Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight (common)	Weight (random)
197	0.8356	0.2612		2.31	[1.38; 3.85]	0.1%	0.4%
196_b	0.0212	0.0116		1.02	[1.00; 1.04]	55.5%	20.0%
190_b	0.0101	0.0361		1.01	[0.94; 1.08]	5.7%	11.0%
179c_b	0.0513	0.0348		1.05	[0.98; 1.13]	6.1%	11.5%
179b_b	0.1278	0.0232		1.14	[1.09; 1.19]	13.8%	15.6%
124_b	0.0305	0.0787		1.03	[0.88; 1.20]	1.2%	3.8%
115_b	0.0912	0.0749		1.10	[0.95; 1.27]	1.3%	4.2%
62_b	0.0406	0.0284		1.04	[0.98; 1.10]	9.2%	13.6%
51_b	0.1508	0.0649		1.16	[1.02; 1.32]	1.8%	5.2%
35	0.0509	0.1602		1.05	[0.77; 1.44]	0.3%	1.1%
30	0.0305	0.0522		1.03	[0.93; 1.14]	2.7%	7.1%
10	0.0743	0.0566		1.08	[0.96; 1.20]	2.3%	6.4%
Common effect model				**1.05**	**[1.03; 1.06]**	**100.0%**	.
Random effects model				**1.06**	**[1.03; 1.10]**	.	**100.0%**

CHO:MUFA

Heterogeneity: $I^2 = 64\%$, $\tau^2 = 0.0013$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%-CI	Weight (common)	Weight (random)
197	−0.1557	0.1692		0.86	[0.61; 1.19]	0.2%	5.8%
196_b	0.0664	0.0095		1.07	[1.05; 1.09]	70.1%	10.1%
190_b	0.0834	0.0251		1.09	[1.03; 1.14]	10.1%	10.0%
179c_b	0.3425	0.0498		1.41	[1.28; 1.55]	2.6%	9.5%
179b_b	0.3011	0.0345		1.35	[1.26; 1.45]	5.3%	9.9%
124_b	0.1985	0.1047		1.22	[0.99; 1.50]	0.6%	7.9%
62_b	0.1038	0.0378		1.11	[1.03; 1.19]	4.4%	9.8%
51_b	0.5798	0.1736		1.79	[1.27; 2.51]	0.2%	5.7%
46	−0.4064	0.1708		0.67	[0.48; 0.93]	0.2%	5.7%
35	−0.1357	0.1522		0.87	[0.65; 1.18]	0.3%	6.3%
30	0.1165	0.0429		1.12	[1.03; 1.22]	3.5%	9.7%
10	−0.1286	0.0495		0.88	[0.80; 0.97]	2.6%	9.6%
Common effect model				**1.09**	**[1.07; 1.11]**	**100.0%**	.
Random effects model				**1.10**	**[0.97; 1.24]**	.	**100.0%**

CHO:PUFA

Heterogeneity: $I^2 = 90\%$, $\tau^2 = 0.0379$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%-CI	Weight (common)	Weight (random)
197	−0.1044	0.0932		0.90	[0.75; 1.08]	0.6%	4.0%
196_b	−0.1321	0.0098		0.88	[0.86; 0.89]	55.1%	13.0%
190_b	−0.0392	0.0318		0.96	[0.90; 1.02]	5.3%	10.5%
179c_b	−0.0677	0.0309		0.93	[0.88; 0.99]	5.6%	10.6%
179b_b	−0.0770	0.0189		0.93	[0.89; 0.96]	14.9%	12.2%
124_b	−0.0677	0.0741		0.93	[0.81; 1.08]	1.0%	5.3%
115_b	0.0399	0.0749		1.04	[0.90; 1.21]	1.0%	5.3%
62_b	0.0289	0.0257		1.03	[0.98; 1.08]	8.1%	11.3%
51_b	0.0392	0.1265		1.04	[0.81; 1.33]	0.3%	2.5%
46	−0.2018	0.0874		0.82	[0.69; 0.97]	0.7%	4.3%
35	−0.2927	0.1377		0.75	[0.57; 0.98]	0.3%	2.2%
30	0.0305	0.0369		1.03	[0.96; 1.11]	3.9%	9.7%
10	0.0419	0.0407		1.04	[0.96; 1.13]	3.2%	9.2%
Common effect model				**0.92**	**[0.90; 0.93]**	**100.0%**	.
Random effects model				**0.95**	**[0.91; 1.00]**	.	**100.0%**

CHO:SFA

Heterogeneity: $I^2 = 83\%$, $\tau^2 = 0.0037$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight (common)	Weight (random)
197	−0.9913	0.2970		0.37	[0.21; 0.66]	0.1%	1.8%
196_b	0.0451	0.0111		1.05	[1.02; 1.07]	38.3%	10.1%
190_b	0.0733	0.0361		1.08	[1.00; 1.16]	3.6%	9.5%
179c_b	0.2912	0.0498		1.34	[1.21; 1.48]	1.9%	9.0%
179b_b	0.1733	0.0345		1.19	[1.11; 1.27]	4.0%	9.5%
179a_b	0.1754	0.0321		1.19	[1.12; 1.27]	4.6%	9.6%
134	0.0265	0.0106		1.03	[1.01; 1.05]	41.7%	10.1%
124_b	0.1680	0.1047		1.18	[0.96; 1.45]	0.4%	6.5%
62_b	0.0633	0.0397		1.07	[0.99; 1.15]	3.0%	9.4%
51_b	0.4290	0.1736		1.54	[1.09; 2.16]	0.2%	4.0%
35	−0.1866	0.1728		0.83	[0.59; 1.16]	0.2%	4.0%
30	0.0861	0.0596		1.09	[0.97; 1.22]	1.3%	8.6%
10	−0.2029	0.0742		0.82	[0.71; 0.94]	0.9%	7.9%
Common effect model				**1.05**	**[1.04; 1.07]**	**100.0%**	**.**
Random effects model				**1.08**	**[0.99; 1.17]**	**.**	**100.0%**

MUFA:PUFA

Heterogeneity: $I^2 = 87\%$, $\tau^2 = 0.0196$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight (common)	Weight (random)
197	−0.9400	0.2612		0.39	[0.23; 0.65]	0.1%	0.7%
196_b	−0.1533	0.0114		0.86	[0.84; 0.88]	28.5%	11.2%
190_b	−0.0493	0.0410		0.95	[0.88; 1.03]	2.2%	8.5%
179c_b	−0.1190	0.0309		0.89	[0.84; 0.94]	3.9%	9.6%
179b_b	−0.2048	0.0189		0.81	[0.79; 0.85]	10.3%	10.7%
179a_b	−0.1393	0.0321		0.87	[0.82; 0.93]	3.6%	9.4%
134	−0.0152	0.0093		0.98	[0.97; 1.00]	43.0%	11.3%
124_b	−0.0981	0.0741		0.91	[0.78; 1.05]	0.7%	5.3%
115_b	−0.0513	0.0617		0.95	[0.84; 1.07]	1.0%	6.3%
62_b	−0.0117	0.0284		0.99	[0.93; 1.05]	4.6%	9.8%
51_b	−0.1116	0.1265		0.89	[0.70; 1.15]	0.2%	2.6%
35	−0.3436	0.1602		0.71	[0.52; 0.97]	0.1%	1.8%
30	−0.0000	0.0554		1.00	[0.90; 1.11]	1.2%	7.0%
10	−0.0324	0.0687		0.97	[0.85; 1.11]	0.8%	5.7%
Common effect model				**0.92**	**[0.91; 0.93]**	**100.0%**	**.**
Random effects model				**0.91**	**[0.87; 0.95]**	**.**	**100.0%**

0.5   1   2

MUFA:SFA

Heterogeneity: $I^2 = 92\%$, $\tau^2 = 0.0047$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight (common)	Weight (random)
197	0.0513	0.1692		1.05	[0.76; 1.47]	0.1%	4.5%
196_b	−0.1985	0.0093		0.82	[0.81; 0.84]	30.2%	8.8%
190_b	−0.1226	0.0318		0.88	[0.83; 0.94]	2.6%	8.5%
179c_b	−0.4101	0.0471		0.66	[0.61; 0.73]	1.2%	8.2%
179b_b	−0.3781	0.0318		0.69	[0.64; 0.73]	2.6%	8.5%
179a_b	−0.3147	0.0243		0.73	[0.70; 0.77]	4.4%	8.6%
134	−0.0417	0.0069		0.96	[0.95; 0.97]	54.7%	8.8%
124_b	−0.2661	0.1013		0.77	[0.63; 0.93]	0.3%	6.6%
62_b	−0.0749	0.0378		0.93	[0.86; 1.00]	1.8%	8.4%
51_b	−0.5406	0.2048		0.58	[0.39; 0.87]	0.1%	3.7%
46	0.2046	0.1708		1.23	[0.88; 1.71]	0.1%	4.4%
35	−0.1570	0.1522		0.85	[0.63; 1.15]	0.1%	5.0%
30	−0.0861	0.0467		0.92	[0.84; 1.01]	1.2%	8.2%
10	0.1705	0.0630		1.19	[1.05; 1.34]	0.7%	7.8%
Common effect model				**0.89**	**[0.88; 0.90]**	**100.0%**	**.**
Random effects model				**0.85**	**[0.77; 0.94]**	**.**	**100.0%**

0.5   1   2

PUFA:SFA

Heterogeneity: $I^2 = 97\%$, $\tau^2 = 0.0297$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight (common)	Weight (random)
196_b	−0.2060	0.0249		0.81	[0.78; 0.85]	80.1%	20.6%
179c_b	−0.7317	0.1423		0.48	[0.36; 0.64]	2.4%	16.4%
179b_b	−0.1924	0.1001		0.82	[0.68; 1.00]	4.9%	18.3%
90	0.0834	0.0694		1.09	[0.95; 1.25]	10.3%	19.5%
62_b	0.0352	0.2695		1.04	[0.61; 1.76]	0.7%	10.6%
51_b	0.1006	0.1807		1.11	[0.78; 1.58]	1.5%	14.5%
Common effect model				0.83	[0.80; 0.87]	100.0%	.
Random effects model				0.85	[0.66; 1.09]	.	100.0%

CHO:TFA

Heterogeneity: $I^2 = 85\%$, $\tau^2 = 0.0758$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight (common)	Weight (random)
196_b	−0.2272	0.0255		0.80	[0.76; 0.84]	82.2%	22.3%
179c_b	−0.7830	0.1423		0.46	[0.35; 0.60]	2.6%	16.1%
179b_b	−0.3202	0.1001		0.73	[0.60; 0.88]	5.3%	18.8%
179a_b	−0.5103	0.0849		0.60	[0.51; 0.71]	7.4%	19.8%
62_b	−0.0054	0.2698		0.99	[0.59; 1.69]	0.7%	9.3%
51_b	−0.0503	0.1807		0.95	[0.67; 1.36]	1.6%	13.7%
Common effect model				**0.77**	**[0.73; 0.80]**	**100.0%**	**.**
Random effects model				**0.71**	**[0.57; 0.87]**	**.**	**100.0%**

0.5   1   2

MUFA:TFA

Heterogeneity: $I^2 = 81\%$, $\tau^2 = 0.0505$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight (common)	Weight (random)
196_b	−0.2723	0.0246		0.76	[0.73; 0.80]	83.8%	20.9%
179c_b	−1.0742	0.1467		0.34	[0.26; 0.46]	2.4%	16.9%
179b_b	−0.4935	0.1033		0.61	[0.50; 0.75]	4.8%	18.7%
179a_b	−0.6858	0.0822		0.50	[0.43; 0.59]	7.5%	19.5%
62_b	−0.0687	0.2709		0.93	[0.55; 1.59]	0.7%	11.4%
51_b	−0.4792	0.2420		0.62	[0.39; 1.00]	0.9%	12.6%
Common effect model				**0.72**	**[0.69; 0.75]**	**100.0%**	**.**
Random effects model				**0.59**	**[0.45; 0.77]**	**.**	**100.0%**

0.5   1   2

PUFA:TFA

Heterogeneity: $I^2 = 91\%$, $\tau^2 = 0.0868$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight (common)	Weight (random)
196_b	−0.0739	0.0248		0.93	[0.88; 0.97]	82.9%	22.7%
179c_b	−0.6640	0.1414		0.51	[0.39; 0.68]	2.5%	16.4%
179b_b	−0.1154	0.0992		0.89	[0.73; 1.08]	5.2%	19.2%
179a_b	−0.3711	0.0822		0.69	[0.59; 0.81]	7.5%	20.2%
62_b	0.0063	0.2695		1.01	[0.59; 1.71]	0.7%	9.3%
51_b	0.0614	0.2108		1.06	[0.70; 1.61]	1.1%	12.1%
Common effect model				**0.89**	**[0.86; 0.94]**	**100.0%**	.
Random effects model				**0.81**	**[0.65; 0.99]**	.	**100.0%**

0.5 1 2

SFA:TFA

Heterogeneity: $I^2 = 82\%$, $\tau^2 = 0.0496$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%-CI	Weight (common)	Weight (random)
191	−0.0693	0.0043		0.93	[0.93; 0.94]	96.6%	32.9%
103_d	−0.6218	0.2842		0.54	[0.31; 0.94]	0.0%	6.1%
62_b	−0.0483	0.0264		0.95	[0.90; 1.00]	2.6%	31.7%
10	0.1470	0.0480		1.16	[1.05; 1.27]	0.8%	29.3%
Common effect model				**0.93**	**[0.93; 0.94]**	**100.0%**	**.**
Random effects model				**0.97**	**[0.83; 1.13]**	**.**	**100.0%**

0.5 1 2

PRO:SFA

Heterogeneity: $I^2 = 88\%$, $\tau^2 = 0.0183$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight (common)	Weight (random)
62_b	0.0772	0.0264		1.08	[1.03; 1.14]	53.1%	50.1%
10	−0.1051	0.0281		0.90	[0.85; 0.95]	46.9%	49.9%
Common effect model				**0.99**	**[0.96; 1.03]**	**100.0%**	**.**
Random effects model				**0.99**	**[0.83; 1.18]**	**.**	**100.0%**

0.9 1 1.1

CHO:PRO

Heterogeneity: $I^2 = 96\%$, $\tau^2 = 0.0159$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight (common)	Weight (random)
62_b	0.0366	0.0290		1.04	[0.98; 1.10]	82.1%	53.2%
10	−0.1794	0.0621		0.84	[0.74; 0.94]	17.9%	46.8%
Common effect model				**1.00**	**[0.95; 1.05]**	**100.0%**	**.**
Random effects model				**0.94**	**[0.76; 1.16]**	**.**	**100.0%**

0.8   1   1.25

MUFA:PRO

Heterogeneity: $I^2 = 90\%$, $\tau^2 = 0.0210$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight (common)	Weight (random)
62_b	0.0266	0.0382		1.03	[0.95; 1.11]	67.9%	67.9%
10	−0.0235	0.0556		0.98	[0.88; 1.09]	32.1%	32.1%
Common effect model				**1.01**	**[0.95; 1.07]**	**100.0%**	**.**
Random effects model				**1.01**	**[0.95; 1.07]**	**.**	**100.0%**

0.9   1   1.1

PRO:PUFA

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0$, $p = 0.46$

Study	logRR	SE(logRR)	RR	RR	95%-CI
62_b	−0.0420	0.2696		0.96	[0.57; 1.63]

0.75   1   1.5

PRO:TFA