			OR [95% CI]		
62_a	0.0408	0.0106	1.04 [1.02; 1.06]	38.7 %	7.4%
212_a	0.0619	0.0351	1.06 [0.99; 1.14]	3.5%	5.5%
152_yfs	−0.0410	0.8609	0.96 [0.18; 5.19]	0.0%	0.0%
152_nqplus	−0.5525	1.2800	0.58 [0.05; 7.07]	0.0%	0.0%
152_lifelines	−0.1981	0.1115	0.82 [0.66; 1.02]	0.4%	1.5%
148_a	−0.1021	0.0331	0.90 [0.85; 0.96]	4.0%	5.7%
136_a	0.0202	0.0208	1.02 [0.98; 1.06]	10.1%	6.7%
118	0.0607	0.0505	1.06 [0.96; 1.17]	1.7%	4.2%
116_wghs_a	−0.0488	0.0243	0.95 [0.91; 1.00]	7.4%	6.5%
116_rsl_a	−0.0488	0.0509	0.95 [0.86; 1.05]	1.7%	4.2%
116_mesa_a	0.0513	0.0936	1.05 [0.88; 1.26]	0.5%	2.0%
116_mdc_a	0.0834	0.0551	1.09 [0.98; 1.21]	1.4%	3.9%
116_inter_a	−0.0677	0.0500	0.93 [0.85; 1.03]	1.7%	4.3%
116_hpfs_a	0.0513	0.0455	1.05 [0.96; 1.15]	2.1%	4.6%
116_health_a	−0.2624	0.1106	0.77 [0.62; 0.96]	0.4%	1.6%
116_finrisk_a	0.2357	0.0968	1.27 [1.05; 1.53]	0.5%	1.9%
116_fhs_a	0.0408	0.0688	1.04 [0.91; 1.19]	0.9%	3.1%
116_epic_a	0.0202	0.0233	1.02 [0.97; 1.07]	8.0%	6.5%
116_dch_a	−0.0677	0.0810	0.93 [0.80; 1.10]	0.7%	2.5%
116_chs_a	0.1165	0.0742	1.12 [0.97; 1.30]	0.8%	2.8%
116_bhs_a	0.1054	0.0977	1.11 [0.92; 1.35]	0.5%	1.9%
116_aric_a	0.1054	0.0393	1.11 [1.03; 1.20]	2.8%	5.1%
94	0.1044	0.0461	1.11 [1.01; 1.21]	2.1%	4.6%
52_a	−0.0770	0.0590	0.93 [0.82; 1.04]	1.3%	3.6%
37	0.0000	0.0231	1.00 [0.96; 1.05]	8.2%	6.6%
23_RSIII_a	0.0772	0.2213	1.08 [0.70; 1.67]	0.1%	0.5%
23_RSII_a	0.2213	0.1424	1.25 [0.94; 1.65]	0.2%	1.0%
23_RSI_a	0.1347	0.1024	1.14 [0.94; 1.40]	0.4%	1.8%
Common effect model			**1.02 [1.01; 1.04]**	**100.0%**	.
Random effects model			**1.02 [0.99; 1.05]**		**100.0%**

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight (common)	Weight (random)
62_a	−0.0100	0.0152		0.99	[0.96; 1.02]	48.5%	10.3%
216_a	−0.1398	0.0708		0.87	[0.76; 1.00]	2.2%	6.8%
212_a	0.0392	0.0367		1.04	[0.97; 1.12]	8.3%	9.2%
195	−0.0060	0.1028		0.99	[0.81; 1.22]	1.1%	4.9%
172_a	0.0503	0.1412		1.05	[0.80; 1.39]	0.6%	3.3%
167	−0.1591	0.0462		0.85	[0.78; 0.93]	5.2%	8.6%
152_yfs	−0.5175	0.8609		0.60	[0.11; 3.22]	0.0%	0.1%
152_nqplus	−0.3711	1.2078		0.69	[0.06; 7.36]	0.0%	0.1%
152_lifelines	−0.1220	0.1096		0.89	[0.71; 1.10]	0.9%	4.6%
148_a	−0.4063	0.0751		0.67	[0.57; 0.77]	2.0%	6.5%
114_hpfs_a	−0.1215	0.0419		0.89	[0.82; 0.96]	6.3%	8.9%
114_nhsII_a	−0.0266	0.0366		0.97	[0.91; 1.05]	8.3%	9.2%
114_nhs_a	−0.0579	0.0328		0.94	[0.89; 1.01]	10.4%	9.5%
37	−0.1823	0.0508		0.83	[0.75; 0.92]	4.3%	8.2%
23_RSIII_a	−0.4824	0.2213		0.62	[0.40; 0.95]	0.2%	1.7%
23_RSII_a	−0.0862	0.1406		0.92	[0.70; 1.21]	0.6%	3.3%
23_RSI_a	−0.0392	0.1024		0.96	[0.79; 1.18]	1.1%	4.9%
Common effect model				**0.95**	**[0.93; 0.97]**	**100.0%**	**.**
Random effects model				**0.91**	**[0.85; 0.96]**	**.**	**100.0%**

0.1 0.5 1 2 10

CHO:PRO

Heterogeneity: $I^2 = 72\%$, $\tau^2 = 0.0091$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight (common)	Weight (random)
62_a	−0.0508	0.0152		0.95	[0.92; 0.98]	75.9%	16.6%
212_a	−0.0227	0.0465		0.98	[0.89; 1.07]	8.1%	14.8%
152_yfs	−0.4766	0.8369		0.62	[0.12; 3.20]	0.0%	0.4%
152_nqplus	0.1814	1.2800		1.20	[0.10; 14.73]	0.0%	0.2%
152_lifelines	0.0761	0.1115		1.08	[0.87; 1.34]	1.4%	9.2%
150_a	−0.2700	0.1066		0.76	[0.62; 0.94]	1.5%	9.6%
148_a	−0.3042	0.0751		0.74	[0.64; 0.85]	3.1%	12.3%
37	−0.1823	0.0508		0.83	[0.75; 0.92]	6.8%	14.4%
23_RSIII_a	−0.5596	0.1840		0.57	[0.40; 0.82]	0.5%	5.2%
23_RSII_a	−0.3075	0.1424		0.74	[0.56; 0.97]	0.9%	7.2%
23_RSI_a	−0.1740	0.0982		0.84	[0.69; 1.02]	1.8%	10.3%
Common effect model				**0.93**	**[0.90; 0.95]**	**100.0%**	**.**
Random effects model				**0.85**	**[0.77; 0.94]**	**.**	**100.0%**

0.1   0.5 1 2   10

FAT:PRO

Heterogeneity: $I^2 = 70\%$, $\tau^2 = 0.0149$, $p < 0.01$