

Dietary Fat Recommendations 1957–2015

Focus shifts from *total fat* to *type of fat*.

American Heart Association		Dietary Guidelines for Americans
1957: <ul style="list-style-type: none"> • 25-30% of calories from total fat. • “The possibility remains that the kind, rather than the amount of fat in the diet is responsible for atherosclerosis.” 	1950	
1961: <ul style="list-style-type: none"> • 25-35% of calories from total fat. • Substitute vegetable oils and PUFA for SFA. 1965: <ul style="list-style-type: none"> • Eat less SFA. • Increase intake of unsaturated vegetable oils and other PUFA, substituting them for SFA wherever possible. 1968: <ul style="list-style-type: none"> • Decrease SFA, increase PUFA. • <40% of calories from total fat. • “PUFA should probably comprise twice the quantity of SFA.” 	1960	
1973: <ul style="list-style-type: none"> • ≤35% calories from total fat. • Of that 35%, ≤10% from SFA, ≤10% from PUFA, remainder from MUFA. • “...fat calories should be distributed throughout each day...a massive high saturated fat meal is inappropriate at any time.” 1978: <ul style="list-style-type: none"> • 30-35% of calories from total fat. • <10% from SFA, ≤10% from PUFA, remainder from MUFA. 	1970	
1982, 1986, 1988: <ul style="list-style-type: none"> • <30% of calories from total fat (1982: 30-35%). • <10% of calories from SFA. • ≤10% of calories from PUFA. 	1980	1980 (inaugural edition of DGA), 1985: <ul style="list-style-type: none"> • Avoid too much total fat and SFA.
1993: <ul style="list-style-type: none"> • <30% of calories from total fat. • <10% of calories from SFA • ≤10% of calories from PUFA. • Widespread consumption of very-low-fat diets not justified by current evidence. 1996: <ul style="list-style-type: none"> • <30% of calories from total fat. • 8-10% of calories from SFA. • ≤10% of calories from PUFA. • ≤15% of calories from MUFA. 	1990	1990, 1995 <ul style="list-style-type: none"> • Select a diet low in total fat and SFA. • ≤30% of calories from total fat. • ≤10% calories from SFA.
2000: <ul style="list-style-type: none"> • ≤30% of calories from total fat. • <10% of calories from SFA. • Limit intake of TFA. • Very-low-fat (<15% of calories) diets not recommended for the general population. 2006: <ul style="list-style-type: none"> • 25-35% of calories from fat is appropriate in a healthy dietary pattern. • <7% of calories from SFA. Replace with MUFA & PUFA. • <1% of calories from TFA. 	2000	2000: <ul style="list-style-type: none"> • Choose a diet low in SFA and moderate in total fat. • ≤30% of calories from total fat. • <10% of calories from SFA. • TFA as low as possible. 2005: <ul style="list-style-type: none"> • 20-35% of calories from total fat, with most fats coming from PUFA & MUFA oils. • <10% of calories from SFA. • TFA as low as possible. • Limit intake of fats & oils high in SFA & TFA, and choose products low in such fats & oils.
2013: <ul style="list-style-type: none"> • Advise adults who would benefit from lowering LDL cholesterol to aim for a healthy dietary pattern* that achieves 5-6% of calories from SFA. Replace with MUFA & PUFA. • Reduce % of calories from TFA. 	2010	2010: <ul style="list-style-type: none"> • 20–35% of calories from total fat, with most coming from PUFA & MUFA. • <10% of calories from SFA. Replace them with MUFA & PUFA. • TFA as low as possible. 2015 Dietary Guidelines Advisory Committee report: <ul style="list-style-type: none"> • <10% of calories from SFA. Replace with unsaturated fat, particularly PUFA. • Partially hydrogenated oils containing TFA should be avoided.

*A healthy dietary pattern emphasizes intake of vegetables, fruits, and whole grains; includes low-fat dairy products, poultry, fish, legumes, non-tropical vegetable oils, and nuts; and limits intake of sweets, sugar-sweetened beverages, and red meats.

Notes:

- SFA = Saturated Fatty Acids, TFA = Trans Fatty Acids, MUFA = Monounsaturated Fatty Acids, PUFA = Polyunsaturated Fatty Acids
- Many of these recommendations include dietary cholesterol targets, but for the purposes of this paper, these are not included.
- References for the guidelines/recommendations in this figure are at the end of the document