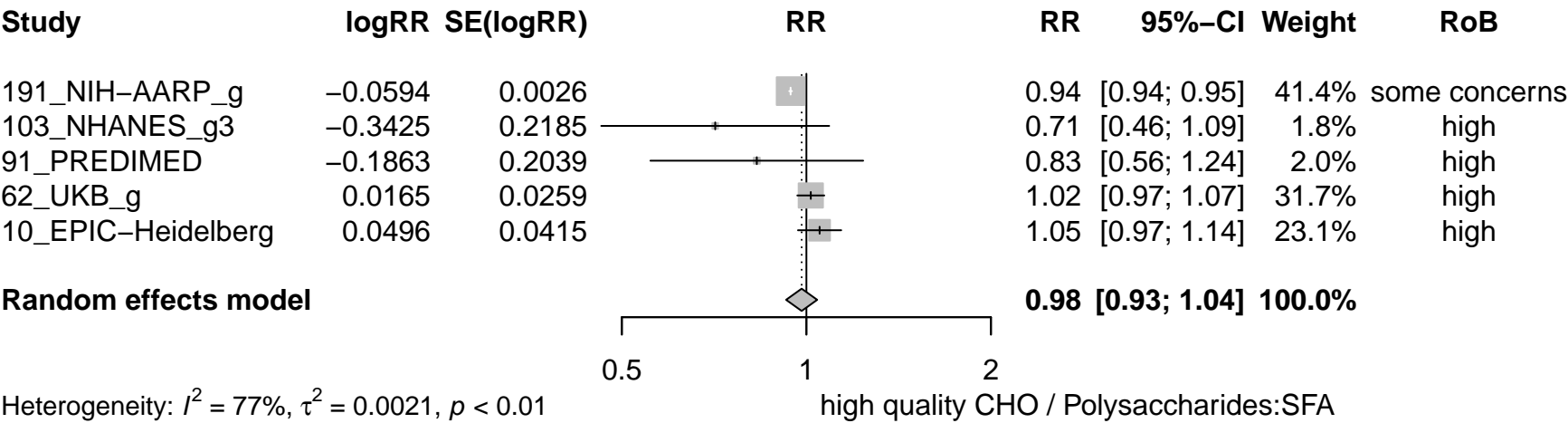


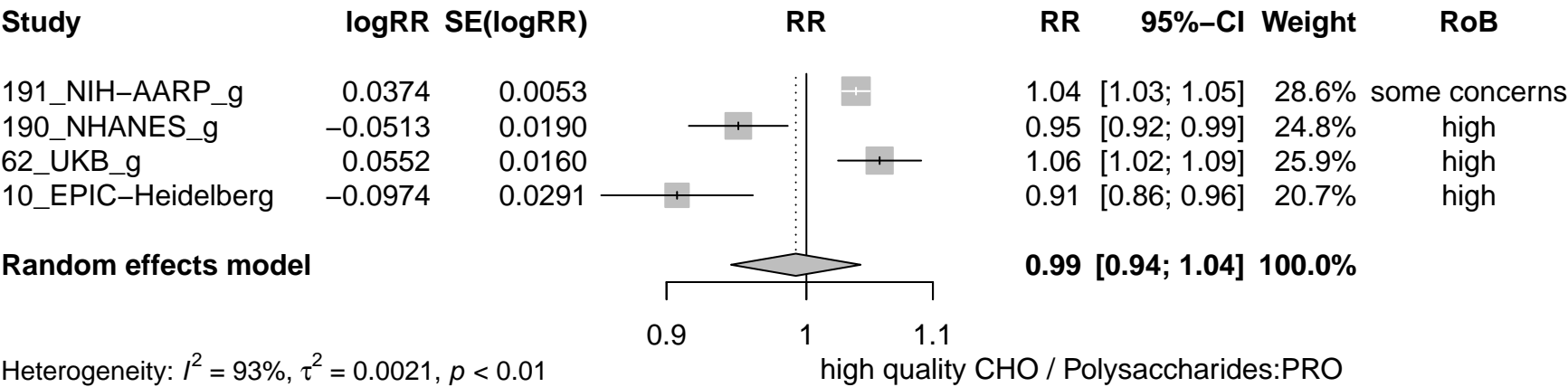
Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight	RoB
191_NIH–AARP_g	–0.0035	0.0026		1.00	[0.99; 1.00]	32.0%	some concerns
103_NHANES_g1	–0.1625	0.1003		0.85	[0.70; 1.03]	5.6%	high
91_PREDIMED	–0.1863	0.1422		0.83	[0.63; 1.10]	3.1%	high
62_UKB_g	–0.0351	0.0088		0.97	[0.95; 0.98]	31.0%	high
10_EPIC–Heidelberg	0.0166	0.0168		1.02	[0.98; 1.05]	28.3%	high
Random effects model				0.98	[0.93; 1.03]	100.0%	

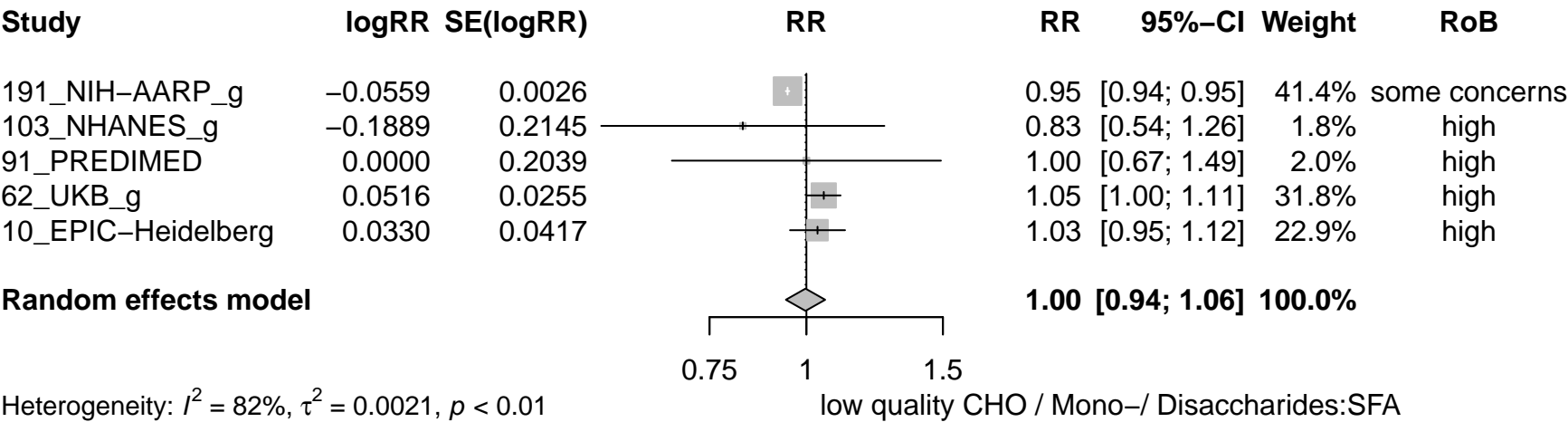
0.75 1 1.5

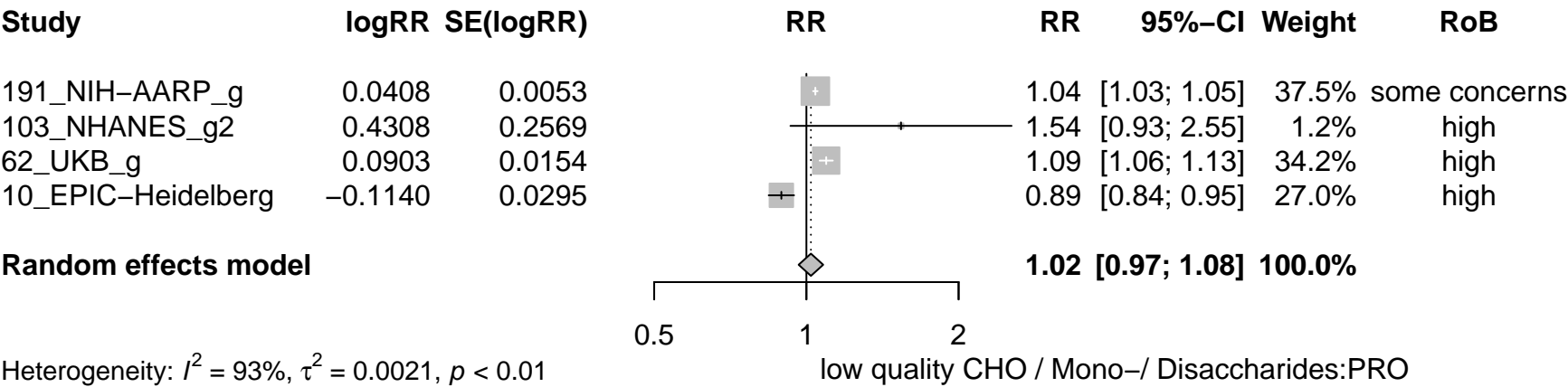
Heterogeneity: $I^2 = 77\%$, $\tau^2 = 0.0021$, $p < 0.01$

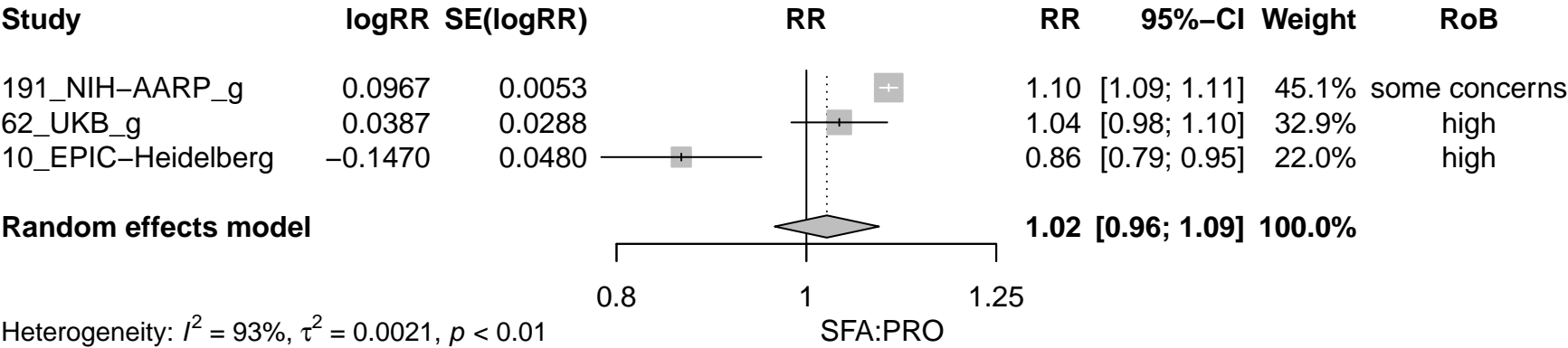
high quality CHO / Polysaccharides:low quality CHO / Mono–/ Dis







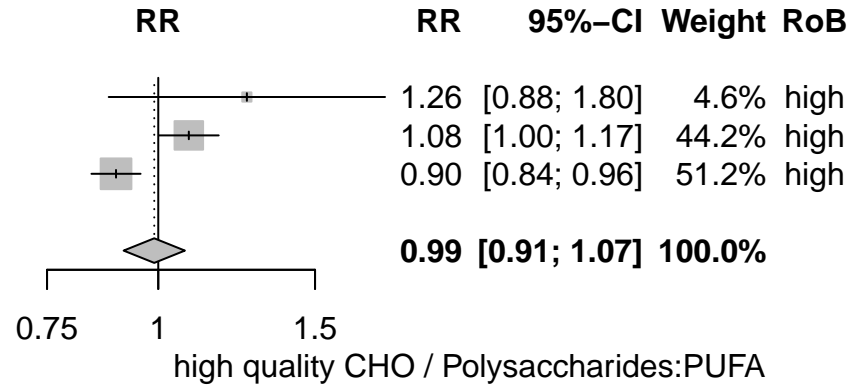




Study	logRR	SE(logRR)
91_PREDIMED	0.2292	0.1823
62_UKB_g	0.0791	0.0394
10_EPIC-Heidelberg	-0.1093	0.0324

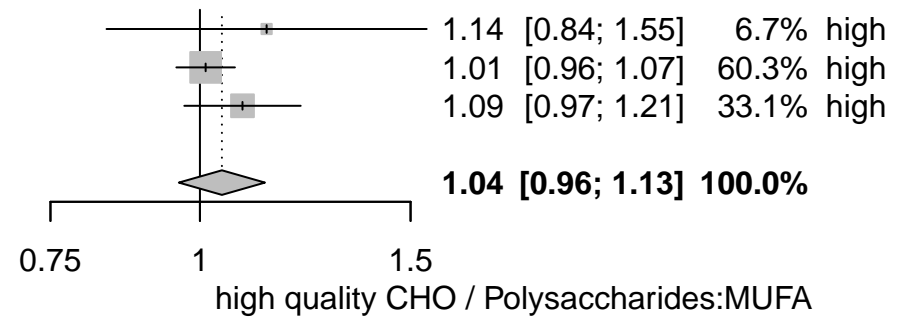
Random effects model

Heterogeneity: $I^2 = 87\%$, $\tau^2 = 0.0021$, $p < 0.01$

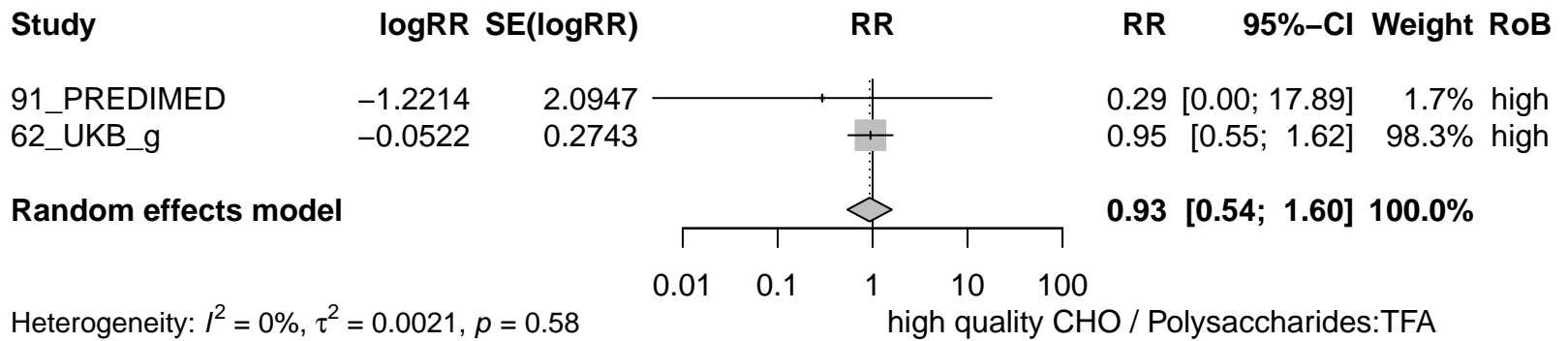


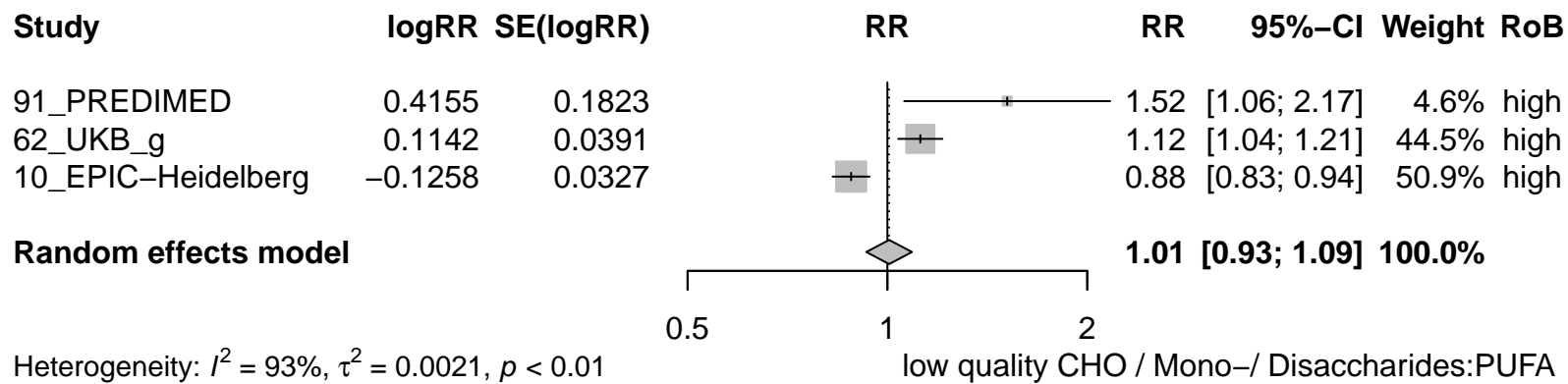
Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight	RoB
91_PREDIMED	0.1284	0.1572		1.14	[0.84; 1.55]	6.7%	high
62_UKB_g	0.0110	0.0287		1.01	[0.96; 1.07]	60.3%	high
10_EPIC–Heidelberg	0.0820	0.0571		1.09	[0.97; 1.21]	33.1%	high

Random effects model



Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0.0021$, $p = 0.44$





Study	logRR	SE(logRR)
91_PREDIMED	0.3147	0.1572
62_UKB_g	0.0461	0.0284
10_EPIC-Heidelberg	0.0654	0.0573

Random effects model

Heterogeneity: $I^2 = 30\%$, $\tau^2 = 0.0021$, $p = 0.24$

