

Review of Recommendations for Dietary Fats and Cholesterol from Various Organizations

| Recommendations for: | Professional Organizations Guidelines (Source) | | | |
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| | Academy of Nutrition and Dietetics Evidence Analysis Library (EAL) (2011) | American Heart Association (AHA) (2013) | National Lipid Association (NLA) (2015) | USDA Dietary Guidelines Advisory Committee (DGAC) (2015) |
| Population | Dyslipidemia | CVD CHD | Dyslipidemia | General population |
| Dietary Fats | <p>Total Fat: 25%-35% of total kcal from fat</p> <p>SFA & <i>trans</i> fat: <7% total kcal</p> <p>Consume as few TFAs as possible</p> <p>*replace saturated and <i>trans</i> fat with unsaturated fat, complex CHO, and protein for additional benefit</p> | <p>Total Fat: 26-27% of total Kcal from fat</p> <p>SFA: 5-6% total kcal Reduce % of calories from <i>Trans</i> fat and SFA</p> <p>*replacement of saturated fat with CHO, MUFA, PUFA may offer additional benefit</p> | <p>SFA: <7% total kcal for those in need of arterogenic cholesterol lowering</p> <p><i>Trans</i> fat: minimal</p> <p>*Replacing saturated fats with unsaturated fats, proteins, or CHO lowers levels of atherogenic cholesterol, although replacement with unsaturated fats and proteins elicit greater reductions than CHO</p> <p>Several healthy dietary patterns: Mediterranean-style, DASH, USDA, and vegetarian/Vegan diets, can be individualized for calorie and weight control</p> <p><15% fat for very high TGs = > 1000 mg/dl and in selected patients with TG > 500-999 mg/dl</p> | <p>SFA: <10% total kcal</p> <p><i>Trans fat</i>: as low as possible</p> |

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| Dietary Cholesterol | <200 mg/d | Insufficient evidence to determine whether lowering dietary cholesterol reduces LDL-C | <200 mg/dl | Available evidence: no relationship between dietary and serum cholesterol. <i>The 2015-2020 DGA make no recommendation to limit cholesterol, stating that "Adequate evidence is not available for a quantitative limit for dietary cholesterol specific to the Dietary Guidelines."</i> |
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References:

EAL: Academy of Nutrition and Dietetics. Disorders of Lipid Metabolism Guideline. 2011. <http://www.andeal.org/topic.cfm?menu=5300&cat=4328>
Accessed January 8, 2016.

AHA :Stone NJ, Robinson J, Lichtenstein AH, et al. 2013 ACC/AHA guideline on the treatment of blood cholesterol to reduce atherosclerotic cardiovascular risk in adults: a report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines. *Circulation*.2014;129(25 Suppl 2):S1-45. doi 10.1161/01.cir0000437738.63853.7a.

AHA: Eckel RH, Jakicic JM, Ard JD, et al. 2013 AHA/ACC guidelines on lifestyle management to reduce cardiovascular risk: a report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines. *Circulation*. 2014;129(25 Suppl 2):S76-99. doi 10.1161/01.cir.0000437740.48606.d1.

NLA: Jacobson TA, Maki KC, Orringer C, et al. National Lipid Association recommendations for patient-centered management of dyslipidemia: Part 2. *J Clin Lipidol*. 2015;9(6 Suppl):S1-S122.e1. doi. 10.1016/j.jacl.2015,09.002.

DGA: US Department of Health and Human Services, US Department of Agriculture. *2015- 2020 Dietary Guidelines for Americans*. 8th ed. Washington, DC: US Department of Health and Humans Services. December 2015. <http://www.health.gov/DietaryGuidelines>.