Records identified through electronic search (n=6,124)*

Additional records identified from citations of review articles or original research articles (n=125)*

Records after duplicates removed (n=4,175)

Full-text articles assessed for eligibility (n=414)

Final trials included (n=102)

Records excluded by screening of title and abstract (n=3,761)

Records not meeting inclusion criteria: (n=312)
- Not randomized controlled trials (n=30)
- Interventions of dietary advice (n=78)
- Concomitant interventions (n=28)
- Not isocaloric interventions (n=22)
- No exchange in intakes of different types of fat between trial arms (n=5)
- Trials examining only postprandial effects of a single meal (n=27)
- Trials assessing other outcomes (n=30)
- Insufficient information on compositions of different types of fatty acids or outcomes (n=23)
- Multiple publications from a single trial (n=50)
- Trials of dietary supplements (n=14)
- A trial of lactating women (n=1)
- Review or commentary (n=4)