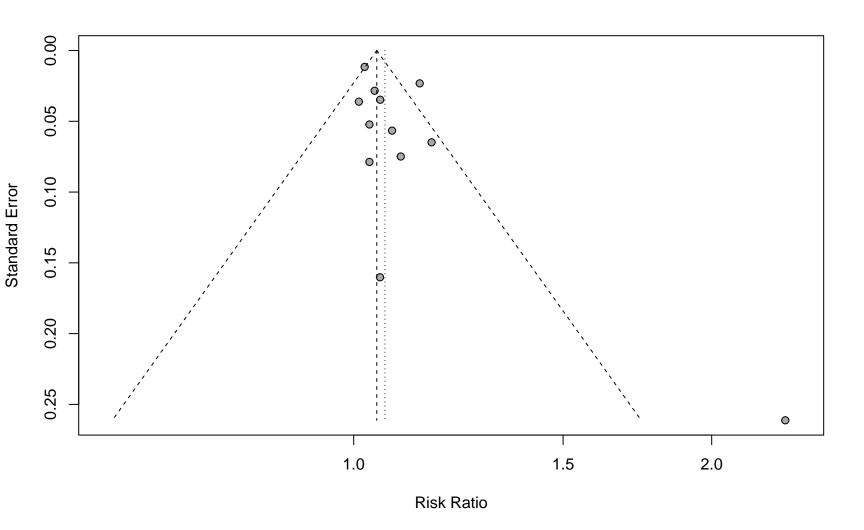
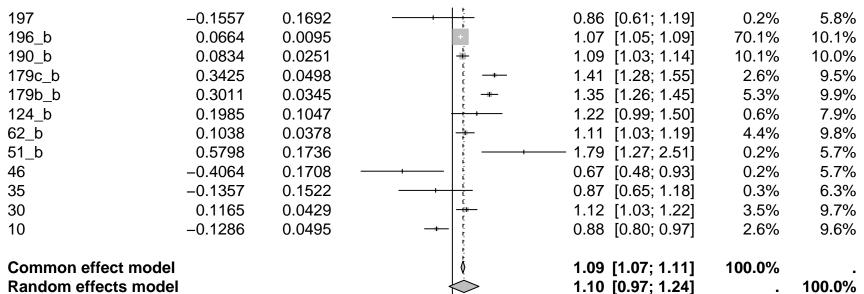
Study	logRR S	E(logRR)		RR	RR	95%-CI	Weight (common)	Weight (random)
197	0.8356	0.2612		t t t		[1.38; 3.85]		0.4%
196_b	0.0212	0.0116		+	1.02	[1.00; 1.04]		20.0%
190_b	0.0101	0.0361		fi	1.01	[0.94; 1.08]	5.7%	11.0%
179c_b	0.0513	0.0348		ë	1.05	[0.98; 1.13]	6.1%	11.5%
179b_b	0.1278	0.0232		Ç.	1.14	[1.09; 1.19]	13.8%	15.6%
124_b	0.0305	0.0787		- <u> -</u> -	1.03	[0.88; 1.20]	1.2%	3.8%
115_b	0.0912	0.0749		 	1.10	[0.95; 1.27]	1.3%	4.2%
62_b	0.0406	0.0284		<u> [</u>	1.04	[0.98; 1.10]	9.2%	13.6%
51_b	0.1508	0.0649		 	1.16	[1.02; 1.32]	1.8%	5.2%
35	0.0509	0.1602			1.05	[0.77; 1.44]	0.3%	1.1%
30	0.0305	0.0522		- t t	1.03	[0.93; 1.14]	2.7%	7.1%
10	0.0743	0.0566		10 10 10 10 10 10 10 10	1.08	[0.96; 1.20]	2.3%	6.4%
Common effect mode Random effects mode						[1.03; 1.06] [1.03; 1.10]	100.0%	100.0%
Heterogeneity: $I^2 = 64\%$,	$\tau^2 = 0.0013,$	p < 0.01	0.5	1 2 CHO:MUFA				





CHO:PUFA

0.5

RR

RR

logRR SE(logRR)

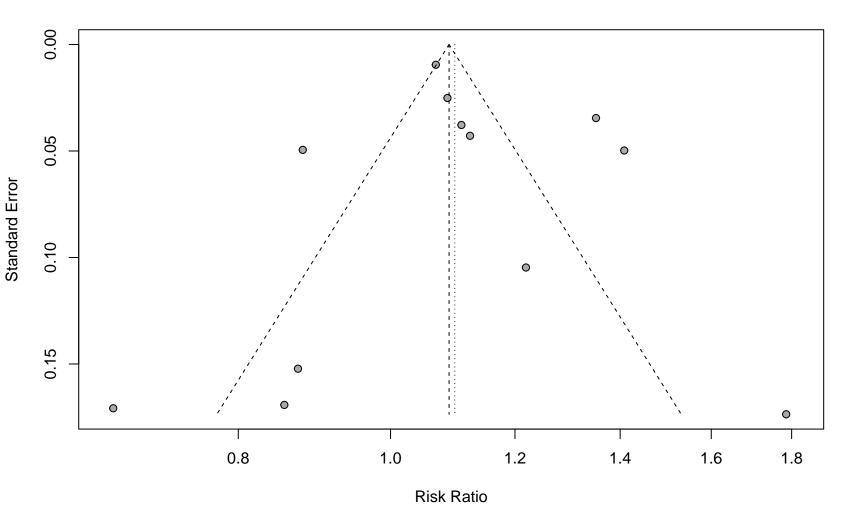
Heterogeneity: $I^2 = 90\%$, $\tau^2 = 0.0379$, $\rho < 0.01$

Study

Weight

95%-CI (common) (random)

Weight



Study	logRR	SE(logRR)	RR	
197 196_b 190_b 179c_b 179b_b 124_b 115_b 62_b 51_b 46 35 30	-0.1044 -0.1321 -0.0392 -0.0677 -0.0770 -0.0677 0.0399 0.0289 0.0392 -0.2018 -0.2927 0.0305 0.0419	0.0932 0.0098 0.0318 0.0309 0.0189 0.0741 0.0749 0.0257 0.1265 0.0874 0.1377 0.0369 0.0407		
Common effect mode Random effects mode Heterogeneity: $I^2 = 83\%$,	el el		0.75 1 1.5 CHO:SFA	0

0.90 [0.75; 1.08] 0.88 [0.86; 0.89] 0.96 [0.90; 1.02] 0.93 [0.88; 0.99] 0.93 [0.89; 0.96] 0.93 [0.81; 1.08] 1.04 [0.90; 1.21] 1.03 [0.98; 1.08] 1.04 [0.81; 1.33] 0.82 [0.69; 0.97] 0.75 [0.57; 0.98] 1.03 [0.96; 1.11] 1.04 [0.96; 1.13] 0.92 [0.90; 0.93] 0.95 [0.91; 1.00]

5.3% 5.6% 14.9% 1.0% 1.0% 8.1% 0.3%

0.7%

0.3%

3.9%

3.2%

100.0%

Weight

0.6%

55.1%

95%-CI (common) (random)

Weight

4.0%

13.0%

10.5%

10.6%

12.2%

5.3%

5.3%

11.3%

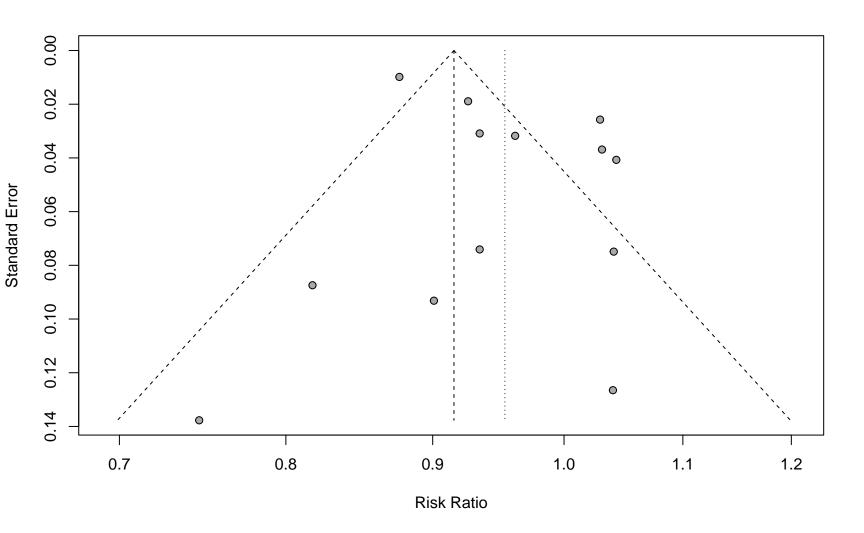
2.5%

4.3%

2.2%

9.7%

9.2%



Common effect model			į.	1.05 [1.04; 1.07]
10	-0.2029	0.0742		0.82 [0.71; 0.94]
30	0.0861	0.0596	 	1.09 [0.97; 1.22]
35	-0.1866	0.1728	- + <u>(</u>	0.83 [0.59; 1.16]
51_b	0.4290	0.1736	 	1.54 [1.09; 2.16]
62_b	0.0633	0.0397	 	1.07 [0.99; 1.15]
124_b	0.1680	0.1047	 	1.18 [0.96; 1.45]
134	0.0265	0.0106		1.03 [1.01; 1.05]
179a_b	0.1754	0.0321	¢ =	1.19 [1.12; 1.27]
179b_b	0.1733	0.0345	Č#	1.19 [1.11; 1.27]
179c_b	0.2912	0.0498	i +-	1.34 [1.21; 1.48]
190_b	0.0733	0.0361	}	1.08 [1.00; 1.16]
196_b	0.0451	0.0111		1.05 [1.02; 1.07]
197	-0.9913	0.2970	i	0.37 [0.21; 0.66]

0.5

2

MUFA: PUFA

logRR SE(logRR)

Study

Random effects model

Heterogeneity: $I^2 = 87\%$, $\tau^2 = 0.0196$, p < 0.01

[1.00; 1.16] 3.6% [1.21; 1.48] 1.9% [1.11; 1.27] 4.0% [1.12; 1.27] 4.6% [1.01; 1.05] 41.7%

1.08 [0.99; 1.17]

RR

Weight

0.1%

38.3%

0.4%

3.0%

0.2%

0.2%

1.3%

0.9%

100.0%

95%-CI (common) (random)

Weight

1.8%

10.1%

9.5%

9.0%

9.5%

9.6%

10.1%

6.5%

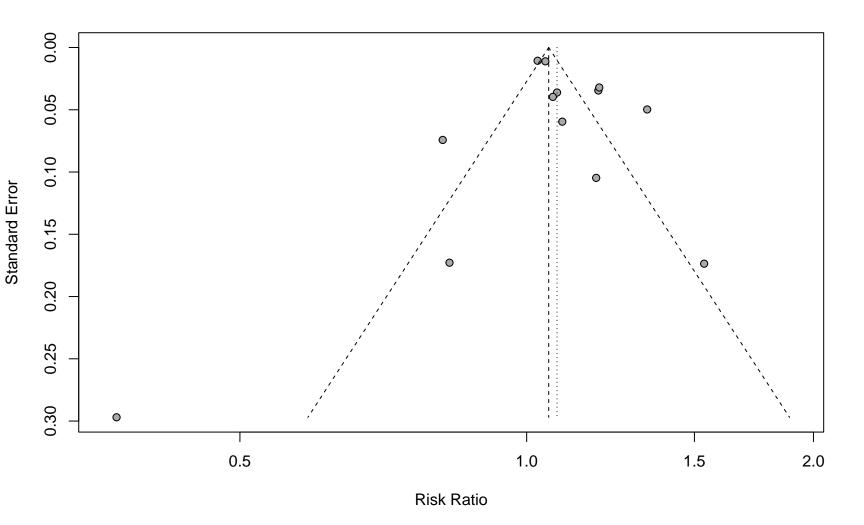
9.4%

4.0%

4.0%

8.6%

7.9%



Study	logRR	SE(logRR)	RR
197	-0.9400	0.2612	
196_b	-0.1533	0.0114	<u>+</u>
190_b	-0.0493	0.0410	
179c_b	-0.1190	0.0309	-
179b_b	-0.2048	0.0189	■ ; C
179a_b	-0.1393	0.0321	<u>+</u> ; C
134	-0.0152	0.0093	• 0
124_b	-0.0981	0.0741	- '
115_b	-0.0513	0.0617	- [+
62_b	-0.0117	0.0284	<u></u>
51_b	-0.1116	0.1265	<u> </u>
35	-0.3436	0.1602	$\frac{1}{2}$
30	-0.0000	0.0554	
10	-0.0324	0.0687	- ;+ -
Common effect model Random effects model			
Heterogeneity: $I^2 = 92\%$, τ	$c^2 = 0.0047$, <i>p</i> < 0.01	0.5 1 2 MUFA:SFA

95%-CI (common) (random) 0.39 [0.23; 0.65] 0.86 [0.84; 0.88] 0.95 [0.88; 1.03] 0.89 [0.84; 0.94] 0.81 [0.79; 0.85] 0.87 [0.82; 0.93] 0.98 [0.97; 1.00] 0.91 [0.78; 1.05] 0.95 [0.84; 1.07] 0.99 [0.93; 1.05] 0.89 [0.70; 1.15] 0.71 [0.52; 0.97] 1.00 [0.90; 1.11] 0.97 [0.85; 1.11] 0.92 [0.91; 0.93] 0.91 [0.87; 0.95]

0.1% 28.5% 2.2% 3.9% 10.3% 3.6% 43.0% 0.7% 1.0% 4.6% 0.2% 0.1% 1.2% 0.8% 100.0% 100.0%

Weight

Weight

0.7%

8.5%

9.6%

9.4%

11.3%

5.3%

6.3%

9.8%

2.6%

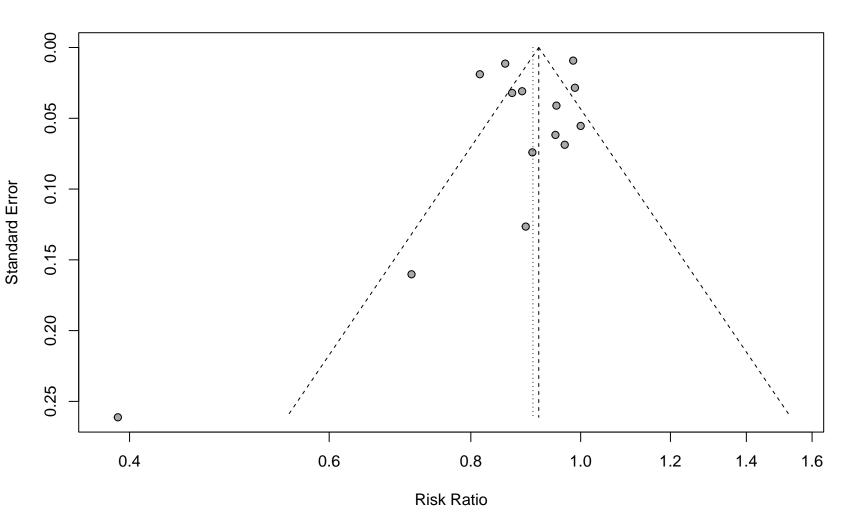
1.8%

7.0%

5.7%

10.7%

11.2%



Study	logRR	SE(logRR)	RR	RR	95%-CI (
197	0.0513	0.1692	- :	1.05	[0.76; 1.47]
196_b	-0.1985	0.0093	•	0.82	[0.81; 0.84]
190_b	-0.1226	0.0318	:	0.88	[0.83; 0.94]
179c_b	-0.4101	0.0471	→	0.66	[0.61; 0.73]
179b_b	-0.3781	0.0318	+	0.69	[0.64; 0.73]
179a_b	-0.3147	0.0243	+	0.73	[0.70; 0.77]
134	-0.0417	0.0069	•	0.96	[0.95; 0.97]
124_b	-0.2661	0.1013		0.77	[0.63; 0.93]
62_b	-0.0749	0.0378	1+	0.93	[0.86; 1.00]
51_b	-0.5406	0.2048 -		0.58	[0.39; 0.87]
46	0.2046	0.1708	 	1.23	[0.88; 1.71]
35	-0.1570	0.1522	- 1	0.85	[0.63; 1.15]
30	-0.0861	0.0467	: -	0.92	[0.84; 1.01]
10	0.1705	0.0630		1.19	[1.05; 1.34]
Common effect mod	el		i	0.89	[0.88; 0.90]
Random effects mod	lel		\Diamond	0.85	[0.77; 0.94]
	2		0.5 1 2		
Heterogeneity: $I^2 = 97\%$	$\tau = 0.0297,$	<i>p</i> < 0.01	PUFA:SFA		

30.2% 2.6% 1.2% 2.6% 4.4% 54.7% 0.3% 1.8% 0.1% 0.1% 0.1% 1.2% 0.7%

100.0%

Weight

0.1%

95%-CI (common) (random)

Weight

4.5%

8.8%

8.5%

8.2%

8.5%

8.6%

8.8%

6.6%

8.4%

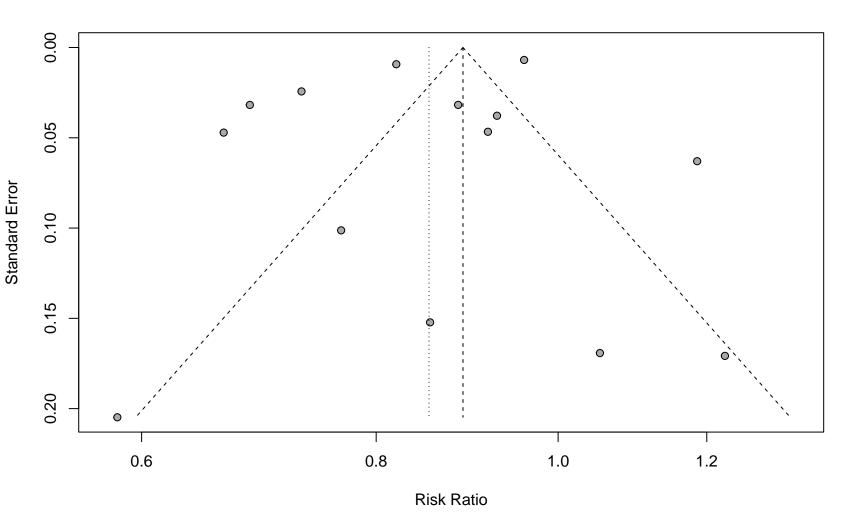
3.7%

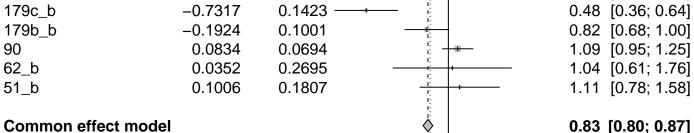
4.4%

5.0%

8.2%

7.8%





0.5

logRR SE(logRR)

-0.2060

Study

196 b

Random effects model

Heterogeneity: $I^2 = 85\%$, $\tau^2 = 0.0758$, p < 0.01

RR

RR

CHO:TFA

0.48 [0.36; 0.64] 0.82 [0.68; 1.00] 1.09 [0.95; 1.25] 1.04 [0.61; 1.76]

0.81 [0.78; 0.85]

0.85 [0.66; 1.09]

2.4% 4.9% 10.3% 0.7% 1.5%

100.0%

Weight

80.1%

95%-CI (common) (random)

Weight

20.6%

16.4%

18.3%

19.5%

10.6%

14.5%

Common effect model Random effects model			\Diamond	
51_b	-0.0503	0.1807	+	 (
62_b	-0.0054	0.2698	- : :	
179a_b	-0.5103	0.0849		
179b_b	-0.3202	0.1001		
179c_b	-0.7830	0.1423	<u> </u>	(

0.5

RR

logRR SE(logRR)

-0.2272

Heterogeneity: $I^2 = 81\%$, $\tau^2 = 0.0505$, p < 0.01

Study

196_b

0.73 [0.60; 0.88] 0.60 [0.51; 0.71] 0.99 [0.59; 1.69] 0.95 [0.67; 1.36]

0.77 [0.73; 0.80]

0.71 [0.57; 0.87]

0.80 [0.76; 0.84]

0.46 [0.35; 0.60]

RR

2

MUFA:TFA

5.3% 7.4% 0.7% 1.6%

Weight

82.2%

2.6%

95%-CI (common) (random)

Weight

22.3%

16.1%

18.8%

19.8%

9.3%

13.7%

Common effect model				
51_b	-0.4792	0.2420 -		
62_b	-0.0687	0.2709		
179a_b	-0.6858	0.0822		
179b_b	-0.4935	0.1033		
179c_b	-1.0742	0.1467	-	

logRR SE(logRR)

-0.2723

Study

196_b

Random effects model

Heterogeneity: $I^2 = 91\%$, $\tau^2 = 0.0868$, p < 0.01

RR

RR

PUFA:TFA

0.5

0.34 [0.26; 0.46] 0.61 [0.50; 0.75] 0.50 [0.43; 0.59] 0.93 [0.55; 1.59] 0.62 [0.39; 1.00]

0.76 [0.73; 0.80]

0.72 [0.69; 0.75]

0.59 [0.45; 0.77]

2.4% 4.8% 7.5% 0.7% 0.9%

100.0%

Weight

83.8%

95%-CI (common) (random)

Weight

20.9%

16.9%

18.7%

19.5%

11.4%

12.6%

Common effect mod	del		♦	0.89 [0.86; 0.94]
51_b	0.0614	0.2108	: 1	1.06 [0.70; 1.61]
62_b	0.0063	0.2695		1.01 [0.59; 1.71]
179a_b	-0.3711	0.0822		0.69 [0.59; 0.81]
179b_b	-0.1154	0.0992	-+-	0.89 [0.73; 1.08]
179c_b	-0.6640	0.1414 —		0.51 [0.39; 0.68]

0.0248

logRR SE(logRR)

-0.0739

Study

196_b

Random effects model

Heterogeneity: $I^2 = 82\%$, $\tau^2 = 0.0496$, p < 0.01

RR

RR

SFA:TFA

--

0.93 [0.88; 0.97] 1 [0.39; 0.68] 39 [0.73; 1.08] 9 [0.59; 0.81] 1 [0.59; 1.71]

0.81 [0.65; 0.99]

82.9% 2.5% 5.2% 7.5% 0.7%

1.1%

100.0%

Weight

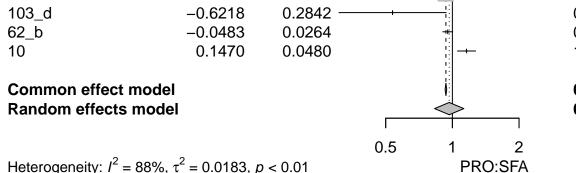
95%-CI (common) (random)

16.4% 19.2% 20.2% 9.3% 12.1%

100.0%

Weight

22.7%



logRR SE(logRR)

-0.0693

Study

191

RR

RR

0.93 [0.93; 0.94] 0.54 [0.31; 0.94] 0.95 [0.90; 1.00]

2.6% 1.16 [1.05; 1.27] 0.8%

100.0%

Weight

96.6%

0.0%

95%-CI (common) (random)

100.0%

Weight

32.9%

31.7%

29.3%

6.1%

0.93 [0.93; 0.94] 0.97 [0.83; 1.13]

62_b 10	0.0772 -0.1051	0.0264 0.0281	_		-	1.08 [1.03; 1.14] 0.90 [0.85; 0.95]
Common effect mod Random effects mod		-				0.99 [0.96; 1.03] 0.99 [0.83; 1.18]
Heterogeneity: $I^2 = 96\%$	$6 au^2 = 0.0159 au$	< 0.01	0.9	1 CF	1.1 HO:PRO	

logRR SE(logRR)

Study

RR

RR

1.08 [1.03; 1.14]).90 [0.85; 0.95]

53.1% 46.9% 100.0%

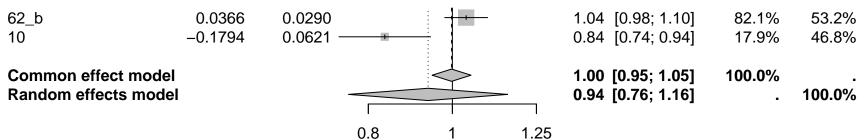
Weight

95%-CI (common) (random)

Weight

50.1%

49.9%



MUFA:PRO

RR

logRR SE(logRR)

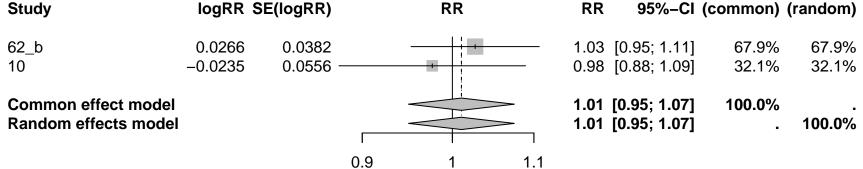
Heterogeneity: $I^2 = 90\%$, $\tau^2 = 0.0210$, p < 0.01

Study

Weight

95%-CI (common) (random)

Weight



PRO:PUFA

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0$, p = 0.46

Weight

Weight

