

What is the association between dietary stearic acid LDL cholesterol? (DGAC 2010)

Conclusion

Moderate evidence from a systematic review indicates that when stearic acid is substituted for other saturated fatty acids (SFA) or trans fatty acids, plasma LDL cholesterol (LDL-C) levels are decreased; when substituted for carbohydrates, LDL-C levels are unchanged; and when substituted for monounsaturated fatty acids (MUFA) or polyunsaturated fatty acids (PUFA), LDL-C levels are increased. Therefore, the impact of stearic acid replacement of other energy sources is variable regarding LDL-C, and the potential impact of changes in stearic acid intake on cardiovascular disease risk remains unclear.

Grade: Moderate

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades, [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What are the effects of dietary stearic acid on LDL cholesterol?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[Stearic acid](#)