



fighting heart disease
and stroke

european heart network

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Evidence on saturated fat and heart disease

A new study, published in *Annals of Internal Medicine* on 18 March 2014, raises questions about current guidelines which generally restrict the consumption of saturated fats and encourage consumption of polyunsaturated fats to prevent heart disease.

The European Heart Network (EHN) is reminded that this is not the first time that the issue of whether the current evidence base is sufficient to advise populations to reduce saturated fat intakes is raised.

This new study does not warrant a change in guidelines with respect to reducing the intake of saturated fats and replacing them with poly-unsaturated fats, ideally with more omega-3 polyunsaturated fats. We do recommend that guidelines clarify that there is no benefit in replacing saturated fat with refined carbohydrates.

We agree that it would be useful to have intervention studies to enable us to draw clear conclusions.