

Table 8a. CHD Dietary Intervention Trials

Trial	Intervention used	CHD mortality diet/control (%)	Total mortality diet/control (%)	Statistically significant total mortality benefit from intervention?
Morrison LM. 1955 Non-blind/non-randomized, 8 years	High-protein/low-fat diet & nutrition supplements	-	44/78	YES
Rose et al. 1965 Semi-blind/randomized, 2 years	Replaced animal fat with corn oil	17.8/3.8	17.8/3.8	NO
Ball et al. 1965 Semi-blind/randomized, 3 years	Decreased total & saturated fat	8/9.3*	16.2/18.6	NO
Hood et al. 1965 Non-blind/non-randomized, 5-17 years	Replaced animal fat with polyunsaturated vegetable fat	-	14/47	YES (NE)
Anti-Coronary Club 1966 Non-blind/non-randomized, 4 years	Replaced animal fat with polyunsaturated vegetable fat	1.1/0	3.3/1.4	NO
Bierenbaum et al. 1967 Non-blind/randomized, 5 years	Compared polyunsaturated fat-rich diet with saturated fat- rich diet	-	10/8	NO
National Diet-Heart Study 1968 Double-blind/randomized, 2 years	Replaced animal fat with polyunsaturated vegetable fat	<i>No data given for mortality, only total CHD incidence (for which there was no significant difference between groups).</i>		NO
Medical Research Council 1968 Semi-blind/randomized, 2-7 years	Replaced animal fat with soya-bean oil	12.6/12.9	14/16.5	NO
Los Angeles Veterans Admin. Study 1969* Double-blind/randomized, 8 years	Replaced animal fat with polyunsaturated vegetable fat	9.7/11.8	41/42.2	NO
Oslo Diet-Heart Study 1970 Semi-blind/randomized, 5 years	Replaced animal fat with polyunsaturated vegetable fat. Increased fish, fruit & vegetable intake.	18/25**	20/27	NO (NE)

*Percentage of deaths from first cardiac incident only

** Figure includes all cardiovascular deaths; separate figures for CHD deaths
not provided in published paper.

Table 8a (cont). CHD Dietary Intervention Trials

Trial	Intervention used	CHD mortality diet/control (%)	Total mortality diet/control (%)	Statistically significant total mortality benefit from intervention?
Finnish Mental Hospitals 1972 Non-blind/non-randomized, 12 years	Replaced animal fat with soybean oil & margarine	<i>Hospital K</i> 1.3 / 2.4 <i>Hospital N</i> 2.3 / 5.7	<i>Hospital K</i> 5.8 / 6.7 <i>Hospital N</i> 14 / 19.7	YES (NE)
Medical Research Council 1968 Semi-blind/randomized, 2-7 years	Replaced animal fat with soya- bean oil	12.6/12.9	14/16.5	NO
Sydney Diet-Heart Study 1978 Non-blind/randomized, 5 years	Replaced animal fat with polyunsaturated vegetable fat	-	17.6/11.8	NO
Minnesota Survey 1969 Double-blind/randomized, 384 days	Replaced animal fat with polyunsaturated vegetable fat	1.3/1.2	5.9/5.5	NO
DART 1989 Semi-blind/randomized, 2 years	Reduced fat intake or increased fish intake or increased fiber intake	<i>Fat</i> 9.5/9.8 <i>Fiber</i> 10.7/8.4 <i>Fish</i> 7.7/11.4	<i>Fat</i> 10.9/11.1 <i>Fiber</i> 12.1/9.9 <i>Fish</i> 9.3/12.8	<i>Fat</i> NO <i>Fiber</i> NO <i>Fish</i> YES
STARS 1992 Semi-blind/randomized, 3 years, 3 months	Reduced processed food & total fat intake/ increased omega-6 & omega-3 fat, fruit, vegetable, & complex carbohydrate intake	3.7/10.7	3.7/10.7	YES
Lyon Diet Heart Study 1994 Semi-blind/randomized, 2 years, 3 months	Increased omega-3 fat, fruit, vegetable, legume & bread intake/ decreased saturated fat	1/5.4**	2.6/6.6	YES
Women's Health Initiative 2006 Semi-blind/randomized, 8 years, 1 month	Reduced total fat intake, increased grain, fruit, and vegetable consumption.	0.08/0.08	4.9/5.0	NO

** Figure includes all cardiovascular deaths; separate figures for CHD deaths
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