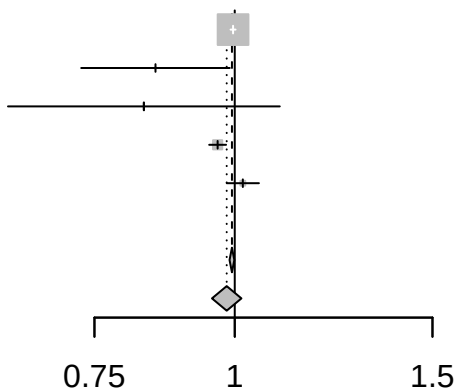
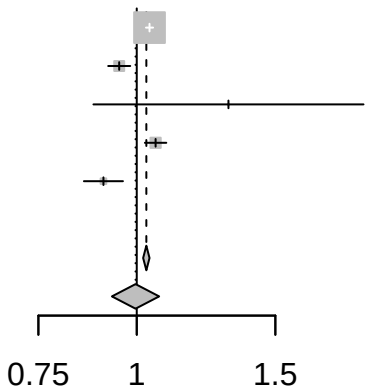
Study	logRR	SE(logRR)	RR	95%−CI	Weight (common)	Weight (random)
191_g	−0.0035	0.0026	1.00	[0.99; 1.00]	89.7%	36.6%
103_g	−0.1625	0.0777	0.85	[0.73; 0.99]	0.1%	3.6%
91	−0.1863	0.1422	0.83	[0.63; 1.10]	0.0%	1.1%
62_g	−0.0351	0.0088	0.97	[0.95; 0.98]	8.0%	33.0%
10	0.0166	0.0168	1.02	[0.98; 1.05]	2.2%	25.7%
Common effect model			**0.99**	**[0.99; 1.00]**	**100.0%**	**.**
Random effects model			**0.98**	**[0.95; 1.01]**	**.**	**100.0%**



Heterogeneity: I^2 = 79%, τ^2 = 0.0006, p < 0.01

high quality CHO / Polysaccharides:low quality CHO / Mo

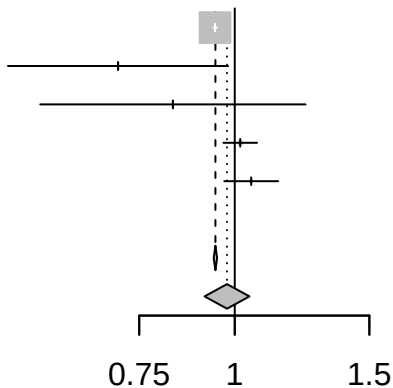
Study	logRR	SE(logRR)	RR	95%−CI	Weight (common)	Weight (random)
191_g	0.0374	0.0053	1.04	[1.03; 1.05]	80.1%	25.9%
190_g	−0.0513	0.0165	0.95	[0.92; 0.98]	8.4%	24.6%
103_g	0.2683	0.2016	1.31	[0.88; 1.94]	0.1%	2.7%
62_g	0.0552	0.0160	1.06	[1.02; 1.09]	8.9%	24.7%
10	−0.0974	0.0291	0.91	[0.86; 0.96]	2.7%	22.1%
Common effect model			**1.03**	**[1.02; 1.04]**	**100.0%**	**.**
Random effects model			**1.00**	**[0.93; 1.07]**	**.**	**100.0%**



Heterogeneity: I^2 = 92%, τ^2 = 0.0048, p < 0.01

high quality CHO / Polysaccharides:PRO

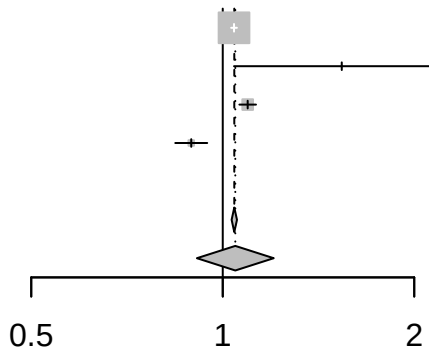
Study	logRR	SE(logRR)	RR	95%−CI	Weight (common)	Weight (random)
191_g	−0.0594	0.0026	0.94	[0.94; 0.95]	98.5%	37.8%
103_g	−0.3514	0.1692	0.70	[0.51; 0.98]	0.0%	3.7%
91	−0.1863	0.2039	0.83	[0.56; 1.24]	0.0%	2.7%
62_g	0.0165	0.0259	1.02	[0.97; 1.07]	1.0%	31.3%
10	0.0496	0.0415	1.05	[0.97; 1.14]	0.4%	24.5%
Common effect model			**0.94**	**[0.94; 0.95]**	**100.0%**	**.**
Random effects model			**0.98**	**[0.91; 1.05]**	**.**	**100.0%**



Heterogeneity: I^2 = 79%, τ^2 = 0.0031, p < 0.01

high quality CHO / Polysaccharides:SFA

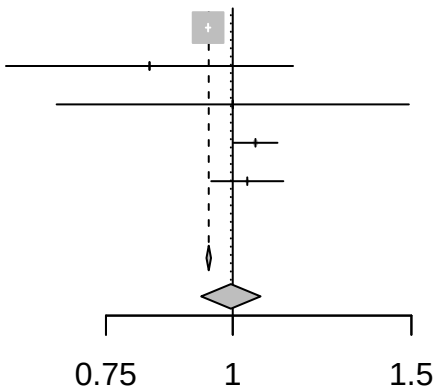
Study	logRR	SE(logRR)	RR	95%−CI	Weight (common)	Weight (random)
191_g	0.0408	0.0053	1.04	[1.03; 1.05]	86.8%	31.0%
103_g	0.4308	0.1990	1.54	[1.04; 2.27]	0.1%	9.0%
62_g	0.0903	0.0154	1.09	[1.06; 1.13]	10.4%	30.6%
10	−0.1140	0.0295	0.89	[0.84; 0.95]	2.8%	29.4%
Common effect model			**1.04**	**[1.03; 1.05]**	**100.0%**	**.**
Random effects model			**1.05**	**[0.91; 1.20]**	**.**	**100.0%**



Heterogeneity: I^2 = 93%, τ^2 = 0.0162, p < 0.01

low quality CHO / Mono−/ Disaccharides:PRO

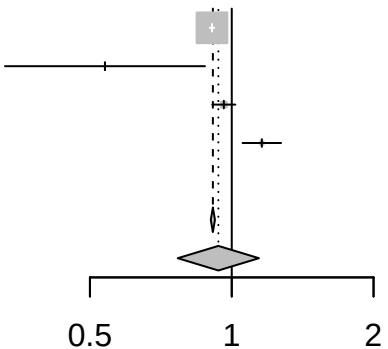
Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight (common)	Weight (random)
191_g	−0.0559	0.0026		0.95	[0.94; 0.95]	98.5%	37.8%
103_g	−0.1889	0.1662		0.83	[0.60; 1.15]	0.0%	3.8%
91	0.0000	0.2039		1.00	[0.67; 1.49]	0.0%	2.6%
62_g	0.0516	0.0255		1.05	[1.00; 1.11]	1.1%	31.4%
10	0.0330	0.0417		1.03	[0.95; 1.12]	0.4%	24.3%
Common effect model				**0.95**	**[0.94; 0.95]**	**100.0%**	**.**
Random effects model				**1.00**	**[0.93; 1.07]**	**.**	**100.0%**



Heterogeneity: I^2 = 82%, τ^2 = 0.0031, p < 0.01

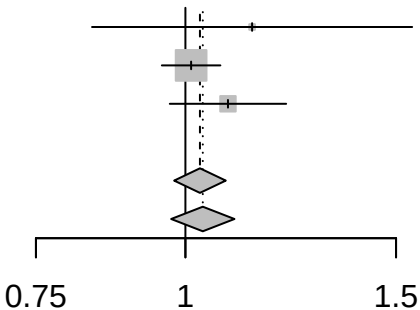
low quality CHO / Mono−/ Disaccharides:SFA

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight (common)	Weight (random)
191_g	−0.0967	0.0053		0.91	[0.90; 0.92]	95.5%	30.7%
103_g	−0.6197	0.2494		0.54	[0.33; 0.88]	0.0%	10.7%
62_g	−0.0387	0.0288		0.96	[0.91; 1.02]	3.3%	29.9%
10	0.1470	0.0480		1.16	[1.05; 1.27]	1.2%	28.7%
Common effect model				**0.91**	**[0.90; 0.92]**	**100.0%**	**.**
Random effects model				**0.94**	**[0.77; 1.14]**	**.**	**100.0%**



Heterogeneity: I^2 = 91%, τ^2 = 0.0334, p < 0.01

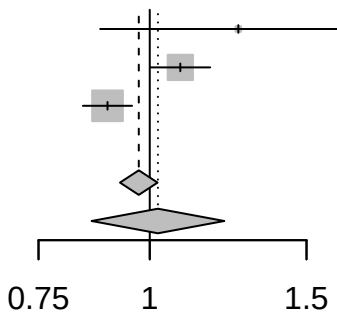
Study	logRR	SE(logRR)	RR	95%−CI	Weight (common)	Weight (random)
91	0.1284	0.1572	1.14	[0.84; 1.55]	2.6%	3.8%
62_g	0.0110	0.0287	1.01	[0.96; 1.07]	77.7%	70.8%
10	0.0820	0.0571	1.09	[0.97; 1.21]	19.7%	25.4%
Common effect model			**1.03**	**[0.98; 1.08]**	**100.0%**	**.**
Random effects model			**1.03**	**[0.97; 1.10]**	**.**	**100.0%**



Heterogeneity: I^2 = 0%, τ^2 = 0.0005, p = 0.44

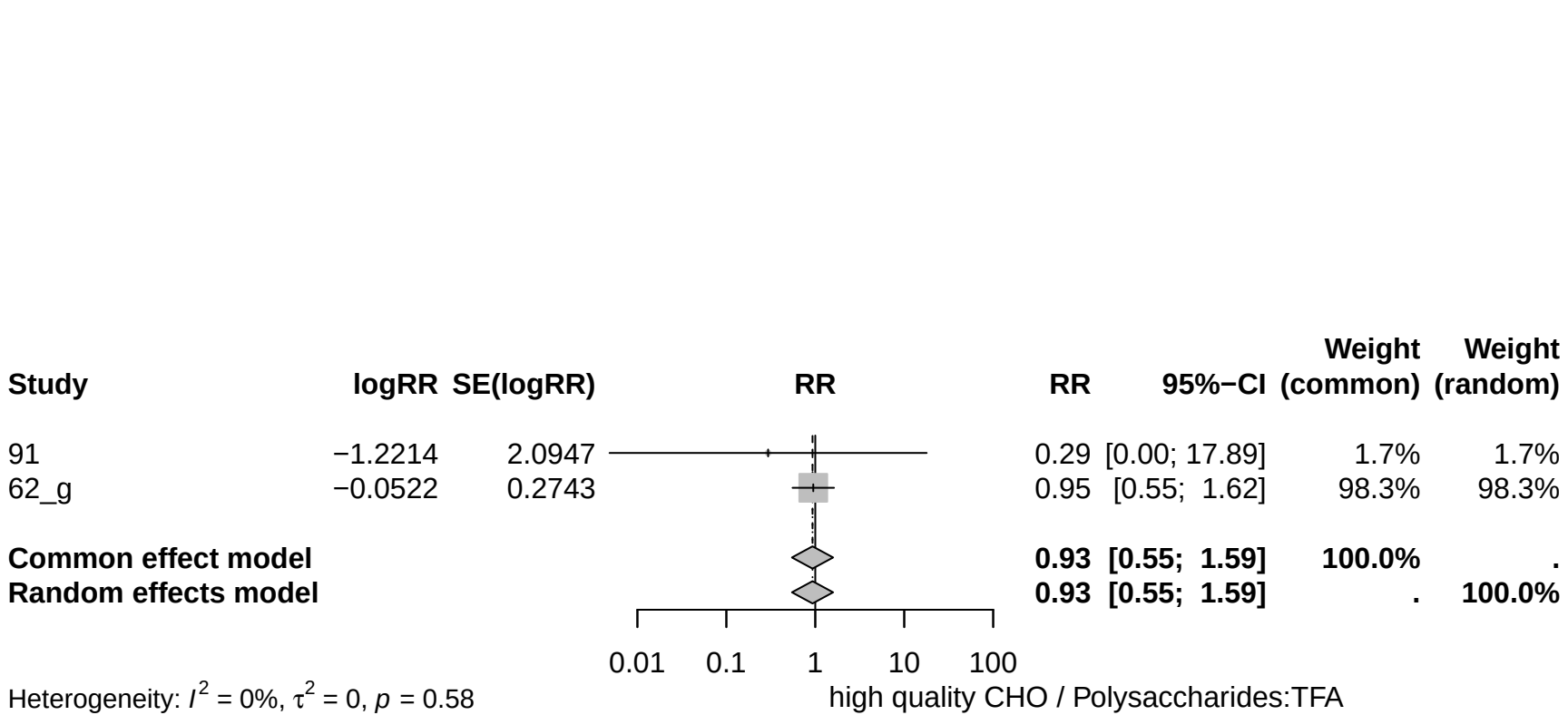
high quality CHO / Polysaccharides:MUFA

Study	logRR	SE(logRR)	RR	95%−CI	Weight (common)	Weight (random)
91	0.2292	0.1823	1.26	[0.88; 1.80]	1.9%	15.3%
62_g	0.0791	0.0394	1.08	[1.00; 1.17]	39.6%	41.8%
10	−0.1093	0.0324	0.90	[0.84; 0.96]	58.5%	42.9%
Common effect model			**0.97**	**[0.93; 1.02]**	**100.0%**	**.**
Random effects model			**1.02**	**[0.86; 1.21]**	**.**	**100.0%**

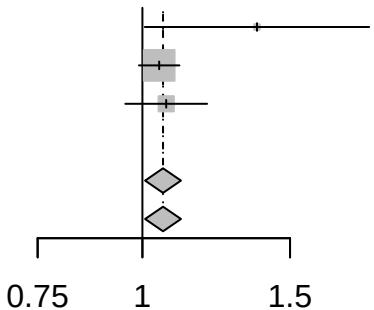


Heterogeneity: I^2 = 87%, τ^2 = 0.0168, p < 0.01

high quality CHO / Polysaccharides:PUFA


Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight (common)
Weight (random)
91 −1.2214 2.0947 0.29 [0.00; 17.89] 1.7% 1.7%
62_g −0.0522 0.2743 0.95 [0.55; 1.62] 98.3% 98.3%
Common effect model 0.93 [0.55; 1.59] 100.0% .
Random effects model 0.93 [0.55; 1.59] . 100.0%
0.01
0.1
1
10
100
Heterogeneity: I^2 = 0%, τ^2 = 0, p = 0.58
high quality CHO / Polysaccharides:TFA

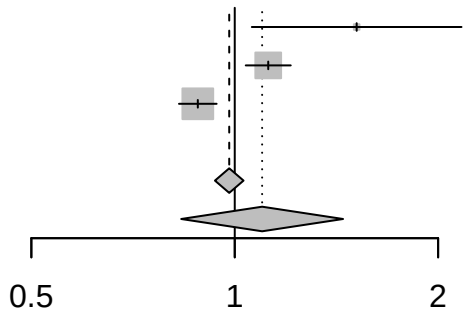
Study	logRR	SE(logRR)	RR	95%−CI	Weight (common)	Weight (random)
91	0.3147	0.1572	1.37	[1.01; 1.86]	2.6%	2.6%
62_g	0.0461	0.0284	1.05	[0.99; 1.11]	78.2%	78.2%
10	0.0654	0.0573	1.07	[0.95; 1.19]	19.2%	19.3%
Common effect model			**1.06**	**[1.01; 1.11]**	**100.0%**	**.**
Random effects model			**1.06**	**[1.01; 1.11]**	**.**	**100.0%**



Heterogeneity: I^2 = 30%, τ^2 < 0.0001, p = 0.24

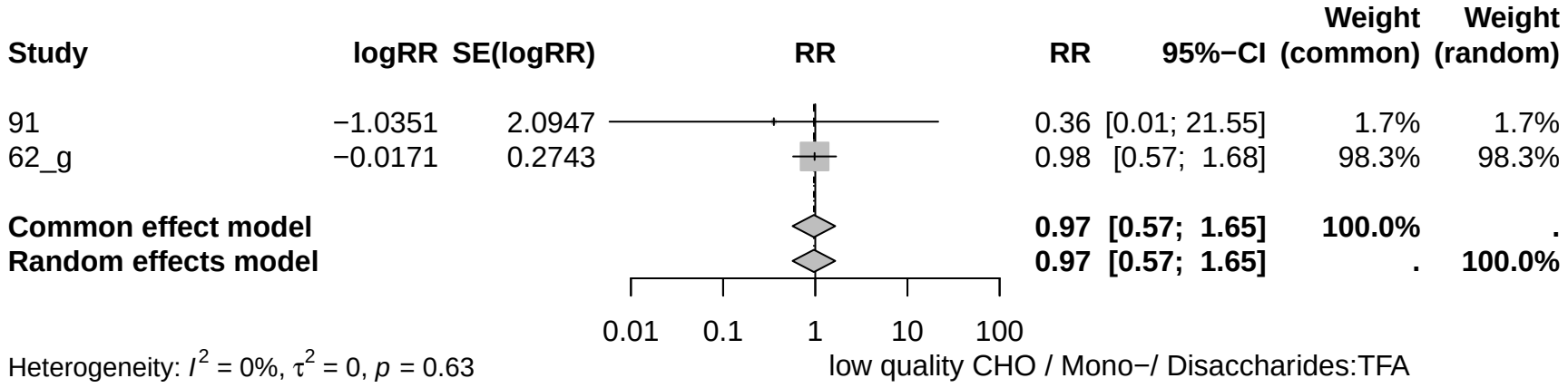
low quality CHO / Mono−/ Disaccharides:MUFA

Study	logRR	SE(logRR)	RR	95%−CI	Weight (common)	Weight (random)
91	0.4155	0.1823	1.52	[1.06; 2.17]	1.9%	23.6%
62_g	0.1142	0.0391	1.12	[1.04; 1.21]	40.4%	38.0%
10	−0.1258	0.0327	0.88	[0.83; 0.94]	57.7%	38.4%
Common effect model			**0.98**	**[0.93; 1.03]**	**100.0%**	**.**
Random effects model			**1.10**	**[0.83; 1.45]**	**.**	**100.0%**

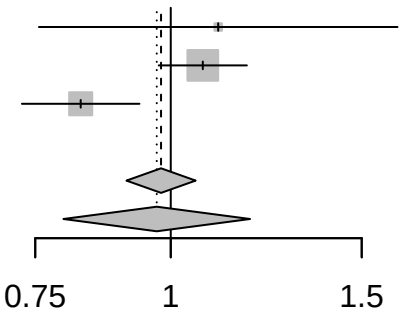


Heterogeneity: I^2 = 93%, τ^2 = 0.0506, p < 0.01

low quality CHO / Mono−/ Disaccharides:PUFA

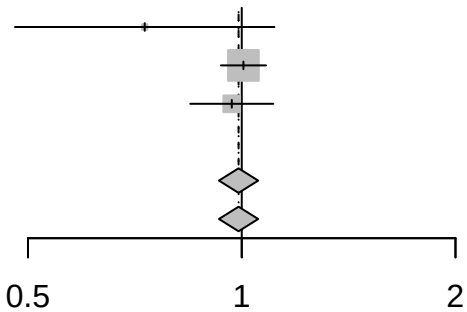

Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight (common)
Weight (random)
91 −1.0351 2.0947 0.36 [0.01; 21.55] 1.7% 1.7%
62_g −0.0171 0.2743 0.98 [0.57; 1.68] 98.3% 98.3%
Common effect model 0.97 [0.57; 1.65] 100.0% .
Random effects model 0.97 [0.57; 1.65] . 100.0%
0.01
0.1
1
10
100
Heterogeneity: I^2 = 0%, τ^2 = 0, p = 0.63
low quality CHO / Mono−/ Disaccharides:TFA

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight (common)	Weight (random)
91	0.1008	0.1942		1.11	[0.76; 1.62]	3.7%	17.2%
62_g	0.0680	0.0478		1.07	[0.97; 1.18]	61.6%	42.9%
10	−0.1912	0.0637		0.83	[0.73; 0.94]	34.7%	39.9%
Common effect model				**0.98**	**[0.91; 1.05]**	**100.0%**	**.**
Random effects model				**0.97**	**[0.80; 1.18]**	**.**	**100.0%**



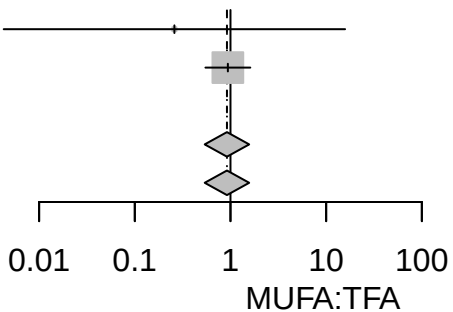
Heterogeneity: I^2 = 82%, τ^2 = 0.0216, p < 0.01

Study	logRR	SE(logRR)	RR	95%−CI	Weight (common)	Weight (random)
91	−0.3147	0.2146	0.73	[0.48; 1.11]	2.3%	2.3%
62_g	0.0055	0.0374	1.01	[0.93; 1.08]	75.4%	75.4%
10	−0.0324	0.0687	0.97	[0.85; 1.11]	22.3%	22.3%
Common effect model			**0.99**	**[0.93; 1.05]**	**100.0%**	**.**
Random effects model			**0.99**	**[0.93; 1.05]**	**.**	**100.0%**



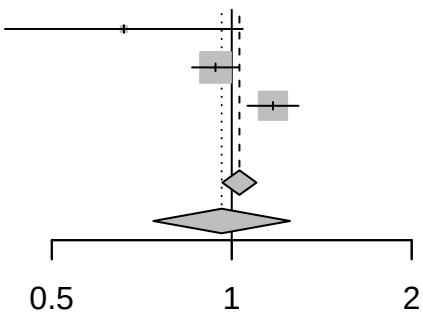
Heterogeneity: I^2 = 13%, τ^2 < 0.0001, p = 0.32

Study	logRR	SE(logRR)	RR	95%−CI	Weight (common)	Weight (random)
91	−1.3498	2.0958	0.26	[0.00; 15.77]	1.7%	1.7%
62_g	−0.0632	0.2756	0.94	[0.55; 1.61]	98.3%	98.3%
Common effect model			**0.92**	**[0.54; 1.57]**	**100.0%**	**.**
Random effects model			**0.92**	**[0.54; 1.57]**	**.**	**100.0%**



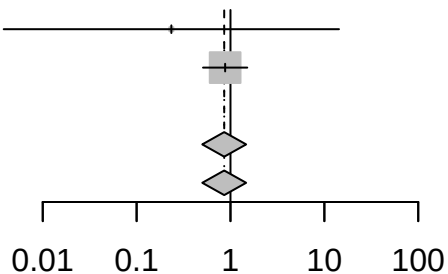
Heterogeneity: I^2 = 0%, τ^2 = 0, p = 0.54

Study	logRR	SE(logRR)	RR	95%−CI	Weight (common)	Weight (random)
91	−0.4155	0.2337	0.66	[0.42; 1.04]	2.1%	18.7%
62_g	−0.0626	0.0461	0.94	[0.86; 1.03]	53.0%	40.8%
10	0.1589	0.0501	1.17	[1.06; 1.29]	44.9%	40.5%
Common effect model			**1.03**	**[0.96; 1.10]**	**100.0%**	**.**
Random effects model			**0.96**	**[0.74; 1.25]**	**.**	**100.0%**

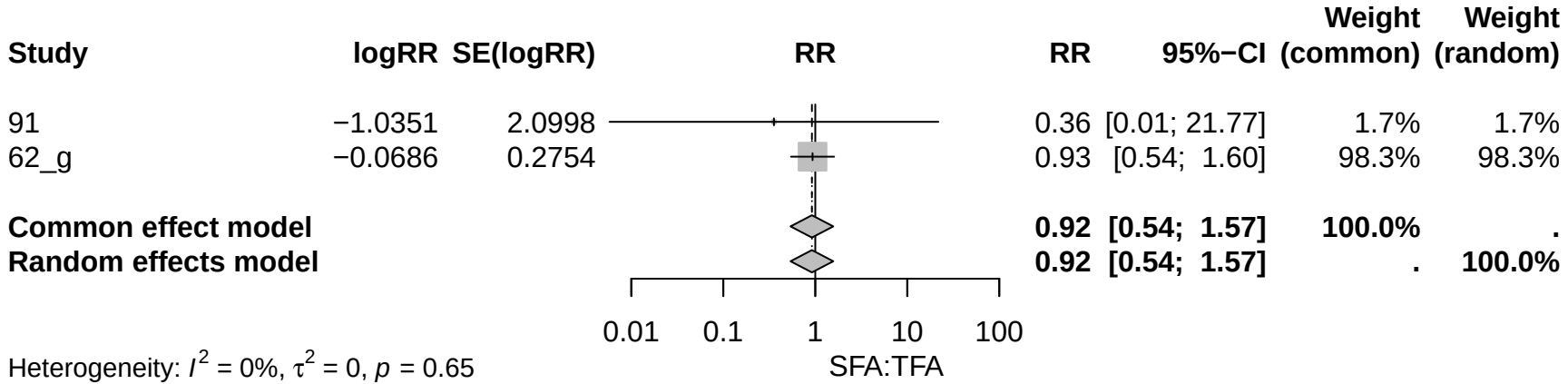


Heterogeneity: I^2 = 86%, τ^2 = 0.0420, p < 0.01

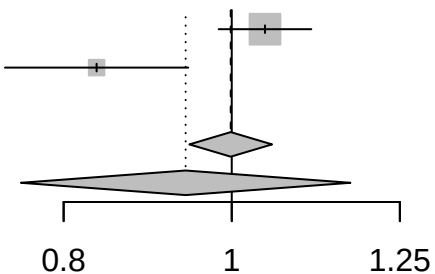
Study	logRR	SE(logRR)	RR	95%−CI	Weight (common)	Weight (random)
91	−1.4506	2.0978	0.23	[0.00; 14.31]	1.7%	1.7%
62_g	−0.1312	0.2770	0.88	[0.51; 1.51]	98.3%	98.3%
Common effect model			**0.86**	**[0.50; 1.47]**	**100.0%**	**.**
Random effects model			**0.86**	**[0.50; 1.47]**	**.**	**100.0%**



Heterogeneity: I^2 = 0%, τ^2 = 0, p = 0.53

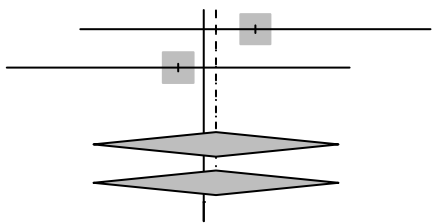

Study
logRR
SE(logRR)
RR
RR
95%−CI
Weight (common)
Weight (random)
91 −1.0351 2.0998 0.36 [0.01; 21.77] 1.7% 1.7%
62_g −0.0686 0.2754 0.93 [0.54; 1.60] 98.3% 98.3%
Common effect model 0.92 [0.54; 1.57] 100.0% .
Random effects model 0.92 [0.54; 1.57] . 100.0%
0.01
0.1
1
10
100
SFA:TFA
Heterogeneity: I^2 = 0%, τ^2 = 0, p = 0.65

Study	logRR	SE(logRR)	RR	95%−CI	Weight (common)	Weight (random)
62_g	0.0441	0.0314	1.05	[0.98; 1.11]	79.6%	52.9%
10	−0.1794	0.0621	0.84	[0.74; 0.94]	20.4%	47.1%
Common effect model			**1.00**	**[0.95; 1.05]**	**100.0%**	**.**
Random effects model			**0.94**	**[0.76; 1.17]**	**.**	**100.0%**



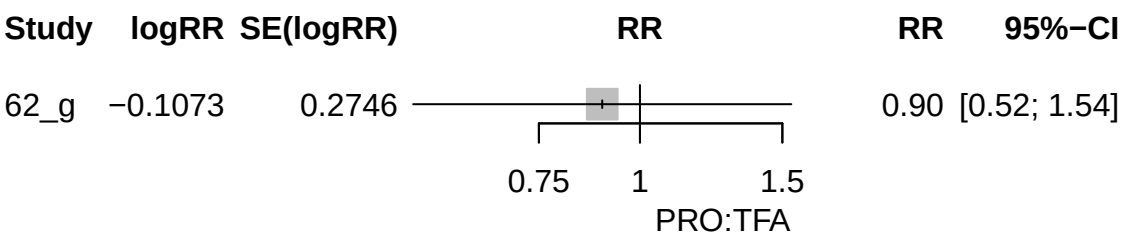
Heterogeneity: I^2 = 90%, τ^2 = 0.0226, p < 0.01

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight (common)	Weight (random)
62_g	0.0239	0.0413		1.02	[0.94; 1.11]	48.9%	48.9%
10	−0.0118	0.0405		0.99	[0.91; 1.07]	51.1%	51.1%
Common effect model				**1.01**	**[0.95; 1.06]**	**100.0%**	**.**
Random effects model				**1.01**	**[0.95; 1.06]**	**.**	**100.0%**



Heterogeneity: I^2 = 0%, τ^2 = 0, p = 0.54

PRO:PUFA


Study
logRR
SE(logRR)
RR
RR
95%−CI
62_g
−0.1073
0.2746
0.90
[0.52; 1.54]
0.75
1
1.5
PRO:TFA