



Dear colleagues,

As chairs of the International Expert Meeting (IEM) on 'Health Significance of Fat Quality of the Diet', we wish to comment on some recently raised questions relating the dissemination of the IEM report and its overall goal to help consumers in making healthier choices with respect to the fat quality of their diet.

Statements by third parties suggest that the IEM recommendations are not in line with current science. These statements also propose that saturated fatty acids would not be a risk factor for cardiovascular disease, and that replacement of saturated fats for unsaturated fats would not reduce risk of cardiovascular diseases. These propositions, however, are not at all in agreement with the available scientific evidence on which the IEM recommendations are based, and ignore the consensus of various authoritative independent health organizations, such as the World Health Organization (WHO), the Food and Agriculture Organization of the United Nations (FAO) and the World Heart Federation (WHF).

Statements questioned the scientific integrity of those involved in the activities of the IEM, i.e. by stating that sponsorship of the IEM and follow-up activities were not fully disclosed. This is incorrect; in fact third party sponsorship through a grant was fully disclosed in the website of the International Union of Nutritional Science (IUNS) and in the scientific publication.

Should any questions arise on the IEM, the IEM (www.theIEM.org) or IUNS (www.IUNS.org) websites provide further information, such as the scientific publication, with a comprehensive overview of existing guidelines as published by FAO/WHO.

Oct 30th, 2009

A handwritten signature in blue ink that reads "Ricardo Uauy".

Prof Ricardo Uauy

A handwritten signature in blue ink that reads "Pekka Puska".

Prof Pekka Puska