

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.
- The guideline is intended for registered dietitian nutritionists (RDNs) and other healthcare professionals—including physicians, nurses and public health providers—who work with populations that may benefit from reducing saturated fat to prevent or manage CVD.

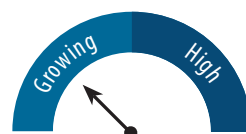
1 Amount of Saturated Fat Intake

Healthcare professionals may suggest lowering saturated fat within an individualized healthy eating pattern. Reduced saturated fat intake is linked to lower total cholesterol, LDL-C, and CVD events, though no significant associations were found with mortality, CHD events, or stroke.

Available Evidence



Expert Evidence



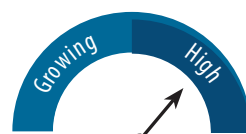
2 Replacement of Saturated Fat Intake

Healthcare professionals should recommend replacing saturated fat with polyunsaturated fat. This substitution supports healthy eating patterns and reduces total cholesterol and CVD events, though it shows no significant effect on all-cause, CVD, or CHD mortality.

Available Evidence



Expert Evidence



3 Source of Saturated Fat Intake

Healthcare professionals may prioritize reducing total saturated fat intake rather than focusing on specific food sources 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, while reducing red and processed meat is associated with lower CVD risk.

Available Evidence



Expert Evidence



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