

Evidence Analysis Library Disorders of Lipid Metabolism: Saturated Fat (2023) Evidence-Based Nutrition Practice Guideline

Systematic Reviews	Relative Risk	Number of	
Reporting the	(95% CI)	Participants (Number	Quality of Evidence
Outcomes		of Events)	
All-cause mortality			
de Souza et al. 2015	0.99 (0.91, 1.09)	99,906 (14,090)	Very low
Harcombe et al. 2016	0.996 (0.865, 1.147)	2,467 (370)	Not reported
Hooper et al. 2020	0.96 (0.90, 1.03)	55,858 (3,518)	Moderate
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de Souza et al 2015	0.97 (0.84, 1.12)	90,501 (3792)	Very low
Hooper et al. 2020	0.94 (0.78, 1.13)	53,421 (1096)	Moderate
/D events			
Hooper et al. 2020	0.79 (0.66, 0.93)	53,300 (4476)	Moderate
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de Souza et al. 2015	1.15 (0.97, 1.09)	101,712 (2,970)	Very low
Harcombe et al. 2016	0.989 (0.784, 1.247)	2,467 (223)	Not reported
Hooper et al. 2020	0.97 (0.82, 1.16)	53,159 (927)	Low
de Souza et al. 2015	1.06 (0.95, 1.17)	267,416 (6,383)	Very low
Hooper et al. 2020	0.83 (0.68, 1.01)	53,199 (2261)	Very low
Cerebral vascular accident			
de Souza et al. 2015	1.02 (0.90, 1.15)	339,090 (6,226)	Very low
Hooper et al. 2020	0.92 (0.68, 1.25)	50,952 (1118)	Very low
	Reporting the Outcomesrtalityde Souza et al. 2015Harcombe et al. 2016Hooper et al. 2020yde Souza et al 2015Hooper et al. 2020/D eventsHooper et al. 2020yde Souza et al. 2015Hooper et al. 2015Harcombe et al. 2015Harcombe et al. 2015Harcombe et al. 2015Hooper et al. 2020yde Souza et al. 2015Hooper et al. 2020ude Souza et al. 2015Hooper et al. 2020cular accidentde Souza et al. 2015	Reporting the Outcomes (95% Cl) rtality 0.99 (0.91, 1.09) Harcombe et al. 2015 0.996 (0.865, 1.147) Hooper et al. 2020 0.96 (0.90, 1.03) Y 0.96 (0.90, 1.03) de Souza et al 2015 0.97 (0.84, 1.12) Hooper et al. 2020 0.94 (0.78, 1.13) /D events 0.79 (0.66, 0.93) Hooper et al. 2020 0.79 (0.66, 0.93) Y 0.989 (0.784, 1.247) Hooper et al. 2015 1.15 (0.97, 1.09) Harcombe et al. 2015 0.989 (0.784, 1.247) Hooper et al. 2020 0.97 (0.82, 1.16) U 0.97 (0.83, 0.68, 1.01) U 0.97 (0.83 (0.68, 1.01) Cular accident 1.02 (0.90, 1.15)	Y Outcomes(95% Cl)Participants (Number of Events)rtalityde Souza et al. 20150.99 (0.91, 1.09)99,906 (14,090)Harcombe et al. 20160.996 (0.865, 1.147)2,467 (370)Hooper et al. 20200.96 (0.90, 1.03)55,858 (3,518)yyde Souza et al 20150.97 (0.84, 1.12)90,501 (3792)Hooper et al. 20200.94 (0.78, 1.13)53,421 (1096)/D eventsyHooper et al. 20200.79 (0.66, 0.93)53,300 (4476)yyde Souza et al. 20151.15 (0.97, 1.09)101,712 (2,970)Harcombe et al. 20160.989 (0.784, 1.247)2,467 (223)Hooper et al. 20200.97 (0.82, 1.16)53,159 (927)de Souza et al. 20151.06 (0.95, 1.17)267,416 (6,383)Hooper et al. 20200.83 (0.68, 1.01)53,199 (2261)cular accidentuuude Souza et al. 20151.02 (0.90, 1.15)339,090 (6,226)

Summary of Amount of Saturated Fat and Morbidity and Mortality Systematic Reviews Table

CHD=coronary heart disease; CI=confidence interval Blue=no effect; Green=decreased risk