

## Draft report Saturated fats and Health: Scientific consultation

### Consultation period: from 8 May to 3 July 2018

The Scientific Advisory Committee on Nutrition (SACN) consultation on its draft report, *Saturated fats and Health*, is open for scientific comment.

You are invited to submit comments relating to the scientific content of the report. You are also invited to draw the Committee's attention to any evidence that it may have missed.

### Review inclusion criteria

Please ensure that any evidence you bring to SACN's attention meets the [SACN Framework for Evaluation of Evidence](#) (SACN, 2012). The key inclusion criteria for the draft report were:

- systematic reviews, meta-analyses and pooled analyses of randomised controlled trials (RCTs) and prospective cohort studies (PCS) examining the relationship between dietary saturated fats and key intermediate risk factors and health outcomes
- studies published in English between 1990 to March 2016<sup>1</sup>.

For full details of the remit of the work, see chapter 1 of the draft review. For full details of the review inclusion criteria see chapter 2 of the draft review.

### Submission of scientific comment and evidence

Any scientific comments or evidence for consideration by SACN should be emailed to the SACN secretariat at [sacnsatfat@phe.gov.uk](mailto:sacnsatfat@phe.gov.uk) by 5pm on **3 July 2018**.

- Submit responses using the attached response form. Please do not PDF the form.
- Please do not amend the formatting of the form.
- Please do not embed attachments into the response form.
- Please list any references in full that you wish the committee to consider (and that meet the inclusion criteria).

All responses will be published following the conclusion of the consultation.

### Background

There has been no comprehensive risk assessment of dietary saturated fats in the UK since the Committee on Medical Aspects of Food Policy (COMA) published following reports: Dietary 'Reference Values for Food Energy and Nutrients for the United Kingdom' in 1991 and 'Nutritional Aspects of Cardiovascular Disease' in 1994. This draft report considers the available evidence on the relationship between saturated fats and a range of health outcomes – cardiovascular disease, blood lipids, type 2 diabetes, blood pressure, cancers, weight and dementias. The draft report makes recommendations for population dietary intakes. The report also makes research recommendations.

---

<sup>1</sup> Contributions and comments are welcome on any key studies published after March 2016. Post consultation, any eligible studies published after March 2016 will be considered. These will only be included in the final report if they change existing conclusions or add substantial nuance or update to existing work.