Saturated Fat Does Not Increase Risk of Cardiovascular Disease

de Souza RJ et al. Intake of saturated and trans unsaturated fatty acids and risk of all cause mortality, cardiovascular disease, and type 2 diabetes: systematic review and meta-analysis of observational studies. BMJ 2015; 351h3978.

Study Design

- Funded by **World Health Organization**
- Systematic review and meta-analysis of observational studies
- MEDLINE, EMBASE, Cochrane Central Registry of Controlled Trials, evidence-based medicine reviews, and CINAHL databases were searched until May 2015

Eligibility Criteria

- Observational studies (prospective cohort, case-control, nested case-control, or case-cohort design)
- Reported a measure of association between:
  - intakes of saturated or trans fat and
  - all-cause mortality, coronary heart disease, stroke or Type 2 diabetes

Included Studies

- **61 prospective cohort studies**
- **> 500,000 participants**

Objective

To systematically review associations between intake of saturated fat and trans fat and:

- All-cause mortality
- Cardiovascular disease (CVD) and associated mortality
- Coronary heart disease (CHD) and associated mortality
- Ischemic stroke
- Type 2 diabetes

Results

- No association was observed between saturated fat intake and CHD, ischemic stroke or Type 2 diabetes.
- Industrial trans fats were associated with increased risk of CHD mortality.

Conclusion

Saturated fat does not increase the risk of CHD, ischemic stroke or Type 2 diabetes.

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