

Table S1: Findings from Studies Reviewed for 2020 US Dietary Guidelines on associations between saturated fats and CVD/CHD events, stroke

Studies with Direct Associations

	Total	Null result	Increased sat fats assoc. with lower CVD/CHD outcomes (negative result)	Null + Neg	Saturated fats associated with higher CVD/CHD outcome (positive result)	% support of Guidelines policy	% do not support Guidelines policy	
Findings of associations between saturated fats and various endpoints								
Total CVD Endpoints, incl. mortality	15	10	4	14	1	7%	93%	
CHD, CAD, MI, or PAD Endpoints	15	9	2	11	4	27%	73%	
Stroke	11	8	3	11	0	0%	100%	
Total	41	27	9	36	5	12%	88%	Total

Findings of associations between foods and CVD/CHD endpoints (Stroke n/a)

Meat	9			5	4	44%	56%	Meat
CVD endpoints	2	1	0	1	1	50%	50%	
CHD etc endpoints	7	4	0	4	3	43%	57%	
Dairy	9			9	0	0%	100%	Dairy
CVD endpoints	2	1	1	2	0	0%	100%	
CHD etc endpoints	7	4	3	7	0	0%	100%	
Butter	8			7	1	13%	88%	Buter
CVD endpoints	3	3	0	3	0	0%	100%	
CHD etc endpoints	5	4	0	4	1	20%	80%	
Dairy + butter	17			16	1	6%	94%	

Modeling Studies

	Null result	Modeling of replacement associated with higher risk of outcome	Null + Neg	Modeling of replacement associated with lower risk of outcome	% support of Guidelines policy	% do not support Guidelines policy	
Studies using modeling to approximate replacement effects							
Replacing SFA with PUFA							
CVD Endpoints	6	2	1	3	3	50%	50%
CHD, CAD, MI, or PAD Endpoints	6	3	1	4	2	33%	67%
Total CVD and CHD	12			7	5	42%	58%
Stroke mortality	2	1	1	2	0	0%	100%
Total	26	6	3	16	10	38%	62% Total

Notes:

	Finding is only for women
	Finding is for men only

Source: 2020 Dietary Guidelines Advisory Committee and Nutrition Evidence Systematic Review Team. Types of Dietary Fat and Cardiovascular Disease: A Systematic Review.

2020 Dietary Guidelines Advisory Committee Project. Alexandria, VA: U.S. Department of Agriculture, Food and Nutrition Service, Center for Nutrition Policy and Promotion, July 2020, pp. 16-17.

Available at: <https://nscr.usda.gov/2020-dietary-guidelines-advisory-committee-systematic-reviews>, pp. 43-45.