

Table 5. Relative risk of CHD death according to intake of total fat, saturated fat and Keys' fat difference^a in men and women aged 40-75.

| model | relative risk of CHD death from 100g/wk increase in specified fat | | | |
|---|---|------|-------------|---------|
| | CHD deaths (n) | RR | 95% CI | p value |
| men | | | | |
| total fat | | | | |
| age adjusted | 98 | 1.04 | 0.95 - 1.13 | 0.4083 |
| multivariate adjusted ^b | 98 | 1.01 | 0.93 - 1.10 | 0.8547 |
| saturated fat | | | | |
| age adjusted | 98 | 1.05 | 0.90 - 1.22 | 0.5372 |
| multivariate adjusted ^b | 98 | 1.00 | 0.86 - 1.18 | 0.9591 |
| Keys' fat difference^a | | | | |
| age adjusted | 98 | 1.02 | 0.94 - 1.10 | 0.6369 |
| multivariate adjusted ^b | 98 | 1.00 | 0.92 - 1.08 | 0.9332 |
| | | | | |
| women | | | | |
| total fat | | | | |
| age adjusted | 57 | 1.18 | 1.03 - 1.35 | 0.0192 |
| multivariate adjusted ^b | 56 | 1.19 | 1.03 - 1.37 | 0.0181 |
| saturated fat | | | | |
| age adjusted | 57 | 1.38 | 1.09 - 1.74 | 0.0076 |
| multivariate adjusted ^b | 56 | 1.40 | 1.09 - 1.79 | 0.0074 |
| Keys' fat difference^a | | | | |
| age adjusted | 57 | 1.17 | 1.04 - 1.32 | 0.0102 |
| multivariate adjusted ^b | 56 | 1.18 | 1.04 - 1.34 | 0.0086 |
| | | | | |

^a Keys' fat difference = 2(saturated fat) - (polyunsaturated fat)

^b age, alcohol consumption (4 categories), smoking (2 categories), exercise (2 categories), and social class (2 categories)