

Lista 1: Studier som enligt Livsmedelsverket visar att mättat fett ökar risken för hjärt- och kärlsjukdom och/eller cancer samt våra kommentarer.

Referenser i fetstil är översiktsartiklar, meta-analyser eller redaktionella kommentarer

<p>1. Akesson A, Weismayer C, Newby PK, Wolk A. Combined effect of low-risk dietary and lifestyle behaviors in primary prevention of myocardial infarction in women. Arch Intern Med. 2007;167:2122-7.</p>	<p>Kohortstudie; kosten delad in i olika grader av "Healthy diet" Effekten av mättat fett inte beräknad</p>
<p>2. Almendingen K, Jordal O, Kierulf P, Sandstad B, Pedersen JI. Effects of partially hydrogenated fish oil, partially hydrogenated soybean oil, and butter on serum lipoproteins and Lp[a] in men. J Lipid Res 1995;36:1370-1384.</p>	<p>Surrogatstudie. Dessutom är det omöjligt att utreda effekten av mättat fett</p>
<p>3. Appel LJ, Sacks FM, Carey VJ, Obarzanek E, Swain JF, Miller ER 3rd et al. Effects of protein, monounsaturated fat, and carbohydrate intake on blood pressure and serum lipids: results of the OmniHeart randomized trial. JAMA. 2005; 294: 2455-64.</p>	<p>Surrogatstudie och handlar inte om mättat fett</p>
<p>4. Astrup A. The role of dietary fat in the prevention and treatment of obesity: efficacy and safety of low-fat diets. Int J Obes 2001; 25: S46-S50.</p>	<p>Handlar inte om mättat fett. Astrups påståenden att fett är mindre mättande än kolhydrater och att en fettfattig diet är bättre som bantningsmetod än en kolhydratfattig motsägas dessutom av en mängd andra studier, och att en fettfattig diet förebygger hjärtkärlsjukdom saknar vetenskaplig evidens. Dansk press har nyligen avslöjat att Astrup har ekonomiska intressen i ett nytt bantningspill. </p>
<p>5. Baer DJ, Judd JT, Clevidence BA, Tracy RP. Dietary fatty acids affect plasma markers of inflammation in healthy men fed controlled diets: a randomized crossover study. Am J Clin Nutr. 2004; 79: 969-73.</p>	<p>Surrogatstudie. Liten höjning av fibrinogen efter ökad intag av stearinsyra; ingen effekt på de andra inflammatoriska markörer</p>

<p>6. Bingham SA, Luben R, Welch A, Wareham N, Khaw KT, Day N. Are imprecise methods obscuring a relation between fat and breast cancer? Lancet. 2003; 362:212-4.</p>	<p>Kohortstudie. Bröstcancer/mättat fett; hazard ratio 1.22 [95% CI 1.06-1.40], men intag av transfett har inte studerats</p>
<p>7. Boyd NF, Stone J, Vogt KN, Connelly BS, Martin LJ, Minkin S. Dietary fat and breast cancer risk revisited: a meta-analysis of the published literature. Br J Cancer. 2003;89(9):1672-85.</p>	<p>Obetydligt ökad risk (RR, 1.19; 95% CI: 1.06-1.35). Andra studier, bl a tre som ingår i lista 2, har inte funnit någon ökad cancerrisk. Ej korrigerad för transfett</p>
<p>8. Boniface DR, Tefft ME. Dietary fats and 16-year coronary heart disease mortality in a cohort of men and women in Great Britain. Eur J Clin Nutr. 2002;56:786-92.</p>	<p>Kohortstudie. Inget samband hos män, svagt hos kvinnor. Citat: "A level of saturated fat 100 g per week higher corresponded to a relative risk for CHD death for men of 1.00 (0.86-1.18) and 1.40 (1.09-1.79) for women."</p>
<p>9 Chisholm A, Mann J, Sutherland W, Duncan A, Skeaff M, Frampton C. Effect on lipoprotein profile of replacing butter with margarine in a low fat diet: randomised crossover study with hypercholesterolaemic subjects. BMJ. 1996;312:931-4. Erratum in: BMJ 1996;312:1203.</p>	<p>Surrogatstudie. Har ökat på fleromättat samtidigt med att man minskat på det mättade (smör jmf m margarin).</p>
<p>10. Clarke R, Frost C, Collins R, Appleby P, Peto R. Dietary lipids and blood cholesterol: quantitative meta-analysis of metabolic ward studies. Br Med J 1997;314:112-117</p>	<p>Surrogatstudie.</p>
<p>11. Denke MA, Adams-Huet B, Nguyen AT. Individual cholesterol variation in response to a margarine- or butter-based diet: A study in families. JAMA. 2000;284:2740-7.</p>	<p>Surrogatstudie. Har ökat på fleromättat samtidigt med att man minskat på det mättade (smör jmf m margarin).</p>

<p>12. Djoussé L, Pankow JS, Hunt SC, Heiss G, Province MA, Kabagambe EK, Ellison RC. Influence of saturated fat and linolenic acid on the association between intake of dairy products and blood pressure. Hypertension. 2006;48(2):335-41</p>	<p>Surrogatstudie. Hypertoni <i>omvänt</i> associerad med intag av fett från mejeriprodukter !</p>
<p>13. Ellingsen I, Hjerkin EM, Arnesen H, Seljeflot I, Hjermann I, Tonstad S. Follow-up of diet and cardiovascular risk factors 20 years after cessation of intervention in the Oslo Diet and Antismoking Study. Eur J Clin Nutr. 2006;60(3):378-85</p>	<p>Multifaktoriellt experiment</p>
<p>14. Erkkilä A, de Mello VD, Risérus U, Laaksonen DE. Dietary fatty acids and cardiovascular disease: An epidemiological approach. Prog Lipid Res. 2008;47:172-87.</p>	<p>Översiktsartikel där man uteslutit en mängd negativa studier</p>
<p>15. Feskens EJ, Virtanen SM, Rasanen L, Tuomilehto J, Stengard J, Pekkanen J et al. Dietary factors determining diabetes and impaired glucose tolerance. A 20-year follow-up of the Finnish and Dutch cohorts of the Seven Countries Study. Diabetes Care. 1995; 18:1104-12.</p>	<p>Kohortstudie. Konklusion: "Although the regression coefficients were in general not very large, these results indicate that a high intake of fat, especially that of saturated fatty acids, contributes to the risk of glucose intolerance and NIDDM (typ 2 diabetes)." Läs kommentaren i pappersutgåvan</p>
<p>16. Foreyt JP, Carlos Poston WS. Consensus view on the role of dietary fat and obesity. Am J Med 2002;113:60S-62S.</p>	<p>Handlar inte om mättat fett</p>
<p>17. Freedman LS, Potischman N, Kipnis V, Midthune D, Schatzkin A, Thompson FE, Troiano RP, Prentice R, Patterson R, Carroll R, Subar AF. A comparison of two dietary instruments for evaluating the fat-breast cancer relationship. Int J Epidemiol. 2006;35:1011-21.</p>	<p>Kohortstudie. Signifikant ökad risk för cancer associerad med intag av enkel- och fleromättat fett, men inte med intag av mättat fett</p>

<p>18. Galgani et al Effect of the dietary fat quality on insulin sensitivity. Br J Nutr 2008;100(3):471-9.</p>	<p>Översiktsartikel: ” Most studies (12/15) found no effect relating to fat quality on insulin sensitivity.”</p>
<p>19. Hjerkin EM, Sandvik L, Hjerkmann I, Arnesen H. Effect of diet intervention on long-term mortality in healthy middle-aged men with combined hyperlipidaemia. J Intern Med. 2004;255(1):68-73.</p>	<p>Multifaktoriellt experiment</p>
<p>20. Hooper L, Summerbell CD, Higgins JP, Thompson RL, Clements G, Capps N, Davey S, Riemersma RA, Ebrahim S. Reduced or modified dietary fat for preventing cardiovascular disease. Cochrane Database Syst Rev. 2001;(3): CD002137.</p>	<p>Meta-analys av unifaktoriella experiment. Ingen effekt på CHD mortalitet. Minskning av CHD incidens i undergrupp efter uteslutning av två studier där dödligheten ökade. Se kommentar till studien här: www.bmj.com/cgi/content/full/324/7331/238</p>
<p>21. Howard BV, Manson JE, Stefanick ML, Beresford SA, Frank G, Jones B et al. Low-fat dietary pattern and weight change over 7 years: the Women's Health Initiative Dietary Modification Trial. JAMA. 2006; 295(1):39-49</p>	<p>Multifaktoriellt experiment. Handlar inte om mättat fett. Konklusion: “A low-fat eating pattern does not result in weight gain in postmenopausal women”</p>
<p>22. Hu FB, Manson JE, Willett WC. Types of dietary fat and risk of coronary heart disease: a critical review. J Am Coll Nutr 2001;20:5-19.</p>	<p>Översikt som inkluderat multifaktoriella experiment . Har uteslutit ett experiment, där mortaliteten ökade (Woodhill oa. <i>Adv Exp Med Biol</i> 1978;109:317-30) och inkluderat en multifaktoriell studie och Finnish Mental Hospital studien, som vare sig var randomiserad eller kontrollerad.</p>
<p>23. Hu FB, Stampfer MJ, Manson JE, Ascherio A, Colditz GA, Speizer FE, et al. Dietary saturated fats and their food sources in relation to the risk of coronary heart disease in women. Am J Clin Nutr 1999;70:1001-8.</p>	<p>Kohortstudie. Ej signifikant för de korta, mättade fettsyror; svagt signifikant för stearinsyra. Dessutom har ingen av Willett-gruppens många andra kohortstudier funnit ett samband mellan intag av mättat fett och hjärtinfarkt hos kvinnor.</p>

<p>24. Hu FB, van Dam RM, Liu S. Diet and risk of Type II diabetes: the role of types of fat and carbohydrate. <i>Diabetologia</i> 2001;44:805-17.</p>	<p>Se kommentar i pappersutgåvan</p>
<p>25. Jakobsen MU, Overvad K, Dyerberg J, Schroll M, Heitmann BL. Dietary fat and risk of coronary heart disease: possible effect modification by gender and age. <i>Am J Epidemiol.</i> 2004 15;160:141-9.</p>	<p>Kohortstudie. “„age-dependent analyses showed that saturated fat was positively associated with coronary heart disease among the younger men (HR = 1.29, 95% CI: 0.87-1.91 – <i>Obs icke-signifikant</i>) and the younger women (HR = 2.68, 95% CI: 1.40-5.12) but not among the older men (HR = 0.94, 95% CI: 0.70, 1.28) and the older women (HR = 1.22, 95% CI: 0.86, 1.71).”</p>
<p>26. Judd JT, Baer DJ, Clevidence BA, Muesing RA, Chen SC, Weststrate JA, Meijer GW, Wittes J, Lichtenstein AH, Vilella-Bach M, Schaefer EJ. Effects of margarine compared with those of butter on blood lipid profiles related to cardiovascular disease risk factors in normolipemic adults fed controlled diets. <i>Am J Clin Nutr.</i> 1998;68:768-77.</p>	<p>Surrogatstudie. Har ökat på fleromättat fett och minskat på det mättade samtidigt(smör jmf m margarin).</p>
<p>27. Juonala et al. Risk factors identified in childhood and decreased carotid artery elasticity in adulthood: the Cardiovascular Risk in Young Finns Study. <i>Circulation.</i> 2005;112:1486-93.</p>	<p>Handlar inte om mättat fett</p>
<p>28. Kabagambe EK, Baylin A, Siles X, Campos H. Individual saturated fatty acids and nonfatal acute myocardial infarction in Costa Rica. <i>Eur J Clin Nutr.</i> 2003;57:1447-57</p>	<p>Kohortstudie. Svagt samband för totala mängden mättat fett (OR 1.12; CI 1.03-1.21) , men intag av transfett ej registrerat</p>
<p>29. Kabagambe EK, Tsai MY, Hopkins PN, Ordovas JM, Peacock JM, Borecki IB, Arnett DK. Erythrocyte fatty acid composition and the metabolic syndrome: a National Heart, Lung, and Blood Institute GOLDN study. <i>Clin Chem.</i> 2008;54(1):154-62.</p>	<p>Se kommentar i pappersutgåvan</p>

<p>30. Kaitosaari T, Ronnema T, Raitakari O, Talvia S, Kallio K, Volanen I et al. Effect of 7-year infancy-onset dietary intervention on serum lipoproteins and lipoprotein subclasses in healthy children in the prospective, randomized Special Turku Coronary Risk Factor Intervention Project for Children (STRIP) study. Circulation. 2003; 108: 672-7.</p>	<p>7 års randomiserat, kontrollerat kostexperiment på 7 mån. barn. Kolesterollet ökade en smula men: “The mean particle diameter of major LDL peak was 262.6 A in the intervention boys and 258.5 A in the control boys (P=0.05)” Livsmedelsverket har inte förstått att denna observation talar för att mättat fett är nyttigt. Se kommentaren i pappersutgåvan.</p>
<p>31. Kaitosaari T, Ronnema T, Viikari J, Raitakari O, Arffman M, Marniemi J et al. Low-saturated fat dietary counseling starting in infancy improves insulin sensitivity in 9-year-old healthy children: the Special Turku Coronary Risk Factor Intervention Project for Children (STRIP) study. Diabetes Care. 2006; 29: 781-5.</p>	<p>Se kommentar i pappersutgåvan</p>
<p>32. Knowler WC, Barrett-Connor E, Fowler SE, Hamman RF, Lachin JM, WEA, Nathan DM; Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. N Engl J Med 2002;346:393-403.</p>	<p>Multifaktoriell studie. Ingenting redovisat för mättat fett.</p>
<p>33. Laaksonen DE, Nyssönen K, Niskanen L, Rissanen TH, Salonen JT. Prediction of cardiovascular mortality in middle-aged men by dietary and serum linoleic and polyunsaturated fatty acids. Arch Intern Med. 2005;165(2):193-9.</p>	<p>Kohortstudie. Handlar inte om mättat fett</p>
<p>34. Li et al. Childhood cardiovascular risk factors and carotid vascular changes in adulthood: the Bogalusa Heart Study. JAMA. 2003;290:2271-6.</p>	<p>Kohortstudie. Handlar inte om mättat fett</p>

<p>35. Lichtenstein AH, Ausman LM, Jalbert SM, Schaefer EJ. Effects of different forms of dietary hydrogenated fats on serum lipoprotein cholesterol levels. N Engl J Med. 1999;340(25):1933-40.</p>	<p>Surrogatstudie. Har jämfört fyra dieter med ett högt innehåll av fleromättat fett med en smördiet</p>
<p>36. Lichtenstein AH, Erkkila AT, Lamarche B, Schwab US, Jalbert SM, Ausman LM. Influence of hydrogenated fat and butter on CVD risk factors: remnant-like particles, glucose and insulin, blood pressure and C-reactive protein. Atherosclerosis. 2003;171:97-107.</p>	<p>Surrogatstudie. Inget samband.</p>
<p>37. Lindström J, Peltonen M, Eriksson JG, Louheranta A, Fogelholm M, Uusitupa M, Tuomilehto J. High-fibre, low-fat diet predicts long-term weight loss and decreased type 2 diabetes risk: the Finnish Diabetes Prevention Study. Diabetologia. 2006;49:912-20.</p>	<p>Ej signifikant för mättat fett</p>
<p>38. Marckmann P, Sandström B, Jespersen J. Low-fat, high-fiber diet favorably affects several independent risk markers of ischemic heart disease: observations on blood lipids, coagulation, and fibrinolysis from a trial of middle-aged Danes. Am J Clin Nutr 1994;59:935-9.</p>	<p>Surrogatstudie. Dessutom var HDL högre och TG lägre på kosten med mycket mättat fett jämfört med den fettfattiga, fiberrika kosten</p>
<p>39. Marshall JA, Bessesen DH, Hamman RF. High saturated fat and low starch and fibre are associated with hyperinsulinaemia in a non-diabetic population: the San Luis Valley Diabetes Study. Diabetologia. 1997; 40: 430-8.</p>	<p>Se kommentar i pappersutgåvan</p>
<p>40. Marshall JA, Bessesen DH. Dietary fat and the development of type 2 diabetes. Diabetes Care. 2002;25:620-2.</p>	<p>Se kommentar i pappersutgåvan</p>

<p>41. Mauger JF, Lichtenstein AH, Ausman LM, Jalbert SM, Jauhiainen M, Ehnholm C, Lamarche B. Effect of different forms of dietary hydrogenated fats on LDL particle size. Am J Clin Nutr. 2003;78:370-5.</p>	<p>“Relative to the LDL particle size observed after consumption of the butter-enriched diet, LDL particle size decreased significantly and in a dose-dependent fashion with increasing amounts of dietary trans FAs (P < 0.001)” Se kommentar till ref. 30.</p>
<p>42. McGill HC, McMahan CA. Starting earlier to prevent heart disease. JAMA. 2003;290:2320-2.</p>	<p>Editorial med allmänt tyckande. Inget om mättat fett</p>
<p>43. Mead A, Atkinson G, Albin D, Alphey D, Baic S, Boyd O; UK Heart Health Group, Thoracic Dietitians Interest Group (Specialist group of the British Dietetic Association): Dietetic guidelines on food and nutrition in the secondary prevention of cardiovascular disease – evidence from systematic reviews of randomized controlled trials (second update, January 2006). J Hum Nutr Diet. 2006;19:401-19.</p>	<p>Översikt över meta-analyser som huvudsakligen handlar om medikamentell kolesterolsänkning. Enda kost-metaanalys är Hooper et al; se kommentar till denna studie (no. 20)</p>
<p>44. Mensink M, Blaak EE, Corpeleijn E, Saris WH, de Bruin TW, Feskens EJ. Lifestyle intervention according to general recommendations improves glucose tolerance. Obes Res. 2003;11:1588-96.</p>	<p>Multifaktoriellt experiment</p>
<p>45. Mensink RP, Zock PL, Kester AD, Katan MB. Effects of dietary fatty acids and carbohydrates on the ratio of serum total to HDL cholesterol and on serum lipids and apolipoproteins: a meta-analysis of 60 controlled trials. Am J Clin Nutr. 2003;77:1146-55..</p>	<p>Surrogatstudie. När kolhydraterna ersattes med mättat fett ökade tC, LDL-C och HDL-C en smula, TG minskade, medan tC/LDL-C var oförändrad</p>
<p>46. Mosca L, Banka CL, Benjamin EJ, Berra K, Bushnell C, Dolor RJ et al. Evidence-based guidelines for cardiovascular disease prevention in women: 2007 update. J Am Coll Cardiol. 2007;49(11):1230-50.</p>	<p>Konsensus-beslut. Varningarna mot mättat fett bygger huvudsakligen på, en stor lowfat trial (Women’s Health Initiative), som inte fann några signifikanta fördelar med ett lågt intag av mättat fett; se ref. 21,50.51,</p>

<p>47. Müller H, Kirkhus B, Pedersen JI. Serum cholesterol predictive equations with special emphasis on trans and saturated fatty acids. An analysis from designed controlled studies. Lipids. 2001;36:783-791.</p>	<p>Surrogatstudie</p>
<p>48. Obarzanek E, Kimm SY, Barton BA, Van Horn L L, Kwiterovich PO Jr, Simons-Morton DG et al. DISC Collaborative Research Group. Long-term safety and efficacy of a cholesterol-lowering diet in children with elevated low-density lipoprotein cholesterol: seven-year results of the Dietary Intervention Study in Children (DISC). Pediatrics. 2001; 107: 256-64.</p>	<p>Surrogatstudie. Dessutom inga signifikanta skillnader.</p>
<p>49. Obarzanek E, Sacks FM, Vollmer WM, Bray GA, Miller ER 3rd, Lin PH et al. Effects on blood lipids of a blood pressure-lowering diet: the Dietary Approaches to Stop Hypertension (DASH) Trial. Am J Clin Nutr. 2001;74:80-9.</p>	<p>Surrogatstudie. Även HDL minskade på den fettfattiga DASH dieten</p>
<p>50. Prentice RL, Caan B, Chlebowski RT, Patterson R, Kuller LH, Ockene JK et al. Low-fat dietary pattern and risk of invasive breast cancer: the Women's Health Initiative Randomized Controlled Dietary Modification Trial. JAMA. 2006; 295: 629-42.</p>	<p>Multifaktoriellt experiment. "Among postmenopausal women, a low-fat dietary pattern did not result in a statistically significant reduction in invasive breast cancer risk over an 8.1-year average follow-up period."</p>
<p>51. Prentice RL, Thomson CA, Caan B, Hubbell FA, Anderson GL, Beresford SA et al. Low-fat dietary pattern and cancer incidence in the Women's Health Initiative Dietary Modification Randomized Controlled Trial. J Natl Cancer Inst. 2007;99(20):1534-43</p>	<p>Multifaktoriellt experiment. Inga uppgifter om mättat fett</p>

<p>52. Raitakari et al. Cardiovascular risk factors in childhood and carotid artery intima-media thickness in adulthood: the Cardiovascular Risk in Young Finns Study. JAMA. 2003;290:2277-83.</p>	<p>Kohortstudie. Handlar inte om mättat fett</p>
<p>53. Rask-Nissilä L, Jokinen E, Terho P, Tammi A, Hakanen M, Rönnemaa T, Viikari J, Seppänen R, Välimäki I, Helenius H, Simell O. Effects of diet on the neurological development of children at 5 years of age: the STRIP project. J Pediatr. 2002;140:328-333.</p>	<p>Kostexperiment. "The intakes of total fat and saturated fat and serum cholesterol were not associated with neurodevelopment."</p>
<p>54. Rasmussen BM, Vessby B, Uusitupa M, Berglund L, Pedersen E, Riccardi G, Rivellese AA, Tapsell L, Hermansen K; The KANWU Study Group. Effects of dietary saturated, monounsaturated, and n-3 fatty acids on blood pressure in healthy subjects. Am J Clin Nutr. 2006;83(2):221-6.</p>	<p>"Systolic and diastolic BP decreased with the MUFA diet [-2.2% (P = 0.009) and -3.8% (P = 0.0001), respectively] but did not change with the SFA diet [-1.0% (P = 0.2084) and -1.1% (P = 0.2116)]. "the favorable effects of MUFA on DBP disappeared at a total fat intake above the median"</p>
<p>55. Risérus U et al. Dietary fat and prevention of type 2 diabetes. Prog Lipid Res</p>	<p>Se kommentar i pappersutgåvan</p>
<p>56. Risérus U. Fatty acids and insulin sensitivity. Curr Opin Clin Nutr Metab Care 2008;11:100-05.</p>	<p>Se kommentar i pappersutgåvan</p>
<p>57. Sacks FM, Katan M. Randomized clinical trials on the effects of dietary fat and carbohydrate on plasma lipoproteins and cardiovascular disease. Am J Med 2002;113:13S-24S.</p>	<p>Har exkluderat alla studier med negativt utfall och inkluderat Finnish Mental Hospital Study. Läs kommentar till studien här: http://www.bmj.com/cgi/eletters/327/7427/1348-c</p>
<p>58. Sandström B, Marckmann P, Bindslev N. An eight-month controlled study of a low-fat high-fibre diet: effects on blood-lipids and blood pressure in healthy young subjects. Eur J Clin Nutr 1992;46:95-109.</p>	<p>Surrogatstudie. fleromättat och mättat fett ändrades samtidigt</p>

<p>59. Sieri S, Krogh V, Ferrari P, Berrino F, Pala V, Thiébaud AC et al. Dietary fat and breast cancer risk in the European Prospective Investigation into Cancer and Nutrition. Am J Clin Nutr. 2008;88(5):1304-12</p> <p>Kohortstudie. Se även nr 58</p>	<p>Kohortstudie. "Saturated fat was confined to nonusers of hormone therapy at baseline [1.21 (CI 0.99-1.48; <i>Obs ej signifikant</i>)] for the highest quintile compared with the lowest quintile</p>
<p>60. Tang LJ, Armitage JM, Lancaster T, Silagy CA, Fowler GH, Neil HAW. Systematic review of dietary intervention trials to lower blood total cholesterol in free-living subjects. Br Med J 1998;316:1213-1220.</p>	<p>Surrogatstudie. Översikt över 17 kliniska experiment där man ökat mängden fleromättat och minska mängden mättat fett samtidigt</p>
<p>61. Thiébaud AC, Kipnis V, Chang SC, Subar AF, Thompson FE, Rosenberg PS et al. Dietary fat and postmenopausal invasive breast cancer in the National Institutes of Health-AARP Diet and Health Study cohort. J Natl Cancer Inst. 2007;99(6):451-62.</p>	<p>Kohortstudie. Svagt samband med intag av mättat fett, men ej analyserat eller korrigerat för transfett</p>
<p>62. Tonstad S, Strom EC, Bergei CS, Ose L, Christophersen B. Serum cholesterol response to replacing butter with a new trans-free margarine in hypercholesterolemic subjects. Nutr Metab Cardiovasc Dis. 2001;11:320-6.</p>	<p>Surrogatstudie. Margarin jmf med smör</p>
<p>63. Trichopoulou A, Psaltopoulou T, Orfanos P, Hsieh CC, Trichopoulos D. Low-carbohydrate-high-protein diet and long-term survival in a general population cohort. Eur J Clin Nutr. 2007;61:575-8.</p>	<p>Kohortstudie. Handlar inte om mättat fett</p>

<p>64. Tucker KL, Hallfrisch J, Qiao N, Muller D, Andres R, Fleg JL; Baltimore Longitudinal Study of Aging. The combination of high fruit and vegetable and low saturated fat intakes is more protective against mortality in aging men than is either alone: the Baltimore Longitudinal Study of Aging. J Nutr. 2005;135(3):556-61.</p>	<p>Kohortstudie. Ej signifikant för mättat fett</p>
<p>65. Tuomilehto J, Lindström J, Eriksson JG, Valle TT, Hämäläinen H, Ilanne-Parikka P, Keinänen-Kiukaanniemi S, Laakso M, Louheranta A, Rastas M, Salminen V, Uusitupa M; Finnish Diabetes Prevention Study Group. Prevention of type 2 diabetes mellitus by changes in lifestyle among subjects with impaired glucose tolerance. N Engl J Med 2001;344:1343-50.</p>	<p>Multifaktoriellt experiment</p>
<p>66. Turley ML, Skeaff CM, Mann JI, Cox B. The effect of a low-fat, high-carbohydrate diet on serum high density lipoprotein cholesterol and triglyceride. Eur J Clin Nutr. 1998; 52: 728-32.</p>	<p>Surrogatstudie. Dessutom: Att LDL skulle ha minskat med 18 % och TG var oförändrad sedan man ersatt mättat fett med kolhydrater är helt osannolikt. Minst tio liknande studier har inte kunnat visa någon effekt på LDL medan TG sjönk kraftigt i alla. JI Mann har i många år fått ekonomiskt stöd från Nya Zeelands sockerindustri.</p>
<p>67. Warensjö E, Sundström J, Lind L, Vessby B. Factor analysis of fatty acids in serum lipids as a measure of dietary fat quality in relation to the metabolic syndrome in men. Am J Clin Nutr. 2006;84(2):442-8.</p>	<p>Se kommentar i pappersutgåvan</p>
<p>68. Vessby B, Uusitupa M, Hermansen K, et al. Substituting dietary saturated for monoun-saturated fat impairs insulin sensitivity in healthy men and women: the KANWU study. Diabetologia 2001;44:312-319</p>	<p>Se kommentar i pappersutgåvan</p>

<p>69. Xu J, Eilat-Adar S, Loria C, Goldbourt U, Howard BV, Fabsitz RR, Zephier EM, Mattil C, Lee ET. Dietary fat intake and risk of coronary heart disease: the Strong Heart Study. Am J Clin Nutr. 2006;84:894-902.</p>	<p>Kohortstudie. Ej signifikant totalt, men i åldersgruppen 47-59 hade patienterna ätit lite mer mättat fett, medan de hade ätit mindre (!) i åldersgruppen 60-79 år.</p>
<p>70. Zock PL, Katan MB. Butter, margarine and serum lipoproteins. Atherosclerosis. 1997;131:7-16.</p>	<p>Surrogatstudie. Margarin versus smör</p>
<p>71. WCRF/AICR Expert Report. Food, Nutrition, Physical Activity and the Prevention of Cancer: a Global Perspective. World Cancer Research Fund/American Institute of Cancer, 2007</p>	<p>Chapter 7: p. 132 The evidence is inconsistent from both cohort and case-control studies. There is limited evidence suggesting that milk and dairy products are a cause of prostate cancer. p. 133. Milk probably protects against colorectal cancer. There is limited evidence suggesting that milk protects against bladder cancer. p. 134. The evidence is inconsistent. There is limited evidence suggesting that cheese is a cause of colorectal cancer. p. 139. There is a limited amount of fairly consistent evidence suggesting that consumption of foods containing animal fat is a cause of colorectal cancer. p. 139. There is a limited amount of inconsistent evidence suggesting that consumption of butter is a cause of lung cancer. Chapter 8: p. 339. The evidence on animal fats (for causing overweight) is assessed here as a marker for energy-dense foods. For this reason, no separate judgement is made for animal fats. Chapter 12: p. 370. I Summary of ‘convincing’ and ‘probable’ judgements finns inget nämnt om mättat fett</p>
<p>72. Woodside JV, McKinley MC, Young IS. Saturated and trans fatty acids and coronary heart disease. Curr Atheroscler Rep. 2008;10(6):460-6.</p>	<p>Översikt över surrogatstudier och kostexperiment där man uteslutit studier med negativt resultat</p>

Lista 2: Studier som enligt Livsmedelsverket visar att mättat fett inte ökar risken för hjärt- och kärlsjukdom och/eller cancer

<p>I. Beresford SA, Johnson KC, Ritenbaugh C, Lasser NL, Snetselaar LG, Black HR, et al. Low-fat dietary pattern and risk of colorectal cancer. JAMA. 2006;295:643-54.</p>	<p>Kostexperiment</p>
<p>II. Howard BV, Van Horn L, Hsia J, Manson JE, Stefanick ML, Wassertheil-Smoller S, et al. Low-fat dietary pattern and risk of cardiovascular disease. JAMA. 2006;295:655-66.</p>	<p>Kostexperiment</p>
<p>III. Leosdottir M, Nilsson P, Nilsson JA, Månsson H, Berglund G. Dietary fat intake and early mortality patterns - data from the Malmö Diet and cancer Study. J Intern Med. 2005; 258: 153-65</p>	<p>kohortstudie</p>
<p>IV. Löf M, Sandin S, Lagiou P, Hilakivi-Clarke L, Trichopoulos D, Adami HO, Weiderpass E. Dietary fat and breast cancer risk in the Swedish women's lifestyle and health cohort. Br J Cancer. 2007;97 (11):1570-6.</p>	<p>kohortstudie</p>
<p>V. Oh K, Hu FB, Manson JE, Stampfer MJ, Willett WC. Dietary fat intake and risk of coronary heart disease in women: 20 years of follow-up of the Nurses' Health Study. Am J Epidemiol. 2005;161 (7):672-9.</p>	<p>kohortstudie</p>
<p>VI. Pietinen P, Ascherio A, Korhonen P, Hartman AM, Willett WC, Albanes D, et al. Intake of fatty acids and risk of coronary heart disease in a cohort of Finnish men. The Alpha-Tocopherol, Beta-Carotene Cancer Prevention Study. Am J Epidemiol 1997;145: 876-87.</p>	<p>kohortstudie</p>
<p>VII. Prentice RL, Caan B, Chlebowski RT, Patterson R, Kuller LH, Ockene JK, et al. Low-fat dietary pattern and risk of invasive breast cancer. JAMA. 2006;295:629-42.</p>	<p>Kostexperiment</p>
<p>VII. Warensjö E, Jansson JH, Berglund L, Boman K, Ahren B, Weinehall L, Lindahl B, Hallmans G, Vessby B. Estimated intake of milk fat is negatively associated with cardiovascular risk factors and does not increase the risk of a first acute myocardial infarction. A prospective case-control study. Br J Nutr. 2004; 91: 635-42.</p>	<p>Kohortstudie</p>