



SESSION 363

Dietary Fats and Cardiovascular Disease – Then and Now

In today's world one can find studies, guidelines, and popular press articles both espousing the benefits of reduced saturated fat as a means of reducing cardiovascular disease, as well as advocating that saturated fat is unrelated to heart attack and stroke or in some cases even beneficial in preventing these diseases. It comes as no surprise that these strongly expressed opposing viewpoints create a sense of confusion. But what is the evidence? This presentation will take a step by step historical approach to review how the concept of reducing dietary fat became world-wide public policy, starting in the early 1900's and tracing it though until today. With an evidenced-based approach, the consumption of dietary fat and its relationship to cardiovascular disease will be reviewed, as will specific dietary elements such as cholesterol, dairy saturated fat, butter, and eggs. Current food guidelines will be discussed, including Canada's New Food Guide.

1. To understand the history of dietary guidelines advising lowering total dietary fat and saturated fat.
2. To review some of the evidence relating to specific dietary components and cardiovascular disease.
3. To discuss what we should tell our patients about a healthy diet and cardiovascular risk from an evidenced-base perspective.