Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight	RoB
196_NIH–AARP_c	−0.1622	0.0167		0.85	[0.82; 0.88]	46.4%	some concerns
115_CHNS_c	−0.2669	0.0791		0.77	[0.66; 0.89]	11.4%	some concerns
53_HPFS	−0.2614	0.0562		0.77	[0.69; 0.86]	18.7%	some concerns
53_NHS	−0.2614	0.0465		0.77	[0.70; 0.84]	23.6%	some concerns
Random effects model				**0.81**	**[0.76; 0.85]**	**100.0%**	

0.75　1　1.5

MUFA−P:MUFA−A

Heterogeneity: $I^2 = 60\%$, $\tau^2 = 0.0017$, $p = 0.06$

Study	logRR	SE(logRR)	RR		RR	95%–CI	Weight	RoB
196_NIH−AARP_c	−0.1625	0.0209			0.85	[0.82; 0.89]	45.8%	some concerns
115_CHNS_c	−0.1625	0.0550			0.85	[0.76; 0.95]	20.5%	some concerns
53_HPFS	−0.2107	0.0779			0.81	[0.70; 0.94]	12.5%	some concerns
53_NHS	−0.1508	0.0536			0.86	[0.77; 0.96]	21.2%	some concerns
Random effects model					**0.85**	**[0.80; 0.90]**	**100.0%**	

0.8 1 1.25

MUFA−P:SFA

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0.0017$, $p = 0.93$

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
196_NIH−AARP_c	−0.0498	0.0128		0.95	[0.93; 0.98]	43.7%	some concerns
115_CHNS_c	−0.2248	0.0901		0.80	[0.67; 0.95]	8.2%	some concerns
53_HPFS	−0.1278	0.0465		0.88	[0.80; 0.96]	20.9%	some concerns
53_NHS	−0.1508	0.0357		0.86	[0.80; 0.92]	27.2%	some concerns
Random effects model				**0.90**	**[0.85; 0.95]**	**100.0%**	

0.8   1   1.25

MUFA−P:CHO

Heterogeneity: $I^2 = 75\%$, $\tau^2 = 0.0017$, $p < 0.01$

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight	RoB
196_NIH−AARP_c	−0.0003	0.0235		1.00	[0.95; 1.05]	49.3%	some concerns
115_CHNS_c	0.1044	0.0663		1.11	[0.97; 1.26]	18.0%	some concerns
53_HPFS	0.0506	0.0840		1.05	[0.89; 1.24]	12.5%	some concerns
53_NHS	0.1105	0.0614		1.12	[0.99; 1.26]	20.1%	some concerns
Random effects model				**1.05**	**[0.98; 1.12]**	**100.0%**	

0.8　　1　　1.25

MUFA−A:SFA

Heterogeneity: $I^2 = 35\%$, $\tau^2 = 0.0017$, $p = 0.20$

Study	logRR	SE(logRR)	RR	RR	95%-CI	Weight	RoB
196_NIH−AARP_c	0.1124	0.0167		1.12	[1.08; 1.16]	47.9%	some concerns
115_CHNS_c	0.0421	0.0974		1.04	[0.86; 1.26]	8.4%	some concerns
53_HPFS	0.1335	0.0562		1.14	[1.02; 1.28]	19.3%	some concerns
53_NHS	0.1105	0.0465		1.12	[1.02; 1.22]	24.4%	some concerns
Random effects model				**1.12**	**[1.05; 1.19]**	**100.0%**	

0.8   1   1.25

MUFA−A:CHO

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0.0017$, $p = 0.88$

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
196_NIH−AARP_c	0.1128	0.0209		1.12	[1.07; 1.17]	50.0%	some concerns
115_CHNS_c	−0.0623	0.0791		0.94	[0.80; 1.10]	13.3%	some concerns
53_HPFS	0.0829	0.0779		1.09	[0.93; 1.27]	13.6%	some concerns
53_NHS	0.0000	0.0536		1.00	[0.90; 1.11]	23.2%	some concerns
Random effects model				**1.06**	**[1.00; 1.13]**	**100.0%**	

0.8   1   1.25

SFA:CHO

Heterogeneity: $I^2 = 61\%$, $\tau^2 = 0.0017$, $p = 0.05$

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight	RoB
53_HPFS	−0.1814	0.1362		0.83	[0.64; 1.09]	36.4%	some concerns
53_NHS	−0.2913	0.0994		0.75	[0.61; 0.91]	63.6%	some concerns
Random effects model				**0.78**	**[0.66; 0.92]**	**100.0%**	

0.75 1 1.5

MUFA−P:TFA

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0.0017$, $p = 0.51$

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight	RoB
53_HPFS	0.0799	0.1398		1.08	[0.82; 1.42]	37.0%	some concerns
53_NHS	−0.0300	0.1038		0.97	[0.79; 1.19]	63.0%	some concerns
Random effects model				**1.01**	**[0.85; 1.20]**	**100.0%**	

0.8   1   1.25

MUFA−A:TFA
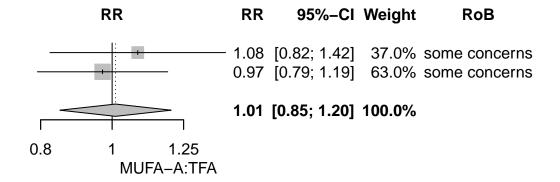
Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0.0017$, $p = 0.53$

Study	logRR	SE(logRR)	RR	RR	95%–CI	Weight	RoB
53_HPFS	0.0293	0.1499		1.03	[0.77; 1.38]	35.3%	some concerns
53_NHS	−0.1405	0.1072		0.87	[0.70; 1.07]	64.7%	some concerns
Random effects model				**0.92**	**[0.77; 1.11]**	**100.0%**	

0.8   1   1.25

SFA:TFA

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0.0017$, $p = 0.36$

Study	logRR	SE(logRR)	RR	RR	95%−CI	Weight	RoB
53_HPFS	0.0536	0.1362		1.06	[0.81; 1.38]	36.4%	some concerns
53_NHS	0.1405	0.0994		1.15	[0.95; 1.40]	63.6%	some concerns
Random effects model				**1.12**	**[0.94; 1.32]**	**100.0%**	

0.8　　1　　1.25

TFA:CHO

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0.0017$, $p = 0.61$