

What is the association between LDL and dietary stearic acid?

Conclusion

Moderate evidence from a systematic review indicates that when stearic acid is substituted for saturated fatty acids (SFA) or trans fatty acids, plasma LDL cholesterol (LDL-C) levels are decreased; when substituted for carbohydrates, LDL-C levels are unchanged; and when substituted for monounsaturated fatty acids (MUFA) or polyunsaturated fatty acids (PUFA), LDL-C levels are increased. Therefore, the impact of stearic acid replacement of other energy sources is variable regarding LDL-C, and the potential impact of changes in stearic acid intake on cardiovascular disease risk remains unclear.

Grade: Moderate

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades, [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What are the effects of dietary stearic acid on LDL cholesterol?](#)