

Treatment	Comparison: other vs 'PRO' (Random Effects Model)	RR	95%-CI
nigh quality CHO / Polysaccharides ow quality CHO / Mono-/ Disaccharides PUFA MUFA SFA IFA PRO	0.75 1 1.5	1.02 1.02 0.97 1.03	[0.94; 1.04] [0.97; 1.08] [0.94; 1.10] [0.89; 1.05] [0.97; 1.09] [0.64; 1.88]