

What is the effect of dietary intake of monounsaturated fatty acids (MUFA) when substituted for saturated fatty acids on increased risk of cardiovascular disease and type 2 diabetes, including intermediate markers such as lipid and lipoprotein levels and inflammation? (DGAC 2010)

Conclusion

Strong evidence indicates that dietary monounsaturated fatty acids (MUFA) are associated with improved blood lipids related to both cardiovascular disease (CVD) and type 2 diabetes (T2D), when they are a replacement for dietary saturated fatty acids (SFA). The evidence shows that five percent energy replacement of SFA with MUFA decreases intermediate markers and the risk of CVD and T2D in healthy adults and improves insulin responsiveness in insulin resistant and T2D subjects.

Grade: Strong

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 is the effect of dietary intake of MUFA on health and intermediate health outcomes?](#)

 [What is the effect of replacing a high-carbohydrate diet with a high-MUFA diet in type 2 diabetics?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[MUFA and n-6 PUFA Intake and Health](#)