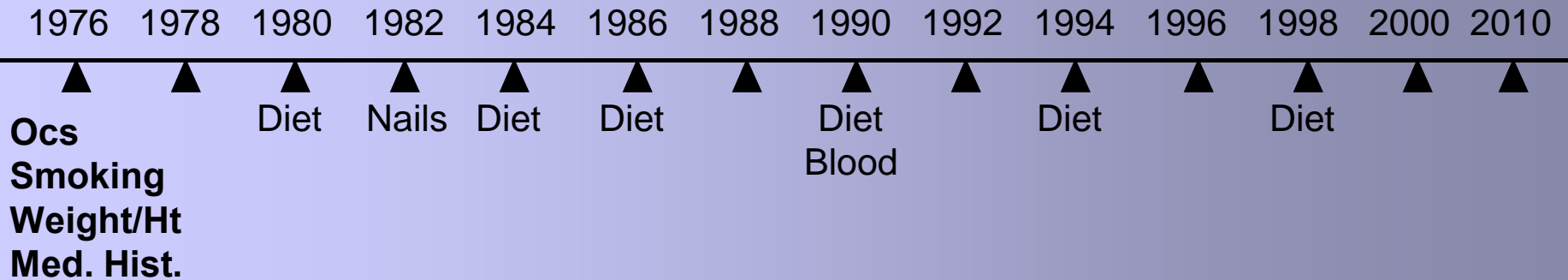
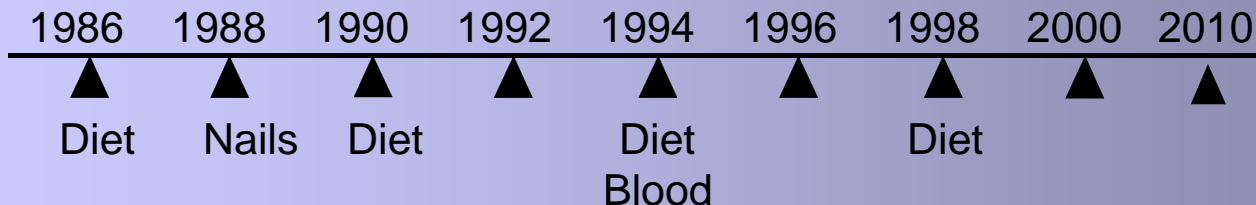


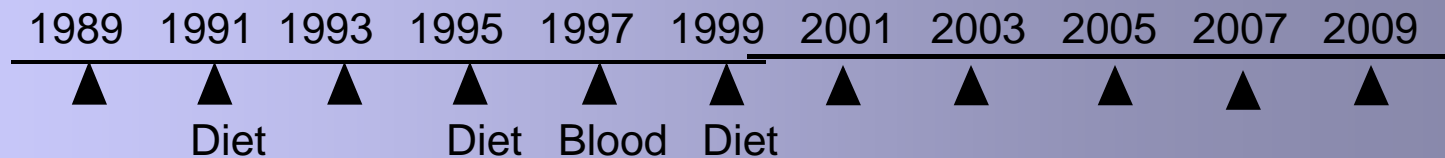
Health Study (n=121,700)



Health Professionals Follow-up Study (n=52,000)



Nurses' Health Study II (n=116,000)

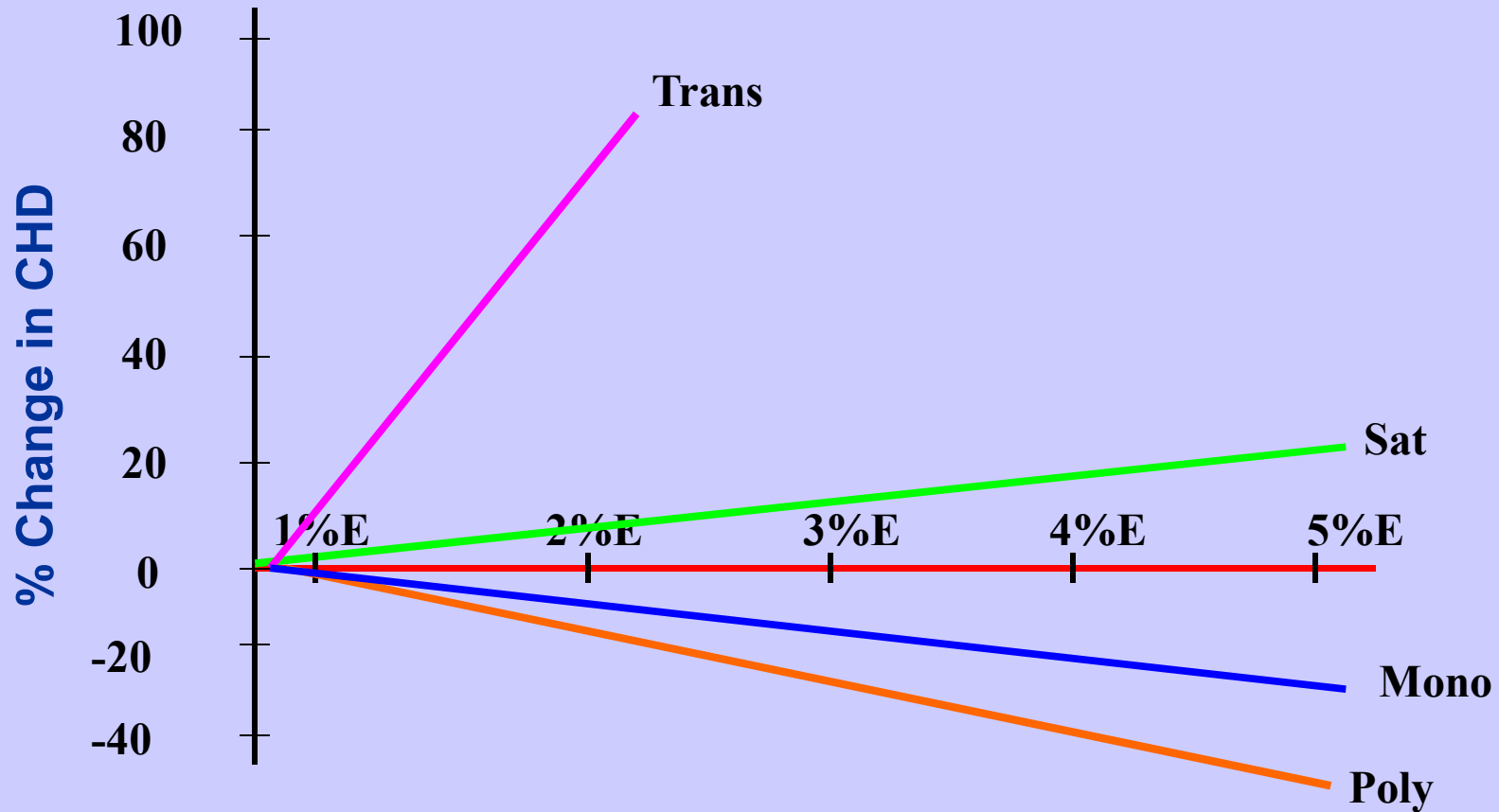


Investigators: Frank Speizer, Bernie Rosner, Meir Stampfer, Graham Colditz, David Hunter, JoAnn Manson, Sue Hankinson, Eric Rimm, Edward Giovannucci, Alberto Ascherio, Gary Curhan, Charlie Fuchs, Fran Grodstein, Michelle Holmes, Donna Spiegelman, Frank Hu

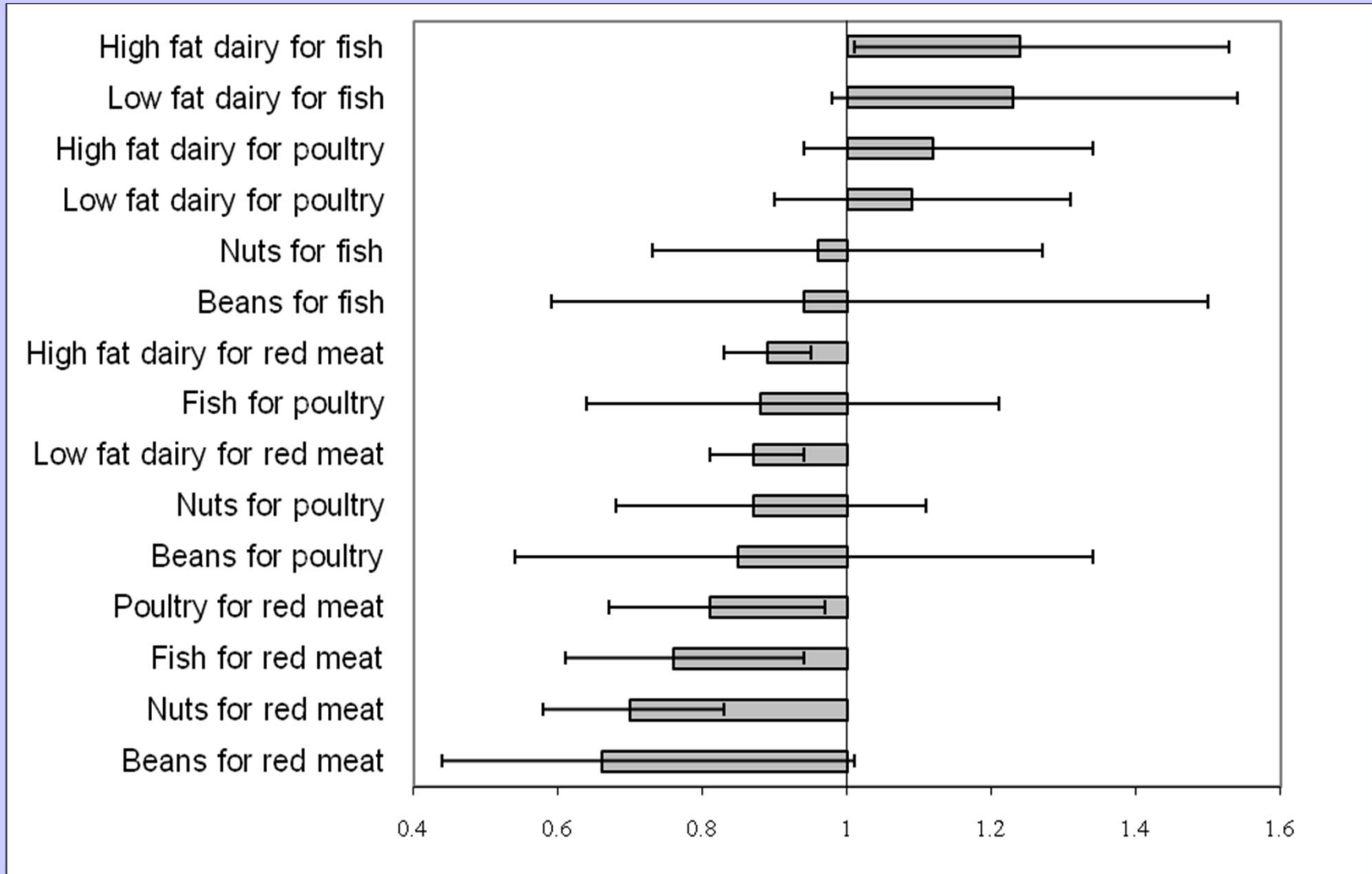
Saturated Fat and Risk of Coronary Heart Disease

The Nurses' Health Study

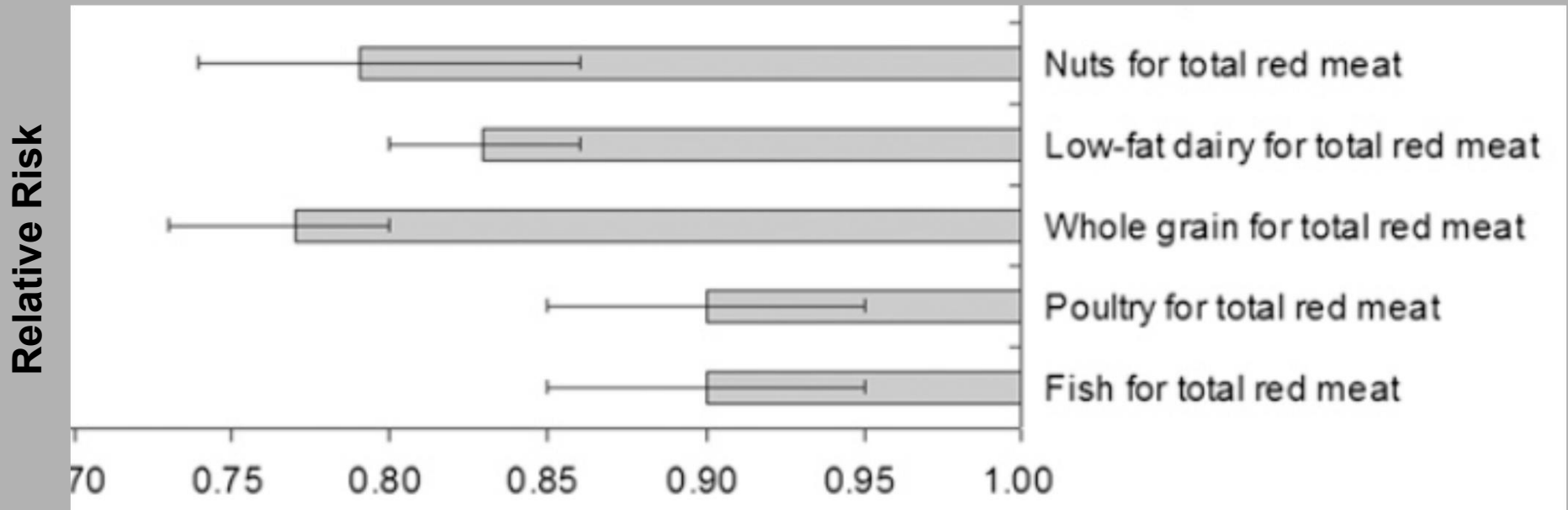
14-Year Follow-up



Protein Sources (1 sv/day) and Risk of CHD, 1980-2006 (3162 cases)



1.5 times the risk of type 2 diabetes for replacing 1 serving/day of total red meat with other foods. Data from NHS, NHSII, HPFS, including 13,759 cases of diabetes (*Pan A et al. AJCN, 2011*)



Percentage of Type 2 Diabetes Potentially Preventable by Simultaneous Reduction of Five Modifiable Risk Factors (NHS) *(Hu et al.)*

Low Risk

1. Nonsmoking
2. BMI < 25
3. Moderate to vigorous exercise
4. Diet score in upper 40% (low trans fat, high cereal fiber, low glycemic load, high P:S ratio)
5. Alcohol 5+ grams/day

Percent in low risk group: 4.1%

Population attributable risk (PAR): 92% (82-96)