

PREVIEW_ Andrew Mente - Presentation 2 (Breckenridge 2018) 2

Dr. Andrew Mente: Back in 2009 we did a meta-analysis of the literature up to that point from all the cohort studies that we'd conducted. And what we found was saturated fat was neutral. There was no significant association between saturated fat and cardiovascular outcomes.

Now we went into this analysis with no preconceptions, we're expecting to find saturated fat would be harmful. This is what we always hear, right? That's harmful. And we said, "That's peculiar, interesting." But we published it.

And then a year later another group of investigators did a meta-analysis of saturated fat versus coronary heart disease of all the published cohort studies. And what they found was exactly what we found, a statistically neutral effect.

No association between saturated fat and coronary heart disease. Again bucking conventional wisdom. They did find a trend for a lower risk of stroke with higher saturated fat. Some studies have shown largely due to lower hemorrhagic stroke and partly to lower ischemic stroke.

We too reported that in our 2009 meta-analysis. And more recently we did an updated meta-analysis where we crunched the numbers in the literature up to that point.

Again we found neutrality, no significant association between saturated fat and various health outcomes, all cause mortality, coronary heart disease and cardiovascular mortality, coronary heart disease, ischemic stroke and type 2 diabetes. So again statistically neutral.