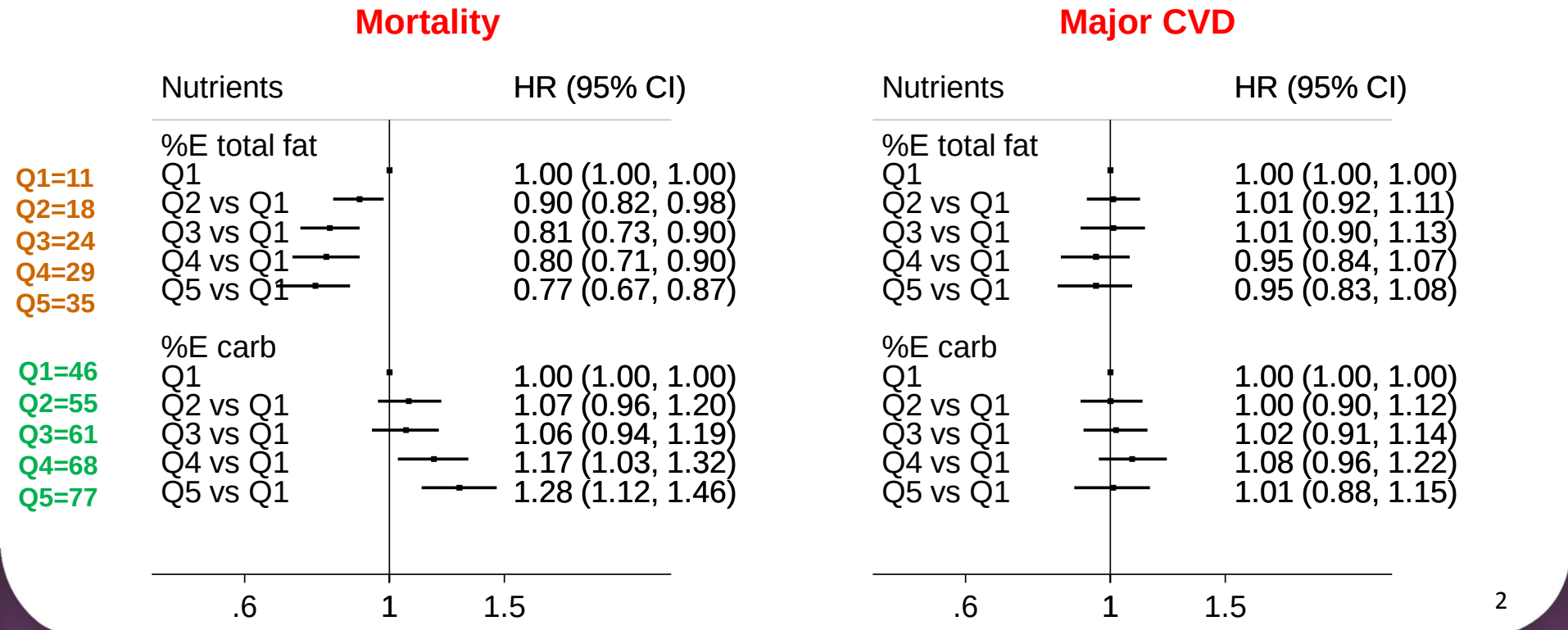
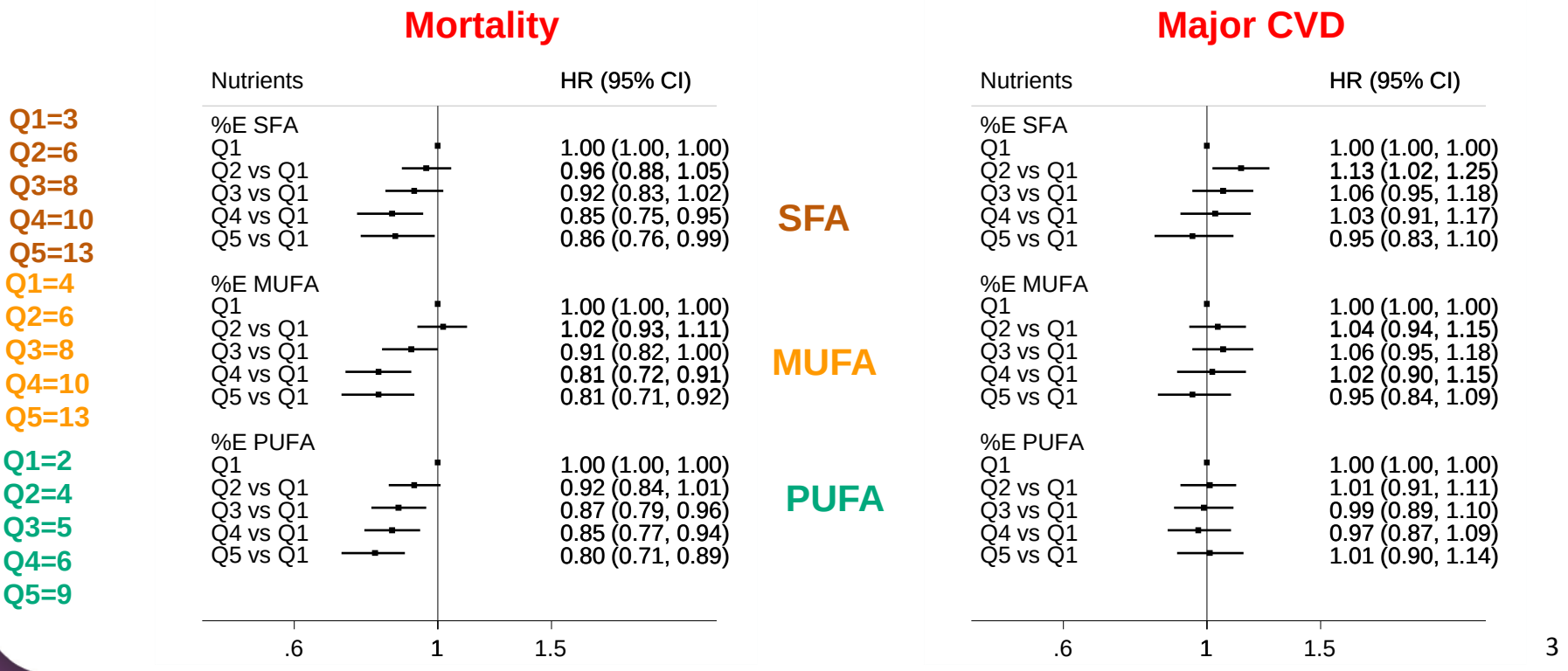
Associations of fats and carbohydrate intake with cardiovascular disease and mortality in 18 countries from 5 continents: The PURE study

Mahshid Dehghan, On behalf of the PURE investigators

Risk of mortality and major CVD by % energy from macronutrients



Risk of mortality and major CVD by % energy from types of fat



Conclusions and implications

- A high carbohydrate diet (>60%E) is associated with higher risk of mortality
- Higher intake of fats, including saturated and unsaturated fats, are associated with lower risk of mortality
- No association between total fat, types of fat and CVD events

Conclusions and implications

Current guidelines restricting total fat to <30%E and saturated fat to <10%E are not supported by this global study

Intake of saturated and trans unsaturated fatty acids and risk of all cause mortality, cardiovascular disease, and type 2 diabetes: systematic review and meta-analysis of observational studies

Russell J de Souza,[1,2,3,4] Andrew Mente,[1,2,5] Adriana Maroleanu,[2] Adrian I Cozma,[3,4] Vanessa Ha,[1,3,4] Teruko Kishibe,[6] Elizabeth Uleryk,[7] Patrick Budylowski,[4] Holger Schünemann,[1,8] Joseph Beyene,[1,2] Sonia S Anand[1,2,5,8]

de Souza et al, *BMJ* 2015

Cochrane Library

Cochrane Database of Systematic Reviews

Hooper et al, *Cochrane Rev* 2015

Reduction in saturated fat intake for cardiovascular disease (Review)

Hooper L, Martin N, Abdelhamid A, Davey Smith G