Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
196_f	0.4145	0.1058		1.51	[1.23; 1.86]	46.4%	some concerns
179c_f	−0.1881	0.3054		0.83	[0.46; 1.51]	10.3%	some concerns
179b_f	−0.4719	0.3086		0.62	[0.34; 1.14]	10.1%	some concerns
62_f	−0.1758	0.1431		0.84	[0.63; 1.11]	33.2%	high
Random effects model				**1.07**	**[0.87; 1.31]**	**100.0%**	

0.5 1 2

n3−PUFA:n6−PUFA

Heterogeneity: $I^2 = 82\%$, $\tau^2 = 0.0123$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
196_f	0.2060	0.1058		1.23	[1.00; 1.51]	40.1%	some concerns
179a_g	−0.8549	0.1350		0.43	[0.33; 0.55]	30.9%	some concerns
62_f	−0.2310	0.1424		0.79	[0.60; 1.05]	29.0%	high
Random effects model				**0.78**	**[0.64; 0.94]**	**100.0%**	

0.5   1   2

n3−PUFA:SFA

Heterogeneity: $I^2 = 95\%$, $\tau^2 = 0.0123$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight	RoB
196_f	0.2870	0.1061		1.33	[1.08; 1.64]	45.5%	some concerns
179c_f	−0.5077	0.3054		0.60	[0.33; 1.10]	10.2%	some concerns
179b_f	−0.6804	0.3086		0.51	[0.28; 0.93]	10.0%	some concerns
124_f	−0.3425	0.7977		0.71	[0.15; 3.39]	1.7%	some concerns
62_f	−0.2567	0.1431		0.77	[0.58; 1.02]	32.7%	high
Random effects model				**0.92**	**[0.75; 1.13]**	**100.0%**	

0.2 0.5 1 2 5

n3−PUFA:CHO

Heterogeneity: $I^2 = 78\%$, $\tau^2 = 0.0123$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
196_f	−0.2085	0.0139		0.81	[0.79; 0.83]	35.5%	some concerns
179a_f	−0.1814	0.0341		0.83	[0.78; 0.89]	32.9%	some concerns
62_f	−0.0552	0.0417		0.95	[0.87; 1.03]	31.6%	high
Random effects model				**0.86**	**[0.75; 0.98]**	**100.0%**	

0.8   1   1.25

n6−PUFA:SFA

Heterogeneity: $I^2 = 84\%$, $\tau^2 = 0.0123$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight	RoB
196_f	−0.1275	0.0161		0.88	[0.85; 0.91]	28.0%	some concerns
179c_f	−0.3196	0.0580		0.73	[0.65; 0.81]	22.4%	some concerns
179b_f	−0.2085	0.0416		0.81	[0.75; 0.88]	25.0%	some concerns
62_f	−0.0809	0.0442		0.92	[0.85; 1.01]	24.6%	high
Random effects model				**0.84**	**[0.74; 0.94]**	**100.0%**	

0.75   1   1.5

n6−PUFA:CHO

Heterogeneity: $I^2 = 80\%$, $\tau^2 = 0.0123$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight	RoB
196_f	0.0810	0.0161		1.08	[1.05; 1.12]	52.8%	some concerns
62_f	−0.0257	0.0417		0.97	[0.90; 1.06]	47.2%	high
Random effects model				**1.03**	**[0.88; 1.21]**	**100.0%**	

0.9 1 1.1

SFA:CHO

Heterogeneity: $I^2 = 82\%$, $\tau^2 = 0.0123$, $p = 0.02$

Study	logRR	SE(logRR)	RR	RR	95%-CI	Weight	RoB
62_f	−0.2141	0.1517		0.81	[0.60; 1.09]	100.0%	high

0.75　1　1.5

n3−PUFA:MUFA

Study	logRR	SE(logRR)	RR		RR	95%-CI	Weight	RoB
62_f	−0.1919	0.3168			0.83	[0.44; 1.54]	100.0%	high

n3−PUFA:TFA

Study	logRR	SE(logRR)	RR	RR	95%-CI	Weight	RoB
62_f	−0.1836	0.1432		0.83	[0.63; 1.10]	100.0%	high

0.75   1   1.5

n3−PUFA:PRO

Study	logRR	SE(logRR)	RR	RR	95%-CI	Weight	RoB
62_f	−0.0383	0.0669		0.96	[0.84; 1.10]	100.0%	high

0.9   1   1.1

n6−PUFA:MUFA

Study	logRR	SE(logRR)	RR	RR	95%-CI	Weight	RoB
62_f	−0.0161	0.2860		0.98	[0.56; 1.72]	100.0%	high

0.75   1   1.5

n6−PUFA:TFA

Study	logRR	SE(logRR)	RR	RR	95%-CI	Weight	RoB
62_f	−0.0078	0.0445		0.99	[0.91; 1.08]	100.0%	high

1

n6−PUFA:PRO

Study	logRR	SE(logRR)	RR	RR	95%-CI	Weight	RoB
62_f	−0.0169	0.0652		0.98	[0.87; 1.12]	100.0%	high

0.9   1   1.1

MUFA:SFA

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight	RoB
62_f	0.0222	0.2904		1.02	[0.58; 1.81]	100.0%	high

0.75   1   1.5

MUFA:TFA

Study	logRR	SE(logRR)	RR	RR	95%-CI	Weight	RoB
62_f	−0.0426	0.0669		0.96	[0.84; 1.09]	100.0%	high

0.9　　1　　1.1

MUFA:CHO

Study	logRR	SE(logRR)	RR	RR	95%-CI	Weight	RoB
62_f	0.0305	0.0670		1.03	[0.90; 1.18]	100.0%	high

0.9   1   1.1

MUFA:PRO

Study	logRR	SE(logRR)	RR	RR	95%-CI	Weight	RoB
62_f	0.0391	0.2856		1.04	[0.59; 1.82]	100.0%	high

0.75　1　1.5

SFA:TFA

Study	logRR	SE(logRR)	RR	RR	95%-CI	Weight	RoB
62_f	0.0474	0.0419		1.05	[0.97; 1.14]	100.0%	high

0.9   1   1.1

SFA:PRO

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
62_f	−0.0648	0.2860		0.94	[0.54; 1.64]	100.0%	high

0.75   1   1.5

TFA:CHO

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight	RoB
62_f	0.0083	0.2861		1.01	[0.58; 1.77]	100.0%	high

0.75　1　1.5

TFA:PRO

Study	logRR	SE(logRR)	RR	RR	95%-CI	Weight	RoB
62_f	0.0731	0.0445		1.08	[0.99; 1.17]	100.0%	high

0.9 1 1.1

CHO:PRO