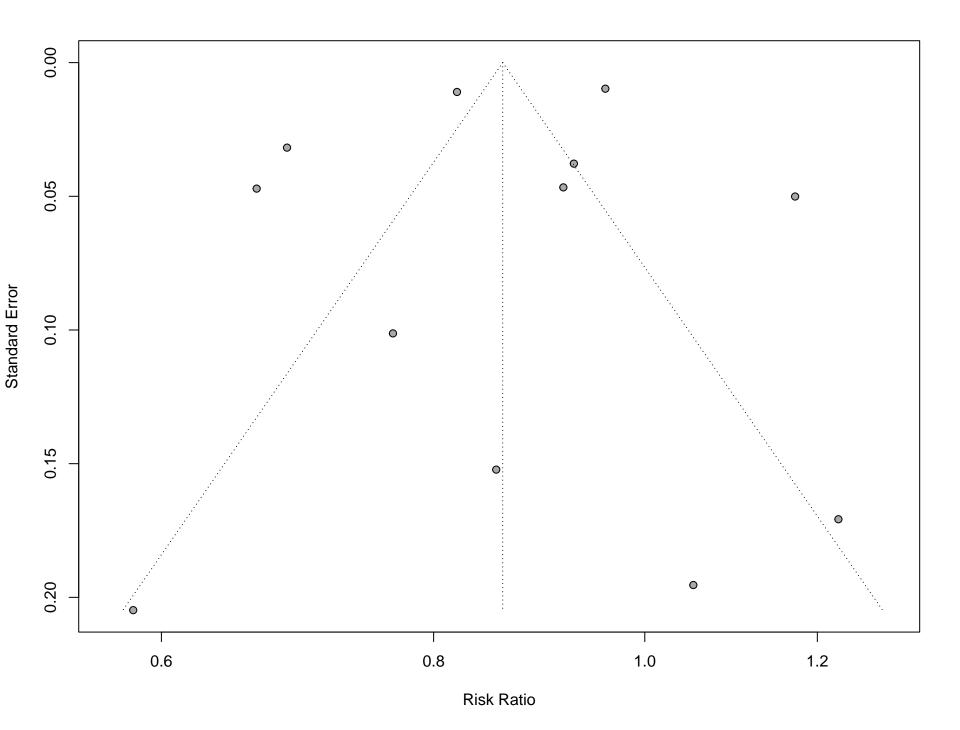
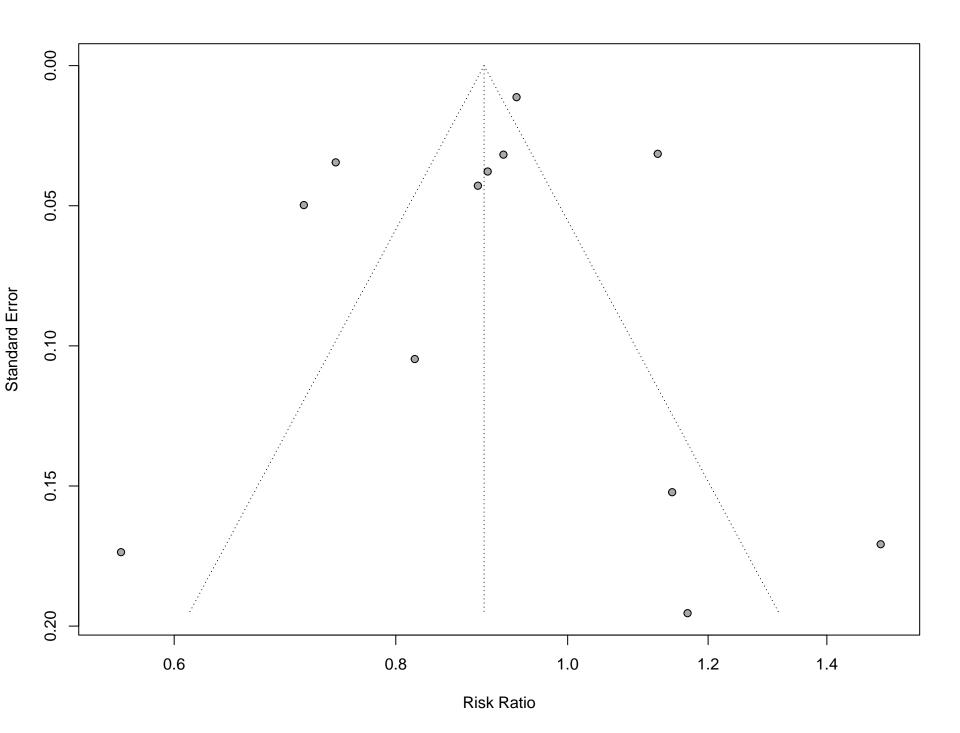
| Study | logRR S | E(logRR) | RR | RR | 95%-CI | Weight | RoB |
|-------------------------------|----------------------|----------|---------------------|------|--------------|--------|---------------|
| 197_CHNS | 0.0513 | 0.1954 | | 1.05 | [0.72; 1.54] | 2.5% | some concerns |
| 196_NIH-AARP_b | -0.1985 | 0.0110 | + | 0.82 | [0.80; 0.84] | 13.4% | some concerns |
| 179_HPFS_b | -0.4101 | 0.0471 | - | 0.66 | [0.61; 0.73] | 10.7% | some concerns |
| 179_NHS_b | -0.3781 | 0.0318 | - | 0.69 | [0.64; 0.73] | 12.1% | some concerns |
| 134_NHANES | -0.0417 | 0.0098 | | 0.96 | [0.94; 0.98] | 13.4% | high |
| 124_Takahama_b | -0.2661 | 0.1013 | | 0.77 | [0.63; 0.93] | 6.1% | some concerns |
| 62_UKB_b | -0.0749 | 0.0378 | - | 0.93 | [0.86; 1.00] | 11.6% | high |
| 51_PREDIMED_b | -0.5406 | 0.2048 - | - | 0.58 | [0.39; 0.87] | 2.3% | some concerns |
| 46_ULSAM | 0.2046 | 0.1708 | - | 1.23 | [0.88; 1.71] | 3.1% | some concerns |
| 35_SUN | -0.1570 | 0.1522 | | 0.85 | [0.63; 1.15] | 3.6% | high |
| 30_PURE | -0.0861 | 0.0467 | | 0.92 | [0.84; 1.01] | 10.8% | high |
| 10_EPIC-Heidelberg | 0.1589 | 0.0501 | - | 1.17 | [1.06; 1.29] | 10.5% | high |
| Random effects mode | el | | <u> </u> | 0.86 | [0.81; 0.92] | 100.0% | |
| Heterogeneity: $I^2 = 96\%$, | $\tau^2 = 0.0085, p$ | < 0.01 | 0.5 1 2 PUFA:SFA | | | | |



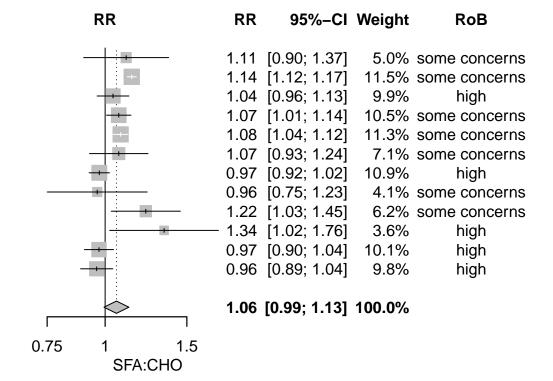
| Study | logRR S | E(logRR) | RR | RR | 95%-CI | Weight | RoB |
|-------------------------------|----------------------|----------|------------------|--------|--------------|--------|---------------|
| 197_CHNS | 0.1557 | 0.1954 | | 1.17 | [0.80; 1.71] | 2.4% | some concerns |
| 196_NIH-AARP_b | -0.0664 | 0.0113 | + | 0.94 | [0.92; 0.96] | 13.2% | some concerns |
| 190_NHANES_b3 | -0.0834 | 0.0318 | + | 0.92 | [0.86; 0.98] | 12.0% | high |
| 179_HPFS_b | -0.3425 | 0.0498 | - | 0.71 | [0.64; 0.78] | 10.4% | some concerns |
| 179_NHS_b | -0.3011 | 0.0345 | - | 0.74 | [0.69; 0.79] | 11.8% | some concerns |
| 124_Takahama_b | -0.1985 | 0.1047 | - • | 0.82 | [0.67; 1.01] | 5.9% | some concerns |
| 62_UKB_b | -0.1038 | 0.0378 | - | 0.90 | [0.84; 0.97] | 11.5% | high |
| 51_PREDIMED_b | -0.5798 | 0.1736 - | - | 0.56 | [0.40; 0.79] | 3.0% | some concerns |
| 46_ULSAM | 0.4064 | 0.1708 | - | 1.50 | [1.07; 2.10] | 3.0% | some concerns |
| 35_SUN | 0.1357 | 0.1522 | : • | 1.15 | [0.85; 1.54] | 3.6% | high |
| 30_PURE | -0.1165 | 0.0429 | * | 0.89 | [0.82; 0.97] | 11.1% | high |
| 10_EPIC-Heidelberg | 0.1169 | 0.0315 | = | 1.12 | [1.06; 1.20] | 12.0% | high |
| Random effects mode | el | | <u></u> | 0.90 [| [0.84; 0.96] | 100.0% | |
| | | | 0.5 1 2 | | | | |
| Heterogeneity: $I^2 = 92\%$, | $\tau^2 = 0.0085, p$ | < 0.01 | PUFA:CHO | | | | |

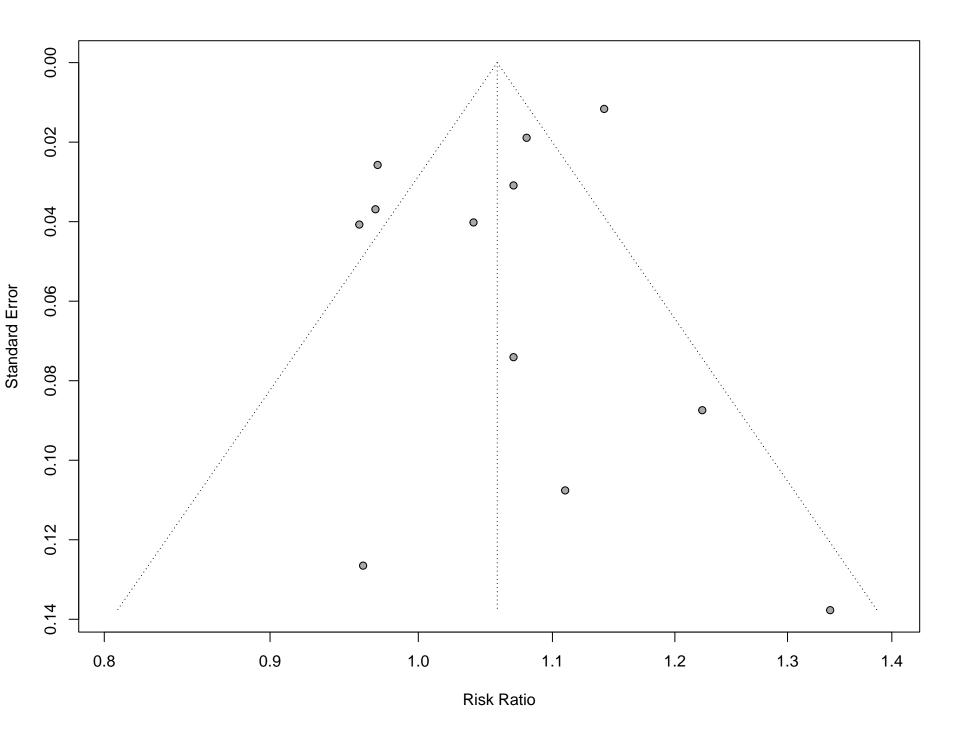


| Study | logRR S | E(logRR) |
|--------------------|---------|----------|
| | | |
| 197_CHNS | 0.1044 | 0.1076 |
| 196_NIH-AARP_b | 0.1321 | 0.0116 |
| 190_NHANES_b1 | 0.0392 | 0.0402 |
| 179_HPFS_b | 0.0677 | 0.0309 |
| 179_NHS_b | 0.0770 | 0.0189 |
| 124_Takahama_b | 0.0677 | 0.0741 |
| 62_UKB_b | -0.0289 | 0.0257 |
| 51_PREDIMED_b | -0.0392 | 0.1265 |
| 46_ULSAM | 0.2018 | 0.0874 |
| 35_SUN | 0.2927 | 0.1377 |
| 30_PURE | -0.0305 | 0.0369 |
| 10_EPIC-Heidelberg | -0.0419 | 0.0407 |

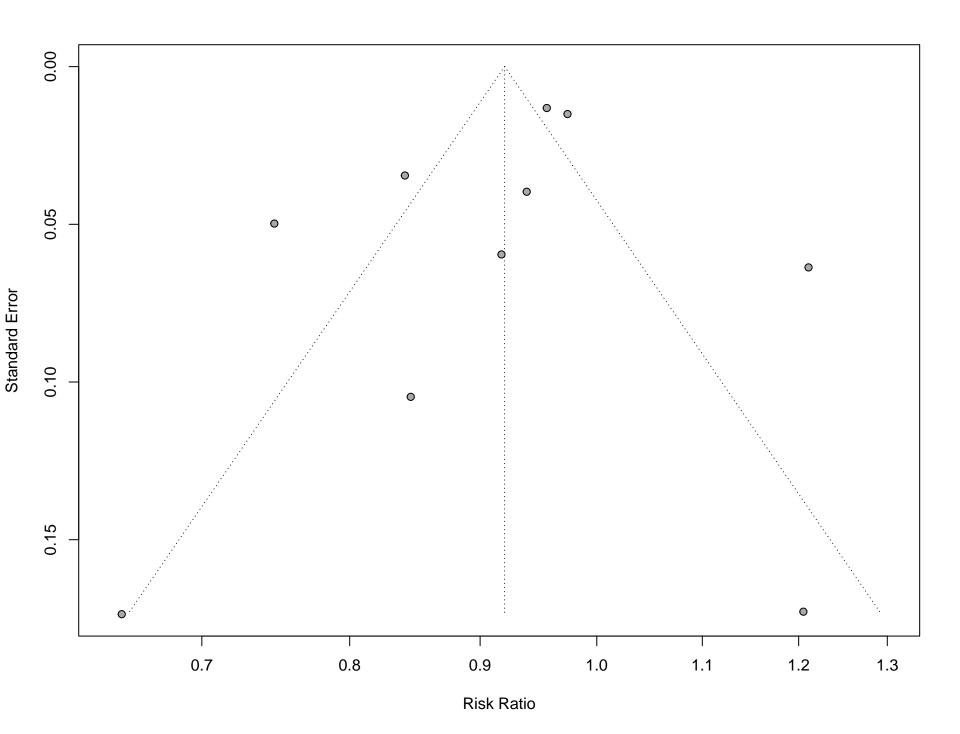
Random effects model

Heterogeneity: $I^2 = 82\%$, $\tau^2 = 0.0085$, p < 0.01



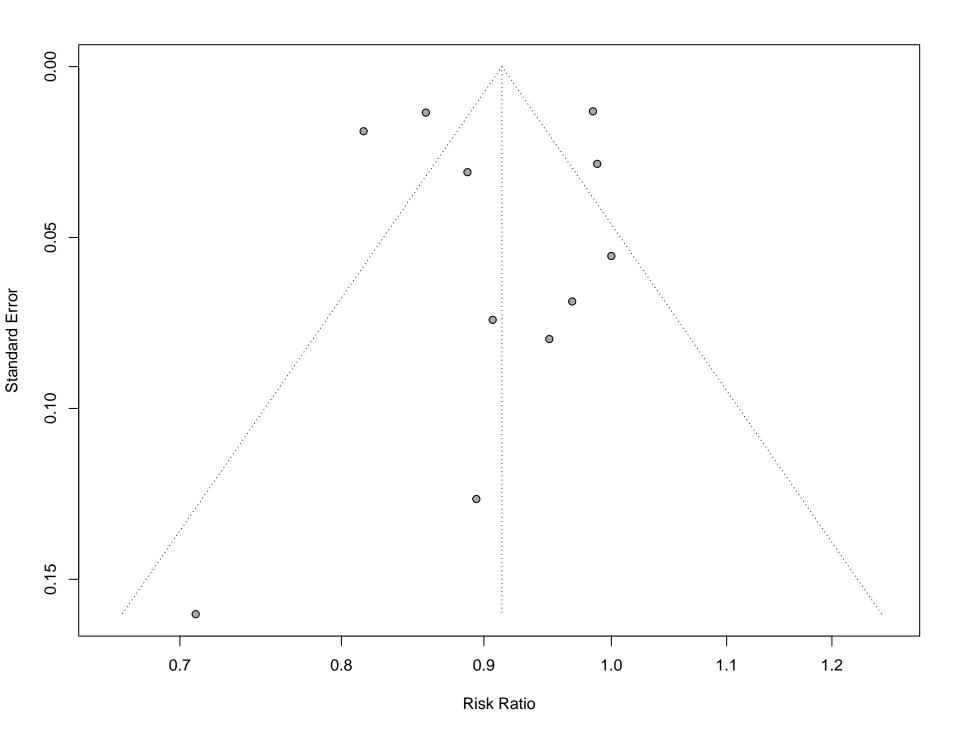


| Study | logRR S | E(logRR) | RR | RR | 95%-CI | Weight | RoB |
|---|--|--|---------------|--|--|--|--|
| 196_NIH-AARP_b 179_HPFS_b 179_NHS_b 134_NHANES 124_Takahama_b 62_UKB_b 51_PREDIMED_b 35_SUN 30_PURE | -0.0451 -0.2912 -0.1733 -0.0265 -0.1680 -0.0633 -0.4290 0.1866 -0.0861 | 0.0131 0.0498 0.0345 0.0150 0.1047 0.0397 0.1736 — 0.1728 0.0596 | | 0.96 0.75 0.84 0.97 0.85 0.94 0.65 — 1.21 0.92 | [0.93; 0.98] [0.68; 0.82] [0.79; 0.90] [0.95; 1.00] [0.69; 1.04] [0.87; 1.01] [0.46; 0.92] [0.86; 1.69] [0.82; 1.03] | 14.6% 11.5% 13.1% 14.5% 6.5% 12.6% 3.3% 3.3% 10.5% | some concerns some concerns high some concerns high some concerns high some concerns high high |
| 10_EPIC-Heidelberg | 0.1912 | 0.0637 | | 1.21 | [1.07; 1.37] | 10.1% | high |
| Random effects mode | el | Г | <u></u> | 0.92 | [0.86; 0.99] | 100.0% | |
| Heterogeneity: $I^2 = 85\%$, | $\tau^2 = 0.0085, p$ | 0.8 < 0.01 | 5 1 PUFA:N | 2 //UFA | | | |



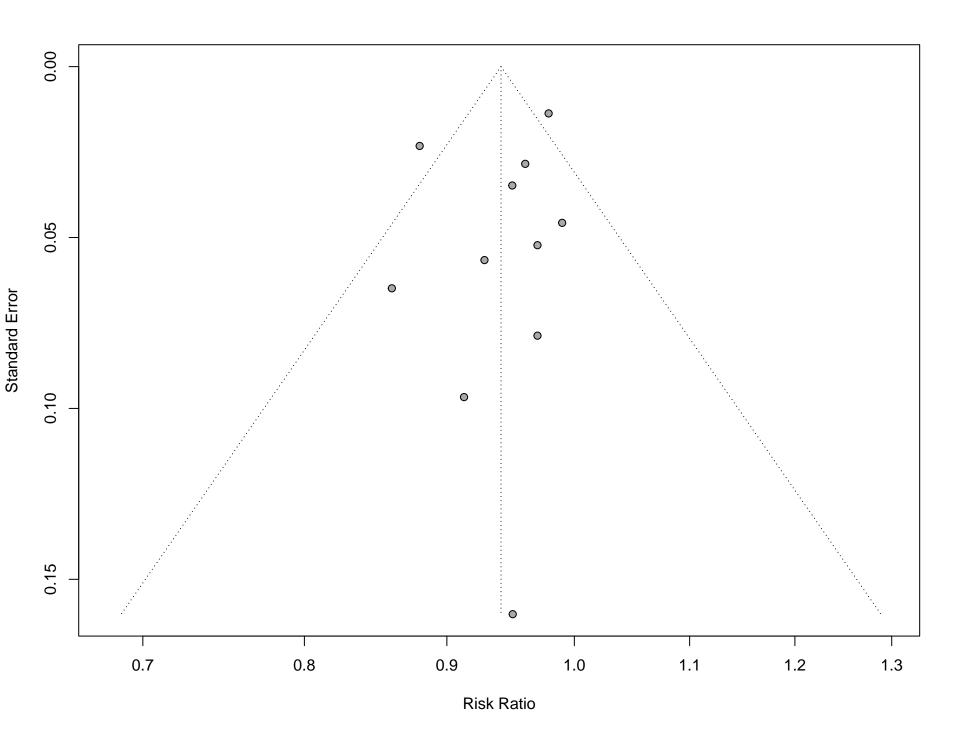
| Study | logRR SE(| logRR) | RR | RR | 95%-CI | Weight | RoB |
|--|-------------------------------|--|-----------------|----------------------|--|------------------------|--|
| 196_NIH-AARP_b 179_HPFS_b 179_NHS_b 62_UKB_b 51_PREDIMED_b | -1.0742 -0.4935 -0.0687 | 0.0292 0.1467 ——— 0.1033 —— 0.2709 —— | * | 0.34 0.61 0.93 | [0.72; 0.81] [0.26; 0.46] [0.50; 0.75] [0.55; 1.59] [0.39; 1.00] | 15.2% 23.8% 5.6% | some concerns some concerns some concerns high some concerns |
| Random effects mod | el | <u> </u> | \limits | 0.64 | [0.56; 0.73] | 100.0% | |
| Heterogeneity: $I^2 = 88\%$ | $\tau^2 = 0.0085, p < 0.0085$ | 0.5 0.01 | 1 2 PUFA:TFA | | | | |

| Study | logRR SI | E(logRR) | RR | RR | 95%-CI | Weight | RoB |
|--|---|--|-----------------------|--|--|---|---|
| 196_NIH-AARP_b 179_HPFS_b 179_NHS_b 134_NHANES 124_Takahama_b 115_CHNS_b1 62_UKB_b | -0.1533 -0.1190 -0.2048 -0.0152 -0.0981 -0.0513 -0.0117 | 0.0135 0.0309 0.0189 0.0131 0.0741 0.0797 0.0284 | + | 0.86 0.89 0.81 0.98 0.91 0.95 0.99 | [0.84; 0.88] [0.84; 0.94] [0.79; 0.85] [0.96; 1.01] [0.78; 1.05] [0.81; 1.11] [0.93; 1.05] | 12.4% 11.4% 12.2% 12.4% 7.7% 7.3% 11.6% | some concerns some concerns some concerns high some concerns some concerns high |
| 51_PREDIMED_b 35_SUN 30_PURE 10_EPIC-Heidelberg | -0.1116 -0.3436 -0.0000 -0.0324 | 0.1265 0.1602 — 0.0554 0.0687 | | 0.71 1.00 | [0.70; 1.15] [0.52; 0.97] [0.90; 1.11] [0.85; 1.11] | 4.4% 3.2% 9.3% 8.2% | some concerns high high high |
| Random effects mode | el | | | 0.91 | [0.86; 0.97] | 100.0% | |
| Heterogeneity: $I^2 = 90\%$, | $\tau^2 = 0.0085, \rho$ | < 0.01 | 0.75 1 1.5 MUFA:SF | | | | |



| Study | logRR SE(log | RR) RI | R RR | 95%-CI | Weight | RoB |
|--|--|--|---------------------|--|------------------------|--|
| 196_NIH-AARP_b 179_HPFS_b 179_NHS_b 62_UKB_b 51_PREDIMED_b | -0.7830 0. -0.3202 0. -0.0054 0. | 302 423 — — — — — — — — — — — — — — — — — — — | 0.46 0.73 ——— | [0.75; 0.85] [0.35; 0.60] [0.60; 0.88] [0.59; 1.69] [0.67; 1.36] | 15.0% 23.3% 5.3% | some concerns some concerns some concerns high some concerns |
| Random effects mod | el | | 0.74 | [0.65; 0.84] | 100.0% | |
| Heterogeneity: $I^2 = 77\%$ | $\tau^2 = 0.0085, p < 0.0$ | 0.5 1 1 | 2 MUFA:TFA | | | |

| Study | logRR S | E(logRR) | RR | R | R 95%-CI | Weight | RoB |
|-------------------------------|----------------------|----------|-------------|----------------|-----------------|--------|---------------|
| 196 NIH-AARP b | -0.0212 | 0.0137 | - | 0.0 | 98 [0.95; 1.01] | 12.3% | some concerns |
| 190_NHANES_b2 | -0.0101 | 0.0457 | | | 9 [0.91; 1.08] | | high |
| 179_HPFS_b | -0.0513 | 0.0348 | | 0.9 | 95 [0.89; 1.02] | 11.0% | some concerns |
| 179_NHS_b | -0.1278 | 0.0232 | - | 0.0 | 88 [0.84; 0.92] | | some concerns |
| 124_Takahama_b | -0.0305 | 0.0787 | | - 0.9 | 7 [0.83; 1.13] | 7.3% | some concerns |
| 115_CHNS_b2 | -0.0912 | 0.0967 | - | 0.0 | 01 [0.76; 1.10] | 6.0% | some concerns |
| 62_UKB_b | -0.0406 | 0.0284 | - | 0.0 | 96 [0.91; 1.02] | 11.5% | high |
| 51_PREDIMED_b | -0.1508 | 0.0649 | | 0.0 | 86 [0.76; 0.98] | 8.4% | some concerns |
| 35_SUN | -0.0509 | 0.1602 — | - | 0.9 | 95 [0.69; 1.30] | 3.1% | high |
| 30_PURE | -0.0305 | 0.0522 | | 0.9 | 97 [0.88; 1.07] | 9.5% | high |
| 10_EPIC-Heidelberg | -0.0743 | 0.0566 | - | 0.9 | 93 [0.83; 1.04] | 9.1% | high |
| Random effects mode | ıl | | | 2.0 | 04 [0.88; 1.00] | 100.0% | |
| Heterogeneity: $I^2 = 49\%$, | $\tau^2 = 0.0085, p$ | = 0.03 | 0.8 1 MU | 1.25 FA:CHO | | | |

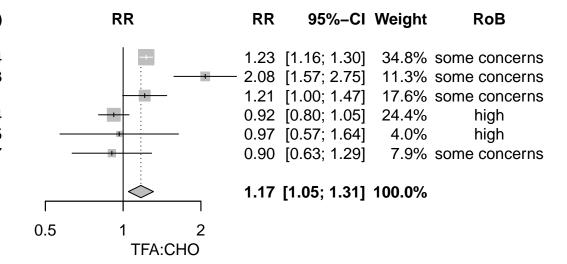


| Study | logRR SE(lo | gRR) | RR | RR | 95%-CI | Weight | RoB |
|--|------------------------------------|--|--------------|----------------------|--|------------------------|--|
| 196_NIH-AARP_b 179_HPFS_b 179_NHS_b 62_UKB_b 51_PREDIMED_b | -0.6640 0 -0.1154 0 0.0063 0 | .0293 .1414 — — — — — — — — — — — — — — — — — — | | 0.51 0.89 1.01 | [0.88; 0.98] [0.39; 0.68] [0.73; 1.08] [0.59; 1.71] [0.70; 1.61] | 15.4% 23.9% 5.4% | some concerns some concerns some concerns high some concerns |
| Random effects mod | el | < | | 0.85 | [0.75; 0.97] | 100.0% | |
| Heterogeneity: $I^2 = 77\%$ | $\tau^2 = 0.0085, p < 0$ | 0.5 01 | 1 SFA:TFA | 2 | | | |

| Study | logRR | SE(logRR) |
|----------------|---------|-----------|
| 196_NIH-AARP_b | 0.2060 | 0.0294 |
| 179_HPFS_b | 0.7317 | 0.1423 |
| 179_NHS_b | 0.1924 | 0.1001 |
| 90_NCS | -0.0834 | 0.0694 |
| 62_UKB_b | -0.0352 | 0.2695 |
| 51_PREDIMED_b | -0.1006 | 0.1807 |

Random effects model

Heterogeneity: $I^2 = 85\%$, $\tau^2 = 0.0085$, p < 0.01



| | | | | | | | Weight | RoB |
|--|---|--|-------|--|------------------------|--|--------------|---|
| 191_NIH-AARP_b 103_NHANES_b2 103_NHANES_b1 62_UKB_b 10_EPIC-Heidelberg | 0.0693 0.5475 0.7701 0.0483 -0.1470 | 0.0066 0.3939 0.4819 0.0264 0.0480 | | <u>. </u> | 1.73 — 2.16 1.05 | [1.06; 1.09] [0.80; 3.74] [0.84; 5.55] [1.00; 1.11] [0.79; 0.95] | 1.9% 1.3% | some concerns high high high high |
| Random effects model Heterogeneity: $I^2 = 83\%$, τ^2 | | 0.2 | 0.5 1 | 2 SFA:PRO | | [0.91; 1.14] | | riigii |

