

HNR Supports Phase II of FSA's Saturated Fat Campaign

Human Nutrition Research welcomes phase II of the Food Standards Agency's saturated fat campaign. The campaign provides the public with positive tips on how to reduce their saturated fat intake. This is an important area of work as the majority of the UK population consume approximately 20% more saturated fat than the maximum recommended intake.

Work at HNR as part of the RISCK study has examined the effect of different amounts and types of dietary fat and carbohydrate on metabolic syndrome and has shown that reducing saturated fat intake is associated with a reduction in total and LDL cholesterol (Sanders et al., 2008). A reduction in saturated fat intake has an important and significant impact on reducing cardiovascular disease (CVD) risk.



Click [here](#) for more information on the FSA Saturated Fat Campaign

Sanders TA, Lewis F, Chowienczyk PJ on behalf of THE RISCK STUDY GROUP (2008). Impact of the amount and type of fat and carbohydrate on vascular function in the RISCK study. Proceedings of the Nutrition Society 67(OCE8):E314