

Table 3. CHD 16-year death rates (95% confidence intervals) according to fifths of intake of total fat, saturated fat, polyunsaturated fat and Keys' fat difference in men and women aged 40-75.

type of dietary fat	mean (sd) g/wk	fifth of dietary intake					p value (trend)
		1 (lowest)	2	3	4	5 (highest)	
men (n=1225)							
total fat	734.5 (240.8)	6.6%	6.2%	8.8%	10.2%	8.2%	0.1928
		(3.8 – 10.5)	(3.5 – 10.0)	(5.6 - 13.0)	(6.7 – 14.8)	(5.1 – 12.3)	
saturated fat	328.5 (130.0)	7.4%	7.8%	6.5%	10.1%	8.2%	0.4706
		(4.4 – 11.4)	(4.8 – 11.9)	(3.8 - 10.4)	(6.6 – 14.5)	(5.1 – 12.4)	
polyunsaturated fat	93.7 (45.7)	7.4%	11.0%	7.0%	5.6%	9.0%	0.6611
		(4.5 – 11.5)	(7.4 – 15.6)	(4.1 - 11.0)	(3.1 – 9.2)	(5.7 – 13.3)	
Keys' fat difference: 2(saturated fat)-polyunsaturated fat	563.4 (255.7)	8.2%	8.2%	3.7%	10.9%	9.0%	0.4364
		(5.1 – 12.4)	(5.1 – 12.4)	(1.7 – 6.8)	(7.3 – 15.5)	(5.7 – 13.3)	
women (n=1451)							
total fat	523.2 (173.7)	1.4%	2.7%	4.1%	6.2%	5.2%	0.0025
		(0.4 – 3.5)	(1.2 – 5.3)	(2.2 – 7.1)	(3.7 – 9.6)	(2.9 – 8.4)	
saturated fat	240.2 (96.9)	2.4%	1.7%	3.4%	6.2%	5.8%	0.0018
		(1.0 – 4.9)	(0.6 – 4.0)	(1.7 – 6.2)	(3.7 – 9.6)	(3.4 – 9.2)	
polyunsaturated fat	63.1 (28.4)	2.4%	5.2%	3.8%	3.8%	4.4%	0.4613
		(1.0 – 4.9)	(2.9 – 8.4)	(1.9 – 6.6)	(1.9 – 6.8)	(2.4 – 7.4)	
Keys' fat difference: 2(saturated fat)-polyunsaturated fat	417.3 (191.1)	3.1%	1.0%	4.1%	5.2%	6.2%	0.0043
		(1.4 – 5.8)	(0.2 – 3.0)	(2.1 – 7.1)	(2.9 – 8.4)	(3.7 – 9.6)	