

Academy of Nutrition and Dietetics 2023 Evidence-based Nutrition Practice Guideline for Saturated Fat Intake



Cardiovascular disease (CVD) is the leading cause of death worldwide among adults, and most forms of CVD can be prevented by addressing behavioral risks, such as consumption of an unhealthy diet.



Objective and Users

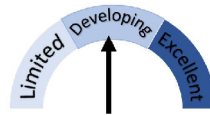
Provide evidence-based recommendations on saturated fat intake to prevent or manage CVD among adults.

Intended users for the guideline include but are not limited to registered dietitian nutritionist (RDNs) and other healthcare professionals, such as physicians, nurses or public healthcare providers who work with populations who may benefit from saturated fat reduction to prevent or manage CVD.

#1 Amount of Saturated Fat Intake

Healthcare professionals may suggest reduced saturated fat intake within an individualized healthy dietary pattern. Reduced saturated fat intake is associated with decreased total cholesterol and LDL-C levels and CVD events; however, no significant associations were found with mortality (all-cause, CVD, or CHD), coronary heart disease events, or cerebral vascular accidents.

Available Evidence



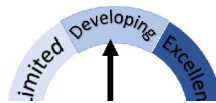
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#2 Replacement of Saturated Fat Intake

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 CVD events; however, there was no significant effect on all-cause, CVD, or CHD mortality.

Available Evidence



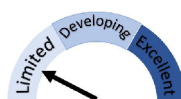
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#3 Source of Saturated Fat Intake

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 CVD risk. Low certainty evidence demonstrates that a variety of dairy products are not associated with an increased risk of CVD; however, reduction of red meat and processed meat is associated with reduced CVD risk.

Available Evidence



Expert Confidence



Implementation Tips

#1 Nutrition recommendations should be tailored to the individual based on nutrition assessment.

#2 Individuals that may benefit from saturated fat reduction should replace saturated fat with polyunsaturated fat.

Nuts, Seeds, Vegetable Oil, Salmon, Tuna

#3 Individualized healthy dietary patterns should be prioritized over strict exclusion of food groups or specific foods.