.8%	high
Random effects model				**0.90**	**[0.84; 0.97]**	**100.0%**	

0.2   0.5   1   2   5

PP:SFA

Heterogeneity: $I^2 = 85\%$, $\tau^2 = 0.0023$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight	RoB
191_NIH−AARP_d1	−0.0594	0.0057		0.94	[0.93; 0.95]	44.0%	some concerns
103_NHANES_d2	−0.5475	0.4020		0.58	[0.26; 1.27]	0.6%	high
62_UKB_d	−0.0470	0.0266		0.95	[0.91; 1.01]	34.0%	high
10_EPIC−Heidelberg	0.1527	0.0495		1.16	[1.06; 1.28]	21.4%	high
Random effects model				**0.99**	**[0.93; 1.05]**	**100.0%**	

0.5   1   2

AP:SFA

Heterogeneity: $I^2 = 85\%$, $\tau^2 = 0.0023$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight	RoB
190_NHANES_d2	−0.0305	0.0237		0.97	[0.93; 1.02]	9.4%	high
174_KIHD_d	0.1744	0.0584		1.19	[1.06; 1.33]	4.7%	some concerns
159_WHI	−0.0101	0.0103		0.99	[0.97; 1.01]	11.2%	some concerns
155_HPFS	0.0000	0.0153		1.00	[0.97; 1.03]	10.7%	some concerns
155_NHS	0.0099	0.0112		1.01	[0.99; 1.03]	11.2%	some concerns
117_InCHIANTI_d	−0.2380	0.1051		0.79	[0.64; 0.97]	2.0%	high
82_IWHS_d	−0.1328	0.0896		0.88	[0.73; 1.04]	2.6%	some concerns
73_NIH−AARP_d	−0.0202	0.0090		0.98	[0.96; 1.00]	11.4%	some concerns
62_UKB_d	−0.0775	0.0151		0.93	[0.90; 0.95]	10.7%	high
60_PREDIMED_d	0.3063	0.1547		1.36	[1.00; 1.84]	1.0%	high
44_EPIC−Italy_d	−0.0680	0.0532		0.93	[0.84; 1.04]	5.2%	some concerns
22_Rotterdam_d	0.1823	0.0679		1.20	[1.05; 1.37]	3.9%	some concerns
15_JPHC_d	−0.0021	0.0342		1.00	[0.93; 1.07]	7.8%	some concerns
10_EPIC−Heidelberg	0.1108	0.0305		1.12	[1.05; 1.19]	8.3%	high
Random effects model				**1.00**	**[0.97; 1.03]**	**100.0%**	

0.75   1   1.5

AP:CHO
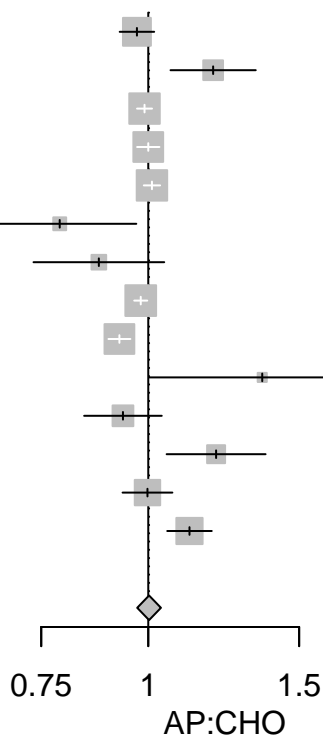
Heterogeneity: $I^2 = 82\%$, $\tau^2 = 0.0023$, $p < 0.01$
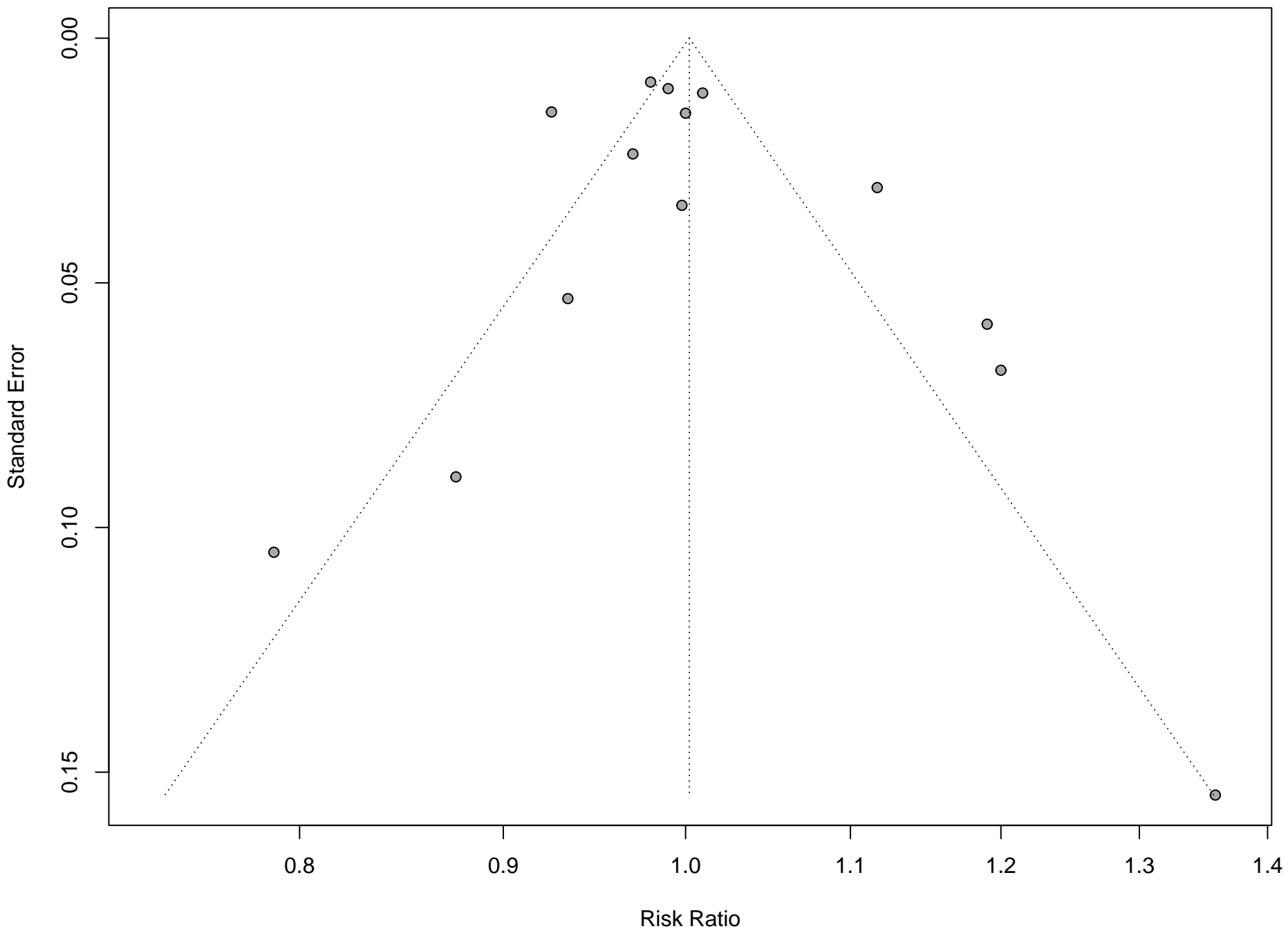
Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight	RoB
190_NHANES_d1	−0.0726	0.0247		0.93	[0.89; 0.98]	16.7%	high
174_KIHD_d	0.1744	0.2931		1.19	[0.67; 2.11]	0.5%	some concerns
159_WHI	−0.1609	0.0297		0.85	[0.80; 0.90]	15.3%	some concerns
155_HPFS	−0.3512	0.0631		0.70	[0.62; 0.80]	7.7%	some concerns
155_NHS	−0.0680	0.0485		0.93	[0.85; 1.03]	10.4%	some concerns
117_InCHIANTI_d	−0.0534	0.2585		0.95	[0.57; 1.57]	0.7%	high
82_IWHS_d	−0.1157	0.1448		0.89	[0.67; 1.18]	2.1%	some concerns
73_NIH−AARP_d	−0.1946	0.0247		0.82	[0.78; 0.86]	16.7%	some concerns
62_UKB_d	−0.0968	0.0489		0.91	[0.82; 1.00]	10.3%	high
60_PREDIMED_d	0.4267	0.4310		1.53	[0.66; 3.57]	0.3%	high
44_EPIC−Italy_d	−0.1017	0.1386		0.90	[0.69; 1.19]	2.2%	some concerns
22_Rotterdam_d	0.0862	0.1092		1.09	[0.88; 1.35]	3.4%	some concerns
15_JPHC_d	−0.2428	0.0717		0.78	[0.68; 0.90]	6.5%	some concerns
10_EPIC−Heidelberg	0.0766	0.0663		1.08	[0.95; 1.23]	7.2%	high
Random effects model				**0.88**	**[0.85; 0.92]**	**100.0%**	

0.5   1   2

PP:CHO
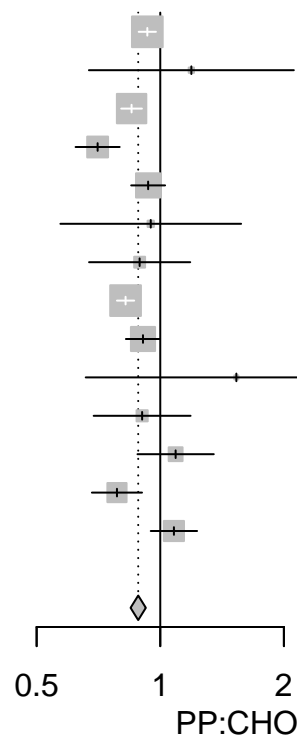
Heterogeneity: $I^2 = 72\%$, $\tau^2 = 0.0023$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight	RoB
174_KIHD_d	0.0000	0.2931		1.00	[0.56; 1.78]	0.7%	some concerns
159_WHI	−0.1508	0.0297		0.86	[0.81; 0.91]	18.3%	some concerns
155_HPFS	−0.3512	0.0631		0.70	[0.62; 0.80]	9.2%	some concerns
155_NHS	−0.0779	0.0485		0.93	[0.84; 1.02]	12.5%	some concerns
142_NHANES	−0.7133	0.2761		0.49	[0.29; 0.84]	0.7%	
117_InCHIANTI_d	0.1846	0.2585		1.20	[0.72; 2.00]	0.8%	high
82_IWHS_d	0.0171	0.1390		1.02	[0.77; 1.34]	2.7%	some concerns
73_NIH−AARP_d	−0.1744	0.0244		0.84	[0.80; 0.88]	20.2%	some concerns
62_UKB_d	−0.0193	0.0489		0.98	[0.89; 1.08]	12.4%	high
60_PREDIMED_d	0.1204	0.4310		1.13	[0.48; 2.63]	0.3%	high
44_EPIC−Italy_d	−0.0337	0.1386		0.97	[0.74; 1.27]	2.7%	some concerns
22_Rotterdam_d	−0.0961	0.1092		0.91	[0.73; 1.13]	4.1%	some concerns
15_JPHC_d	−0.2407	0.0717		0.79	[0.68; 0.90]	7.8%	some concerns
10_EPIC−Heidelberg	−0.0342	0.0720		0.97	[0.84; 1.11]	7.7%	high
Random effects model				**0.87**	**[0.83; 0.91]**	**100.0%**	

0.5   1   2

PP:AP

Heterogeneity: $I^2 = 61\%$, $\tau^2 = 0.0023$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight	RoB
62_UKB_d	0.0042	0.0627		1.00	[0.89; 1.14]	54.8%	high
10_EPIC−Heidelberg	−0.0404	0.0724		0.96	[0.83; 1.11]	45.2%	high
Random effects model				**0.98**	**[0.88; 1.10]**	**100.0%**	

0.9　1　1.1

PP:PUFA

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0.0023$, $p = 0.64$

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight	RoB
62_UKB_d	−0.0555	0.0574		0.95	[0.85; 1.06]	63.7%	high
10_EPIC−Heidelberg	0.1509	0.0864		1.16	[0.98; 1.38]	36.3%	high
Random effects model				**1.02**	**[0.91; 1.15]**	**100.0%**	

0.8   1   1.25

PP:MUFA

Heterogeneity: $I^2 = 75\%$, $\tau^2 = 0.0023$, $p = 0.05$

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight	RoB
62_UKB_d	−0.0680	0.2836		0.93	[0.54; 1.63]	100.0%	high

0.75　1　　1.5

PP:TFA

Study	logRR	SE(logRR)	RR	RR	95%-CI	Weight	RoB
62_UKB_d	0.0235	0.0419		1.02	[0.94; 1.11]	50.1%	high
10_EPIC−Heidelberg	−0.0061	0.0422		0.99	[0.91; 1.08]	49.9%	high
Random effects model				**1.01**	**[0.92; 1.10]**	**100.0%**	

0.9   1   1.1

AP:PUFA

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0.0023$, $p = 0.62$

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
62_UKB_d	−0.0362	0.0335		0.96	[0.90; 1.03]	64.9%	high
10_EPIC−Heidelberg	0.1851	0.0632		1.20	[1.06; 1.36]	35.1%	high
Random effects model				**1.04**	**[0.95; 1.14]**	**100.0%**	

0.8   1   1.25

AP:MUFA

Heterogeneity: $I^2 = 90\%$, $\tau^2 = 0.0023$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight	RoB
62_UKB_d	−0.0487	0.2797		0.95	[0.55; 1.65]	100.0%	high

0.75 1 1.5

AP:TFA

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight	RoB
62_UKB_d	−0.0597	0.0515		0.94	[0.85; 1.04]	56.2%	high
10_EPIC−Heidelberg	0.1912	0.0637		1.21	[1.07; 1.37]	43.8%	high
Random effects model				**1.05**	**[0.95; 1.17]**	**100.0%**	

0.8   1   1.25

PUFA:MUFA

Heterogeneity: $I^2 = 89\%$, $\tau^2 = 0.0023$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight	RoB
62_UKB_d	−0.0705	0.0473		0.93	[0.85; 1.02]	51.5%	high
10_EPIC−Heidelberg	0.1589	0.0501		1.17	[1.06; 1.29]	48.5%	high
Random effects model				**1.04**	**[0.95; 1.14]**	**100.0%**	

0.8   1   1.25

PUFA:SFA

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

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
62_UKB_d	−0.0722	0.2825		0.93	[0.53; 1.62]	100.0%	high

0.75　1　1.5

PUFA:TFA

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
62_UKB_d	−0.1010	0.0419		0.90	[0.83; 0.98]	44.7%	high
10_EPIC−Heidelberg	0.1169	0.0315		1.12	[1.06; 1.20]	55.3%	high
Random effects model				**1.02**	**[0.94; 1.11]**	**100.0%**	

0.9 1 1.1

PUFA:CHO

Heterogeneity: $I^2 = 94\%$, $\tau^2 = 0.0023$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
62_UKB_d	−0.0108	0.0400		0.99	[0.91; 1.07]	64.4%	high
10_EPIC−Heidelberg	−0.0324	0.0687		0.97	[0.85; 1.11]	35.6%	high
Random effects model				**0.98**	**[0.89; 1.08]**	**100.0%**	

0.9   1   1.1

MUFA:SFA

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0.0023$, $p = 0.79$

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight	RoB
62_UKB_d	−0.0125	0.2813		0.99	[0.57; 1.71]	100.0%	high

0.75　1　1.5

MUFA:TFA

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
62_UKB_d	−0.0413	0.0335		0.96	[0.90; 1.02]	61.8%	high
10_EPIC−Heidelberg	−0.0743	0.0566		0.93	[0.83; 1.04]	38.2%	high
Random effects model				**0.95**	**[0.87; 1.04]**	**100.0%**	

0.9   1   1.1

MUFA:CHO

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0.0023$, $p = 0.62$

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
62_UKB_d	−0.0017	0.2806		1.00	[0.58; 1.73]	100.0%	high

0.75　　1　　　1.5

SFA:TFA

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight	RoB
62_UKB_d	−0.0305	0.0266		0.97	[0.92; 1.02]	56.9%	high
10_EPIC−Heidelberg	−0.0419	0.0407		0.96	[0.89; 1.04]	43.1%	high
Random effects model				**0.97**	**[0.89; 1.05]**	**100.0%**	

0.9   1   1.1

SFA:CHO

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0.0023$, $p = 0.81$

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight	RoB
62_UKB_d	−0.0288	0.2797		0.97	[0.56; 1.68]	100.0%	high

0.75 1 1.5

TFA:CHO