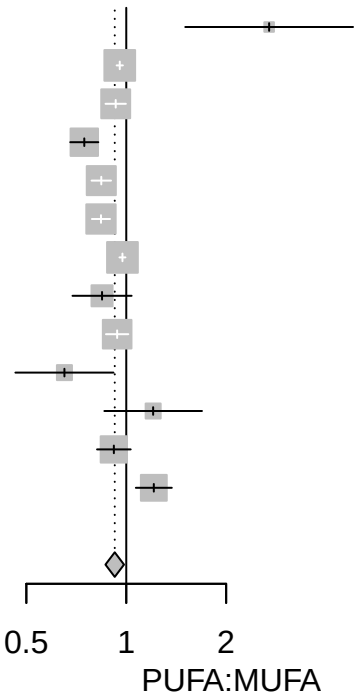
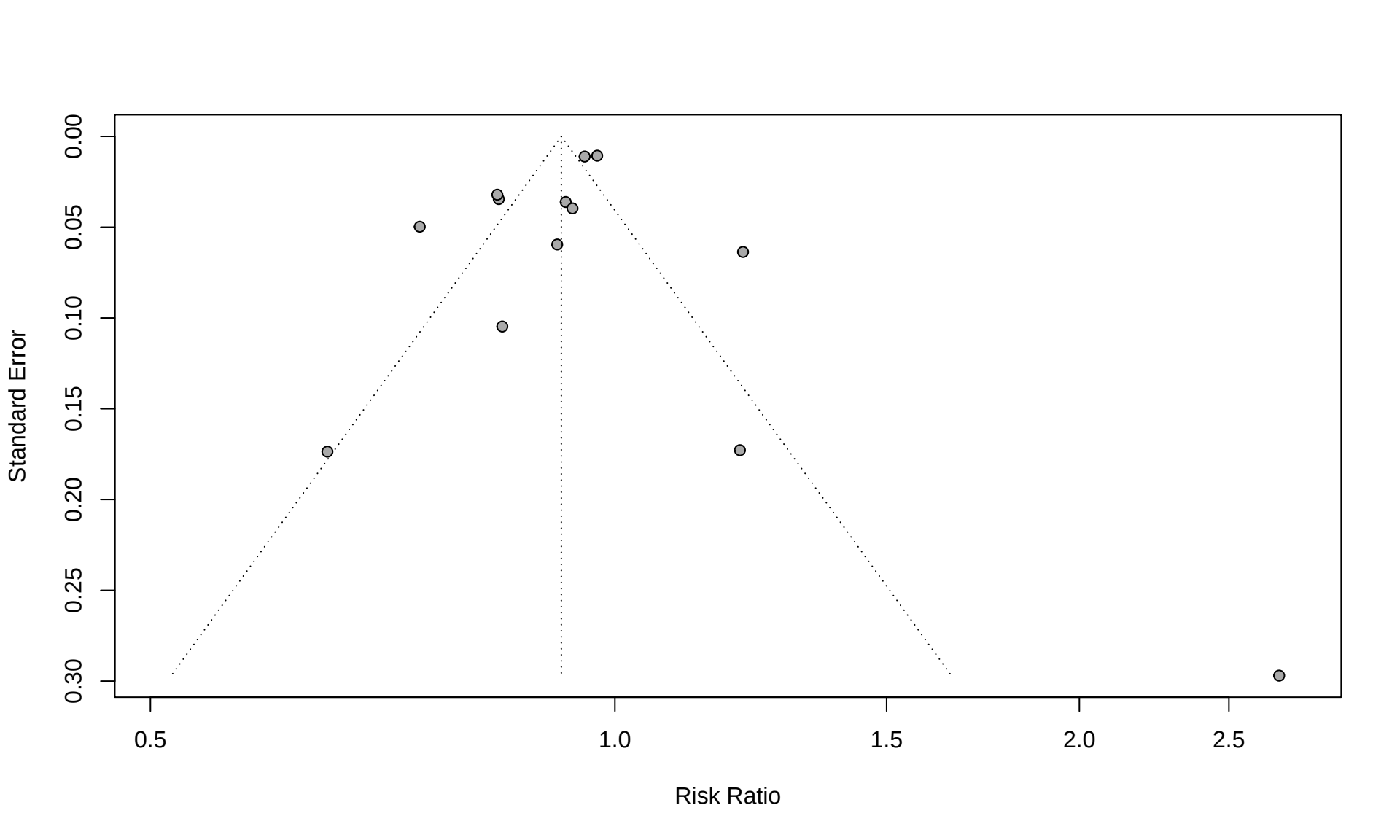
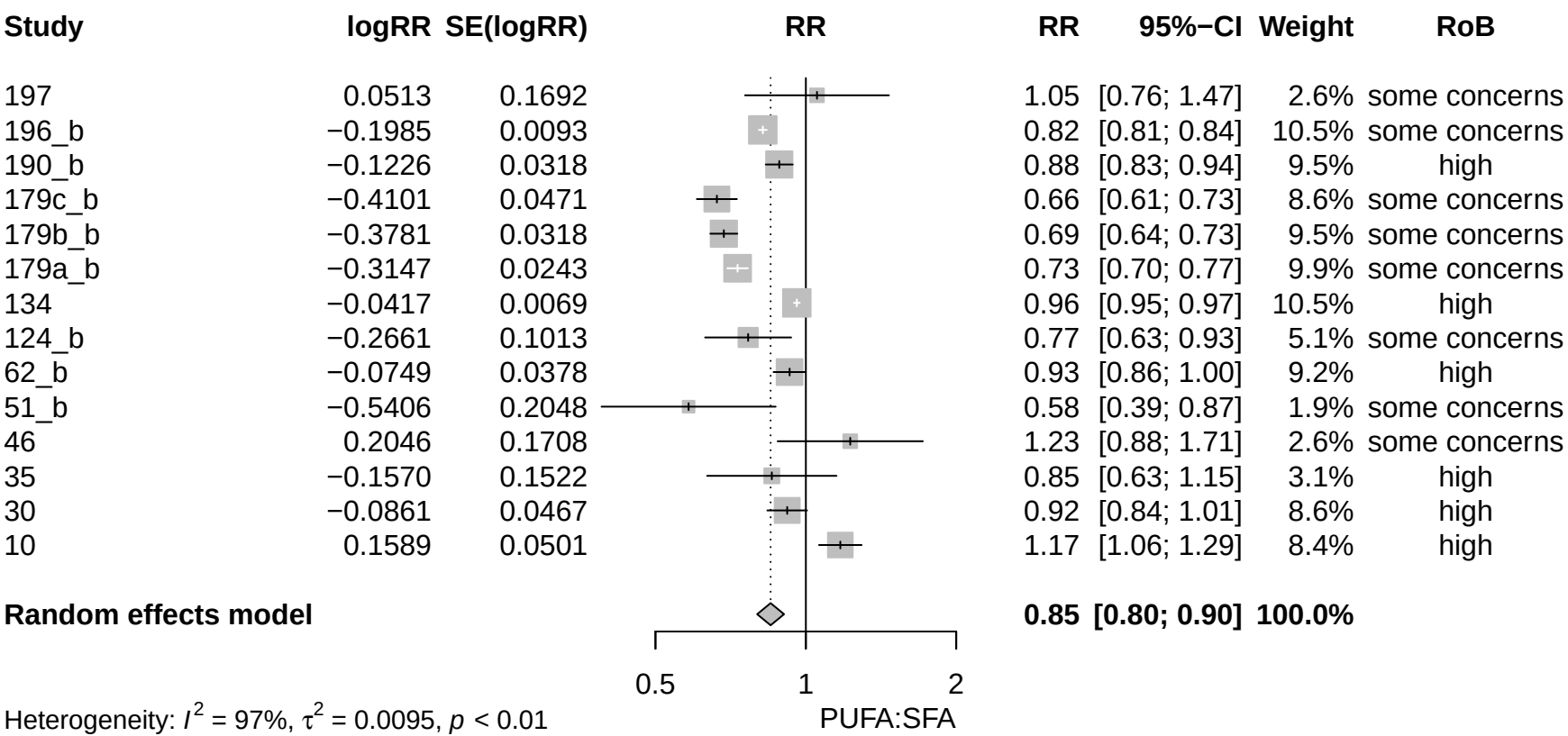
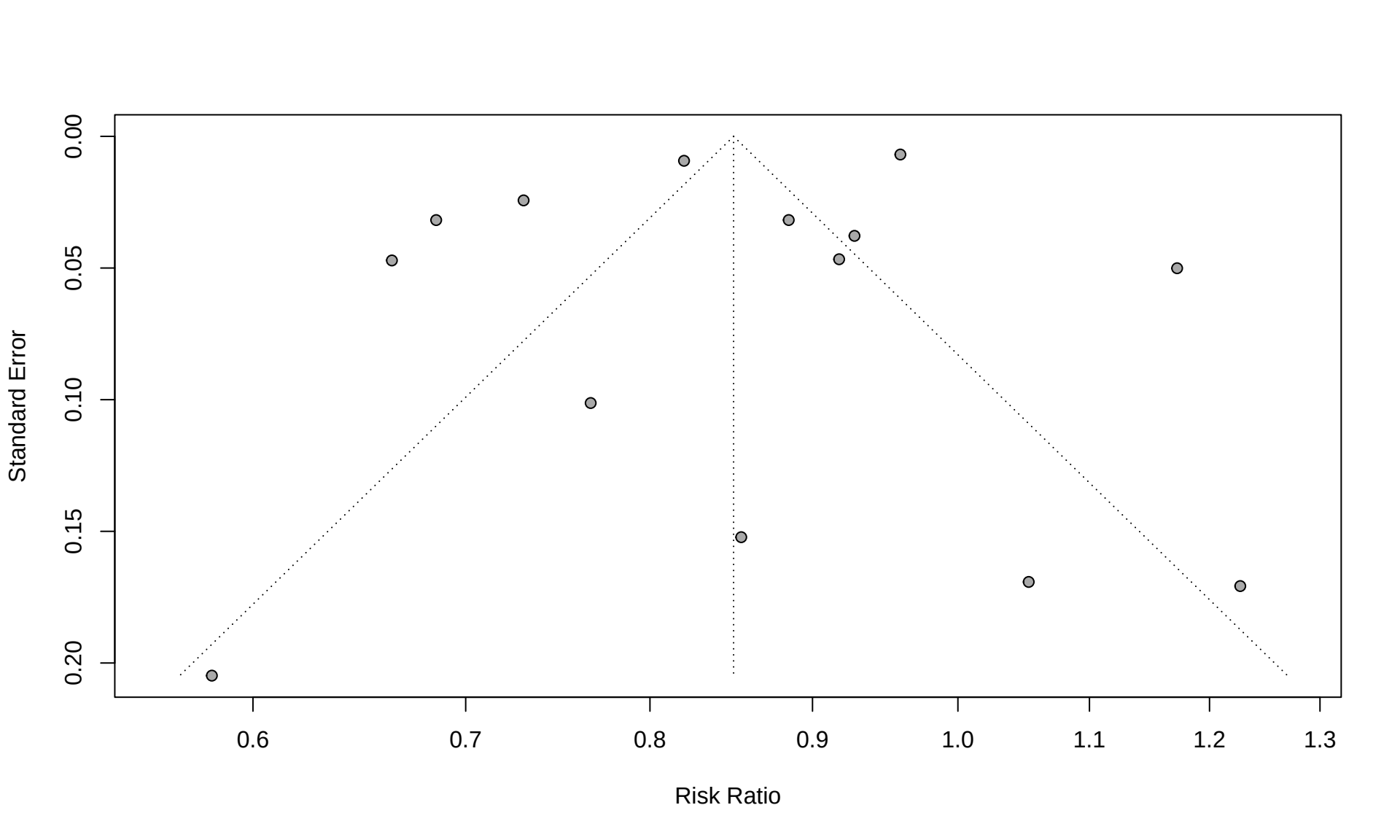
Study	logRR	SE(logRR)	RR	95%−CI	Weight	RoB
197	0.9913	0.2970	2.69	[1.51; 4.82]	1.1%	some concerns
196_b	−0.0451	0.0111	0.96	[0.94; 0.98]	11.3%	some concerns
190_b	−0.0733	0.0361	0.93	[0.87; 1.00]	10.0%	high
179c_b	−0.2912	0.0498	0.75	[0.68; 0.82]	9.0%	some concerns
179b_b	−0.1733	0.0345	0.84	[0.79; 0.90]	10.1%	some concerns
179a_b	−0.1754	0.0321	0.84	[0.79; 0.89]	10.3%	some concerns
134	−0.0265	0.0106	0.97	[0.95; 0.99]	11.3%	high
124_b	−0.1680	0.1047	0.85	[0.69; 1.04]	5.3%	some concerns
62_b	−0.0633	0.0397	0.94	[0.87; 1.01]	9.8%	high
51_b	−0.4290	0.1736	0.65	[0.46; 0.92]	2.7%	some concerns
35	0.1866	0.1728	1.21	[0.86; 1.69]	2.7%	high
30	−0.0861	0.0596	0.92	[0.82; 1.03]	8.3%	high
10	0.1912	0.0637	1.21	[1.07; 1.37]	8.0%	high
Random effects model			**0.92**	**[0.87; 0.98]**	**100.0%**	



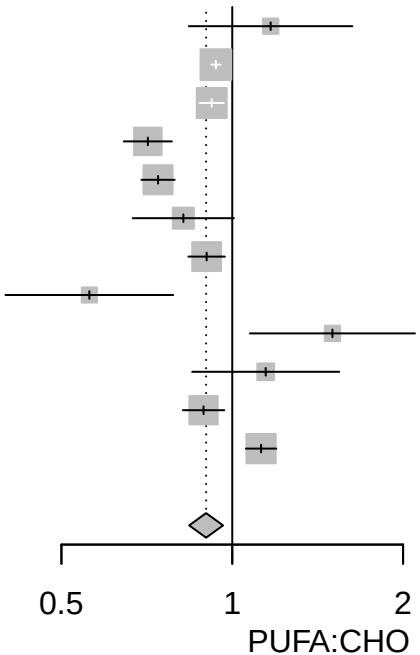
Heterogeneity: I^2 = 87%, τ^2 = 0.0095, p < 0.01


Standard Error
0.00
0.05
0.10
0.15
0.20
0.25
0.30
0.5
1.0
1.5
2.0
2.5
Risk Ratio

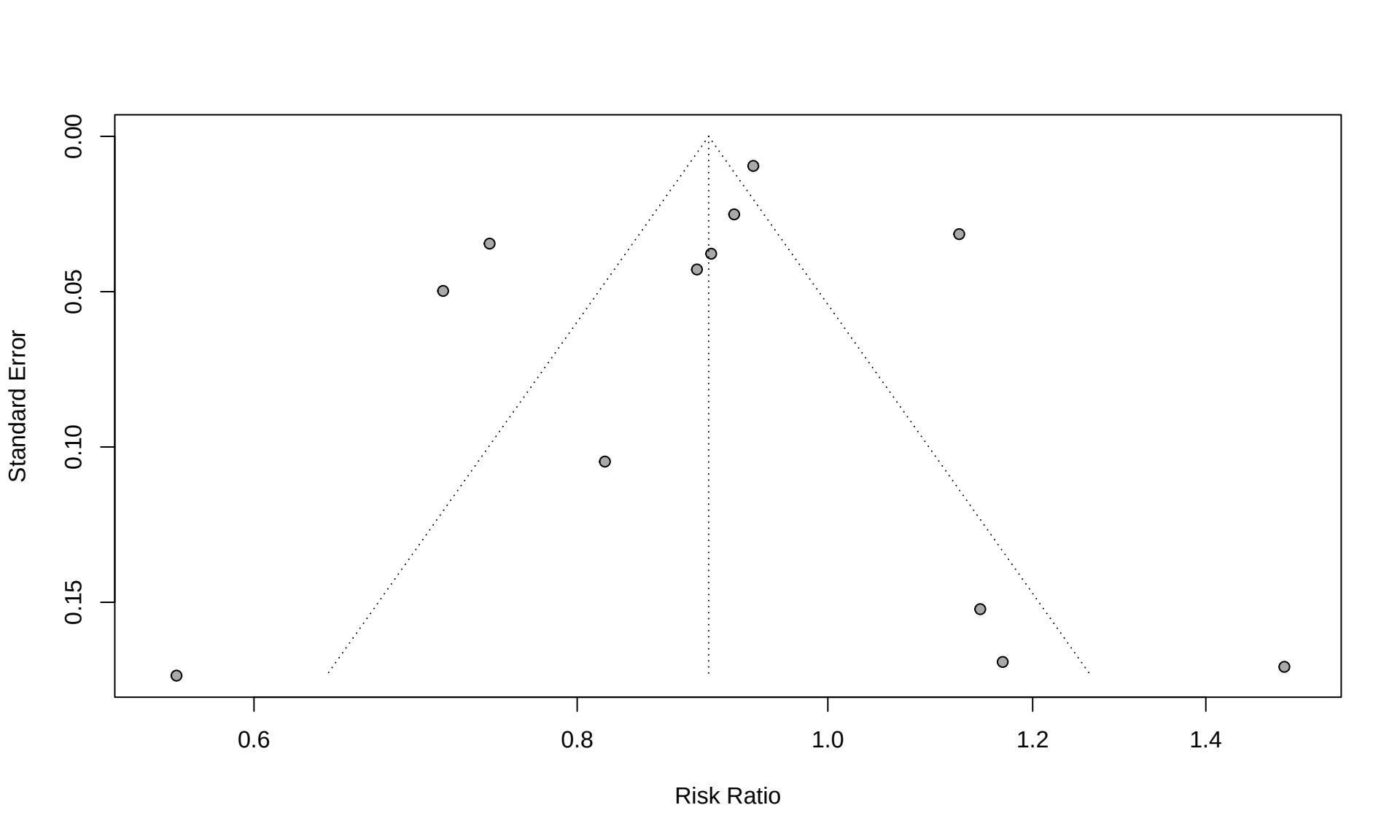

Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
197 0.0513 0.1692 1.05 [0.76; 1.47] 2.6% some concerns
196_b −0.1985 0.0093 0.82 [0.81; 0.84] 10.5% some concerns
190_b −0.1226 0.0318 0.88 [0.83; 0.94] 9.5% high
179c_b −0.4101 0.0471 0.66 [0.61; 0.73] 8.6% some concerns
179b_b −0.3781 0.0318 0.69 [0.64; 0.73] 9.5% some concerns
179a_b −0.3147 0.0243 0.73 [0.70; 0.77] 9.9% some concerns
134 −0.0417 0.0069 0.96 [0.95; 0.97] 10.5% high
124_b −0.2661 0.1013 0.77 [0.63; 0.93] 5.1% some concerns
62_b −0.0749 0.0378 0.93 [0.86; 1.00] 9.2% high
51_b −0.5406 0.2048 0.58 [0.39; 0.87] 1.9% some concerns
46 0.2046 0.1708 1.23 [0.88; 1.71] 2.6% some concerns
35 −0.1570 0.1522 0.85 [0.63; 1.15] 3.1% high
30 −0.0861 0.0467 0.92 [0.84; 1.01] 8.6% high
10 0.1589 0.0501 1.17 [1.06; 1.29] 8.4% high
Random effects model 0.85 [0.80; 0.90] 100.0%
0.5
1
2
PUFA:SFA
Heterogeneity: I^2 = 97%, τ^2 = 0.0095, p < 0.01

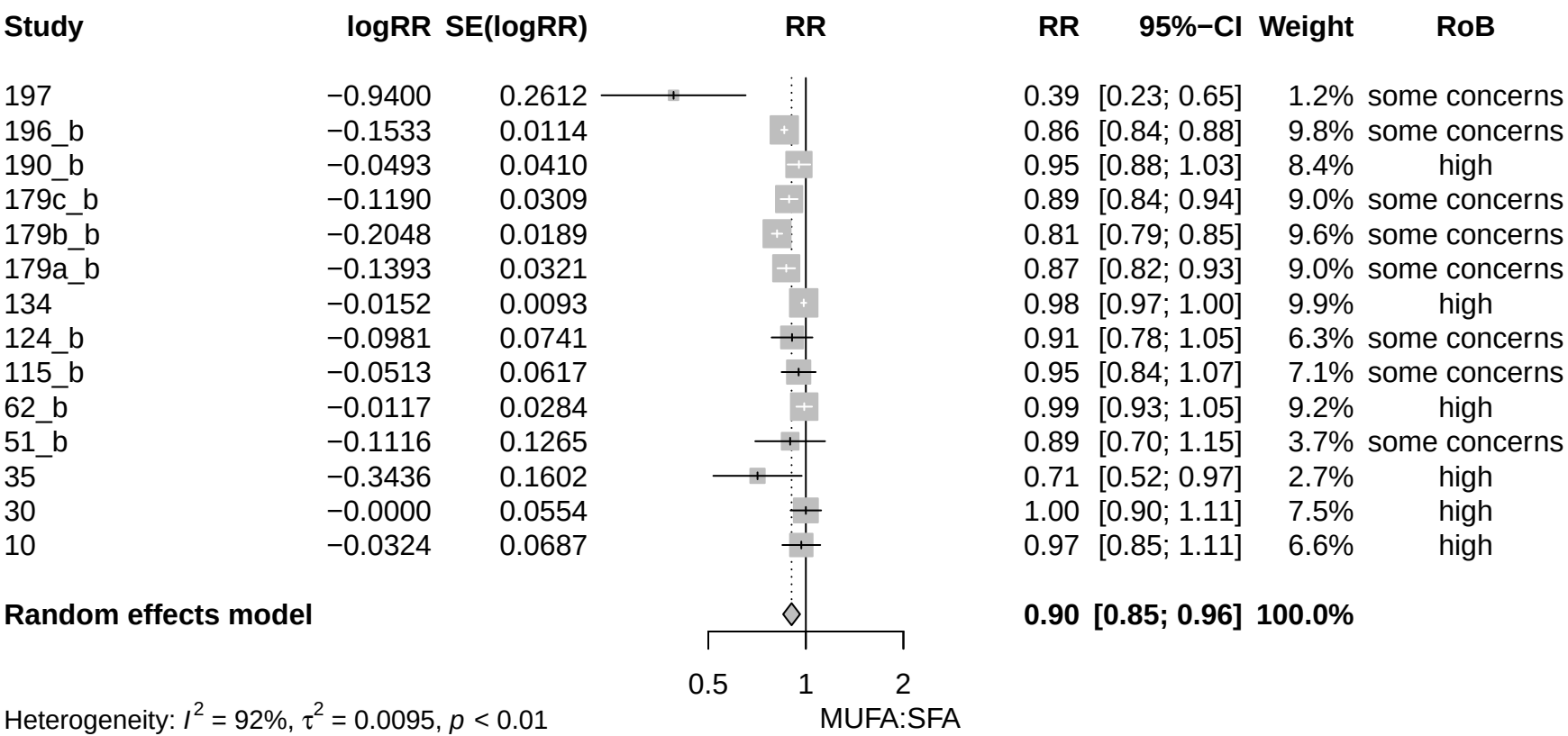

Standard Error
0.00
0.05
0.10
0.15
0.20
0.6
0.7
0.8
0.9
1.0
1.1
1.2
1.3
Risk Ratio

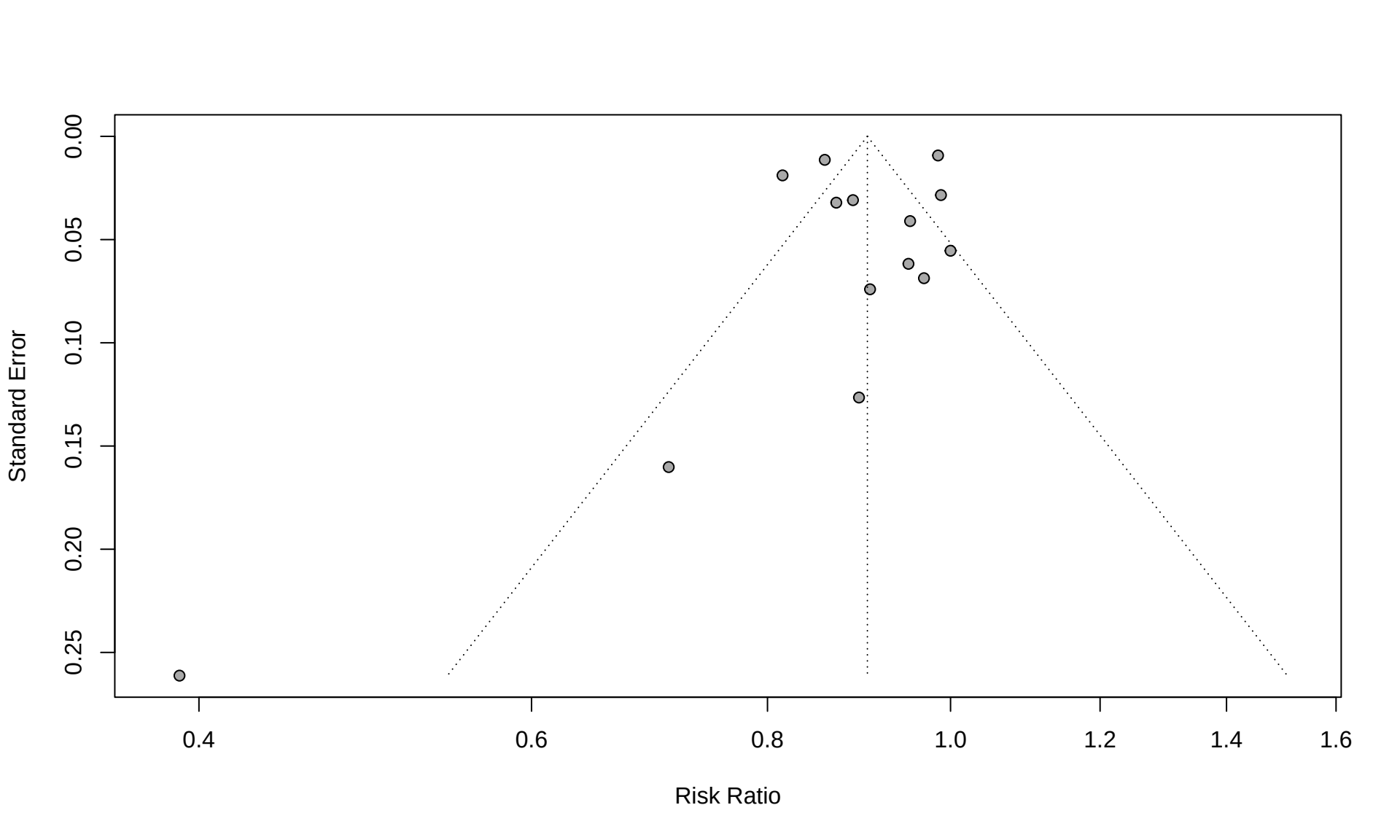
Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
197	0.1557	0.1692		1.17	[0.84; 1.63]	3.2%	some concerns
196_b	−0.0664	0.0095		0.94	[0.92; 0.95]	12.8%	some concerns
190_b	−0.0834	0.0251		0.92	[0.88; 0.97]	12.2%	high
179c_b	−0.3425	0.0498		0.71	[0.64; 0.78]	10.3%	some concerns
179b_b	−0.3011	0.0345		0.74	[0.69; 0.79]	11.5%	some concerns
124_b	−0.1985	0.1047		0.82	[0.67; 1.01]	6.0%	some concerns
62_b	−0.1038	0.0378		0.90	[0.84; 0.97]	11.3%	high
51_b	−0.5798	0.1736		0.56	[0.40; 0.79]	3.1%	some concerns
46	0.4064	0.1708		1.50	[1.07; 2.10]	3.2%	some concerns
35	0.1357	0.1522		1.15	[0.85; 1.54]	3.8%	high
30	−0.1165	0.0429		0.89	[0.82; 0.97]	10.9%	high
10	0.1169	0.0315		1.12	[1.06; 1.20]	11.7%	high
Random effects model				**0.90**	**[0.84; 0.96]**	**100.0%**	

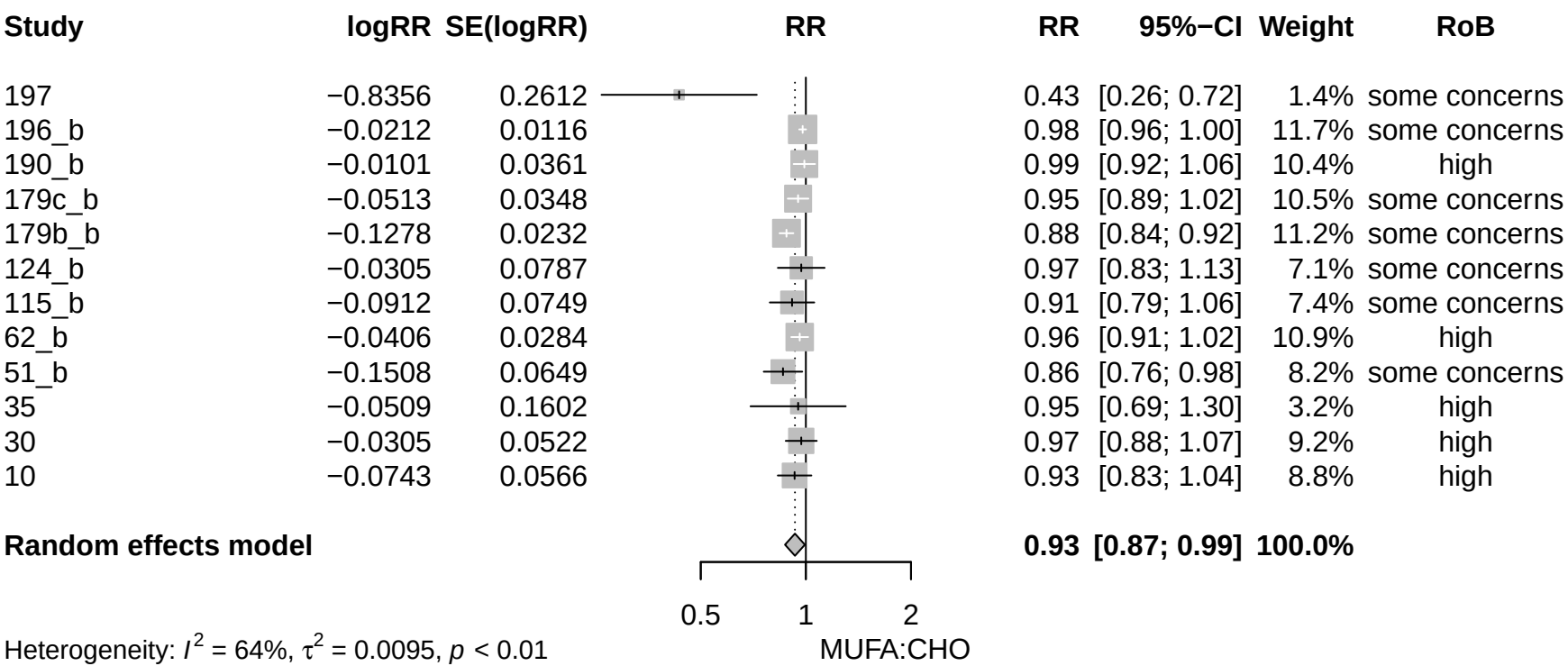


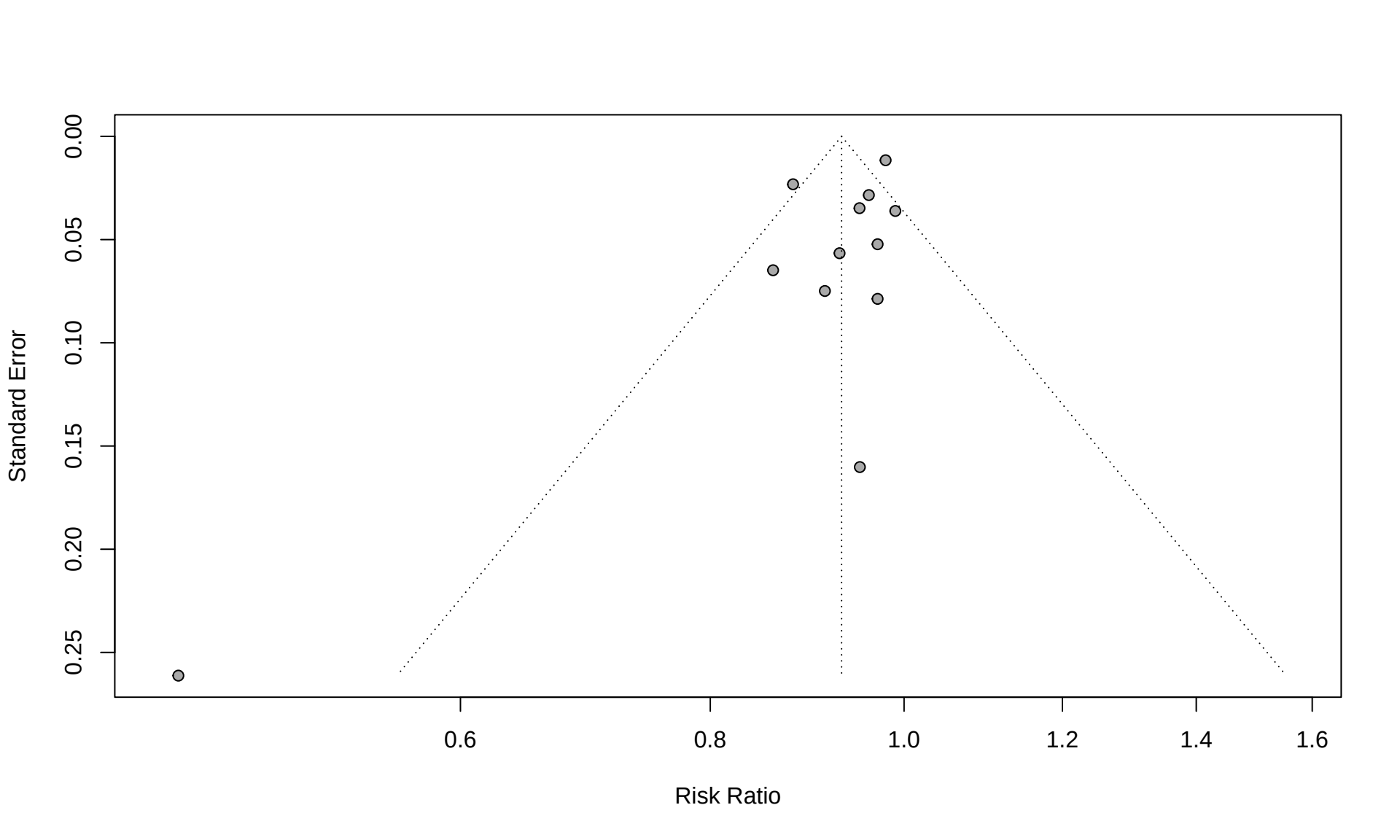
Heterogeneity: I^2 = 92%, τ^2 = 0.0095, p < 0.01

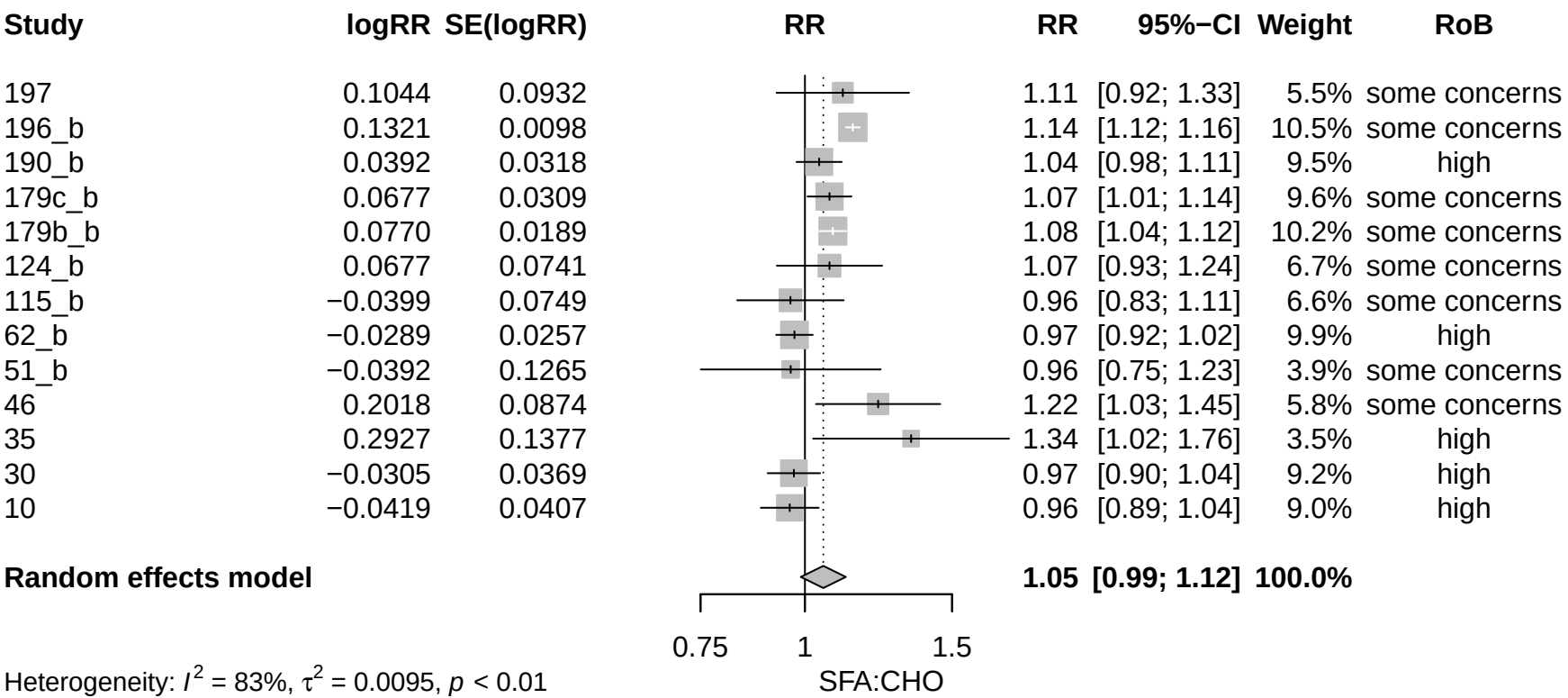

Standard Error
0.00
0.05
0.10
0.15
0.6
0.8
1.0
1.2
1.4
Risk Ratio

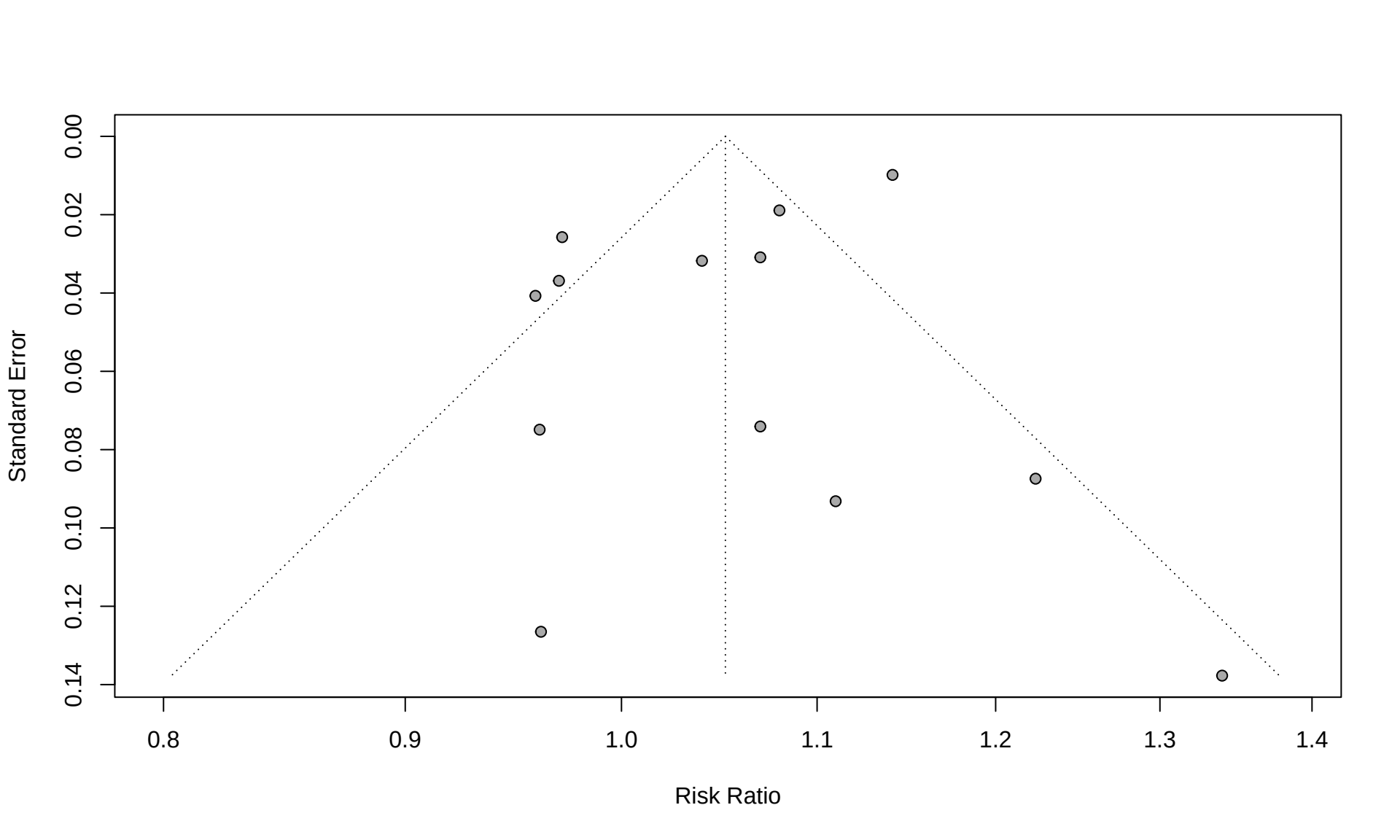

Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
197 −0.9400 0.2612 0.39 [0.23; 0.65] 1.2% some concerns
196_b −0.1533 0.0114 0.86 [0.84; 0.88] 9.8% some concerns
190_b −0.0493 0.0410 0.95 [0.88; 1.03] 8.4% high
179c_b −0.1190 0.0309 0.89 [0.84; 0.94] 9.0% some concerns
179b_b −0.2048 0.0189 0.81 [0.79; 0.85] 9.6% some concerns
179a_b −0.1393 0.0321 0.87 [0.82; 0.93] 9.0% some concerns
134 −0.0152 0.0093 0.98 [0.97; 1.00] 9.9% high
124_b −0.0981 0.0741 0.91 [0.78; 1.05] 6.3% some concerns
115_b −0.0513 0.0617 0.95 [0.84; 1.07] 7.1% some concerns
62_b −0.0117 0.0284 0.99 [0.93; 1.05] 9.2% high
51_b −0.1116 0.1265 0.89 [0.70; 1.15] 3.7% some concerns
35 −0.3436 0.1602 0.71 [0.52; 0.97] 2.7% high
30 −0.0000 0.0554 1.00 [0.90; 1.11] 7.5% high
10 −0.0324 0.0687 0.97 [0.85; 1.11] 6.6% high
Random effects model 0.90 [0.85; 0.96] 100.0%
0.5
1
2
MUFA:SFA
Heterogeneity: I^2 = 92%, τ^2 = 0.0095, p < 0.01


Standard Error
0.00
0.05
0.10
0.15
0.20
0.25
0.4
0.6
0.8
1.0
1.2
1.4
1.6
Risk Ratio

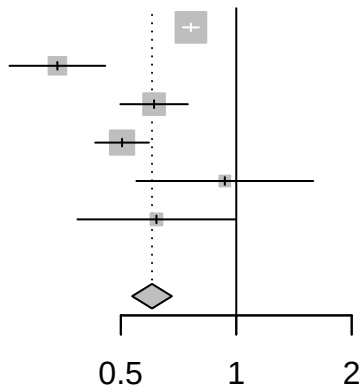

Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
197 −0.8356 0.2612 0.43 [0.26; 0.72] 1.4% some concerns
196_b −0.0212 0.0116 0.98 [0.96; 1.00] 11.7% some concerns
190_b −0.0101 0.0361 0.99 [0.92; 1.06] 10.4% high
179c_b −0.0513 0.0348 0.95 [0.89; 1.02] 10.5% some concerns
179b_b −0.1278 0.0232 0.88 [0.84; 0.92] 11.2% some concerns
124_b −0.0305 0.0787 0.97 [0.83; 1.13] 7.1% some concerns
115_b −0.0912 0.0749 0.91 [0.79; 1.06] 7.4% some concerns
62_b −0.0406 0.0284 0.96 [0.91; 1.02] 10.9% high
51_b −0.1508 0.0649 0.86 [0.76; 0.98] 8.2% some concerns
35 −0.0509 0.1602 0.95 [0.69; 1.30] 3.2% high
30 −0.0305 0.0522 0.97 [0.88; 1.07] 9.2% high
10 −0.0743 0.0566 0.93 [0.83; 1.04] 8.8% high
Random effects model 0.93 [0.87; 0.99] 100.0%
0.5
1
2
Heterogeneity: I^2 = 64%, τ^2 = 0.0095, p < 0.01
MUFA:CHO


Standard Error
0.00
0.05
0.10
0.15
0.20
0.25
0.6
0.8
1.0
1.2
1.4
1.6
Risk Ratio


Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
197 0.1044 0.0932 1.11 [0.92; 1.33] 5.5% some concerns
196_b 0.1321 0.0098 1.14 [1.12; 1.16] 10.5% some concerns
190_b 0.0392 0.0318 1.04 [0.98; 1.11] 9.5% high
179c_b 0.0677 0.0309 1.07 [1.01; 1.14] 9.6% some concerns
179b_b 0.0770 0.0189 1.08 [1.04; 1.12] 10.2% some concerns
124_b 0.0677 0.0741 1.07 [0.93; 1.24] 6.7% some concerns
115_b −0.0399 0.0749 0.96 [0.83; 1.11] 6.6% some concerns
62_b −0.0289 0.0257 0.97 [0.92; 1.02] 9.9% high
51_b −0.0392 0.1265 0.96 [0.75; 1.23] 3.9% some concerns
46 0.2018 0.0874 1.22 [1.03; 1.45] 5.8% some concerns
35 0.2927 0.1377 1.34 [1.02; 1.76] 3.5% high
30 −0.0305 0.0369 0.97 [0.90; 1.04] 9.2% high
10 −0.0419 0.0407 0.96 [0.89; 1.04] 9.0% high
Random effects model
1.05 [0.99; 1.12] 100.0%
0.75
1
1.5
SFA:CHO
Heterogeneity: I^2 = 83%, τ^2 = 0.0095, p < 0.01

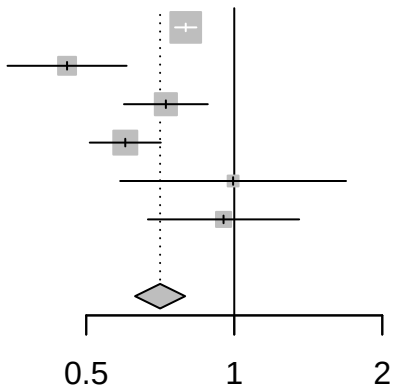

Standard Error
0.00
0.02
0.04
0.06
0.08
0.10
0.12
0.14
0.8
0.9
1.0
1.1
1.2
1.3
1.4
Risk Ratio

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
196_b	−0.2723	0.0246		0.76	[0.73; 0.80]	36.8%	some concerns
179c_b	−1.0742	0.1467		0.34	[0.26; 0.46]	12.0%	some concerns
179b_b	−0.4935	0.1033		0.61	[0.50; 0.75]	18.4%	some concerns
179a_b	−0.6858	0.0822		0.50	[0.43; 0.59]	22.9%	some concerns
62_b	−0.0687	0.2709		0.93	[0.55; 1.59]	4.5%	high
51_b	−0.4792	0.2420		0.62	[0.39; 1.00]	5.5%	some concerns
Random effects model				**0.60**	**[0.54; 0.68]**	**100.0%**	



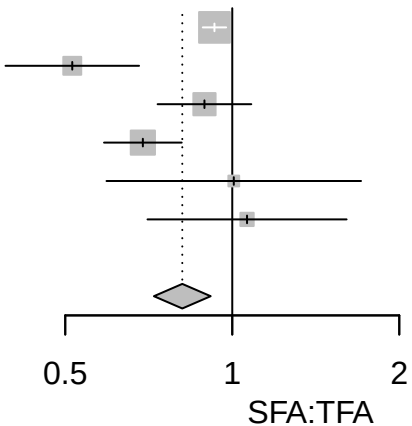
Heterogeneity: I^2 = 91%, τ^2 = 0.0095, p < 0.01

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
196_b	−0.2272	0.0255		0.80	[0.76; 0.84]	35.3%	some concerns
179c_b	−0.7830	0.1423		0.46	[0.35; 0.60]	12.0%	some concerns
179b_b	−0.3202	0.1001		0.73	[0.60; 0.88]	18.3%	some concerns
179a_b	−0.5103	0.0849		0.60	[0.51; 0.71]	21.5%	some concerns
62_b	−0.0054	0.2698		0.99	[0.59; 1.69]	4.4%	high
51_b	−0.0503	0.1807		0.95	[0.67; 1.36]	8.5%	some concerns
Random effects model				**0.71**	**[0.63; 0.79]**	**100.0%**	



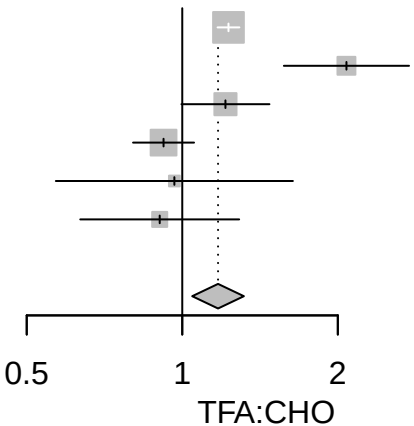
Heterogeneity: I^2 = 81%, τ^2 = 0.0095, p < 0.01

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
196_b	−0.0739	0.0248		0.93	[0.88; 0.97]	35.8%	some concerns
179c_b	−0.6640	0.1414		0.51	[0.39; 0.68]	12.2%	some concerns
179b_b	−0.1154	0.0992		0.89	[0.73; 1.08]	18.7%	some concerns
179a_b	−0.3711	0.0822		0.69	[0.59; 0.81]	22.2%	some concerns
62_b	0.0063	0.2695		1.01	[0.59; 1.71]	4.4%	high
51_b	0.0614	0.2108		1.06	[0.70; 1.61]	6.7%	some concerns
Random effects model				**0.81**	**[0.72; 0.91]**	**100.0%**	



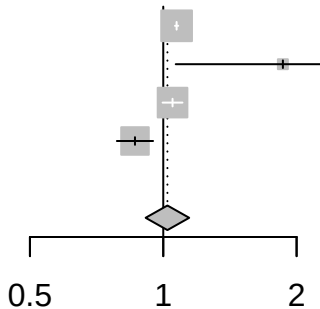
Heterogeneity: I^2 = 82%, τ^2 = 0.0095, p < 0.01

Study	logRR	SE(logRR)	RR	95%−CI	Weight	RoB
196_b	0.2060	0.0249	1.23	[1.17; 1.29]	34.2%	some concerns
179c_b	0.7317	0.1423	2.08	[1.57; 2.75]	11.6%	some concerns
179b_b	0.1924	0.1001	1.21	[1.00; 1.47]	17.7%	some concerns
90	−0.0834	0.0694	0.92	[0.80; 1.05]	24.1%	high
62_b	−0.0352	0.2695	0.97	[0.57; 1.64]	4.2%	high
51_b	−0.1006	0.1807	0.90	[0.63; 1.29]	8.2%	some concerns
Random effects model			**1.17**	**[1.05; 1.32]**	**100.0%**	

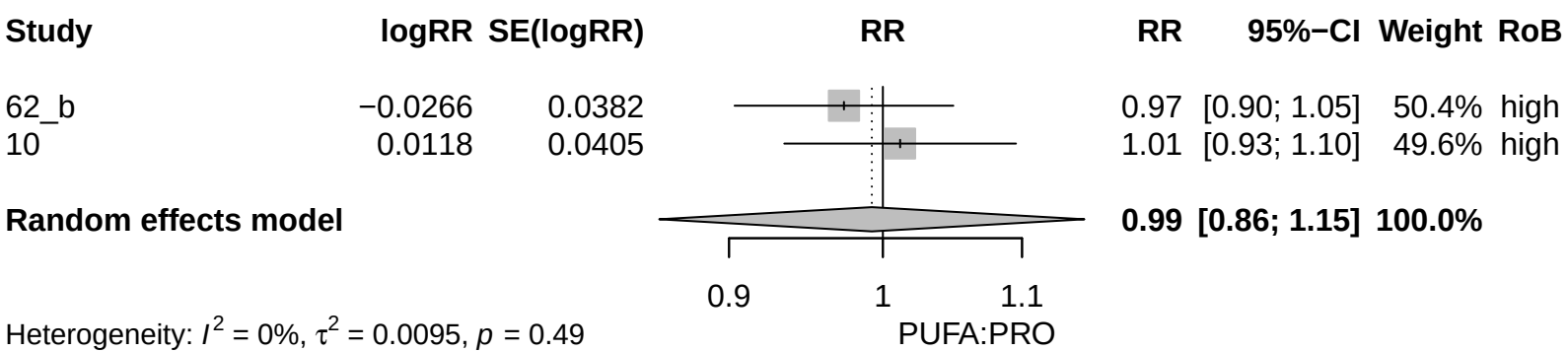


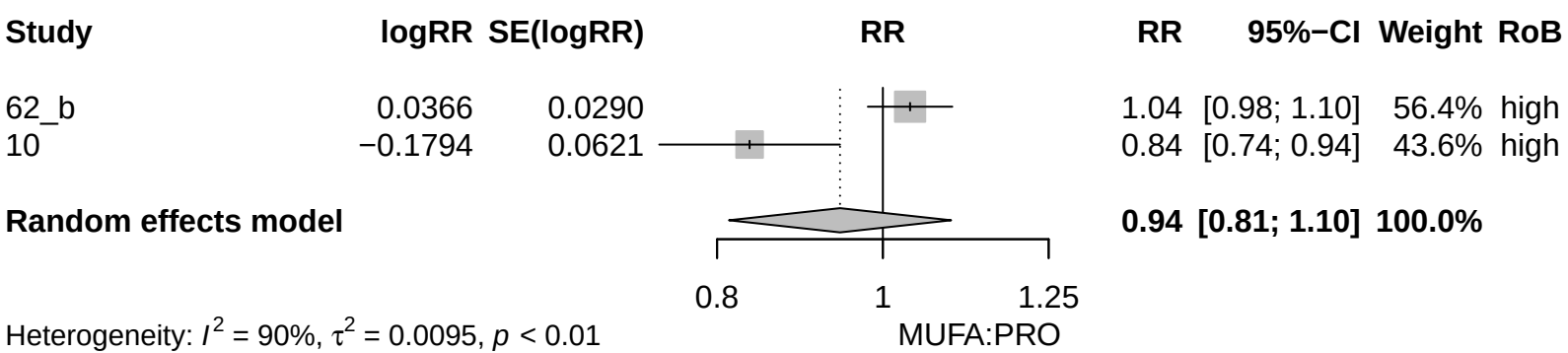
Heterogeneity: I^2 = 85%, τ^2 = 0.0095, p < 0.01

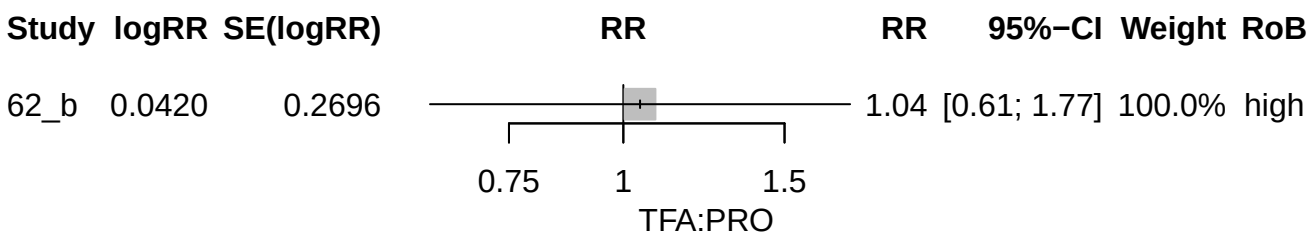
Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
191	0.0693	0.0043		1.07	[1.06; 1.08]	35.2%	some concerns
103_d	0.6218	0.2842		1.86	[1.07; 3.25]	3.7%	high
62_b	0.0483	0.0264		1.05	[1.00; 1.11]	32.8%	high
10	−0.1470	0.0480		0.86	[0.79; 0.95]	28.3%	high
Random effects model				**1.02**	**[0.91; 1.14]**	**100.0%**	

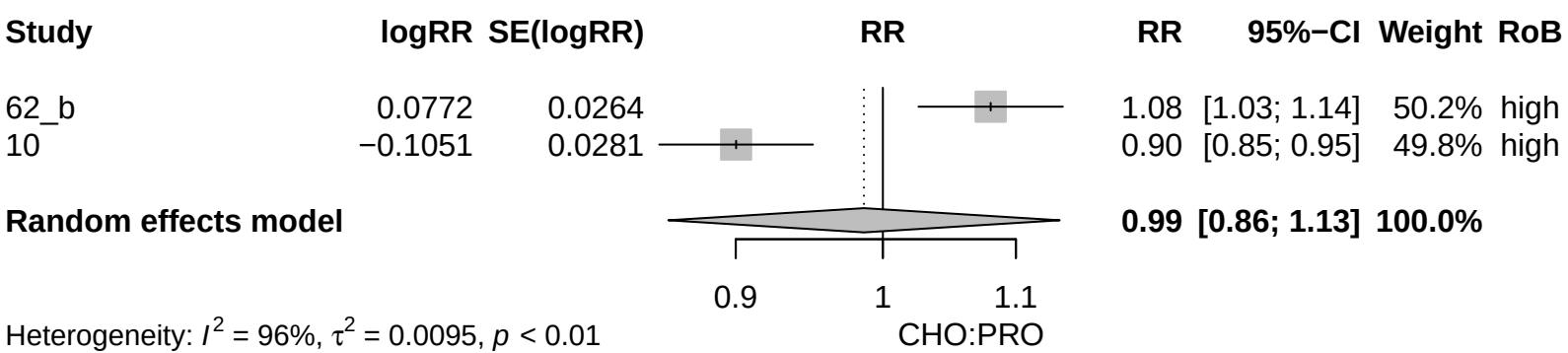


Heterogeneity: I^2 = 88%, τ^2 = 0.0095, p < 0.01


Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
62_b
−0.0266
0.0382
0.97
[0.90; 1.05]
50.4%
high
10
0.0118
0.0405
1.01
[0.93; 1.10]
49.6%
high
Random effects model
0.99
[0.86; 1.15]
100.0%
0.9
1
1.1
Heterogeneity: I^2 = 0%, τ^2 = 0.0095, p = 0.49
PUFA:PRO


Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
62_b
0.0366
0.0290
1.04
[0.98; 1.10]
56.4%
high
10
−0.1794
0.0621
0.84
[0.74; 0.94]
43.6%
high
Random effects model
0.94
[0.81; 1.10]
100.0%
0.8
1
1.25
Heterogeneity: I^2 = 90%, τ^2 = 0.0095, p < 0.01
MUFA:PRO


Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
62_b
0.0420
0.2696
1.04
[0.61; 1.77]
100.0%
high
0.75
1
1.5
TFA:PRO


Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight
RoB
62_b
0.0772
0.0264
1.08
[1.03; 1.14]
50.2%
high
10
−0.1051
0.0281
0.90
[0.85; 0.95]
49.8%
high
Random effects model
0.99
[0.86; 1.13]
100.0%
0.9
1
1.1
Heterogeneity: I^2 = 96%, τ^2 = 0.0095, p < 0.01
CHO:PRO