

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

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

Outcomes	Systematic Reviews Reporting the Outcomes	Relative Risk (95% CI)	Number of Participants (Number of Events)	Quality of Evidence
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
CVD mortality				
	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
Combined CVD events				
	Hooper et al. 2020	0.79 (0.66, 0.93)	53,300 (4476)	Moderate
CHD mortality				
	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
CHD events				
	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

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