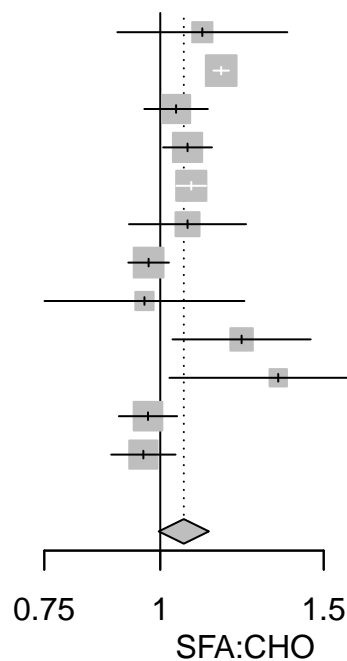


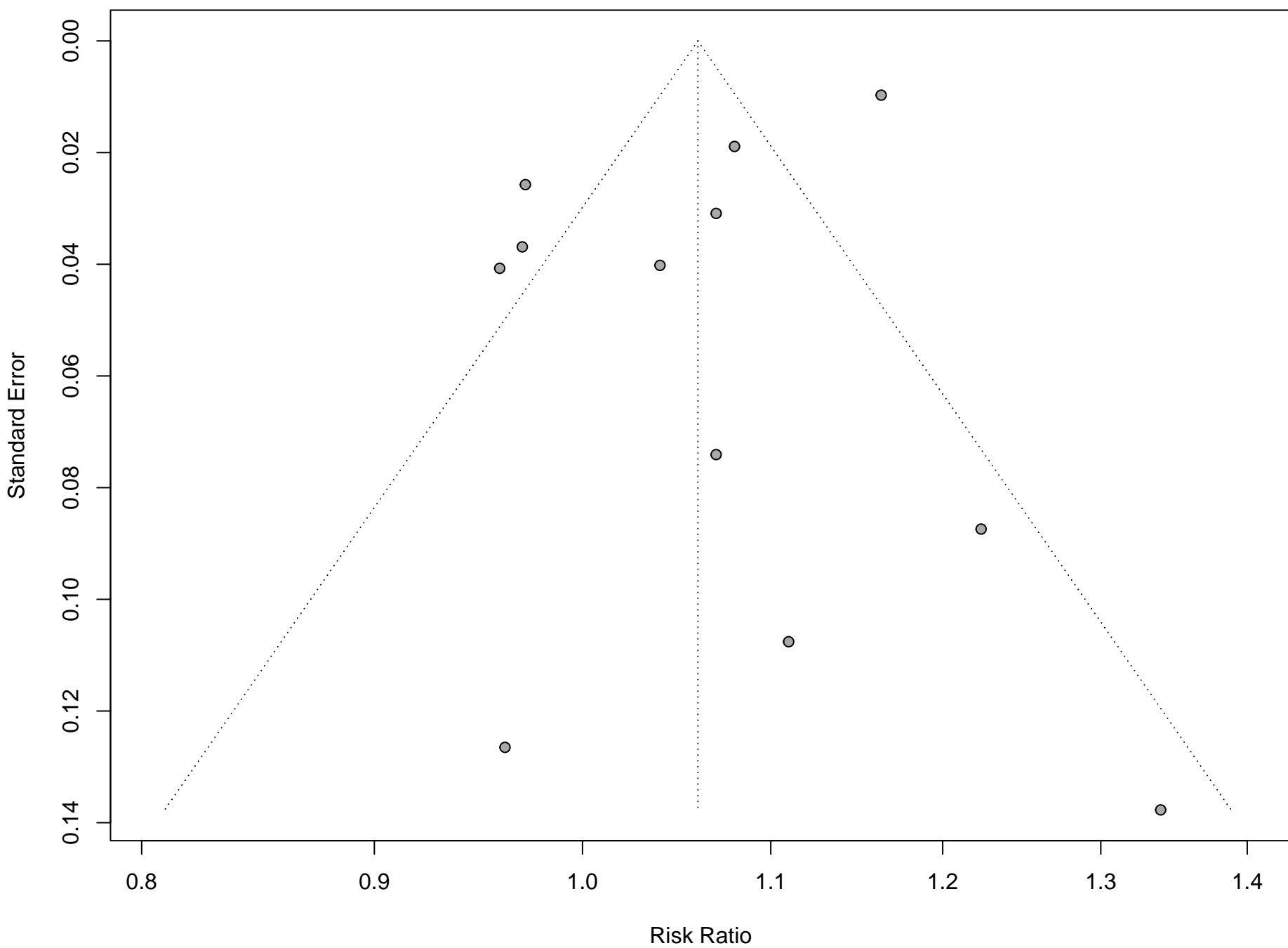
| Study | logRR | SE(logRR) | RR | RR | 95%–CI | Weight | RoB |
|--------------------|---------|-----------|----|------|--------------|--------|---------------|
| 197_CHNS | 0.1044 | 0.1076 | | 1.11 | [0.90; 1.37] | 5.0% | some concerns |
| 196_NIH–AARP_b | 0.1512 | 0.0097 | | 1.16 | [1.14; 1.19] | 11.6% | some concerns |
| 190_NHANES_b1 | 0.0392 | 0.0402 | | 1.04 | [0.96; 1.13] | 9.8% | high |
| 179_HPFS_b | 0.0677 | 0.0309 | | 1.07 | [1.01; 1.14] | 10.5% | some concerns |
| 179_NHS_b | 0.0770 | 0.0189 | | 1.08 | [1.04; 1.12] | 11.2% | some concerns |
| 124_Takahama_b | 0.0677 | 0.0741 | | 1.07 | [0.93; 1.24] | 7.1% | some concerns |
| 62_UKB_b | –0.0289 | 0.0257 | | 0.97 | [0.92; 1.02] | 10.9% | high |
| 51_PREDIMED_b | –0.0392 | 0.1265 | | 0.96 | [0.75; 1.23] | 4.1% | some concerns |
| 46_ULSAM | 0.2018 | 0.0874 | | 1.22 | [1.03; 1.45] | 6.2% | some concerns |
| 35_SUN | 0.2927 | 0.1377 | | 1.34 | [1.02; 1.76] | 3.7% | high |
| 30_PURE | –0.0305 | 0.0369 | | 0.97 | [0.90; 1.04] | 10.1% | high |
| 10_EPIC–Heidelberg | –0.0419 | 0.0407 | | 0.96 | [0.89; 1.04] | 9.8% | high |

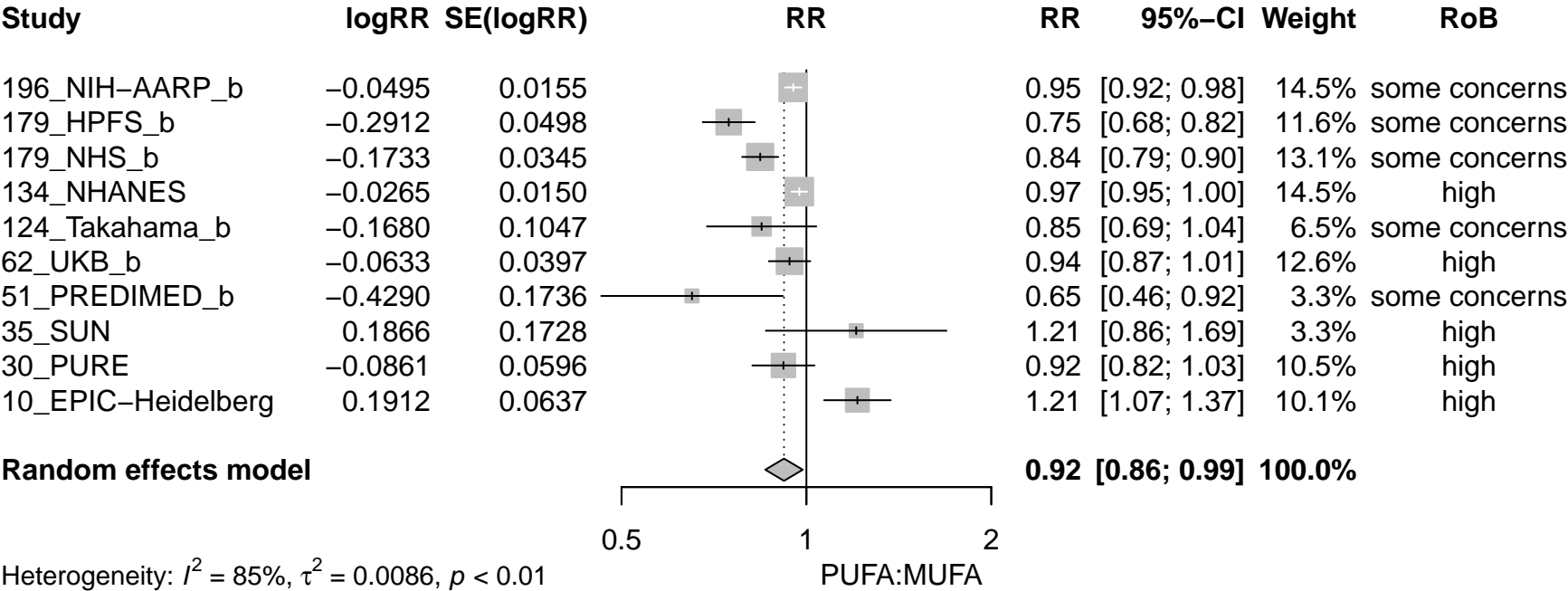
Random effects model

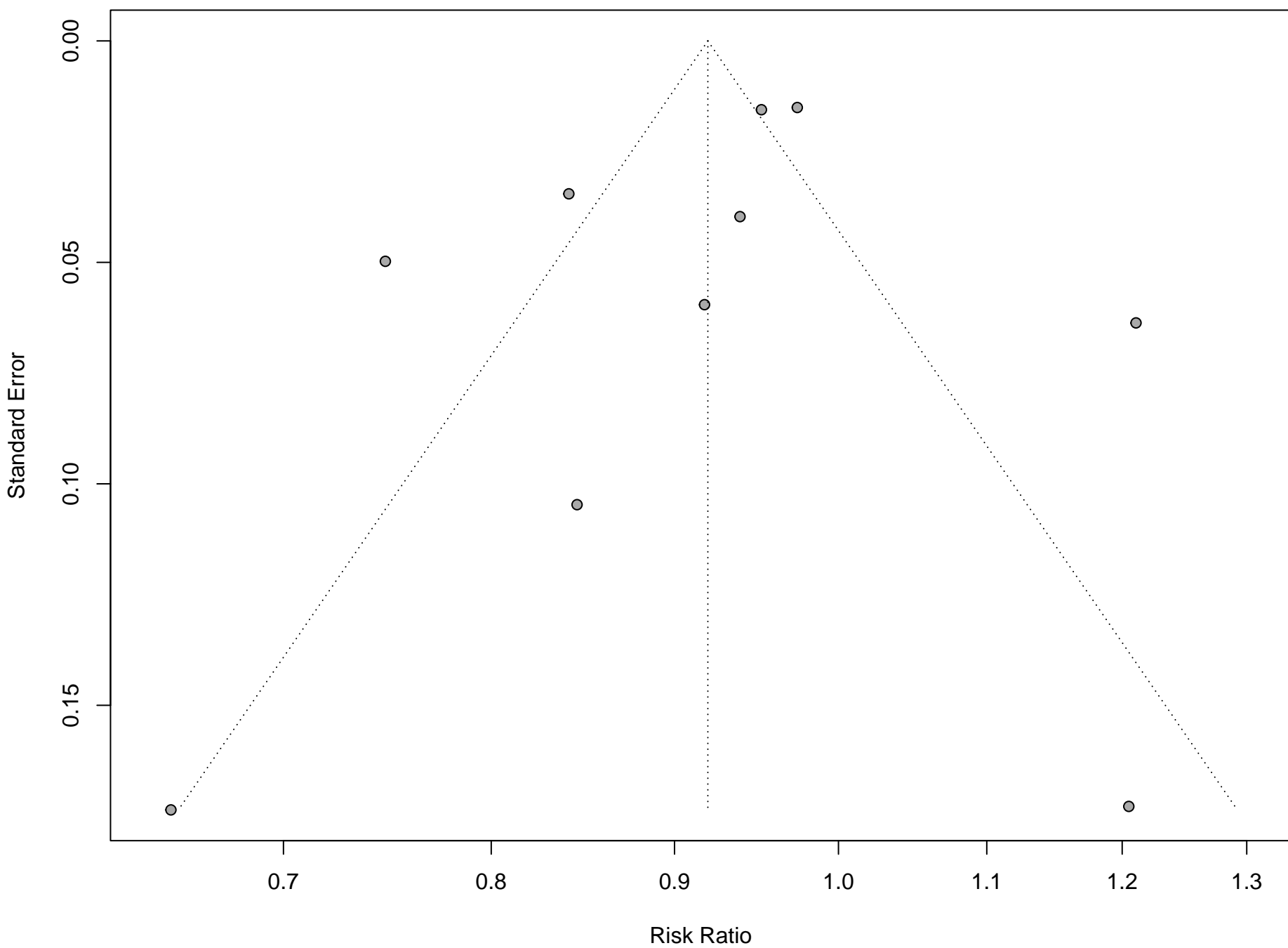


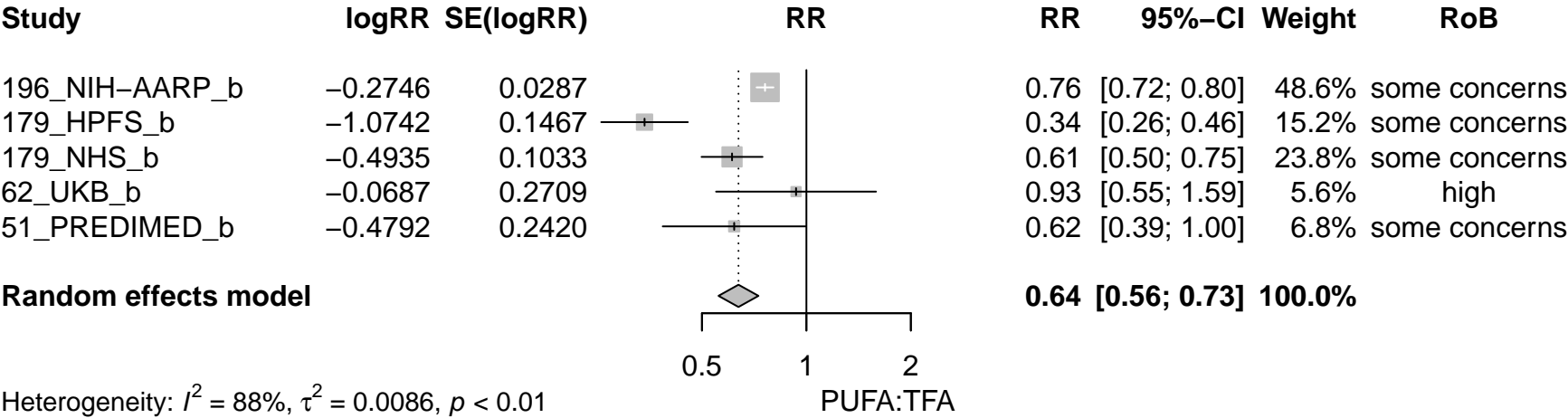
1.06 [1.00; 1.13] 100.0%

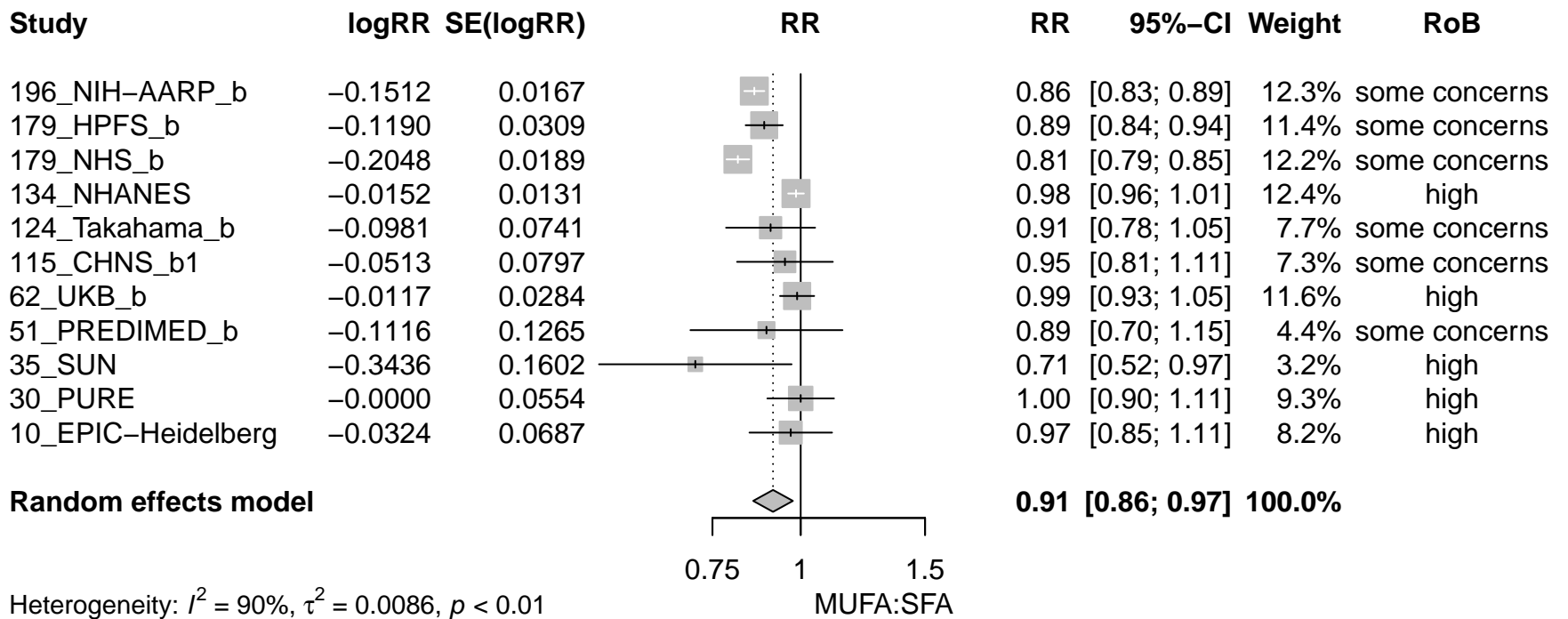
Heterogeneity: $I^2 = 87\%$, $\tau^2 = 0.0086$, $p < 0.01$

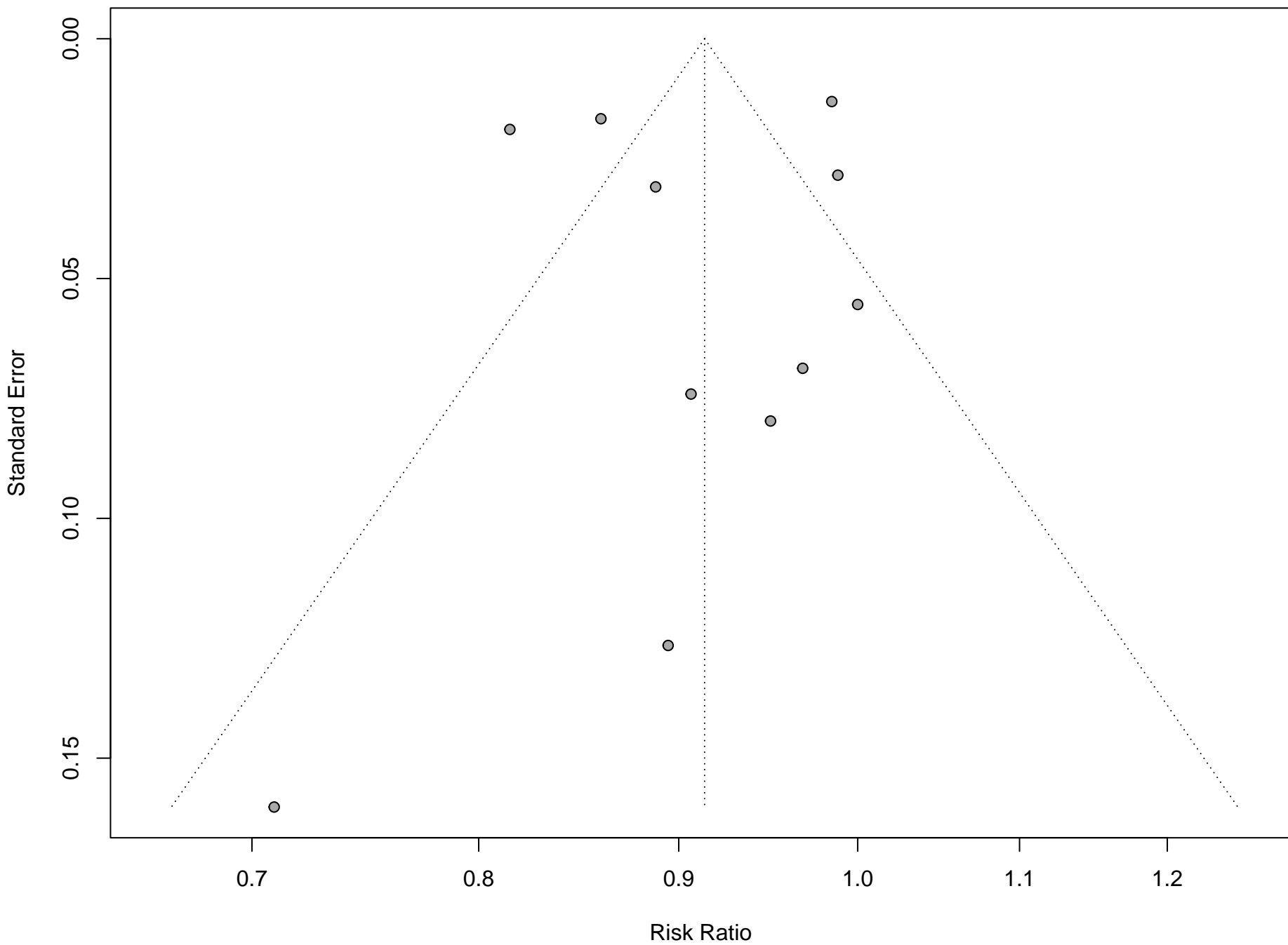


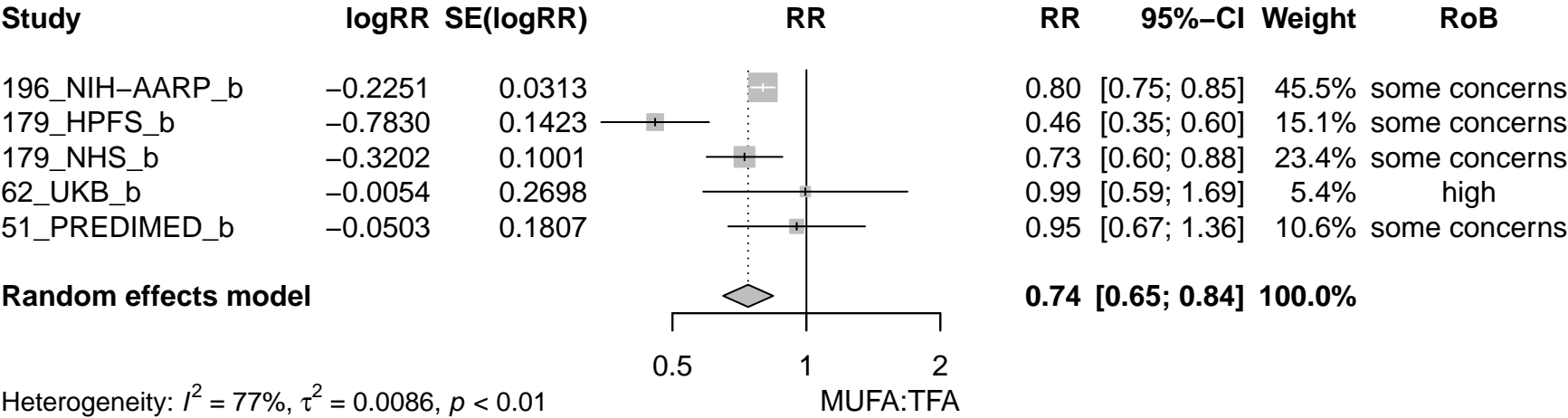








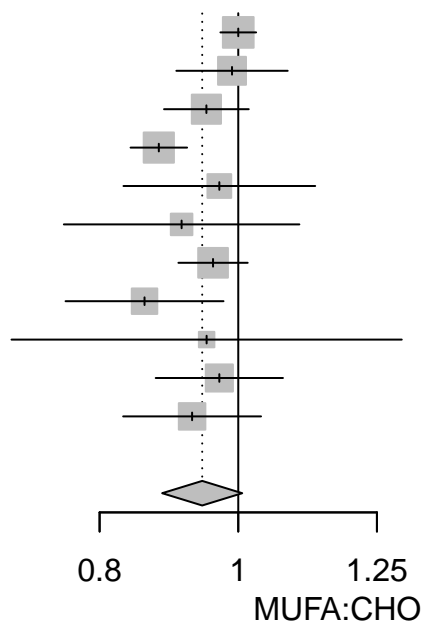




| Study | logRR | SE(logRR) | RR | RR | 95%–CI | Weight | RoB |
|--------------------|---------|-----------|----|------|--------------|--------|---------------|
| 196_NIH–AARP_b | 0.0000 | 0.0147 | | 1.00 | [0.97; 1.03] | 12.2% | some concerns |
| 190_NHANES_b2 | –0.0101 | 0.0457 | | 0.99 | [0.91; 1.08] | 10.1% | high |
| 179_HPFS_b | –0.0513 | 0.0348 | | 0.95 | [0.89; 1.02] | 11.0% | some concerns |
| 179_NHS_b | –0.1278 | 0.0232 | | 0.88 | [0.84; 0.92] | 11.8% | some concerns |
| 124_Takahama_b | –0.0305 | 0.0787 | | 0.97 | [0.83; 1.13] | 7.3% | some concerns |
| 115_CHNS_b2 | –0.0912 | 0.0967 | | 0.91 | [0.76; 1.10] | 6.0% | some concerns |
| 62_UKB_b | –0.0406 | 0.0284 | | 0.96 | [0.91; 1.02] | 11.4% | high |
| 51_PREDIMED_b | –0.1508 | 0.0649 | | 0.86 | [0.76; 0.98] | 8.4% | some concerns |
| 35_SUN | –0.0509 | 0.1602 | | 0.95 | [0.69; 1.30] | 3.1% | high |
| 30_PURE | –0.0305 | 0.0522 | | 0.97 | [0.88; 1.07] | 9.5% | high |
| 10_EPIC–Heidelberg | –0.0743 | 0.0566 | | 0.93 | [0.83; 1.04] | 9.1% | high |

Random effects model

Heterogeneity: $I^2 = 61\%$, $\tau^2 = 0.0086$, $p < 0.01$



0.94 [0.88; 1.01] 100.0%

