

New Dietary Guidelines will no longer advise Americans to restrict cholesterol

By ACSH Staff — February 11, 2015



If you're one of those folks who complain that official nutrition

advice is always changing, you'd best sit down to read this because dietary cholesterol is no longer the villain we thought it was, [reports](#) ^[1]Peter Whoriskey in the *Washington Post*. The new Dietary Guidelines to be published this year will no longer advise Americans to restrict their intake of cholesterol to 300 milligrams per day. This change in recommendations comes after a review of many nutritional studies by the Dietary Guidelines Advisory Committee (DGAC) found that the evidence supporting the supposed link between dietary cholesterol and levels of cholesterol in the blood is relatively weak. At least, it's not strong enough to support such a recommendation.

To be absolutely clear, the change in recommendation is for cholesterol in the diet only; there is still scientific consensus that elevated levels of so-called bad cholesterol (LDL) in the blood are definitely linked to cardiovascular disease.

Although the 2015 Guidelines will change the dietary cholesterol recommendation, no such changes are expected for intake of dietary fat. Saturated fats have long been linked to increased blood levels of cholesterol, although a recent [meta-analysis](#) ^[2], which ACSH covered last year, found no such link. Other changes expected in the new Guidelines will likely be less dramatic, possibly including a greater emphasis on salt and sugar intake.

The report of the DGAC will shortly become available, according to information on the government [website](#) ^[3], and there will be a period in which comments from the public will be allowed.

ACSH's Dr. Ruth Kava commented: Nutrition research never stands still; the best advice is still everything in moderation, whether referring to egg yolks or broccoli.

COPYRIGHT © 1978-2016 BY THE AMERICAN COUNCIL ON SCIENCE AND HEALTH

Source URL: <https://www.acsh.org/news/2015/02/11/new-dietary-guidelines-will-longer-advise-americans-restrict-cholesterol>

Links

[1] <http://http://www.washingtonpost.com/people/peter-whoriskey>

[2] <http://acsh.org/2014/03/huge-new-re-evaluation-saturated-fat-heart-risk-finds-link/>

[3] <http://www.health.gov/dietaryguidelines/>