1.3.1 MUFA

Chiuve et al. 2012  
-0.0408  0.126  3.0%  0.96 [0.75, 1.23]
Dils et al. 2012  
0.1484  0.2725  1.0%  1.16 [0.68, 1.98]
Esrey et al. 1996  
0.0953  0.0857  4.2%  1.10 [0.93, 1.30]
Gillman et al. 1997  
-0.3011  0.0821  4.4%  0.74 [0.63, 0.87]
He et al. 2003  
-0.0619  0.1961  1.7%  0.94 [0.64, 1.38]
Houston et al. 2011  
0.0677  0.2622  1.1%  1.07 [0.64, 1.79]
Ito et al. 2001  
-0.4943  0.2982  0.9%  0.61 [0.34, 1.09]
Isogai et al. 2003  
-0.4943  0.3135  0.8%  0.61 [0.33, 1.13]
Jakobsen et al. 2004  
0.0392  0.0462  5.6%  1.04 [0.95, 1.14]
Larsson et al. 2012  
0.077  0.1162  3.3%  1.08 [0.86, 1.36]
Misirlou et al. 2012  
-0.6349  0.1973  1.7%  0.53 [0.36, 0.78]
Nagata et al. 2012  
-0.0619  0.1804  1.9%  0.94 [0.66, 1.34]
Oh et al. 2005  
-0.1508  0.1124  3.4%  0.86 [0.69, 1.07]
Pietinen et al. 1997  
-0.1508  0.0631  5.0%  0.86 [0.76, 0.97]
Posner et al. 1991  
0.0677  0.0771  4.5%  1.07 [0.92, 1.24]
Sauvaget et al. 2004  
-0.1054  0.3537  0.6%  0.90 [0.45, 1.80]
Wakai et al. 2014  
-0.0305  0.0439  5.7%  0.97 [0.89, 1.06]
Wallström et al. 2012  
-0.0305  0.0614  5.1%  0.97 [0.86, 1.09]
Xu et al. 2006  
0.077  0.1343  2.8%  1.08 [0.83, 1.41]
Yam et al. 2012  
0.0953  0.1024  3.7%  1.10 [0.90, 1.34]

Subtotal (95% CI)  
0.0448  0.1024  60.4%  0.95 [0.89, 1.02]

Heterogeneity: Tau² = 0.01; Chi² = 39.31, df = 19 (P = 0.004); I² = 52%
Test for overall effect: Z = 1.47 (P = 0.14)

1.3.2 MUFA:SFA ratio

Dils et al. 2012  
-0.0408  0.1328  2.8%  0.96 [0.74, 1.25]
Gardener et al. 2011  
-0.1863  0.1488  2.5%  0.83 [0.62, 1.11]
Goldbrout et al. 1993  
-0.0943  0.0786  4.5%  0.91 [0.78, 1.06]
Leosdottir et al. 2007  
0.0296  0.098  3.8%  1.03 [0.85, 1.25]
Levitun et al. 2013  
-0.0834  0.065  5.0%  0.92 [0.81, 1.04]
Martinez-Gonzalez 2009  
-0.2107  0.2887  0.9%  0.81 [0.46, 1.43]

Subtotal (95% CI)  
-0.0249  0.1365  19.5%  0.93 [0.86, 1.01]

Heterogeneity: Tau² = 0.00; Chi² = 2.06, df = 5 (P = 0.84); I² = 0%
Test for overall effect: Z = 1.82 (P = 0.07)

1.3.3 olive oil

Atkins et al. 2014  
-0.5447  0.1896  1.8%  0.58 [0.40, 0.84]
Bendinelli et al. 2011  
-0.4943  0.2551  1.1%  0.61 [0.37, 1.01]
Buckland et al. 2012  
-0.2107  0.1202  3.2%  0.81 [0.64, 1.03]
Dils et al. 2012  
0.1989  0.117  3.2%  1.22 [0.97, 1.53]
Guasch-Ferré et al. 2014  
-0.4308  0.1654  2.2%  0.65 [0.47, 0.90]
Misirlou et al. 2012  
-0.4943  0.144  2.6%  0.61 [0.46, 0.81]
Samieri et al. 2011  
-0.5276  0.2381  1.3%  0.59 [0.37, 0.94]

Subtotal (95% CI)  
0.00  0.2381  15.3%  0.72 [0.57, 0.91]

Heterogeneity: Tau² = 0.07; Chi² = 23.59, df = 6 (P = 0.0006); I² = 75%
Test for overall effect: Z = 2.69 (P = 0.007)

1.3.4 oleic acid

Pietinen et al. 1997  
-0.1393  0.069  4.8%  0.87 [0.76, 1.00]

Subtotal (95% CI)  
0.00  0.069  4.8%  0.87 [0.76, 1.00]

Heterogeneity: Not applicable
Test for overall effect: Z = 2.02 (P = 0.04)

Total (95% CI)  
0.00  0.069  100.0%  0.91 [0.86, 0.96]

Heterogeneity: Tau² = 0.01; Chi² = 78.06, df = 33 (P < 0.0001); I² = 58%
Test for overall effect: Z = 3.30 (P = 0.0010)
Test for subgroup differences: Chi² = 5.67, df = 3 (P = 0.13), I² = 47.1%

Risk Ratio  
IV, Random, 95% CI  
IV, Random, 95% CI