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Disorders of Lipid Metabolism

DLM-SF: Executive Summary of Recommendations (2023)

Executive Summary of Recommendations

Below are the recommendations and ratings for the Academy of Nutrition and Dietetics Disorders of Lipid Metabolism: Saturated Fat 2023 Evidence-Based Nutrition Practice Guideline. Use the links on the left to view the Guideline Introduction. Detailed recommendations, including the evidence supporting these recommendations, is available from the **Guideline Recommendations and Supporting Evidence** tab.

Each recommendation was developed from specific systematic review questions. Please download the "Relationship between PICO Questions and Recommendations" table ([PDF](#)) for details.

- For a description of the Academy Recommendation Rating scheme (Strong, Fair, Weak, Consensus, Insufficient Evidence), [click here](#).
- For a description of the GRADE Recommendation Rate scheme (Level 1 (1A, 1B, 1C, 1D), Level 2 (2A, 2B, 2C, 2D), [click here](#)

- [Nutrition Intervention](#)

DLM-SF: Amount of Saturated Fat

In adults living with or without cardiovascular disease, healthcare professionals may suggest reduced saturated fat intake within an individualized healthy dietary pattern. Reduced saturated fat intake was associated with decreased total cholesterol and low density lipoprotein-cholesterol (LDL-C) and cardiovascular disease events; however, no significant associations were found with mortality (all-cause, cardiovascular disease, or coronary heart disease), coronary heart disease events, or cerebral vascular accidents.

Level 2(B)

Imperative

DLM-SF: Replacement of Saturated Fat

In adults living with and without cardiovascular disease, healthcare professionals should recommend replacing dietary saturated fat intake with dietary polyunsaturated fat intake. Replacement of dietary saturated fat with polyunsaturated fat promotes healthy eating patterns and reduces total cholesterol and coronary heart disease events; however, there was no significant effect on all-cause, cardiovascular disease, or coronary heart disease mortality.

Level 1(B)

Imperative

DLM-SF: Sources of Saturated Fat

Healthcare professionals may prioritize reduction of the amount of saturated fat over reduction of specific sources of saturated fat foods within individualized healthy dietary patterns when providing nutrition education to reduce cardiovascular disease risk. Low certainty of evidence demonstrates that a variety of dairy products are not associated with an increased risk of cardiovascular disease; however, reduction of red meat and processed meat is associated with reduced cardiovascular disease risk.

Level 2(C)

Imperative

2/1/2023

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