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Dietary n-6 polyunsaturated fatty acids and cardiovascular disease:  
Epidemiologic Evidence

Dong D. Wang MD, ScD

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## Highlights

- Evidence from prospective cohort studies measuring dietary intake by food frequency questionnaires and nested case-control studies using biomarkers of intake level strongly support that higher intakes of n-6 polyunsaturated fatty acids are associated with a lower risk of cardiovascular disease.
- High-quality randomized controlled trials support that a significant reduction in the risk of coronary heart disease can be achieved when saturated fatty acids is replaced by polyunsaturated fatty acid (predominantly linoleic acid) in the diet.
- Epidemiologic studies provide a solid evidence base of the current dietary guidelines that recommend replacing saturated fats by polyunsaturated fats in the diet for the prevention of cardiovascular disease.

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