1. **Women’s Health Initiative (WHI) (NIH-funded)**

An 8-year randomized, controlled clinical trial, on nearly 49,000 women, testing the hypothesis that a USDA diet (Dietary Patterns), reduced in fat and saturated fat, can help prevent cancer, heart disease, obesity and diabetes.

**Conclusions:**

The low-fat diet had no effect on risk of invasive colorectal cancer; The low-fat diet had no significant effect on risk of CHD, CVD, or stroke; The low-fat diet had no significant effect on invasive breast cancer incidence over a mean of 8.1 years; The low-fat had a very small yet significant effect in reducing risk of ovarian cancer; The low-fat diet produced a very small (0.5kg), albeit significant, weight loss; A low-fat diet showed no evidence of reducing diabetes risk after 8.1 years.

2. **Oslo Diet-Heart Study**

A 5-year randomized, controlled clinical trial on 412 men to test the hypothesis that saturated fats cause heart disease.

**Conclusion:** Replacing saturated fat with polyunsaturated fat had no significant effect on cardiovascular or total mortality.

3. **“L.A. Veteran’s Trial” (NIH-funded)**

An 8-year randomized, controlled clinical trial on 846 men to test the hypothesis that saturated fats cause heart disease.

**Conclusion:** Compared to a standard American diet, a diet reduced in saturated fat and increased in unsaturated linoleic acid significantly reduced total fatal atherosclerotic events but had no significant effect on sudden-death or myocardial infarction. The group on the vegetable-oil diet had higher death rates due to cancer.

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4. **Minnesota Coronary Survey (NIH-funded)**
A 4.5-year randomized, controlled clinical trial on 9,200+ men and women, to test the hypothesis that saturated fats and dietary cholesterol cause heart disease.

**Conclusion:** The intervention resulted in “no difference between the treatment and control groups were observed for cardiovascular events, cardiovascular mortality, or total mortality.

Note: A 2016 analysis of previously unpublished data from this trial, found that “There was a 22% higher risk of death for each 30 mg/dL reduction in serum cholesterol.”

5. **Medical Research Council Study (London)**
A 2-year randomized controlled clinical trial on 393 men.

**Conclusion:** Compared to controls, men who had experienced a heart attack and then replaced saturated fat with soybean oil for two to four years was no difference on adverse cardiac events or mortality.

6. **“MRFIT Trial” (NIH-funded)**
A 7-year randomized, controlled clinical trial on 12,866 men, to test the hypothesis that a multifactorial intervention, including a reduction in saturated fats and cholesterol, can prevent heart disease.

**Conclusion:** The intervention had no significant effect on CHD mortality and totality mortality.

7. **Helsinki Businessmen Study**
A 5-year randomized controlled clinical trial with a multifactorial intervention including dietary advice to replace saturated fat with polyunsaturated fats, as well as to reduce alcohol, sugar, as well as anti-hypertensive drug treatment, on 3,490 men

**Conclusion:** The intervention with vegetable-oils and anti-hypertensive drugs significantly increased the risk of fatal primary CHD [Coronary Heart Disease] in men with at least one risk factor after 15 years of follow-up.

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5 BMJ 2016;353:i1246
6 Research Committee to the Medical Research Council, “Controlled Trial of Soya-bean Oil to the Medical Research Council” The Lancet 2, no. 7570 (September 28, 1968):693A9.
8. **Multifactor Primary Prevention Trial (Sweden)**

A 10-year trial with a multifactorial intervention including a cholesterol-lowering diet on 10,004 men

**Conclusion:** The intervention had *no significant effect* on mortality and coronary heart disease morbidity.

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