

CHO HGI:MUFA

8.0

RR

RR

1.01 [0.95; 1.07]

logRR SE(logRR)

Study

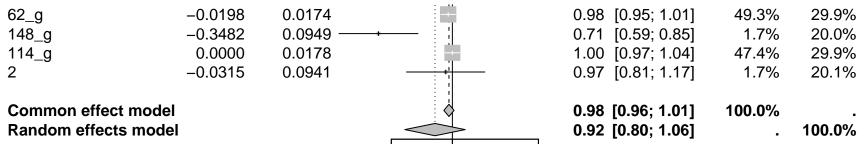
Random effects model

Heterogeneity: $I^2 = 26\%$, $\tau^2 = 0.0022$, p = 0.23

Weight

95%-CI (common) (random)

Weight



RR

RR

1.5

CHO HGI:PRO

logRR SE(logRR)

Heterogeneity: $I^2 = 77\%$, $\tau^2 = 0.0172$, p < 0.01

Study

Weight

95%-CI (common) (random)

62_g	0.1054	0.0486	-	1.11 [1.01; 1.22]	79.7%	79.7%
148 <u>g</u>	0.1924	0.2006		— 1.21 [0.82; 1.80]	4.7%	4.7%
2	0.1356	0.1098	+ -	1.15 [0.92; 1.42]	15.6%	15.6%

RR

1.5

CHO HGI:PUFA

1.12 [1.03; 1.22]

1.12 [1.03; 1.22]

Common effect model Random effects model

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0$, p = 0.89

Study

logRR SE(logRR)

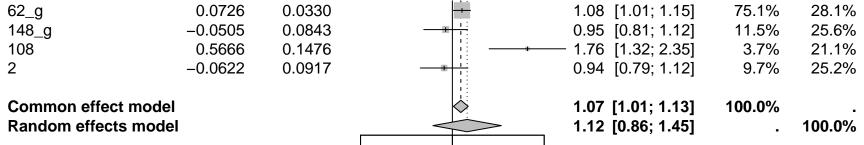
0.75

100.0%

Weight

Weight

95%-CI (common) (random)



RR

CHO HGI:SFA

RR

logRR SE(logRR)

Heterogeneity: $I^2 = 81\%$, $\tau^2 = 0.0604$, p < 0.01

Study

Weight

95%-CI (common) (random)

62_g 148_g	0.2107 -0.5827	0.3347 0.4123 ——	-			1.23 [0.64; 2.38] 0.56 [0.25; 1.25]
Common effect model Random effects model	l				<u>></u>	0.90 [0.54; 1.50] 0.86 [0.40; 1.87]
			0.5	1	2	

CHO HGI:TFA

logRR SE(logRR)

Heterogeneity: $I^2 = 55\%$, $\tau^2 = 0.1737$, p = 0.14

Study

RR

Weight

60.3%

39.7%

100.0%

95%-CI (common) (random)

Weight

54.6%

45.4%

62_g	0.0385	0.0337		+		1.04 [0.97; 1.11]
148_g	-0.3487	0.1603 ——		-		0.71 [0.52; 0.97]
2	-0.1585	0.1420				0.85 [0.65; 1.13]
Common effect model Random effects model				\Rightarrow		1.01 [0.95; 1.08] 0.89 [0.71; 1.12]
			0.75	1	1.5	

logRR SE(logRR)

Heterogeneity: $I^2 = 72\%$, $\tau^2 = 0.0282$, p = 0.03

Study

RR

RR

MUFA:PRO

90.8% 4.0% 5.1%

100.0%

Weight

95%-CI (common) (random)

Weight

46.5%

25.3%

28.2%

Study	logRR SE(logRR)	RR	RR	95%-CI (common) (random)
62_g 148_g 2	0.1636 0.0565 0.1919 0.2386 0.0086 0.1528		- 1.21	[1.05; 1.32] 83.8% 83.8% [0.76; 1.93] 4.7% 4.7% [0.75; 1.36] 11.5% 11.5%

Common effect model Random effects model

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0$, p = 0.62

0.75



1.5

MUFA:PUFA

Weight

Weight

1.16 [1.05; 1.28] 100.0% 1.16 [1.05; 1.28] . 100.0%

62_g	0.1308	0.0438			1.14 [1.05; 1.24]
148_g	-0.0510	0.1543		- 	0.95 [0.70; 1.29]
2	-0.1892	0.1404 —	*		0.83 [0.63; 1.09]
Common effect model Random effects mode					1.10 [1.01; 1.19] 1.00 [0.82; 1.23]

logRR SE(logRR)

Heterogeneity: $I^2 = 65\%$, $\tau^2 = 0.0202$, p = 0.06

Study

RR

RR

1.5

MUFA:SFA

6.9% 8.3% 100.0%

84.9%

Weight

95%-CI (common) (random)

Weight

48.6%

24.5%

27.0%

62_g	0.2690	0.3360	_			1.31 [0.68; 2.53]
148_g	-0.5832	0.4321 —	•	:1		0.56 [0.24; 1.30]
Common effect model Random effects mode					<u> </u>	0.95 [0.56; 1.60] 0.89 [0.39; 2.05]
_	_		0.5	1	2	
Heterogeneity: $I^2 = 59\%$,	$\tau^2 = 0.2133, p$	= 0.12		MU	JFA:TFA	

logRR SE(logRR)

Study

RR

RR

1.31 [0.68; 2.53] 0.56 [0.24; 1.30]

62.3% 37.7%

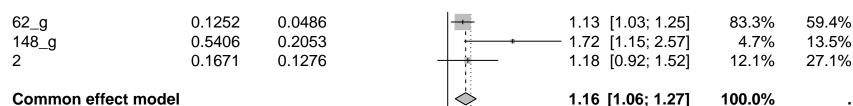
100.0%

Weight

95%-CI (common) (random)

55.1% 44.9%

Weight



RR

2

PRO:PUFA

Weight

95%-CI (common) (random)

Weight

100.0%

Common effect model 1.16 [1.06; 1.27] Random effects model 1.21 [1.03; 1.43]

0.5

logRR SE(logRR)

Heterogeneity: $I^2 = 49\%$, $\tau^2 = 0.0093$, p = 0.14

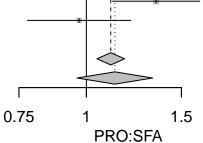
Study

62_g	0.0924	0.0330
148_g	0.2976	0.0949
2	-0.0308	0.1124
Common effect model Random effects model	l	

Heterogeneity: $I^2 = 65\%$, $\tau^2 = 0.0140$, p = 0.06

logRR SE(logRR)

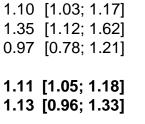
Study



RR



RR



Weight

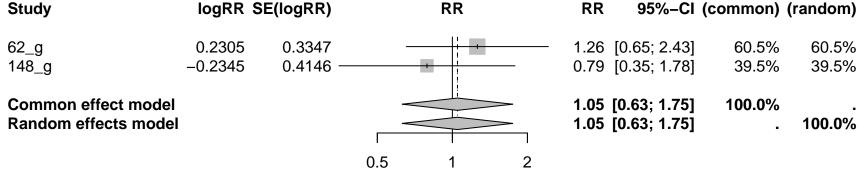
95%-CI (common) (random)

Weight

45.0%

29.5%

25.5%



PRO:TFA

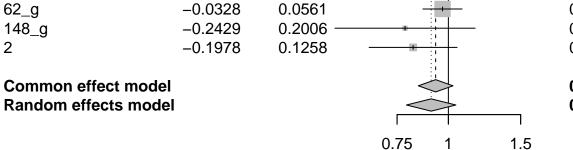
RR

Study

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0$, p = 0.38

Weight

95%-CI (common) (random)



logRR SE(logRR)

Heterogeneity: $I^2 = 10\%$, $\tau^2 = 0.0046$, p = 0.33

Study

0.97 [0.87; 1.08]

RR

RR

PUFA:SFA

0.78 [0.53; 1.16]

0.82 [0.64; 1.05]

15.6% 100.0%

Weight

78.3%

6.1%

95%-CI (common) (random)

100.0%

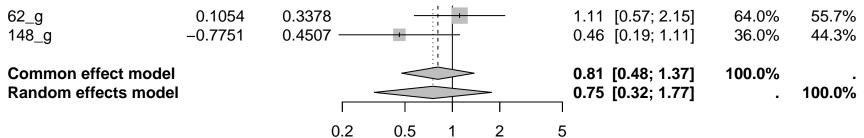
Weight

64.4%

11.2%

24.5%

0.93 [0.84; 1.03] 0.91 [0.79; 1.04]



PUFA:TFA

RR

logRR SE(logRR)

Heterogeneity: $I^2 = 59\%$, $\tau^2 = 0.2290$, p = 0.12

Study

Weight

95%-CI (common) (random)

62_g 148_g	0.1382 -0.5322	0.3359 0.4123 —	-	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		
Common effect r Random effects					-	
Heterogeneity: <i>I</i> ² =	37%, $\tau^2 = 0.0832$, p	= 0.21	0.5	1 SF	2 A:TFA	

logRR SE(logRR)

Study

RR

RR

1.15 [0.59; 2.22] 0.59 [0.26; 1.32]

39.9%

Weight

60.1%

95%-CI (common) (random)

43.6%

Weight

56.4%

0.88 [0.53; 1.46] 100.0% 0.86 [0.45; 1.64]

2 Common effect mod	-0.3485	0.1693 —	* ::	0.71 [0.51; 0.98] 0.83 [0.78; 0.87]
114_g	-0.1823	0.0295	-	0.83 [0.79; 0.88]
172_g 148_g	0.0503 -0.3738	0.1548 0.1141	* 1	1.05 [0.78; 1.42] 0.69 [0.55; 0.86]

1.5

CHO LGI:PRO

0.75

logRR SE(logRR)

Heterogeneity: $I^2 = 50\%$, $\tau^2 = 0.0102$, p = 0.11

Study

0.55; 0.86] [0.79; 0.88] 0.51; 0.98]

RR

2.7% 100.0%

Weight

3.2%

5.9%

88.2%

95%-CI (common) (random)

Weight

15.5%

22.9%

48.0%

13.7%

Common effect Random effects				1.17 [1.12; 1.23] 1.20 [1.03; 1.40]	100.0%	100.0%
2	0.3171	0.1563		1.37 [1.01; 1.87]	2.4%	13.2%
114_g 108	0.1823 0.5169	0.0295 0.1470	=	1.20 [1.13; 1.27] - 1.68 [1.26; 2.24]	67.4% 2.7%	28.0% 14.1%
147	0.0503	0.0515	4	1.05 [0.95; 1.16]	22.2%	25.8%

RR

CHO HGI:CHO LGI

1.03 [0.83; 1.26]

logRR SE(logRR)

0.1054

0.5

0.0256

Heterogeneity: $I^2 = 71\%$, $\tau^2 = 0.0201$, p < 0.01

Study

148_g

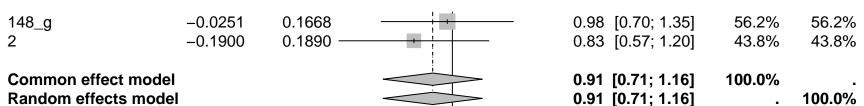
Weight

5.3%

95%-CI (common) (random)

Weight

18.8%



RR

RR

1.5

CHO LGI:MUFA

logRR SE(logRR)

Study

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0$, p = 0.51

Weight

95%-CI (common) (random)

148_g	0.1668	0.2103	 - 1.18 [0.78; 1.78]	41.9%	44.9%
2	-0.1815	0.1785	0.83 [0.59; 1.18]	58.1%	55.1%
Common effect model Random effects model			0.96 [0.74; 1.26] 0.98 [0.69; 1.37]	100.0%	100.0%

RR

RR

1.5

CHO LGI:PUFA

logRR SE(logRR)

Heterogeneity: $I^2 = 37\%$, $\tau^2 = 0.0226$, p = 0.21

Study

Weight

95%-CI (common) (random)

Common effect n	nodel			0.92 [0.80; 1.06]
148_g 108 2	-0.0761 0.0498 -0.3793	0.1054 0.1132 0.1679 —		0.93 [0.75; 1.14] 1.05 [0.84; 1.31] 0.68 [0.49; 0.95]
			—1	_

logRR SE(logRR)

Study

Random effects model

Heterogeneity: $I^2 = 55\%$, $\tau^2 = 0.0208$, p = 0.11

RR

CHO LGI:SFA

17.4%

Weight

44.2%

38.4%

95%-CI (common) (random)

Weight

38.4%

36.5%

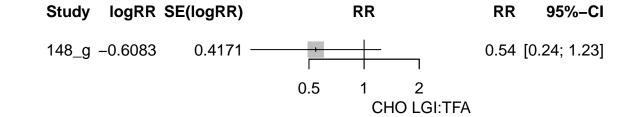
25.0%

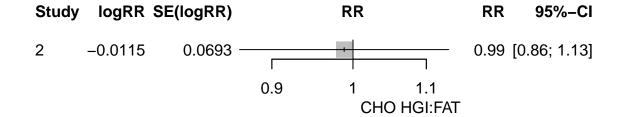
.92 [0.80; 1.06] 0.90 [0.72; 1.12]

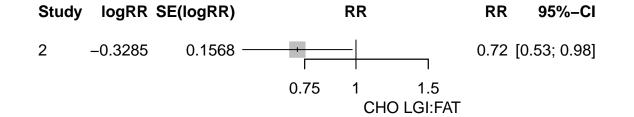
100.0%

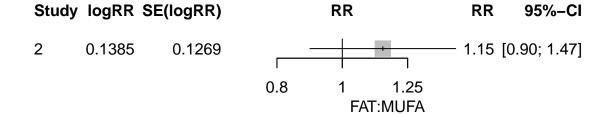
100.0%

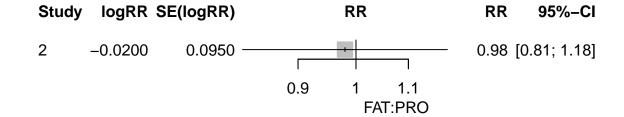
RR

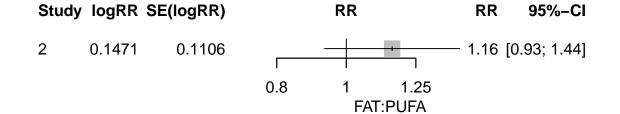












95%-CI

RR

