

**Evidence Analysis Library**

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

**Summary of Replacement of Saturated Fat, Polyunsaturated Fat, Monounsaturated Fat, Carbohydrate, and Protein on Mortality and Risk of CVD/CHD Events Systematic Reviews Table**

Systematic Review		Outcomes					
Replacement of SFA with		All-cause mortality Relative Risk, 95% CI	CVD mortality Relative Risk, 95% CI	CVD events Relative Risk, 95% CI	CHD mortality Relative Risk, 95% CI	CHD events Relative Risk, 95% CI	Cerebral vascular accident Relative Risk, 95% CI
<b>PUFA</b>	Hooper et al. 2020*	0.97 (0.82, 1.14)	0.97 (0.73, 1.28)	0.73 (0.58, 0.92)	0.98 (0.74, 1.28)	0.79 (0.60, 1.04)	0.92 (0.31, 2.69)
	Hamley 2017* (adequately controlled analysis)	1.07 (0.90, 1.26)	NR	NR	1.13 (0.91, 1.40)	1.02 (0.84, 1.23)	NR
	Ramsden et al. 2016*	1.07 (0.90, 1.27)	NR	NR	1.13 (0.83, 1.54)	NR	NR
<b>MUFA</b>	Hooper et al. 2020*	3.00 (0.33, 26.99)	3.00 (0.33, 26.99)	1.00 (0.53, 1.89)	3.99 (0.33, 26.99)	1.50 (0.62, 3.61)	Not estimable
<b>CHO</b>	Hooper et al. 2020*	0.97 (0.90, 1.04)	0.78 (0.42, 1.46)	0.84 (0.67, 1.06)	0.99 (0.82, 1.20)	0.82 (0.39, 1.72)	0.73 (0.29, 1.87)
<b>Protein</b>	Hooper et al. 2020*	Not estimable	Not estimable	Not estimable	Not estimable	Not estimable	Not estimable

SFA=saturated fatty acid; PUFA=polyunsaturated fatty acid; MUFA=monounsaturated fatty acid; CHO=carbohydrate; CVD=cardiovascular disease; CHD=coronary heart disease; NR=not reported

Blue=no effect; Green=decreased risk; Grey=not reported

\*Certainty of evidence not available due to inability to access analysis