

## Dietary Fat Guidelines for Adults

	DGA 2005 <sup>1</sup>	ADA <sup>2</sup>	NCEP ATP III <sup>3</sup>	AHA <sup>4</sup>	WHO <sup>5</sup>	IOM <sup>6</sup>
<b>Total Fat</b>	20%-35%	20%-35%	25%-35%	<30%	15%-30%	20%-35%
<b>Saturated Fat</b>	<10% <7% for adults with elevated LDL blood cholesterol	As low as possible	< 7%	<7%	<10% <7% for high-risk groups	As low as possible
<b>Trans Fat</b>	As low as possible	As low as possible	Keep low	< 1%	<1%	As low as possible
<b>Monounsaturated Fat</b>	Most	Remaining	Up to 20%	Most	Most	Most
<b>Polyunsaturated Fat (n-6)</b>		3%-10%	Up to 10%		5%-8%	5%-10%
<b>Polyunsaturated Fat (n-3)</b>		0.6%-1.2%			1%-2%	0.6%-1.2%

1. Dietary Guidelines for Americans 2005; 2. American Dietetic Association and Dietitians of Canada; 3. National Cholesterol Educational Program Adult Treatment Panel III; 4. American Heart Association. 5. World Health Organization; 6. Institute of Medicine