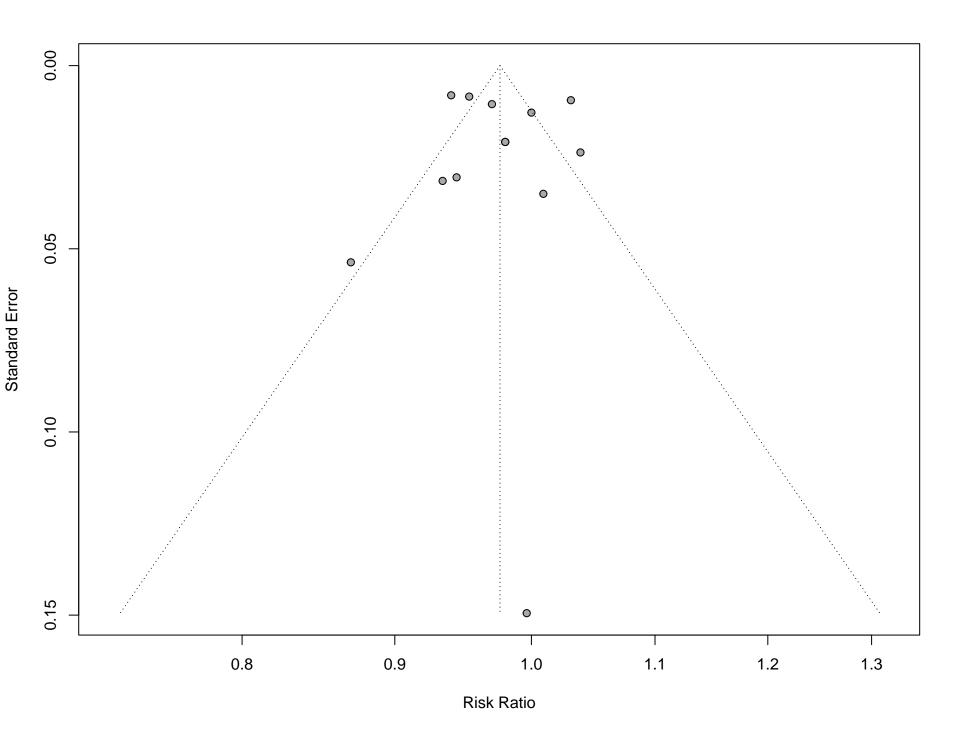
| Study  | logRR S | E(logRR)   | RR               | R              | R 95%-CI       | Weight | RoB           |
|--|---------|------------|------------------|----------------|----------------|--------|---------------|
| 202_JACC   | -0.0202 | 0.0208     | <del>- i  </del> | 0.9            | 8 [0.94; 1.02] | 7.8%   | some concerns |
| 196_NIH-AARP_a   | 0.0304  | 0.0094     | -                | 1.0            | 3 [1.01; 1.05] | 9.8%   | some concerns |
| 190_NHANES_a   | 0.0000  | 0.0128     |                  | 1.0            | 0 [0.98; 1.03] | 9.3%   | high          |
| 179_HPFS_a   | -0.0305 | 0.0105     | +                | 0.9            | 7 [0.95; 0.99] | 9.7%   | some concerns |
| 179_NHS_a  | -0.0619 | 0.0081     |                  | 0.9            | 4 [0.93; 0.96] | 10.0%  | some concerns |
| 124_Takahama_a   | -0.0202 | 0.0208     | -                | 0.9            | 8 [0.94; 1.02] | 7.8%   | some concerns |
| 96_NHANESIII   | -0.0202 | 0.0208     | -                | 0.9            | 8 [0.94; 1.02] | 7.8%   | high          |
| 89_KoGES   | -0.0685 | 0.0315     | -                | 0.9            | 3 [0.88; 0.99] | 5.8%   | some concerns |
| 62_UKB_a   | -0.0480 | 0.0085     | -                | 0.9            | 5 [0.94; 0.97] | 9.9%   | high          |
| 51_PREDIMED_a  | -0.1393 | 0.0537     |                  | 0.8            | 7 [0.78; 0.97] | 3.1%   | some concerns |
| 30_PURE  | -0.0577 | 0.0305     |                  | 0.9            | 4 [0.89; 1.00] | 6.0%   | high          |
| 29_CHAMP   | -0.0036 | 0.1495 -   | <u> </u>         | 1.0            | 0 [0.74; 1.34] | 0.5%   | some concerns |
| 22_Rotterdam_a   | 0.0092  | 0.0350     |                  |                | 1 [0.94; 1.08] |        | some concerns |
| 10_EPIC-Heidelberg   | 0.0378  | 0.0237     | +                | 1.0            | 4 [0.99; 1.09] | 7.2%   | high          |
|  |         |            |                  |                |                |        |               |
| Random effects model   |         | $\Diamond$ | 0.9              | 8 [0.95; 1.00] | 100.0%         |        |               |
|  |         |            | 0.0 1            | 1.25           |                |        |               |
| Heterogeneity: $I^2 = 84\%$ , $\tau^2 = 0.0012$ , $p < 0.01$ |         |            | 0.8 1<br>FAT:CH  | 1.25           |                |        |               |
| Heterogeneity: $I = 84\%$ , $\tau = 0.0012$ , $p < 0.01$     |         |            | FAI.CF           | iO             |                |        |               |



| Study   | logRR S  | E(logRR)  | RR                                      | RR   | 95%-CI   | Weight   | RoB  |
|---|--|---|---|--|--|--|--|
| 202_JACC<br>190_NHANES_a<br>96_NHANESIII<br>62_UKB_a<br>60_PREDIMED_a2<br>30_PURE<br>29_CHAMP | -0.0202<br>0.0305<br>-0.0000<br>0.0309<br>-0.3426<br>-0.0169<br>0.1006 | 0.0181<br>0.0158<br>0.0153<br>0.0164<br>0.1974 ——<br>0.0305<br>0.1495 | + | 1.03<br>1.00<br>1.03<br>0.71<br>0.98<br>1.11 | [0.95; 1.02]<br>[1.00; 1.06]<br>[0.97; 1.03]<br>[1.00; 1.07]<br>[0.48; 1.05]<br>[0.93; 1.04]<br>[0.82; 1.48] | 16.8%<br>16.9%<br>16.5%<br>0.6%<br>11.5%<br>1.0% | some concerns high high high high high some concerns |
| 22_Rotterdam_a 10_EPIC-Heidelberg Random effects mode   | -0.0770<br>-0.0673   | 0.0331<br>0.0348  | +                                       | 0.93   | [0.87; 0.99]<br>[0.87; 1.00]<br>[0.96; 1.02]   | 10.1%  | some concerns<br>high                                |
| 0.5 1 2 Heterogeneity: $I^2 = 63\%$ , $\tau^2 = 0.0012$ , $p < 0.01$ FAT:PRO                  |  |   |   |  |  |  |  |

| Study  | logRR S | E(logRR) | RR            | RR           | 95%-CI       | Weight | RoB           |
|--|---------|----------|---------------|--------------|--------------|--------|---------------|
| 202_JACC   | 0.0000  | 0.0208   | ÷             | 1 00         | [0.96; 1.04] | 7 5%   | some concerns |
| 193 CHNS   | -0.0682 | 0.1075   |               |              | [0.76; 1.15] |        | some concerns |
| 190_NHANES_a   | 0.0305  | 0.1073   | - 1           |              | [1.00; 1.06] | 8.4%   | high          |
| 174_KIHD_a   | -0.1744 | 0.0136   |               |              | [0.75; 0.94] |        | •             |
|  |         |          |               |              |              |        | some concerns |
| 159_WHI  | 0.0191  | 0.0102   |               |              | [1.00; 1.04] |        | some concerns |
| 155_HPFS   | 0.0104  | 0.0152   | <u> </u>      |              | [0.98; 1.04] |        | some concerns |
| 155_NHS  | -0.0078 | 0.0111   | +             |              | [0.97; 1.01] |        | some concerns |
| 117_InCHIANTI_a  | 0.1995  | 0.1036   | -             |              | [1.00; 1.50] | 1.0%   | high          |
| 96_NHANESIII   | 0.0202  | 0.0208   | <del></del>   |              | [0.98; 1.06] | 7.5%   | high          |
| 82_IWHS_a  | 0.0339  | 0.1001   | <del></del>   | 1.03         | [0.85; 1.26] | 1.1%   | some concerns |
| 73_NIH-AARP_a  | 0.0312  | 0.0117   | -             | 1.03         | [1.01; 1.06] | 9.1%   | some concerns |
| 62_UKB_a   | 0.0789  | 0.0145   | +             | 1.08         | [1.05; 1.11] | 8.6%   | high          |
| 60_PREDIMED_a1   | -0.2604 | 0.1996 — | <del></del>   | 0.77         | [0.52; 1.14] | 0.3%   | high          |
| 44_EPIC-Italy_a  | 0.0337  | 0.0475   | -             | 1.03         | [0.94; 1.14] | 3.6%   | some concerns |
| 30_PURE  | 0.0408  | 0.0319   | <del> -</del> | 1.04         | [0.98; 1.11] | 5.5%   | high          |
| 29_CHAMP   | 0.1042  | 0.1445   |               |              | [0.84; 1.47] |        | some concerns |
| <br>22_Rotterdam_a   | -0.0862 | 0.0350   |               |              | [0.86; 0.98] |        | some concerns |
| 15_JPHC_a  | 0.0310  | 0.0354   |               |              | [0.96; 1.11] |        | some concerns |
| 10_EPIC-Heidelberg   | -0.1051 | 0.0281   | -             |              | [0.85; 0.95] | 6.2%   | high          |
| :- <u>_</u> :::::::::::::::::::::::::::::::::::              | 000.    | 0.020.   | _             | 0.00         | [0.00, 0.00] | 0.270  | 9             |
| Random effects model   |         | <u> </u> | 1.01          | [0.99; 1.03] | 100.0%       |        |               |
|  |         |          | 0.75 1 1.5    |              |              |        |               |
| Heterogeneity: $I^2 = 75\%$ , $\tau^2 = 0.0012$ , $p < 0.01$ |         |          | CHO:PRO       |              |              |        |               |
| neterogeneity: $I = 75\%$ , $\tau = 0.0012$ , $p < 0.01$     |         | GIO.FRO  |               |              |              |        |               |

